



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

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 (toll-free): 1-855-508-3722

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
Caregiver Resource Tools	6/4/19 3:30 to 4:30pm	Thompson Road Webster, MA	Bessie Bechthold 774-317-6700	Webster
Open Forum	6/17/19 2:00 to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Open Forum	6/12/19 2:00 to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Frank Yacino Speaker who has Walked the Walk	6/27/19 2:00 to 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Hot Weather Tips	6/12/19 3:30 to 5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

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 3 - 7

Room: Riverside Room

	Activities	Extras
Monday 3 Lunch: Vegetable Pasta Bake, spinach and salad	10:00 Walk/Exercise 10:30 Word Mining 12:30 Walk/Exercise 1:00 S.N.A.P. 2:00 Sing a long 3:00 You be the Judge	Happy Birthday: Cecelia B, William M, Paula S 11:00 Manicures with Tina 11:00 Jeopardy with Bob and Chris
Tuesday 4 Lunch: BBQ chicken, baked potato and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Patio Talk 3:00 Dear Abby	
Wednesday 5 Lunch: Lasagna soup, egg salad and tomato and onion salad	10:00 Walk/Exercise 10:30 White Board Games 1:00 Walk/Exercise 1:30 Current Events 2:00 Bingo 3:00 A Flag For All Season	12:45 Bible Study 10:30 Women's Group
Thursday 6 Lunch: Meatloaf, mashed potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Uno 3:00 Trivia	Happy Birthday: Bonnie A. 1:00 Jeopardy with Bob and Chris
Friday 7 Lunch: Latino fish, scalloped potatoes and green beans	10:00 Walk/Exercise 10:30 Sing a Long 1:00 Walk/Exercise 1:30 Current Events 2:00 Hop Scotch 3:00 Tie The Knot	11:00 Manicures with Tina 1:00 Men's Group

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00



Activities calendar

June 10 - 14

Room: Riverside Room

	Activities	Extras
Monday 10 Lunch: Baked Chicken, curried chickpea rice and broccoli	10:00 Walk/Exercise 10:30 Word Games 12:30 Walk/Exercise 1:00 S.N.A.P. 2:00 Music and Memories 3:00 Word Mining	Happy Birthday: Annette B, Charlotte E, 11:00 Manicures with Tina
Tuesday 11 Lunch: American Chop suey and Italian blend vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Name that Tune 3:00 Standing Tall With A Giraffe	Happy Birthday: Yvonne B, Marsha T
Wednesday 12 Lunch: Pot roast, roasted red potatoes and carrots	10:00 Walk/Exercise 10:30 White Board Games 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Bingo 3:00 You be the Judge	10:30 Women's Group 12:45 Bible Study
Thursday 13 Lunch: Pollock, au gratin potatoes and cucumber salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Patriotic Sing-A-Long 3:00 A Flag For All Seasons	. 1:00 Jeopardy with Bob and Chris
Friday 14 Lunch: Salisbury steak, mashed potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 Dad Trivia 1:00 Walk/Exercise 1:00 FATHER'S 2:00 DAY 3:00 CELEBRATION	11:00 Manicures with Tina

Note:

Lunch everyday 12:00 to 1:00

Current Events Everyday 9:30 to 10:00

Happy Birthday: Lorraine O. 6/9, Benny T. 6/9, Christine W, Ronald S. 6/15

Activities calendar

June 17 - 21

Room: Riverside Room

	Activities	Extras
Monday 17 Lunch: Beef steak, Delmonico potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 June Trivia 12:30 Walk/Exercise 1:00 S.N.A.P. 2:00 Name that Tune 3:00 Can You Picture This?	Happy Birthday: Blanquita V, 11:00 Manicures with Tina 11:00 Jeopardy with Bob and Chris
Tuesday 18 Lunch: Cabbage chicken soup, Mediterranean chicken salad and celery salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Hop Scotch 3:00 What Am I?	Happy Birthday: Elijah B, Roxanne H, Isabel L, Donnell R D.A.R. Fishing trip
Wednesday 19 Lunch: Haddock, rice pilaf and mixed vegetables	10:00 Walk/Exercise 10:30 Sing A Long 1:00 Walk/Exercise 1:30 Current Events 2:00 Bingo 3:00 The Laundry Thief	12:45 Bible Study 10:30 Women's Group
Thursday 20 Lunch: W.G. lasagna, cauliflower supreme and tossed salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walking/.Exercise 1:30 Current Events 2:00 21 Questions 3:00 Finish the Line	Happy Birthday: David F. 1:00 Jeopardy with Bob and Chris
Friday 21 Lunch: Hamburger, potato salad and cole slaw	10:00 Walk/Exercise 10:30 Short Stories 1:00 Walk/Exercise 1:30 Current Events 2:00 Music and Memories 3:00 Hot Potato	11:00 Manicures with Tina

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: Carole D. 6/22

Activities calendar

June 24 - 28

Room: Riverside Room

	Activities	Extras
Monday 24 Lunch: Minestrone soup, meatball stroganoff and buttered noodles	10:00 Walk/Exercise 10:30 Karaoke 12:30 Walk/Exercise 1:00 S.N.A.P. 2:00 Patio Talk 3:00 Dear Jackie	Happy Birthday: Minnie P 11:00 Manicures with Tina 11:00 Jeopardy with Bob and Chris
Tuesday 25 Lunch: Taco bowl	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 School Days 3:00 What Am I?	Happy Birthday: Cecelia M
Wednesday 26 Lunch: Honey mustard chicken, oven brown potatoes and broccoli	10:00 Walk/Exercise 10:30 Summer Time Memories 12:30 Walk/Exercise 1:00 Jimmy Mazz 2:00 Bingo 3:00 Current Events	Happy Birthday: Ann A, Alberta W. 12:45 Bible Study 10:30 Women's Group
Thursday 27 Lunch: Hot dog and beans	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 White Board Games 3:00 Hot Potato	Happy Birthday: Linda T 1:00 Jeopardy with Bob and Chris 12:00 Wellness Group
Friday 28 Lunch: Roast turkey, cranberry sauce, stuffing and squash	10:00 Walk/Exercise 10:30 Patio Talk 1:00 Walk/Exercise 1:30 Current Events 2:00 Sing- A- Long 3:00 Trivia	Happy Birthday: Linda M. 11:00 Manicures with Tina 1:00 Men's Group

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 Happy Birthday: Comfort A. 6/30



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June 3 - 7

Room: Summit Room

	Activities	Extras
Monday 3 Lunch: Vegetable Pasta Bake, spinach and salad	10:00 Walk/Exercise 10:30 June IQ 12:30 Walk/Exercise 1:00 S.N.A.,P. cooking class 2:00 Cross Word 3:00 Changing the Rules	Happy Birthday: Cecelia B, William M, Paula S. 11:00 Manicures with Tina 11:00 Jeopardy with Bob and Chris CRAFT TODAY
Tuesday 4 Lunch: BBQ chicken, baked potato and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Finish the Line 3:00 In good Old Summertime	
Wednesday 5 Lunch: Lasagna soup, egg salad and tomato and onion salad	10:00 Walk/Exercise 10:30 Wheel Of Fortune 1:00 Walk/Exercise 1:30 Current Events 2:00 Bingo 3:00 What Am I?	10:30 Women's Group 12:45 Bible Study
Thursday 6 Lunch: Meatloaf, mashed potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Karaoke 3:00 Mixed Up Weather	Happy Birthday: Bonnie A. 12:00 Wellness Group 1:00 Jeopardy with Bob and Chris CRAFT TODAY
Friday 7 Lunch: Latino fish, scalloped potatoes and green beans	10:00 Walk/Exercise 10:30 Name that Tune 1:00 Walk/Exercise 1:30 Current Events 2:00 What am I? 3:00 Word Mining	11:00 Manicures with Tina 1:00 Men's Group

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Tuesday 11 Lunch: American Chop suey and Italian blend vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Crossword 3:00 Man Can	Happy Birthday: Yvonne B, Marsha T.
Wednesday 12 Lunch: Pot roast, roasted red potatoes and carrots	10:00 Walk/Exercise 10:30 Who Sang That? 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Bingo 3:00 Reminisce With Me	12:45 Bible Study 10:30 Women's Group
Thursday 13 Lunch: Pollock, au gratin potatoes and cucumber salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Name that Tune 3:00 12 or Less	CRAFT TODAY 1:00 Jeopardy with Bob and Chris
Friday 14 Lunch: Salisbury steak, mashed potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 Father's IQ 1:00 Walk/Exercise 1:30 Current Events 2:00 FATHER'S DAY 3:00 CELEBRATION	11:00 Manicures with Tina 1:00 Men's Group

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Tuesday 18 Lunch: Cabbage chicken soup, Mediterranean chicken salad and celery salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Cross Words 3:00 Joking Around In June	Happy Birthday: Elijah B, Roxanne H, Isabel L, Donnell R. D.A.R. State Forest Fishing Trip
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Thursday 20 Lunch: W.G. lasagna, cauliflower supreme and tossed salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Hop Scotch 3:00 Riddle me this	Happy Birthday: David F. 11:30 Wellness Group 1:00 Jeopardy with Bob and Chris CRAFT TODAY
Friday 21 Lunch: Hamburger, potato salad and cole slaw	10:00 Walk/Exercise 10:30 Cross Words 1:00 Walk/Exercise 1:30 Current Events 2:00 Family Feud 3:00 Movie Quotes	11:00 Manicures with Tina 1:00 Men's Group

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Thursday 27 Lunch: Hot dog and beans	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Current Events 2:00 Karaoke 3:00 What Makes A True Friend	Happy Birthday: Linda T 11:30 Wellness Group CRAFT TODAY 1:00 Jeopardy with Bob and Chris
Friday 28 Lunch: Roast turkey, cranberry sauce, stuffing and squash	10:00 Walk/Exercise 10:30 Family Feud 1:00 Walk/Exercise 1:30 Current Events 2:00 Cross Word 3:00 What Am I?	Happy Birthday: Linda M. 11:00 Manicures with Tina 1:00 Men's Group

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