

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

JULY 2020



BUZZELL SENIOR CENTER

15 SCHOOL STREET
WILMINGTON, MA 01887

TELEPHONE:

978-657-7595 OR
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MONDAY – FRIDAY
9:00AM– 4:30PM



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News & Updates

Happy July! The long awaited Summer season and hot weather has arrived. We miss you all terribly and can not wait to have you back! This months newsletter has a lot of photos. To see them in color you can view the newsletter on Facebook at www.facebook.com/BuzzellSeniorCenter or on the town website at www.wilmingtonma.gov/elderly-services under the news and announcements tab.

In the June newsletter we posted some photos from our Volunteer Appreciation luncheon from 2019. For this year, we wanted to make sure we were still able to let our volunteers know how much they mean to us. We decided to set up a Volunteer Appreciation drive-thru luncheon! We got sandwiches from *AJ's* and miniature bundt cakes from *Nothing Bundt Cakes* in Burlington to hand out to our volunteers. Take a look at some pictures from this event on page 6. We had a great time being able to see everyone!

In other exciting news, we have a new and improved Bocce Court! Check out pictures of the renovation process on page 4. We are absolutely thrilled at how it came out. Also, Income tax appointments that were cancelled back in March and April have been rescheduled and completed. We cannot thank the volunteer AARP tax preparers enough for both their time and continued efforts to make this possible.

We hope that everyone has a fun and safe 4th of July weekend. Please make sure you stay hydrated! Remember, though the office remains closed, staff is here Monday through Friday from 9:00AM to 4:30PM to answer any questions or concerns. Terri Marciello and Laura Pickett are available to assist with referrals to home care agencies, Lifeline, and Home Delivered Meals (just to name a few). Keep wearing your facemasks while in public, practice good hand washing hygiene, and continue to social distance.



Social security is committed to providing uninterrupted benefits and vital services needed by many. While their offices remain closed, They are available online at ssa.gov/onlineservices/ and by phone.

National number: 1-800-772-1213

Lawrence Office: 1877-669-3127

Haverhill Office: 1866-964-4324



Make sure to fill out the 2020 Census form. They can be completed online or mailed in. The census determines congressional representation, inform hundreds of billions in federal funding every year, and provide data that will impact communities for the next decade. It is very important to participate. If you have any questions, please call the center.



Thank You For All Your Support!

On Saturday June 27, 2020 at the Wilmington Annual Town Meeting, there was an unanimous vote to approve the Feasibility Study and Schematic Design for a new Senior Center.

We would like to thank the Wilmington residents for being so supportive in this process of a new Senior Center. We would also like to thank the Selectman for writing this article, the Elderly Commissioners, and the Focus Group for their time and dedication in educating the public of the need for a new center.

Now on to the next step!



Summer Grab & Go Luncheon

Join us for our drive-thru luncheon to welcome in the Summer!

Menu: Everyone will get a hot dog, BBQ chicken, a slice of watermelon, and a bowl of potato salad.

When: Tuesday July 14, 2020

Where: Buzzell Senior Center Parking Lot

Limited space available, call the center to sign up and get more details.

WILMINGTON RESIDENTS ONLY

STAY ACTIVE AT HOME

**CHANNEL 99 FOR COMCAST
CHANNEL 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)
Zumba with Kelli	Video available to watch anytime on our Facebook page
Dance & Tone with Joie	Video available to watch anytime on our Facebook page

We hope to have new exercise videos soon!

Head over to Facebook to watch any of these videos above at your convenience. To find us, type in www.facebook.com/BuzzellSeniorCenter or simply search Buzzell Senior Center on Facebook.



JULY BIRTHDAYS



HAPPY BIRTHDAY!

Charles Biondo	Joyce Brown	Laura Caira	Joseph Candelino	Rita Capuano
Joan Dancewicz	Gail Dickson	Carol Dwyer	Mary Engert	Shirley Estrella
Christine Ford	Barbara Gillespie	Mary Greco	Dora Halley	Dolly Junek
Marge Lamkin	Norman MacEachern	Carol Marino	Joanne Martinos	Joseph McCarthy
Richard Miano	Cee Miller	Emily Pastore	Louise Redgate	Audrey Reed
Audrey Riddle	Glenna Sandberg	Rose Sciuto	Mary Lou Sims	George Taylor
Priscilla Ward	Donna Wayman			

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!

COFFEE WITH KELLY



Our very first Coffee Hour using Zoom is in the books. We had a great time catching up, sharing ideas, and some laughs. All those who participated received a little treat for their bravery and we even showed some sneak peak pictures of our newly remodeled kitchen!

If you are hesitant to sign up because you have never used Zoom, call the center and speak with Kelly. Kelly can set up a one on one Zoom meeting with you and walk you through all the steps over the phone or answer any questions you may have. We encourage anyone interested to try Zoom to sign up for a Coffee Hour. Though the warm weather is here now and we are able to sit outside and catch up while social distancing, the weather may not always make this feasible. Zoom is a wonderful way to be able to keep in touch with friends and find out what is happening at the center. Lets all learn Zoom together and be prepared for those not so nice weather days! See upcoming dates and how to sign up below.

TUESDAY JULY 14, 2020 9:30AM-10:30AM

TUESDAY JULY 28, 2020 9:30AM-10:30AM

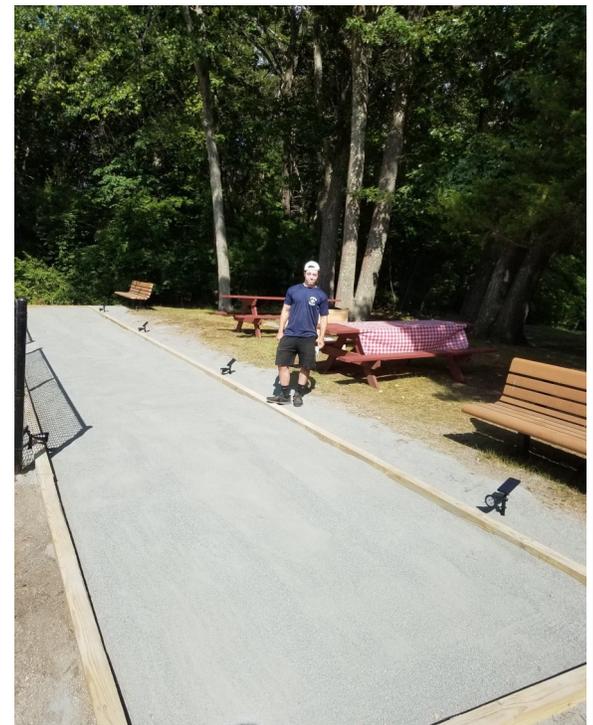
Sign-Up Option 1: No computer access and would like to join the chat over the phone with audio only.

Call us at the center and we will sign you up manually and give you the call-in information. Then, simply call the number a few minutes before the event and enter the call-in information to join the fun!

Sign-Up Option 2: Computer access available and you would like to use video feature.

If you have access to a computer, sign up online for any of these events at www.myactivecenter.com This is a secure and easy to use site to browse and sign up for events at our senior center and others in the area. Create an account using your *My Senior Center* card (the card you scan when you enter the center). If you do not have a card, call the center and we will assign you one. Next, choose Buzzell Senior Center as the closest center available. The site will remember that this is the preferred location. In the search bar, search "Coffee Hour" and click on it. Click on the date you'd like to join and click register. A new screen will pop up, click register again. The event will then be added on your My Activity Center calendar. The Zoom Meeting link will be emailed to you. A few minutes before the meeting begins go to your email and click on the link, then you will be entered into the video chat.

CHECK OUT OUR AMAZING NEW BOCCE COURT!



Thank you to Eagle Scout David Woltag and his crew for spending Saturday June 20, 2020 renovating our bocce court. We truly appreciate your hard work and dedication to making our seniors happy. It looks incredible and we can not wait to put it to good use!

WE ARE BETTER TOGETHER!



Some of our seniors took part in the Community Walk for Justice in Wilmington that took place on June 5, 2020. They walked from the Common to Rotary Park all while carrying our “Better Together” banner.

From left to right: Audrey Reed, Gail Protopapas, and Janice Murray

STAYING HEALTHY AND HYDRATED



It’s easy to get caught up in daily activities and forget to drink water but it is important to make sure to stay hydrated. Below are some tips and benefits of staying hydrated!

Experience the benefits:

- Promotes cardiovascular health
- Keeps your body cool
- Helps muscle and joint function
- Cleanses your body both inside and out
- Keeps skin supple
- Kidney health

Tips on how to stay hydrated:

- Add liquids throughout the day
- Drink a full glass of water when taking a pill
- Drink a full glass of water before working out
- Sip water between bites during meals
- Grab water instead of soda
- Leave little reminders in the house or in your car to drink water.





Volunteer Appreciation Day June 11, 2020

*“One of the greatest gifts
you can give is your
time”*

*A Poem by Sonja Maria Carlson
Wilmington Resident*

Praise All Who Volunteer

A special tribute to all who volunteer
So many, many thoughtful people
Who cheerfully donate their time
With smiles and thoughtfulness
Bring hope to so many in need
God bless their loving care
Praise the many talented people
Teaching - art, nutrition or gymnastics
Sewing, crochet and knitting
All the countless gifts they share
Like sharing a ride
To the elderly or handicapped
Delivering meals on wheels
With loving smiles, God Speed
So many more kind deeds not mentioned
Always there when ere in need
Praise and bless all these special people
For tis truly, loving caring person
Who volunteers to those in need.





Celebrating 70 years

Frank and Phyllis met at a mutual friend's house at a party. When the party was over, Frank walked Phyllis to the bus stop. Phyllis said, "I fell in love with Frank right then and there." Frank went home from the same party and told his mother, "I found the girl I'm going to marry". Phyllis and Frank dated for 3 years before their wedding day. Frank and Phyllis had 3 girls and 3 boys. They are very proud to say that they now have 13 grandchildren, 17 great-grandchildren and 2 great-great-grandchildren. When asked what the secret to a successful 70 year old marriage is, Phyllis responded, "we're like two peas in a pod...living and loving together". With Frank adding "We really, really love each other". If you have ever had the pleasure of being in the company of Phyllis and Frank, you can certainly see and feel the love they have for one another.



What's wrong with this picture?

A Street fair can be really fun, but there are 15 things wrong here that can ruin the good time (or at least take attention away from all the shops and activities). Can you identify all the problems and help clean up this street?

Answers are upside down on the bottom of the back page



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE
PAID
WILMINGTON,

CURRENT RESIDENT OR



TRANSPORTATION

Transportation is being provided for medical appointments only at this time. Call us at 978-657-7595 to schedule a ride. Please note that due to social distancing requirements, space on the van is limited.

PUZZLE ANSWERS FROM PAGE 7

1. Flap is missing on awning. 2. A Fish is hanging from the plant. 3. A hat is on top of the umbrella. 4. The umbrella has no pole. 5. The sale sign is upside down. 6. The saleswoman has three arms. 7. The artist is wearing only half of a jacket. 8. A dripping hose is in the walking sticks. 9. The dog has hooves. 10. the boy has one short pant leg. 11. The bike is missing its front wheel. 12. Bottom of woman's bag is missing. 13. Woman is wearing one boot and one shoe. 14. Pockets on vest are upside down. 15. Man is wearing swim goggles.