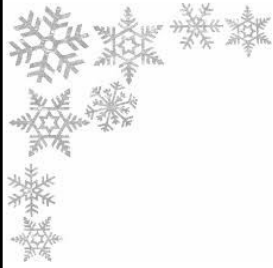


THE BUZZELL BUZZ
FEBRUARY 2020
THE DEPARTMENT OF ELDERLY SERVICES



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MONDAY THRU FRIDAY—9:00AM-4:30PM

Welcome to the month of February.

You will notice this month the improvements that will be occurring throughout the building. The floors in the Arts and Crafts room and the Game room are being refurbished, including the door frames that will be replaced due to the need of wider accessibility to the rooms. In the kitchen, there will be a replacement of cabinets, flooring and sink. We are so appreciative to Representative Robertson, Senator Tarr and the Selectman in seeing the need and the grant money that is helping make this all possible. We also to thank The Public Building Department in their flexibility in doing their work and keeping our programs running. Thank you, everyone for your patience while the work is being done.

This month we also continue in our partnership with the Wilmington Memorial Library. On Monday, February 3, 2020 at 2:30PM—Traci Mello will be speaking at the library about Nutrition and Aging. On Thursday, February 6, 2020 at 6:30PM, Chef Liz Barbour of the Creative Feast—will be speaking on Cooking for One or Two. Then we are very excited for an event on Saturday, March 14, 2020 from 9:00AM—12:00PM at the Knights of Columbus we are excited to present a Community Health and Wellness Fair. There will be complimentary screenings, demonstrations, giveaways and more. This event is open to the public. Hope to see you there!

February is also the time of year for Valentines Day. On Friday, February 14, 2020 will be having our Annual Valentine's Celebration with Harrow Pot Pie! Sign up is in progress—Cost is \$5.00 per person.

We would also like to take this opportunity to welcome our new Senior Clerk, Kelly Fordham, who will be starting on Tuesday, February 11, 2020. We will be having a morning coffee hour on Thursday, February 20, 2020 at 9:30AM. Come joins us in welcoming Kelly to the senior center.

Lastly, keep in mind, Spring is just around the corner, approximately 48 days away. Spring official starts on Thursday, March 19, 2020 and what better way to celebrate than have the official start of our Thursday FUN Nights. Due to the success of the of last years Pilot Program(Game Night) we look forward to another fun and eventful series during "daylight savings time".

Mark your calendar for the third Thursday of every month through October.

Inclement Weather Policy

The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Buzzell Senior Center activities are also canceled for the day. There will be no home delivered meals and our van will not be available. The center will remain open for emergencies.



“Keep Fit Forever”

IS BACK

Sponsored by Fit Body Boot Camp

Starting Monday, February 10, 2020 through Monday March 23, 2020

(No class on Monday February 17, 2020 due to Holiday)

(Mondays for Six weeks 10:00-10:45 a.m.)

Ageless Strength, Timeless Strength, Forever Young

Wear sneakers, comfortable clothing and bring your energy! Other fun equipment will be provided.

If interested, please sign up at front desk and space is limited.



FEBRUARY BIRTHDAYS

Lloyd Brooks Barbara DeVita Charlotte Chenevert Bridget Greenleaf Helen Moulton
Mary Kuchler Linda MacDonald Charlie Valles Priscilla Cipriana
Richard Wetzler Jeanette Valente Walter Moran
Marjorie MacDonald Joseph Maiella George Kashian
Thelma Peters Gloria Szabo Barbara Kaveney Silverius Blonigen
Pat D'Antonio Carol Gingras-Sharpe Mary Kiesinger Maria Burns



The Circuit Breaker Tax Credit

The Circuit Breaker is a property tax credit that was designed by the Legislature with the hope of alleviating some of the burdens that property taxes create.

Who is Eligible?

- Taxpayers who are Massachusetts residents, age 65 or older by December 31, 2019 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older).
- Taxpayers must own or rent residential property in Massachusetts and occupy the property as their primary residence.
- Taxpayers must have an annual income of \$60,000 or less for a single filer, \$75,000 or less for a head of household, and \$90,000 or less for joint filers.

How to Apply?

You must file a Massachusetts State Income Tax return and include Schedule CB, the Circuit Breaker Credit form.

How much is the tax credit?

\$1,130.00 for Tax Year 2019.



Information Session:

Circuit Breaker Tax Credit

Wednesday February 12
1:00 PM

Brian Lynch of the Mass. Dept. of Revenue (DOR) will be joining us to speak on how eligible residents age 65 and older could qualify for a tax credit of \$1,130 on their 2019 State Taxes.

Please call the Center at 978 657 7595 to sign up for this event.

The Buzz Book Club

We will be meeting on Monday, February 24th

The book club selection for February is

"Elevation" by Stephen King.

Please contact the Senior Center if you are interested in this popular program!



Tips to Stay Healthy This Winter!

- Drink a lot of water!
- Eat a healthy diet with a lot of greens!
- Exercise regularly
- Get the right amount of sleep every night
- Wash your hands regularly

(Try a class at the Center)



IN LOVING MEMORY

We express sympathy for the loss of our friends



Judy Simmons
Mary Barbas
Joanne Bradley
Emma Williams
Richard Yurek



If there is anyone interested in going to this live presentation - please call the center .

It has gotten wonderful reviews—transportation will be provided.

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2019 and runs thru April 2020. Fuel Assistance can help pay part of your home's winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call to set up your appointment for assistance in this application process with Terri Marciello/Laura Pickett at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).

Renewal information is being sent out - please feel free to call the center to assist you with this process. All copies can be made at the Senior Center .

Below are the new income guidelines for 2019-2020

FAMILY SIZE

MAXIMUM ANNUAL GROSS INCOME

| | |
|---|----------|
| 1 | \$35,510 |
| 2 | \$46,437 |
| 3 | \$57,363 |
| 4 | \$68,289 |





Valentine's Day



Friday, February 14, 2020—12:00 p.m.

Sign up on January 27, 2020 Cost \$5.00

Join us for a delicious lunch at the Senior Center along with the Wilmington High School Rotary Interact students. Spend your afternoon with people we love!

Harrow's Chicken Pot Pie will be served.



St. Patrick's Day Celebration



Tuesday, March 17, 2020 12:00 p.m.

To celebrate St. Patrick's Day, the Buzzell Senior Center will be having a delicious home-made corned beef and cabbage luncheon at The Knights of Columbus where we will be celebrating this special holiday. Come relax and enjoy an excellent afternoon with good food and friends. We will also have live entertainment by Joe Leary—back by popular demand!

This lunch is sponsored by Peter MacLellan. We are so fortunate for Peter's continued generosity. We are also very lucky to have this meal prepared by our specialty chef Lou Ci-maglia.

Sign up on Wednesday, February 19, 2020

Memory Café

“Our Moment Café”

Wednesday, February 19, 2020

1:00 p.m. - 2:30 p.m.

at the 4th of July Building

142 Middlesex Avenue

Wilmington MA



A Memory café is a special gathering place for those dealing with memory loss and their caregivers. The Café gives the person with memory loss and their caregiver an opportunity to socialize, participate in an activity and make new friends in a welcoming environment.

Save The Date

On Wednesday, April 29, 2020, we will be having a March “Social” at the Knights of Columbus in collaboration with the Winchester Hospital/ Beth Israel Lahey Health -Community Relations. There will be luncheon and live music. There will be more detailed information in the next newsletter.

Caregivers Support Group

Caregivers support group will meet on Monday, February 24, 2020
from 10:30 to Noon

This support group is opened to all who are interested.

If you are caring for a loved one, please join us.

If you have any questions, please contact
Laura Pickett, our Case Manager at 978-657-7595.



Calligraphy

Are you looking to do something different? Something artistic?

Calligraphy is defined a visual art related to writing. Calligraphy can add creative flair to any handwritten projects.



Ken Michaud will be holding an informational program on
this art form on
Wednesday, February 26, 2020 at 1:00pm
Sign up at front desk

Illustration

Created by Andrew Fitzsimon

Tai Chi, Yoga, Zumba And Dance & Tone

Tai Chi with Greta on Tuesdays
at 1:00 p.m.

Yoga with Joan on Tuesdays
at 2:30 p.m.

Zumba with Kelli on Tuesdays
at 9:00 a.m.

NEW—Dance & Tone with Joie on Wednesdays
At 9:30AM



k22235576 fotosearch.com ©

Space is limited, please call 978-657-7595 to register for these popular classes.

Fraud Advisory

Inspector General Warns Public About New Twist to Social Security Phone Scams

The Office of the Inspector General of Social Security has received reports of victims who received emails with attached letters and reports that appeared to be from Social Security or Social Security OIG.

Social Security will never:

- threaten you with arrest or other legal action unless you immediately pay a fine or fee;
- promise a benefit increase or other assistance in exchange for payment;
- require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card; or
- send official letters or reports containing personally identifiable information via email.

You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. The scammers ask for payment this way because it is very difficult to trace and recover.

The complete text of this letter, complete with links, can be found on the Senior Center Website.



Instant Pot Beef & Barley Stew (From our Instant Pot Class—Janet Amrock)

Instant Pot Beef & Barley Stew is a classic recipe with classic cooked-all-day flavors, but made in a flash in your pressure cooker. Full of flavorful beef broth, veggies, tender beef, and perfectly cooked barley. This Instant Pot stew makes a wonderful winter dinner.

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 5 people

Author [Susie](#)

Ingredients

- 1 yellow or white onion chopped
- 2 celery stalks, sliced
- 3 plump garlic cloves, chopped
- 1 1/2 cups carrots, sliced
- 1 tbsp oil
- 1/2 tsp each- onion powder & garlic powder
- 1 1/2 tsp Worcestershire sauce
- 2 tsp beef base
- 1 tsp salt
- 1/2 tsp black pepper
- 1 1/2 lbs beef stew meat, cut into 1 inch chunks (can be anywhere from 1-1 1/2 lbs)
- 1 cup pearl barley I use Bob's Red Mill brand
- 32 oz beef broth or stock
- 1 cup water
- 1 tbsp tomato paste



Instructions

Add the oil, onions, carrots, celery, and garlic to the Instant Pot on saute mode. Saute for 5 minutes.

Turn off saute mode.

Add the onion powder, garlic powder, Worcestershire, salt, pepper, and beef base, stir to combine with the veggies.

Add the stew meat, pearl barley, beef stock, and water.

Close the Instant Pot and set to meat/stew mode (or manual/pressure mode), high pressure, for 25 minutes.

Do a quick release. Stir in the tomato paste.

Serve!



FEBRUARY 2020



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|---|--|---|-----|
| | | | | | | 1 |
| 2 |  9:30AM Blood Pressure 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling | 4 9:00 Zumba 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 Gentle Yoga |  9:30AM Beading 11AM Special Exercise 12:00 PM Cards 1:00 PM Line Dancing 3:00 PM Fun Singers | 6 10:00 AM Art Class 11:00 AM Knitting/Crocheting 1:00PM Ceramics 1:00 PM Game Day | 7  10:00AM Video Exercise 10:00AM Sewing 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards | 5 |
| 9 | 10 9:30AM Blood Pressure 10:00 Keep Fit Forever 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling | 11 9:00 Zumba 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 Gentle Yoga | 12 11AM Special Exercise 12:00 PM Cards 1:00 PM Line Dancing 3:00 PM Fun Singers 1:00PM Circuit Breaker Workshop | 13 10:00AM Art Class 11:00AM Knitting/Crocheting 1:00PM Game Day 1:00PM Ceramics 1:30 Commissioners Meeting | 14 Valentines Day Celebration | 15 |
| 16 | 17 CENTER CLOSED  | 18 9:00 AM Zumba 1:00PM Math Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga | 19 9:30AM Beading 9:30 Dance and Tone 9:30AM Podiatrist 10:00 St. Patrick Sign up 11:00AM Special Exercise 12:00 PM Cards 1:00 PM Line Dancing | 20 9:30 Coffee with Kelly 10:00 AM Art Class 11:00 AM Knitting/Crocheting 1:00PM Ceramics 1:00PM Game Day | 21 10:00AM Video Exercise 10:00AM Sewing 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards | 22 |
| 23 | 24 9:30AM Blood Pressure 10:00 Keep For Forever 10:30 Support Group 11AM Special Exercise 1:00PM Book Club 12:30PM Wii Bowling | 25 9:00AM Zumba 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga | 26 9:30 Dance and Tone 11:00AM Special Exercise 12:00 PM Cards 1:00 PM Line Dancing 1:00PM Calligraphy 3:00 PM Fun Singers | 27 10:00AM Art Class 11:00AM Knitting/Crocheting 1:00PM Ceramics 1:00 PM Game Day | 28 10:00AM Video Exercise 10:00AM Sewing 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards | 29 |



What better place to be than at the Buzzell Senior Center!

"Better Together"





TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:00
SPECIAL EXERCISE 11:00
QUILTING 1:00
WII BOWLING 12:30

TUESDAY

ZUMBA 9:00
TAI CHI 1:00
MAH JONGG 1:00
YOGA 2:30

WEDNESDAY

SPECIAL EXERCISE 11:00
COUNTRY LINE DANCING 1:00
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY

ACRYLIC PAINTING 10:00
KNITTING/CROCHETING 11:00
CRIBBAGE/GAME DAY 1:00
CERAMICS 1:00

FRIDAY

VIDEO EXERCISE 10:00
SPECIAL EXERCISE 11:00
BINGO 1-3
CARDS 1:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

SENIOR VAN SERVICES

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

SPECIAL PROGRAMS

PODIATRIST

3RD WEDNESDAY OF THE MONTH
9:30

SHINE COUNSELOR

CALL FOR PERSONAL
APPOINTMENT

CAREGIVERS GROUP

3rd Monday of the Month
10:30 AM

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