

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).

Riverside Room

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.

Summit ElderCare contact information

101 Wason Ave. Springfield, MA 01107

1-413-272-6178 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Virginia Ericksberg: 1-774-317-6160

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

Transportation service: Hulmes Transportation: 1-413-323-6100

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	September 9, 2017 3:30pm – 5 pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Dudek 508-434-3200 Ext.32033	Charlton
10 Ways to Prevent Wandering	September 13, 2017 1:30pm – 3 pm	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	September 18, 2017 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Talking Library Resource and Registration Process	September 13, 2017 2pm to 3:30 pm	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978 427-6823	Lowell
Caregiver Resources Online & Phone Support	September 28, 2017 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief	September 13, 2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

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: Riverside

September 1	Activities	Extras
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Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Friday ¹	8:00	Coffee Hour	Men's Group 1:00 Library
	9:30	Ball Toss	Happy Birthday: Louise M, Lena R.
	Lunch: 10:30	September IQ	
	Haddock with dill sauce, Indian Rice, mixed vegetables 1:00	Walk/Exercise Group	1:00 Manicures with Annie
	1:30	Bingo	
	2:30	Labor Day Trivia	1:00 Rosary Group

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Riverside

September 4 - 9	Activities	Extras
Monday 4		The Day Program will be Closed to Celebrate Labor Day
Lunch:		
Tuesday 5	8:00 Coffee Hour 9:30 Ring Toss 10:30 Short Stories 1:00 Walk/Exercise Group 1:30 Make your own Pizza 2:30 Pizza Trivia	Trivia with Bob and Chris! Happy Birthday: Peggy D, Paula G, Sylvia M. NATIONAL CHEESE PIZZA DAY
Lunch: Baked Beans and Hot Dog with Cole Slaw	12:30 Walk/Exercise Group 1:00 Lisa Pernice 2:30 The Year 1984	Pastor Steve 12:45 Library 2-3 Manicures
Wednesday 6	8:00 Coffee Hour 9:30 Aim for the Stars 10:30 Bingo 12:30 Walk/Exercise Group 1:00 Lisa Pernice 2:30 The Year 1984	Pastor Steve 12:45 Library 2-3 Manicures
Lunch: Chicken Marsala, Tortellini Alfredo and Broccoli	8:00 Coffee Hour 9:30 Bean Bag Toss 10:30 Grandparents Day Mining 1:00 Walk/Exercise Group 1:30 Crafts 2:30 The Flying Nun	Women's Group 11:00 Library Happy Birthday: Francis B. Anniversary of the Flying Nun
Thursday 7	8:00 Coffee Hour 9:30 Morning Stretch 10:30 Grand Parents are a Hoot 1:00 Walk/Exercise Group 1:30 Bingo 2:30 Sing a Long	Men's Group 1:00 Library 1:00 Manicures with Annie 1:00 Rosary Group
Lunch: BBQ Pork Patti, corn casserole and butternut squash	8:00 Coffee Hour 9:30 Morning Stretch 10:30 Grand Parents are a Hoot 1:00 Walk/Exercise Group 1:30 Bingo 2:30 Sing a Long	Men's Group 1:00 Library 1:00 Manicures with Annie 1:00 Rosary Group
Friday 8	8:00 Coffee Hour 9:30 Morning Stretch 10:30 Grand Parents are a Hoot 1:00 Walk/Exercise Group 1:30 Bingo 2:30 Sing a Long	Men's Group 1:00 Library 1:00 Manicures with Annie 1:00 Rosary Group
Lunch: Beef Stew	8:00 Coffee Hour 9:30 Morning Stretch 10:30 Grand Parents are a Hoot 1:00 Walk/Exercise Group 1:30 Bingo 2:30 Sing a Long	Men's Group 1:00 Library 1:00 Manicures with Annie 1:00 Rosary Group

Note:

Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Riverside

September 11 - 15	Activities	Extras			
Monday 11	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room		
	9:30	Bean Bag Toss			
	Lunch:	10:30	September in History	NATIONAL BOSS DAY	
	Meatball stroganoff, carrots and buttered noodles	1:00	Walk/Exercise Group		
		1:30	Horse Racing		2-3 Spa Time
		2:30	Beautiful Mexico		
Tuesday 12	8:00	Coffee Hour	Trivia with Bob and Chris!		
	9:30	Chair Exercise	NATIONAL CHOCOLATE MILK SHAKE DAY		
	Lunch:	10:30		September IQ	
	Pier 17 Fish, cheesy shredded and hash brown casserole	1:00	Walk/Exercise Group		
		1:30	Finish that Line		
		2:30	Music & Choc. Shakes		
Wednesday 13	8:00	Coffee Hour	Pastor Steve 12:45 Library		
	9:30	Ring Toss	2-3 Manicures		
	Lunch:	10:30		Taste Buds	
	Sliced Beef, gravy, mashed potatoes and vegetables	1:00	Walk/Exercise Group		
		1:30	Tools of the Trade		
		2:30	On the Job		
Thursday 14	8:00	Coffee Hour	Women's Group 11:00 Library		
	9:30	Aim for the Stars	Happy Birthday: Jenny F.		
	Lunch:	10:30		Lucky Dog	
	Baked Chicken Latino, yellow rice, and vegetables	1:00	Walk/Exercise Group		
		1:30	Hilarious Jobs		
		2:30	TV Trivia		
Friday 15	8:00	Coffee Hour	Men's Group 1:00 Library		
	9:30	Balloon Volleyball	1:00 Manicures with Annie		
	Lunch:	10:30		Plant and Garden	
	Meatloaf, oven browned potatoes and butternut squash	1:00	Walk/Exercise Group	1:00 Rosary Group	
		1:30	Bingo		
		2:30	I Love Lucy		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Elizabeth B. 9/16, Betty W. 9/17

ACTIVITIES CALENDAR

Room: Riverside

September 18 - 22	Activities	Extras		
Monday 18	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Ring Toss		
	Lunch:	10:30	Crafts	Happy Birthday: Mary P. 2-3 Spa Time
	Baked chicken, honey mustard sauce and scalloped potatoes	1:00	Walk/Exercise Group	
		1:30	Lucky Dog	
		2:30	Sing-A-Long	
Tuesday 19	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Bean Bag Toss	Happy Birthday: Margaret L.	
	Lunch:	10:30		Horse Racing
	Mac and cheese with stewed tomatoes	1:00	Walk/Exercise Group	
		1:30	Octoberfest	
		2:30	Name that Tune	
Wednesday 20	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Balloon Volleyball	Happy Birthday: Hilda M.	
	Lunch:	10:30		Bingo
	Roast pork, red roasted potatoes and carrots	1:00	Walk/Exercise Group	2-3 Manicures
		1:30	Who am I?	
		2:30	Starting the Day	
Thursday 21	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Parachute	Happy Birthday: Georgia O.	
	Lunch:	10:30		Secret Occupation
	Chicken teriyaki, vegetables and white rice	1:00	Walk/Exercise Group	
		1:30	Corn Hole	
		2:30	Movie	
Friday 22	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Corn Hole	1:00 Rosary Group	
	Lunch:	10:30		Aging IQ
	American /chop suey with spinach	1:00	Walk/Exercise Group	1:00 Manicures with Annie Anniversary of the patent of the ice cream cone
		1:30	Bingo	
		2:30	Ice Cream Cones	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Anita B. 9/24, Robert L.9/24, Carl W. 9/24

ACTIVITIES CALENDAR

Room: Riverside

September 25 - 29	Activities	Extras		
Monday 25	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room 2-3 Spa Time	
	9:30	Bean Bag Toss		
	Lunch:	10:30		Laugh In
	Taco Salad Bowl with yellow rice and tortilla chips	12:30		Walk/Exercise Group
		1:00		Jazzy Flute Duo
		2:30		Meet My Gramma
Tuesday 26	8:00	Coffee Hour	Trivia with Bob and Chris	
	9:30	Ring Toss	Happy Birthday: Mary M.	
	Lunch:	10:30	Grandparents	Anniversary of the beginning of the Beverly Hillbillies
	Egg Salad, pickled beets and macaroni salad	1:00	Walk/Exercise Group	
		1:30	Random Trivia	
		2:30	Beverly Hillbillies	
Wednesday 27	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Chair Exercise	2-3 Manicures	
	Lunch:	10:30		Bingo
	Potato Pollack filet, carrots and au gratin potatoes.	1:00		Walk/Exercise Group
		1:30		Horse Racing
		2:30		Flyer Pricing
Thursday 28	8:00	Coffee Hour		Women's Group 11:00 Library
	9:30	Ball Toss		
	Lunch:	10:30	Sing-A-Long	
	Roast Turkey, cranberry sauce, sweet potatoes and green bean casserole	1:00	Walk/Exercise Group	
		1:30	Penny Ante	
		2:30	Old TV Shows	
Friday 29	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Aim for the Stars		
	Lunch:	10:30	Craft	
	Baked Chicken, cacciatore, buttered noodles and vegetables	1:00	Walk/Exercise Group	1:00 Manicures with Annie
		1:30	Bingo	1:00 Rosary Group
		2:30	Karaoke	

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Talking Library Resource and Registration Process	September 13, 2017 2pm to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Caregiver Resources Online & Phone Support	September 28, 2017 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief	September 13, 2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

TIP OF THE MONTH:

{Tip of the month}



ACTIVITIES CALENDAR

Room: Summit

September 1	Activities	Extras
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Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday

Lunch:

Friday ¹	8:00	Coffee Hour	Men's Group 1:00 Library
	9:30	Riddle Jumbo	Happy Birthday: Louise M, Lena R.
	Lunch: 10:30	What am I?	
	Haddock with dill sauce, Indian Rice, mixed vegetables	1:00	Walk/Exercise Group
		1:30	How Many Words
	2:30	Labor Day Trivia	

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Summit

September 4 - 8	Activities	Extras
Monday 4		The Day Program will be Closed to Celebrate Labor Day
Lunch:		
Tuesday 5	8:00 Coffee Hour 9:30 September IQ 10:30 Bingo 1:00 Walk/Exercise Group 1:30 Penny Ante 2:30 Labor Day Trivia	Trivia with Bob and Chris 1:00 Ericka's Wellness Group 11:00 Small conference rm. Happy Birthday: Peggy D, Paula G, Sylvia M.
Lunch: Baked Beans and Hot Dog with Cole Slaw		
Wednesday 6	8:00 Coffee Hour 9:30 Apple Cider HARD Facts 10:30 Occupational Food 12:30 Walk/Exercise Group 1:00 Lisa Pernice 2:30 Aging IQ	Pastor Steve 12:45 Library Jackie's Women's Group 11:00 Library Book Club 11:00
Lunch: Chicken Marsala, Tortellini Alfredo and Broccoli		
Thursday 7	8:00 Coffee Hour 9:30 Who am I? 10:30 Wheel of Fortune 1:00 Walk/Exercise Group 1:30 Charades 2:30 Grandparents Day Mining	Women's Group 11:00 Library
Lunch: BBQ Pork Patti, corn casserole and butternut squash		
Friday 8	8:00 Coffee Hour 9:30 Word Mix up 10:30 Grandparents are a Hoot 1:00 Walk/Exercise Group 1:30 Karaoke 2:30 T.V. Trivia	Men's Group 1:00 Library Rosary 1:00 Library Happy Birthday: Francis B.
Lunch: Beef Stew		

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Summit

September 11 - 15	Activities	Extras		
Monday 11	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	September IQ		
	Lunch:	10:30	Name That Tune	Jeopardy with Bob and Chris 11:00
	Meatball stroganoff, carrots and buttered noodles	1:00	Walk/Exercise Group	
		1:30	Yahtzee	
		2:30	Random Trivia	
Tuesday 12	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Verb Generation		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm National Chocolate Milk Shake Day 2:30 Chocolate Milk Shakes
	Pier 17 Fish, cheesy shredded and hash brown casserole	1:00	Walk/Exercise Group	
		1:30	Riddle Jumbo	
		2:30	Music and a Shake	
Wednesday 13	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	What am I?	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Horse Racing
	Sliced Beef, gravy, mashed potatoes and vegetables	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Bingo	
		2:30	Synonym Search	
Thursday 14	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Apple Cider HARD Facts	Happy Birthday: Jenny F.	
	Lunch:	10:30		Blindfold Painting
	Baked Chicken Latino, yellow rice, and vegetables	1:00	Walk/Exercise Group	
		1:30	Word Scramble	
		2:30	Memory Game	
Friday 15	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	All about Oktoberfest		
	Lunch:	10:30		Penny Ante
	Meatloaf, oven browned potatoes and butternut squash	1:00	Walk/Exercise Group	
		1:30	Wacky Wordies	
		2:30	You be the Judge	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Elizabeth B. 9/16, Betty W. 9/17

ACTIVITIES CALENDAR

Room: Summit

September 18 - 22	Activities	Extras		
Monday 18	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	T.V. Matchup		
	Lunch:	10:30	Wheel of Fortune	
	Baked chicken, honey mustard sauce and scalloped potatoes	1:00	Walk/Exercise Group	Jeopardy with Bob and Chris 11:00
		1:30	A Legacy of Wisdom	Happy Birthday: Mary P.
2:30	Secret Occupation			
Tuesday 19	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Wacky Words		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Mac and cheese with stewed tomatoes	1:00	Walk/Exercise Group	
		1:30	Teach Categories	Happy Birthday: Margaret L.
2:30	All about Oktoberfest			
Wednesday 20	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Who am I?	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Memory Game
	Roast pork, red roasted potatoes and carrots	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Bingo	Happy Birthday: Hilda M.
2:30	A Guys T.V. Guild			
Thursday 21	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Random Trivia	Happy Birthday: Georgia O.	
	Lunch:	10:30		White Board Games
	Chicken teriyaki, vegetables and white rice	1:00	Walk/Exercise Group	
		1:30	Karaoke	
2:30	Synonym Search			
Friday 22	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Verb Generation		
	Lunch:	10:30	Mixed up Oktoberfest	
	American /chop suey with spinach	1:00	Walk/Exercise Group	
		1:30	Pokeno	
2:30	Ice Cream Social			

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Anita B. 9/24, Robert L. 9/24, Carl W. 9/24

ACTIVITIES CALENDAR

Room: Summit

September 25 - 29	Activities	Extras		
Monday 25	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Old Wives Tale		
	Lunch:	10:30	Group Craft	
	Taco Salad Bowl with yellow rice and tortilla chips	12:30	Walk/Exercise Group	Jeopardy with Bob and Chris 1:00
		1:00	Jazzy Flute Duo	
		2:30	Laugh in Lookback	
Tuesday 26	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	What am I?		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Egg Salad, pickled beets and macaroni salad	1:00	Walk/Exercise Group	
		1:30	German Mining	Happy Birthday: Mary M.
		2:30	TV Shows we Love	
Wednesday 27	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	School Double	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Family Feud
	Potato Pollack filet, carrots and au gratin potatoes.	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Bingo	
		2:30	Star of the Month	
Thursday 28	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	What am I?		
	Lunch:	10:30	Where in the World	
	Roast Turkey, cranberry sauce, sweet potatoes and green bean casserole	1:00	Walk/Exercise Group	
		1:30	Dear Heather	
		2:30	White Board Games	
Friday 29	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Who am I?		
	Lunch:	10:30	Trivia	
	Baked Chicken, cacciatore, buttered noodles and vegetables	1:00	Walk/Exercise Group	
		1:30	Charades	
		2:30	T V Guild	

Note:

Lunch every day 12:00 – 12:45