

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).

Summit ElderCare contact information

1081 Varnum Ave. Lowell, MA 01854

1-978-427-6810 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Linda Hin: 1-978-427-6812

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

Transportation service: Need-A-Lift Medivan: 1-978-649-6568



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
		88 Masonic Home Road, Charlton Ma (Meadowside)	Annette Mercado 1 508-434-33200 Ext. 32033	Charlton
		Briarwood 65 Briarwood Circle Worcester MA	Shelley Ware 1 508-852-2016 Ext. 56549	East Mountain St.
		1369 Grafton Street Worcester, MA	Pat Lazarek 1 508-373-7400	Grafton Street
		55 Cinema Boulevard, Leominster, MA	Donna Ferro 1 978-401-3100	Leominster
		1081 Varnum Avenue Lowell, MA	Emily Lemire 1 978-427-6810 Ext. 68030	Lowell

TIP OF THE MONTH:

Ask for help - One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This do-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask



ACTIVITIES CALENDAR

November 1st to 3rd

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Turkey

10:00 a.m.	Participant Choice and Games
10:30 a.m.	Friendly Circle
11:20 a.m.	Chair Exercise
12:00 p.m.	Lunch
12:30 p.m.	Rosary
1:00 p.m.	Bean Bag Toss
2:00 p.m.	Snack
2:15 p.m.	Bingo
3:00 pm	Fun Facts

Friday

Lunch:

Baked Fish

10:00 a.m.	Participant Choice and Games
10:30 a.m.	Friendly Circle
11:20 a.m.	Chair Exercise
12:00 p.m.	Lunch
12:30 p.m.	Rosary
1:00 p.m.	Bible Study/ Cards
2:00 p.m.	Snack
2:15 p.m.	Pokeno
3:00 pm	Hot Potatoes

Note: Socialization and table activity such as music, word search, adult coloring, newspapers, magazines, books, multi-sensory and computers are offered throughout the day which begins every day at 8:00 a.m. Pathway to fitness is a walking group where participants are encourage to walk around the building. Lunch is served every day at 12 noon. Calendar is subject to change and menu is TBA.



ACTIVITIES CALENDAR

November 6 th -10 th	Activities	Extras	
Monday	10:00 a.m.	Participant Choice and Games	
	10:30 a.m.	Friendly Circle	
	11:20 a.m.	Chair Exercise	
	Lunch:	Lunch	
	12:00 p.m.	Rosary	
	12:30 p.m.	Family Feud	
	Beef Tips	1:00 p.m.	Snack
		2:00 p.m.	Current Events
		2:15 p.m.	Pictionary
		3:00 pm	
Tuesday	10:00 a.m.	Participant Choice and Games	
	10:30 a.m.	Friendly Circle	
	11:20 a.m.	Chair Exercise	
	Lunch:	Lunch	
	12:00 p.m.	Rosary	
	12:30 p.m.	Family Feud	
	Grilled Chicken	1:00 p.m.	Snack
		2:00 p.m.	Thankfulness Group
		2:15 p.m.	Unscramble Words
		3:00 pm	
Wednesday	10:00 a.m.	Participant Choice and Games	
	10:30 a.m.	Friendly Circle	
	11:20 a.m.	Chair Exercise	
	Lunch:	Lunch	
	12:00 p.m.	Rosary	
	12:30 p.m.	Bean Bag Toss/Bible Study	
	Rosemary Chicken	1:00 p.m.	Snack
		2:00 p.m.	Crafts
		2:15 p.m.	Kings in the Corner
		3:00 pm	
Thursday	10:00 a.m.	Participant Choice and Games	
	10:30 a.m.	Activity Connection – TV Trivia	
	11:20 a.m.	Chair Exercise	
	Lunch:	Lunch	
	12:00 p.m.	Rosary	
	12:30 p.m.	Baking	
	Hamburger on Bun	1:00 p.m.	Snack
		2:00 p.m.	Family Feud
		2:15 p.m.	Finish Lines
		3:00 pm	
Friday	10:00 a.m.	Participant Choice and Games	
	10:30 a.m.	Friendly Circle	
	11:20 a.m.	Chair Exercise	
	Lunch:	Lunch	
	12:00 p.m.	Rosary	
	12:30 p.m.	Charades	
	Mediterranean Fish	1:00 p.m.	Snack/ Diabetic Support Gr.
		2:00 p.m.	Jeopardy
		2:15 p.m.	Open Discussion
		3:00 pm	

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ACTIVITIES CALENDAR

November 13 th - 17 th	Activities	Extras
Monday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Apricot Dijon Chicken	1:00 p.m.	Painting
	2:00 p.m.	Cooking w /Linda
	2:15 p.m.	Snacks
	3:00 pm	Unscramble Words
Tuesday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:30 a.m.	Pathway to Fitness
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Hamburger On Bun	1:00 p.m.	Charades
	2:00 p.m.	Snack
	2:15 p.m.	Eliz. Closet /
	3:00 pm	Ice Breakers
Wednesday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Chair Exercise
	11:20 a.m.	Friendly Circle
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Herb Grilled Chicken	1:00 p.m.	Board Games & Bible Study
	2:00 p.m.	Snack
	2:15 p.m.	Bean Bag/Thankfulness Gr.
	3:00 pm	Poetry
Thursday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Glazed Pork Cutlets	1:00 p.m.	Crafts
	2:00 p.m.	Snack
	2:15 p.m.	Makeup Tutorial by Linda
	3:00 pm	Hang Man
Friday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Honey Baked Fish	1:00 p.m.	RSVP PROGAM
	2:00 p.m.	Snack/ Diabetic Support Gr.
	2:15 p.m.	Bingo
	3:00 pm	Long Word

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ACTIVITIES CALENDAR

November 20 th -24 th	Activities	Extras
Monday	10:00 a.m.	Participant Choice & Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Stuffed Cabbage Roll	1:00 p.m.	Friends Giving
	2:00 p.m.	Snack
	2:15 p.m.	Thankfulness Group
	3:00 pm	Hot Potatoes
Tuesday	10:00 a.m.	Participant Choice
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Ex./
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Chicken Parmesan	1:00 p.m.	Classical Movie / Baking
	2:00 p.m.	Snack
	2:15 p.m.	Cards
	3:00 pm	Pictionary
Wednesday	10:00 a.m.	Participant Choice & Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Mac & Cheese	1:00 p.m.	Bible S/ Diabetic Support Gr.
	2:00 p.m.	WAL-MART__ Field Trip
	2:15 p.m.	Snack
	3:00 pm	Horse Racing
Thursday	10:00 a.m.	Closed Thanksgiving
	10:30 a.m.	
	11:20 a.m.	
Lunch:	12:00 p.m.	
	12:30 p.m.	
	1:00 p.m.	
	2:00 p.m.	
Grilled Lemon Pepper Chicken	2:15 p.m.	
	3:00 pm	
Friday	10:00 a.m.	Closed Black Friday
	10:30 a.m.	
	11:20 a.m.	
Lunch:	12:00 p.m.	
	12:30 p.m.	
	1:00 p.m.	
Oven Fried Fish	2:00 p.m.	
	2:15 p.m.	
	3:00 pm	



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ACTIVITIES CALENDAR

November 27 th – 30 th	Activities	Extras
Monday	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm	Participant Choice & Games Friendly Circle Chair Exercise Lunch Rosary Cards Snack DANCE FIT w/ Emily Charades
Lunch:		
Pork Chops		
Tuesday	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm	Participant Choice & Games Friendly Circle Chair Exercise Lunch Rosary Monster Bash Snack Trick or Treat Finish Lines
Lunch:		
Grilled Chicken		
Wednesday	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm	
Lunch:		
Thursday	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm	
Lunch:		
Friday		
Lunch:		

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