

# 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).

## NOVEMBER 2017

**SUMMIT ELDERCARE WILL BE CLOSED ON THURSDAY, NOVEMBER 23<sup>RD</sup> AND FRIDAY, NOVEMBER 24<sup>TH</sup> FOR THE THANKSGIVING HOLIDAY**

## SUMMIT 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
The importance of taking care of you as a caregiver	11/2/17 3:30pm-5pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercardo 1-508-434-3200 Ext.32033	Charlton
Memory and Music Special guest Michelle Parent Activities Director	11/8/17 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 1-508-852-2026 Ext.65649	East Mountain St.
Caregiving tips for the holidays	11/20/17 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Ways to prepare for the holidays	11/30/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
Ways to take care of yourself	11/8/17 3:30pm-5:pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Stress reduction during the holidays	11/8/17 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

## TID 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:Summit

November 1-3, 2017

**Activities**

**Extras**

## Monday

**Lunch:**

## Tuesday

**Lunch:**

## Wednesday 1

10:30

Sit & Swing

11:00

Bean Bag Challenge

Hairdresser Gina is in

**Lunch:**

11:45

Lunch

12:30-1:30 Healthy Lifestyle Group

Turkey Divan

1:00

Bottoms Up

Rice

Italian Blend Vegetables

2:30

Password

Mandarin Oranges

## Thursday 2

10:30

Move to Music

11:00

Communion w/ Frank

**Lunch:**

11:45

Lunch

Grilled Ham Steak

1:00

Bingo

Scalloped Potatoes

2:30

Up in the Air Trivia

Gingerbread

## Friday 3

10:30

Sit and Swing

Happy Birthday

11:00

Laughter Yoga

Deb T., Amy A.-Activities 11/4

**Lunch:**

11:45

Lunch

Judy S., Marion M. and Nicole C.- RN 11/5

Baked Manicotti

1:00

Jeopardy

11/5

Salad

2:30

Kitchen Trivia

Louise F.

Fruit Cocktail

Daylight Saving Time Ends

### 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

November 6-10, 2017	Activities	Extras	
<b>Monday 6</b>	10:30	Sit and Swing	Hairdresser Gina is in
	11:00	Horseshoes	
	<b>Lunch:</b>	Lunch	
	Stuffed Cabbage Rice Yellow Squash Pears	Jokereno	
	2:30	You be the Judge	
<b>Tuesday 7</b>	10:30	Painting Group	Hairdresser Jamie in
	11:00	Pet Therapy	
	<b>Lunch:</b>	Lunch	
	Stuffed Chicken Thigh Mashed Potatoes Carrots Jell-O	Wheel of Fortune	
	2:30	Bulletin Board Trivia	
<b>Wednesday 8</b>	10:30	Chair Aerobics	Hairdresser Gina in
	11:00	Rosary w/ Frank	
	<b>Lunch:</b>	Lunch	
	Hungarian Beef Goulash Noodles Cauliflower Apple Crisp	November Bingo	
	2:30	Person, Place or Thing	
<b>Thursday 9</b>	10:30	Move and Groove	Happy Birthday Judy W.
	11:00	Kickball	
	<b>Lunch:</b>	Lunch	
	Scrambled Eggs Sausage Pattie Waffle Melon	Crossword Puzzle	
	2:30	Tri-Bond	
<b>Friday 10</b>	10:30	Sit and Swing	Happy Birthday Leda L. 11/11 Charles H.
	11:00	Trivia	
	<b>Lunch:</b>	Lunch/Participants Council	
	Fish Florentine ½ Baked Potato Broccoli Pudding	Veteran's Day Program	
	2:30	Movie	

**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

November 13-17, 2017	Activities	Extras		
<b>Monday 13</b>	10:30	AM Stretch/Pet Therapy	Hairdresser Gina in	
	11:00	Washer Game		
	<b>Lunch:</b> 11:45	Lunch		
	Meatloaf 1:00	Jokereno		
	Mashed Potatoes 2:30	Who Am I?		
Zucchini				
Peaches & Cream				
<b>Tuesday 14</b>	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Social		
	<b>Lunch:</b> 11:45	Lunch		
	Turkey Pot Pie 1:00	Card Making with Rebecca/		
	Beets	Trivia Challenge		
Coffee Cake 2:30	Wackv Wordies			
<b>Wednesday 15</b>	10:30	Sit and Swing	Hairdresser Gina in	
	11:00	Let's Chat		
	<b>Lunch:</b> 11:30	Lunch		12:30-1:30 Healthy Lifestyle Group
	BBQ Chicken Leg 1:00	Bancroft Students/Bingo		
	Rice Pilaf 2:30	Password		
Broccoli				
Fruit Cocktail				
<b>Thursday 16</b>	10:30	Exercises		
	11:00	Volleyball		
	<b>Lunch:</b> 11:45	Lunch		
	Braised Pork Chop 1:00	Bottoms Up		
	Wax Beans 2:30	Triple Treat Trivia		
Sweet Potatoes				
Frosted Cake				
<b>Friday 17</b>	10:30	Chair Aerobics	Happy Birthday Catherine M. 11/18 Penny W.	
	11:00	Communion w/ Frank		
	<b>Lunch:</b> 11:45	Lunch		
	Salisbury Steak 1:00	Crossword Puzzles		
	Mashed Potatoes 2:30	State Nicknames		
Vegetable Blend				
Mousse				

**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...

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 Summit Room

# ACTIVITIES CALENDAR

Room: Summit

November 20-24, 2017	Activities	Extras		
<b>Monday</b> <sup>20</sup>	10:30	Swing and Sit	Hairdresser Gina in	
	11:00	Rosary w/ Frank		
	<b>Lunch:</b>	11:45	Lunch	
	Grilled Hot Dog	1:00	Entertainment w/ Johnny D!	
	Baked Beans	2:30	Alphabetics	
Salad				
Tropical Fruit				
<b>Tuesday</b> <sup>21</sup>	10:30	Painting Group/ Word Game	Hairdresser Jamie in	
	11:00	Word Scramble		
	<b>Lunch:</b>	11:45	Lunch	
	Spaghetti & Meatballs	1:00	Jeopardy	
	Zucchini	2:30	Random Trivia	
Cookies				
<b>Wednesday</b> <sup>22</sup>	10:30	Move to Music	Hairdresser Gina in	
	11:00	Volleyball		
	<b>Lunch:</b>	11:45	Lunch	12:30-1:30 Healthy Lifestyle Group
	Corn Chowder	1:00	"TURKEY" Bingo	
	Chicken Salad	2:30	What Am I?	
Pickled Beets				
Ice Cream				
<b>Thursday</b> <sup>23</sup>		SUMMIT ELDERCARE IS CLOSED FOR THE THANKSGIVING HOLIDAY		
<b>Lunch:</b>				
<b>Friday</b> <sup>24</sup>		SUMMIT ELDERCARE IS CLOSED FOR THE THANKSGIVING HOLIDAY		
<b>Lunch:</b>				

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 3:00 1:1, Movie, Game Shows, Retro TV, Games...

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# ACTIVITIES CALENDAR

Room: Summit

November 27-30, 2017	Activities	Extras		
<b>Monday 27</b>	10:30	AM Stretch/ Pet Therapy	Hairdresser Gina is in	
	11:00	Basketball		
	<b>Lunch:</b>	11:45	Lunch	
	Macaroni & Cheese	1:00	Jackpot	
	Stewed Tomatoes	2:30	"Yam" tastic trivia	
Sherbet				
<b>Tuesday 28</b>	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Anagram		
	<b>Lunch:</b>	11:45	Lunch	
	Ranch Chicken	1:00	Perro's Floral	
	Beets	2:30	Arranging/Bottoms Up	
Mashed Sweet Potatoes				
Pineapple Chunks				
<b>Wednesday 29</b>	10:30	Move and Groove	Hairdresser Gina is in	
	11:00	Communion w/ Frank		
	<b>Lunch:</b>	11:45	Lunch	
	Pulled Pork	1:00	"GOBBLE" Bingo	12:30-1:30 Healthy Lifestyle Group
	Cole Slaw	2:30	Taboo	
Red Potatoes				
Cupcakes				
<b>Thursday 30</b>	10:30	Chair Aerobics		
	11:00	Balloon Volley		
	<b>Lunch:</b>	11:45	Lunch	
	Shepard's Pie	1:00	Wheel of Fortune	
	Corn	2:30	Family Feud	
Mashed Potatoes				
Strawberries &				

## Friday

### Lunch:

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BROADMEADOW ROOM

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Ways to take care of yourself	11/8/17 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Stress reduction during the holidays	11/8/17 2:30pm-4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

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# ACTIVITIES CALENDAR

Room: Broadmeadow

November 1-3, 2017	Activities	Extras	
<b>Monday</b>			
<b>Lunch:</b>			
<b>Tuesday</b>			
<b>Lunch:</b>			
<b>Wednesday 1</b>	10:30	Move and Groove	Hairstresser Gina is in
	11:00	Kickball	
<b>Lunch:</b>	11:45	Lunch	
Turkey Divan	1:00	Horse Racing	
Rice	2:15	Puzzles	
Italian Blend Vegetables			
Mandarin Oranges			
<b>Thursday 2</b>	10:30	Sittercise	
	11:00	Basketball	
<b>Lunch:</b>	11:45	Lunch	
Grilled Ham Steak	1:00	Wheel of Fortune	
Scalloped Potatoes	2:15	Clipping Coupons	
Gingerbread			
<b>Friday 3</b>	10:30	Sit and Swing	Happy Birthday
	11:00	Ball Bounce	Amy A. Activities
<b>Lunch:</b>	11:45	Lunch	11/4 Maurina G
Baked Manicotti	1:00	Bingo	11/5 Bernadette P. PTA
Salad	2:15	Light Music	Daylight Saving Time Ends
Fruit Cocktail			

**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

November 6-10, 2017	Activities	Extras		
<b>Monday 6</b>	10:30	Flex/Stretch	Hairdresser Gina is in	
	11:00	Horseshoes		
	<b>Lunch:</b> 11:45	Lunch		
	Stuffed Cabbage Rice Yellow Squash Pears	1:00 2:15		Bottoms Up Taboo
<b>Tuesday 7</b>	10:30	Exercise/Song	Hairdresser Jamie is in	
	11:00	Ring Toss		
	<b>Lunch:</b> 11:45	Lunch		
	Stuffed Chicken Thigh Mashed Potatoes Carrots Jell-O	1:00 2:15		Bowling Table Topics
<b>Wednesday 8</b>	10:30	Music/Motion	Hairdresser Gina is in	
	11:00	Kickball		
	<b>Lunch:</b> 11:45	Lunch		
	Hungarian Beef Goulash Noodles Cauliflower Apple Crisp	1:00 2:15		Reminisce Trivia
<b>Thursday 9</b>	10:30	Flex/Stretch		
	11:00	Washer Game		
	<b>Lunch:</b> 11:45	Lunch		
	Scrambled Eggs Sausage Pattie Waffle Melon	1:00 2:15		Pictionary Birthday Bingo
<b>Friday 10</b>	10:30	Sing/Swing	Happy Birthday Jennifer M.-SW	
	11:00	Volleyball		
	<b>Lunch:</b> 11:45	Lunch	11/12 Lynne P.-HA	
	Fish Florentine ½ Baked Potato Broccoli Pudding	1:00 2:15		Art Club Music

**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

November 13-17, 2017	Activities	Extras		
<b>Monday 13</b>	10:30	Move to Music	Hairdresser Gina is in	
	11:00	Washer Game		
	<b>Lunch:</b>	11:45	Lunch	Happy Birthday Nancy G.-Activities
	Meatloaf	1:00	Shake Loose a Memory	
	Mashed Potatoes Zucchini	2:15	Painting	
<b>Tuesday 14</b>	10:30	AM Stretch	Hairdresser Jamie is in	
	11:00	Ring Toss		
	<b>Lunch:</b>	11:45	Lunch	Happy Birthday Martha D-SW
	Turkey Pot Pie	1:00	Karaoke	
	Beets Coffee Cake	2:15	Card Making with Rebecca	
<b>Wednesday 15</b>	10:30	Sittercise	Hairdresser Gina is in	
	11:00	Popcorn Toss		
	<b>Lunch:</b>	11:30	Lunch	
	BBQ Chicken Leg	1:00	Categories	
	Rice Pilaf Broccoli Fruit Cocktail	2:15	Short Story	
<b>Thursday 16</b>	10:30	Chair Aerobics		
	11:00	Tic Tac Toe		
	<b>Lunch:</b>	11:45	Lunch	
	Braised Pork Chop	1:00	Bowling	
	Wax Beans Sweet Potatoes Frosted Cake	2:15	Finish Lines	
<b>Friday 17</b>	10:30	Sing/Swing		
	11:00	Horseshoes		
	<b>Lunch:</b>	11:45	Lunch	
	Salisbury Steak	1:00	Rhythm Band	
	Mashed potatoes Vegetable Blend Mousse	2:15	Baking	

**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

November 20-24, 2017	Activities	Extras		
<b>Monday 20</b>	10:30	Move to Music	Hairdresser Gina is in	
	11:00	Bean Bag Toss		
	<b>Lunch:</b>	11:45		Lunch
	Grilled Hot Dog	1:00		Johnny Diamond Sings!!
	Rice	2:30		Reminisce
Yellow Squash				
Pears				
<b>Tuesday 21</b>	10:30	Sittercise	Hairdresser Jamie is in	
	11:00	Can Can Can		
	<b>Lunch:</b>	11:45		Lunch
	Spaghetti & Meatballs	1:00		What's in the Bag
	Zucchini	2:30		Easy Does It Trivia
Cookies				
<b>Wednesday 22</b>	10:30	Exercise/Song	Hairdresser Gina is in	
	11:00	Football Toss		
	<b>Lunch:</b>	11:45		Lunch
	Corn Chowder	1:00		Art Show
	Chicken Salad	2:30		Food Jingo
Pickled Beets				
Ice Cream				
<b>Thursday 23</b>		SUMMIT IS CLOSED FOR THE THANKSGIVING HOLIDAY	Happy Birthday Mary Rose and Pat L- SW	
<b>Lunch:</b>				
<b>Friday 24</b>		SUMMIT IS CLOSED FOR THE THANKSGIVING HOLIDAY		
<b>Lunch:</b>				

**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: Broadmeadow

November 27-30, 2017	Activities	Extras	
<b>Monday 27</b>	10:30	Flex and Stretch	Hairdresser Gina is in
	11:00	Circle Talk	
	<b>Lunch:</b> 11:45	Lunch	
	Macaroni & Cheese 1:00	Penny Ante	
	Stewed Tomatoes 2:15	Collage	
<b>Tuesday 28</b>	10:30	Move to Music	Hairdresser Jamie is in
	11:00	Bottle Ring Toss	
	<b>Lunch:</b> 11:45	Lunch	
	Ranch Chicken 1:00	Name that Tune	
	Beets 2:15	Color Art	
<b>Wednesday 29</b>	10:30	Chair Aerobics	Hairdresser Gina is in
	11:00	Challenge	
	<b>Lunch:</b> 11:30	Lunch	
	Pulled Pork 1:00	Karaoke	
	Cole Slaw 2:15	Scavenger Hunt	
<b>Thursday 30</b>	10:30	Chair Aerobics	
	11:00	Frisbee	
	<b>Lunch:</b> 11:30	Lunch	
	Shepard's Pie 1:00	Charades	
	Corn 2:15	Baking	

## Friday

### Lunch:

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 11:45 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....  
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