

## THE BUZZELL BUZZ APRIL 2017



### THE DEPARTMENT OF ELDERLY SERVICES

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**MONDAY THRU FRIDAY—9:00AM-4:30PM**

#### Terri's Notes

#### Spring is here!

A special thank you to Peter and Vicky MacLellan for sponsoring our Saint Patrick's Day luncheon on Friday, March 17, 2017 at the Knights of Columbus. We would also like to thank our Specialty Chef Lou Cimaglia for a wonderful corned beef, cabbage, turnip, carrot and potato meal. We are also so grateful to our volunteers, Tracie Mello, Tom Mello, Lily Mello, Leanne Keegan, Susan Bibber, Christine & Mike Murphy. This year we also had wonderful entertainment with Joe Leary at the guitar playing wonderful and fun Irish music. Everyone had a fabulous time.

We would also like to take this opportunity to thank Wilmington High School English teacher, Lisa Desberg for co-leading our "Senior to Senior" program. She and her students have been absolutely fabulous to work with and learning from. This is a group of 19 students and 19 older adults came to visit on March 3, 2017 to meet and interview the participants along with having a great lunch together. Everyone had such a great time and looked forward to meeting again on March 21, 2017. At this visit the students presented their results from the interviews—either by poems, scrapbooks, power points and written stories. The relationships between us and the students have grown to the point of wanting to catch up one more time before they graduate from Wilmington High School. We thank everyone who participated in this fabulous program.

Please remember that on Saturday, April 29, 2017 there will be the Annual Town Meeting at the Wilmington High School auditorium. At this town meeting there will be a vote for a new handicapped accessible van for our department. I hope you will be able to be there to show your support for the Town programs and the new van.



### "Spring Into Fun—Luncheon"



**The Robarge family invites you to a luncheon to welcome in Spring and to honor Joe at a place he loved to come to and visit with friends.**

**Saturday, April 22, 2017 at 12:00 noon at the Buzzell Senior Center.**

**Space is limited—sign up on Wednesday, April 5, 2017**

Every year I make the same  
mistake on my tax return ...  
I try doing  
it myself!



**\*\*TONY'S APP OF THE MONTH\*\***

**(AND IT'S ALL FREE!)**

**"Flight Aware"**

Flight Aware is the world's largest flight tracking Data Company and provides live flight data, airport delays, airline operational tools, weather maps, etc. to over ten million users a month.

For you and I, it comes in very handy when we are flying or expecting friends or family who are about to visit. You no longer need to call the airline to ask if a flight is "on time." You can watch the flight on your computer or electronic device and see for yourself what the status is of that flight. Want some help with it? Have some questions as to how it works? If you do, come in and let us show you how it works.

Tuesdays are not available through April due to our Free Income Tax Program.

**Volunteers Needed**

On Tuesday, May 2, 2017 the Department of Elderly Services will be delivering a special meal to our homebound seniors to celebrate the arrival of Spring—We thank our wonderful volunteers in advance for helping make this day a special one for so many in our community



***Appreciation***

*Save the Date*

*Wednesday, May 11, 2017*

*Volunteer Appreciation Brunch*

*At the  
Hillview Country Club*



**Caregivers Support Group**

Due to the Patriot's Day holiday, the caregivers support group will meet on Monday, April 24, 2017 at the Buzzell Senior Center, from 10:30AM to Noon. This support group is opened to all who are interested, please feel free to join. If you have any questions, please contact Laura Pickett at 978-657-7595.



**Movie on Monday, April 24, 2017**

**1:30PM**

**"Gravity"**

**Starting Sandra Bullock and George Clooney**

**Sign up at front desk  
Popcorn will be served.**





## Art Show

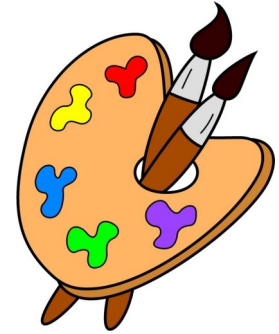
We cordially invite you to join us at our

**Annual Art Gallery Show**

**Buzzell Senior Center**

**Thursday, April 13, 2017**

**2:00PM- 4:00PM**



**Come view the beautiful acrylics that are created by our painting students -instructed by Steve Greco**

**Light Refreshments will be served**

### IN LOVING MEMORY

**We express sympathy for the loss of our friends**

Percival Cornish Mary Hightower Al Spada Anne Ardagna

William Powers Donald Mercier Raymond Robson

### GET WELL WISHES

**Judi Simmons**

**Maureen MacDonald**

**Marge Lamkin**

### ♦ April Birthdays

*We can't help you blow out the candles on your cake unless you tell us your special day!*

*As we are updating our systems, please call the Senior Center to confirm your birthday month so that we can mention you in future newsletters!*

Ruth Russo  
Phyllis Gorman  
Peggy White  
Phyllis Hailey  
Pat Wayman  
Earl Hannibal  
Diane Holden  
Theresa Michaud  
Helen Dinatale  
Ro Donahue  
Arthur Martell  
Maureen Fiorenza

Bob Regan  
Al Marshall  
Jack Tannian  
Charee Briere  
Shirley Pumfrey  
Bob Marino  
Ed Leon  
Alma D'Antonio  
Lorraine Casey  
Stanley Dancewicz





## Live, Laugh, Learn

### Learn to live, Live to Laugh



### 10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. **Start now.** It's never too late or too early to incorporate healthy habits.

#### **Break a sweat.**

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

#### **Hit the books.**

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

#### **Butt out.**

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

#### **Follow your heart.**

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

#### **Heads up!**

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

#### **Fuel up right.**

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including [Mediterranean](#) and [Mediterranean-DASH](#) (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

#### **Catch some Zzz's.**

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

#### **Take care of your mental health.**

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

#### **Buddy up.**

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

#### **Stump yourself.**

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



**Adorable Sock Bunny**

**Lead by Doris**

**Come make this adorable sock bunny on**

**Friday April 14, 2017 at 10:30AM**

**Supplies needed:**

**Sharp scissors**

**Bag of White Rice**

**1 Size 4-6 White kids CREW socks**

**1 pastel color kids sock size 2-4**

**(Dollar Store in North Reading)**

**Please sign up at front desk**

**(Limited Space)**

**“Remembering When...”**

A reminder that on Thursday, April 27, 2017 at 1:00PM “Remembering When”

Fire Lt. Cavanaugh and Director Terri Marciello will continue their program on Fire and Fall Prevention



**Stay Tuned For What’s To Come!**



**Upcoming Day Trips**

**June 28, 2017 \$55.00/ticket (non-resident \$79.00/ticket)**

**Peabody Essex Museum**

**Sign up Thursday, April 27, 2017 at 10:00AM**

Explore over 200 years of History of Maritime at Peabody Essex Museum. Then you will travel to Gloucester for a delicious luncheon on the waterfront at the Gloucester House Restaurant. After lunch you will visit scenic Rockport with fine shops, and a beautiful seaside view.

**July 18, 2017 \$60.00/ticket (non-resident \$89.00/ticket)**

**Gloucester Lobster Cruise**

After departing from the Center you will board the new and luxurious Beauport Princess Cruise Ship for a tour through Gloucester Harbor, followed by a delicious “New England Clam Bake” . You will then travel to Salem to view displays of Maritime History of the area.

**August 24, 2017 \$55.00/ticket (non-resident \$79.00/ticket)**

**Boston’s Museum of Fine Arts**

The trip will start with a tour of the Boston Common, the State House, and the beautiful Public Gardens. Then a delicious luncheon is included at the Venezia Restaurant. This is followed a visit to the Museum of Fine Arts. You will view collections from around the world which includes over 450,00 objects.

# Live, Laugh, Learn





# April 2017



SUN	MON	TUE	WED	THU	FRI	SAT
						1 <b>April Fool's Day</b>
2	3 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	4 9:00 Zumba  10:30 AM Aerobics 1230PMWii Bowling	5 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing Sign up for Spring Luncheon <b>Gentle Yoga—3:45PM</b>	6 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00PM Family Caregiver Series	7 10:00M Special Exercise 11:45 Brain, Body Fitness 1:00 PM Bingo 1:00 Cards	8
9	10 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	11 9:00 Zumba  10:30 AM Aerobics 1230PMWii Bowling	12 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing <b>Gentle Yoga—3:45PM</b> 9:30AM Podiatrist	13 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day <b>2:00 Art Show</b> 	14 10:00 AM Special Exercise 10:30 Crafts w/ Doris 11:30AM Brain Body Fitness 1:00PM Bingo 1:00 Cards	15
16 <b>Happy Easter</b> 	17 <b>Patriots Day</b> All Town Offices Closed 	18 9:00AM Zumba  10:30 AM Aerobics 1230PM Wii Bowling	19 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing <b>Gentle Yoga—3:45PM</b>	20 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day  <b>1:30PM - Commissioner's</b>	21 10:00AM Special Exercise 11:30AM Brain, Body Fitness 1:00 PM Bingo 1:00 Cards	22 12:00PM Spring into Fun Luncheon
23	24 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 10:30 Caregivers group 1:00 PM Quilting 1:00 MOVIE	25 9:00 Zumba 10:30 AM Aerobics 1230PM Wii Bowling  <b>World War II Museum</b>	26 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing <b>Gentle Yoga—3:45PM</b>	27 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day <b>10:00AM Sign up for Peabody Essex museum</b> <b>1:00 Remembering When...</b>	28 10:00AM Special Exercise 11:30AM Brain, Body Fitness 1:00 PM Bingo 1:00 Cards	29 Annual Town Meeting
30	<p><b>Schedule Updates</b></p> <p><b>*Podiatrist will be here the second week of April—Wednesday, April 12, 2017</b></p> <p><b>Zumba and Yoga will continue for the month of April and May</b></p> <p><b>**All dates in this calendar are subject to change**</b></p>					



# TOWN OF WILMINGTON

PRESORTED  
STANDARD  
US POSTAGE PAID  
WILMINGTON, MA  
PERMIT NO 10

CURRENT RESIDENT OR



## ACTIVITY PROGRAMS

### **MONDAY**

BLOOD PRESSURE CLINIC 9:00  
SBF EXERCISE 9:45 - 11  
SPECIAL EXERCISE 11-12  
CERAMICS 12:00  
QUILTING 1:00

### **TUESDAY**

WALKING GROUP 9:00  
AEROBICS 10:30  
Wii BOWLING 1:00 PM

### **WEDNESDAY**

CRAFT CLASS 9-12  
SBF EXERCISE 9:45 - 11  
SPECIAL EXERCISE 11-12  
CARDS 1:30-4  
FUN SINGERS 3:00

### **THURSDAY**

WALKING GROUP 9:00  
AEROBICS 10:30  
KNITTING/CROCHETING 11:00  
ACRYLIC PAINTING 10:00  
CRIBBAGE/GAME DAY 1:00PM

### **FRIDAY**

VIDEO EXERCISE 10-11  
SPECIAL EXERCISE 11-12  
BINGO 1-3  
CARDS 1:30-4

### **DAILY**

GAME ROOM -SOCIALIZATION  
KITCHEN 9-4:30

## SPECIAL PROGRAMS

### **PODIATRIST**

3<sup>RD</sup> WEDNESDAY OF THE MONTH  
9:30

### **SHINE COUNSELOR**

CALL FOR PERSONAL  
APPOINTMENT

### **HOME DELIVERED MEALS**

MONDAY-FRIDAY  
COST \$2.00  
CALL FOR INFO  
978-657-7595

**COMMISSIONER'S MEETING**  
**3rd THURSDAY OF EVERY MONTH**  
**AT 1:30 PM**

### **SENIOR VAN SERVICES**

MONDAY THRU FRIDAY  
PICKUPS FROM 9:00 AM THRU 3:00 PM. MUST  
CALL TO SCHEDULE PICKUP AT LEAST 48  
HOURS IN ADVANCE. VAN SERVICES A 13  
MILE RADIUS OF WILMINGTON.