

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).

Welcome Fall September 22nd!
FALL PREVENTION MONTH

Summit ElderCare contact information

277 E. Mountain St. Worcester, MA 01606

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

Activity Department: 1-774-717-6548

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

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
Quotes and inspiration for caregivers	9/7/17 3:30pm - 5 pm	88 Masonic Home Road Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 EXT 32033	Charlton
10 Ways to Prevent Wandering	9/13/2017 1:30pm – 3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508 852-2026 EXT 56549	East Mountain Street
Overview of Dementia: Types, Stages and Tips to help along the way	9/18/2017 2pm-3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Caregiver Resources Online & Phone Support	9/28/2017 2pm- 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief	9/13/2017 3:30pm-5:00pm	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Taking Library Resource and Registration Process	9/13/2017 2:00pm-3:30pm	1081 Varnum Ave. Lowel, MA	Vichenny KeoSam 978-427-6823	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: Devonshire

September 1st

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Friday 1

- 9:00: Coffee Social/Sensory
- 10:15: Circle of fun
- 12:30: Giant Kick Ball
- 1:00: Jingo
- 2:00: Collages
- 3:00: Gone Fishing

Lunch:

Filet O fish Sandwich Roll,
Tartar Sauce, Pineapple
Cole Slaw, French Fries
Alternative/Sandwich

Note: Coffee Social and table games occur every day from 8:00 – 9:30.
Lunch is served at 12:00 p.m. Manicures from 10-3 M-W-F
Individual activities, sensory items and 1:1 visits are available throughout the day.
Small group activities are held daily from 2 – 5 p.m.

ACTIVITIES CALENDAR

Room: Devonshire

September 4 - 8

Activities

Extras

Monday 4

Center is closed for the Holiday

Lunch:

Tuesday 5

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Cheese Head
 1:00: Jingo
 2:00: Short Stories
 3:00: Stretch

Lunch:

Pork Riblette, Pasta
 Salad, Green Beans,
 Pineapple
 Alternative/Sandwich

Wednesday 6

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Giant Kick Ball
 1:00: Arts & Crafts
 2:00: Short Stories
 3:00: Small Group Exercise

Lunch:

Soup & Sandwich, Pickled
 Beets, Cookies
 Alternative - Sandwich

Thursday 7

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Bible Study
 1:00: Color Art
 2:00: Collages
 3:00: Ball Toss

Lunch:

Swedish Meatballs, Ziti,
 Carrots, Melon
 Alternative/Sandwich

Friday 8

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Bean Bag Toss
 1:00: Jingo
 2:00: Sing a Long
 3:00: Movie/Sensory

Happy Birthday Yvonne T.

Lunch:

Rotisserie Style Chicken,
 Broccoli, Spanish rice, Jell-
 O
 Alternative - Sandwich

Note: Coffee Social and table games occur every day from 8:00 – 9:30.
 Lunch is served at 12:00 p.m.
 Individual activities, sensory items and 1:1 visits are available throughout the day.
 Small group activities are held daily from 2 – 5 p.m.

ACTIVITIES CALENDAR

Room: Devonshire

September 11- 15	Activities	Extras
Monday 11	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Color Art 2:00: Short Stories 3:00: Ring Toss	
Lunch: Macaroni & Cheese, Stewed Tomatoes, Fruit Cocktail Alternative/Sandwich		
Tuesday 12	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Giant Kick Ball 1:00: Crafts 2:00: Sing a Long 3:00: Cheese Head	
Lunch: Baked Fish, Tartar Sauce, Mashed Potatoes, Peas & Carrots, Cake Alternative/Sandwich		
Wednesday 13	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Color Art 2:00: Short Stories 3:00: Choir Practice W/Lila	
Lunch: Ham Steak, Pineapple Sauce, AuGratin Potatoes Bean Blend, Pudding Alternative/Sandwich		
Thursday 14	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Talent Show 2:00: Find the Item 3:00: Gone Fishing	
Lunch: Bourbon Chicken, Sweet Potato, Cauliflower, Sherbet Alternative/Sandwich		
Friday 15	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Music w/ Gary 2:00: Color Art 3:00: Move to the Music	
Lunch: American Chop Suey, Italian Blend, Peaches Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Devonshire

September 18 - 22	Activities	Extras
Monday 18	9:00: Coffee Social/ Sensory 10:15: Circle of Fun 12:30: Ball Toss 1:00: Color Art 2:00: Guess Who 3:00: Exercise	
Lunch: Grilled Hot Dog Roll, Mustard, Relish, Garden Salad, Ice Cream Alternative/Sandwich		
Tuesday 19	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Jingo 2:00: Short Stories 3:00: Sensory/Movie	
Lunch: Beef Burgundy, Ziti, Green Beans, Fruit Cocktail Alternative/Sandwich		
Wednesday 20	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Giant Kick Ball 1:00: Color Art 2:00: Scavenger Hunt 3:00: Choir practice W/Lila	
Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Zucchini, Mousse Alternative/Sandwich		
Thursday 21	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Jingo 2:00: Puzzles 3:00: Short Stories	Card Making with Rebecca
Lunch: Braised Pork Chop, Gravy ½ Baked Potato, Mixed Vegetables, Brownies Alternative - Sandwich		
Friday 22	9:00: Sensory 10:15: Circle of Fun 12:30: Cheese Head 1:00: Arts & Crafts 2:00: Short Stories 3:00: Stretch	Happy Birthday Elizabeth H.
Lunch: BBQ Chicken Leg, Bean Salad, Summer Squash, Ice Cream Sandwich Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Devonshire

September 25 - 29	Activities	Extras
Monday 25	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Color Art 2:00: Collages 3:00: Sing a Long	
Lunch: Tuna Roll, N.E. Clam Chowder, Lettuce, Tomatoes, Peaches N Cream Alternative/Sandwich		
Tuesday 26	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Color Art 2:00: Concentration 3:00: Short Stories	
Lunch: Spaghetti & Meatballs, Sauce, Grated Cheese, Salad, Mandarin Oranges Alternative/Sandwich		
Wednesday 27	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Jingo 2:00: Short Stories 3:00: Choir Practice W/ Lila	
Lunch: Ranch Chicken, Red Potatoes, Vegetable Blend, Pudding Alternative/Sandwich		
Thursday 28	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Entertainment W/ Hit the Bus 1:00: Color Art 2:00: Scavenger Hunt 3:00: Movie/Sensory	Happy Birthday Consuelo C.
Lunch: Pot Roast, Gravy, Carrots, Boiled Potatoes, Cake, Alternative/Sandwich		
Friday 29	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Put Put Golf 1:00: Jingo 2:00: Collages 3:00: Exercise	
Lunch: Beef Stew, Biscuit, Ambrosia Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Summit

September 1

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Friday 1

Lunch:

Filet O Fish Sandwich	8:00:	Coffee Social/1:1 visits	Happy Birthday Armand M.
Tartar Sauce, Pineapple	10:30:	Scrabble	Happy Birthday Rhoda B.
Cole Slaw, French Fries	11:00:	Pastor Nilson/Communion	Bible Study W/ Allison
Alternative/Sandwich	11:15:	Trivia	
	1:00:	Family Feud	
	2:30:	Pen Pal/Leominster	
	3:00:	Volley Ball	

Note: Coffee Social and table games occur every day from 8:00 – 9:30.
 Lunch is served at 12:00 p.m. Manicures M-W-F 10-3
 Small group activities are held daily from 2 – 5 p.m. Puzzles, card games, 1:1 visits.

ACTIVITIES CALENDAR

Room: Summit

September 4 - 8	Activities	Extras
Monday ⁴		Center is closed for the Holiday!
Lunch: Pork Riblette, Pasta Salad, Green Beans, Pineapple Alternative/Sandwich		
Tuesday ⁵	8:00: Coffee Social/1:1 visits 10:30: Thinklers 11:00: Exercise 11:15: Treasured Moment Trivia 1:00: Around the World in 30 Days 2:30: Giant Kick Ball 3:00: Wheel of Fortune	Happy Birthday James G. Happy Birthday Jane E.
Lunch: Soup & Sandwich Pickled Beets, Cookies		
Wednesday ⁶	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Riddles 1:00: Cooking with Quayhn 2:30: Small Group Exercise 3:00: Gone Fishing/Choir Practice	
Lunch: Swedish Meatballs, Ziti, Carrots, Melon Alternative/Sandwich		
Thursday ⁷	8:00: Coffee Social/1:1 visits 10:30: Art Class 11:00: Exercise 11:15: Trivia 1:00: Crafts/Rosary 2:30: Wheel of Fortune 3:00: Giant Kick Ball	Card Making with Rebecca
Lunch: Rotisserie Style Chicken, Broccoli, Spanish rice, Jell-O Alternative - Sandwich		
Friday ⁸	8:00: Coffee social/1:1 visits 10:30: Puzzles 11:00: Guest Speaker/Local Writer 11:15: You be the Judge 1:00: Electronic Bingo 2:30: Hot Potato 3:00: Movie Day	Happy Birthday Elsie N. Special guest Chris. O.

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ACTIVITIES CALENDAR

Room: Summit

August 11 - 15	Activities	Extras	
Monday 11	8:00:	Coffee Social/1:1 visits	
	10:30:	Art Group	
	Lunch:	11:00: Exercise	
	Macaroni & Cheese, Stewed Tomatoes, Fruit Cocktail Alternative - sandwich	11:15: Trivia	
		1:00: Crafts/Rosary	
		2:30: Twister	
		3:00: Crosswords	
Tuesday 12	8:00:	Coffee Social/1:1 visit	
	10:30:	Puzzles	
	Lunch:	11:00: Exercise	
	Baked Fish, Tartar Sauce, Mashed Potatoes, Peas & Carrots, Cake Alternative/Sandwich	11:15: Silly Sentences	
		1:00: Spelling Bee	
		2:30: Hang Man	
		3:00: Penny Ante	
Wednesday 13	8:00:	Coffee Social/1:1 visits	
	10:30:	Thinkers	
	Lunch:	11:00: Exercise	
	Ham Steak, Pineapple Sauce, AuGratin Potatoes, Bean Blend Alternative/Sandwich	11:15: Trivia	
		1:00: Jeopardy	
		2:30: Twister	
		3:00: Duck Fishing	
Thursday 14	8:00:	Coffee Social/1:1 visits	Knitting with Rebecca
	10:30:	Puzzles	
	Lunch:	11:00: Exercise Group	
	Bourbon Chicken, Sweet Potato, Cauliflower, Sherbet Alternative - Sandwich	11:15: Trivia	
		1:00: Talent Show	
		2:30: Volley Ball	
		3:00: Wheel of Fortune	
Friday 15	8:00:	Coffee Social/1:1 visits	Happy Birthday Phyllis F.
	10:30:	Puzzles	Bible Study W/Allison
	Lunch:	11:00: Exercise	
	American Chop Suey Italian Blend, Peaches Alternative - Sauce	11:15: Sports Trivia	
		1:00: Entertainment w/Gary	
		2:30: Giant Kickball	
		3:00: Karaoke	

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ACTIVITIES CALENDAR

Room: Summit

September 18 - 22	Activities	Extras
Monday 18	8:00: Coffee Social/1:1 visits 10:30: Meditation W/ Jessica 11:00: Exercise 11:15: Trivia 1:00: Versed in V's 2:30: Small Group Exercises 3:00: Left, Right, Center Game	
Lunch: Grilled Hot Dog, Roll, Mustard, Relish, Garden Salad, Ice Cream Alternative- Sandwich		
Tuesday 19	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Treasured Moments Trivia 1:00: Around the World 2:30: Pass the Pumpkin 3:00: Bottoms Up	
Lunch: Beef Burgundy, Ziti, Green Beans, Fruit Cocktail Alternative - sandwich		
Wednesday 20	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Treasured Moment Trivia 1:00: Jack Pot 2:30: Twister 3:00: Scrabble	Happy Birthday Doris H. Happy Birthday Gwen P.
Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing Zucchini, Mousse Alternative - sandwich		
Thursday 21	8:00: Coffee Social/1:1 visits 10:30: Knitting W/ Rebecca 11:00: Exercise 11:15: Trivia 1:00: Rosary/Arts & Crafts 2:30: Wheel of Fortune 3:00: Giant Kick Ball	
Lunch: Braised Pork Chop, Gravy, Baked Potato, Mixed Vegetables, Brownies Alternative/Sandwich		
Friday 22	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Fall Trivia 11:15: Fall Prevention Awareness 1:00: Apple A-Z 2:30: Small Group Exercise 3:00: Movie Day	Welcome Fall!
Lunch: BBQ Chicken Leg Bean Salad, Summer Squash, Ice Cream Sandwich Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Summit

September 25 - 29	Activities	Extras
Monday 25	8:00: Coffee Social/ 1:1 visits 10:30: Art Class 11:00: Exercise 11:15: Sing a Long 1:00: Bingo 2:30: Small Group Exercise 3:00: Penny Ante	
Lunch: Tuna Roll, N.E. Clam Chowder, Lettuce, Tomatoes, Peaches N Cream Alternative - sandwich		
Tuesday 26	8:00: Coffee Social/ 1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Sports Trivia 1:00: Family Feud 2:30: 20 Questions 3:00: Scrabble	
Lunch: Spaghetti & Meatballs, Sauce, Cheese, Salad, Mandarin Oranges Alternative/Sandwich		
Wednesday 27	8:00: Coffee Social/1:1 visits 10:30: Word Pictures 11:00: Participant Council 11:15: Choices Game 1:00: Pokeno 2:30: Volley Ball 3:00: Car Racing	
Lunch: Ranch Chicken, Red Potatoes, Vegetables, Pudding Alternative/Sandwich		
Thursday 28	8:00: Coffee Social/1:1 visits 10:30: Spelling Bee 11:00: Exercise 11:15: Trivia 1:00: Entertainment w/Hit the Bus 2:30: Penny Ante 3:00: Pen Pal	Knitting with Rebecca Happy Birthday Joan C.
Lunch: Pot Roast, Gravy, Carrots, Boiled Potatoes, Coffee Cake, Alternative/Sandwich		
Friday 29	8:00: Coffee Social/ 1:1 visits 10:30: Table Games 11:00: Field Trip/Apple Orchard 11:15: Exercise 1:00: Bingo 2:30: Color Art 3:00: Movie Day	Bible Study 11:00
Lunch: Beef Stew, Biscuit, Ambrosia Alternative/Sandwich		

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