



THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

JUNE 2020



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 ***Staff Contact Information***

Director: Terri Marciello
TMARCIELLO@WILMINGTONMA.GOV

Case Manager: Laura Pickett
LPICKETT@WILMINGTONMA.GOV

Senior Clerk: Kelly Fordham
KFORDHAM@WILMINGTONMA.GOV

Assistant Clerk: Lisa Fanikos
LFANIKOS@WILMINGTONMA.GOV

Assistant Case Worker:
Patti Meehan
PMEEHAN@WILMINGTONMA.GOV

News & Updates

At last, we have made it to June and Summer is practically here! We hope everyone is happy, healthy, and enjoying the beautiful weather. This year Memorial Day was on the earliest date possible and Labor day is on the latest date possible. That means that Summer may actually seem longer this year and **that** is certainly some good news!

Starting this month we are going to begin using the video conferencing program called Zoom. We will be having two separate virtual coffee hours this month using the program (see page two for more details and how to sign up). Don't worry if you have never used Zoom or a program like it before, we are all learning it together. Once we all get the hang of it, we will be utilizing Zoom for more of our activities while the center remains closed.

Though the center is closed to the public, staff is here Monday through Friday from 9:00AM-4:30PM. We continue to be available to assist with any questions or concerns that may arise: such as referrals to homecare agencies, Lifeline, and home delivered meals just to mention a few.

During this time we are working on updating our records. Give us a call to make sure we have all the correct information on file. Also, make sure to continue to wear a facemask when in public. Keep practicing social distancing and good hand washing hygiene. If anyone is in need of a facemask, please call the center. We will get through this together!

In Memory of Priscilla Troutman



We are so very happy to announce that Emily, Priscilla's daughter reached out to us. She has made a generous donation of Priscilla's favorite books to the senior center. We will be making a special bookcase dedicated in Priscilla's memory. Emily and her brother David were very happy to hear of this news.

Transportation

Medical transportation resumed on June 1st.
Call us at 978-657-7595 to schedule a ride. Please note that due to social distancing requirements, space on the van is limited.

Annual Town Meeting

Where: Softball Field on Wildwood Street
When: Saturday, June 27, 2020 at 10:30AM
Handicap parking is available
For more information visit www.wilmingtonma.gov

COFFEE HOUR



Come see us... *VIRTUALLY!* We would like to begin having activities on the video conferencing program Zoom. We are going to have a virtual coffee hour on Tuesday, June 23rd and Thursday, June 25th from 10:00AM-11:00AM. Come chat, catch up, and talk to your friends! Participating is easy. To use the video portion of Zoom you need a tablet or computer with speakers, video capabilities, and internet connection. If you do not want to join on video (or are not able to) you can call in and join over the phone with audio only.

If you are interested in signing up there are two ways to do so. **There is an 8 person maximum for each call.** Take a look at this helpful Zoom Tutorial video: www.youtube.com/watch?v=9isp3qPeQ0E

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.

Sign up is mandatory. Once you are signed up do not give out the Zoom Meeting information. During the event, please limit the amount of background noise (tv, radio, etc.)

If you have any questions or need assistance, call the Senior Center and ask to speak with Kelly

THE CARES ACT STIMULUS:



If you did not receive a paper check or a direct deposit for the CARES ACT Stimulus and you were eligible to receive it, be on the look out for it in the mail! There has been a lot of confusion especially since we are trained on spotting scams and tossing out junk mail. These pre-paid cards arrive in a plain white envelope from "Money Network Cardholder Services."

To activate or check the balance, go to www.eipcard.com or call 800-240-8100. It can be used anywhere that Visa is accepted. Funds can be transferred to a personal bank account or used at an in-network ATM for no fee.

Go to www.IRS.gov for official information and answers to frequently asked questions.

JUNE BIRTHDAYS



Diane Allan	Sue Carbone	Mary D'Eon	Marie McLeod	Rita Woodside
Elizabeth Aprile	Sonja Carlson	Pat Driscoll	Deborah Perry	
Madeline Bimbo	Harold Carver	Judy Heath	Arnold Peterson	
Leona Bombard	Mary Coombs	George Hooper Sr.	Hazel Proto	
Terry Bourque	Marge Cornish	Philip Kaufman	Bernice Russo	
Mary Boylen	Matt Crossen	Rosemary Kludjian	George Suprenant	



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!

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



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.

STAYING HEALTHY AND HYDRATED

**WATER
IS YOUR
BEST
FRIEND**

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!

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.

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





SCAM ALERT!

Stimulus Check Scam: A Massachusetts senior received a call from someone claiming to be a SHINE Counselor. The caller said that they were from the Boston office and that all seniors will be getting the economic stimulus check. They asked the senior if she had received hers yet. Then, they asked for her Medicare number and the bank account number that her social security checks are deposited into. Thankfully the senior said no and reported the incident. Shine counselors are not making phone calls about stimulus checks.

Unemployment Scam: Fraudulent unemployment claims are being opened by scammers using information and identities stolen from previous data base breaches. If you receive any unexpected correspondence from the Department of Unemployment (DUA) or believe that a false unemployment claim has been filed in your name please call the DUA customer service department at (877) 626-6800 or visit the website below.

<https://www.mass.gov/info-details/report-unemployment-benefits-fraud>

Remember to be cautious about giving out personal information over the phone. If you have any questions about a call or mail that you've received, give us a call.

ABSENTEE BALLOT



Make sure to fill out your absentee ballot and mail it to the Town Clerks Office at the Town Hall.

If you have questions please visit

www.wilmingtonma.gov/home/pages/vote-mail-2020-local-elections

If you need a copy of the absentee ballot application you can visit

www.sec.state.ma.us/ele/elepdf/absentee/English-Absentee-Ballot-Application.pdf

or call us at the center and we will send you a copy. Check off "all elections this year" and you will be all set through to the November election.

INCOME TAX APPOINTMENTS

Due to the center closing back in March, we had to cancel the remaining income tax appointments. The income tax deadline has been extended to July 15th. At this time we are trying to work out a plan with AARP to reschedule. In the event that we are able to reschedule the appointments that were cancelled, we will reach out to you individually to do so. If your appointment was cancelled and you have since filed your taxes, please call us so we can remove your name from our list.



Thank you for your continued patience!

Let's talk about Meditation



Meditation lowers stress, feelings of depression, anxiety, and confusion. Meditation helps to control our thoughts and focus. It can also increase blood flow, slow down heart rate, and increase energy.

How to Meditate:

- Find a relaxing space. Get comfortable and be prepared to sit or kneel (whichever you'd prefer) for a bit. You may keep your eyes open or closed, chose to sit in silence or listen to relaxing music.
- Focus on your breath, paying close attention to your inhale and exhale. Inhale deeply; expanding your belly and exhale slowly through your nose. Follow your breathing for a couple minutes. Where do you feel your breath most, in your belly, in your nose?
- You may begin to notice that your mind wandered away from focusing on your breathing. This is normal. When you realize that your mind has wandered, refocus on your breathing. Meditation helps us learn to be in the present. The more you practice meditating the easier it will become.

Find more information and helpful videos visit www.mindful.org/how-to-meditate/

Thank you for your support!



♥
VOLUNTEER
appreciation ♥
♥ Thanks for
all you do... ♥





TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
US POSTAGE
PAID
WILMINGTON,

