



THE BUZZELL BUZZ
THE DEPARTMENT OF
ELDERLY SERVICES
SEPTEMBER 2021



BUZZELL SENIOR CENTER

15 SCHOOL STREET
 WILMINGTON, MA
 01887

TELEPHONE:

978-657-7595 OR
 978-658-2258

MONDAY – FRIDAY
9:00AM– 4:30PM



NEWS & UPDATES

Can you believe its September? The last couple months have gone by in the blink of an eye! First off, Sunday, September 12, 2021 is Grandparent’s Day. We would like to wish all the grandparents, great grandparents, and great great grandparents out there a very special day! Also, September is National Senior Center Month and we do have some fun events planned. Starting Tuesdays, Dance & Tone with Joie returns and the quilting group will begin meeting on Mondays. Call the center if you are interested in signing up.

We are so excited to announce that the “The Celebration of Life-Community of Hope” quilt has been completed. Thank you to Jane Hill for lovingly putting this quilt together for us. The quilt is currently on display in the lobby of the Buzzell Senior Center. Please feel free to stop by and check it out. See page 7 for a photo on Jane Hill and the quilt. As promised, the quilt will be traveling to other locations around town, we will give updates as to where you can find it.

During this month’s Caregiver’s Support Group (Monday, September 20, 2021 from 10:30AM-12:00PM) Eileen MacDougal, host of WCTV Book Stew will come and join us to share her interview with author, Kate Washington. Kate Washington, author of “Already Toast-Caregiving and Burnout in America”. Kate talks about her book in a 30 minute video. Kate speaks about lives turned upside down after a dire medical diagnosis and the repercussion of that for the families. Kate also discusses how women are usually always the caregiver. Eileen will donate a copy of Kate Washington’s book, “Already Toast-Caregiving and Burnout in America” More information about the Caregiver’s Support Group can be found on page 3.

Check out this delicious Deep, Dark Chocolate Cake submitted by Rosemarie Golisano. All of the staff can personally attest to how good it is! The recipe can be found on page 5.

Please note that the center will be closed on Monday, September 6, 2021 in observation of Labor Day. There will also be no home delivered meals on this date as well.

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

Meet with Richard Curran



Richard Curran is the Community Outreach Specialist for Senator Bruce Tarr’s Office. He will be at the Senior Center to listen to your concerns and to answer any of your questions. *Meetings will take place privately in the nurses office*

When: Thursday, September 23, 2021
11:00AM-2:00PM

SEPTEMBER 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, September 13, 2021



DRIVE-THRU DESSERT

When: September 22, 2021

At 1:00PM

Where: Senior Center Parking Lot.

Lets celebrate the first day of Autumn with some Apple Pie & Ice Cream.

Sign up begins on Friday, September 3, 2021 at 9:30AM. This event is free of cost thanks to an anonymous donor.

DRIVE-THRU TRIVIA:

1. What image was on the back page of the August 2021 Newsletter above the Buzzell Programming box?
2. Not including this months or last months topics, name two Zoom Trivia topics that have been played.
3. The state capitals word scramble game is over, what kind of games/puzzles would you like to have in upcoming newsletters?



Game Night

When: Wednesday, September 15, 2021 4:30PM-6:30PM

Come and enjoy dinner with friends and then stick around for cards, board games or rock painting. Space is limited. This event is free of cost. Call the center to sign up.

Bon Appetit Julia!

When: Thursday, September 30, 2021
1:00PM at the Buzzell Senior Center.



Sign up begins Wednesday, September 8, 2021 at 9:30AM
Call the center to sign up!

The Delvena Theatre company is at it again...!

A live performance featuring two actresses, Bon Appetit, Julia! is a sequel to Delvena Theatre Company's ever-popular *Meet Julia Child!* show. Set in the late 1980's, the show will focus on an insight into the beloved chef, Julia Child's, life at that time. Julia will be demonstrating her culinary skills, with real ingredients, and encouraging help from the audience. Julia being Julia! An interactive, fun show! The cast will open up after the show for discussion regarding Julia Child.

Bon Appetit, Julia! is supported in part by a grant from the Wilmington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

The Spectacular Castle In The Clouds

Head up north for a delightful day amidst the scenic fall splendor of New Hampshire. A delicious full course luncheon at Hart's Turkey Farm that includes; Fruit Juice, Garden Salad, Hot Rolls & Butter, Whipped Potatoes & Butternut Squash, Beverage and your choice of Entrée (Roast Turkey, Sirloin of Beef, or Baked Haddock).

After lunch, enjoy the beauty of the Lakes Region, touring the estate of the eccentric millionaire Thomas Plant's Castle in the Clouds. This magnificent 5200 acre estate commands a panoramic view of Lake Winnepesaukee and the surrounding mountains, meadows and streams. The Castle is truly a unique experience. A visit to the famous Moultonborough Country Store is also included.

When: Thursday, October 14, 2021 8:30AM Departure– Arrival back at 5:30PM

How to Sign up:

In person sign up for Wilmington Residents begins Tuesday, September 14, 2021 beginning at 9:30AM outside under the tent (weather permitting.) Please be prepared to choose your entree and make \$60.00 payment (cash or check) also must bring your vaccination card. *If you have any questions, please call the center.*

SEPTEMBER BIRTHDAYS

Harry Atamian	Mary Downing	Janice LaCasse	Ed Nash
Gerri Bellavia	Bill Farrell	Al LaValle	Rosemarie Pasquale
Cindy Bouley	Kelly Fordham	Peggy Lowell	Sandy Rice
Rosemarie Bromander	Angela Forte	Lynne Martell	Maria Sordillo
Ethel Butters	Jackie Holmes	Thomas Moran	GiGi Shenloogian
Diane Buttaro	Ellen Houle	Mary McCauley	Dolly Saccocea
Grace Carroll	Jean Hartka	Doreen McNeil	Norma Wallace
Sandra Cosman	Thomas Haggerty	Josephine Miano	
Susanne Clarkin	Margaret Gundersen	Al Maiella	

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!



QUILTING

The quilting group will be meeting on Mondays at 1:00PM under the tent (weather permitting or inside the building)

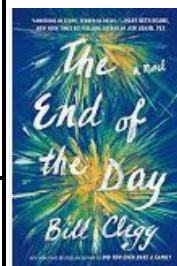
Call the center to sign up



DANCE & TONE

Dance & Tone with Joie is back starting Tuesdays at 9:30AM under the tent (weather permitting or inside the building.)

Call the center to sign up



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.

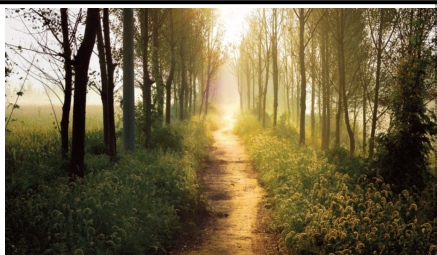
This month's book is The End of the Day by Bill Clegg

Next meeting is Monday, September 27, 2021

Caregivers Support Group

The role of a caregiver can be a very difficult one, especially during these last 15 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. The group meets from 10:30AM to noon at the Buzzell Senior Center.

For more information, please call Case Manager, Laura Pickett at 978-657-7595 or email at lpickett@wilmingtonma.gov



SAVE THE DATE:
Pathways through grief
A Support Group
Educational Series

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: September 16 & 23, 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

Writing a 'Legacy Letter'

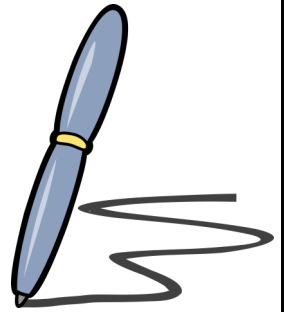
A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and other loved ones.

This introductory workshop includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter.

Jay Sherwin

In a long and varied career, Jay Sherwin has practiced law, given away money for five charitable foundations, worked as a philanthropy consultant and served as a hospital chaplain. Drawing on all those experiences, Jay created the *Life Reflections Project* to educate people about legacy letters and ethical wills; he now teaches classes and workshops on legacy writing and helps people craft their own legacy documents.

Jay was born and raised in Worcester; he has lived in seven states and two foreign countries and now resides in Portland, Maine. You can read more about Jay and the *Life Reflections Project* on his website at www.jaysherwin.com.



Writing a Legacy Letter

Monday, October 25, 2021 at 2:30 pm

Location: 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

SHINE OPEN ENROLLMENT



Serving Health Information Needs of Everyone (SHINE) program is now accepting appointments for Medicare Open Enrollment consultations beginning October 15 and ending December 7. If you would like to review your existing medical and prescription drug coverage and costs please contact the center at 978-657-7595 to arrange a one-on-one meeting with your local SHINE counselor (in person, over the phone or by ZOOM). Appointments are on a first come, first serve basis and fill up fast so avoid making a last-minute decision and call today.

Note that this program is not intended for people who are not already enrolled in Medicare. People turning 65 in 2022 should meet with SHINE counselors for a Medicare 101 at the end of open enrollment.

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 Commercials/Ads and TV Sitcoms 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 October newsletter

 <p>COMMERCIALS/ADS TUESDAY, SEPTEMBER 14, 2021 9:30AM-10:30AM</p>	 <p>SITCOMS TUESDAY, SEPTEMBER 28, 2021 9:30AM-10:30AM</p>
--	--


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.

LET'S CONGRATULATE OUR WINNERS!




ZOOM TRIVIA:
CARTOON/COMIC
TRIVIA WINNER:

LINDA WALSH



ZOOM TRIVIA:
1970'S TRIVIA
WINNER:

LINDA WALSH



AUGUST MOVIE
BASKET RAFFLE
WINNER:

LORRAINE CASEY

INGREDIENTS:

- 1 3/4 Cups Un-sifted All-Purpose Flour
- 2 Cups Sugar
- 3/4 Cup Hershey's Cocoa
- 1 1/2 Teaspoons Baking Soda
- 1 1/2 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 2 Eggs
- 1 Cup Milk
- 1/2 Cup Vegetable Oil
- 2 Teaspoons Vanilla
- 1 Cup Boiling Water



HERSHEY'S 5-MINUTE RECIPE

DEEP, DARK CHOCOLATE CAKE (MIXES IN 5 MINUTES!)

Recipe Submitted by Rosemarie Golisano

1. Combine dry ingredients in large mixing bowl
2. Add remaining ingredients except boiling water; beat at medium speed 2 minutes
3. Remove from mixer; stir in boiling water (batter will be thin)
4. Pour into two greased and floured 9in or three 8in layer pans or one 13x9in pan.
5. Bake at 350 degrees for 30-35 minutes for layers, 35-40 minutes for 13x9in pan, or until cake tester (inserted in the center) comes out clean.
6. Cool 10 minutes on rack
7. Remove from pans; cool completely
8. Top with your favorite frosting!



UPDATE ON NEW SENIOR CENTER PROJECT

UPDATE!

- The Senior Center Building Committee, consisting of members of the Permanent Building Committee, Board of Selectmen (Greg Bendel), Finance Committee (Theresa Manganelli) and Terri Marciello, Director of Elderly Services, has been working with the project architect, Dietz and Co., to define the programmatic needs and space requirements for our new senior center.
- On July 1, representatives of the Senior Center Building Committee and our Owner's Project Manager (OPM) Dan Pallotta took a field trip to Westfield and Ludlow to meet our architect and visit two senior centers they recently designed. It was an opportunity to see some building layouts and ask our architect and each of the local senior center Director at Ludlow and Westfield specific questions. The trip was informative and along with trips last year by a senior center focus group to several local senior centers, it will help formulate our ideas for our new senior center.
- On July 27, the Committee had a project meeting at Town Hall with the architect to review and discuss their analysis of space needs for our new senior center and to review the four potential sites for the building. This 3 plus hour meeting was televised live on WCTV. Hopefully our future meetings will also be televised live. There were several seniors in the audience.
- According to the architect, our current building has approximately 4,700 square feet of usable space. The analysis of future space requirements indicates we need approximately 14,800 square feet of usable space. The architect used a 20 percent factor to allow for corridors and partitions to determine a gross building area of approximately 18,000 square feet. In the Facility Master Plan Report completed in 2018, the consultant had a preliminary estimate of 14,000 square feet. The Committee made the architect aware that the use of outdoor space for activities will also be important in the final design.
- Part of the architect's scope of work is to review four sites to determine the best location for our new building. The four locations are the existing Town Hall property, the former Whitefield School property, the open space adjacent to St. Dorothy's Church and the current senior center/former Swain School property on Middlesex Avenue. At the July 27 meeting, the architect presented site plans of the four locations showing property lines, existing structures, wetlands and available area for a potential building. Each of the sites needs additional investigation for criteria such as environmental issues, access/parking, land for outside activities, conflicts with other property users, utilities and site constraints.
- The next step in the process is a joint meeting with the Town Hall/School Administration Building Committee and both architects. It should be noted that since the Permanent Building Committee members are on both committees there will be continuity. The purpose of this meeting will be to review all four sites and come to a consensus as to the best location for each proposed new building. As this is being written, no date has been set for this important meeting. It will be a public meeting and we would encourage seniors to attend the meeting. We expect the meeting to be televised live by WCTV. When the date has been set, it will be posted on our Facebook page and Twitter. The Wilmington Apple will also post the meeting date.







TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



**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.

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!



BUZZELL PROGRAMMING

CLASSES

Tai Chi with Greta	Mondays at 9:00AM
Special Exercise with Judy	Mondays at 10:30AM
Dance & Tone with Joie	Tuesdays at 9:30AM
Special Exercise with Mary	Wednesdays at 9:30AM
Yoga with Joan	Thursdays at 9:00AM
Art with Steve	Thursdays at 9:45 AM
Ceramics with Carol	Thursdays at 1:30PM
Zumba with Vera	Thursdays at 4:15PM
Chair Yoga with Joan	Fridays at 12:30PM

ACTIVITIES & GROUPS

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
Cards/Games	Wednesdays at 1:00PM
Knitting & Crocheting	Thursdays at 10:30AM Fridays at 9:30AM
Poker	Fridays at 1:00PM
Bocce	Play anytime! (Balls & Scoreboard are in the hallway by kitchen.)