



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).

MAY 2018

BROADMEADOW ROOM

SUMMIT ELDERCARE WILL BE CLOSED ON MONDAY, MAY 28TH FOR MEMORIAL DAY
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 |
|------------------------|-----------------------------|---|---|-------------------|
| Open Forum | 5/1/18 3:30pm-5pm | 88 Masonic Home Rd. Charlton, MA (Meadowside) | Annette Mercardo 1-508-434-3200 Ext.32033 | Charlton |
| Open Forum | 5/9/18 1:30pm-3pm | Briarwood 65 Briarwood Circle Worcester, MA | Leslie Boulette 1-508-852-2026 Ext 56533 | East Mountain St. |
| Open Forum | 5/21/18 2pm-3:30pm | 1369 Grafton St. Worcester, MA | Pat Lazarek 1-508-373-7400 | Grafton St. |
| Open Forum | 5/31/18 2pm-3:30pm | 55 Cinema Boulevard Leominster, MA | Donna Ferro 1-978-3100 | Leominster |
| Open Forum | 5/9/18 3:30pm- 5:00pm | 101 Wason Ave. Springfield, MA | April Monfett 1-413-272-6194 | Springfield |
| Upcoming Summer Events | 5/9/18 2:30pm- 4:00pm | 1081 Varnum Ave. Lowell, MA | Vichenny Keo-Sam 1-978-427-6823 | Lowell |

Tip of the month:

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.



Activities calendar

May 1-4 2018

Room: Broadmeadow

| | Activities | Extras |
|---|--|--------------------------------------|
| Monday Lunch: | | |
| Tuesday 1 Lunch: Beef Stroganoff Noodles Carrots Brownies | 10:30 Sit and Swing 11:00 Washer Game 11:45 Lunch 1:00 May Basket Craft 2:15 Collages | Jamie, hairdresser, is in |
| Wednesday 2 Lunch: Tuna Roll Corn Chowder Ice Cream | 10:30 Sit and Swing 11:00 VolleyBall 11:45 Lunch 1:00 Reminisce 2:15 Triple Treat Trivia | Gina, hairdresser, is in |
| Thursday 3 Lunch: Meatloaf Mashed Potatoes Green Beans Peaches | 10:30 Music / motion 11:00 Kickball 11:45 Lunch 1:00 Sing a Long 2:15 Clue Trivia | |
| Friday 4 Lunch: Chicken Pot Pie Salad Frosted Cake | 10:30 Sit and Swing 11:00 Ball Toss 11:45 Lunch 1:00 Kentucky Derby 2:15 Movie & Manicures | Happy Birthday Nancy S. Dietitian |

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

May 7-11, 2018

Room: Broadmeadow

| | Activities | Extras |
|--|---|-------------------------|
| Monday 7 Lunch: Hamburgers Baked Beans Ambrosia | 10:30 Flex/Stretch 11:00 Beanbag Toss 11:45 Lunch 1:00 Circle Talk 2:15 Short Stories | Hairdresser Gina is in |
| Tuesday 8 Lunch: Stuffed Chicken Breast Bean Blend Coffee Cake | 10:30 Exercise 11:00 Baseball Throw 11:45 Lunch 1:00 What's my Line? 2:15 Color Art/Puzzles | Hairdresser Jamie is in |
| Wednesday 9 Lunch: Shepard's Pie Salad Jell-O | 10:30 Music/Motion 11:00 Ring Toss 11:45 Lunch 1:00 Hat Collection 2:15 When We Were Kids DVD | Hairdresser Gina is in |
| Thursday 10 Lunch: Veal Parmesan Ziti Yellow Squash Pears | 10:30 Flex/Stretch 11:00 Circle Talk 11:45 Lunch 1:00 Rhythm Band 2:15 B-Day Jingo | |
| Friday 11 Lunch: BBQ Chicken Rice Pilaf Broccoli Ice Cream Sandwich | 10:30 Sing/Swing 11:00 Horseshoes 11:45 Lunch 1:00 Bowling 2:15 Mother's Day Poetry | |

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

May 14-18 2018

Room: Broadmeadow

| | Activities | Extras |
|---|--|---|
| Monday 14 Lunch: Stuffed Cabbage Rice Italian Blend | 10:30 Move to Music 11:00 Basket Ball 11:45 Lunch 1:00 Who am I 2:15 A to Z trivia | Hairdresser Gina is in |
| Tuesday 15 Lunch: Grilled Ham Steak Scalloped Potatoes Cookies | 10:30 AM Stretch 11:00 BeanBag Toss 11:45 Lunch 1:00 Washer game 2:15 Show Tunes | Hairdresser Jamie is in |
| Wednesday 16 Lunch: Baked Fish Peas & Carrots Red Bliss Potatoes Apple Cobbler | 10:30 Sittercise 11:00 Volleyball 11:30 Lunch 1:00 Reminisce 2:15 Frisbee Toss | Hairdresser Gina is in |
| Thursday 17 Lunch: Roast Turkey Mashed Potatoes Green Beans Mandarin Oranges | 10:30 Chair Aerobics 11:00 Ring toss 11:45 Lunch 1:00 50's sing a long 2:15 Card Craft | |
| Friday 18 Lunch: Macaroni & Cheese Ziti Italian Blend Vegetables Melon | 10:30 Sing/Swing 11:00 Ring Toss 11:45 Lunch 1:00 Bowling 2:15 Charades | Happy Birthday Gina, Hairdresser May 20 th MJ Secretary |

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

May 21-25, 2018

Room : Broadmeadow

| | Activities | Extras |
|---|--|-------------------------|
| Monday 21 Lunch: Ranch Chicken Red Potatoes Tossed Salad Pears | 10:30 Sittercise 11:00 Horseshoes 11:45 Lunch 1:00 Pictionary 2:30 Movie | Hairdresser Gina is in |
| Tuesday 22 Lunch: Stuffed Potato Lettuce & Tomatoes Pudding | 10:30 Move and Sing 11:00 Ring Toss 11:45 Lunch 1:00 Country Sing a Long 2:30 Jingo | Hairdresser Jamie is in |
| Wednesday 23 Lunch: American Chop Suey Zucchini Tropical Fruit | 10:30 Exercise/Song 11:00 Reminisce 11:45 Lunch 1:00 Bottle Toss 2:30 Puzzles | Hairdresser Gina is in |
| Thursday 24 Lunch: Braised Pork Chop Cauliflower Mashed Sweet Potatoes Cupcake | 10:30 Move to Music 11:00 Tic Tac Toe 11:45 Lunch 1:00 Kickball 2:30 Remember when | |
| Friday 25 Lunch: Chicken Marsala Ziti Italian Blend Vegetables Melon | 10:30 AM Stretch 11:00 Balloon Toss 11:45 Lunch 1:00 Pictionary 2:30 Patriotic Sing a long | |

Note:

8:00 Coffee Social, coloring, 1:1 One to one and sensory provided throughout the day
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 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change



Activities calendar

May 28-31, 2018

Room: Broadmeadow

| | Activities | Extras |
|---|--|-------------------------|
| Monday 28 Lunch: | Center is Closed for Memorial Day | |
| Tuesday 29 Lunch: Grilled Hot Dog Potato Salad Tossed Salad Ice Cream Bar | 10:30 Move to Music 11:00 Ball Toss 11:45 Lunch 1:00 Parachute 2:15 Reminisce | Hairdresser Jamie is in |
| Wednesday 30 Lunch: Salisbury Steak Wax Beans Mashed Potatoes Peaches' n Cream | 10:30 Chair Aerobics 11:00 Frisbee Toss 11:30 Lunch 1:00 Karaoke 2:15 Card making w/ Rebecca | Hairdresser Gina is in |
| Thursday 31 Lunch: Pizza Vegetable Soup Salad Fruit Cocktail | 10:30 Chair Aerobics 11:00 Brain games 11:30 Lunch 1:00 Circle Talk 2:15 Scenic DVD | |
| Friday Lunch: | | |

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MAY 2018

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Activities calendar

May 1-4, 2018

Room: Summit

| | Activities | Extras |
|---|---|--------------------------------------|
| Monday Lunch: | | |
| Tuesday 1 Lunch: Beef Stroganoff Noodles Carrots Brownies | 10:30 Painting Group 11:00 Word Scramble 11:45 Lunch 1:00 "TRAIN" Bingo 2:30 On this day in.... | Hairdresser Jamie is in |
| Wednesday 2 Lunch: Tuna Roll Corn Chowder Ice Cream | 10:30 Sittercise 11:00 Rosary w/ Frank 11:45 Lunch 1:00 Crossword Puzzle 2:30 Password | Hairdresser Gina is in |
| Thursday 3 Lunch: Meatloaf Mashed Potatoes Green Beans Peaches | 10:30 Chair Aerobics 11:00 Bottle Toss 11:45 Lunch 1:00 Cinco De Mayo with Dave G 2:30 You be the Judge | |
| Friday 4 Lunch: Chicken Pot Pie Salad Frosted Cake | 10:30 Sit and Swing 11:00 Balloon Volley 11:45 Lunch 1:00 "CINCO" Bingo 2:30 What Am I? | Happy Birthday Nancy S. Dietitian |

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

May 7-11, 2018

Room: Summit

| | Activities | Extras |
|--|---|--|
| Monday 7 Lunch: Hamburgers Baked Beans Ambrosia | 10:30 A.M. Stretch 11:00 Comm. w/ Frank 11:45 Lunch/Participants Council 1:00 Jeopardy 2:30 Secret Mother's Day Message | Hairdresser Gina is in |
| Tuesday 8 Lunch: Stuffed Chicken Breast Supreme Sauce Bean Blend | 10:30 Painting Group/ Pet Therapy 11:00 Anagram 11:45 Lunch 1:00 "GARDN" Bingo 2:30 Random Trivia | Hairdresser Jamie in |
| Wednesday 9 Lunch: Shepard's Pie Salad Jell-O | 10:30 Chair Aerobics 11:00 Tic Tac Toe 11:45 Lunch 1:00 Entertainment with Bill M. 2:30 Hot Topic Conversations | Hairdresser Gina in |
| Thursday 10 Lunch: Veal Parmesan Ziti Yellow Squash Pears | 10:30 Move and Groove 11:00 Trivia/Sport Game 11:45 Lunch 1:00 Jackpot 2:30 Who Am I? | |
| Friday 11 Lunch: BBQ Chicken Leg Rice Pilaf Broccoli Ice Cream Sandwich | 10:30 Sit and Swing 11:00 Volley Ball 11:45 Lunch 1:00 Bottoms Up/Hat Craft 2:30 Famous Mothers | Happy Birthday 12 th Millie B. |

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Activities calendar

May 14-18, 2018

Room: Summit

| | Activities | Extras |
|---|--|--|
| Monday 14 Lunch: Stuffed Cabbage Italian Blend Veggies Sherbet | 10:30 AM Stretch 11:00 Mother's Day Poems 11:45 Lunch 1:00 Jokereno 2:30 What Am I? | Hairdresser Gina in |
| Tuesday 15 Lunch: Grilled Ham Steak Scalloped Potatoes Cookies | 10:30 Painting Group 11:00 Spelling Bee 11:45 Lunch 1:00 Stretching w/ Katie 2:30 Trivia | Hairdresser Jamie in |
| Wednesday 16 Lunch: Baked Fish Peas & Carrots Red Bliss Potatoes Apple Cobbler | 10:30 Sit and Swing 11:00 Circle Talk 11:30 Lunch 1:00 "TENNIS" Bingo 2:30 Step Mom DVD | Hairdresser Gina in |
| Thursday 17 Lunch: Roast Turkey Mashed Potatoes Green Beans Mandarin Oranges | 10:30 Exercises 11:00 Rosary w/ Frank 11:45 Lunch 1:00 Jokereno 2:30 Fishing Trivia | |
| Friday 18 Lunch: Macaroni & Cheese Stewed Tomatoes Fruit Cup | 10:30 Chair Aerobics 11:00 Laughter Yoga 11:45 Lunch 1:00 High Rollers 2:30 This was the Year 1992 | Happy Birthday 19 th Dorothy P. 20 th MJ Secretary |

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 Summit Room

Activities calendar

May 21-25, 2018

Room: Summit

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| Monday 21 Lunch: Ranch Chicken Red Potatoes Tossed Salad Pears | 10:30 Swing and Sit 11:00 Guided Meditation 11:45 Lunch 1:00 Wheel of Fortune 2:30 What would you Do? | Hairdresser Gina in Happy Birthday Bea B. |
| Tuesday 22 Lunch: Stuffed Potato Lettuce & Tomatoes Pudding | 10:30 Painting Group 11:00 What's in a Word 11:45 Lunch 1:00 Insect Word Scramble 2:30 Who Am I? | Hairdresser Jamie in |
| Wednesday 23 Lunch: American Chop Suey Zucchini Tropical Fruit | 10:30 Move to Music 11:00 Volleyball 11:45 Lunch 1:00 Ballroom Dancing Demo 2:30 Beads with Donna | Hairdresser Gina in Happy Birthday Nancy Y. |
| Thursday 24 Lunch: Braised Pork Chop Cauliflower Mashed Sweet Potatoes Cupcake | 10:30 AM Stretch 11:00 Kick Ball 11:45 Lunch 1:00 Jeopardy 2:30 Password | |
| Friday 25 Lunch: Chicken Marsala Ziti Italian Blend Vegetables Melon | 10:30 Sittercise 11:00 Communion w/ Frank 11:45 Lunch 1:00 Memorial Day Program 2:30 Triple Treat Trivia | Happy Birthday Rita B 26 th Leo D' 27 th Shirley T. |

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 Summit Room

Activities calendar

May 28-31, 2017

Room:Summit

| | Activities | Extras |
|---|---|--|
| Monday 28 Lunch: | THE CENTER IS CLOSED FOR MEMORIAL DAY | Happy Birthday Nancy A. Cliff C. |
| Tuesday 29 Lunch: Grilled Hot Dog Potato Salad Tossed Salad Ice Cream Bar | 10:30 Painting Group 11:00 Name Game 11:45 Lunch 1:00 "HERBS" Bingo 2:30 Movie & Manicures | Hairdresser Jamie in Happy Birthday Ella F |
| Wednesday 30 Lunch: Salisbury Steak Wax Beans Mashed Potatoes Peaches 'n Cream | 10:30 Move and Groove 11:00 Rosary w/ Frank 11:45 Lunch 1:00 Cards with Rebecca or Bottoms Up 2:30 Category Trivia | Hairdresser Gina is in |
| Thursday 31 Lunch: Pizza Vegetable Soup Salad Fruit Cocktail | 10:30 Chair Aerobics 11:00 Bowling 11:45 Lunch 1:00 Jackpot/Spill Painting with Donna B. 2:30 Reminiscing | Happy Birthday Ken H. |
| Friday Lunch: | | |

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