



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. 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/or assistance, call the Center's main number (listed below) to reach our answering service, which 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 at the number below 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).

Summit ElderCare

101 Wason Ave., Springfield, MA 01107

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

Supervisor, Recreational Activities: 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.

We have an online resource for you! Check out Fallon Health's Caregiver Connection blog. You can find it at fallonhealth.org/caregiver-blog.

Topic	Date/Time	Location	Contact	Sponsoring site
Cancelled Until Further Notice	3:30 to 4:30	108 Thompson Road Webster, MA	Bessie Bechthold (774) 317-6700	Webster
Cancelled Until Further Notice	3:30 To 5:00	108 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Cancelled Until Further Notice	2:00 to 3:30	228 Grove Street Worcester, MA	Lois Obeng 508-852-2025	Grove
Cancelled Until Further Notice	2:00 to 3:30	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Lowell
Cancelled Until Further Notice	3:30 to 5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

Tip of the month:



Activities calendar

September 1-2

Room: Summit Room

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday 1 Lunch: Roast Pork, Gravy, Sweet Potatoes, Vegetable Blend, Pudding	9:30 Daily Chronicle & Horoscopes 10:00 Spotlight Lily Tomlin 10:30 Would You Rather? 1:00 Exercise & Walking Group 1:30 Labor Day Puzzles 2:30 Music	Happy Birthday: Jeanne M.
Friday 2 Lunch: Pizza, Tossed Salad, Peanut Butter Brownies	9:30 Daily Chronicle & Horoscopes 10:00 Labor Day Trivia 10:30 Bingo 1:00 Exercise & Walking Group 1:30 The Price Is Right Mining 2:30 Music	Bring Your Manners To Work

Note:

Summit Program Calendar: Coffee/Tea Social begins at 8:00 daily. Lunch served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1-1 interactions occur daily. Color art, word search, newspaper and the computer are available throughout the day. This calendar is subject to change.

Activities calendar

September 5-9

Room: Summit Room

	Activities	Extras
Monday 5 Lunch:	Closed for Labor Day	Happy Birthday: Peggy D., Sylvia M.
Tuesday 6 Lunch: Hamburgers, Potato Salad, Sherbert	9:30 Daily Chronicle & Horoscopes 10:00 If the Hat Fits 10:30 Bingo 1:00 Exercise & Walking Group 1:30 An Ever Changing Place 2:30 Music	Photo Booth Day 
Wednesday 7 Lunch: BBQ Chicken Leg, Summer Squash, Rice Pilaf, Peaches & Cream	9:30 Daily Chronicle & Horoscopes 10:00 Table Talks 10:30 12 or Less 1:00 Exercise & Walking Group 1:30 Baseball 2:30 Music	10:30 – 11:30 English Bible Study with Mabel Happy Birthday Uncle Sam 
Thursday 8 Lunch: Asian Beef & Broccoli, White Rice, Vegetable Blend, Mandarin Oranges	9:30 Daily Chronicle & Horoscopes 10:00 How Did We Ever Live Without 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Lucky Dog 2:30 Music	
Friday 9 Lunch: Roast Turkey, Mashed Potatoes, Zucchini, Frosted Cake	9:30 Daily Chronicle & Horoscopes 10:00 Mixed up KFC 10:30 Secret Occupation 1:00 Exercise & Walking Group 1:30 Grandparents are a Hoot 2:30 Music	Feel Good Friday with April 10:30 – 11:30 Library Happy Birthday Colonel Sander 

Note:

Happy Birthday: Dorothy T. 9/11,

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Activities calendar

Summit Room

September 12-16

	Activities	Extras
Monday 12 Lunch: Stuffed Chicken, Wild Rice and Carrots, Peaches	9:30 Daily Chronicle & Horoscopes 10:00 Table Talk 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Lassie Movie 2:30 Music	
Tuesday 13 Lunch:	<p style="text-align: center;">Closed for Company Outing</p>	
Wednesday 14 Lunch: Baked Fish, Scalloped Potatoes, Peas, Pears	9:30 Daily Chronicle & Horoscopes 10:00 History of Lunch Boxes 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Double Trouble 2:30 Music	Happy Birthday: Elaine B., Carol N. Fun with April 10:30-11:30
Thursday 15 Lunch: American Chop Suey, Italian Blend Vegetables, Pudding	9:30 Daily Chronicle & Horoscopes 10:00 Daily Life of a Farmer 10:30 Finish the Song Lyrics 1:00 Exercise & Walking Group 1:30 Good Bye & Hello to Jobs 2:30 Music	Happy Birthday Gail L.
Friday 16 Lunch: Beef Stew, Biscuit, Toss Salad, Ice Cream	9:30 Daily Chronicle & Horoscopes 10:00 Who What Am I? 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Name That Tool 2:30 Music	

Note:

Happy Birthday: Helen W. 9/17, Paul L. 9/18,

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Activities calendar

September 19-23

Summit Room

	Activities	Extras
Monday 19 Lunch: Macaroni & Cheese, Stewed Tomatoes, Fruit Cocktail	9:30 Daily Chronicle & Horoscopes 10:00 Dinner for Two 10:30 What Am I? 1:00 Exercise & Walking Group 1:30 Rock and Roll Dice Game 2:30 Music	Happy Birthday: Louissette B.
Tuesday 20 Lunch: Ham Steak, Au gratin Potatoes, Spinach, Cookies	9:30 Daily Chronicle & Horoscopes 10:00 Mixed up Elementary School 10:30 Bingo 1:00 Exercise & Walking Group 1:30 You Be the Judge 2:30	Happy Birthday: Carol S. Back to School Memories 
Wednesday 21 Lunch: Oven Fried Chicken, Mashed Sweet Potatoes, Cauliflower,	9:30 Daily Chronicle & Horoscopes 10:00 Table Talk 10:30 Crossword 1:00 Exercise & Walking Group 1:30 Trivia 2:30	10:30 -11:30 English Bible Study with Mabel Happy Birthday: Madeline E., Sandra L., Susan M. 1:00-2:00 Men's Group with Kim
Thursday 22 Lunch: Quiche Lorraine, Home Fries, Peas & Carrots, Watermelon	9:30 Daily Chronicle & Horoscopes 10:00 Word Game 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Autumn Puzzles 2:30 Music	Autumn Begins 
Friday 23 Lunch: Italian Style Meatloaf, Mashed Potatoes, Green Beans, Fruited Jello	9:30 Daily Chronicle & Horoscopes 10:00 Name 10 10:30 Family Feud 1:00 Exercise & Walking Group 1:15 The Cabaret Singers 2:30 Music	Feel Good Friday with April 10:30 – 11:30 Library

Note:

Happy Birthday: Robert S. 9/19, Robert L. 9/24,

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Activities calendar

September 26 - 30

Room: Summit Room

	Activities	Extras
Monday 26 Lunch: Chicken Teriyaki, Fried Rice, Asian Style Vegetables, Pineapple Chunks	9:30 Daily Chronicle & Horoscopes 10:00 Gilligan's Island Song 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Gilligan Island Episodes 2:30 Music	Happy Birthday: Mary M., Judith R., Sandra S.
Tuesday 27 Lunch: Spaghetti & Meatballs, Grated Cheese, Zucchini, Mousse	9:30 Daily Chronicle & Horoscopes 10:00 Table Talk 10:30 Word Puzzles 1:00 Exercise & Walking Group 1:30 Translation Mining 2:30 Music	9:30 – 11:30 Spanish Bible Study with Mabel
Wednesday 28 Lunch: New England Clam Chowder, Tuna Roll, Bean Salad, Apple Crisp	9:30 Daily Chronicle & Horoscopes 10:00 Remembering Patsy Cline Bingo 1:00 Exercise & Walking Group 1:30 The year 1971 2:30 Music	Fun with April 10:30-11:30
Thursday 2 Lunch: Chicken Broccoli Alfredo, Ziti, Fruit Cup	9:30 Daily Chronicle & Horoscopes 10:00 Guardian of the Galaxy 10:30 Crossword 1:00 Exercise & Walking Group 1:30 Walk The Plank 2:30 Music	
Friday 30 Lunch: Pot Roast, Mashed Potatoes, Carrots, Cake	9:30 Daily Chronicle & Horoscopes 10:00 Who What am I? 10:30 Bingo 1:00 Exercise & Walking Group 1:30 Trivia 2:30 Music	

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