

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).

SEPTEMBER 2017

SUMMIT ELDERCARE WILL BE CLOSED ON MONDAY, SEPTEMBER 4TH FOR LABOR DAY
BROADMEADOW ROOM

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.

Summit ElderCare contact information

1369 Grafton St. Worcester, MA 01604

1-508-373-7400 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Nancy Grigas: 1-508-373-7400

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

Transportation service: Safeway Transportation: 1-508-799-5500



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	9/7/17 3:30pm-5pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercado 1-508-434-3200 Ext.32033	Charlton
10 ways to prevent wandering	9/13/17 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 1-508-852-2026	East Mountain St.
Overview of dementia: Types, stages and tips to help along the way	9/18/17 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Caregiver Resources online & phone support	9/28/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Dealing with grief	9/13/17 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Talking library resource and registration process	9/13/17 2:30pm-4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

TIP OF THE MONTH:

Exercise regularly. 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: Broadmeadow

September 1, 2017	Activities	Extras
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Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Friday 1	10:30	Sit and Swing	Happy Birthday 9/2 Phyllis C.
	11:00	Ring Toss	
	Lunch:	11:45	Lunch
	Filet O'Fish Sandwich	1:00	Name that Tune
Pineapple Cole Slaw		Discussion Group	
French Fries	2:15		
Pears			

Note: 8:00 Coffee Social, coloring, 1:1 1:1 and sensory is offered throughout the day.
 11:45 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change

ACTIVITIES CALENDAR

Room: Broadmeadow

September 4-8, 2017	Activities	Extras	
Monday 4			
Lunch:	SUMMIT ELDERCARE IS CLOSED FOR LABOR DAY		
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Tuesday 5	10:30	Exercise/Song	Hairdresser Jamie is in
	11:00	Washer Game	
Lunch:	11:45	Lunch	
Pork Riblette	1:00	Karaoke	
Pasta Salad	2:15	Card Making w/ Rebecca	
Green Beans			
Pineapple			
<hr/>			
Wednesday 6	10:30	Music/Motion	Hairdresser Gina is in
	11:00	Kickball	
Lunch:	11:45	Lunch	Happy Birthday Phor R
Soup & Sandwich	1:00	Volleyball	
Pickled Beets	2:15	Baking Muffins	
Cookies			
<hr/>			
Thursday 7	10:30	Flex/Stretch	
	11:00	Bean Bag Toss	
Lunch:	11:45	Lunch	
Swedish Meatballs	1:00	Circle Talk	
Ziti	2:15	Penny Ante/Visit the Farm	
Carrots			
Melon			
<hr/>			
Friday 8	10:30	Sing/Swing	
	11:00	Fresh Air Social w/ Bubbles	
Lunch:	11:45	Lunch	
Rotisserie Style Chicken	1:00	Bottle Ring Toss	
Broccoli	2:15	What's in the Bag?	
Spanish Rice			
Jell-O			

Note: 8:00 Coffee Social, Word Searches, coloring, 1:1
 11:45 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change One to one and sensory provided throughout the day

ACTIVITIES CALENDAR

Room: Broadmeadow

September 11-15, 2017	Activities	Extras			
Monday 11	10:30	Move to Music	Hairdresser Gina is in		
	11:00	Horseshoes			
	Lunch:	11:45		Lunch	
	Macaroni & Cheese	1:00		Rhythm Band	
	Stewed Tomatoes	2:15		What's my Line?	
Fruit Cocktail					
Tuesday 12	10:30	AM Stretch	Hairdresser Jamie is in		
	11:00	Country Sing Along			
	Lunch:	11:45		Lunch	Happy Birthday Nancy M. and Lisa C.
	Baked Fish	1:00		Western Day w/ Rob!	
	Mashed Potato	2:15		Word Scramble	
Peas & Carrots					
Frosted Cake					
Wednesday 13	10:30	Sittercise	Hairdresser Gina is in		
	11:00	Football Toss			
	Lunch:	11:30		Lunch	
	Ham Steak	1:00		Tic-Tac-Toe	
	AuGratin Potatoes	2:15		Puzzles/Coloring	
Bean Blend					
Pudding					
Thursday 14	10:30	Chair Aerobics			
	11:00	Basketball			
	Lunch:	11:45		Lunch	
	Bourbon Chicken	1:00		Bowling	
	Sweet Potato	2:15		Scavenger Hunt/Craft	
Cauliflower					
Sherbet					
Friday 15	10:30	Sing/Swing			
	11:00	Ball Bounce			
	Lunch:	11:45		Lunch	
	American Chop Suey	1:00		Wheel Of Fortune	
	Italian Blend Vegetables	2:15		Clue Trivia	
Peaches					

Note: 8:00 Coffee Social, word Searches, 1:1 One to one and sensory provided throughout the day
 11:45 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change

ACTIVITIES CALENDAR

Room : Broadmeadow

September 18-22, 2017	Activities	Extras	
Monday 18	10:30	Sittercise	Hairdresser Gina is in
	11:00	Challenge	
	Lunch: 11:45	Lunch	
	Grilled Hot Dog Garden Salad 1:00	Honky Tonk Piano w/ Gary	
	Bean Salad Ice Cream 2:30	Collages	
Tuesday 19	10:30	Sittercise	Hairdresser Jamie is in
	11:00	Frisbee/Can Can Can	
	Lunch: 11:45	Lunch	
	Beef Burgundy Ziti 1:00	Country Tunes	
	Green Beans Fruit Cocktail 2:30	Trivia, Trivia and more Trivia	
Wednesday 20	10:30	Exercise/Song	Hairdresser Gina is in
	11:00	Horsshoes	
	Lunch: 11:45	Lunch	
	Roast Turkey Stuffing 1:00	Popcorn Throw	
	Zucchini Mousse 2:30	5 Second Rule	
Thursday 21	10:30	Move to Music	
	11:00	Target Toss	
	Lunch: 11:45	Lunch	
	Braised Pork Chop ½ Baked Potato 1:00	Horseracing	
	Mixed Vegetables Brownies 2:30	Collage Making	
Friday 22	10:30	AM Stretch	
	11:00	Balloon Volley	
	Lunch: 11:45	Lunch	
	BBQ Chicken Leg Bean Salad 1:00	Dancing/Baking Mini Pizzas	
	Summer Squash Ice Cream Sandwich 2:30	Discuss your Childhood	

Note: 8:00 Coffee Social, coloring, 1:1 One to one and sensory provided throughout the day
 11:45 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change

ACTIVITIES CALENDAR

Room: Boadmeadow

September 25-29, 2017	Activities	Extras		
Monday 25	10:30	Flex and Stretch	Hairdresser Gina is in	
	11:00	Volleyball		
	Lunch:	11:45		Lunch
	Tuna Roll	1:00		Name that Sound!
	Clam Chowder	2:15		Painting
Tuesday 26	10:30	Move to Music	Hairdresser Jamie is in	
	11:00	Kickball/Sing Along		
	Lunch:	11:45		Lunch
	Spaghetti & Meatballs	1:00		What's in a Word
	Tossed Salad	2:15		Triple Treat Trivia/Clip Coupons
Wednesday 27	10:30	Chair Aerobics	Hairdresser Gina is in	
	11:00	Washer Game		
	Lunch:	11:30		Lunch
	Ranch Chicken	1:00		Horseracing
	Red Potatoes	2:15		Short Stories
Thursday 28	10:30	Chair Aerobics		
	11:00	Patio Enjoyment		
	Lunch:	11:30		Lunch
	Pot Roast	1:00		Penny Ante
	Carrots	2:15		Serenity DVD
Friday 29	10:30	Chair Aerobics		
	11:00	Circle Talk		
	Lunch:	11:30		Lunch
	Beef Stew	1:00		Parachute
	Biscuit	2:15		When We Were Kids DVD

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Dealing with Grief	9/13/17 3:30pm-5:pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Quotes and inspiration for caregivers.	9/13/17 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

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Room:Summit

September 1, 2017	Activities	Extras
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Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Friday ¹	10:30	Sit and Swing
	11:00	Balloon Volley
Lunch:	11:45	Lunch
Filet 'o Fish Sandwich	1:00	Bingo
Pineapple Cole Slaw	2:30	5 Second Rule
French Fries	3:00	Family Feud
Pears		

Note: 8:00 Coffee Social, word Searches, 1:1
 11:45 Lunch/Sandwich is an alternative
 12:30 Rock and Roll
 1:30 Snack
 3:00 1:1, Movie, Game Shows, Retro TV, Games...

Computers available all day
 Calendar is subject to change
 Summit Room

ACTIVITIES CALENDAR

Room: Summit

September 4-8, 2017	Activities	Extras	
Monday 4			
Lunch:	SUMMIT ELDERCARE IS CLOSED FOR LABOR DAY		
	Happy Birthday Andrew A.		
Tuesday 5			
	10:30	Painting Group/Pet Therapy	Hairdresser Jamie in
	11:00	Word Scramble	
Lunch:	11:45	Lunch	
Pork Riblette	1:00	Card Making with Rebecca/ Wheel of Fortune	
Pasta Salad			
Green Beans	2:30	Alphabetics	
Pineapple			
Wednesday 6			
	10:30	Chair Aerobics	Hairdresser Gina in
	11:00	Laughter Yoga	
Lunch:	11:45	Lunch	Happy Birthday Linda G. and Phor R.
Soup & Sandwich	12:50	Crosswords	
Pickled Beets	1:00	What would you Do?	
Cookies	2:30	Trivia	
Thursday 7			
	10:30	Move and Groove	
	11:00	Rosary with Frank	Happy Birthday Rocco M.
Lunch:	11:45	Lunch	
Swedish Meatballs	1:00	"MOVIE" Bingo	
Ziti	2:30	Catch Phrase	
Carrots			
Melon			
Friday 8			
	10:30	Sit and Swing	
	11:00	Bean Bag Toss	9/9 Happy Birthday Teddy M.
Lunch:	11:45	Lunch	
Rotisserie Style Chicken	1:00	Jokereno	
Broccoli	2:30	Finish the Lines	
Spanish Rice	3:00	Fridav Fitness Fun	
Jell-O			

Note: 8:00 Coffee Social, word Searches, 1:1
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 1:30 Snack
 3:00 1:1, Movie, Game Shows, TV, Games...

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 Summit Room

ACTIVITIES CALENDAR

Room: Summit

September 11-15, 2017	Activities	Extras		
Monday 11	10:30	AM Stretch	Hairdresser Gina in	
	11:00	Communion w/ Frank		
	Lunch:	11:45	Lunch	
	Macaroni & Cheese	1:00	Crosswords	
	Stewed Tomatoes	2:30	What's My Line?	
Fruit Cocktail				
Tuesday 12	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Word Games/AM Stretch		
	Lunch:	11:45	Lunch	Happy Birthday Lisa C.
	Baked Fish	1:00	Western Day with Rob M!	
	Mashed Potato	2:30	You Be the Judge	
Peas & Carrots				
Frosted Cake				
Wednesday 13	10:30	Sit and Swing	Hairdresser Gina in	
	11:00	Washer Game		
	Lunch:	11:30	Lunch	
	Ham Steak	1:00	Jokereno/Cheese & Crackers	
	Pineapple Sauce	2:30	Classical Composer Corner	
AuGratin Potatoes				
Bean Blend				
Thursday 14	10:30	Exercises		
	11:00	Bowling		
	Lunch:	11:45	Lunch/Participants Council	
	Bourbon Chicken	1:00	Acorn Bingo	
	Sweet Potato	2:30	Cranium Crunches	
Sherbet				
Friday 15	10:30	Chair Aerobics		
	11:00	Volleyball	Happy Birthday Cecelia S. 9/16 Joe L.	
	Lunch:	11:45		Lunch
	American Chop Suey	1:00	Bottoms Up	
	Italian Blend	2:30	First Ladies	
Peaches	3:00	Fridav Fitness Fun		

Note: 8:00 Coffee Social, word Searches, 1:1
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 Computer available all day
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 Summit Room

ACTIVITIES CALENDAR

Room: Summit

September 18-22, 2017	Activities	Extras		
Monday 18	10:30	Swing and Sit	Hairdresser Gina in	
	11:00	Circle Talk		
	Lunch:	11:45	Lunch	Happy Birthday Howie M.
	Grilled Hot Dog	1:00	Honky Tonk Piano w/ Gary!	
	Garden Salad	2:30	Taboo	
Bean Salad				
Ice Cream				
Tuesday 19	10:30	Painting Group/Pet Therapy	Hairdresser Jamie in	
	11:00	5 Minute Rule		
	Lunch:	11:45	Lunch	
	Beef Burgundy	1:00	Jokereno	
	Ziti	2:30	Password	
Green Beans				
Fruit Cocktail				
Wednesday 20	10:30	Move to Music	Hairdresser Gina in	
	11:00	Laughter Yoga		
	Lunch:	11:45	Lunch	Happy Birthday Mary Ann E.
	Roast Turkey	1:00	Jeopardy	
	Stuffing	2:30	Alphabetics	
Zucchini				
Mousse				
Thursday 21	10:30	AM Stretch		
	11:00	Rosary w/ Frank		
	Lunch:	11:45	Lunch	
	Braised Pork Chop	1:00	What's in a Word	
	½ Baked Potato	2:30	Who Am I?	
Mixed Vegetables				
Brownies				
Friday 22	10:30	Painting Group	Happy Birthday 9/23 Bill B.	
	11:00	Taboo		
	Lunch:	11:45	Lunch	
	BBQ Chicken Leg	1:00	"CIDER" Bingo	
	Bean Salad	2:30	Retro T.V.	
	Summer Squash	3:00	Friday Fitness Fun	
Ice Cream Sandwich				

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Room: Summit

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Monday 25	10:30	AM Stretch/ Pet Therapy	Hairdresser Gina is in
	11:00	Laughter Yoga	
	Lunch: 11:45	Lunch	
	Tuna Roll 1:00	"ATUMN" BINGO	
	Clam Chowder Peaches' n Cream 2:30	Finish the Lyrics...	
Tuesday 26	10:30	Painting Group	Hairdresser Jamie in
	11:00	Word Games	
	Lunch: 11:45	Lunch	
	Spaghetti & Meatballs Tossed Salad 1:00	Bottoms Up	
	Mandarin Oranges 2:30	Who Am I?	
Wednesday 27	10:30	Move and Groove	Hairdresser Gina is in
	11:00	Communion w/ Frank	
	Lunch: 11:45	Lunch	
	Ranch Chicken Red Potatoes 1:00	Chain Reaction	
	Vegetable Blend Pudding 2:30	Kitty Corner	
Thursday 28	10:30	Chair Aerobics	Happy Birthday Mary Bes...
	11:00	Circle Talk	
	Lunch: 11:45	Lunch	
	Pot Roast Carrots 1:00	Jokereno	
	Boiled Potatoes Coffee Cake 2:30	Price is Right	
Friday 29	10:30	Painting Group	Happy Birthday Bill Q. and Isabell R.
	11:00	Peer Chat	
	Lunch: 11:45	Lunch	
	Beef Stew Biscuit 1:00	Crosswords	
	Ambrosia 2:30	Triple Treat Trivia	
	3:00	Friday Fitness Fun	

Note: 8:00 Coffee Social, word Searches, 1:1
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 3:00 1:1, Movie, Game Shows, Retro TV, Games...

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