THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

OCTOBER 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
Staff Contact Information

Director:
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NEWS & UPDATES

Happy Fall! We have some exciting news about **new classes** and activities that will be available here at the center. See page 2 for all the details. Dance & Tone with Joie has been a very popular class. The first session of her class began in September and will end on October 5, 2021. Dance & Tone will begin with another session on October 26, 2021. Please make sure to call the center to sign up for the second session if you are interested in continuing or trying it for the first time.

This year for Halloween we will be having a fun drive-thru to celebrate just like we did last year but hopefully... minus the snow! There will be a mystery treat so dress up and join the fun. Find more details on page 2. Speaking of treats… stop by the front desk at the center and take a guess as to how many candies are in the jar. The jar was beautifully painted and donated to us by Mark Ryan. Write down your name, phone number, and answer, then place in the bin. Whoever has guessed closest to the correct number will win a special prize and of course, the jar of candy! The winner will be revealed on Monday, October 25, 2021.

We are excited to announce that the Buzzell Senior Center will be participating in the **W.O.W Festival of Trees** this year. Our tree will be decorated in purple for Alzheimer's Awareness. Our ceramics class and our knitting group will be handcrafting purple ornaments for the tree. For all that are interested we welcome your input. We would like to get as many participants to share in this fun. It's a wonderful way to show our appreciation to this organization that shows such support to our community.

Unfortunately, we did have to cancel the theater group performance of "Bon appetite Julia." Hopefully we will be able to reschedule this. We also had to postpone our zoom sitcom trivia to October. See page 5 for the new trivia date and take a look to see who won our movie raffle and our drive thru trivia.

Please note that the center will be closed on Monday, October 11, 2021 in observation of Columbus Day. There will be no home delivered meals on this date as well. If you have any questions do not hesitate to call the center at 978-657-7595.

We have received some large donations and would love to help anyone who is in need. Please give us a call if you could use any of these items… Boost and Ensure Drinks, Incontinence products such as Depends and Poise, Hearing aid batteries, Books, Puzzles, and Puzzle Books. We also have DVD's available to borrow. Call the center and we can give you the full list of titles!

OCTOBER MOVIE RAFFLE

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 so you can have a fun movie night at home!

A lucky winner will be chosen on Monday, October 18, 2021

DRIVE-THRU TRICK OR TREAT

When: Friday, October 29, 2021 at 1:30PM

Where: Senior Center Parking Lot

Join us for some tricks and lots of treats! We would love to see your Halloween costumes, feel free to dress up and join the fun!

Sign up begins on Wednesday, October 6, 2021 at 9:30AM

CLOCK RAFFLE

Mark Ryan has very generously donated this beautiful hand painted, hand made battery operated clock for us to raffle!

Call the center to sign up!

This raffle is free of cost. One lucky winner will be chosen on

Thursday, October 21, 2021

ZUMBA WITH KELLI

When: Fridays at 9:00AM

Beginning in November

Zumba with Kelli is back!

Please call the center to sign up starting Tuesday, October 19, 2021 at 9:30AM.

BLOOD PRESSURE CLINIC

Blood pressure clinic is back starting in October! Mondays at 9:30AM in the nurses office.

Limited space is available, please call the senior center to sign up.

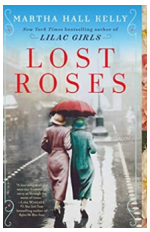
CHAIR DANCING

Begins October 12, 2021

Tuesdays at 1:00PM

Join instructor Jan Spillane for Chair Dancing! Chair dancing is an exhilarating way to improve muscle tone, flexibility and cardiovascular endurance. Not to mention you get to learn a variety of fun dance moves! Each week we perform dance movements on a chair that exercises the upper and lower body with the beat of the music. Chair dancing is full of fun because we are getting aerobic exercise with energizing music, and thus your body is getting great exercise too! This class starts with a warmup including basic dance technique breakdown and drills. Then we jump right into a fun routine choreographed to music and designed to get your body moving and your heart pumping. **Please call the center to sign up, limited space is available.**

BOOK CLUB



The Book Club meets on the 4th Monday of the month at 1:30PM. If you are interested in joining, please call the center at 978-657-7595.

This months book is
Lost Roses By: Martha Hall Kelly

Next meeting is Monday, October 25, 2021 at 1:30PM

MAUREEN'S CRAFTY CREATIONS CORNER

Come play and make all kinds of projects for home, gifts, holidays, etc. Have fun, Make new friends, and share Ideas.

Join instructor Maureen Maher on the 3rd Monday of each month at 1:00PM. **Call the center to sign up, limited space available. Sign up begins on Friday, October 8, 2021 at 9:30AM.**

WE'RE BACK!
AIM RE-OPENS!

AIM MEETING

When: Tuesday, October 12, 2021 10:00AM to 1:30PM

Where: Knights of Columbus, A light lunch will be served

All handicapped and seniors are welcome

OCTOBER BIRTHDAYS

Phyllis Allen	David Couture	Rosemarie Golisano	Donna Ouellette	Annette Shelley
Janet Amrock	Roy Crowell	Irene Hoffman	Alice Robb	Bob Veno
Bill Bannon	Geraldine Debernardo	Paula Kalin	Stephen Robbins	Paul Welch
Kay Bimbo	Mary Denehy	Jean Miceli	Elizabeth Roberts	Diana Wilson
Carmen Bonarrigo	Helen Durkee	Dot McGrath	Sandra Romsey	
Roberta Burke	Joan Foresteire	Annette Mattaliano	Rosemary Russo	
Cynthia Connors	Freda Graham-Rogers	Frank Martell	Debra Russo	

We can't help you blow out the candles on your cake unless you tell us your special day! **Call the Senior Center to confirm your birthday month so that we can mention you in future newsletters!**

FUEL ASSISTANCE

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2021. 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 the 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 currently being sent out. Please feel free to call the center if you have any questions. Also, all copies can be made at the center.

Household Size	Max. Gross Income
1	$40,951
2	$53,551
3	$66,151
4	$78,751

REMINDER:
Writing a Legacy Letter

When: Monday, October 25, 2021 at 2:30 pm
Where: Wilmington Memorial Library Conference Room

Led by Life Review Adviser Jay Sherwin. The event will be held in the library conference room; ample space between attendees will be provided.

CAREGIVERS SUPPORT GROUP

The role of a caregiver can be a very difficult one, especially during these last 18 months. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month. If you are caring for a loved one, relative, or friend, come and meet with others who understand all that you are going through and who can offer support and provide helpful coping strategies.

For October's Caregiver's Support Group we will be presenting a virtual program provided by the Alzheimer's Association, *"Understanding and Responding to Dementia-Related Behavior".* Behaviors are a form of communication. Learn to identify, understand and respond to challenging behaviors. Please feel free to join us Monday, October 18, 2021 from 10:30AM to noon at the Buzzell Senior Center. If you have any questions, please contact, Laura Pickett @ 978-657-7595.

PATHWAYS THROUGH GRIEF
A SUPPORT GROUP EDUCATIONAL SERIES

Come for SUPPORT, EMPATHY AND UNDERSTANDING
When a life ends, those living are left to grieve their loss. This is often a painful process; it is hard to bear. Evidence shows that being with a group can facilitate the process of healing.

When: October 7 & 14 from 12:00PM-2:00PM
Wilmington Buzzell Senior Center, 15 School Street, Wilmington.

All are welcome. This group is free of charge

Sponsored by Beacon Hospice, an Amedisys Co; hosted by Wilmington Buzzell Senior Center
Facilitator: Nancy Duffy, Bereavement Coordinator. To participate, please pre-register by calling Laura Pickett 978-657-7595

SHINE OPEN ENROLLMENT

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

Minuteman SENIOR SERVICES

October is Medicare Open Enrollment time beginning October 15 and ending December 7. Limited appointments are available with local SHINE counselors in-person, by telephone or over ZOOM. To arrange a SHINE appointment please contact the Senior Center at 978-657-7595.

Save time and plan to bring with you your Medicare A/B card, current insurance and/or Part D card, MassHealth ID, and prescription drug list with dosage. This free program is available in all languages through a three-way call using a professional medical interpreting service.

For those with computer access visit: www.medicare.gov to create a My Medicare account, be sure to securely store your username and password. If you are not yet receiving Medicare, you may access the Medicare Planfinder from using your zip code, prescriptions, and preferred pharmacies. The Medicare Planfinder will produce a report that includes premiums, annual out of pocket costs like co-payments and annual deductibles, and other important details.

Shine is a program of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Winchester Hospital and Lahey Hospital and Medical Center, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private contributions.

ZOOM TRIVIA

Join Kelly for Zoom Trivia! This month is Sitcom Trivia and Actors 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.

Winners will be announced in the November newsletter

SITCOMS
TUESDAY, OCTOBER 12, 2021
9:30AM-10:30AM

ACTORS
TUESDAY, OCTOBER 26, 2021
9:30AM-10:30AM

HOW TO PLAY:

All you need is a pen and paper! I will ask a 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!

HOW TO SIGN UP:

1. Call the center and give us your email address. We will email you the link to the zoom event.

LETS CONGRATULATE OUR WINNERS!

ZOOM TRIVIA:
ADS/COMMERCIALS
WINNER:

DAVID COUTURE

ZOOM TRIVIA:
SITCOMS

POSTPONED UNTIL OCTOBER

SEPTEMBER
MOVIE BASKET RAFFLE WINNER:

ALMA D'ANTONIO

DRIVE-THRU TRIVIA ANSWERS FROM 9-22-2021:

WINNER:

JOAN FORESTEIRE

1. What image was on the back page of the August 2021 Newsletter above the Buzzell Programming box?
ANSWER: SEA SHELL

2. Not including this months or last months topics, name two Zoom Trivia topics that have been played. MULTIPLE CORRECT RESPONSES

3. The state capitals word scramble game is over, what kind of games/puzzles would you like to have in upcoming newsletters?
The majority of responses want word search puzzles.

UPDATE ON NEW SENIOR CENTER PROJECT

On Wednesday, September 15, a joint meeting of the Senior Center Building Committee and the Town Hall/School Administration Building Committee was held at the Town Hall and televised live. You can watch a tape of the meeting on WCTV. The committees include members of the Permanent Building Committee, the Board of Selectmen, the Finance Committee, the School Department and Terri Marciello, Director of Elderly Services. The town's Owner's Project Manager (OPM) and representatives from Dietz and Company (architects for the Senior Center) and Johnson & Roberts (architects for the Town Hall/School Administration Building) met with the committees to review and evaluate the 4 identified building sites.

A matrix was developed by the two architects that included objective and subjective criteria. The 6 objective criteria included such things as wetlands and availability of utilities. The 11 subjective criteria included adequate buildable area and relative site development cost, among others. Following a discussion, the matrix was unanimously approved. Each architect then rated, via a numerical scale, the 4 sites against the approved criteria for their individual project.

The scores were then tabulated and analyzed. Following a discussion, the ranking was finalized. The number 1 ranked site for the Senior Center was the property adjacent to St. Dorothy's Church. The number 1 ranked site for the Town Hall/School Administration Building was the former Swain School site near the Town Common. The complete ranking of all sites is as follows:

Senior Center:

- Site adjacent to St. Dorothy's church
- Swain School site
- Present Town Hall site

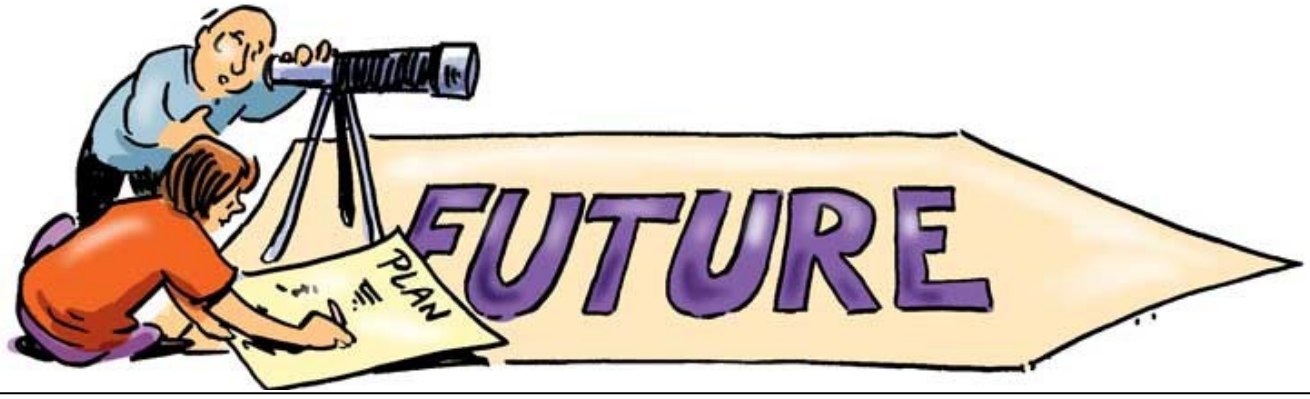
Town Hall/ School Administration:

- Swain School Site
- Site adjacent to St. Dorothy's church
- Present Town Hall site

*The Whitefield School site was deemed unsuitable for either project.

Several seniors were in the audience and offered comments supporting the number 1 ranked site at St. Dorothy's Church for the Senior Center.

A motion was made and voted unanimously to recommend to the Town Manager, who was in attendance, the Joint Committee's site recommendation for each of the proposed buildings. It was expected that the Town Manager will present the recommendations to the Board of Selectmen at their meeting on September 27. A report of the results of that meeting was not available in time for inclusion in this newsletter.



CAN YOU FIND THESE OCTOBER NEWSLETTER WORDS?

B	E	R	U	S	S	E	R	P	D	O	O	L	B	X	S	S	O	N	Z	O	Z	K
W	J	F	C	N	P	E	Z	L	Q	E	D	L	B	D	O	C	T	O	B	E	R	R
D	N	P	R	L	T	L	C	K	S	Y	Q	B	W	S	O	T	R	L	I	X	S	F
M	U	E	W	D	O	I	W	A	A	H	N	V	H	S	L	N	I	H	B	H	P	L
I	B	D	B	M	C	C	O	C	Y	J	I	W	O	W	U	F	A	Q	L	Y	K	B
A	I	C	Y	Z	J	L	K	W	S	B	P	N	B	M	S	L	A	T	O	H	H	P
E	Z	S	L	A	I	C	R	E	M	M	O	C	E	I	G	Z	C	B	I	U	R	H
W	Y	Y	H	R	Z	U	M	B	A	R	H	P	C	N	R	M	I	M	H	O	O	B
L	T	E	L	F	F	A	R	I	O	W	U	C	S	I	T	C	O	M	S	Z	N	L
X	K	E	C	N	A	T	S	I	S	S	A	L	E	U	F	Y	Y	S	F	A	M	S
T	T	V	Q	E	L	M	Y	E	J	A	Z	N	E	E	W	O	L	L	A	H	O	T
N	P	Y	S	H	F	W	M	D	C	K	N	P	X	V	H	Q	Z	O	O	M	V	Z
C	H	A	I	R	D	A	N	C	I	N	G	H	A	V	Z	Z	A	A	I	J	I	M
U	C	B	C	T	Z	U	K	N	C	B	C	L	Q	Y	C	A	G	E	L	T	E	P
A	B	O	O	K	C	L	U	B	N	X	C	A	R	E	G	I	V	E	R	S	A	L
E	U	W	Z	G	E	C	K	B	V	N	Z	N	D	A	I	V	I	R	T	S	X	O

AIM
BLOOD PRESSURE
BOOK CLUB
CAREGIVERS
CHAIR DANCING
CLOCK
COMMERCIALS
DONATIONS
FUEL ASSISTANCE
HALLOWEEN
LEGACY
MOVIE
OCTOBER
RAFFLE
SHINE
SITCOMS
TRIVIA
WOW
ZOOM
ZUMBA

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

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.

TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

HELP WANTED

Are you looking to fill some time in mornings? The Buzzell Senior Center is looking for a home delivered meals driver one or two mornings per week. Please call the Center at 978-657-7595.

BUZZELL PROGRAMMING

CLASSES

Tai Chi with Greta	Mondays at 9:00AM
Special Exercise with Judy	Mondays at 10:30AM
Maureen's Crafty Creations Corner	3rd Monday of the month at 1:00PM
Dance & Tone with Joie	Tuesdays at 9:30AM
Chair Dancing with Jan	Tuesdays at 1:00PM
Special Exercise with Mary	Wednesdays at 9:30AM
Yoga with Joan	Thursdays at 9:00AM
Art with Steve	Thursdays at 9:45AM
Ceramics with Carol	Thursdays at 1:30PM
Chair Yoga with Joan	Fridays at 12:30PM

ACTIVITIES & GROUPS

Blood Pressure Clinic	Mondays at 9:30AM
Quilting	Mondays at 1:00PM
Book Club	4th Monday of the month at 1:30PM
Caregivers Support Group	3rd Monday of the month at 10:30AM
Hiking Group	Tuesdays at 9:30AM
Cards/Games	Wednesdays at 1:00PM
Knitting & Crocheting	Thursdays at 10:30AM Fridays at 9:30AM
Sewing	Fridays at 9:30AM
Poker	Fridays at 1:00PM
Bocce	Play anytime! (Balls & Scoreboard are in the hallway by kitchen.