

# 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).

## 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.

**Reminder: Summit Eldercare will be closed Monday September 4<sup>th</sup>.**

## Chapman Program Calendar September, 2017

---

### Summit ElderCare contact information

55 Cinema Blvd. Leominster, MA 01453

**1-978-401-3100 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Cynthia Sidloski: 1-978-401-3123

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

Transportation service: Need A Lift Medivan: 1-978-534-0041, then press 0



# 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 3:30-5p.m.	<b>88 Masonic Home Road, Charlton, MA (Meadowside)</b>	<b>Christine Petrone 508-434-3200 Ext.32012</b>	Charlton
10 Ways to Prevent Wandering	9/13 1:30-3p.m.	<b>Briarwood 65 Briarwood Circle Worcester, MA</b>	<b>Shelley Ware 508-852-2026 Ext. 56549</b>	East Mountain St.
Overview of Dementia: Types, Stages and tips to help along the way	9/18 2-3:30p.m	<b>1369 Grafton Street Worcester, MA</b>	<b>Pat Lazarek 508-373-7400</b>	Grafton Street
Caregiver Resources Online & Phone Support	9/28 2-3:30p.m.	<b>55 Cinema Boulevard Leominster, MA</b>	<b>Donna Ferro 978-401-3100</b>	Leominster
Dealing with Grief	9/13 3:30-5p.m.	<b>101 Wason Ave Springfield, MA</b>	<b>April Monfett 774-317-6194</b>	Springfield
Talking Library Resource and Registration Process	9/13 2-3:30p.m	<b>1081 Varnum Ave. Lowell, MA</b>	<b>Emily Lemire 978-427-6830</b>	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: Chapman

September 1st, 2017

Activities

Extras

## Monday

Lunch:

## Tuesday

Lunch:

## Wednesday

Lunch:

## Thursday

Lunch:

## Friday<sup>1</sup>

	9:30 a.m.	Coffee Social/Zen coloring	
	10:30 a.m.	Exercise and Song	10:40 Worship Service in library
<b>Lunch:</b>	11:30 a.m.	Pathway to fitness	11:00 Reminiscence group
Filet O Fish Sandwich	1:15 p.m.	Patio social	
Pineapple Cole Slaw	2:30 p.m.	Afternoon Stretch	
French Fries			
Pears	2:45 p.m.	Sing along	

**Note:** Chapman Program Calendar Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily.

# ACTIVITIES CALENDAR

Room: Chapman

September 4-8th, 2017	Activities	Extras
<b>Monday 4</b>	<b>Summit ElderCare is closed today to celebrate the holiday! We wish you a great day!</b>	
<b>Lunch:</b>		
<b>Tuesday 5</b>	9:30 a.m. Coffee Social/color art	Happy Birthday Dorothy B! 9/4
	10:30 a.m. Exercise	Hairdresser is here today.
<b>Lunch:</b>	11:30 a.m. Pathway to fitness	
Pork Riblette	1:30 p.m. Entertainment today	Rosary/ Communion held at 1:00 in the Summit room.
Pasta Salad	3:00 p.m. A walk down memory lane	
Green Beans		Scot Andrews-entertainer
Pineapple		
<b>Wednesday 6</b>	9:30 a.m. Coffee Social/Aromatherapy	Hairdresser is here today.
	10:30 a.m. Move to the beat	Hair appointments can be made with our receptionist.
<b>Lunch:</b>	11:30 a.m. Pathway to fitness	
Soup & Sandwich	1:30 p.m. Bingo or Zen coloring	Rosary/communion held at 1:00 in the Summit room.
Pickled Beets	2:45 p.m. Afternoon stretch	
Cookies	3:00 p.m. Trivia	
<b>Thursday 7</b>	9:30 a.m. Coffee Social/word search	
	10:30 a.m. Chair dancing	
<b>Lunch:</b>	11:00 a.m. Ball toss	
Swedish Meatballs	11:30 a.m. Pathway to fitness	
Ziti	Rhythm Band	
Carrots	1:30 p.m. Gentle Stretch	
Melon	2:30 p.m. Finish The Sentence	
	3:00 p.m.	
<b>Friday 8</b>	9:30 a.m. Coffee Social/color art	
	10:30 a.m. Friday Fitness	Worship Service in Library 10:50
<b>Lunch:</b>	11:00 a.m. Reminiscence group	
Rotisserie Style	11:30 a.m. Pathway to fitness	
Chicken, Broccoli	1:00 p.m. Afternoon stretch	
Spanish Rice	1:30 p.m. Baby Sensory Box	
Jell-O	3:00 p.m. 3 Stooges	

**Note: Chapman Program Calendar**

Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily. Calendar is subject to change.

# ACTIVITIES CALENDAR

Room: Chapman

September 11-15, 2017	Activities	Extras	
<b>Monday 11</b>	9:30 a.m.	Coffee social/hand massage	
	10:30 a.m.	Exercise to country tunes	Rosary 10:30 Summit room
	<b>Lunch:</b> Mac & Cheese Stewed Tomatoes Fruit cocktail	11:30 a.m. Pathway to fitness	
	1:00 p.m.	Craft-ornaments	
	2:45 p.m.	Afternoon stretch	
	3:00 p.m.	Trivia	
<b>Tuesday 12</b>	9:30 a.m.	Coffee social/word search	
	10:30 a.m.	Morning exercise & trivia	Hairdresser is here today. Hair appointments can be made with our receptionist.
	<b>Lunch:</b> Baked Fish Mashed Potato Peas & Carrots Frosted Cake	11:20 a.m. Pathway to fitness	Rosary and Communion held at 1:00 in the Summit room.
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Bingo or word find	
	3:00 p.m.	Ball games	
<b>Wednesday 13</b>	9:30 a.m.	Coffee social/Aromatherapy	
	10:30 a.m.	Move & Groove	Hairdresser is here today. Hair appointments can be made with our receptionist.
	<b>Lunch:</b> Ham Steak Pineapple Sauce AuGratin Potatoes Bean Blend Pudding	11:00 a.m. Target toss	
	11:30 a.m.	Pathway to fitness	Rosary held at 1:00 in the Summit room.
	1:00 p.m.	Bowling	
	2:45 p.m.	Hand Massages & stories	
<b>Thursday 14</b>	9:30 a.m.	Coffee social & Newspaper	
	10:30 a.m.	Sittersize Daily Chronicle	
	<b>Lunch:</b> Bourbon Chicken Sweet Potato Cauliflower Sherbet	11:00 a.m. Pathway to fitness	
	11:30 a.m.	Name That Tune on the patio	
	1:00 p.m.	Comedy DVD	
	2:30 p.m.	Short stories	
<b>Friday 15</b>	9:30 a.m.	Coffee Social & word search	
	10:30 a.m.	Friday Fitness	
	<b>Lunch:</b> American Chop Suey Italian Blend Peaches	11:30 a.m. Pathway to fitness	Reminiscence group 11:00.
	1:30 p.m.	White Board games	
	3:00 p.m.	Smile a little-Jokes & short stories	

## Note:

### Chapman Program Calendar

Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily. Calendar is subject to change.

# ACTIVITIES CALENDAR

Room: Chapman

September 18-22nd, 2017	Activities	Extras	
<b>Monday</b> <sup>18</sup>	9:30 a.m.	Coffee social/music	Rosary 10:30 Summit Room
	10:40 a.m.	Chair dancing	
	11:20 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	
	2:15 p.m.	Zen coloring	
	3:00 p.m.	Would You Rather?	
<b>Lunch:</b> Grilled Hot Dog Garden Salad Bean Salad Ice Cream			
<b>Tuesday</b> <sup>19</sup>	9:30 a.m.	Coffee social/Zen Coloring	Hairdresser is here today. Hair appointments can be made with our receptionist.  Rosary/Communion held in Summit room at 1:00
	10:30 a.m.	Exercise with props	
	11:00 a.m.	Daily Chronicle	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon Stretch	
	3:00 p.m.	Hand massage	
<b>Lunch:</b> Beef Burgundy Ziti Green Beans Fruit Cocktail			
<b>Wednesday</b> <sup>20</sup>	9:30 a.m.	Coffee social/table activities	Hairdresser is here today. Hair appointments can be made with our receptionist.  Rosary/Communion held at 1:00 in the Summit room.
	10:30 a.m.	Chair dancing	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Craft-Ornaments	
	3:00 p.m.	Trivia	
<b>Lunch:</b> Roast Turkey Gravy, Cranberry Sauce, Stuffing Zucchini Mousse			
<b>Thursday</b> <sup>21</sup>	9:30 a.m.	Coffee social/word search	
	10:30 a.m.	Exercise	
	11:00 a.m.	Daily Chronicle	
	11:20 a.m.	Pathway to fitness	
	1:00 p.m.	Watercolor painting	
	2:30 p.m.	Afternoon stretch	
<b>Lunch:</b> Braised Pork Chop ½ Baked potato Mixed Vegetable Brownies			
<b>Friday</b> <sup>22</sup>	9:30 a.m.	Coffee social & Color art	11:00 Reminiscence Group  Travel The World With Becky 1:00  Happy Birthday Dottie L!
	10:30 a.m.	Friday Fitness	
	11:30 a.m.	Pathway to fitness	
	1:00 p.m.	Afternoon stretch	
	1:30 p.m.	Name That Tune	
	3:00 p.m.	September trivia	
<b>Lunch:</b> BBQ Chicken Leg Bean Salad Summer Squash Ice Cream Sandwich			

**Note: Chapman Program Calendar**

Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily. Calendar is subject to change.



# ACTIVITIES CALENDAR

Room: Chapman

September 25-29th, 2017	Activities	Extras	Luau Week	
<b>Monday 25</b>	9:30 a.m.	Coffee Social & puzzles	Rosary & communion	
	10:30 a.m.	Chair dancing	Summit room 10:30	
	<b>Lunch:</b>	11:30 a.m.	Pathway to fitness	
	Tuna Roll	1:30 p.m.	Movie	
	N.E. Clam Chowder	2:30 p.m.	Afternoon stretch	
	Peach n Cream	3:00 p.m.	All about Hawaii	
<b>Tuesday 26</b>	9:30 a.m.	Coffee Social & puzzles		
	10:30 a.m.	Chair dancing/finish the sentence	Hairdresser is here today.	
	<b>Lunch:</b>	11:30 a.m.	Pathway to fitness	Hair appointments can be made with our receptionist.
	Spaghetti & Meatballs	1:30 p.m.	Entertainment	Rosary/Communion held in Summit room at 1:00
	Sauce, Tossed Salad	2:30 p.m.	Afternoon stretch	Dave Gardner entertains
	Mandarin Oranges	3:00 p.m.	Ball toss	1:30
<b>Wednesday 27</b>	9:30 a.m.	Coffee Social & puzzles	Hairdresser is here today.	
	10:30 a.m.	Exercise	Hair appointments can be made with our receptionist.	
	<b>Lunch:</b>	11:30 a.m.	Pathway to fitness	
	Ranch Chicken	1:30 p.m.	Island craft	Rosary/Communion held in Summit room at 1:00
	Red Potatoes	2:30 p.m.	Afternoon stretch	
	Vegetable Blend	3:00 p.m.	Zen coloring-Hawaii	
<b>Thursday 28</b>	9:30 a.m.	Coffee Social & puzzles		
	10:30 a.m.	Ball games		
	<b>Lunch:</b>	11:30 a.m.	Pathway to fitness	
	Pot Roast	1:30 p.m.	Make fruit cup with fresh	
	Gravy, Carrots	2:30 p.m.	Pineapple	
	Boiled Potatoes	3:00 p.m.	Afternoon stretch	
Coffee Cake		Name 10		
<b>Friday 29</b>	9:30 a.m.	Coffee Social & puzzles	Reminiscence group 11:00	
	10:30 a.m.	Friday Fitness		
	<b>Lunch:</b>	11:30 a.m.	Pathway to fitness	
	Beef Stew	1:30 p.m.	Suncatchers	
	Biscuit	2:30 p.m.	Afternoon stretch	
	Ambrosia	3:00 p.m.	All about Hawaii	

## Note: Chapman Program Calendar

Morning coffee/tea social starts at 8:00 every day. Lunch is served at 12:00. Afternoon snack & chat occurs daily. Group activities, independent activities and 1:1 interactions occur throughout the day. Music, color art, computer, newspaper, word search, crossword puzzles and use of the Multisensory room are provided daily. Pathway to fitness is a walking group that walks daily. Calendar is subject to change.