



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.

June, 2019 CHAPMAN ROOM CALENDAR

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: 1-978-401-3100

Inclement weather line (toll-free): 1-855-508-3722

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
Caregiver Resource Tools	6/4/19 3:00-4:30 p.m.	108 Thompson Road, Webster, MA	Bessie Bechthold 774-317-6700	. Webster
Open Forum	6/17/19 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Frank Yacino Speaker who has Walked the Walk	6/27/19 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Hot Weather Tips	6/12/19 3:30-5 p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Open Forum	6/12/19 3:00-5p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 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 3rd- 7th, 2019

Room: Chapman

	Activities	Extras
Monday ³ Lunch: Chicken & Broccoli Alfredo, Pasta, Italian Blend Veg. Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Sing along 2:30 p.m. Gentle Stretch 3:00 p.m. Table Activities	Rosary/communion in the library 1:00 Yoga with special guest 1:15 Or table activities
Tuesday ⁴ Lunch: Salisbury Steak Mushroom Gravy Mashed Potatoes Squash, Cupcakes	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Bean Bag Toss/sports games 2:30 p.m. Gentle Stretch 3:00 p.m. Table Activities	Rosary/communion 1:00
Wednesday ⁵ Lunch: Chicken Marsala Pasta Vegetable Blend Ambrosia	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Gentle Stretch 3:00 p.m. Table Activities	Rosary & Communion 1:00
Thursday ⁶ Lunch: Pizza Tossed Salad Dressing Brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:00 p.m. Sports games & Sing along on the patio 2:30 p.m. Stretch 3:00 p.m. D- Day trivia/discussion	
Friday ⁷ Lunch: Roast Turkey Gravy, Cranberry Sauce Stuffing Mashed Potatoes Melon	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Gentle Stretch 3:00 p.m. Poetry Readings	Worship Service in library 10:45 Andy Ross Performs 1:30

Note: **Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch is served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, newspaper, magazines and the computer are available throughout the day. Pathway to fitness is a walking group that occurs multiple times daily. This calendar is subject to change

Activities calendar

June 10th-14th, 2019

Room: Chapman

	Activities	Extras
Monday 10 Lunch: Swedish Meatballs Pasta Zucchini Pudding	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Bowling 2:30 p.m. Gentle Stretch 3:00 p.m. Name 5 for 5	Rosary & Communion in library 1:00
Tuesday 11 Lunch: Pulled Pork, Roll Potato Salad Tossed Salad Dressing Peach Melba	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Karaoke Sing along 2:45 p.m. Gentle Stretch 3:00 p.m. Trivia	Hair dresser is here today Rosary and communion 1:00. Father's Day Ice Cream Social 2:00
Wednesday 12 Lunch: Mac & Cheese Stewed Tomatoes Apple Crisp	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Work on Christmas Tree ornaments 2:45 p.m. Gentle Stretch 3:00 p.m. Name 5 for 5	Hair dresser is here today. Rosary/communion 1:00
Thursday 13 Lunch: Pesto Chicken Couscous Lettuce & Tomatoes Fruit cocktail	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:00 p.m. Movie Matinee 2:45 p.m. Gentle Stretch 3:00 p.m. Hand Massages	
Friday 14 Lunch: Soup & Sandwich Pickled Beets Cookies	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Patriotic Songs Sing along 2:30 p.m. Gentle Stretch 3:00 p.m. Trivia	Flag Day Today Reminiscence group 1:00

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Activities calendar

June 17th-21st, 2019

Room: Chapman

	Activities	Extras
Monday 17 Lunch: Hot Dogs, Roll Macaroni Salad Pickled Beets Ice Cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:45 p.m. Sing along 2:30 p.m. Gentle Stretch 3:00 p.m. One to one social time	Rosary & Communion in the library 1:00 Yoga with Jorge in Chapman room 1:15
Tuesday 18 Lunch: Baked Fish ½ Potato Salad Peas & Carrots Tropical Fruit	9:30 a.m. Coffee Social 10:40 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Music on the patio 2:30 p.m. Gentle Stretch 3:00 p.m. Once card bingo	Hair dresser is here today. Rosary & Communion 1:00 or table activities
Wednesday 19 Lunch: BBQ Chicken Leg Oven Potatoes Summer Squash Frosted Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. Ball Games 2:30 p.m. Gentle Stretch 3:00 p.m. Short stories	Hair dresser is here today. Rosary & Communion 1:00 or table activities
Thursday 20 Lunch: Beef Burgundy Pasta Green Beans Fruit Cup	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:00 p.m. Bingo or Movie 2:30 p.m. Gentle stretch 3:00 p.m. One to one social	
Friday 21 Lunch: Veal Pattie Onion Gravy Sweet Potatoes Broccoli Pineapple Chunks	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Reminiscence group on the patio /or summer craft 2:30 p.m. Gentle Stretch 3:00 p.m. "You know its summer when..."	

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Activities calendar

June 24th-28th, 2019

Room: Chapman

	Activities	Extras
Monday 24 Lunch: Broccoli Stuffed Chicken Breast Supreme Sauce Rice Pilaf Spinach Mandarin Oranges	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronical and Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Movie Matinee 2:30 p.m. Pathway to fitness 3:00 p.m. Sing along	Rosary/communion 1:00 in the library
Tuesday 25 Lunch: Baked Ham Pineapple Sauce AuGratin Potatoes Brussel Sprouts Coffee Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle and Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Art/crafts 2:30 p.m. Gentle Stretch 3:00 p.m. One card bingo	Rosary/communion 1:00
Wednesday 26 Lunch: Spaghetti & Meatballs Tomato Sauce Tossed Salad Dressing, Fruited Jell-O	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Gentle Stretch 3:00 p.m. Trivia	Rosary & Communion 1:00
Thursday 27 Lunch: Breakfast for lunch Scrambled Eggs Sausage Pattie Waffle, syrup Melon	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Gentle Stretch 3:00 p.m. What would you do?	Pet therapy 2:00 Larry Domenico performs in the Chapman room 1:30
Friday 28 Lunch: Chicken Cesar Salad Dressing, Lettuce Tomatoes, Cheese Soup Pudding	9:30 a.m. Coffee social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Rhythm Band 2:30 p.m. Gentle Stretch 3:00 p.m. Social time	Reminiscence group 1:00

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Frank Yacino Speaker who has Walked the Walk	6/27/19 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Hot Weather Tips	6/12/19 3:30-5 p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
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Tuesday ⁴ Lunch: Salisbury Steak Mushroom Gravy Mashed Potatoes Squash Cupcakes	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Sing along 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Table Activities	Men's group with AI 10:40 Rosary/communion 1:00
Wednesday ⁵ Lunch: Chicken Marsala Pasta Vegetable Blend Ambrosia	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Continue to work on ornaments for tree 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Table Activities	Rosary & Communion 1:00
Thursday ⁶ Lunch: Pizza Tossed Salad Dressing Brownies	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:00 p.m. Family Feud 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. D- Day trivia/discussion	Helping Hands group with Sara 1:00
Friday ⁷ Lunch: Roast Turkey Gravy, Cranberry Sauce Stuffing Mashed Potatoes Melon	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Poetry Readings	Worship Service in library 10:45 Knitting group 1:00 Andy Ross Performs 1:30

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Tuesday 11 Lunch: Pulled Pork, Roll Potato Salad Tossed Salad Dressing Peach Melba	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Arts & crafts on the patio 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Hair dresser is here today Men's group 10:40 MS support group 1:00 Rosary and communion 1:00. Father's Day Ice Cream Social 2:00
Wednesday 12 Lunch: Mac & Cheese Stewed Tomatoes Apple Crisp	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:40 p.m. The Price Is Right 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Name 5 for 5	Hair dresser is here today. Rosary/communion 1:00 Participant Council Meeting 1:30
Thursday 13 Lunch: Pesto Chicken Couscous Lettuce & Tomatoes Fruit cocktail	9:30 a.m. Coffee & Conversation 10:40 a.m. Daily Chronicle & Dancercise 11:20 p.m. Pathway to fitness 1:00 p.m. Movie Matinee or table games on the patio 3:00 p.m. Social time	
Friday 14 Lunch: Soup & Sandwich Pickled Beets Cookies	9:30 a.m. Coffee & Conversation 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Patriotic Songs Sing along 2:30 p.m. Pathway to fitness 3:00 p.m. Fabulous Flag Day Facts	Knitting group 1:00 Flag Day Today

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Tuesday 18 Lunch: Baked Fish ½ Potato Salad Peas & Carrots Tropical Fruit	9:30 a.m. Coffee & Conversation 10:40 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Music on the patio or movie 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Once card bingo	Hair dresser is here today. Men's group 10:40 Multiple Sclerosis gr. 1:00 Rosary & Communion 1:00 or table activities
Wednesday 19 Lunch: BBQ Chicken Leg Oven Potatoes Summer Squash Frosted Cake	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Short stories	Hair dresser is here today. Rosary & Communion 1:00 or table activities
Thursday 20 Lunch: Beef Burgundy Pasta Green Beans Fruit Cup	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:00 p.m. Pokeno 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social	Spanish group with AI 1:15
Friday 21 Lunch: Veal Pattie Onion Gravy Sweet Potatoes Broccoli Pineapple Chunks	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Popsicles on the patio social 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. "You know its summer when..."	Knitting group 1:00. 

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Tuesday 25 Lunch: Baked Ham Pineapple Sauce AuGratin Potatoes Brussel Sprouts Coffee Cake	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily Chronicle and Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Art/crafts 2:30 p.m. Pathway to fitness 3:00 p.m. One card bingo	Mens group 10:40 Rosary/communion 1:00
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Friday 28 Lunch: Chicken Cesar Salad Dressing, Lettuce Tomatoes, Cheese Soup Pudding	9:30 a.m. Coffee & Conversation 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Movie or table activities 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. Social time	Knitting group 1:00

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