



THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

2021

JANUARY 2021

BUZZELL SENIOR CENTER

15 SCHOOL STREET
WILMINGTON, MA 01887

TELEPHONE:

978-657-7595 OR
978-658-2258

MONDAY – FRIDAY
9:00AM – 4:30PM



Department of Elderly Services

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News & Updates

Cheers to a New Year! We hope that everyone had a safe and happy holiday season. December was a busy month for all us at the center! We received such generous donations from The Tewksbury/Wilmington Elks, Dovetail, The Wilmington Women's Club, and some anonymous donors as well. Also, take a look at page 3 to see some photos of Wilmington residents who helped us to make the holidays special. We cannot thank everyone enough for helping us spread the holiday cheer!

December's **Zoom Trivia** was so much fun and we were very excited to welcome some new players! Check out who won on page 4. Call the center to learn more about Zoom or to sign up for any of these events. On page 4 you will also find our Drive-Thru Trivia winner and you can check to see if your answers were correct. We got a great response for our basket raffle. See page 2 to find out who the lucky raffle winners were. We have some more fun events coming up in January, make sure to call the center to sign up.

There is a quick correction from last months newsletter. The Almond Pinecones recipe was submitted by Rosemary Eaton. Thank you to everyone who has sent in a recipe! We have two more great recipes for you to try on page 6. We are working on plans for income tax appointments and will update you when we get more information.

Please note that the center will be closed on Monday, January 18, 2021 in observation of Martin Luther King, Jr. Day.

Giving Tree 2020

The Department of Elderly Services would like to thank all those who made our Annual Giving Tree such a success in 2020. Certainly a different way of giving this year, but as always, the generous response of the Wilmington community is the same. We were able to give out over 290 gift cards! We are grateful to everyone.

Survey Update

Thank you to everyone who participated in Wilmington's Vision for a New Senior Center Programming Questionnaire.

Fuel Assistance

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 the center to set up your appointment for assistance in the application process. Residents under the age of 60 should contact the Billerica Veteran's Agent.

2020-2021 INCOME GUIDELINES

| Household Size | Max. Gross Income |
|----------------|-------------------|
| 1 | \$39,105 |
| 2 | \$51,137 |
| 3 | \$63,169 |
| 4 | \$75,201 |



This survey gave us a lot of great information! We are working to compile this information and will share it with you all soon.

DRIVE-THRU LUNCHEON

Celebrate the New Year with our 1st Drive-Thru Luncheon of 2021!

When: Tuesday, January 12, 2021 at 12:30PM

Join us for lunch. Stop by for some delicious mac n' cheese from AJ's Kitchen.



Make sure to call the center to sign up as limited space is available!

DRIVE-THRU LUNCHEON

Join us for lunch!

When: Thursday, January 28, 2021 at 12:30PM



Grab a cup of wedding soup from Steve's Homemade Soups. Yum! Call the center to sign up as limited space is available!

Drive-Thru Game:

Including this one here (❄️) How many of these snowflakes can you find throughout this newsletter?



Call the center to sign up for our movie raffle! It is free to enter. We will be raffling off a movie and some movie snacks.

One lucky winner will be chosen on Monday, January 25, 2021

Movie Raffle

Drive-Thru Trivia:

1. In what year did the New Years Eve Ball make its maiden descent from the flagpole atop One Times Square?
2. Revelers in Spain usually eat something right after the clock hits midnight on New Year's Eve. What is it?
A. Grapes B. Apple C. Pear D. Peaches
3. According to the Chinese Zodiac, 2021 is the year of what animal?
4. There were two years in which the Times Square New Year's Eve ball did not drop. What was one of those years?



Caregivers Support Group

Although our Caregiver Support Group is unable to meet in person, there is some information to share with caregivers that may be helpful.

There are some educational programs offered by the Alzheimer's Association of MA/NH that are held virtually. These programs are both informative and useful for care givers. All are offered at no charge.

These cold winter months can be some of the most challenging times for caregivers. We are very fortunate to have our local cable station, WCTV which provides a wide array of programs that are both entertaining and informative. The Wilmington Memorial Library also offers virtual programs for all to enjoy, as well as their curbside pick-up of books, movies and music.

Here at the Buzzell Senior Center we have lots of puzzles that can borrowed at any time which can be a fun, ongoing activity. And if you are able, a brisk walk outside (when weather permits) is great to relieve stress. Please feel free to contact Laura Pickett, Case Manager at the Buzzell Senior Center with any questions.

BASKET RAFFLE WINNERS

We celebrated the first day of Winter; Monday, December 21, 2020 by drawing 4 lucky winners for our holiday baskets. You can watch a video of us pulling the raffle winners on our Facebook page. Congratulations to our winners below!

Winner # 1:
Helen Durkee

Winner # 3:
Robin Theodos

Winner # 2:
Ruth Russo

Winner # 4:
Carmen Musto





JANUARY BIRTHDAYS



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

Please call the Senior Center to confirm your birthday month so that
we can mention you in future newsletters!

| | | | | |
|----------------|--------------------|-----------------|-----------------|-----------------|
| Paul Agostino | Nancy Brooks | Anne Marie Hill | Patricia Palman | Margery Spear |
| Donna Balboni | Carmen Driscoll | Patricia Ide | James Palman | Joanne Tompkins |
| Sylvia Barbas | Joanne Fisher | GeeGee Kaufman | Sarah Piazza | John Wallace |
| Linda Barrett | Jean George | Rose LaVerde | Constance Rando | Betty Wolfe |
| Kathy Brennick | Deborah Harrington | Ruthann Paiva | Dorothy Shelley | |

Santa's Helpers Making It Happen In Our Community



Grant from Wolf Den Pack 361 stopped by to donate 5 Christmas wreaths. Grant said he "likes to help people".



Thank you to Matt (Wilmington Eagle Scout) and his dad, for bringing us over 70 care packages to deliver.



Jessica Moore donated these handmade ornaments for our home delivered meals recipients.



Thank you to Cait and her family for crafting these ornaments for us to share.



Thank you to the students of Ms. Cowden's and Mrs. Lipski's 1st grade class at Shawsheen Elementary for making these cards.



The Wilmington Police Department Union made a generous donation of \$750 in CVS gift cards to the Giving Tree.

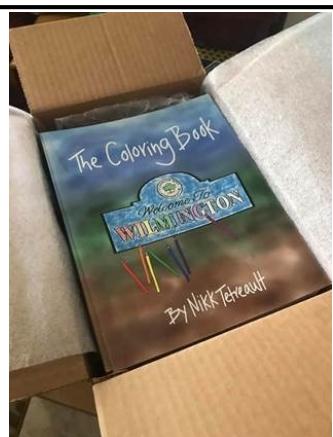


Tyler Fenton completed his community service project by dropping off over 70 cozy socks for the residents at Deming Way.



COLORING BOOK

The Department of Elderly Services is excited to have a new collaboration with Nicole Tetrault, a Wilmington resident and a graduate of WHS, class of 2014. Nicole will share some of her creative ideas beginning with her coloring book of Wilmington's finest locations. The Department looks forward to working with Nicole. More information to follow.



ZOOM TRIVIA

Join Kelly for Zoom Trivia! This month is U.S Geography and Presidential Trivia. Please see below how to play. Test your knowledge, see some friendly faces, and most of all... have fun! We are always interested in hearing your suggestions for Zoom Trivia topics, reach out to Kelly if you have a trivia idea!

If you are hesitant to sign up because you have never used Zoom, call the center and speak with Kelly.

Zoom may seem intimidating but it is actually very easy and fun to use. Kelly can set up a one on one Zoom meeting with you and walk you through all the steps over the phone or just answer any questions you may have. Lets all learn Zoom together and be prepared for those not so nice weather days!

Winners will be announced in the February Newsletter



U.S. GEOGRAPHY
TUESDAY, JANUARY 12, 2021
9:30AM-10:30AM



PRESIDENTIAL TRIVIA
TUESDAY, JANUARY 26, 2021
9:30AM-10:30AM

HOW TO PLAY:

All you need is a pen and paper! I will ask the question and players will write down their answer. Once all players have their answer written down, everyone will hold up the piece of paper with their answer on it. I will be keeping score and whoever has the most correct answers at the end of the game will win a prize!

TWO WAYS TO SIGN UP:

- | | |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ① Call the center and give us your email address. We will email you the link to the zoom event. | ② Sign up online at www.myactivecenter.com . Choose Buzzell Senior Center as your preferred location. Search "Zoom Trivia." Click on the date you'd like to join and click register. A new screen will pop up, click register again. The meeting link will be emailed to you a couple days before the event. A few minutes before it begins go to your email and click on the link, then you will be entered into the video chat. |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



ZOOM BINGO

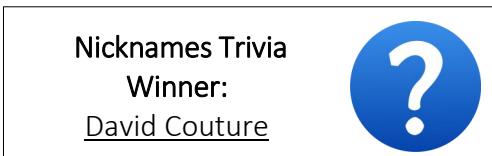
Interested in playing Zoom Bingo? Call the center and let us know! We are working to see if there would be enough interest in starting a group. We have only heard from a few of you so far so make sure you let us know if you'd like to play.

If you are interested but hesitant because you have never used Zoom before, call the center and speak with Kelly. Kelly can walk you through the Zoom process step by step.

LETS CONGRATULATE OUR WINNERS!



Sports Trivia
Winner:
George Allan



Nicknames Trivia
Winner:
David Couture



Holiday Trivia
Winner:
Linda DePietro Walsh

Drive-Thru Luncheon Trivia: Dan Hurley

1. What soft beverage company has been using Santa Claus in its advertising since 1931? **Answer: Coca Cola**
2. In the 1964 classic "Rudolph the Red-Nosed Reindeer," what was the name of Rudolph's faithful elf companion? **Answer: Hermey**
3. "Miracle on 34th Street" centers on what real-life department store? **Answer: Macy's**
4. What fictional town does the movie "It's a Wonderful life take place in"? **Answer: Bedford Falls**
5. Including this one here, How many of these candy canes (?) can you find throughout this newsletter? **Answer: 30**

MESSAGE FROM THE FOOD PANTRY Located at 142 Chestnut Street (the old South School House)

"We have no plans to cease food distribution at this time. We have established operational plans, taking into consideration the safety of our volunteers and clients. We are practicing social distancing and taking precautionary sanitation measures. For the safety of everyone we ask our patrons to please wear a mask."

The Food Pantry is set-up as a "drive-up" to ensure the safest handling of food and distribution to limit physical contact with community members. Recipients picking up food do not need to get out of their vehicle and a volunteer will place your packaged bags of food in your vehicle.

- We are helping to solve food insecurity for many families at our food pantry. We are open the 2nd and 4th Wednesday of the month from 6:30 PM to 7:30 PM. People are welcome to use the pantry one time per month. The schedule is posted on the website: <http://www.commfund.org/>
- An application needs to be filled out (provided at the pantry). Proof of residency (photo ID, current utility bill, pay stub) is required.

COVID VACCINE SCAM

The distribution of vaccine has begun, and other vaccines are just over the horizon. Massachusetts has a three-phase plan for how the state will roll out the doses. It is very important to know that no one will need to pay anything to get vaccinated when their turn comes. The federal government has already paid for the doses. In addition the Federal Trade Commission says we should be wary of offers to jump the line, as they are scams.

Three Ways to avoid COVID-19 Scams:

1. You can't pay to put your name on a list to get the vaccine. That is a scam.
2. You can't pay to get early access to the vaccine. That is a scam.
3. Nobody legit will call about the vaccine and ask for your social security, bank account, or credit card number. That is a scam.

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at ftc.gov/coronavirus/scams



KEEP YOUR IDENTITY AND MONEY SAFE... DON'T FALL VICTIM TO SCAMS!

The most effective way to defeat scammers is to know how to identify scams. You should just hang up on any call you're uncertain of and ignore any suspicious emails. Many scammers pose as federal agents or other law enforcement using fear tactics to get what they want.

In each upcoming newsletter we are going to go into detail about one of the 6 most common scams; Grandparent Scam, Sweepstakes scam, Home Improvement Scam, Telemarketer Scam, Internet Scams, and Charity Scams. Last month we learned about the Home Improvement Scam. This month, we are going to learn about Internet Scams.

Internet Scams: There are many ways scammers are using technology to take advantage of seniors. Whether it is a special offer via email, attempts to acquire your user name and password via a scheme, or skimming of information while shopping online, there are ways you can be in control and keep your information safe. If you are computer-savvy, keep these tips in mind to keep you information safe:

- Never click on links in emails unless you are expecting one.
- Don't open attachments for special offers.
- Be careful of free offers over holidays.
- Watch out for malicious ads and popups.
- Don't shop over public wi-fi.
- Be suspicious of gift card scams—buy from trusted sources.
- Know what your product costs.
- Be sure the site is secure. Look for the "lock" icon and "https" on your browser address bar when shopping.
- Make sure all computer anti-virus, malware, and security software is up to date.
- Don't save credit card information online; check out as guest if offered on the site.





Recipe Sharing

Do you have a favorite recipe? We would love for you to share it with us! Make sure the recipe is neatly written and gives clear and concise ingredients/instructions. Feel free to put your name on it and give us any other details you'd like to share about it. You can send us the recipe in the mail or drop it off in the bucket outside the center on the bench.

We will publish recipes in upcoming newsletters.



Apple Crisp

Submitted By:
Gail Protopapas

"This was my mothers recipe and is a favorite of my family. I hope others will enjoy this recipe as much as we do."

Slice 6 or 7 apples into buttered baking dish (about 7x9 baking dish)
Macintosh Apples work well.

Make a paste of:

1 Cup Granulated Sugar
1/2 Cup Brown Sugar
3/4 Cup Flour

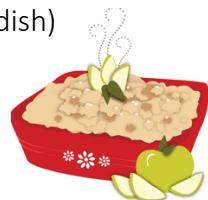


1/2 Teaspoon Cinnamon

1/4 Teaspoon salt

1/2 of 1/4 LB of Butter or Margarine (Make sure butter is soft enough to cream with above ingredients).

Hint: I usually cream the butter and the granulated sugar first, then add remaining ingredients and make it a good consistency so it looks crumbly.



Cover apples with above paste. Bake in 350° until apples are done or until top looks crusty
(About 30-45 Minutes)

Enjoy!

Graham Cracker Pie

"Mother-in-law Mercurio's Recipe"

Submitted By:
Irene Mercurio

"This is a holiday pie that grandchildren devoured! This recipe only makes one pie. Grandma would have to make at least three, there was never enough! This was our dessert on Thanksgiving and Christmas!!

Filling:

- 2 Cups milk
- 2/3 Cup sugar
- 6 TBSP Flour
- A speck of salt
- 1 TSP vanilla
- 3 Egg yolks (save egg whites for the meringue)

Combine and cook cream on stove until thick (like pudding)
Keep watch, do not burn. Keep Stirring.

Pie Crust:

Crush 1 1/2 Packages of graham crackers (make crumbs)

Add 1 stick of melted butter and 1 TSP cinnamon (to taste)

Moisten

Place in pie pan. Press down and up sides.

Add cooked cream (cooled) in pie Pan.



Meringue:

- 3 Egg whites
- 1/2 TSP vanilla
- 1/4 TSP cream of tartar
- 1/4 Cup sugar

Beat egg whites, vanilla, and cream of tartar until soft peaks form.

Beat in sugar one TBSP at a time until stiff peaks form.

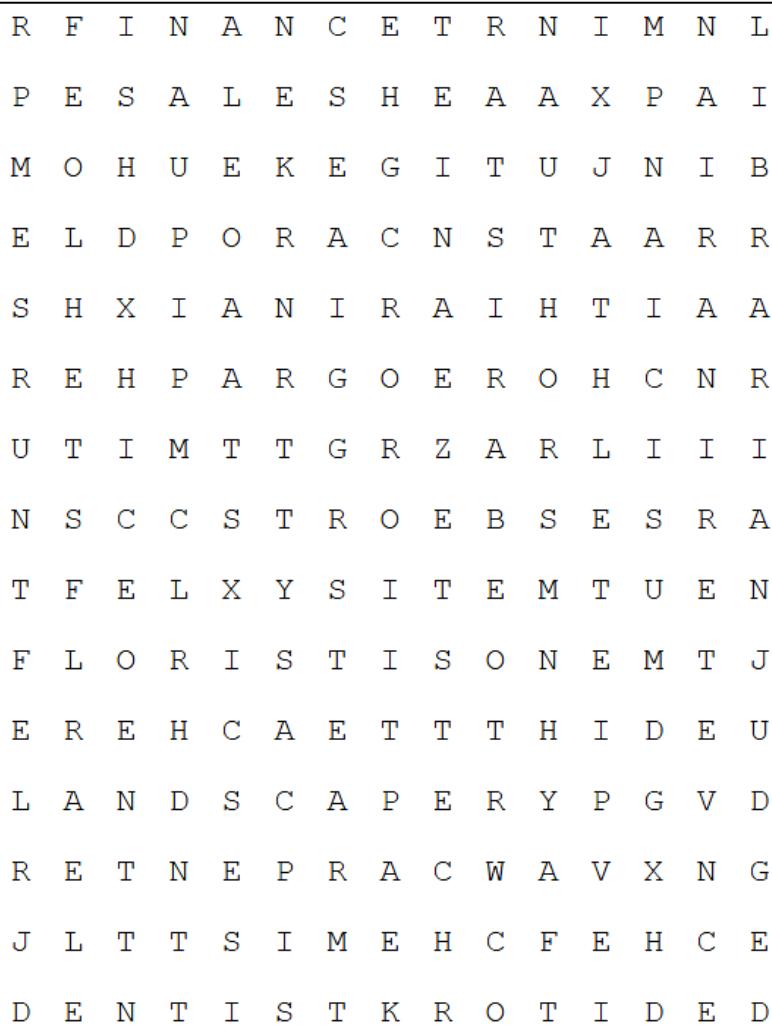
Spread on pie

Sprinkle a little cracked graham cracker crumb on top

Broil until brown (only a minute or two!) Watch it to make sure it does not burn.

Enjoy!





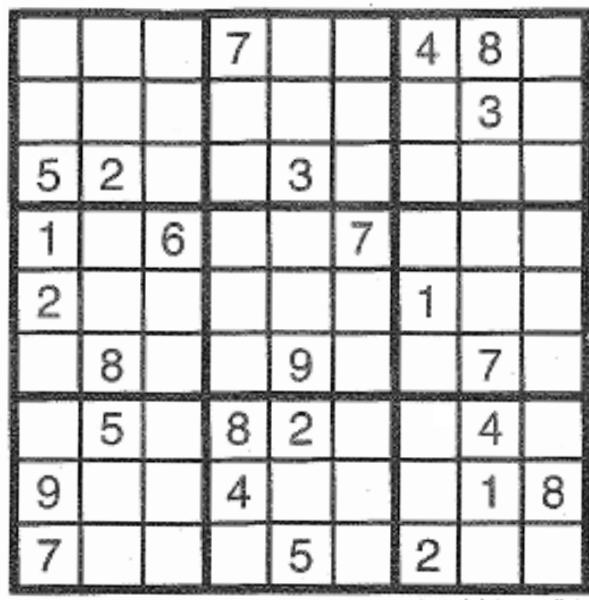
Can you find all of the different occupations in this word search?

| | | |
|------------|---------------|--------------|
| ARTIST | ATHLETE | AUTHOR |
| BARISTA | CARPENTER | CHEF |
| CHEMIST | CHOREOGRAPHER | DENTIST |
| EDITOR | ELECTRICIAN | ENGINEER |
| FINANCE | FLORIST | JUDGE |
| LANDSCAPER | LIBRARIAN | MANAGER |
| MUSICIAN | NURSE | PHOTOGRAPHER |
| PODIATRIST | SALES | TEACHER |
| THERAPIST | VETERINARIAN | |

*Some puzzle answers are
on the back page*



SUDOKU: Use deductive logic to complete the grid so that each row, each column, and each 3 by 3 box contains the numbers 1 through 9 in some order. The solution is unique.



Wintertime Word Scramble

- | | |
|----------------|----------------|
| 1. DGLSDNIE | 7. WOSN OTSOB |
| 2. LNSBOWLA | 8. YSPLPRIE |
| 3. CIE KAGNSIT | 9. OEWHTUIT |
| 4. GSIKIN | 10. DNWI LCLIH |
| 5. RIFELECPA | 11. NLELAFN |
| 6. LBOEW ORZE | 12. EEBRTHNIA |



Word Ladder: PUZZLE #1

BACK

Change just one letter on each line to go from the top word to the bottom word. Do not change the order of the letters. You must have a common English word at each step.

FIRE

PUZZLE #2

COLD



WARM



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



STAY ACTIVE AT HOME 99 FOR COMCAST/39 FOR VERIZON

| | |
|------------------------------------------------|-----------------------------------------------------------------------------------|
| Yoga with Joan | Tuesdays and Thursdays at 2:00PM (Also available on our Facebook page) |
| Special Exercise with Mary and Fred | Mondays at 11:00AM, Saturdays at 10:00AM (Also available on our Facebook page) |



To find us on Facebook:
[www.facebook.com/
BuzzellSeniorCenter](https://www.facebook.com/BuzzellSeniorCenter) or
simply search Buzzell
Senior Center

PUZZLE ANSWERS:

Wintertime Word Scramble:

- | | |
|----------------|----------------|
| 1. SLEDDING | 7. SNOW BOOTS |
| 2. SNOWBALL | 8. SLIPPERY |
| 3. ICE SKATING | 9. WHITEOUT |
| 4. SKING | 10. WIND CHILL |
| 5. FIREPLACE | 11. FLANNEL |
| 6. BELOW ZERO | 12. HIBERNATE |



We have books, puzzles, and word search/crossword puzzle books available at the center if you are in need. Please call the center.

Word Ladder:

PUZZLE #1

- BACK
BANK
BANE
BARE
FARE
FIRE

Word Ladder:

PUZZLE #2

- COLD
CORD
CARD
WARD
WARM

SUDOKU ANSWERS:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 3 | 7 | 1 | 5 | 4 | 8 | 2 |
| 8 | 1 | 7 | 2 | 6 | 4 | 9 | 3 | 5 |
| 5 | 2 | 4 | 9 | 3 | 8 | 7 | 6 | 1 |
| 1 | 3 | 6 | 5 | 4 | 7 | 8 | 2 | 9 |
| 2 | 7 | 9 | 3 | 8 | 6 | 1 | 5 | 4 |
| 4 | 8 | 5 | 1 | 9 | 2 | 3 | 7 | 6 |
| 3 | 5 | 1 | 8 | 2 | 9 | 6 | 4 | 7 |
| 9 | 6 | 2 | 4 | 7 | 3 | 5 | 1 | 8 |
| 7 | 4 | 8 | 6 | 5 | 1 | 2 | 9 | 3 |



Transportation is being provided for medical appointments and local errands (when availability permits). Call us at 978-657-7595 to schedule a ride. Please note that due to social distancing requirements, space on the van is limited.