

THE BUZZELL BUZZ JANUARY 2018



THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Welcome to 2018 ! We hope everyone had a wonderful holiday season and are ready for a fun and exciting New Year! Enclosed you will find some wonderful programs and events for the upcoming month!

Free Income Tax Assistance

The Department of Elderly Services is excited this year to be able to provide the **“Free Income Tax Assistance”** through the IRS, VITA program (Volunteer Income Tax Assistance) at the Buzzell Senior Center – 15 School Street for Wilmington residents that ages 60 and older. Scheduled appointments should be arranged through the center – 978-657-7595. The program will be starting in February. All returns are prepared with computer accuracy and with electronic filing for rapid refunds. Clients should bring:

- This year's tax information along with last year's tax returns
- W-2 forms
- Your social security & pension information
- Tax forms sent by financial institutions
- Your property tax & water bills



If anyone is in need of transportation, please make the arrangements at the same time you make your appointments when calling the Department of Elderly Services at 978-657-7595 and please feel free to call the department with any questions or concerns.

Inclement Weather Policy

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

Did you know that Wednesday, January 24, 2018 is National Compliment Day -

Let's make sure we give a few extra compliments that day!!





Sending Thanks
Wilmington Methodist Church and
Boy Scout Troop 56
along with many supportive residents



We would like to extend our heart felt thank you to all who so generously contributed to this year's Giving Tree. We were able to provide over 200 elders with a holiday gift. This was all made possible by huge hearts of our Wilmington Community. A special thank you to Jane Palmer from the Methodist Church and the Boy Scouts Troop 56 for their contributions!!!

Valentine's Day Luncheon -

Wednesday, February 14, 2018—12:00PM

Join us for a delightful luncheon to celebrate the ones we love!

Signups will start on January 31, 2018 and tickets will be \$5.00 per person.



Tips to Stay Healthy This Winter!

- Drink a lot of water!
- Eat a healthy diet with a lot of greens!
- Exercise regularly

(Try a class at the Center!!)

- Get the right amount of sleep every night
- Wash your hands regularly



LINE DANCE UPDATE

Our Line Dance Class will be having a new schedule starting this month. It will run 6 weeks at a time due to room availability (scheduling issues).

Wednesday, January 3, 2018 through Wednesday, February 7, 2018.

Then to start up again for an additional 6 week period starting Wednesday, March 7, 2018.

"Better Together"

This is our motto for 2018!

In our front lobby we are having our final voting for our "New 2018" logo, designed by the Wilmington High School Graphics Art Class.

Please make sure you come and vote. The winner will be announced on Friday, January 19, 2018

Better Together.

A PRESENTATION BY THE
ALZHEIMER'S ASSOCIATION



The Basics: Memory Loss, Dementia and Alzheimer's Disease

This program provides information about Alzheimer's Disease and other dementias, the benefits of early detection, causes and risk factors, treatment and support resources.

Date: Monday, February 12, 2018

Time: 3:00—4:30 p.m.

Place: Villanova Hall, 126 Middlesex Avenue

REGISTER BY CALLING: 1-800-272-3900

If you have questions, please contact: Lori Hayes, RN Parish Nurse at 978-658-4665, ext. 109 or lorih@wilmingtoncatholic.com

alzheimer's  association®

IN LOVING MEMORY

We express sympathy for the loss of our
friends

Arlene Barrett
Doris Allen

GET WELL WISHES

Peggy Reese
Ken Benner
Dick Boulton
Florence Boutwell



JANUARY BIRTHDAYS

Paula Agostino
Joanne Fisher
Cathy Jensen
Dick Morgan
Connie Rando
John Wallace

Carmen Driscoll
Jean George
Rose LaVerde
Sarah Piazza
Dot Shelley
Robert Dudley



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!

Buzz Book Club will be meeting on Monday,
January 22, 2018 at 1:00 p.m.

We will be discussing books by your own choice of female mystery writers. Feel free to join us with your favorite author or come and listen to what others have to say about their favorite author!



COMING SOON.....

Wii Bowling will now be held on Mondays at 1:00 p.m. beginning on January 8, 2018



Podiatrist



Every 3rd Wednesday of the Month at 9:30 a.m.



Tracey, our nurse is here every Monday at 9:00 for your blood pressure check



Snow Ball Cookies

Ingredients:

- 1 cup of butter softened
- 2 tsps. Of vanilla (or any other flavor that you prefer)
- 1/4 cups of sugar
- 2 cups of flour
- 1/4 tsp. of salt
- 1 cup of chopped pecans or almonds
- 1/2 cup of confectionary sugar

Instructions: Preheat oven to 350 degrees. Mix all ingredients except for the confectionary sugar. Continue mixing until it forms a ball. Takes a little while. Roll into 1" balls and place on baking sheet. Bake 18-25 minutes and remove from baking sheet and roll in powdered sugar while cookie is still warm. Then roll once again once cookie has cooled.

Makes approximately 3 dozen. You can also substitute mini chocolate chips instead of nuts.

Pop-Up Library

Simplify your Wednesday mornings!

Choose some reading materials while you're at the center. The Wilmington Memorial Library will have a "pop-up" library on

Wednesday, January 10, 2018

between 10:30—11:30 a.m.

Adult Services Librarian, Kim Rowley will be there to offer recommendations and have a variety of fiction and non-fiction books and audiobooks for you to checkout with your library card. Don't have a card? We can get you one, just bring a photo ID. Return your items to the library or bring them to the Buzzell the next time the library "pops-up".



AUTOMATED CALLS

All **automated calls** originating at the Senior Center will appear as 617-440-3507 and the City that is listed on your caller ID will be Somerville .

These calls are "recordings" with information on such items as Men's Breakfast, Home Delivered Meals updates, upcoming trips and events. Feel free to call with any questions or concerns.



GUESS WHO?

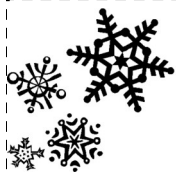
This is the baby picture of someone who comes to the Center! Take a close look and place your answer in the container located on the front counter or call the center with your answer.

We will choose one winner



GOOD

LUCK !



Caregivers Support Group

Caregivers support group will meet on Monday, January 22, 2018 from 10:30 to Noon.

This support group is opened to all who are interested. If you have any questions, please contact

Laura Pickett at 978-657-7595.



Zumba and Yoga

Zumba with Kelli on (starting 1/23/2018)

Tuesday mornings 9:00AM—10:00AM

Yoga with Joan (starting 1/23/2018)

Tuesday afternoons at 2:30 p.m.

Space is limited , give a call 978-657-7595 to find out about availability.

Identity Theft, Fraud, and Scams Seminar

Hosted by Eastern Bank



This seminar will be held here at the Senior Center

On Monday, January 8, 2018

1:00-2:30 p.m.

Mah Jongg is back



Every Tuesday at 1:00 p.m.

Come see what this is all about!

COMPUTER NEWS FOR JANUARY, 2018

In case you missed it, we are now offering a workshop on Smartphone Digital Photography. We will be using the Apple operating system, so our classes are best suited to those of you who have Apple Smartphones. We will of course, be open to anyone regardless of the type of phone you have, but some-things we cover may not apply to you and your phone. Please be aware of that.

Workshops will be held on Tuesdays from 9:30 to 10:30AM. The only requirement is that you invest two (2) hours and that you know how to use your cell phone camera and can operate it. This way we can immediately get into taking photos with our phones.

Please see Paula to sign up.

Also, if you know nothing about computers but are curious, please drop in and let's talk. Unlike our children, we do have the time for you and we will listen to your questions. **You are our priority.** No ap-pointment is necessary for this, so drop in.

Bye the way, have you ever had the need for a greeting card for that special or unique situation and discovered that the greeting companies don't have a card like the one you want? If so, please remember that we have the Hallmark Greeting Card program available for our use, and we can make up that card. Drop in and see what we can do.

Remember
not give us
ful.



these electronic devices are supposed to help us, and
stress, so together let's make using them fun and help-

IS IT MEDICARE OR MEDICAID?

A lot of people have a difficult time understanding the difference between Medicare and Medicaid. Both programs begin with the letter “M.” They’re both health insurance programs run by the government. People often ask questions about what Medicare and Medicaid are, what services they cover, and who administers the programs.

Let’s start with Medicare. Medicare is the national healthcare program for those aged 65 or older and the disabled. You pay for some Medicare expenses by paying the Medicare tax while you work. The Centers for Medicare & Medicaid Services is the agency in charge of both Medicare and Medicaid, but you sign up for Medicare A (Hospital) and Medicare B (Medical) through Social Security.

You can apply for Medicare online from the convenience of your home at the link on our website: www.socialsecurity.gov/medicare/. If you’re already receiving Social Security retirement benefits when you reach age 65 or are in the 25th month of receiving disability checks, we will enroll you automatically.

Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) plans are available for purchase in the insurance marketplace. Social Security administers a program called Extra Help to help people with low income and low resources pay for premiums, co-pays, and co-insurance costs for Part D plans. You can find out more about Extra Help and file for it at www.socialsecurity.gov/medicare/prescriptionhelp. Each year, The Centers for Medicare & Medicaid Services publishes *Medicare and You* available online at their website at www.medicare.gov/medicare-and-you/medicare-and-you.html. This publication is a user’s manual for Medicare.

Each state runs their own Medicaid program under guidance from the Centers for Medicare & Medicaid Services. Medicaid offers care for the most vulnerable among us. While it does not require paying taxes while working, it does have guidelines about how much income and resources you can have to qualify. Medicaid provides coverage for older people, people with disabilities, and some families with children. Each state has its own eligibility rules and decides which services to cover. The names of the Medicaid program may vary from state to state. You can read about each state’s Medicaid program at www.medicaid.gov/medicaid/by-state/by-state.html. You can find each state’s Medicaid contact information at www.medicaid.gov/about-us/contact-us/contact-state-page.html.

Medicare and Medicaid are two of the major insurance programs that provide healthcare to the American public. Understanding each program, as well as how the two programs differ, can help you and those you care about find the right healthcare program.

January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Center Closed 	2 9:00AM Computer Class 10:30AM Aerobics 1:00PM Mah Jongg	3 9:00AM Craft Class 9:45AM SBF Exercise 11AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers	4 9:00AM Comp. Class 10:00AM Art Class 10:30AM Aerobics 11:00AM Knitting/ Crocheting 1:00 PM Game Day	5 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	6
7	8 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii 1:00PM Scams	9 9:00AM Computer Class 10:30AM Aerobics 1:00PM Mah Jongg	10 9:00AM Craft Class 9:45 AM SBF Exercise 10:00LPopUpLibrary 11AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers	11 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/ Crocheting 1:00 PM Game Day	12 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	13
14	15 CENTER CLOSED 	16 9:00AM Computer Class 10:30AM Aerobics 1:00PM Mah Jongg	17 9:00AM Craft Class 9:30AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards	18 9:00AM Comp. Class 10:00AM Art Class 10:30AM Aerobics 11:00AM Knitting/ Crocheting 1:00PM Game Day 1:30 Commissioners	19 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00PM Cards	20
21	22 9:30AM Blood Pressure 9:45AM SBF Exercise 10:30 Caregivers 11:00AM Special Exercise 1:00 Book Club 1:00 Wii 2:30 Quilting	23 9:00 AM Zumba 9:00 AM Computer Class 10:30 AM Aerobics 1:00PM Mah Jongg 2:30PM Gentle Yoga	24 9:00AM Craft Class 9:45AM SBF Exercise 11:00AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers	25 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11:00 AM Knitting/ Crocheting 1:00PM Game Day	26 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00PM Cards	27
28	29 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00Wii	30 9:00AM Zumba 9:00AM Computer Class 10:30AM Aerobics 1:00PM Mah Jongg 2:30PM Gentle Yoga	31 9:00AM Craft Class 9:45AM SBF Exercise 11:00AM Special Exercise 1:00 PM Line Dancing 1:30 PM Cards 3:00 PM Fun Singers			
<div>  What better place to be than at the Buzzell Senior Center!  </div>						



TOWN OF WILMINGTON

**PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10**

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:30
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
Wii BOWLING 1:00 PM
Yoga 2:30PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:00-4
FUN SINGERS 3:00

THURSDAY

ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00
CRIBBAGE/GAME DAY 1:00PM

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:00-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

SPECIAL PROGRAMS

PODIATRIST

3RD WEDNESDAY OF THE MONTH
9:30

SHINE COUNSELOR
CALL FOR PERSONAL
APPOINTMENT

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

SENIOR VAN SERVICES

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