

# 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.

**PLEASE NOTE THAT ALL SUMMIT ELDERCARE SITES ARE CLOSED ON MONDAY OCTOBER 9<sup>TH</sup> FOR THE COLUMBUS DAY HOLIDAY.**

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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
Late-Stage Caregiving-What to Expect.	October 5 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
Managing Stress: Care for the Caregiver	October 11 <sup>th</sup> from 1:30 p.m. - 3:00 p.m.	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain St.
Managing Stress: Care for the Caregiver	October 16 <sup>th</sup> from 2:00 p.m. - 3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton Street
Q & A Relating to Caregiver Concerns	October 26 <sup>th</sup> from 2:00 p.m.- 3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
Getting Through the Holidays!	October 11 from 3:30 p.m. - 5:00 p.m.	101 Wason Avenue Springfield, MA	April Monfett 774-317-6155	Springfield
Getting through the Holidays!	October 11 from 2:30 p.m. – 4:00 p.m.	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978 427-6823	Lowell

### TIP OF THE MONTH:

**Ask for help** - One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This do-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask.

# ACTIVITIES CALENDAR

Room: Hilltop

October 3 - 7, 2017	Activities	Extras		
<b>Monday 2</b>	9:30	Monday Morning Quiz		
	10:00	Let's Draw		
	<b>Lunch:</b>	10:30	Reminiscing--Family	
	Broccoli Stuffed	12:30	PM Stretch	
	Chicken, Roasted	1:00	Starts or Ends With "All"	
	Potato, Asparagus and Yellow Cake	2:00	Bingo	
<b>Tuesday 3</b>	9:30	Scrambled States		
	10:00	Positive Thinking		
	<b>Lunch:</b>	10:30	Horoscopes	
	Tropical Kielbasa,	12:30	PM Stretch	
	Sweet Potatoes,	1:00	Blind Contour Drawing	
	Broccoli and Lemon-Lime Jell-O	2:00	Pokeno	
<b>Wednesday 4</b>	9:30	This is Me!		
	10:00	Current Events		
	<b>Lunch:</b>	10:30	Name That Tune	
	Roast Turkey,	12:30	PM Stretch	
	Butternut Squash,	1:00	Wheel of Fortune	
	Stuffing and Apple Pie	2:00	Card Games	
<b>Thursday 5</b>	9:30	Amazing Mazes		
	10:00	Tongue Twisters		
	<b>Lunch:</b>	10:30	Proverbs	
	Italian Sausage,	12:30	PM Stretch	
	Onions and Peppers,	1:00	Password	
	Garlic Spaghetti and Macaroons	2:00	Spelling Bee	
<b>Friday 6</b>	9:30	Crossword Puzzles	Happy Birthday Shirley C and Billy T (7 <sup>th</sup> )	
	10:00	What I Have Learned		
	<b>Lunch:</b>	10:30	Name Ten	
	Haddock Bruschetta,	12:30	PM Stretch	
	Spinach Orzo	1:00	Pass the Hat	
		2:00	Bingo	

**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

October 9 - 13, 2017	Activities	Extras
<b>Monday 9</b>		<b>CLOSED</b>
<b>Lunch:</b>		<b>FOR THE</b>
		<b>HOLIDAY</b>
<b>Tuesday 10</b>	9:30 Scrambled Octoberfest	Communion 10 a.m.
	10:00 Wacky Wordies	
<b>Lunch:</b>	10:30 Pros and Cons	Happy Birthday Donna R and Mary G!
Beef Stroganoff,	12:30 PM Stretch	
Noodles, Carrots and	1:00 Musical Art	
Buckeye Cake	2:00 Poetry	
<b>Wednesday 11</b>	9:30 Mixed-Up Autumn	
	10:00 Zen Coloring	
<b>Lunch:</b>	10:30 Brain Teasers	
Turkey, Mashed	12:30 PM Stretch	
Potatoes, Green	1:00 Pictionary	
Bean Casserole and	2:00 Horseshoes	
Pumpkin Pie		
<b>Thursday 12</b>	9:30 Virgo Categories	Happy Birthday Iona L!
	10:00 Citizenship Test	
<b>Lunch:</b>	10:30 Current Events	
Beef Tips, Noodles,	12:30 PM Stretch	
Spinach and Cannoli	1:00 Name That Tune	
	2:00 Chair Yoga	
<b>Friday 13</b>	9:30 Missing Numbers	Happy Birthday Roger G, Beverly W and Robert C (15 <sup>th</sup> )!
	10:00 Bible Trivia	
<b>Lunch:</b>	10:30 Word Mining	
Cod, Rice Pilaf,	12:30 PM Stretch	
Creamed Corn and	1:00 Family Feud	
Tiger Brownies	2:00 First and Last Letter	

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 1:1 visits throughout the day.

# ACTIVITIES CALENDAR

Room: Hilltop

October 16 - 20, 2017	Activities	Extras		
<b>Monday 16</b>	9:30	Fill it In		
	10:00	Zen Coloring		
	<b>Lunch:</b>	10:30	Word Pyramid	
	Swiss Steak, Mashed Potato, Carrots and Chocolate Ice Cream	12:30	PM Stretch	
		1:00	Drama Class	
		2:00	Bingo	
<b>Tuesday 17</b>	9:30	St. Jude's Cards for Kids	Communion	
	10:00	Concentration		
	<b>Lunch:</b>	10:30	Geezer Test	
	Turkey Cacciatore, Noodles, Italian Vegetables and Custard	12:30	PM Stretch	
		1:00	Bet the Clock	
		2:00	Tam	
<b>Wednesday 18</b>	9:30	Splatter Trees		
	10:00	True or False		
	<b>Lunch:</b>	10:30	What Am I?	
	Stuffed Pork Chop, Sweet Potato, Spinach and Pumpkin Bars	12:30	PM Stretch	
		1:00	Memory Table	
		2:00	Tea Craft	
<b>Thursday 19</b>	9:30	Mazes	Happy Birthday Pete D!	
	10:00	Pet Rocks		
	<b>Lunch:</b>	10:30	Wacky Wordies	
	Chicken & Dumplings, Lima Beans, Salad & Sponge Cake	12:30	PM Stretch	
		1:00	Wheel of Fortune	
		2:00	You Be the Judge	
<b>Friday 20</b>	9:30	Scrambled Autumn	Happy Birthday Joe S, Richard W and Judy B (21 <sup>st</sup> )!	
	10:00	Manicures		
	<b>Lunch:</b>	10:30	Riddle Jumble	
	Fried Fish, Tater Tots, Cole Slaw and Cherry Chocolate Bar	12:30	Reminiscing	
		1:00	Short Skits	
		2:00	Pokeno	

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<b>Monday 23</b>	9:30	Card Games	<b>CASINO DAY!</b>		
	10:00	Higher or Lower?			
	<b>Lunch:</b>	10:30		Casino Trivia	Happy Birthday Barbara W!
	Beef Macaroni Casserole, Cauliflower and Pudding Tart	12:30		PM Stretch	
		1:00		Bottom's Up	
	2:00	Cheese and Cracker Social			
<b>Tuesday 24</b>	9:30	Mask Making/Word Jumble	Happy Birthday Pauline C!		
	10:00	Mask Making/Mazes			
	<b>Lunch:</b>	10:30		Current Events/Horoscopes	
	Pot Roast, Mashed Potatoes, Carrots and Berry Pear Crisp	12:30		PM Stretch	
		1:00		Scattagories	
	2:00	Spelling Bee			
<b>Wednesday 25</b>	9:30	Test Abbreviations			
	10:00	Healthy Living			
	<b>Lunch:</b>	10:30	Would You Rather...		
	Chicken Florentine, Fettucine, Italian Vegetables and a Brownie	12:30	PM Stretch		
		1:00	Price is Right		
	2:00	Memory Table			
<b>Thursday 26</b>	9:30	Word Unscramble	Happy 100 <sup>th</sup> Birthday Velmer R!		
	10:00	Leaf Print Cards			
	<b>Lunch:</b>	10:30		Karaoke	
	Country Fried Steak, Mashed Potatoes, Spinach and Applesauce	12:30		PM Stretch	
		1:00		List It	
	2:00	Charades			
<b>Friday 27</b>	9:30	3-D Pumpkins	Happy Birthday Cindy R! (29 <sup>th</sup> )		
	10:00	3 D Pumpkins			
	<b>Lunch:</b>	10:30		Corny Jokes	
	Maple Glazed Fish, Rice, Broccoli and Lemon Meringue Pie	12:30		PM Stretch	
		1:00		Password	
	2:00	Clue Trivia			

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Oct. 30 – Nov. 3, 2017	Activities	Extras		
<b>Monday 30</b>	9:30	Fall Craft		
	10:00	States/Capitals		
	<b>Lunch:</b>	10:30	What Am I?	
	Lasagna, Cauliflower, Salad, Butterscotch Cream Cheese Bars	12:30	PM Stretch	
		1:00	Memory Table	
		2:00	Jeopardy	
<b>Tuesday 31</b>	9:30	Puzzles	Communion at 10 a.m.	
	10:00	Superstitions		
	<b>Lunch:</b>	10:30	Halloween Humor	Happy 100 <sup>th</sup> Birthday Irene M!
	Turkey Vegetable Pie, Baked Potato and Pumpkin Spice Cookie	12:30	PM Stretch	
		1:00	Karaoke	
		2:00	Halloween Party!	
<b>Wednesday 1</b>				
<b>Lunch:</b>				
<b>Thursday 2</b>				
<b>Lunch:</b>				
<b>Friday 3</b>				
<b>Lunch:</b>				

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### TIP OF THE MONTH:

**Ask for help** - One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This do-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask

# ACTIVITIES CALENDAR

Room: Meadowside

October 3 - 7, 2017	Activities	Extras		
<b>Monday 2</b>	9:30	Table Games		
	10:00	Monthly Gazette		
	<b>Lunch:</b>	10:30	Fall Memories	
	Broccoli Stuffed	12:30	PM Stretch	
	Chicken, Roasted	1:00	You Tube – Fall Foliage	
	Potato, Asparagus and Yellow Cake	2:00	October IQ	
<b>Tuesday 3</b>	9:30	Hand Massages!		
	10:00	Ways To Relax		
	<b>Lunch:</b>	10:30	Stretch It	
	Tropical Kielbasa,	12:30	PM Stretch	
	Sweet Potatoes,	1:00	Chair Yoga	
	Broccoli and Lemon- Lime Jell-O	2:00	Chicken Soup For The Soul	
<b>Wednesday 4</b>	9:30	Wacky Wordies		
	10:00	What's In The Bag?		
	<b>Lunch:</b>	10:30	Wheel Of Fortune	
	Roast Turkey,	12:30	PM Stretch	
	Butternut Squash,	1:00	You Tube – Magic Shows	
	Stuffing and Apple Pie	2:00	Mind Stretchers	
<b>Thursday 5</b>	9:30	Checkers/Games		
	10:00	Games A - Z		
	<b>Lunch:</b>	10:30	Shake Rattle & Roll	
	Italian Sausage,	12:30	PM Stretch	
	Onions and Peppers,	1:00	Chubby Checkers	
	Garlic Spaghetti and Macaroons	2:00	Twister	
<b>Friday 6</b>	9:30	Columbus Day Puzzles	Happy Birthday Shirley C and Billy T (7 <sup>th</sup> )	
	10:00	Patriotic Songs		
	<b>Lunch:</b>	10:30	Row Your Boat	
	Haddock Bruschetta,	12:30	PM Stretch	
	Spinach Orzo	1:00	Columbus Day Trivia	
		2:00	Columbus Day Facts	

**Note:** Meadowside  
Coffee Social and table games every day 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

October 9 - 13, 2017	Activities	Extras
<b>Monday 9</b>		<b><u>CLOSED</u></b>
<b>Lunch:</b>		<b><u>FOR</u></b>
		<b><u>THE</u></b>
		<b><u>HOLIDAY</u></b>
<b>Tuesday 10</b>	9:30 Country Craft	Communion 10 a.m.
	10:00 Country VS City Life	
<b>Lunch:</b>	10:30 Country Line Dancing	Happy Birthday Donna R and Mary G!
	12:30 PM Stretch	
Beef Stroganoff, Noodles, Carrots and Buckeye Cake	1:00 You Tube – Country Music	
	2:00 Country Song Game	
<b>Wednesday 11</b>	9:30 Daily Chronicle	
	10:00 What's Next?	
<b>Lunch:</b>	10:30 Basketball	
	12:30 PM Stretch	
Turkey, Mashed Potatoes, Green Bean Casserole and Pumpkin Pie	1:00 You Tube – Pumpkin Patch	
	2:00 Pumpkin Story	
<b>Thursday 12</b>	9:30 Daily Chronicles	Happy Birthday Iona L!
	10:00 I Remember My Pets	
<b>Lunch:</b>	10:30 Pet Therapy	
	12:30 PM Stretch	
Beef Tips, Noodles, Spinach and Cannoli	1:00 You Tube – Pet Shows	
	2:00 Pet Stories	
<b>Friday 13</b>	9:30 Things In A Attic	Happy Birthday Roger G, Beverly W and Robert C (15 <sup>th</sup> )!
	10:00 Superstitions	
<b>Lunch:</b>	10:30 What Would You Do?	
	12:30 PM Stretch	
Cod, Rice Pilaf, Creamed Corn and Tiger Brownies	1:00 You Tube Famous Families	
	2:00 Missing vowels	

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# ACTIVITIES CALENDAR

Room: Meadowside

October 16 - 20, 2017	Activities	Extras		
<b>Monday 16</b>	9:30	Blockhead		
	10:00	Tribond		
	<b>Lunch:</b>	10:30	Stretch It	
	Swiss Steak, Mashed Potato, Carrots and Chocolate Ice Cream	12:30	PM Stretch	
		1:00	The Year You Were Born	
		2:00	Raised On The Radio	
<b>Tuesday 17</b>	9:30	Noodle Craft		
	10:00	National Noodle Day	Communion	
	<b>Lunch:</b>	10:30	Noodles Exercises	
	Turkey Cacciatore, Noodles, Italian Vegetables and Custard	12:30	PM Stretch	
		1:00	Cooking Shows	
		2:00	Recipes A - Z	
<b>Wednesday 18</b>	9:30	Puzzles		
	10:00	You Be The Judge		
	<b>Lunch:</b>	10:30	Conversation Ball	
	Stuffed Pork Chop, Sweet Potato, Spinach and Pumpkin Bars	12:30	PM Stretch	
		1:00	Polka Music	
		2:00	Minute To Win It	
<b>Thursday 19</b>	9:30	Current Events	Happy Birthday Pete D!	
	10:00	Opposites		
	<b>Lunch:</b>	10:30	Ring Toss	
	Chicken & Dumplings, Lima Beans, Salad & Sponge Cake	12:30	PM Stretch	
		1:00	Famous Duos	
		2:00	Pairs	
<b>Friday 20</b>	9:30	Color A Smile	Happy Birthday Joe S, Richard W and Judy B (21 <sup>st</sup> )!	
	10:00	World Smile Day		
	<b>Lunch:</b>	10:30	Smile A - Z	
	Fried Fish, Tater Tots, Cole Slaw and Cherry Chocolate Bar	12:30	Reminiscing	
		1:00	Kids Say Funny Things	
		2:00	You're On Candid Camera	

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Room: Meadowside

October 23 – 27, 2017	Activities	Extras		
<b>Monday 23</b>	9:30	National Coloring Day	Happy Birthday Barbara W!	
	10:00	What Am I?		
	<b>Lunch:</b>	10:30		Squirrel Awareness Month
	Beef Macaroni Casserole, Cauliflower and Pudding Tart	12:30		PM Stretch
		1:00		Entertainment With
		2:00		Gary Landgren
<b>Tuesday 24</b>	9:30	Daily Chronicles	Happy Birthday Pauline C!	
	10:00	Dictionary Day		
	<b>Lunch:</b>	10:30		Desserts A - Z
	Pot Roast, Mashed Potatoes, Carrots and Berry Pear Crisp	12:30		PM Stretch
		1:00		Dance Songs
		2:00		Spelling Bee
<b>Wednesday 25</b>	9:30	Scare Crow Craft		
	10:00	What Am I?		
	<b>Lunch:</b>	10:30		Horoscopes
	Chicken Florentine, Fettucine, Italian Vegetables and a Brownie	12:30		PM Stretch
		1:00		Easy Listening Music
		2:00		Armchair Travel
<b>Thursday 26</b>	9:30	100 <sup>th</sup> Birthday Celebration	Happy 100 <sup>th</sup> Birthday Velmer R!	
	10:00	For Two of our		
	<b>Lunch:</b>	10:30		Meadowside Participants!
	Country Fried Steak, Mashed Potatoes, Spinach and Applesauce	12:30		Entertainment, Cake, Party and Dancing!
		1:00		
		2:00		
<b>Friday 27</b>	9:30	Treat Bag Craft	Happy Birthday Cindy R! (29 <sup>th</sup> )	
	10:00	Tell All		
	<b>Lunch:</b>	10:30		Toss It
	Maple Glazed Fish, Rice, Broccoli and Lemon Meringue Pie	12:30		PM Stretch
		1:00		You Tube – Old Shows
		2:00		Everyday Trivia

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<b>Monday 30</b>	9:30	Treat Bag Craft		
	10:00	What's In The Bowl?		
	<b>Lunch:</b>	10:30	Toss Um	
	Lasagna, Cauliflower, Salad, Butterscotch Cream Cheese Bars	12:30	PM Stretch	
		1:00	You Tube – Cute Costumes	
		2:00	The Eyes Have It	
<b>Tuesday 31</b>	9:30	Halloween Puzzles	Communion at 10 a.m.	
	10:00	Trick Or Treat With The Kids	Happy 100 <sup>th</sup> Birthday Irene M!	
	<b>Lunch:</b>	10:30	Halloween Games	
	Turkey Vegetable Pie, Baked Potato and Pumpkin Spice Cookie	12:30	PM Stretch	
		1:00	Halloween Dance	
		2:00	Halloween Social	
<b>Wednesday 1</b>				
<b>Lunch:</b>				
<b>Thursday 2</b>				
<b>Lunch:</b>				
<b>Friday 3</b>				
<b>Lunch:</b>				

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