



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).

JUNE 2019

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 (toll-free): 1-855-508-3722

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
Caregiver Resource Tools	6/4/19 3:00pm-4:30pm	108 Thompson Road Webster MA	Bessie Bechthold 774-317-6700	Webster
Open Forum	6/17/19 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Frank Yacino Speaker who has walked the walk	6/27/19 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Hot Weather Tips	6/12/19 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Open Forum	6/12/19 3:00pm-4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

Tip of the month:

Get connected. Organizations such as the Red Cross and the Alzheimer's Association offer classes on caregiving, and local hospitals may have classes specifically about the disease your loved one is facing.



Activities calendar

June 3-7, 2019

Room: Broadmeadow

	Activities	Extras
Monday 3 Lunch: Chicken & Broccoli Alfredo Pasta Italian Blend Vegetables Pears	10:30 Fresh Air Social 11:00 Music 11:45 Lunch 1:00 Parachute 2:15 What would you Do?	Happy Birthday 6/1 Jen M. PT
Tuesday 4 Lunch: Salisbury Steak Mashed Potatoes Spinach Cupcakes	10:30 Sit and Swing 11:00 Frisbee Toss 11:45 Lunch 1:00 Doug U. Sings! 2:15 Penny Ante	Hairdresser Jamie, is in
Wednesday 5 Lunch: Chicken Marsala Pasta Vegetable Blend Ambrosia	10:30 Sit and Swing 11:00 Balloon Volley 11:45 Lunch 1:00 Balloon Day Craft 2:15 Password	Hairdresser Gina is in
Thursday 6 Lunch: Pizza Tossed Salad Brownies	10:30 Move to Music 11:00 Kickball 11:45 Lunch 1:00 Fish Craft 2:15 Cards with Rebecca	Happy Birthday A!!!
Friday 7 Lunch: Roast Turkey Stuffing Mashed Potatoes Melon	10:30 Sit and Swing 11:00 National Donut Day History 11:45 Lunch 1:00 Nat'l Donut Day Craft 2:15 Dean Martin B-Day Video	

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

June 10-14, 2019

Room: Broadmeadow

	Activities	Extras
Monday 10 Lunch: Swedish Meatballs Pasta Zucchini Pudding	10:30 Exercise/Song 11:00 Horseshoes 11:45 Lunch 1:00 Bowling 2:15 Kitten DVD	
Tuesday 11 Lunch: Pulled Pork, Roll Potato Salad Tossed Salad Peach Melba	10:30 Exercise/Song 11:00 Washer Game 11:45 Lunch 1:00 Karaoke 2:15 Kite Coloring	Hairdresser Jamie is in
Wednesday 12 Lunch: Macaroni & Cheese Stewed Tomatoes Apple Crisp	10:30 Music/Motion 11:00 Ball Bounce 11:45 Lunch 1:00 Pictionary 2:15 Moth balls in the attic	Hairdresser Gina is in
Thursday 13 Lunch: Pesto Chicken Couscous Lettuce & Tomatoes Fruit Cocktail	10:30 Flex/Stretch 11:00 Fresh Air Social/Music 11:45 Lunch 1:00 Name the Picture 2:15 The chat room	
Friday 14 Lunch: Soup & Sandwich Pickled Beets Cookies	10:30 A.M. Circle 11:00 Flag Day History/Trivia 11:45 Lunch/Cookout 1:00 Patriotic Sing Along 2:15 Flag Day Poems	Flag Day Dress in Red, White and Blue Happy Birthday Erin E. HA

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

June 17-21, 2019

Room: Broadmeadow

	Activities	Extras
Monday 17 Lunch: Hot Dogs Macaroni Salad Pickled Beets Ice Cream	10:30 Move to Music 11:00 Ring Toss 11:45 Lunch 1:00 Music with Nick B! 2:15 Father's Day Recap	
Tuesday 18 Lunch: Baked Fish ½ Baked Potato Peas & Carrots Tropical Fruit	10:30 AM Stretch 11:00 Bottle Ring Toss 11:45 Lunch 1:00 Painting Sea Shells 2:15 Lawrence Welk	Hairdresser Jamie is in
Wednesday 19 Lunch: BBQ Chicken Leg Oven Potatoes Summer Squash Frosted Cake	10:30 Sittercise 11:00 Fresh Air Social/Music 11:30 Lunch 1:00 Bowling 2:15 Fish Coloring	Hairdresser Gina is in
Thursday 20 Lunch: Beef burgundy Pasta Green Beans Fruit Cup	10:30 Chair Aerobics 11:00 Horseshoes 11:45 Lunch 1:00 Food Jingo 2:15 Cards with Rebecca	
Friday 21 Lunch: Veal Pattie Sweet Potatoes Broccoli Pineapple Chunks	10:30 A.M. Circle 11:00 Musical Ribbons 11:45 Lunch 1:00 Name That Tune 2:15 Summer Jingo	First day of summer Dress in pink day Happy Birthday 6/23 Betty B.

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

Activities calendar

June 24-28, 2019

Room : Broadmeadow

	Activities	Extras
Monday 24 Lunch: Broccoli Stuffed Chicken Breast Rice Pilaf, Spinach Mandarin Oranges	10:30 Sittercise 11:00 Tic Tac Toe 11:45 Lunch 1:00 Karaoke 2:30 Triple Treat Trivia	
Tuesday 25 Lunch: Baked Ham AuGratin Potatoes Brussel Sprouts Coffee Cake	10:30 AM Stretch 11:00 Fresh Air Social/Music 11:45 Lunch 1:00 Wheel of Fortune 2:30 Finish the Lyrics...	Hairdresser Jamie is in Happy Birthday Janet P. PT
Wednesday 26 Lunch: Spaghetti & Meatballs Tossed Salad Fruited Jell-O	10:30 Exercise/Song 11:00 Kickball 11:45 Lunch 1:00 50's Sing Along 2:30 Sentimental Sing Along	Hairdresser Gina is in
Thursday 27 Lunch: Scrambled Eggs, Sausage Pattie Waffle Melon	10:30 Move to Music 11:00 Balloon Volleyball 11:45 Lunch 1:00 What's my Line? 2:30 Little Rascal's Movie	Happy Birthday Brianna RN Sandy K. RN
Friday 28 Lunch: Chicken Cesar Salad Soup Pudding	10:30 AM Stretch 11:00 Basketball 11:45 Lunch 1:00 Red Hat Group 2:30 Table ball roll	Happy Birthday Wendy M RN 6/30 Debra H. RN

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Activities calendar

	Activities	Extras
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Friday Lunch:		

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June 3-7, 2019

Room: Summit

	Activities	Extras
Monday 3 Lunch: Chicken & Broccoli Alfredo Pasta Italian Blend Vegetables Pears	10:30 AM Stretch 11:00 Fishing Trivia 11:45 Lunch 1:00 Fish Jeopardy 2:30 Word Teasers	Happy Birthday 6/1 Jen M. PT Pat Sw. 6/2 Bev P. 6/3 Ron H.
Tuesday 4 Lunch: Salisbury Steak Mashed Potatoes Spinach Cupcakes	10:30 Painting Group 11:00 "Cheese Day" Anagram 11:45 Lunch 1:00 Doug U. Sings!!!! 2:30 Password	Hairdresser Jamie, is in
Wednesday 5 Lunch: Chicken Marsala Pasta Vegetable Blend Ambrosia	10:30 Sittercise 11:00 Rosary with Frank 11:45 Lunch 1:00 Bottoms Up/Bible Study 2:30 Taboo	Hairdresser Gina, is in
Thursday 6 Lunch: Pizza Tossed Salad Brownies	10:30 Yoga with Lee Ann 11:00 Yoga continued 11:45 Lunch 1:00 Cards w/ Rebecca/High Rollers 2:30 Superman Video	Happy Birthday Marlene A.
Friday 7 Lunch: Roast Turkey Stuffing Mashed Potatoes Melon	10:30 Sit and Swing 11:00 Kickball 11:45 Lunch 1:00 "Donut" Bingo 2:30 Donut Day Trivia	Happy Birthday 6/8 Roberta B. National Donut Day!

Note: 8:00 Coffee Social, word searches, 1:1, newspapers
 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

June 10-14, 2019

Room: Summit

	Activities	Extras
Monday 10 Lunch: Swedish Meatballs Pasta Zucchini Pudding	10:30 A.M. Stretch 11:00 Communion with Frank 11:45 Lunch 1:00 Match Game w/ Hollywood Stars 2:30 Reminisce	Happy Birthday Claire Z.
Tuesday 11 Lunch: Pulled Pork, Roll Potato Salad Tossed Salad Peach Melba	10:30 Painting Group 11:00 Word Scramble 11:45 Lunch 1:00 Jokereno 2:30 Trivia, Trivia & More Trivia	Hairdresser Jamie in . Happy Birthday Pearl W.
Wednesday 12 Lunch: Macaroni & Cheese Stewed Tomatoes Apple Crisp	10:30 Chair Aerobics 11:00 Laughter Yoga 11:45 Lunch 1:00 Shirley Entertains/Bible Study 2:30 What would you Do?	Hairdresser Gina in
Thursday 13 Lunch: Pesto Chicken Couscous Lettuce & Tomatoes Fruit Cocktail	10:30 Yoga with Lee Ann 11:00 Yoga continued 11:45 Lunch 1:00 Crossword Puzzle 2:30 Add a Word	Happy Birthday Lynn S.
Friday 14 Lunch: Soup & Sandwich Pickled Beets Cookies	10:30 Sit and Swing 11:00 Frisbee 11:45 Lunch/Cookout 1:00 "Flags" Bingo 2:30 Chat Pack	Flag Day Dress in Red, White and Blue Happy Birthday Amir S. Erin E. HA

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Tuesday 18 Lunch: Baked Fish ½ Baked Potato Peas & Carrots Tropical Fruit	10:30 Painting Group 11:00 Name that Tune 11:45 Lunch 1:00 Red Hat Group/Bottoms Up 2:30 Questions & Answers	Hairdresser Jamie in
Wednesday 19 Lunch: BBQ Chicken Leg Oven Potatoes Summer Squash Frosted Cake	10:30 Sit and Swing 11:00 Tic Tac Toe 11:30 Lunch 1:00 Bible Study/Ocean Bingo 2:30 Penny Ante	Hairdresser Gina in Happy Birthday Joanne V.
Thursday 20 Lunch: Beef Burgundy Pasta Green Beans Fruit Cup	10:30 Yoga with Lee Ann 11:00 Yoga with Lee Ann 11:45 Lunch 1:00 Cards with Rebecca/Wheel of Fortune 2:30 You be the Judge	
Friday 21 Lunch: Veal Pattie Sweet Potatoes Broccoli Pineapple Chunks	10:30 Chair Aerobics 11:00 Rosary with Frank 11:45 Lunch/Root Beer Floats 1:00 Chain Reaction 2:30 What Am I?	First Day of Spring Dress in Pink Happy Birthday 6/22 Gail G. 6/23 Mark G.

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Tuesday 25 Lunch: Baked Ham AuGratin Potatoes Brussel Sprouts Coffee Cake	10:30 Painting Group 11:00 Word Game 11:45 Lunch 1:00 Bottoms Up 2:30 What's my Secret	Hairdresser Jamie in Happy Birthday Janet P. PT
Wednesday 26 Lunch: Spaghetti & Meatballs Tossed Salad Fruited Jell-O	10:30 Move to Music 11:00 Washer Game 11:45 Lunch 1:00 Bible Study/Jokereno 2:30 Mind Joggers	Hairdresser Gina in Happy Birthday Joanna S.
Thursday 27 Lunch: Scrambled Eggs Sausage Pattie Waffle Melon	10:30 Yoga with Lee Ann 11:00 Yoga continued 11:45 Lunch 1:00 Mens Group/Jokereno 2:30 Fascinating Facts	Happy Birthday Brianna RN Sandy K. RN
Friday 28 Lunch: Chicken Cesar Salad Soup Pudding	10:30 Move and Groove 11:00 Circle Talk 11:45 Lunch 1:00 Jeopardy 2:30 Paul Bunyan Day Folklore	Happy Birthday Wendy M. RN 6/30 Arthur B. Deb H. RN

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