

MONTHLY NEWS

We would like to welcome each of our new participants!

We look forward to serving your needs.

We continue to expand and grow in large part due to our existing participants and their caregivers. Thank you so much for your referrals and we hope that you will continue to spread the word about our program.

If the PACE center is closed and you need urgent medical advice and assistance, call the Center to reach the answering service who will page our on-call medical staff. Please do not call this number for an emergency. For emergencies, **please call 911**.

Important information

If you need to stay home for a non-medical reason on a day that you are scheduled to come into the Center, please call the transportation service to cancel your ride. Please also call the Center after 8 a.m. to let us know you won't be coming in.

Please remember to wear your transportation name badge when being transported to the site. This is for your safety.

Please do not bring food items from home into the Center. Many of our participants are on special diets, or have allergies, and the sharing of food may pose a hazard to their well-being. However, if you are planning on bringing in a birthday cake, please let us know the day before. All birthday cakes must be store bought (sorry, we cannot accept homemade cakes).

Transportation note: Pick up and drop off times may vary due to various unavoidable circumstances. These circumstances include weather, road conditions, and delays with previous pick up and drop offs on the same day. Please note that the afternoon transport does not leave the center until each participant is helped onto the van individually to ensure safety and security. If you have any questions or concerns about your transportation times, please speak with the Transportation Coordinator at the site.

PLEASE NOTE THAT ALL SUMMIT ELDERCARE SITES ARE CLOSED ON THURSDAY NOVEMBER 23RD AND FRIDAY NOVEMBER 24TH.

Summit ElderCare contact information

88 Masonic Home Rd. Charlton, MA 01507

1-508-434-3200 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Renee Aucoin: 1-508-784-3234

Inclement weather line: 1-800-333-2535, ext. 69028

Transportation service: Quality Chair Van: 1-508-793-9000

CAREGIVER CORNER

Caregivers and family members are welcome and highly encouraged to attend any and all of our support groups. Below are the groups scheduled for this month. Each group offers education, support and the opportunity to meet other caregivers and family members. Refreshments are offered at each group as well.

Topic	Date/Time	Location	Contact	Sponsoring site
The Importance of Taking Care of You as a Caregiver.	November 2 nd from 3:30 p.m. - 5:00 p.m.	Meadowside 88 Masonic Home Road, Charlton, MA	Annette Mercardo 1-508-434-3200 Extension 32033	Charlton
Memory and Music Special guest Michelle Parent Activities Director	November 8 th from 1:30 p.m. - 3:00 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Leslie Boulette 508-852-2026 Ext. 56533	East Mountain St.
Caregiving Tips for the Holidays.	November 20 th from 2:00 p.m. - 3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton Street
Ways to Prepare For the Holidays	November 30 th from 2:00 p.m.- 3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
Ways to Take Care of Yourself	November 8 th from 3:30 p.m. - 5:00 p.m.	101 Wason Avenue Springfield, MA	April Monfett 774-317-6155	Springfield
Stress Reduction During the Holidays	November 8 th from 2:30 p.m. – 4:00 p.m.	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell

TIP OF THE MONTH:

Eat properly - A balanced diet is a fundamental part of any healthy lifestyle. Eating nutritious foods not only provides you with the energy you will need to take care of yourself, but to care for someone else, as well. Remember, too, not to skip meals. If you don't have time to cook or prepare food, try signing up for Meals on Wheels, a volunteer organization that delivers food to people in need. Get back to basics with plenty of fresh fruit and vegetables. Watch your salt and sugar intake. Drink plenty of water. Eat less red meat and more chicken or fish. Finally, avoid alcohol and caffeine.

ACTIVITIES CALENDAR

Room: Hilltop

Oct. 30 – Nov. 3, 2017

Activities

Extras

Monday 30

Lunch:

Tuesday 31

Lunch:

Wednesday 1

9:30	Cards for Vets
10:00	Current Events
10:30	List It
12:30	PM Stretch
1:00	Pros and Cons
2:00	Bingo

Lunch:

Meatloaf, Butternut
Squash, Potatoes &
Black Forest Parfaits

Thursday 2

9:30	Zen Coloring to Music
10:00	Where Am I?
10:30	Name That Tune
12:30	PM Stretch
1:00	Password
2:00	Pass the Hat

Lunch:

Creamy Swiss
Chicken, Rice Pilaf,
Carrots & Apple Bars

Friday 3

9:30	November IQ	Happy Birthday Melissa M! (5 th)
10:00	Sun Catchers	
10:30	Thanksgiving Charades	
12:30	PM Stretch	
1:00	Pictionary	
2:00	What's Cooking?	

Lunch:

Stuffed Shells, Green
Beans & Carmel
Dumplings

Note: Hilltop
Coffee Social and table games every day from 8 a.m. to 9:30
Lunch is served at 11:30
Walk & Roll at 1 p.m.
Sensory Enhancement at 2:30 every day

ACTIVITIES CALENDAR

Room: Hilltop

November 6 - 10, 2017	Activities	Extras	
Monday 6	9:30	Rock, Paper Scissors Maze	
	10:00	State Nicknames	
	Lunch:	Dear Santa Reflections	
	10:30	PM Stretch	
	Pork Chops, Sweet Potatoes, Cauliflower, Peas & Butter Bars	12:30	Beat the Clock
	1:00	US Citizenship Test	
Tuesday 7	2:00		
	9:30	By the Book Word Fit	Communion 10 a.m.
	10:00	All About Me	Happy Birthday Kathy H!
	Lunch:	10:30	Best Things in Life Are Free
	Chicken Cordon Bleu, Potatoes, Asparagus & Blueberry Delight	12:30	PM Stretch
	1:00	Entertainment!	
Wednesday 8	2:00	Gary Landgren!	
	9:30	Cooking by the Book Search	
	10:00	Word Jumble	
	Lunch:	10:30	Pros and Cons
	Baked Spaghetti, Green Beans, & Apple Cake	12:30	PM Stretch
	1:00	Oven Mitt Unwrap Box	
Thursday 9	2:00	Horseshoes	
	9:30	Black Friday Word Search	
	10:00	Horoscopes	
	Lunch:	10:30	Current Events
	Turkey, Potatoes, Green Beans & Cherry Pie	12:30	PM Stretch
	1:00	Karaoke	
Friday 10	2:00	Chair Yoga	
	9:30	Patriotic Craft	
	10:00	Word Game	
	Lunch:	10:30	Veteran's Day Quiz
	Pecan Tilapia, Baked Potato, Broccoli & Cake	12:30	PM Stretch
	1:00	Recognizing our Veterans	
	2:00	Reminiscing	

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 Walk & Roll at 1 p.m. every day
 1:1 visits throughout the day.

ACTIVITIES CALENDAR

Room: Hilltop

November 13 – 17, 2017	Activities	Extras		
Monday 13	9:30	Dot to Dot		
	10:00	Painting		
	Lunch:	10:30	Word Pyramid	
	Chicken, White Rice, Snap Peas and Blueberry Crisp	12:30	PM Stretch	
		1:00	Movie Young At Heart	
	2:00	Book Marks		
Tuesday 14	9:30	Drawing Lesson	Communion at 10 a.m.	
	10:00	Carol Categories		
	Lunch:	10:30	Pass It On	
	Beef Stroganoff, Noodles, Carrots & Buckeye Cake	12:30	PM Stretch	
		1:00	Concentration	
	2:00	You Be the Judge		
Wednesday 15	9:30	Fall Collage		
	10:00	Dear Melissa		
	Lunch:	10:30	Giving and Receiving	
	Cranberry Turkey, Potatoes, Green Bean Casserole & Pumpkin Pie	12:30	PM Stretch	
		1:00	Wheel of Fortune	
	2:00	Hearth and Heart		
Thursday 16	9:30	Mazes		
	10:00	Draw on your Head		
	Lunch:	10:30	Wacky Wordies	
	Beef Tips, Noodles, Spinach & Cannoli's	12:30	PM Stretch	
		1:00	Sing Along	
	2:00	Chair Yoga		
Friday 17	9:30	Holiday Cards	Happy Birthday Nancy C! (19 th)	
	10:00	Holiday Trivia		
	Lunch:	10:30	Let's Draw a Partridge	
	Holiday Luncheon!	12:30	Reminiscing	
		1:00	Christmas Carols	
	2:00	Bingo		

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Room: Hilltop

November 20 - 24, 2017	Activities	Extras		
Monday 20	9:30	Appetizers Word Search		
	10:00	Autumn Scrabble		
	Lunch:	10:30	Word Elimination	
	Swiss Steak, Potato, Carrots & Pudding	12:30	PM Stretch	
		1:00	Name That Tune	
		2:00	Word Builder	
Tuesday 21	9:30	In the Kitchen Word Fit	Communion at 10 a.m.	
	10:00	Cooking Crossword	Happy Birthday Rose M!	
	Lunch:	10:30	Current Events	
	Turkey Cacciatore, Noodles, Mixed Veggies & Custard	12:30	PM Stretch	
		1:00	What's Cooking?	
		2:00	Thanksgiving Charades	
Wednesday 22	9:30	Christmas Trivia	Happy Birthday Claire C!	
	10:00	Chef's Categories	Happy Birthday Lynn S! (25 th)	
	Lunch:	10:30	Roasted Turkey Mining	
	Pork Chops with Stuffing, Sweet Potato, Spinach & Pumpkin Bars	12:30	PM Stretch	
		1:00	Price Is Right	
		2:00	Wheel of Fortune	
Thursday 23		CENTER IS CLOSED FOR THE HOLIDAY!		
Friday 24		CENTER IS CLOSED FOR THE HOLIDAY!		

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Nov. 27 – Dec. 1, 2017	Activities	Extras	
Monday 27	9:30	Writing Holiday Poetry	
	10:00	Writing Holiday Poetry	
	Lunch:	10:30	Adults Need Recess Too!
	Beef Macaroni Casserole, Cauliflower & Pudding	12:30	PM Stretch
		1:00	Word Mining
	2:00	Name That Tune	
Tuesday 28	9:30	Autumn in the Air Trivia	Communion at 10 a.m.
	10:00	Scattergories	
	Lunch:	10:30	Fun with Math
	Pot Roast, Mashed Potatoes, Carrots & Berry Crisp	12:30	PM Stretch
		1:00	Pet Rock
	2:00	Movie Review	
Wednesday 29	9:30	Word Elimination	
	10:00	Give Me the Recipe	
	Lunch:	10:30	Left-Handed Talents
	Chicken Florentine, Pasta, Mixed Veggies & Brownies	12:30	PM Stretch
		1:00	Pass the Bowling Pin
	2:00	What Would You Redo?	
Thursday 30	9:30	It's In the Bag	
	10:00	Sensory Sachets	
	Lunch:	10:30	Holiday Chat
	Country Fried Steak, Mashed Potatoes, Spinach & Applesauce	12:30	PM Stretch
		1:00	Entertainment!
	2:00	Peter Allard	
Friday 1			
Lunch:			

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	November from 1:30 p.m. - 3:00 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
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ACTIVITIES CALENDAR

Room: Meadowside

Oct. 30 – Nov. 3, 2017

Activities

Extras

Monday 30

Lunch:

Tuesday 31

Lunch:

Wednesday 1

9:30 Color A Smile
 10:00 TV A-Z
 10:30 Ring Toss
 12:30 PM Stretch
 1:00 Oldies But Goodies
 2:00 TV Trivia

Lunch:

Meatloaf, Butternut
 Squash, Potatoes &
 Black Forest Parfaits

Thursday 2

9:30 Circle Day
 10:00 Circle Day Craft
 10:30 Pet Therapy
 12:30 PM Stretch
 1:00 Circles A-Z
 2:00 Drawing With Circles

Lunch:

Creamy Swiss
 Chicken, Rice Pilaf,
 Carrots & Apple Bars

Friday 3

9:30 Paint By Numbers Happy Birthday Melissa M!
 10:00 Numaro (5th)
 10:30 Number's Games
 12:30 PM Stretch
 1:00 Songs With Numbers
 2:00 Triple Trivia

Lunch:

Stuffed Shells, Green
 Beans & Carmel
 Dumplings

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 Coffee Social and table games every day from 8 a.m. to 9:30
 Lunch is served at 11:30
 Chapel visits as desired
 1:1 and Sensory visits throughout the day.

ACTIVITIES CALENDAR

Room: Meadowside

November 6 - 10, 2017	Activities	Extras		
Monday 6	9:30	Table Games		
	10:00	Table Talk		
	Lunch:	10:30	Saxophone Day Trivia	
	Pork Chops, Sweet Potatoes, Cauliflower, Peas & Butter Bars	12:30	PM Stretch	
		1:00	Saxophone Music	
		2:00	Word Games	
Tuesday 7	9:30	Life Skills	Communion 10 a.m.	
	10:00	Either Or	Happy Birthday Kathy H!	
	Lunch:	10:30	Body Language	
	Chicken Cordon Bleu, Potatoes, Asparagus & Blueberry Delight	12:30	PM Stretch	
		1:00	You Tube – 30's Music	
		2:00	Ends With "All" Games	
Wednesday 8	9:30	November IQ		
	10:00	Circle Talk		
	Lunch:	10:30	Charades	
	Baked Spaghetti, Green Beans, & Apple Cake	12:30	PM Stretch	
		1:00	Name That Tune	
		2:00	Which Word	
Thursday 9	9:30	Daily Chronicle		
	10:00	Music Around The World		
	Lunch:	10:30	Shake Rattle & Roll	
	Turkey, Potatoes, Green Beans & Cherry Pie	12:30	PM Stretch	
		1:00	You Tube – Best Vacations	
		2:00	Arm Chair Travel	
Friday 10	9:30	Cards		
	10:00	Figures Of Speech		
	Lunch:	10:30	Toss Um	
	Pecan Tilapia, Baked Potato, Broccoli & Cake	12:30	PM Stretch	
		1:00	You Tube – Patriotic Music	
		2:00	Veterans Day Facts	

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ACTIVITIES CALENDAR

Room: Meadowside

Nov. 13 – 17, 2017	Activities	Extras	
Monday 13	9:30	Chicken Soup For The Soul	
	10:00	Entertainment!	
	Lunch:	10:30 Peter and the Children!	
	Chicken, White Rice, Snap Peas and Blueberry Crisp	12:30 PM Stretch	
		1:00 Acts Of Kindness Day	
		2:00 Claim To Fame	
Tuesday 14	9:30	Chat Pack	Communion
	10:00	Name Five	
	Lunch:	10:30 Number Games	
	Beef Stroganoff, Noodles, Carrots & Buckeye Cake	12:30 PM Stretch	
		1:00 You Tube – Famous Duos	
		2:00 Three's A Crowd	
Wednesday 15	9:30	Tell All	
	10:00	Hummingbird Facts	
	Lunch:	10:30 What's Next?	
	Cranberry Turkey, Potatoes, Green Bean Casserole & Pumpkin Pie	12:30 PM Stretch	
		1:00 You Tube - Hummingbirds	
		2:00 Plants & Animals	
Thursday 16	9:30	Button Day Craft	
	10:00	What's In The Bag?	
	Lunch:	10:30 Stretch It	
	Beef Tips, Noodles, Spinach & Cannoli's	12:30 PM Stretch	
		1:00 You Tube – Movie Tunes	
		2:00 Hangman	
Friday 17	9:30	Button Craft	Happy Birthday Nancy C! (19 th)
	10:00	Spectrum Of Color	
	Lunch:	10:30 Colors	
	Cod, Rice Pilaf, Creamed Corn & Tiger Brownies	12:30 Reminiscing	
		1:00 Songs With Colors	
		2:00 Mixed Up Colors	

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Chapel visits as desired
1:1 and Sensory visits throughout the day.

ACTIVITIES CALENDAR

Room: Meadowside

Nov. 20 - 24, 2017	Activities	Extras	
Monday 20 Lunch: Swiss Steak, Potato, Carrots & Ice Cream	9:30	National Parfait Day	!
	10:00	Favorites A-Z	
	10:30	Spelling Bee	
	12:30	PM Stretch	
	1:00	You Tube – Sing To Oldies	
	2:00	Parfait Social	
Tuesday 21 Lunch: Turkey Cacciatore, Noodles, Mixed Veggies & Custard	9:30	It's A Beautiful Day	Happy Birthday Rose M!
	10:00	List It	
	10:30	Poems	
	12:30	PM Stretch	
	1:00	Entertainment With	
	2:00	Gary Landgren	
Wednesday 22 Lunch: Pork Chops with Stuffing, Sweet Potato, Spinach & Pumpkin Bars	9:30	Thanksgiving Puzzles	Happy Birthday Claire C!
	10:00	Thanksgiving Games	
	10:30	Thankful A-Z	Happy Birthday Lynn S! (25 th)
	12:30	PM Stretch	
	1:00	Christmas Music	
	2:00	Thankful For Poems	
Thursday 23		CENTER IS CLOSED FOR THE HOLIDAY!	
Lunch:			
Friday 24		CENTER IS CLOSED FOR THE HOLIDAY!	
Lunch:			

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Nov. 27 – Dec. 1, 2017	Activities	Extras		
Monday 27	9:30	Bookmarks		
	10:00	Yo-yo's & Other Toys		
	Lunch:	10:30	Basketball	
	Beef Macaroni	12:30	PM Stretch	
	Casserole, Cauliflower & Pudding	1:00	You Tube - Bloopers	
		2:00	Zip A Dee Doo Dah	
Tuesday 28	9:30	Puzzles	Communion at 10 a.m.	
	10:00	Make Your Point		
	Lunch:	10:30	Bean Bag Toss	
	Pot Roast, Mashed Potatoes, Carrots & Berry Crisp	12:30	PM Stretch	
		1:00	You Tube – Jazz Music	
		2:00	Tic Tac Toe	
Wednesday 29	9:30	Square Dance Day		
	10:00	Clue Trivia		
	Lunch:	10:30	Bowling	
	Chicken Florentine, Pasta, Mixed Veggies & Brownies	12:30	PM Stretch	
		1:00	You Tube – Square Dances	
		2:00	List Square Shapes	
Thursday 30	9:30	Would You Rather		
	10:00	Dear Barbara		
	Lunch:	10:30	Fact Or Opinion	
	Country Fried Steak, Mashed Potatoes, Spinach & Applesauce	12:30	PM Stretch	
		1:00	Movie Or Table Games	
		2:00	Movie Or Table Games	
Friday 1				
Lunch:				

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