

# 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).

**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.

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## Summit ElderCare contact information

88 Masonic Home Rd. Charlton, MA 01507

**1-508-434-3200 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Renee Aucoin: 1-508-784-3234

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

Transportation service: Quality Chair Van: 1-508-793-9000



# 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
Open Discussion— Topics of Interest for Future Meetings	August 3 <sup>rd</sup> from 3:30 p.m. - 5:00 p.m.	Meadowside 88 Masonic Home Road, Charlton, MA	Annette Mercardo 1-508-434-3200 Extension 32033	Charlton
Things to Consider When Faced with the Impending Death of a Loved One	August 9 <sup>th</sup> from 1:30 p.m. - 3:00 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 1-508-852-2026 Extension 56549	East Mountain St.
Quotes and Inspiration for Caregivers	August 21 <sup>st</sup> from 2:00 p.m. - 3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton Street
Insights from a Caregiver's Journey Speaker Frank S. P. Yacino	August 31 <sup>st</sup> from 2:00 p.m.- 3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
Open Forum	August 9 <sup>th</sup> from 3:30 p.m. - 5:00 p.m.	101 Wason Avenue Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Non-Verbal Communication: Understanding What May Not Be Said Speaker: Brittany Collins, NP	August 9 <sup>th</sup> from 2:30 p.m. – 4:00 p.m.	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell

## TIP OF THE MONTH:

**Break down activities into a series of steps.** This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.

# ACTIVITIES CALENDAR

Room: Hilltop

July 31 – Aug. 4, 2017

**Activities**

**Extras**

## Monday 31

**Lunch:**

## Tuesday 1

9:30 Cards For Kids  
 10:00 Manicures  
 10:30 Manicures  
 12:30 PM Stretch  
 1:00 Basketball  
 2:00 Ball Toss

**Lunch:**

Chicken Scampi

## Wednesday 2

9:30 Table Games  
 10:00 Who Am I?  
 10:30 Horoscopes  
 12:30 PM Stretch  
 1:00 Bingo  
 2:00 Hot Potato!

**Lunch:**

Pizza

## Thursday 3

9:30 August I.Q. Happy Birthday Richard T.!  
 10:00 Fun At The Fair  
 10:30 In The News  
 12:30 PM Stretch  
 1:00 Spelling Bee!  
 2:00 Mad Libs

**Lunch:**

Stuffed Cabbage

## Friday 4

9:30 Poetry Happy Birthday Jeanne M.!  
 10:00 Dog Days of Summer Happy Birthday Janet M.!  
 10:30 Similes  
 12:30 PM Stretch  
 1:00 Bottom's Up  
 2:00 Read Out Loud

**Lunch:**

Fish Sticks

**Note:** Hilltop  
 Coffee Social and table games every day from 8 a.m. to 9:30  
 Lunch is served at 11:30  
 Walk & Roll at 1 p.m.  
 Sensory Enhancement at 2:30 every day

# ACTIVITIES CALENDAR

Room: Hilltop

August 7 - 11, 2017	Activities	Extras		
<b>Monday 7</b>	9:30	Dessert First	Happy Birthday Rosemarie B., Pierette B., Patricia S. and Yvette P.!	
	10:00	Pictionary		
	<b>Lunch:</b>	10:30		Summer Scabble
	Baked Ziti	12:30		PM Stretch
		1:00		You Be The Judge
		2:00		Where I Grew Up
<b>Tuesday 8</b>	9:30	To A Tee	Communion 10 a.m.	
	10:00	Draw This!		
	<b>Lunch:</b>	10:30		Name That Sound
	Chicken Tenders	12:30		PM Stretch
		1:00		Science Experiment
		2:00		Where In The World Is...
<b>Wednesday 9</b>	9:30	Common Beginnings	Happy Birthday Christopher V.!	
	10:00	Word Jumble		
	<b>Lunch:</b>	10:30		Paper Craft
	Meatloaf	12:30		PM Stretch
		1:00		Charades
		2:00		Table Ball
<b>Thursday 10</b>	9:30	Hot As Blazes	Happy Birthday Regina B. and Rose C.!	
	10:00	Beautiful Sunflowers		
	<b>Lunch:</b>	10:30		Art Studio Detective
	Chop Suey	12:30		PM Stretch
		1:00		Sing Along
		2:00		Chair Yoga
<b>Friday 11</b>	9:30	Bead Craft	Happy Birthday George P.!	
	10:00	Matching Clowns		
	<b>Lunch:</b>	10:30		Famous Artists
	Herbed Cod	12:30		PM Stretch
		1:00		Jeopardy
		2:00		Bingo

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 Lunch is served at 11:30  
 Walk & Roll at 1 p.m. every day  
 1:1 visits throughout the day.

# ACTIVITIES CALENDAR

Room: Hilltop

August 14 - 18, 2017	Activities	Extras		
<b>Monday 14</b>	9:30	Movie Classics		
	10:00	Paint By Number		
	<b>Lunch:</b>	10:30	Word Fit	
	Ham Steaks	12:30	PM Stretch	
		1:00	This Or That?	
		2:00	Pokeno	
<b>Tuesday 15</b>	9:30	Dog Bones	Communion	
	10:00	Dog Bones		
	<b>Lunch:</b>	10:30	Current Events	
	Teriyaki Chicken	12:30	PM Stretch	
		1:00	Walk The Line	
		2:00	What's Next?	
<b>Wednesday 16</b>	9:30	Awesome Art		
	10:00	Manicures		
	<b>Lunch:</b>	10:30	Manicures	
	Manicotti	12:30	PM Stretch	
		1:00	Reminiscing	
		2:00	Bingo Dabber Art	
<b>Thursday 17</b>	9:30	Mazes	Happy Birthday Shirley H. and Joan C.!	
	10:00	Cards for Vets		
	<b>Lunch:</b>	10:30	Wacky Wordies	
	Salisbury Steak	12:30	PM Stretch	
		1:00	Sing Along	
		2:00	Chair Yoga	
<b>Friday 18</b>	9:30	Color A Smile	Happy Birthday Therese A.! (19 <sup>th</sup> )	
	10:00	Word Pyramid		
	<b>Lunch:</b>	10:30	What's Wrong With It?	Happy Birthday Katie D.!
	Haddock	12:30	PM Stretch	
		1:00	Name That Tune	
		2:00	Pitch	

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# ACTIVITIES CALENDAR

Room: Hilltop

August 21 - 25, 2017	Activities	Extras		
<b>Monday 21</b>	9:30	Challenging Maze	Happy Birthday Susan L.!	
	10:00	Sand Art		
	<b>Lunch:</b>	10:30		Word Search
	Hawaiian Pork	12:30		PM Stretch
		1:00		Talent Show
		2:00		Dancing!
<b>Tuesday 22</b>	9:30	Word Mining		
	10:00	Crossword		
	<b>Lunch:</b>	10:30	It's In A Name	
	Shepherd's Pie	12:30	PM Stretch	
		1:00	Karaoke	
		2:00	Karaoke	
<b>Wednesday 23</b>	9:30	U.S.States		
	10:00	Matching Idioms		
	<b>Lunch:</b>	10:30	Stir It Up	
	Vegetable Lasagna	12:30	PM Stretch	
		1:00	Wheel Of Fortune	
		2:00	Card Trick	
<b>Thursday 24</b>	9:30	Picture Match		
	10:00	Bird Craft		
	<b>Lunch:</b>	10:30	Bird Craft	
	Skillet Chicken	12:30	PM Stretch	
		1:00	Sing Along	
		2:00	Chair Yoga	
<b>Friday 25</b>	9:30	Baby It's Hot Outside!	Happy Birthday Linda M.!	
	10:00	Color By Number		
	<b>Lunch:</b>	10:30		Math Test
	Fried Fish	12:30		PM Stretch
		1:00		What's Missing?
		2:00		Science Experiment

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# ACTIVITIES CALENDAR

Room: Hilltop

Aug. 28 – Sept. 1, 2017	Activities	Extras		
<b>Monday 28</b>	9:30	Everyday Trivia	Happy Birthday Barbara O.!	
	10:00	Scrabble		
	<b>Lunch:</b>	10:30		List It
	Stuffed Chicken	12:30		PM Stretch
		1:00		Name 10!
		2:00		Simon Says!
<b>Tuesday 29</b>	9:30	Fill-In-The-Blank	Communion at 10 a.m.	
	10:00	Word Search		
	<b>Lunch:</b>	10:30	Common Endings	Happy Birthday Jackie A.!
	Tropical Kielbasa	12:30	PM Stretch	
		1:00	Telephone	
		2:00	Let's Fish!	
<b>Wednesday 30</b>	9:30	At The Drive In		
	10:00	Beautiful Summer		
	<b>Lunch:</b>	10:30		Similes
	Turkey	12:30		PM Stretch
		1:00		It's In The Bag
		2:00		Memory Game
<b>Thursday 31</b>	9:30	Name Game		
	10:00	Wii Games		
	<b>Lunch:</b>	10:30		Manicures
	Sausage with Onions & Peppers	12:30		PM Stretch
		1:00		Imagination Vacation
		2:00		Stack it!
<b>Friday 1</b>				
<b>Lunch:</b>				

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Non-Verbal Communication: Understanding What May Not Be Said Speaker: Brittany Collins. NP	August 9 <sup>th</sup> from 2:00 pm. – 3:30 p.m.	1081 Varnum Avenue, Lowell, MA	Emily Lemire 978-427-6830	Lowell

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# ACTIVITIES CALENDAR

Room: Meadowside

July 31 – Aug. 4, 2017

**Activities**

**Extras**

## Monday <sup>31</sup>

**Lunch:**

## Tuesday <sup>1</sup>

9:30 Meaning Of The Rose  
 10:00 Flower Of The Month  
 10:30 Toss Um  
 12:30 PM Stretch  
 1:00 Songs Of Yesterday  
 2:00 Monthly Gazette

**Lunch:**

Chicken Scampi

## Wednesday <sup>2</sup>

9:30 Table Games  
 10:00 Current Events  
 10:30 Follow Me  
 12:30 PM Stretch  
 1:00 Love Songs  
 2:00 Who Am I/Eye Spy

**Lunch:**

Pizza

## Thursday <sup>3</sup>

9:30 Good News Happy Birthday Richard T.!  
 10:00 Pet Therapy  
 10:30 Pet Therapy  
 12:30 PM Stretch  
 1:00 Funny Commercials  
 2:00 Mystery Table

**Lunch:**

Stuffed Cabbage

## Friday <sup>4</sup>

9:30 Puzzles Happy Birthday Jeanne M.!  
 10:00 Stretch It Happy Birthday Janet M.!  
 10:30 Reminiscing  
 12:30 PM Stretch  
 1:00 You Tube – Louis Armstrong  
 2:00 Trivia – Louis Armstrong

**Lunch:**

Fish Sticks

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 Lunch is served at 11:30  
 Chapel visits as desired  
 1:1 and Sensory visits throughout the day.

# ACTIVITIES CALENDAR

August 7 - 11, 2017	Activities	Extras			
<b>Monday</b> <sup>7</sup>	9:30	Friendship Day Stories	Happy Birthday Rosemarie B., Pierette B., Patricia S. and Yvette P.!		
	10:00	Entertainment With			
	<b>Lunch:</b>	10:30		Peter Allard & The Kids	
	Ziti	12:30		PM Stretch	
		1:00		Songs About Friends	
		2:00		Friendship Poems	
<b>Tuesday</b> <sup>8</sup>	9:30	Angel Craft	Communion at 10 a.m.		
	10:00	Dear Barbara			
	<b>Lunch:</b>	10:30		Hum That Tune	
	Chicken Tenders	12:30		PM Stretch	
		1:00		You Tube – Summer Songs	
		2:00		Chat Pack	
<b>Wednesday</b> <sup>9</sup>	9:30	Circle Talk	Happy Birthday Christopher V.!		
	10:00	Ring Toss			
	<b>Lunch:</b>	10:30		Fact or Fiction	
	Meatloaf	12:30		PM Stretch	
		1:00		You Tube – Favorite Songs	
		2:00		Hangman	
<b>Thursday</b> <sup>10</sup>	9:30	Hand Massages	Happy Birthday Regina B. and Rose C.!		
	10:00	Lazy Day Ideas			
	<b>Lunch:</b>	10:30		Kick Back	
	Chop Suey	12:30		PM Stretch	
		1:00		Yoga	
		2:00		Easy Does It	
<b>Friday</b> <sup>11</sup>	9:30	Life Skills	Happy Birthday George P.!		
	10:00	What's Next?		Happy Birthday Archie P.! (13 <sup>th</sup> )	
	<b>Lunch:</b>	10:30			Clue Trivia
	Herbed Cod	12:30			PM Stretch
		1:00			You Tube - Beatles
		2:00			Beatles - Trivia

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Chapel visits as desired  
1:1 and Sensory visits throughout the day.

# ACTIVITIES CALENDAR

Room: Meadowside

July 17 - 21, 2017	Activities	Extras		
<b>Monday</b> <sup>14</sup>	9:30	Left Handers Day		
	10:00	Places We Know		
	<b>Lunch:</b>	10:30	Facts & Trivia	
	Ham Steaks	12:30	PM Stretch	
		1:00	Arm Chair Travel	
		2:00	Draw & Write With Left Hand	
<b>Tuesday</b> <sup>15</sup>	9:30	Table Games	Communion at 10:00 a.m.	
	10:00	Conversation Ball		
	<b>Lunch:</b>	10:30	Password	
	Teriyaki Chicken	12:30	PM Stretch	
		1:00	You Tube – Elvis Songs	
		2:00	Elvis Facts & Trivia	
<b>Wednesday</b> <sup>16</sup>	9:30	Bubble Wrap Painting		
	10:00	What Am I?		
	<b>Lunch:</b>	10:30	What's In The Bag?	
	Manicotti	12:30	PM Stretch	
		1:00	Fads	
		2:00	Numaro	
<b>Thursday</b> <sup>17</sup>	9:30	Puzzles	Happy Birthday Shirley H. and Joan C.!	
	10:00	Bowling		
	<b>Lunch:</b>	10:30	Favorite Games	
	Salisbury Steak	12:30	PM Stretch	
		1:00	Entertainment With	
		2:00	Gary Landgren	
<b>Friday</b> <sup>18</sup>	9:30	Tell All	Happy Birthday Therese A.! (19 <sup>th</sup> )	
	10:00	Outburst		
	<b>Lunch:</b>	10:30	Pool Noodles	Happy Birthday Katie D.!
	Haddock	12:30	PM Stretch	
		1:00	Roses Are Red	
		2:00	Bad Poetry Day	

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# ACTIVITIES CALENDAR

Room: Meadowside

August 21 – 25, 2017	Activities	Extras		
<b>Monday 21</b>	9:30	Proverbs	Happy Birthday Susan L.!	
	10:00	Best Vacation Spots		
	<b>Lunch:</b>	10:30		Hawaiian Dancing
	Hawaiian Pork	12:30		PM Stretch
		1:00		You Tube – Hawaiian Music
		2:00		Places We Know
<b>Tuesday 22</b>	9:30	Stencils	Communion at 10:00 a.m.	
	10:00	Horseshoes		
	<b>Lunch:</b>	10:30		The Summer Fair
	Shepherds Pie	12:30		PM Stretch
		1:00		You Tube – Dance Contest
		2:00		Random Trivia
<b>Wednesday 23</b>	9:30	List It		
	10:00	Star Game		
	<b>Lunch:</b>	10:30		Favorite Star
	Vegetable Lasagna	12:30		PM Stretch
		1:00		You Tube – Kenny Rogers
		2:00		Kenny Rogers – Facts/Trivia
<b>Thursday 24</b>	9:30	Dice Game		
	10:00	Items In A Store		
	<b>Lunch:</b>	10:30		Name 10
	Skillet Chicken	12:30		PM Stretch
		1:00		Acts of Kindness
		2:00		A - Z
<b>Friday 25</b>	9:30	Every Day Trivia	Happy Birthday Linda M.!	
	10:00	Parachute		
	<b>Lunch:</b>	10:30		Places We Know
	Fried Fish	12:30		PM Stretch
		1:00		Imagination Vacation
		2:00		Trip Categories

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# ACTIVITIES CALENDAR

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Aug. 28 – Sep. 1, 2017	Activities	Extras	
<b>Monday 28</b>	9:30	Table Games	Happy Birthday Barbara O.!
	10:00	Stretch It	
	<b>Lunch:</b>	10:30	Name That Sound
	Stuffed Chicken	12:30	PM Stretch
		1:00	You Tube - Speeches
		2:00	I Have a Dream
<b>Tuesday 29</b>	9:30	Rock Craft	Communion at 10 a.m.
	10:00	Rock Categories	Happy Birthday Jackie A.!
	<b>Lunch:</b>	10:30	
	Tropical Kielbasa	12:30	PM Stretch
		1:00	Rock & Roll Music
		2:00	Shake Rattle & Roll
<b>Wednesday 30</b>	9:30	Expressions	
	10:00	Emotions	
	<b>Lunch:</b>	10:30	Hum That Tune
	Turkey	12:30	PM Stretch
		1:00	Movie or Table Games
		2:00	Movie or Table Games
<b>Thursday 31</b>	9:30	What Would You Do?	
	10:00	Charades	
	<b>Lunch:</b>	10:30	Joggin Your Noggin
	Sausage with Onions & Peppers	12:30	PM Stretch
		1:00	You Tube – Candid Camera
		2:00	Funny Hat Photos
<b>Friday 1</b>			
<b>Lunch:</b>			

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