



# 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. 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/or assistance, call the Center's main number (listed below) to reach our answering service, which 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 at the number below 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).

**MARTIN LUTHER KING JR. DAY JANUARY 20<sup>th</sup>                      CENTER IS OPEN**  
**Happy New Year! CENTER IS CLOSED JANUARY 1<sup>ST</sup>!**

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### Summit ElderCare

288 Grove St., Worcester, MA 01605

**1-508-852-2026 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Supervisor, Recreational Activities: Michelle Parent: 1-508-852-2026

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.

**We have an online resource for you!** Check out Fallon Health's Caregiver Connection blog. You can find it at [fallonhealth.org/caregiver-blog](http://fallonhealth.org/caregiver-blog).

Topic	Date/Time	Location	Contact	Sponsoring site
		108 Thompson Rd Webster, MA	Bessie Bechthold 774 317-6700	Webster
Dealing with Grief and Loss	1/20/20 2pm-3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Open Forum	2:00pm – 3:30pm 1/30/20	55 Cinema Blvd. Leominster, MA	Donna Ferro 978 401-3100	Leominster
Dealing with Grief and Loss	1/8/20 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413 277-6178	Springfield
		1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Positive Approach to Care	1/15/20 1:00pm- 3:00pm	288 Grove Street Worcester, MA	Michelle Parent (508) 852-2026 X56548	Grove Street Worcester, MA

## Tip of the month:

**Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, one person might be willing to take the person you care for on a walk a couple of times a week. Someone else might offer to pick up groceries or even to cook for you.



# Activities calendar

JANUARY 1-3

Room: Summit

	Activities	Extras
Monday <b>Lunch:</b>		
Tuesday <b>Lunch:</b>		
Wednesday 1 <b>Lunch:</b>	CENTER IS CLOSED! HAPPY NEW YEAR!	
Thursday 2 <b>Lunch:</b> Stuffed Peppers, Tomato Sauce, Rice, Cauliflower, Pudding Alternative/Sandwich	8:00 Coffee Social 9:30 Positive Thinking 11:00 Exercise 12:00 Lunch 1:00 Around the World 2:15 Head Bands Game	Music w/ Lila @ 3:00pm
Friday 3 <b>Lunch:</b> Seaford Salad Plate, Broccoli Salad, Frosted Cake Alternative/Sandwich	8:00 Coffee Social 10:00 Easy Chair Yoga 11:00 Exercise 12:00 Lunch 1:00 Bingo 2:15 Name 10	Good News Friday Communion with Pastor Nilson Happy B-Day Candido Happy B-Day John D

**Note:** 8:00 Coffee Social, coloring, 1:1 1:1 and sensory is offered throughout the day.  
 12:00 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

JANUARY 6-10

Room: Summit

	Activities	Extras
<b>Monday 6</b> <b>Lunch:</b> Swedish Meatballs, Gravy, Noodles, Zucchini Mandarin Oranges Alternative/Sandwich	8:00 <b>Coffee Social</b> 9:30 <b>Yoga W/ Jessica</b> 11:00 <b>Exercise/Trivia</b> 12:00 <b>Lunch</b> 1:00 <b>Price is Right!</b> 2:15 <b>Name that Tune</b>	
<b>Tuesday 7</b> <b>Lunch:</b> Fish & Chips, Steak Fries, Cole Slaw, Fruited Jell-O Alternative/Sandwich	8:00 <b>Coffee Social</b> 9:30 <b>Card Games</b> 11:00 <b>Exercise/Trivia</b> 12:00 <b>Lunch</b> 1:00 <b>Jeopardy</b> 2:15 <b>Arm Chair Travel</b>	<b>ROSARY &amp;                      COMMUNION</b> <b>10:00AM</b>
<b>Wednesday 8</b> <b>Lunch:</b> Chicken ala King, Rice, Broccoli, Brownies Alternative/Sandwich	8:00 <b>Coffee Social</b> 9:30 <b>Exercise w/ Wendy</b> 11:00 <b>Trivia</b> 12:00 <b>Lunch</b> 1:00 <b>Bird Day Trivia Games</b> 2:15 <b>Poetry Reading</b>	<b>Wacky Wardrobe                      Wednesday!</b> <b>Happy B Day James L</b>
<b>Thursday 9</b> <b>Lunch:</b> Pot Roast, Gravy, Mashed Potatoes, Brussel Sprouts, Jell-O Alternative/Sandwich	8:00 <b>Coffee Social</b> 9:30 <b>Positive Thinking Group</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch</b> 1:00 <b>Po keno</b> 2:15 <b>Current Events Discussion Group</b>	
<b>Friday 10</b> <b>Lunch:</b> Macaroni & Cheese, Stewed Tomatoes, Fruit Cup Alternative/ Sandwich	8:00 <b>Coffee Social</b> 10:00 <b>Chair Dancing Yoga</b> 11:00 <b>Exercise</b> 12:00 <b>Lunch</b> 1:00 <b>Bingo</b> 2:15 <b>Movie Day!</b>	<b>Happy Birthday Curtis D</b> <b>Bible Study w/ Allyson</b> <b>@11:00am</b>

**Note:**

8:00 Coffee Social, coloring, 1:1  
 12:00 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
 Calendar is subject to change

1:1 and sensory is offered throughout the day.

# Activities calendar

JANUARY 13-17

Room: Summit

	Activities	Extras
<b>Monday 13</b>  <b>Lunch:</b> Stuffed Cabbage, Tomato Sauce, Rice, Squash Blend Alternative/Sandwich	<b>8:00 Coffee Social</b> <b>9:30 Women's Group</b> <b>11:00 Exercise</b> <b>12:00 Lunch</b> <b>1:00 Jack Pot</b> <b>2:15 Crafts</b>	<b>Happy Birthday Phillip!</b>
<b>Tuesday 14</b>  <b>Lunch:</b> N.E. Clam Chowder, Tuna Roll, Salad, Dressing, Mousse Alternative/ Sandwich	<b>8:00 Coffee Social</b> <b>9:30 Meditation Group</b> <b>11:00 Exercise/Trivia</b> <b>12:00 Lunch</b> <b>1:00 Wheel of Fortune</b> <b>2:15 Concentration Game</b>	<b>Rosary/Communion @ 10:00</b>
<b>Wednesday 15</b>  <b>Lunch:</b> Taco Stuffed Potato, Lettuce, Tomatoes, Cheese, Jell-O W/ Topping Alternative/Sandwich	<b>8:00 Coffee Social</b> <b>9:30 Meditation Group</b> <b>11:00 Exercise</b> <b>12:00 Lunch</b> <b>1:00 Music w/ Ken Lass</b> <b>2:15 Bottom's Up</b>	<b>Happy On T</b>
<b>Thursday 16</b>  <b>Lunch:</b> Grecian Chicken, Couscous, Bean Blend, Cookies Alternative/Sandwich	<b>8:00 Coffee Social</b> <b>9:30 Craft Group</b> <b>11:00 Exercise</b> <b>12:00 Lunch</b> <b>1:00 Family Feud</b> <b>2:15 Penny Ante</b>	
<b>Friday 17</b>  <b>Lunch:</b> Meatloaf, Gravy, Mashed Potatoes, Green Beans, Ice Cream Alternative/Sandwich	<b>8:00 Coffee Social</b> <b>10:00 Chair Yoga</b> <b>11:00 Exercise</b> <b>12:00 Lunch</b> <b>1:00 "Frost" Bingo</b> <b>2:15 UNO</b>	<b>Happy Birthday Thomas K!</b>

**Note:**

8:00 Coffee Social, coloring, 1:1  
 12:00 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
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 1:1 and sensory is offered throughout the day.

# Activities calendar

JANUARY 20-24

Room Summit

	Activities	Extras
Monday 20 <b>Lunch:</b> Hot Dogs, Roll, Baked Beans, Cole Slaw, Tropical Fruit Alternative/Sandwich	8:00 Coffee Social 9:30 Women's Group 11:00 Exercise/ Trivia 12:00 Lunch 1:00 Snowflake Trivia Game 2:15 Baking	Martin Luther King Jr. Day!
Tuesday 21 <b>Lunch:</b> Spinach Quiche, Home Fries, Tossed Salad, Frosted Cupcakes Alternative/Sandwich	8:00 Coffee Social 10:00 Rosary/Communion 11:00 Exercise/Trivia 12:00 Lunch 1:00 Talent Show 2:15 Science Group W/ Lisa	
Wednesday 22 <b>Lunch:</b> Spaghetti & Meatballs, Grated Cheese, Italian Blend, Coffee Cake Alternative/Sandwich	8:00 Coffee Social 10:00 Meditation Group 11:00 Exercise/Trivia 12:00 Lunch 1:00 Melting Snowman 2:15 Spelling Bee Shuffle Board	
Thursday 23 <b>Lunch:</b> Roast Turkey, Gravy, Cranberry Stuffing, Zucchini, Apple Crisp Alternative/Sandwich	8:00 Coffee Social 9:30 Positive Thinking Group 11:00 Exercise 12:00 Lunch 1:00 Music w/ Andy Ross 2:15 Bottom's Up	
Friday 24 <b>Lunch:</b> BBQ Chicken Leg, Red Bliss Potatoes, Bean Salad, Sherbet Alternative/Sandwich	8:00 Coffee Social 10:00 Chair Dancing 11:00 Exercise 12:00 Lunch 1:00 Bingo 2:15 Out Burst	

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3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
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# Activities calendar

JANUARY 27-31

Room: Summit

	Activities	Extras
Monday 27 <b>Lunch:</b> Chicken Masala, Rotini, Italian Blend, Pears Alternative/Sandwich	8:00 Coffee Social 9:30 Women's Group 11:00 Exercise 12:00 Lunch 1:00 Parkinson's Choir 2:15 Mindfull Meditation	
Tuesday 28 <b>Lunch:</b> Beef Stew, Biscuit Tossed Salad, Dressing, Carrot Cake Alternative/Sandwich	8:00 Coffee Social 10:00 Rosary/Communion 11:00 Exercise 12:00 Lunch 1:00 Men's Group/Bingo 2:15 20 Questions	
Wednesday 29 <b>Lunch:</b> Hamburgers, Roll, Oven Roasted Potatoes, Peaches Alternative/Sandwich	8:00 Coffee Social 10:00 Audio Book Club 11:00 Exercise/Sing a long 12:00 Lunch 1:00 Chain Reaction 2:15 Fun Fact Trivia	Happy Birthday Theresa S Happy Birthday Jeannie K Happy Birthday Melinda J
Thursday 30 <b>Lunch:</b> Baked Ham, Pineapple Sauce, Sweet Potatoes, Wax Beans, Ambrosia Alternative/Sandwich	8:00 Coffee Social 10:00 Positive Thinking Group 11:00 Exercise 12:00 Lunch 1:00 Valentine's Jingo 2:15 Winter Word Games	
Friday 31 <b>Lunch:</b> American Chop Suey, Vegetable Blend, Fruit Cocktail Alternative/Sandwich	8:00 Coffee Social 10:00 Chair Yoga 11:00 Exercise 12:00 Lunch 1:00 "Frost" Bingo 2:15 Fun Fact Trivia	Happy Birthday Mary J

**Note:**

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3:00 1:1, Movie, Music, Reminisce, Socials, Creative art

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Open Forum	2:00pm – 3:30pm 1/30/20	55 Cinema BLVD Leominster, MA	Donna Ferro 978 401-3100	Leominster
Dealing with Grief and Loss	1/8/20 3:30-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 413 277-6178	Springfield
		1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Positive Approach to Care	1/15/20 1:00pm 3:00pm	288 Grove Street Worcester, MA	Michelle Parent (508) 852-2026 X56548	Grove Street

## Tip of the month:

**Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, one person might be willing to take the person you care for on a walk a couple of times a week. Someone else might offer to pick up groceries or even to cook for you.



# Activities calendar

JANUARY 1-3

Room Devenshire

	Activities	Extras
<b>Monday</b> <b>Lunch:</b>		
<b>Tuesday</b> <b>Lunch:</b>		
<b>Wednesday 1</b> <b>Lunch:</b>	CENTER IS CLOSED HAPPY NEW YEAR!	
<b>Thursday 2</b> <b>Lunch:</b> Stuffed Peppers, Tomato Sauce, Rice, Cauliflower, Pudding Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:00: Lunch</b> <b>1:00: Name 10</b> <b>2:00: Giant Kick Ball</b> <b>3:00: Music w/ Lila</b>	
<b>Friday 3</b> <b>Lunch:</b> Seafood Salad Plate, Broccoli Salad, Pita Bread, Frosted Cake Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:00: Lunch</b> <b>1:00: Happy Birthday Jingo</b> <b>2:00: Head Bands</b> <b>3:00: Holiday Movie</b>	<b>Bible Study with Allyson            @ 11:00am            Communion with Pastor            Nilson</b>

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 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
 Calendar is subject to change

# Activities calendar

JANUARY 6-10

Room: Devenshire

	Activities	Extras
<b>Monday 6</b> <b>Lunch:</b> Swedish Meatballs, Gravy, Noodles, Zucchini, Mandarin Oranges Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Bingo 2:00: Cheese Head 3:00: Movie Stars Memory Lane	
<b>Tuesday 7</b> <b>Lunch:</b> Fish & Chips, Steak Fries, Cole Slaw, Tartar Sauce, Fruited Jell-O Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Ribbon Exercise 2:00: Scavenger Hunt 3:00: Sing a Long	Rosary/Communion @10:00am
<b>Wednesday 8</b> <b>Lunch:</b> Chicken ala King, Rice, Broccoli, Brownies Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Bird Day Trivia 2:00: Ring Toss 3:00: Name 10	Wacky Wardrobe Wednesday!
<b>Thursday 9</b> <b>Lunch:</b> Pot Roast, Gravy, Mashed Potatoes, Brussel Sprouts, Jell-O Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Fun on the Farm Jingo 2:00: Crafts 3:00: Meditation/Relaxation	
<b>Friday 10</b> <b>Lunch:</b> Macaroni & Cheese, Stewed Tomatoes, Fruit Cup Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Ribbon Exercise 2:00: Collages 3:00: Movie	Bible Study with Allyson @ 11:00am

**Note:**

8:00 Coffee Social, coloring, 1:1  
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 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
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# Activities calendar

JANUARY 13-17

Room: Devenshire

	Activities	Extras
<b>Monday 13</b> <b>Lunch:</b> Stuffed Cabbage, Tomato Sauce, Rice, Squash Blend, Pudding Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:00: Lunch</b> <b>1:00: Rhythm Band</b> <b>2:00: Short Stories</b> <b>3:00: Audio Book</b>	
<b>Tuesday 14</b> <b>Lunch:</b> N.E. Clam Chowder, Tuna Roll, Salad, Mousse Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:00: Lunch</b> <b>1:00: Cheese Head</b> <b>2:00: Poetry Readings</b> <b>3:00: Finish the Sentence</b>	<b>Rosary/Communion</b> <b>@10:00am</b>
<b>Wednesday 15</b> <b>Lunch:</b> Taco Stuffed Potato, Lettuce, Tomatoes, Cheese, Jell-O w/ topping Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:00: Lunch</b> <b>1:00: Music w/ Ken Lass</b> <b>2:00: Concentration</b> <b>3:00: Meditation Group</b>	
<b>Thursday 16</b> <b>Lunch:</b> Grecian Chicken, Couscous, Bean Salad, Cookies Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:00: Lunch</b> <b>1:00: Valentine Jingo</b> <b>2:00: Sing-A-Long</b> <b>3:00: Name 20</b>	
<b>Friday 17</b> <b>Lunch:</b> Meatloaf, Gravy, Mashed Potatoes, Green Beans, Ice Cream Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Hot Potato</b> <b>2:00: Four Squares</b> <b>3:00: Movie</b>	<b>Bible Study w/ Allyson @</b> <b>11:00am</b>

**Note:**

8:00 Coffee Social, coloring, 1:1  
 12:00 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
 Calendar is subject to change

1:1 and sensory is offered throughout the day.



# Activities calendar

JANUARY 20-24

Room: Devenshire

	Activities	Extras
<b>Monday 20</b> <b>Lunch:</b> Hot Dogs, Roll, Baked Beans, Cole Slaw, Tropical Fruit Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Snowflake Day Activities!</b> <b>2:00: Penny Ante</b> <b>3:00: Short Stories</b>	<b>Martin Luther king Jr. Day!</b>
<b>Tuesday 21</b> <b>Lunch:</b> Spinach Quiche, Home Fries, Tossed Salad, Frosted Cupcakes Alternative/ Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Ribbon Exercise</b> <b>2:00: Bottoms up!</b> <b>3:00: Sing a Long</b>	<b>Rosary/Communion @10:00</b>
<b>Wednesday 22</b> <b>Lunch:</b> Spaghetti & Meatballs, Grated Cheese, Italian Blend, Coffee Cake Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Kitchen Bingo</b> <b>2:00: Water Color Painting</b> <b>3:00: Would you Rather?</b>	
<b>Thursday 23</b> <b>Lunch:</b> Roast Turkey, Gravy, Cranberry Stuffing, Zucchini, Apple Crisp Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Music w/ Andy Ross</b> <b>2:00: Fun Fact Trivia</b> <b>3:00: Collages/Sensory</b>	
<b>Friday 24</b> <b>Lunch:</b> BBQ Chicken leg, Red Bliss Potatoes, Bean Salad, Sherbet Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Corn Hole Game</b> <b>2:00: Concentration</b> <b>3:00: Crafts</b>	<b>Bible Study w/ Allyson @10:00</b>

**Note:**

8:00 Coffee Social, coloring, 1:1  
 12:00 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art  
 Calendar is subject to change

1:1 and sensory is offered throughout the day.



# Activities calendar

JANUARY 27-31

Room Devenshire

	Activities	Extras
<b>Monday 27</b> <b>Lunch:</b> Chicken Marsala, Rotini, Italian Blend, Pears Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Parkinson's Choir</b> <b>2:00: Jingo</b> <b>3:00: Audio Book</b>	
<b>Tuesday 28</b> <b>Lunch:</b> Beef Stew, Biscuit, Tossed Salad, Carrot Cake Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Bean Bag Challenge</b> <b>2:00: Collages</b> <b>3:00: Name 10</b>	
<b>Wednesday 29</b> <b>Lunch:</b> Hamburgers, Roll, Oven Roasted Potatoes, Lettuce, Tomatoes, Peaches Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Wheel of Fortune Bean Bag</b> <b>2:00: Sing a Long</b> <b>3:00: Finish the Sentence</b>	
<b>Thursday 30</b> <b>Lunch:</b> Baked Ham, Pineapple Sauce, Sweet Potatoes, Wax beans, Ambrosia Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Hot Potato</b> <b>2:00: Jingo</b> <b>3:00: Meditation Group</b>	
<b>Friday 31</b> <b>Lunch:</b> American Chop Suey, Vegetable Blend Fruit Cocktail Alternative/Sandwich	<b>9:00: Coffee Social</b> <b>10:15: Circle of Fun</b> <b>12:30: Lunch</b> <b>1:00: Valentine Jingo</b> <b>2:00: Water Color Painting</b> <b>3:00: Movie Day!</b>	

**Note:**

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