

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).

Happy Thanksgiving

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
	11/2 3:30pm-5pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 EXT.32033	Charlton
	1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain Street
Caregiving tips for the Holidays	11/20/17 2pm-3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Ways to Prepare for the Holidays	11/30/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Ways to Take Care of Yourself	11/8/2017 3:30 – 5:00pm	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Stress Reduction During the Holidays	11/8/2017 2:00pm - 3:30pm	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978-427-6823	Lowell

TIP OF THE MONTH:

Eat properly - A balanced diet is a fundamental part of any healthy lifestyle. Eating nutritious foods not only provides you with the energy you will need to take care of yourself, but to care for someone else, as well. Remember, too, not to skip meals. If you don't have time to cook or prepare food, try signing up for Meals on Wheels, a volunteer organization that delivers food to people in need. Get back to basics with plenty of fresh fruit and vegetables. Watch your salt and sugar intake. Drink plenty of water. Eat less red meat and more chicken or fish. Finally, avoid alcohol and caffeine.



ACTIVITIES CALENDAR

Room: Devonshire

November 1-3

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday 1

9:00: Coffee Social/Sensory
10:15: Circle of fun
12:30: Ring Toss
1:00: Jingo
2:00: Collages
3:00: Small Group Exercise

Lunch:

Turkey Divan, Rice,
Italian Blend,
Mandarin Oranges
Alternative/Sandwich

Thursday 2

9:00: Coffee Social/Sensory
10:15: Circle of fun
12:30: Karaoke
1:00: Gone Fishing
2:00: Jingo
3:00: Fall Sensory Box

Lunch:

Grilled Ham Steak, Mustard
Sauce, Peas, Scalloped
Potatoes, Gingerbread
Alternative/Sandwich

Friday 3

9:00: Coffee Social/Sensory
10:15: Circle of fun
12:30: Bowling
1:00: Bible Study
2:00: Collages
3:00: Small Group Exercise

Lunch:

Baked Manicotti, Tomato
Sauce, Salad, Dressing,
fruit
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

November 6-10

Activities

Extras

Monday 6

9:00:	Coffee Social/Sensory
10:15:	Circle of Fun
Lunch:	12:30: Bowling
Stuffed cabbage, Tomato	1:00: Color Art
Sauce, Rice, Yellow	2:00: Scavenger Hunt
Squash, Pears	3:00: Stretch
Alternative/sandwich	

Tuesday 7

9:00:	Coffee Social/Sensory
10:15:	Circle of Fun
Lunch:	12:30: Basket ball
Stuffed Chicken Thigh,	1:00: Story of Bill Bailey
Supreme Sauce, Mashed	2:00: Color Art
Potatoes, Carrots, Jell-O	3:00: Giant Kick Ball
Alternative/Sandwich	

Wednesday 8

9:00:	Coffee Social/Sensory
10:15:	Circle of Fun
Lunch:	12:30: Cheese Head
Hungarian beef Goulash	1:00: Music w/Gary
Noodles, Cauliflower, Apple	2:00: Short Stories
Crisp	3:00: Choir Practice/ W Lila
Alternative - Sandwich	

Thursday 9

9:00:	Coffee Social/Sensory
10:15:	Circle of Fun
Lunch:	12:30: Bible Study
Breakfast For lunch,	1:00: Arts & Crafts
Scrambled Eggs, Sausage	2:00: Find the Item
Pattie, Waffle	3:00: Frisbee

Friday 10

9:00:	Coffee Social/Sensory
10:15:	Circle of Fun
Lunch:	12:30: Bean Bag Toss
Fish Florentine ½ Baked	1:00: Jingo
Potato, Broccoli, Pudding	2:00: Sing a Long
Alternative/Sandwich	3:00: Movie/Sensory

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

November 13-17	Activities	Extras
Monday 13	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Karaoke 2:00: Short Stories 3:00: Stretch	
Lunch: Meatloaf, Onion gravy, Mashed Potatoes, Zucchini, Peaches & Cream Alternative/Sandwich		
Tuesday 14	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Giant Kick Ball 1:00: Color Art 2:00: Sing a Long 3:00: Cheese Head	
Lunch: Turkey Pot Pie, Beets, Coffee Cake Alternative/Sandwich		
Wednesday 15	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Basket Ball 1:00: Collages 2:00: Short Stories 3:00: Giant Kick Ball	
Lunch: BBQ Chicken Leg, Rice Pilaf, Broccoli Alternative/Sandwich		
Thursday 16	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Jingo 2:00: Find the Item 3:00: Color Art	
Lunch: Braised Pork Chop, Gravy, Wax Beans, Sweet Potatoes, Cake Alternative/Sandwich		
Friday 17	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Gone Fishing 1:00: Collages 2:00: Color Art 3:00: Move to the Music	
Lunch: Salisbury Steak, gravy,, Mashed Potatoes, Vegetable blend , Mousse 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

November 20- 24	Activities	Extras
Monday 20	9:00: Coffee Social/ Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Country Hoe-Down W/ Darlene 2:00: Color Art 3:00: Exercise	
Lunch: Grilled Hot Dog, Mustard Relish, Bun, Baked beans, Salad, Fruit Alternative/Sandwich		
Tuesday 21	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bible Study 1:00: Karaoke 2:00: Short Stories 3:00: Exercise Circle	
Lunch: Spaghetti & Meatballs, Sauce, Zucchini, Cookies Alternative/Sandwich		
Wednesday 22	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Cheese head 1:00: Arts & Crafts 2:00: Short Stories 3:00: Choir practice w/ Lila	
Lunch: Corn Chowder, Chicken Salad, Pickled Beets, Ice Cream Alternative/Sandwich		
Thursday 23		Happy Thanksgiving! Center is closed
Lunch:		
Friday 24		Center is closed
Lunch:		

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

November 27- 30	Activities	Extras
Monday 27	9:00: Coffee Social 1:1 visits 10:15: Circle of Fun 12:30: Bowling 1:00: Jingo 2:00: Sing a Long 3:00: Stretch	Happy Birthday Judy C.
Lunch: Macaroni & cheese, stewed tomatoes sherbet Alternative/Sandwich		
Tuesday 28	9:00: Coffee Social 1:1 Visits 10:15: Circle of Fun 12:30: Short Stories 1:00: Crafts 2:00: Find the Item 3:00: Exercise	
Lunch: Ranch Chicken, Beets, Mashed Sweet Potatoes, Pineapple Chunks Alternative/Sandwich		
Wednesday 29	9:00: Coffee Social 1:1 Visits 10:15: Circle of Fun 12:30: Short Stories 1:00: Jingo 2:00: Karaoke 3:00: Exercise	
Lunch: Pulled Pork, Bun, Cole Slaw, Red Potatoes, Cupcake Alternative/Sandwich		
Thursday 30	9:00: Coffee Social 1:1 Visits 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Collages 2:00: Color Art 3:00: Stretch	
Lunch: Shepard's Pie, Gravy, Corn, Mashed Potatoes Strawberries & Cream Alternative/Sandwich		

Friday

Lunch:

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.

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).

Happy Thanksgiving!!!!

Remember our Veterans

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
The Importance of taking care of you as a caregiver.	11/2/2017 3:30-5pm	88n Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508 434-3200 EXT 32033	Charlton
Memory and Music Special guest Michelle Parent Activity Coordinator	1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508 852-2026	East Mountain Street
Caregiving tips for the Holidays	11/20/2017 2pm-3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Ways to Prepare for the Holidays	11/30/2017 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978 401-3100	Leominster
Ways to take care of yourself	11/8/2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Stress Reduction During the Holidays	11/8/2017 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978 427-6823	Lowell

TIP OF THE MONTH

Eat properly - A balanced diet is a fundamental part of any healthy lifestyle. Eating nutritious foods not only provides you with the energy you will need to take care of yourself, but to care for someone else, as well. Remember, too, not to skip meals. If you don't have time to cook or prepare food, try signing up for Meals on Wheels, a volunteer organization that delivers food to people in need. Get back to basics with plenty of fresh fruit and vegetables. Watch your salt and sugar intake. Drink plenty of water. Eat less red meat and more chicken or fish. Finally, avoid alcohol and caffeine.

ACTIVITIES CALENDAR

Room: Summit

November 1-3

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday 1

Lunch:

Turkey Divan, Rice,
Italian Blend, Mandarin
Oranges
Alternative/Sandwich

8:00: Coffee Social/1:1 visits
10:30: Bible Study w/Allyson
11:00: Exercise
11:15: Trivia
1:00: Cooking with Quynh
2:30: Bean Bag Toss in the Library
3:00: Walking Group W/ rehab

Thursday 2

Lunch:

Grilled Ham Steak, Mustard
Sauce, Peas, Scalloped
Potatoes, Gingerbread
Alternative/Sandwich

8:00: Coffee Social/1:1 visits Happy Birthday Lucille!
10:30: Puzzles
11:00: Exercise
11:15: Trivia
1:00: Rosary/Card Making W/ Rebecca
2:30: Stretching in the Library
3:00: Volley Ball

Friday 3

Lunch:

Baked Manicotti, Tomato
Sauce, Dressing
Alternative/Sandwich

8:00: Coffee Social/1:1 visits
10:30: Thinkers
11:00: Pastor Nilson/Communion
11:15: Trivia
1:00: Bingo
2:30: Pictionary /library
3:00: Brain Teasers

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.
2:00 – 3:00 small group activities in the Library

ACTIVITIES CALENDAR

Room: Summit

November 6 - 10	Activities	Extras	
Monday ⁶	8:00:	Coffee Social/1:1 visits	
	10:30:	Red Hat Society	
	11:00:	Exercise	
	11:15:	Treasured Moment Trivia	
	1:00:	The Letter "O"	
	2:30:	Sports Trivia/Library	
	3:00:	Bottoms Up	
Lunch: Stuffed Cabbage, Tomato Sauce, Rice, Yellow Squash, Pears Alternative/Sandwich			
Tuesday ⁷	8:00:	Coffee Social/1:1 visits	
	10:30:	Puzzles	Happy Birthday Gerry S
	11:00:	Exercise	
	11:15:	You be the Judge	
	1:00:	Family Feud/Rosary	
	2:30:	Hot Potato/Library	
	3:00:	Zen Coloring	
Lunch: Stuffed Chicken Thigh, Supreme Sauce, Mashed Potatoes, Carrots, Jell-O Alternative/Sandwich			
Wednesday ⁸	8:00:	Coffee Social/1:1 visits	
	10:30:	Bible Study w/Allyson	
	11:00:	Exercise	
	11:15:	Thanksgiving Riddles	
	1:00:	Entertainment W/ Gary	
	2:30:	Trivia/Library	
	3:00:	Walking Group W/ Rehab	
Lunch: Hungarian Beef Gloulash, Noodles, Cauliflower, Apple Crisp Alternative - Sandwich			
Thursday ⁹	8:00:	Coffee Social/1:1 visits	
	10:30:	Memory Book Making	
	11:00:	Exercise	
	11:15:	Trivia	
	1:00:	Crafts/Rosary	
	2:30:	Name that Tune/Library	
	3:00:	Horse racing	
Lunch: Breakfast for lunch, Scrambled eggs, Sausage Pattie, Waffle, Melon Alternative/Sandwich			
Friday ¹⁰	8:00:	Coffee social/1:1 visits	Happy birthday Herminia
	10:30:	Puzzles	Happy birthday Lenda
	11:00:	Exercise	Happy birthday Steven
	11:15:	Veteran's Day	
	1:00:	Bingo	
	2:30:	Movie / library	
	3:00:	Scrabble	
Lunch: Fish Florentine, ½ Baked potato, Broccoli, Pudding 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 and 1:1 visits are available throughout the day.
Small group activities are held daily from 2 – 5 p.m.

ACTIVITIES CALENDAR

Room: Summit

November 13 - 17	Activities	Extras
Monday 13	8:00: Coffee Social/1:1 visits 10:30: Art Group 11:00: Exercise 11:15: Trivia 1:00: Yoga/Jeopardy 2:30: Exercise /library 3:00: Crosswords	Happy birthday Joan Mc.
Lunch: Meatloaf, Onion Gravy, Mashed Potatoes, Zucchini, Peaches & Cream Alternative – sandwich		
Tuesday 14	8:00: Coffee Social/1:1 visit 10:30: Puzzles 11:00: Exercise 11:15: Trivia 1:00: Turkey Spelling Bee 2:30: Audio book/ library 3:00: Zen Coloring	
Lunch: Turkey Pot Pie, Beets, Coffee Cake Alternative – sandwich		
Wednesday 15	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/ Allyson 11:00: Exercise 11:15: Trivia 1:00: Jumble Words 2:30: Poetry Reading/ Library 3:00: Walking Group	Field Trip to Mechanics Hall! Bancroft School @1:00
Lunch: BBQ Chicken Leg, Rice Pilaf, Broccoli, Fruit Cocktail Alternative/Sandwich		
Thursday 16	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise Group 11:15: Trivia 1:00: Match Game 2:30: Discussion Group / Library 3:00: Jumble Words	
Lunch: Braised Pork Chops, Sweet Potatoes, Wax Beans, Cookies Alternative - Sandwich		
Friday 17	8:00: Coffee Social/1:1 visits 10:30: Health Tips W/ Laural 11:00: Exercise 11:15: You be the Judge 1:00: Spelling Bee 2:30: Cheese Head/Library 3:00: Name that Tune	Happy birthday Therese B Happy birthday Jean R
Lunch: Salisbury steak, Mushroom Gravy, Mashed Potatoes, Vegetable Blend, Mousse 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 and 1:1 visits are available throughout the day.
 Small group activities are held daily from 2 – 5 p.m.

ACTIVITIES CALENDAR

Room: Summit

November 20 - 24	Activities	Extras
Monday 20	8:00: Coffee Social/1:1 visits 10:30: Meditation W/ Chelsea 11:00: Exercise 11:15: Participant Council 1:00: Country Hoe-down/ Darlene 2:30: Trivia/Library 3:00: Scrabble	Happy birthday Joan H
Lunch: Grilled Hot Dog, Mustard, Relish, Bun, Baked Beans, Salad, Fruit Alternative- Sandwich		
Tuesday 21	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Treasured Moments Trivia 1:00: Thanksgiving Tea/Cookies 2:30: Exercise/Library 3:00: Pen Pal Program	Happy birthday Wallace M
Lunch: Spaghetti & Meatballs, Sauce, Zucchini, Cookies Alternative - sandwich		
Wednesday 22	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/Allyson 11:00: Safe Cooking Tips 11:15: Sports Trivia 1:00: Bingo 2:30: Volley Ball 3:00: Zen Coloring	Happy birthday Alfred C Happy birthday Cecile H
Lunch: Corn Chowder, Chicken Salad, Pickled Beets, Ice Cream Alternative - sandwich		
Thursday 23	Center is closed for a Thanksgiving!	
Lunch: Happy Thanksgiving		
Friday 24	Center is closed	
Lunch:		

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

ACTIVITIES CALENDAR

Room: Summit

November 27 - 30	Activities	Extras
Monday 27	8:00: Coffee Social/ 1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Spelling Bee 1:00: Family Feud 2:30: Discussion Group/Library 3:00: Chain Reaction	Happy birthday Catherine L
Lunch: Macaroni & Cheese, Stewed Tomatoes, Sherbet Alternative/Sandwich		
Tuesday 28	8:00: Coffee Social/ 1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Sports Trivia 1:00: Bingo 2:30: Exercise/Library 3:00: Wheel of Fortune	
Lunch: Ranch Chicken, Beets, Mashed Potatoes, Pineapple Alternative/Sandwich		
Wednesday 29	8:00: Coffee Social/ 1:1 visits 10:30: Bible Study W/Allyson 11:00: Exercise 11:15: Sports Trivia 1:00: Jack Pot 2:30: Stretch/Library 3:00: Jumble Words	
Lunch: Pulled Pork, bun, Cole Slaw Red Potatoes, Cupcakes Alternative/sandwich		
Thursday 30	8:00: Coffee Social/ 1:1 visits 10:30: Memory Book Making 11:00: Exercise 11:15: Sports Trivia 1:00: Rosary/Crafts 2:30: Wheel of Fortune 3:00: Scrabble	
Lunch: Shepard's Pie, Gravy, Corn, Mashed Potatoes, Strawberries & Cream Alternative/Sandwich		

Friday

Lunch:

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