

# 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.

---

## 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
Self Care is Truly An Unselfish Gift	June 1 <sup>st</sup> from 3:30 p.m. - 5:00 p.m.	Meadowside 88 Masonic Home Road, Charlton, MA	Annette Mercado 1-508-434-3200 Extension 32033	Charlton
	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.
	from 2:00 p.m. - 3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton Street
	from 2:00 p.m.- 3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
	from 3:30 p.m. - 5:00 p.m.	101 Wason Avenue Springfield, MA	Ericka Emerson 774-317-6155	Springfield
Structure: It is So Important for Memory Loss	June 14 <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:



# ACTIVITIES CALENDAR

Room: Hilltop

May 29 – June 2, 2017

**Activities**

**Extras**

## Monday 29

**Lunch:**

## Tuesday 30

**Lunch:**

## Wednesday 31

**Lunch:**

## Thursday 1

9:30	June I.Q.
10:00	Shell Craft
10:30	Current Events
12:30	PM Stretch
1:00	Chair Yoga
2:00	Sing Along!

**Lunch:**

Salisbury Steak

## Friday 2

9:30	Table Puzzles
10:00	Horoscopes
10:30	Mad Libs
12:30	PM Stretch
1:00	Reminisce Group
2:00	Memory Game

**Lunch:**

Herbed Cod

**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

June 5 - 9, 2017	Activities	Extras	
<b>Monday 5</b>	9:30	Word Jumble	
	10:00	Cookout A-Z	
	<b>Lunch:</b>	10:30	Going Camping
	Manicotti	12:30	PM Stretch
		1:00	Bingo
		2:00	Magnet Exercise
<b>Tuesday 6</b>	9:30	Film Critic	Communion 10 a.m.
	10:00	Group Mind Exercise	
	<b>Lunch:</b>	10:30	Mixed Up Cheese
	American Chop Suey	12:30	PM Stretch
		1:00	Entertainment!
		2:00	Gary Landgren!
<b>Wednesday 7</b>	9:30	At The Swimming Pool	
	10:00	Who Am I?	
	<b>Lunch:</b>	10:30	List It
	Teriyaki Chicken	12:30	PM Stretch
		1:00	Fill In The Blank
		2:00	Air Hockey
<b>Thursday 8</b>	9:30	Matching Anchors	
	10:00	A Rose Is A Rose	
	<b>Lunch:</b>	10:30	Wheel Of Fortune
	Ham Steaks	12:30	PM Stretch
		1:00	Sing Along
		2:00	Chair Yoga
<b>Friday 9</b>	9:30	Fill-In-The-Blank	
	10:00	Cards For Kids	
	<b>Lunch:</b>	10:30	Lucky Star
	Pesto Haddock	12:30	PM Stretch
		1:00	Spelling Bee
		2:00	Jennifer Says

**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. every day  
 1:1 visits throughout the day.

# ACTIVITIES CALENDAR

Room: Hilltop

June 12 - 16, 2017	Activities	Extras		
<b>Monday 12</b>	9:30	Jenga!		
	10:00	Paint By Number		
	<b>Lunch:</b>	10:30	Music Trivia	
	Hawaiian Pork	12:30	PM Stretch	
		1:00	Funny Animals	
		2:00	It's In The Bag	
<b>Tuesday 13</b>	9:30	Sweet Tooth Detective	Communion	
	10:00	Categories		
	<b>Lunch:</b>	10:30	In The News	
	Shepherd's Pie	12:30	PM Stretch	
		1:00	Jeopardy Trivia	
		2:00	Wii Games	
<b>Wednesday 14</b>	9:30	This Or That		
	10:00	Challenging Mazes		
	<b>Lunch:</b>	10:30	What Year Was It?	
	Vegetable Lasagna	12:30	PM Stretch	
		1:00	Bottom's Up	
		2:00	Let's Chat	
<b>Thursday 15</b>	9:30	Mazes		
	10:00	Wacky Wordies		
	<b>Lunch:</b>	10:30	You Be The Judge	
	Skillet Chicken	12:30	PM Stretch	
		1:00	Sing Along	
		2:00	Chair Yoga	
<b>Friday 16</b>	9:30	Father's Day Word Search		
	10:00	Manicures		
	<b>Lunch:</b>	10:30	Manicures	
	Fish	12:30	Reminiscing	
		1:00	Father's Day Social	
		2:00	Father's Day Social	

**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

June 19 - 23, 2017	Activities	Extras
<b>Monday 19</b>	9:30	Math Test
	10:00	All About Bugs
	<b>Lunch:</b>	10:30 Similes
	Stuffed Chicken	12:30 PM Stretch
		1:00 The Price Is Right
		2:00 Cards For Vets
<b>Tuesday 20</b>	9:30	It's On The Map
	10:00	Famous Birthdays
	<b>Lunch:</b>	10:30 Inspirational Quotes
	Tropical Kielbasa	12:30 PM Stretch
		1:00 Finish The Song
		2:00 Pick Up Sticks
<b>Wednesday 21</b>	9:30	Web Words
	10:00	Dear Jennifer
	<b>Lunch:</b>	10:30 Horoscopes
	Roast Turkey	12:30 PM Stretch
		1:00 Who's Next?
		2:00 Finger Painting
<b>Thursday 22</b>	9:30	Word Unscramble
	10:00	Alphabet Code
	<b>Lunch:</b>	10:30 Paper Boats
	Italian Sausage, Onions and Peppers	12:30 PM Stretch
		1:00 Karaoke
		2:00 Karaoke
<b>Friday 23</b>	9:30	Holidays A-Z
	10:00	Poetry
	<b>Lunch:</b>	10:30 Hair Clip Craft
	Haddock Bruschetta	12:30 PM Stretch
		1:00 Fashion Show
		2:00 Dancing!

**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

June 26 - 30, 2017	Activities	Extras	
<b>Monday 26</b>	9:30	Tell Me About It	
	10:00	Word Adventure	
	<b>Lunch:</b>	10:30 Murals	
	Apricot Chicken	12:30 PM Stretch	
		1:00 Karaoke	
	2:00 Karaoke		
<b>Tuesday 27</b>	9:30	U.S.History Trivia	Communion at 10 a.m.
	10:00	Choices	
	<b>Lunch:</b>	10:30 Current Events	
	Meat Lovers Pizza	12:30 PM Stretch	
		1:00 Name That Sound	
	2:00 Stack It!		
<b>Wednesday 28</b>	9:30	Connect Four	
	10:00	Scavenger Hunt	
	<b>Lunch:</b>	10:30 Famous Artists	
	Chicken Scampi	12:30 PM Stretch	
		1:00 The price Is Right	
	2:00 Baseball		
<b>Thursday 29</b>	9:30	Double Trouble	
	10:00	Comparisons	
	<b>Lunch:</b>	10:30 Hot! Hot! Hot!	
	Stuffed Cabbage	12:30 PM Stretch	
		1:00 Drama Club	
	2:00 Flower Power		
<b>Friday 30</b>	9:30	Table Games	
	10:00	Color A Smile	
	<b>Lunch:</b>	10:30 Horoscopes	
	Fish Sticks	12:30 PM Stretch	
		1:00 Pokeno	
	2:00 Basketball		

**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

# 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.

---

## 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
	June 1 <sup>st</sup> from 3:30 p.m. – 5 p.m.	Meadowside 88 Masonic Home Road, Charlton, MA	Annette Mercardo 1-508-434-3200 Ext. 32033	Charlton
	from 1:30 p.m. - 3:00 p.m.	Briarwood 65 Briarwood Circle, Worcester, MA	Shelley Ware 1-5-8-852-2026 Ext. 56549	East Mountain Street
	from 2:00 p.m. – 3: 30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton Street
	from 2:00 p.m. - 3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
	from 3:30 p.m. - 5:00 p.m.	101 Wason Avenue Springfield, MA	April Monfett 774-317-6194	Springfield
Structure: It is So Important for Memory Loss	June 14 <sup>th</sup> from 2:00 pm. – 3:30 p.m.	1081 Varnum Avenue, Lowell, MA	Emily Lemire 978-427-6830	Lowell

## TIP OF THE MONTH:



# ACTIVITIES CALENDAR

Room: Meadowside

May 29 – June 2, 2017

**Activities**

**Extras**

---

## Monday <sup>29</sup>

**Lunch:**

---

## Tuesday <sup>30</sup>

**Lunch:**

---

## Wednesday <sup>31</sup>

**Lunch:**

---

## Thursday <sup>1</sup>

9:30	String Painting
10:00	Good News
10:30	Octaband
12:30	PM Stretch
1:00	You Tube – Dance Contest
2:00	Choices

**Lunch:**

American Chop Suey

---

## Friday <sup>2</sup>

9:30	Table Games
10:00	Dear Barbara
10:30	Ring Toss
12:30	PM Stretch
1:00	You Tube – Farm Life
2:00	You Be The Judge

**Lunch:**

Herbed Cod

---

**Note:** Meadowside  
Coffee Social and table games everyday from 8 a.m. to 9:30  
Lunch is served at 11:30  
Chapel visits as desired  
1:1 and Sensory visits throughout the day.

# ACTIVITIES CALENDAR

June 5 - 9, 2017	Activities	Extras	
<b>Monday</b> <sup>5</sup>	9:30	Life Skills	
	10:00	Current Events	
	<b>Lunch:</b>	10:30	Stretch It
	Ham	12:30	PM Stretch
		1:00	You Tube – 30's Music
		2:00	Tell All
<b>Tuesday</b> <sup>6</sup>	9:30	Stamps	Communion at 10 a.m.
	10:00	One Room School	
	<b>Lunch:</b>	10:30	Chicken Soup
	Teriyaki Chicken	12:30	PM Stretch
		1:00	You Tube – 40's Music
		2:00	Scattagories
<b>Wednesday</b> <sup>7</sup>	9:30	Puzzles	
	10:00	What's Next?	
	<b>Lunch:</b>	10:30	Toss It
	Manicotti	12:30	PM Stretch
		1:00	You Tube – 50's Music
		2:00	Reminiscing
<b>Thursday</b> <sup>8</sup>	9:30	Table Games	
	10:00	Poems	
	<b>Lunch:</b>	10:30	What's In The Bag?
	Salisbury Steak	12:30	PM Stretch
		1:00	Entertainment With
		2:00	Peter Allard
<b>Friday</b> <sup>9</sup>	9:30	Dice Game	
	10:00	Either Or	
	<b>Lunch:</b>	10:30	Conversation Ball
	Pesto Haddock	12:30	PM Stretch
		1:00	You Tube – Easy Listening
		2:00	A - Z

**Note:** Meadowside  
 Coffee Social and table games everyday from 8 a.m. to 9:30  
 Lunch is served at 11:30  
 Chapel visits as desired  
 1:1 and Sensory visits throughout the day.

# ACTIVITIES CALENDAR

Room: Meadowside

June 12 -16, 2017	Activities	Extras		
<b>Monday</b> <sup>12</sup>	9:30	June Trivia		
	10:00	Number Games		
	<b>Lunch:</b>	10:30	Bean Bag Toss	
	Hawaiian Pork	12:30	PM Stretch	
		1:00	Name That Tune	
		2:00	Numara	
<b>Tuesday</b> <sup>13</sup>	9:30	Marble Painting	Communion at 10:00 a.m.	
	10:00	To Do List		
	<b>Lunch:</b>	10:30	Circle Talk	
	Shepherd's Pie	12:30	PM Stretch	
		1:00	You Tube – Famous Families	
		2:00	Scattagories	
<b>Wednesday</b> <sup>14</sup>	9:30	On This Day		
	10:00	R, W & B Toss		
	<b>Lunch:</b>	10:30	Lets March	
	Vegetable Lasagna	12:30	PM Stretch	
		1:00	Patriotic Song	
		2:00	Flag Day Trivia	
<b>Thursday</b> <sup>15</sup>	9:30	Zip A Dee Do Dah		
	10:00	Mind Stretchers		
	<b>Lunch:</b>	10:30	Charades	
	Skillet Chicken	12:30	PM Stretch	
		1:00	Oldies But Goodies	
		2:00	True Or False	
<b>Friday</b> <sup>16</sup>	9:30	Current Events		
	10:00	Mens World		
	<b>Lunch:</b>	10:30	Tool Box	
	Fish	12:30	PM Stretch	
		1:00	Songs About Fathers	
		2:00	Reminiscing	

**Note:** Meadowside  
 Coffee Social and table games everyday from 8 a.m. to 9:30  
 Lunch is served at 11:30  
 Chapel visits as desired  
 1:1 and Sensory visits throughout the day.

# ACTIVITIES CALENDAR

Room: Meadowside

June 19 - 23, 2017	Activities	Extras		
<b>Monday 19</b>	9:30	Chat Pack		
	10:00	Telephone Talk		
	<b>Lunch:</b>	10:30	Parachute	
	Stuffed Chicken	12:30	PM Stretch	
		1:00	You Tube Places I've Been	
		2:00	What's Next?	
<b>Tuesday 20</b>	9:30	Daily Chronicle	Communion at 10:00 a.m.	
	10:00	Which Room?		
	<b>Lunch:</b>	10:30	Name Five	
	Tropical Kielbasa	12:30	PM Stretch	
		1:00	Entertainment With	
		2:00	Gary Landgren	
<b>Wednesday 21</b>	9:30	Card Making		
	10:00	Show Of Hands		
	<b>Lunch:</b>	10:30	Pets Of Fame	
	Roast Turkey	12:30	PM Stretch	
		1:00	Sentimental Journey	
		2:00	Penny Ante	
<b>Thursday 22</b>	9:30	Life Skills		
	10:00	Things In A Sports Arena		
	<b>Lunch:</b>	10:30	Basketball	
	Italian Sausage, Onions and Peppers	12:30	PM Stretch	
		1:00	Happy Songs	
		2:00	Dear Barbara	
<b>Friday 23</b>	9:30	Color A Smile		
	10:00	Opposites		
	<b>Lunch:</b>	10:30	Mystery Table	
	Haddock Bruschetta	12:30	PM Stretch	
		1:00	Arm Chair Travel	
		2:00	Gestures	

**Note:** Meadowside  
 Coffee Social and table games everyday from 8 a.m. to 9:30  
 Lunch is served at 11:30  
 Chapel visits as desired  
 1:1 and Sensory visits throughout the day.

# ACTIVITIES CALENDAR

Room: Meadowside

June 26 - 30, 2017	Activities	Extras		
<b>Monday 26</b>	9:30	Stencils		
	10:00	Make Your Point		
	<b>Lunch:</b>	10:30	Ring Toss	
	Apricot Chicken	12:30	PM Stretch	
		1:00	Love Songs	
		2:00	Millionaire	
<b>Tuesday 27</b>	9:30	Games & Puzzles	Communion at 10 a.m.	
	10:00	Imagine If		
	<b>Lunch:</b>	10:30	Simon Says	
	Chicken Scampi	12:30	PM Stretch	
		1:00	Lawrence Welk	
		2:00	Chat Pack	
<b>Wednesday 28</b>	9:30	Proverbs		
	10:00	Poetry		
	<b>Lunch:</b>	10:30	Yoga	
	Meat Lover's Pizza	12:30	PM Stretch	
		1:00	I Love Lucy	
		2:00	Password	
<b>Thursday 29</b>	9:30	Famous Duos		
	10:00	Name 10		
	<b>Lunch:</b>	10:30	Toss It	
	Stuffed Cabbage	12:30	PM Stretch	
		1:00	Movie Or Table Games	
		2:00	Movie Or Table Games	
<b>Friday 30</b>	9:30	Groceries A-Z		
	10:00	Horseshoes		
	<b>Lunch:</b>	10:30	Clue Trivia	
	Fish Sticks	12:30	PM Stretch	
		1:00	The Price Is Right	
		2:00	Grocery Scavenger Hunt	

**Note:** Meadowside  
 Coffee Social and table games everyday from 8 a.m. to 9:30  
 Lunch is served at 11:30  
 Chapel visits as desired  
 1:1 and Sensory visits throughout the day.