

# THE BUZZELL BUZZ THE DEPARTMENT OF ELDERLY SERVICES MARCH 2024



**BUZZELL**  
**SENIOR CENTER**  
15 SCHOOL STREET  
WILMINGTON,  
MA 01887  
**TELEPHONE:**  
978-657-7595 OR  
978-658-2258  
**MONDAY – FRIDAY**  
**9:00AM– 4:30PM**  
 

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**of Elderly Services**  
*Staff Contact*  
*Information*  
**Director:**  
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**Van Driver:**  
Sonja Halliday



## **NEWS & UPDATES**

It's just about spring time, which also means that we get ready to change the clocks! This year, Daylight Savings is on Sunday, March 10, 2024. Make sure to set your clocks ahead one hour. Warmer, longer days are just around the corner!

Just a few reminders; the Senior Center opens at 9:00AM and the doors will open at 8:45AM. Also, don't forget to vote in the Presidential Primary Election on Tuesday, March 5, 2024. More information can be found on the Town of Wilmington website.

Due to our St. Patrick's Day Luncheon, Gentle Yoga, Line Dancing, and Functionally Fit will be cancelled on Thursday, March 14, 2024. Also, Dance & Tone is cancelled for Tuesday, March 12, 2024 and Tuesday, March 19, 2024. Cocoa and Conservation with Valerie Gingrich has been rescheduled to Wednesday, March 27, 2024 at 1:00PM. Call the center to sign up.

Game Night is coming back! Starting in May, Game Night will be on the 2nd Thursday of every month until September. Also coming up in May is the **Happiness Is** seminar with Henry Quinlan. Join us on Wednesday, May 8, 2024 as Henry discusses happiness, what it looks like, and how to achieve it. More information about these two events will be in the April newsletter.

The income tax appointments are underway and going well! If your appointment was scheduled for Tuesday, February 13, 2024, please be patient as we are working to reschedule these. We will get in touch with you to reschedule shortly.

As we mentioned in the February newsletter, the Lowell Five very generously donated \$5,000 to the Senior Center. With this donation we have started a new food program. Fellow Wilmington senior Ellie Martin and Mary Lou Ferraro, one of our home delivered meals drivers, have teamed up to surprise us one special day each month with a delicious homemade soup.

## **IMPORTANT UPDATE:**

Due to high demand and limited exercise space, we will now have a sign up for our exercise classes to ensure everyone's safety. This will be an in person sign up beginning the week of March 18, 2024. Even if you have been regularly attending a class you must come in and sign up. Classes will be held in 6 week intervals. Wilmington residents take first availability.

## **REMINDER**

We ask that you stay at home if you are sick. We have been noticing more and more people coming to the center for activities that are not feeling well. This includes, but is not limited to COVID-19, colds, coughs, flu, stomach bugs, etc. Lets be mindful of the health of others. If you do not feel good, stay home and get some rest.



### ST. PATRICK'S DAY LUNCHEON



Join us for our traditional St. Patrick's Day luncheon!

Joe Leary will be performing for us!

**When: Thursday, March 14, 2024 at 12:00PM**

**Cost: \$7.00**

Sign up for this event was in February. Call the center to see if space is still available.

### WOOD CARVING

**When: Friday, March 1, 2024  
& Friday, March 15, 2024  
From 10:00AM-12:00PM**

This months project is Bugs Bunny!



### NO SEW QUILT

**When: Monday, March 11, 2024  
12:30PM-4:30PM**

Join Nancy to make this Queen Cactus. The cost is \$30.00 which includes all that you will need to make your own beautiful collage quilt and the finishing touches.

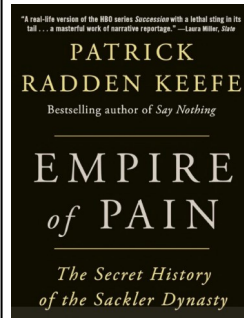
Nancy Sandreuter is a certified teacher for the Laura Heine method of collage quilting.

**Sign up begins Wednesday,  
March 6, 2024**



### BOOK CLUB

The Book Club meets on the 4th Monday of the month at 1:30PM. The next meeting is **Monday, March 25, 2024 at 1:30PM**



This months book is Empire of Pain  
By: Patrick Radden Keefe, 2021

### HIKING GROUP

The Hiking Group meets on Tuesdays and Thursdays to hike in various locations both locally and in surrounding towns. If you are interested in joining, please register by calling the Senior Center.



As of the close for this newsletter, there were 6 hikes, 22 attendees and 3 more hikes to go!

### BINGO

Join us for BINGO! Bingo is on the first and third Wednesday of the month at 1:00PM. No need to sign up. Just stop by!



**Wednesday,  
March 6, 2024  
at 1:00PM**

**Wednesday,  
March 20, 2024  
at 1:00PM**

*Please bring small bills, preferably ones or fives to play.*

## MARCH BIRTHDAYS



|                   |                     |                    |                |
|-------------------|---------------------|--------------------|----------------|
| Carmen Belanger   | Jackie Draper       | Paulette Mangano   | Carol Skilling |
| Steve Berghaus    | Jean Finnerty       | Peg Mar            | Peggy Reese    |
| Helen Brady       | Elizabeth Fournier  | Terri Marciello    | Don Rich       |
| Jim Brennick      | Genevieve Frongillo | Janice Murray      | Mark Ryan      |
| Connie Castronovo | Tina Garrity        | Diana McKee        | Kathy Warford  |
| Roseann Cheney    | Dot Getty           | Mary Jane McDonagh | Robert Welch   |
| Doug Cheney       | Robert Kent         | Kathy Perito       | Cathy Woods    |
| Bob Cornish       | Pat Kane            | Ed Sarasin         |                |
| Shirley DiRusso   | Jeff Linehan        | Pat Sutherland     |                |

*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!*

### CAREGIVERS SUPPORT GROUP



This month our Caregivers Support Group will be on **Monday, March 18, 2024 from 10:30AM-12:00PM**. The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us.

### OUR MOMENT CAFÉ



We are excited to announce the grand reopening of Our Moment Café on **Wednesday, April 17, 2024 from 1:00PM-2:30PM at the 4th of July Building**. All are welcome to come!

A Memory Café is a special gathering place for those living with memory loss and their caregivers. The Café gives people the opportunity to socialize, participate in an activity, and make new friends in a welcoming environment.

Our Moment Café will meet on the third Wednesday of every month from 1:00PM-2:30PM at the 4th of July building. If you have any questions, please feel free to contact Terri Marciello or Laura Pickett.

### SENATOR FINEGOLD AID OFFICE HOURS

Senator Finegold's aid, Janice Phillips, will be holding office hours at the Senior Center. Stop by to chat!



**When:**  
March 14,  
2024 at  
10:00AM

### DEATH & TAXES WORKSHOP



DOVETAIL  
COMPANIES

**When: Thursday, April 11,  
2024 at 2:00PM**

Presented by Erin DiCarlo of Dovetail Companies, will begin with a visioning workshop where participants will leave with an easy to use tool they and their families can use to outline their individual wishes, goals, and specifics for their own death experience. Veronica Viveiros, a local estate planning attorney will discuss probate, pre-planning to avoid tax implications, and the importance of having all your legal ducks in a row.

**Call to sign up!**

### BRIDGING GENERATIONS

**When: Friday, April 5, 2024  
From 9:30AM-10:45AM**

Join the Wilmington High School students for rock painting! Call the center to sign up.



### TECH HELP WITH BRAD



**When: Tuesday, April 9, 2024 at 11:30AM**  
(2<sup>nd</sup> Tuesday of each month) *Call the center to sign up.*

Brad McKenna spent fourteen years working in the IT Department for Partners Healthcare before going back to school for his master's in library and information sciences. He's been the technology librarian at the Wilmington Memorial Library since 2014. His favorite piece of technology he owns are his hearing aids. His favorite piece of technology he used in the library is the VCR used to digitize old home movies.

He can help you with such things as social media and email; laptops, tablets, and phones; and, of course, any of the library services.



### BELLYDANCE FOR BEGINNERS WITH CAROLISA OF MOONLIGHT DJ'S

**When: Come for an introductory class on March 19, 2024 at 11:00AM. If you are interested after this, you may sign up for the 5 week class on Tuesday, March 26, 2024**

**5 week course begins on April, 2, 2024**

Have you ever wanted to try Bellydance? Join the fun and try this beautiful and joyful dance! Energizing yet relaxing; fast and fiery to slow and smooth; we cover all the basics in this Beginner series including Greek dances and the beautiful Veil dance....all set to a fantastic mix of world music! Increase flexibility; learn graceful smooth moves and work all muscles in this feel-great FUN & friendly class! Moves can be adjusted to suit your ability. This class is great for of all ages and fitness levels!

*\*Veils may be borrowed. Wear comfortable stretchy clothing; thick sox or a soft shoe that can "slide".*

"Love your Bellydance class.. it's sooo relaxing and good for body & soul! The music & movement is so joyful and stress-relieving! ...the perfect stress-reliever! –Leslie

Carolisa has over 25 years experience as a dance instructor running classes & workshops for all ages at dance studios, community venues, for seniors, company wellness, school enrichment programs; private events and for women's "night out". She teaches Zumba, Bellydance, Line Dance Mix, Move & Groove (kids) and also runs Family Fun Dance and 1 Night Workshops. She has experience DJ'ing for theme & retro parties, reunions, family celebrations and kids' parties. She especially enjoys motivating and inspiring others of any age, fitness level or ability through music and dance, increasing confidence in a fun & friendly class!

### STRENGTH & STRETCH

**When: Mondays at 3:30PM**  
(Beginning on March 25, 2024)

**Call the center to sign up beginning March 4, 2024**

Jennifer is an AFAA certified personal trainer with 20 years experience teaching fitness classes.



Her "Strength and Stretch" class uses fitness balls, resistance bands and dumbbells to strengthen and lengthen the entire body. Chairs are used for seated exercises as well as for support in standing exercises. Jennifer ends her classes with a 5 minute meditation using breath work and moves inspired by Tai chi and Qi Gong.



### TEA PARTY

**When: Wednesday, April 10, 2024 at 1:00PM**

**Cost: \$4.00**

We have rescheduled the tea party! If you signed up for this event when it was scheduled for January, then you are still signed up. Please call the center if you have any questions or are interested in joining.

### COCOA & CONSERVATION

**When: Wednesday, March 27, 2024 at 1:00PM**

Stop by for a cup of hot cocoa and a discussion with Valerie Gingrich (*Planning & Conservation Director*) regarding Section 3A MBTA Communities Zoning. This will be a good chance to learn more or ask questions about this Zoning Act.



### CANDY RAFFLE

#### **CONGRATULATIONS TO ROBIN THEODOS**

There were 39 candies in the jar. Robin Theodos and Carol Skilling both guessed closest with 38! Robin's name was chosen randomly.

Make sure to stop by the front desk to enter our March candy raffle.

**One lucky winner will be chosen on  
Wednesday, March 20, 2024**

### BEWARE OF SCAMS

Older adults are often the target of scams. Scammers are savvy and convincing, and their scams are designed to catch people off guard. Don't be ashamed if you think you or someone you know has been a victim of a scam — it can happen to anyone. **Common scams aimed at older adults include:**

- Government impersonator scams, such as someone posing as a Medicare representative asking for account information
- Fake prize, sweepstakes, and lottery scams, in which you are asked to pay money or provide account information to claim winnings
- Computer tech support scams, in which a scammer tells you that your computer has a problem and wants you to pay for support services to fix it
- The grandparent scam, in which a caller pretends to be a grandchild or other relative in distress

#### **Here's what you can do:**

- Don't give out sensitive personal information over the phone or in response to an email, social media post, or text message. Sensitive information includes your Social Security number, bank account information, credit card numbers, PINs, and passwords.
- Check incoming bills, including utility bills and credit card statements, for charges that you didn't authorize. Contact the utility provider, credit card company, or bank if you see any charges you don't recognize.
- Protect your electronic accounts by keeping the security software on your computer and smartphone up to date and by using multifactor authentication when possible.
- Don't transfer money to strangers or to someone over the phone. Similarly, never buy a gift card to pay someone over the phone. Once you transfer money or share the numbers on the back of a gift card, there's usually no way to get your money back.

If someone is trying to scam you, they may threaten you or pressure you to act immediately. If this happens to you, don't panic. Slow down and think about what the person is saying. If you suspect it's a scam, end the call and talk to someone you trust.

One reason that scammers target older adults is that they are less likely to report suspected fraud. If you think that you or someone in your life has been the target of a scam, contact the National Elder Fraud Hotline at 833-372-8311. You can also contact your local police department or the attorney general of your state or territory, and you can report the scam to the Federal Trade Commission.



## **MINUTEMAN SENIOR SERVICES REGIONAL SHINE PROGRAM**

**NEW in 2024!** Medicare Savings Program eliminates asset test making more beneficiaries now eligible.

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums-- currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of March 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging and note that SHINE can meet in person or remotely.



*SHINE is available to Medicare beneficiaries of all ages by Minuteman Senior Services with partial funding provided by the Administration of Community Living. For more information about SHINE or other aging and disability services contact Minuteman Senior Services at 781.272.7177*

<https://www.minutemansenior.org>



## **NEW SENIOR CENTER UPDATE**

Here's what has been happening since our last Update in the February Newsletter.

- The Senior Center Building Committee met on Wednesday, February 7, 2024, at the Town Hall. There was a discussion on the building exterior materials and a selection was made for the roof, siding, windows and doors.
- The OPM reported that the underground utilities within the building have been completed, the concrete foundation has been completed and the boulders have been removed. It is expected that the concrete floor will be completed by the end of February. The pre-fab wood beams and wood trusses are being made off site; delivery is expected in April.
  - The OPM reported that the construction is on schedule and on budget.
- The Committee decided that a meeting was not necessary in March. The next meeting will be in April on a date to be determined. George Hooper, the Committee Chair, and Terri Marciello continue to attend the weekly on-site job meetings.



# MARCH 2024

| SUN  | MON  | TUES  | WEDS   | THUR   | FRI  | SAT   |
|--|--|---|--|--|--|---|
|  |  |   |  |  |  | <b>1</b><br>• ZUMBA 9:00AM<br>• SEWING 9:30AM<br>• <b>WOOD CARVING</b><br>10:00AM<br>• CHAIR YOGA 12:30PM<br>• POKER 1:00PM |
| <b>3</b>   | <b>4</b><br>• <b>SIGN UP STRENGTH &amp; STRETCH</b><br>• TAI CHI: 9:00AM<br>• SPECIAL EXERCISE 10:30AM<br>• WII BOWLING 11:30AM<br>• CRIBBAGE 1:00PM   | <b>5</b><br>• HIKING GROUP 9:00AM<br>• DANCE & TONE 9:30AM<br>• BEADING 10:30AM<br>• FUNCTIONALLY FIT 2:00PM  | <b>6</b><br>• <b>SIGN UP NO SEW QUILT</b><br>• BLOOD PRESSURE 9:00AM<br>• SPECIAL EXERCISE 9:30AM<br>• CARDS & GAMES 1:00PM<br>• POKER 1:00PM<br>• <b>BINGO 1:00PM</b> | <b>7</b><br>• HIKING GROUP 9:00AM<br>• GENTLE YOGA 9:00AM<br>• ART 9:45AM<br>• KNITTING & CROCHETING 10:30AM<br>• CERAMICS 1:30PM<br>• FUNCTIONALLY FIT 2:00PM   | <b>8</b><br>• ZUMBA 9:00AM<br>• SEWING 9:30AM<br>• CHAIR YOGA 12:30PM<br>• POKER 1:00PM                                      | <b>9</b>  |
| <b>10</b><br>DAYLIGHT SAVINGS<br> | <b>11</b><br>• TAI CHI: 9:00AM<br>• SPECIAL EXERCISE 10:30AM<br>• WII BOWLING 11:30AM<br>• <b>NO SEW QUILT 12:30PM</b><br>• CRIBBAGE 1:00PM  | <b>12</b><br>• HIKING GROUP 9:00AM<br>• BEADING 10:30AM<br>• FUNCTIONALLY FIT 2:00PM  | <b>13</b><br>• BLOOD PRESSURE 9:00AM<br>• SPECIAL EXERCISE 9:30AM<br>• CARDS & GAMES 1:00PM<br>• POKER 1:00PM  | <b>14</b><br>• HIKING GROUP 9:00AM<br>• ART 9:45AM<br>• <b>SENATOR FINEGOLD AID 10:00AM</b><br>• KNITTING & CROCHETING 10:30AM<br>• <b>ST. PATRICK'S DAY LUNCHEON</b><br>12:00PM<br>• CERAMICS 1:30PM                                      | <b>15</b><br>• ZUMBA 9:00AM<br>• SEWING 9:30AM<br>• <b>WOOD CARVING</b><br>10:00AM<br>• CHAIR YOGA 12:30PM<br>• POKER 1:00PM | <b>16</b>   |
| <b>17</b>  | <b>18</b><br>• <b>SIGN UP ALL EXERCISE CLASSES BEGINS</b><br>• TAI CHI: 9:00AM<br>• SPECIAL EXERCISE 10:30AM<br>• <b>CAREGIVERS SUPPORT</b><br>10:30AM<br>• WII BOWLING 11:30AM<br>• CRIBBAGE 1:00PM | <b>19</b><br>• HIKING GROUP 9:00AM<br>• BEADING 10:30AM<br>• <b>BELLY DANCING INTRO</b><br>11:00AM<br>• FUNCTIONALLY FIT 2:00PM                         | <b>20</b><br>• BLOOD PRESSURE 9:00AM<br>• SPECIAL EXERCISE 9:30AM<br>• CARDS & GAMES 1:00PM<br>• POKER 1:00PM<br>• <b>CANDY RAFFLE</b><br>• <b>BINGO 1:00PM</b>        | <b>21</b><br>• HIKING GROUP 9:00AM<br>• GENTLE YOGA 9:00AM<br>• ART 9:45AM<br>• KNITTING & CROCHETING 10:30AM<br>• COUNTRY LINE DANCING 10:30AM<br>• CERAMICS 1:30PM<br>• <b>COMMISSIONERS MEETING 1:30PM</b><br>• FUNCTIONALLY FIT 2:00PM | <b>22</b><br>• ZUMBA 9:00AM<br>• SEWING 9:30AM<br>• CHAIR YOGA 12:30PM<br>• POKER 1:00PM                                     | <b>23</b>   |
| <b>24</b>  | <b>25</b><br>• TAI CHI: 9:00AM<br>• SPECIAL EXERCISE 10:30AM<br>• WII BOWLING 11:30AM<br>• CRIBBAGE 1:00PM<br>• <b>BOOK CLUB 1:30PM</b><br>• <b>STRENGTH &amp; STRETCH</b><br>3:30PM                 | <b>26</b><br>• <b>SIGN UP BELLY DANCING CLASSES</b><br>• HIKING GROUP 9:00AM<br>• DANCE & TONE 9:30AM<br>• BEADING 10:30AM<br>• FUNCTIONALLY FIT 2:00PM | <b>27</b><br>• BLOOD PRESSURE 9:00AM<br>• SPECIAL EXERCISE 9:30AM<br>• CARDS & GAMES 1:00PM<br>• POKER 1:00PM<br>• <b>COCOA &amp; CONSERVATION</b><br>1:00PM           | <b>28</b><br>• HIKING GROUP 9:00AM<br>• GENTLE YOGA 9:00AM<br>• ART 9:45AM<br>• KNITTING & CROCHETING 10:30AM<br>• COUNTRY LINE DANCING 10:30AM<br>• CERAMICS 1:30PM<br>• FUNCTIONALLY FIT 2:00PM  | <b>29</b><br>• ZUMBA 9:00AM<br>• SEWING 9:30AM<br>• CHAIR YOGA 12:30PM<br>• POKER 1:00PM                                     | <b>30</b>   |
| <b>31</b><br>                   |  |   |  |  |  |   |



# TOWN OF WILMINGTON

PRESORTED  
STANDARD  
US POSTAGE PAID  
WILMINGTON, MA  
PERMIT NO 10

CURRENT RESIDENT OR



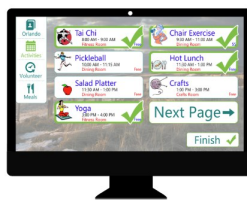
## my seniorcenter™



Next time you are at the center, please take a moment to stop at the front desk. We would like to update your profile and make sure we have correct information for you including your emergency contacts. This will only take a minute or two.

### **REMINDER!**

Just a friendly reminder that it is very important to sign in to all events, activities, and classes every time you come to the center. If you do not have a card to scan, please ask for a new one at the front desk.



### **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 cancelled for the day. No home delivered meals are served and transportation is cancelled. The center will remain open for emergencies.

Please note that you may receive automated calls from the Senior Center that may appear as coming from Belmont, MA. These are not spam calls and will be recordings with important center information and updates. They may be voice recorded calls or automated calls. Feel free to call with any questions or concerns.



### **CALL THE CENTER IF YOU NEED...**

- Incontinence products
  - Flushable wipes
- Hearing aid batteries
- Medical equipment
- Nutritional Drinks (*Ensure/Boost*)
  - Puzzles
- Books and Puzzle Books
  - DVD's