

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
The importance of taking care of you as a caregiver	11/2/17 3:30pm – 5 pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 Ext.32033	Charlton
Memory and Music Special guest Michelle Parent Activities Director	11/8/17 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester, MA	Leslie Boulette 508-852-2026 Ext. 56533	East Mountain Street
Caregiving tips for the Holidays.	11/20/17 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Stress Reduction During the Holidays	11/8/17 2pm to 3:30 pm	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978 427-6823	Lowell
Ways to Prepare For the Holidays	11/30/17 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Ways to Take Care of Yourself	11/8/17 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

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: Riverside

November 1 - 3	Activities	Extras
Monday		
Lunch:		
Tuesday		
Lunch:		
Wednesday 1	8:00 Coffee Hour	Happy Birthday: Michael P.
	9:30 Chair exercise	Pastor Steve 12:45 Library
Lunch:	10:30 Bingo	2-3 Manicures
Hot Dog and Beans	1:00 Walk/Exercise Group	
	1:30 Jewelry Making	
	2:30 Trivia	
Thursday 2	8:00 Coffee Hour	Happy Birthday: Jose T.
	9:30 Ring Toss	Women's Group 11:00 Library
Lunch:	10:30 Craft	
Baked Chicken, swt. Potatoes, Green Beans and Soup	1:00 Walk/Exercise Group	
	1:30 Blimp Categories	
	2:30 Can You Picture This?	
Friday 3	8:00 Coffee Hour	Happy Birthday: Dorothy F, James L.
	9:30 Corn Hole	
Lunch:	10:30 Art	Men's Group 1:00 Library
Baked Haddock and Mashed Potatoes	1:00 Walk/Exercise Group	1:00 Manicures with Annie
	1:30 Bingo	
	2:30 Blank Story	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: John P.

ACTIVITIES CALENDAR

Room: Riverside

November 6 - 10	Activities	Extras		
Monday 6	8:00	Coffee Hour	Happy Birthday: Sharyn T.	
	9:30	Hiking Exercise		
	Lunch:	10:30	Word Games	April's Mind, Body and Spirit Group 1:00 Summit Room
	Tex Mex Ziti and Peas	1:00	Walk/Exercise Group	
		1:30	Lisa Pernice	2-3 Spa Time
		2:30	Horse Racing	
Tuesday 7	8:00	Coffee Hour	Happy Birthday: Florence H.	
	9:30	Dice Game		
	Lunch:	10:30	12 or Less	Trivia with Bob and Chris!
	Salmon, Rice Pilaf and Veggies	1:00	Walk/Exercise Group	
		1:30	November IQ	
		2:30	You be the Judge	
Wednesday 8	8:00	Coffee Hour	Happy Birthday: Clinton D.	
	9:30	Ring Toss		
	Lunch:	10:30	Bingo	Pastor Steve 12:45 Library
	Meatloaf, Mashed Potatoes and Roman Blend Veg.	1:00	Walk/Exercise Group	2-3 Manicures
		1:30	Matching Cornucopia	
		2:30	Short Story	
Thursday 9	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Parachute		
	Lunch:	10:30	Craft	
	Beef Stew, Brown Rice and Tossed Salad	1:00	Walk/Exercise Group	
		1:30	Puzzles	
		2:30	Old T.V. Shows	
Friday 10	8:00	Coffee Hour	Happy Birthday: Eugene C. Edna D.	
	9:30	Balloon Volley Ball		
	Lunch:	10:30	Vet. Day Secret Code	Men's Group 1:00 Library
	Chicken A-La-King, Mashed Potatoes and Mixed Veg.	1:00	Walk/Exercise Group	1:00 Manicures with Annie
		1:30	Bingo	
		2:30	Name 5	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Winston C. 11/11, Mary C. 11/12,

ACTIVITIES CALENDAR

Room: Riverside

November 13 - 17	Activities	Extras		
Monday 13	8:00	Coffee Hour	April's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Bean Bag Toss		
	Lunch:	10:30	Mystery Person	
	Soup and Sandwich	1:00	Walk/Exercise Group	2-3 Spa Time
		1:30	Uno	
		2:30	Let's Talk Food	
Tuesday 14	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Corn Hole		
	Lunch:	10:30	Craft	
	Stuffed Shells and Mixed Vegetables	1:00	Walk/Exercise Group	
		1:30	Penny Ante	
		2:30	Trivia	
Wednesday 15	8:00	Coffee Hour	Happy Birthday: Mary Jean G, Marie H.	
	9:30	Hiking Exercise		
	Lunch:	10:30	Bingo	Pastor Steve 12:45 Library
	THANKSGIVING LUNCH	1:00	Walk/Exercise Group	
		1:30	Flyer Pricing	
		2:30	Movie	
Thursday 16	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Chair Exercise		
	Lunch:	10:30	Mixed up thanksgiving	
	Chicken Meatballs Stroganoff With Buttered Noodles	1:00	Walk/Exercise Group	
		1:30	Pokeno	
		2:30	Sing A Long	
Friday 17	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Dice Game		
	Lunch:	10:30	Lemonade Stand Detective	
	Chicken Cacciatore, Tortellini Alfredo and Mixed Veggies	1:00	Walk/Exercise Group	1:00 Manicures with Annie
		1:30	Bingo	
		2:30	Let's Chat	

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Riverside

November 20 - 24	Activities	Extras		
Monday 20	8:00	Coffee Hour	April's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Ring Toss		
	Lunch:	10:30	Kitchen Trivia	
	BAKED POTATO BAR	1:00	Walk/Exercise Group	2-3 Spa Time
		1:00	Joel	
	2:30	Movie		
Tuesday 21	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Bean Bag Toss		
	Lunch:	10:30	Turkey Word Mining	
	Hawaiian Chicken, Coconut Rice and Ginger Carrots	1:00	Walk/Exercise Group	
		1:30	Thanksgiving Price is Right	
	2:30	What Do I Need?		
Wednesday 22	8:00	Coffee Hour	We will be having a memorial service today at 1:00 to remember all who have passed this year	
	9:30	Corn Hole		
	Lunch:	10:30		Bingo
	Pulled Pork, Scalloped Potatoes and Corn	12:30		Walk/Exercise Group
		1:00		Memorial
	2:30	Service		
Thursday 23		Thanksgiving	Happy Birthday: Jose F, James , Aldric M.	
Lunch:				
Friday 24				
Lunch:		Black Friday		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Myrtle S, Eugenio C. 11/26

ACTIVITIES CALENDAR

Room: Riverside

November 27 - 30	Activities	Extras		
Monday 27	8:00	Coffee Hour	Happy Birthday: George H.	
	9:30	Morning Stretch		
	Lunch:	10:30	Sing A Long	April's Mind, Body and Spirit Group 1:00 Summit Room
	Baked Chicken with Wine Sauce and Sweet Potatoes	1:00	Walk/Exercise Group	2-3 Spa Time
		1:30	White Board Games	
	2:30	Penny Ante		
Tuesday 28	8:00	Coffee Hour	Trivia with Bob and Chris	
	9:30	Hiking Exercise		
	Lunch:	10:30	Short Story	
	Salisbury Steak, Mashed Potatoes and Butternut Squash	1:00	Walk/Exercise Group	
		1:30	Dice Game	
	2:30	Hang Man		
Wednesday 29	8:00	Coffee Hour	Happy Birthday: Sara S, Bessie L.	
	9:30	Ring Toss		
	Lunch:	10:30	Baking	
	Potato Chowder, Pollock and Veggies	1:00	Walk/Exercise Group	Pastor Steve 12:45 Library
		1:30	Bingo	2-3 Manicures
	2:30	Poems		
Thursday 30	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Parachute		
	Lunch:	10:30	Puzzles	
	TACO BOWL	1:00	Walk/Exercise Group	
		1:30	Craft	
	2:30	You Tube		

Friday

Lunch:

Note: Lunch every day 12:00 – 12:45

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Ways to Prepare For the Holidays	11/30/17 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Ways to Take Care of Yourself	3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

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ACTIVITIES CALENDAR

Room: Summit

November 1 - 3	Activities	Extras	
Monday			
Lunch:			
Tuesday			
Lunch:			
Wednesday 1	8:00	Coffee Hour	Happy Birthday: Michael P.
	9:30	Will Rogers Match Game	
Lunch:	10:30	Horse Racing	Pastor Steve 12:45 Library
Hot Dog and Beans	1:00	Walk/Exercise Group	Jackie's Women's Group
	1:30	Personality Test	11:00 Library
	2:30	Bingo	
Thursday 2	8:00	Coffee Hour	Happy Birthday: Jose T.
	9:30	Craft	
Lunch:	10:30	Silly Questions	Women's Group 11:00 Library
Baked Chicken, swt. Potatoes, Green Beans and Soup	1:00	Walk/Exercise Group	
	1:30	Random Facts	
	2:30	Name That Sitcom	
Friday 3	8:00	Coffee Hour	Happy Birthday: Dorothy F, James L.
	9:30	November IQ	
Lunch:	10:30	A Grand Match	Men's Group 1:00 Library
Baked Haddock and Mashed Potatoes	1:00	Walk/Exercise Group	
	1:30	Roasted Turkey Mining	
	2:30	Uno	

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Summit

November 6 - 10	Activities	Extras		
Monday 6	8:00	Coffee Hour	Happy Birthday: Sharyn T.	
	9:30	Finders Keepers		
	Lunch:	10:30	Uno	April's Mind, Body and Spirit Group 1:00 Summit Room
	Tex Mex Ziti and Peas	12:30	Walk/Exercise Group	
		1:00	Lisa Pernice	Jeopardy with Bob and Chris 11:00
		2:30	Bean Bag Toss	
Tuesday 7	8:00	Coffee Hour	Happy Birthday: Florence H.	
	9:30	Random Trivia		
	Lunch:	10:30	Bingo	Trivia with Bob and Chris 1:00
	Salmon, Rice Pilaf and Veggies	1:00	Walk/Exercise Group	
		1:30	What am I?	
		2:30	White Board Games	
Wednesday 8	8:00	Coffee Hour	Happy Birthday: Clinton D.	
	9:30	Craft		
	Lunch:	10:30	Word Games	Pastor Steve 12:45 Riverside Room
	Meatloaf, Mashed Potatoes and Roman Blend Veg.	1:00	Walk/Exercise Group	Jackie's Women's Group 11:00 Library
		1:30	Bingo	
		2:30	Craft	
Thursday 9	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Up In the Air		
	Lunch:	10:30	Pokeno	
	Beef Stew, Brown Rice and Tossed Salad	1:00	Walk/Exercise Group	
		1:30	Random Trivia	
		2:30	Karaoke	
Friday 10	8:00	Coffee Hour	Happy Birthday: Eugene C, Edna D.	
	9:30	Craft		
	Lunch:	10:30	Chef Categories	Men's Group 1:00 Riverside Room
	Chicken A-La-King, Mashed Potatoes and Mixed Veg.	1:00	Walk/Exercise Group	
		1:30	Patriotic Sing Along	
		2:30	Veterans Day Discussion	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: , Winston C. 11/11, Mary C. 11/12

ACTIVITIES CALENDAR

Room: Summit

November 13 - 17	Activities	Extras		
Monday 13	8:00	Coffee Hour	April's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Turkey Drawing		
	Lunch:	10:30	Puzzles	Jeopardy with Bob and Chris 11:00
	Soup and Sandwich	1:00	Walk/Exercise Group	
		1:30	Sports Games	
		2:30	Horse Racing	
Tuesday 14	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Who Am I?		
	Lunch:	10:30	Bingo	
	Stuffed Shells and Mixed Vegetables	1:00	Walk/Exercise Group	
		1:30	Famous Quotes	
		2:30	Ring Toss	
Wednesday 15	8:00	Coffee Hour	Happy Birthday: Mary Jean G, Marie H.	
	9:30	I Hear Memories		
	Lunch:	10:30	Craft	Pastor Steve 12:45 Riverside Room
	THANKSGIVING LUNCH	1:00	Walk/Exercise Group	
		1:30	21 Card Game	Jackie's Women's Group 11:00 Library
		2:30	Bingo	
Thursday 16	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Turkey Drawing		
	Lunch:	10:30	Name 10	
	Chicken Meatballs Stroganoff With Buttered Noodles	1:00	Walk/Exercise Group	
		1:30	Fill Ins	
		2:30	Sing A Long	
Friday 17	8:00	Coffee Hour	Men's Group 1:00 Riverside Room	
	9:30	You Be the Judge		
	Lunch:	10:30		Wheel Of Fortune
	Chicken Cacciatore, Tortellini Alfredo and Mixed Veggies	1:00		Walk/Exercise Group
		1:30		Yahtzee
		2:30		Name That Tune

Note: Lunch every day 12:00 – 12:

Happy Birthday: John P.

ACTIVITIES CALENDAR

Room: Summit

November 20 - 24	Activities	Extras		
Monday 20	8:00	Coffee Hour	Joel is a new singer we have here today at 1:00	
	9:30	Board Games		
	Lunch:	10:30	Thanksgiving Word Games	Jeopardy with Bob and Chris 11:00
	BAKED POTATO BAR	12:30	Walk/Exercise Group	
		1:00	Joel	
	2:30	Thanksgiving Short Stories		
Tuesday 21	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	November IQ		
	Lunch:	10:30	Bingo	
	Hawaiian Chicken, Coconut Rice and Ginger Carrots	1:00	Walk/Exercise Group	
		1:30	Jokes	
	2:30	Karaoke		
Wednesday 22	8:00	Coffee Hour	Jackie's Women's Group 11:00 Library	
	9:30	State Nicknames		
	Lunch:	10:30	Thanksgiving Game	We will be having a memorial service today at 1:00 to remember all who have passed this year
	Pulled Pork, Scalloped Potatoes and Corn	12:30	Walk/Exercise Group	
		1:00	Memorial	
	2:30	Service		
Thursday 23	8:00		Happy Birthday: Jose F, James M, Aldric M.	
	9:30			
	Lunch:	10:30	Thanksgiving	
		1:00		
		2:30		
Friday 24	8:00			
	9:30			
	Lunch:	10:30	Black Friday	
		1:00		
		2:30		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Myrtle S, Eugenio C. 11/26

ACTIVITIES CALENDAR

Room: Summit

November 27 - 30	Activities	Extras	
Monday 27	8:00	Coffee Hour	Happy Birthday: George H.
	9:30	Lucky Dog	April's Mind, Body and Spirit Group 1:00 Summit Room
	Lunch: 10:30	Trivia	
	Baked Chicken with Wine Sauce and Sweet Potatoes 1:00	Walk/Exercise Group	Jeopardy with Bob and Chris 1:00
	1:30	Finish That Line	
	2:30	Yahtzee	
Tuesday 28	8:00	Coffee Hour	Trivia with Bob and Chris 1:00
	9:30	Mystery Person	
	Lunch: 10:30	Bingo	
	Salisbury steak, Mashed Potatoes and Butternut Squash 1:00	Walk/Exercise Group	
	1:30	Penny Ante	
	2:30	I Hear Memories	
Wednesday 29	8:00	Coffee Hour	Happy Birthday: Sara S, Bessie L.
	9:30	What am I?	
	Lunch: 10:30	Family Feud	Pastor Steve 12:45 Riverside Room
	Potato Chowder, Pollock and Veggies 1:00	Walk/Exercise Group	
	1:30	Bingo	Jackie's Women's Group 11:00 Library
	2:30	Trivia	
Thursday 30	8:00	Coffee Hour	Women's Group 11:00 Library
	9:30	Exposing the Word	
	Lunch: 10:30	Pokeno	
	TACO BOWL 1:00	Walk/Exercise Group	
	1:30	Jeopardy	
	2:30	Horse Racing	

Friday

Lunch:

Note: Lunch every day 12:00 – 12:45