

# 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 Monday, September 4<sup>th</sup>, for the Labor Day Holiday.

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## 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
Quotes and Inspiration for Caregivers.	September 7 <sup>th</sup> from 3:30 p.m. – 5 p.m.	Meadowside 88 Masonic Home Road, Charlton, MA	Annette Mercardo 1-508-434-3200 Ext. 32033	Charlton
10 Ways to Prevent Wandering	September 13 <sup>th</sup> from 1:30 p.m. - 3:00 p.m.	Briarwood 65 Briarwood Circle, Worcester, MA	Shelley Ware 1-508-852-2026 Ext. 56549	East Mountain Street
Overview of Dementia: Types, Stages and Tips to Help Along the Way.	September 18 <sup>th</sup> from 2:00 p.m. – 3: 30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton Street
Caregiver Resources Online and Phone Support	September 28 <sup>th</sup> from 2:00 p.m. - 3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
Dealing with Grief	September 13 <sup>th</sup> from 3:30 p.m. - 5:00 p.m.	101 Wason Avenue Springfield, MA	April Monfett 1-774-317-6194	Springfield
Talking Library Resource and Registration Process	September 13 <sup>th</sup> from 2:00 pm. – 3:30 p.m.	1081 Varnum Avenue, Lowell, MA	Vichenny Keo-Sam 1-978-427-6823	Lowell

## TIP OF THE MONTH:

Aim for 30 - 60 minutes of exercise four to six times a week. Even a walk around the block will help clear your mind and keep you more fit. Regular exercise will give you more energy, reduce your stress, and elevate your mood. If you can work in some strength training twice a week, that will help keep your bones firm and your muscles strong, both essential if you have to help lift and support the person in your care. For a list of exercises you can do at home, see Basic Exercise Series.



# ACTIVITIES CALENDAR

Room: Hilltop

Aug. 28 – Sept. 1, 2017

**Activities**

**Extras**

## Monday 28

**Lunch:**

## Tuesday 29

**Lunch:**

## Wednesday 30

**Lunch:**

## Thursday 31

**Lunch:**

## Friday 1

9:30

Labor Day Facts

Happy Birthday Hazel G (9/2), Patricia G (9/3), and Aide G (9/4)!

10:00

Claim to Fame

**Lunch:**

10:30

Favorite Jobs

Haddock Bruschetta

12:30

PM Stretch

1:00

Funny Job History

2:00

Tools of the Trade

**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

Sept. 4 - 8, 2017	Activities	Extras
<b>Monday<sup>4</sup></b>		<b>CENTER IS</b>
<b>Lunch:</b>		<b>CLOSED FOR</b>
		<b>THE HOLIDAY</b>
<b>Tuesday<sup>5</sup></b>	9:30 10:00 <b>Lunch:</b> Chicken Scampi 12:30 1:00 2:00	September IQ Back to School Memories In the News PM Stretch Karaoke Karaoke
		Communion at 10 a.m.
<b>Wednesday<sup>6</sup></b>	9:30 10:00 <b>Lunch:</b> Meat Lovers Pizza 12:30 1:00 2:00	September Word Search School Time! Horoscopes PM Stretch Bottom's Up Cards for Kids
<b>Thursday<sup>7</sup></b>	9:30 10:00 <b>Lunch:</b> Stuffed Cabbage 12:30 1:00 2:00	Cool Cat Crossword Similes Therapy Dog Visit PM Stretch Chair Yoga Sing-a-long
		Happy Birthday Susan D!
<b>Friday<sup>8</sup></b>	9:30 10:00 <b>Lunch:</b> Fish Sticks 12:30 1:00 2:00	Word Mining Bookworm Detective Cards for Vets PM Stretch Entertainment! Gary Landgren!
		Happy Birthday Bonnie W and Carolyn L!

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# ACTIVITIES CALENDAR

Room: Hilltop

Sept. 11 – 15, 2017	Activities	Extras		
<b>Monday</b> <sup>11</sup>	9:30	Scrabble	Happy Birthday Adele W and Christine P!	
	10:00	Fall A - Z		
	<b>Lunch:</b>	10:30		Let's Twist
	Ham Steaks	12:30		PM Stretch
		1:00		Name that Tune
		2:00		Songs A -Z
<b>Tuesday</b> <sup>12</sup>	9:30	Memory Game	Communion at 10:00 a.m.	
	10:00	What's Different?		
	<b>Lunch:</b>	10:30		Current Events
	Teriyaki Chicken	12:30		PM Stretch
		1:00		Bingo
		2:00		Haiku Poems
<b>Wednesday</b> <sup>13</sup>	9:30	Fall Word Search		
	10:00	Flower Art		
	<b>Lunch:</b>	10:30		Name That Sound
	Manicotti	12:30		PM Stretch
		1:00		Wheel of Fortune
		2:00		Funny Stories
<b>Thursday</b> <sup>14</sup>	9:30	Wacky Wordies	Happy Birthday Bill L!	
	10:00	Name 10		
	<b>Lunch:</b>	10:30		Manicures
	Salisbury Steak	12:30		PM Stretch
		1:00		Sing-a-long
		2:00		Chair Yoga
<b>Friday</b> <sup>15</sup>	9:30	Mixed up Oktoberfest		
	10:00	Color by Number		
	<b>Lunch:</b>	10:30		Piano Categories
	Haddock	12:30		PM Stretch
		1:00		Pictionary
		2:00		Card Games

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# ACTIVITIES CALENDAR

Room: Hilltop

Sept. 18-22, 2017	Activities	Extras	
<b>Monday 18</b>	9:30	Cuddly Cats	
	10:00	Leaf Craft	
	<b>Lunch:</b>	10:30 Coffee Talk	
	Hawaiian Pork	12:30 PM Stretch	
		1:00 Pokeno	
		2:00 Simon Says	
<b>Tuesday 19</b>	9:30	Dog Bones	Communion at 10:00 a.m.
	10:00	Dog Bones	Happy Birthday David R!
	<b>Lunch:</b>	10:30 Telephone Game	
	Shepherds Pie	12:30 PM Stretch	
		1:00 Imagination Vacation	
		2:00 Scavenger Hunt	
<b>Wednesday 20</b>	9:30	Rosh Hashanah Word Fit	
	10:00	It's in the Bag	
	<b>Lunch:</b>	10:30 The Year 1973	
	Vegetable Lasagna	12:30 PM Stretch	
		1:00 Hot Potato!	
		2:00 Memory Cards	
<b>Thursday 21</b>	9:30	Dot to Dot	Happy Birthday Gabrielle B!
	10:00	Name That Tune	
	<b>Lunch:</b>	10:30 Wacky Wordies	
	Skillet Chicken	12:30 PM Stretch	
		1:00 Sing-a-along	
		2:00 Chair Yoga	
<b>Friday 22</b>	9:30	Crossword with a Twist	
	10:00	Funny Friday	
	<b>Lunch:</b>	10:30 Word Jumble	
	Fried Fish	12:30 PM Stretch	
		1:00 Bingo	
		2:00 Movie	

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Sept. 25 - 29, 2017	Activities	Extras		
<b>Monday 25</b>	9:30	Picture It		
	10:00	Play Day		
	<b>Lunch:</b>	10:30	Classic Television	
	Stuffed Chicken	12:30	PM Stretch	
		1:00	Jeopardy	
		2:00	Birthday Cards	
<b>Tuesday 26</b>	9:30	Scarecrow Craft	Communion at 10 a.m.	
	10:00	What's Missing?		
	<b>Lunch:</b>	10:30	Reminiscing	
	Tropical Kielbasa	12:30	PM Stretch	
		1:00	Read Out Loud	
		2:00	Fishing Game	
<b>Wednesday 27</b>	9:30	US Trivia		
	10:00	Who Is It?		
	<b>Lunch:</b>	10:30	Name Game	
	Turkey	12:30	PM Stretch	
		1:00	Talent Show	
		2:00	Let's Move	
<b>Thursday 28</b>	9:30	Word Unscramble	Happy Birthday Cindy H!	
	10:00	Price is Right Mining		
	<b>Lunch:</b>	10:30	Food for Thought	
	Sausage with Onions & Peppers	12:30	PM Stretch	
		1:00	Sing-a-long	
		2:00	Chair Yoga	
<b>Friday 29</b>	9:30	Yom Kippur History	Happy Birthday Alicia S!	
	10:00	Math Test		
	<b>Lunch:</b>	10:30	Current Events	
	Fried Fish	12:30	PM Stretch	
		1:00	Karaoke	
		2:00	Karaoke	

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10:00

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Favorite Jobs

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12:30

PM Stretch

1:00

Funny Job History

2:00

Tools of the Trade

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1:1 and Sensory visits throughout the day.

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		<b>THE HOLIDAY</b>
<b>Tuesday<sup>5</sup></b>	9:30 10:00 <b>Lunch:</b> Chicken Scampi 12:30 1:00 2:00	Collages Easy Does it Trivia Toss Um PM Stretch September Facts & Foliage Daily Chronicle
		Communion at 10 a.m.
<b>Wednesday<sup>6</sup></b>	9:30 10:00 <b>Lunch:</b> Meat Lovers Pizza 12:30 1:00 2:00	Puzzles Number Games Spelling Bee PM Stretch You Tube – One Room School School Day Memories
<b>Thursday<sup>7</sup></b>	9:30 10:00 <b>Lunch:</b> Stuffed Cabbage 12:30 1:00 2:00	Animal Slang Pet Stories Therapy Dog Visit PM Stretch Animal Pictionary TV Pets
		Happy Birthday Susan D!
<b>Friday<sup>8</sup></b>	9:30 10:00 <b>Lunch:</b> Fish Sticks 12:30 1:00 2:00	Grandparents Day Stories Grand Games Grandparent Poems PM Stretch Grand Social Dancing!
		Happy Birthday Bonnie W and Carolyn L!

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# ACTIVITIES CALENDAR

Room: Meadowside

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	10:00	Funny Fads		
	<b>Lunch:</b>	10:30		Let's Twist
	Ham Steaks	12:30		PM Stretch
		1:00		Name that Tune
		2:00		Songs A -Z
<b>Tuesday</b> <sup>12</sup>	9:30	Who Am I?	Communion at 10:00 a.m.	
	10:00	What Am I?		
	<b>Lunch:</b>	10:30		Imagination Vacation
	Teriyaki Chicken	12:30		PM Stretch
		1:00		Picture This
		2:00		Pictionary
<b>Wednesday</b> <sup>13</sup>	9:30	Positive Thinking		
	10:00	Inspirational Quotes		
	<b>Lunch:</b>	10:30		Happy Dance
	Manicotti	12:30		PM Stretch
		1:00		Happy Songs
		2:00		Name 5 Happy Thoughts
<b>Thursday</b> <sup>14</sup>	9:30	Table Talk	Happy Birthday Bill L!	
	10:00	Monthly Gazette		
	<b>Lunch:</b>	10:30		Ring Toss
	Salisbury Steak	12:30		PM Stretch
		1:00		You Tube—Show Tunes
		2:00		The Way Things Were
<b>Friday</b> <sup>15</sup>	9:30	Card Making		
	10:00	Outburst		
	<b>Lunch:</b>	10:30		Charades
	Haddock	12:30		PM Stretch
		1:00		You Tube—40's and 50's
		2:00		Musical Facts

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# ACTIVITIES CALENDAR

Room: Meadowside

Sept. 18-22, 2017	Activities	Extras		
<b>Monday 18</b>	9:30	Chat Pack		
	10:00	What Am I?		
	<b>Lunch:</b>	10:30	Conversation Ball	
	Hawaiian Pork	12:30	PM Stretch	
		1:00	Secret Word	
		2:00	Missing Letters	
<b>Tuesday 19</b>	9:30	Apple Cards	Communion at 10:00 a.m.	
	10:00	Wash Day	Happy Birthday David R!	
	<b>Lunch:</b>	10:30	Dear Barbara	
	Shepherds Pie	12:30	PM Stretch	
		1:00	You Tube – Traveling	
		2:00	Places We Know	
<b>Wednesday 20</b>	9:30	Daily Chronicle		
	10:00	Time Capsule		
	<b>Lunch:</b>	10:30	Clue Trivia	
	Vegetable Lasagna	12:30	PM Stretch	
		1:00	YouTube – Poetry	
		2:00	Yoga	
<b>Thursday 21</b>	9:30	Puzzles	Happy Birthday Gabrielle B!	
	10:00	What Would You Do?		
	<b>Lunch:</b>	10:30	Dice Game	
	Skillet Chicken	12:30	PM Stretch	
		1:00	YouTube—Country Songs	
		2:00	Hangman	
<b>Friday 22</b>	9:30	Johnny Appleseed Day		
	10:00	Apple Toss		
	<b>Lunch:</b>	10:30	Apples to Apples	
	Fried Fish	12:30	PM Stretch	
		1:00	Entertainment!	
		2:00	Gary Landgren!	

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<b>Monday 25</b>	9:30	Bird Craft		
	10:00	Bluebird of Happiness		
	<b>Lunch:</b>	10:30	Birds A - Z	
	Stuffed Chicken	12:30	PM Stretch	
		1:00	You Tube – Bird Watching	
		2:00	Bird Facts & Trivia	
<b>Tuesday 26</b>	9:30	String Painting	Communion at 10 a.m.	
	10:00	Short Stories		
	<b>Lunch:</b>	10:30	Octaband	
	Tropical Kielbasa	12:30	PM Stretch	
		1:00	YouTube – Silly Songs	
		2:00	Scrabble	
<b>Wednesday 27</b>	9:30	Proverbs		
	10:00	Strengthen Your Mind		
	<b>Lunch:</b>	10:30	Horseshoes	
	Turkey	12:30	PM Stretch	
		1:00	Radio Golden Years	
		2:00	Millionaire Game	
<b>Thursday 28</b>	9:30	Things In A ...	Happy Birthday Cindy H!	
	10:00	Found In Fours		
	<b>Lunch:</b>	10:30	What's In The Bag	
	Sausage with Onions & Peppers	12:30	PM Stretch	
		1:00	You Tube – Good News	
		2:00	What's Next?	
<b>Friday 29</b>	9:30	Mary Poppins Day	Happy Birthday Alicia S!	
	10:00	Mary Poppins Trivia & Facts		
	<b>Lunch:</b>	10:30	Mary Poppins Songs	
	Fried Fish	12:30	PM Stretch	
		1:00	Mary Poppins Movie Or	
		2:00	Table Games	

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