

# 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).

## AUGUST 2017

### BROADMEADOW 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.

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### Summit ElderCare contact information

1369 Grafton St. Worcester, MA 01604

**1-508-373-7400 (TRS 711) ■ 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Nancy Grigas: 1-508-373-7400

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

Transportation service: Safeway Transportation: 1-508-799-5500



# 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	8/3/17 3:30pm-5pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercado 1-508-434-3200 Ext.32033	Charlton
Things to consider when faced with the impending death of a loved one	8/9/17 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 1-508-852-2026	East Mountain St.
Quotes and inspiration for caregivers	8/21/17 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Insights from a Caregivers Journey Speaker Frank S.P. Yacino	8/31/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Open Forum	8/9/17 3:30pm- 5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Non-Verbal Communication: Understanding What May Not Be Said Speaker: Brittany Collins, NP	8/9/17 2:30pm- 4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	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: Broadmeadow

August 1-4, 2017	Activities	Extras
<b>Monday</b>		
<b>Lunch:</b>		
<hr/>		
<b>Tuesday 1</b>	10:30	Stretch Out
	11:00	Sing Along
	11:45	Lunch
<b>Lunch:</b>	1:00	Karaoke
Beef Burgundy	2:15	Wheel of Fortune
Ziti		
Carrots		
Tropical Fruit		
<hr/>		
<b>Wednesday 2</b>	10:30	Move and Groove
	11:00	Ring Toss
	11:45	Lunch
<b>Lunch:</b>	1:00	Bean Bag Toss
Baked Fish Florentine	2:15	Country Sing Along
Scalloped Potatoes		
Vegetable Blend		
Frosted Cake		
<hr/>		
<b>Thursday 3</b>	10:30	Sittercise
	11:00	Finish The Lines
	11:45	Lunch
<b>Lunch:</b>	1:00	Music Bingo
Chicken Griller	2:15	Opposites
Macaroni Salad		
Melon		
<hr/>		
<b>Friday 4</b>	10:30	Sit and Swing
	11:00	Outdoor Fun
	11:45	Lunch
<b>Lunch:</b>	1:00	Horseracing
Stuffed Cabbage	2:15	1:1 Puzzles & Magazines
Rice		
Yellow Squash		
Ambrosia		

**Note:** 8:00 Coffee Social, coloring, 1:1 1:1 and sensory is offered throughout the day.  
 11:45 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....  
 Calendar is subject to change

# ACTIVITIES CALENDAR

Room: Broadmeadow

August 7-11, 2017	Activities	Extras		
<b>Monday 7</b>	10:30	Flex/Stretch	Hairdresser Gina is in	
	11:00	Frisbee Toss		
	<b>Lunch:</b> 11:45	Lunch		
	Chicken Alfredo Pasta Mixed Vegetables Jello	1:00 2:15		Horseshoes Alphabet Soup
<b>Tuesday 8</b>	10:30	Exercise	Hairdresser Jamie is in	
	11:00	Song Time		
	<b>Lunch:</b> 11:45	Lunch		
	Grilled Ham Steak Sweet Potatoes Summer Squash Pears	1:00 2:15		Word Scramble Short Stories
<b>Wednesday 9</b>	10:30	Music/Motion	Hairdresser Gina is in	
	11:00	Charades		
	<b>Lunch:</b> 11:45	Lunch		
	Veal Pattie Mashed Potato Italian Blend Peach Melba	1:00 2:15		Name that Tune Collages
<b>Thursday 10</b>	10:30	Flex/Stretch		
	11:00	What's my Line?		
	<b>Lunch:</b> 11:45	Lunch/ <b>COOKOUT</b>		
	Cook Out Hot Dog or Hamburger Potato Salad	1:00 2:15		Bowling Scavenger Hunt
<b>Friday 11</b>	10:30	Sing/Swing	Happy Birthday Lorraine Cham..... Aug. 12 Lauren R. Site Director	
	11:00	Horseshoes		
	<b>Lunch:</b> 11:45	Lunch		
	Chicken Leg Pasta Salad Green Beans Ice Cream Treat	1:00 2:15		Patriotic Sing Along Fill in the Blanks

**Note:** 8:00 Coffee Social, Word Searches, coloring, 1:1  
 11:45 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....  
 Calendar is subject to change

One to one and sensory provided throughout the day

# ACTIVITIES CALENDAR

Room: Broadmeadow

August 14-18, 2017	Activities	Extras		
<b>Monday 14</b>	10:30	Move to Music	Hairdresser Gina is in	
	11:00	Finish the Phrase		
	<b>Lunch:</b>	11:45	Lunch	Happy Birthday Chris G. O.T.
	Swedish Meatballs	1:00	Baking/Horseshoes	
	Pasta Broccoli Pudding	2:15	Manicures & Movie	
<b>Tuesday 15</b>	10:30	AM Stretch	Hairdresser Jamie is in	
	11:00	Sing To the Music		
	<b>Lunch:</b>	11:45	Lunch	Happy Birthday Lucy G. Health Aide
	Quiche Lorraine	1:00	Parachute	
	Oven Potatoes Zucchini Ice Cream Sandwich	2:15	Serenity Movie	
<b>Wednesday 16</b>	10:30	Sittercise	Hairdresser Gina is in	
	11:00	Everyday Trivia		
	<b>Lunch:</b>	11:30	Lunch	Happy Birthday Theresa M. Receptionist
	Ranch Chicken	1:00	Balloon Volley	
	Beets Noodles & Sauce Mandarin Oranges	2:15	One on Ones	
<b>Thursday 17</b>	10:30	Chair Aerobics		
	11:00	Ball Bop		
	<b>Lunch:</b>	11:45	Lunch	
	Pulled Pork	1:00	Collages/Jingo	
	Cole Slaw Red Potatoes Fruit Cocktail	2:15	Discussion Group	
<b>Friday 18</b>	10:30	Sing/Swing		
	11:00	Baseball Toss		
	<b>Lunch:</b>	11:45	Lunch	
	Turkey Salad Sandwich	1:00	Karaoke	
	Soup Garden Salad Pineapple	2:15	Card Making w/ Rebecca	

**Note:** 8:00 Coffee Social, word Searches, 1:1 One to one and sensory provided throughout the day  
 11:45 Lunch/Sandwich is an alternative  
 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....  
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# ACTIVITIES CALENDAR

Room : Broadmeadow

August 21-25, 2017	Activities	Extras	
<b>Monday 21</b>	10:30	Sittercise	Hairdresser Gina is in
	11:00	Pick Your Brain	
	<b>Lunch:</b>	11:45	Lunch
	Grilled Hot Dog	1:00	Wheel Of Fortune
	Baked Beans	2:30	Penney Ante
Salad			
Tropical Fruit			
<b>Tuesday 22</b>	10:30	Sittercise	Hairdresser Jamie is in
	11:00	Bean Bag Target Toss	
	<b>Lunch:</b>	11:45	Lunch
	Taco Salad	1:00	Bowling
	Rice & Beans	2:30	Patriotic Singing/Color Art
Cookies			
<b>Wednesday 23</b>	10:30	Exercise/Song	Hairdresser Gina is in
	11:00	Ring Toss	
	<b>Lunch:</b>	11:45	Lunch
	Scrambled Eggs	1:00	Sock Hop w/ Johnny D!
	Sausage	2:30	Pictionary
Waffles			
Fruited Jello			
<b>Thursday 24</b>	10:30	Move to Music	
	11:00	Patio Enjoyment	
	<b>Lunch:</b>	11:45	Lunch
	Roast Turkey	1:00	Country Sing Along
	Stuffing	2:30	Baking
Italian Blend Vegetables			
Melon			
<b>Friday 25</b>	10:30	AM Stretch	
	11:00	Ball Bop	Happy Birthday Bill M.
	<b>Lunch:</b>	11:45	
	Spaghetti & Meatballs	1:00	Name That Tune
	Salad	2:30	Strain your Brain
Fruit Cocktail			

**Note:** 8:00 Coffee Social, coloring, 1:1 One to one and sensory provided throughout the day  
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 2:30 Snack  
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....  
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# ACTIVITIES CALENDAR

Room: Broadmeadow

August 28-31 2017	Activities	Extras		
<b>Monday 28</b>	10:30	Flex and Stretch	Hairdresser Gina is in	
	11:00	Octopus		
	<b>Lunch:</b> 11:45	Lunch		
	Hamburger 1:00	Anagrams		
	Potato Salad 2:15	What would you Do?		
<b>Tuesday 29</b>	10:30	Move to Music	Hairdresser Jamie is in	
	11:00	Washer Game		
	<b>Lunch:</b> 11:45	Lunch		Happy Birthday Jean B.
	Seafood Stir Fry 1:00	Charades		
	Stir Fry Vegetables 2:15	Clipping Coupons		
White Rice				
Mousse				
<b>Wednesday 30</b>	10:30	Chair Aerobics	Hairdresser Gina is in	
	11:00	Bean Bag Target Toss		
	<b>Lunch:</b> 11:30	Lunch		
	Chicken Kabob 1:00	Circle Talk		
	Couscous 2:15	Light Music		
Salad				
Frosted Cake				
<b>Thursday 31</b>	10:30	Chair Aerobics		
	11:00	Horseshoes		
	<b>Lunch:</b> 11:30	Lunch		
	Ham & Cheese Sandwich 1:00	Beach Ball Bop/Talk Time		
	Soup 2:15	Fun on the Farm Video		
Garden Salad				
Ice Cream				

## Friday

### Lunch:

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**AUGUST 2017**

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# ACTIVITIES CALENDAR

Room:Summit

August 1-4, 2017

**Activities**

**Extras**

## Monday

### Lunch:

## Tuesday 1

10:30

Sit and Swing

Hairdresser Jamie is in

11:00

Painting Group/Social Time

### Lunch:

Beef Burgundy

11:45

Lunch

Ziti

1:00

Bottoms Up

Carrots

2:30

Trivia

Tropical Fruit

## Wednesday 2

10:30

Sit and Swing

Hairdresser Gina is in

### Lunch:

11:00

Sing Along

Happy Birthday

Baked Fish Florentine

11:45

Lunch

George L

Scalloped Potatoes

1:00

"MELON" Bingo

Vegetable Blend

2:30

Finish the Lyrics...

Frosted Cake

## Thursday 3

10:30

Move to Music

11:00

Bean Bag Toss

### Lunch:

11:45

Lunch

Chicken Griller

1:00

What's in a Word

Macaroni Salad

2:30

First Ladies...

Melon

## Friday 4

10:30

Sit and Swing

Happy Birthday

11:00

Communion w/ Frank

Bev C.

### Lunch:

11:45

Lunch

Stuffed Cabbage

1:00

Crosswords

Rice

2:30

Circle Talk

Yellow Squash

3:30

Summit Challenge

Ambrosia

### Note:

8:00 Coffee Social, word Searches, 1:1

11:45 Lunch/Sandwich is an alternative

12:30 Rock and Roll

1:30 Snack

3:00 1:1, Movie, Game Shows, Retro TV, Games...

Computers available all day  
Calendar is subject to change  
Summit Room

# ACTIVITIES CALENDAR

Room: Summit

August 7-11, 2017	Activities	Extras
<b>Monday 7</b>		Hairdresser Gina is in
	10:30 Move & Groove	
<b>Lunch:</b>	11:00 Volleyball	Happy Birthday Joan S.
Chicken	12:00 Lunch	
Alfredo/Pasta	1:00 Crosswords	
Mixed Vegetables	2:30 Music Bingo	
Jello		
<b>Tuesday 8</b>	10:30 <b>Painting Group</b>	Hairdresser Jamie in
	11:00 Chat Corner	
<b>Lunch:</b>	11:45 Lunch	
Grilled Ham Steak	1:00 Jeopardy	
Sweet Potatoes	2:30 Penny Ante	
Summer Squash		
Pears		
<b>Wednesday 9</b>	10:30 Chair Aerobics	Hairdresser Gina in
	11:00 <b>Rosary w/ Frank</b>	
<b>Lunch:</b>	11:45 Lunch	Happy Birthday Dorothy M.
Veal Pattie/Mashed	12:50 <b>Participants Council Mtg.</b>	
Potato	1:00 Jokereno/cheese & crackers	
Italian Blend Vegetables	2:30 You be the Judge	
Peach Melba		
<b>Thursday 10</b>	10:30 Move and Groove	
	11:00 Circle Talk	
<b>Lunch:</b>	11:45 <b>Lunch/Cookout</b>	
Cookout:	1:00 <b>"OCEAN" Bingo</b>	
Hot Dog/Hamburger	2:30 Make your Point	
<b>Friday 11</b>	10:30 Sit and Swing	August 14 <sup>th</sup>
	11:00 Washer Game	Happy Birthday Lauren R. Site Director
<b>Lunch:</b>	11:45 Lunch	
BBQ Chicken Leg	1:00 Wheel of Fortune	
Pasta Salad	2:30 Classical Composer Corner	
Green Beans	3:00 Summit Challenge	
Ice Cream Treat		

**Note:** 8:00 Coffee Social, word Searches, 1:1  
 11:45 Lunch/ Sandwich is an alternative  
 12:30 Rock and Roll  
 1:30 Snack  
 3:00 1:1, Movie, Game Shows, Retro TV, Games...

Computers available all day  
 Calendar is subject to change  
 Summit Room

# ACTIVITIES CALENDAR

Room: Summit

August 14-18, 2017	Activities	Extras		
<b>Monday 14</b>	10:30	AM Stretch	Hairdresser Gina in	
	11:00	Bowling		
	<b>Lunch:</b>	11:45	Lunch	Happy Birthday Chris G. O.T.
	Swedish	1:00	Crosswords	
	Meatballs/Pasta	2:30	Kitty Corner	
Broccoli Pudding				
<b>Tuesday 15</b>	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Social Time		
	<b>Lunch:</b>	11:45	Lunch	Happy Birthday Lucy G. Health Aide
	Quiche Lorraine	1:00	What's in a Word/ Bereavement Group	
	Oven Potatoes	2:30	What Am I?	
Zucchini Ice Cream Sandwich				
<b>Wednesday 16</b>	10:30	Sit and Swing	Hairdresser Gina in	
	11:00	Laughter Yoga		
	<b>Lunch:</b>	11:30	Lunch	Happy Birthday Gayle A. Ray B. Theresa M. Receptionist
	Ranch	1:00	Jokereno	
	Chicken/Noodles	2:30	What would you Do?	
Beets Mandarin Oranges				
<b>Thursday 17</b>	10:30	Exercises		
	11:00	Communion w/ Frank		
	<b>Lunch:</b>	11:45	Lunch	
	Pulled Pork/Bun	1:00	Bottoms Up	
	Cole Slaw Red Potatoes Fruit Cocktail	2:30	Simple Origami	
<b>Friday 18</b>	10:30	Chair Aerobics		
	11:00	Ball Bop		
	11:45	Lunch		
	<b>Lunch:</b>	1:00	Card Making w/ Rebecca	
	Turkey Salad Sandwich	2:30	Wheel of Fortune	
Soup	3:00	Alphabetics		
Garden Salad		Summit Challenge		
Pineapple				

**Note:** 8:00 Coffee Social, word Searches, 1:1  
 11:45 Lunch / Sandwich is an alternative  
 12:30 Rock and Roll  
 1:30 Snack  
 3:00 1:1, Movie, Game Shows, Retro TV, Games...

Computer available all day  
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 Summit Room

# ACTIVITIES CALENDAR

Room: Summit

August 21-25, 2017	Activities	Extras		
<b>Monday<sup>21</sup></b>	10:30	Swing and Sit	Hairdresser Gina in	
	11:00	Rosary w/ Frank		
	<b>Lunch:</b>	11:45		Lunch
	Grilled Hot Dog	1:00		"FISHY" Bingo
	Baked Beans	2:30		Name that Tune
Salad/Dressing				
Tropical Fruit				
<b>Tuesday<sup>22</sup></b>	10:30	Painting Group/ Word Game	Hairdresser Jamie in	
	11:00	Circle Talk		
	<b>Lunch:</b>	11:45		Lunch
	Taco Salad W/	1:00		Jokereno
	Fixings	2:30		Triple Treat Trivia
Rice & Beans				
Cookies				
<b>Wednesday<sup>23</sup></b>	10:30	Move to Music	Hairdresser Gina in	
	11:00	Washer Game		
	<b>Lunch:</b>	11:45		Lunch
	Brunch: Scrambled Eggs,	1:00		Happy Birthday
	Sausage, Waffles, Syrup	2:30		Shirley S.
Fruited Jello				
<b>Thursday<sup>24</sup></b>	10:30	AM Stretch		
	11:00	Sing Along		
	<b>Lunch:</b>	11:45		Lunch
	Roast Turkey/Gravy	1:00		Wheel of Fortune
	Stuffing	2:30		Classical Composer Corner
Italian Blend				
Melon				
<b>Friday<sup>25</sup></b>	10:30	Sittercise	Happy Birthday Frances C. Larry L.	
	11:00	Horseshoes		
	<b>Lunch:</b>	11:45		Lunch
	Spaghetti & Meatballs	1:00		Crosswords
	Salad/Dressing	2:30		Anagram
Fruit Cocktail	3:00	Summit Challenge		

**Note:** 8:00 Coffee Social, Word Searches, 1:1  
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 3:00 1:1, Movie, Game Shows, Retro TV, Games...

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# ACTIVITIES CALENDAR

Room:Summit

August 28-31, 2017	Activities	Extras		
<b>Monday 28</b>	10:30	AM Stretch	Hairdresser Gina is in	
	11:00	Bowling		
	<b>Lunch:</b> 11:45	Lunch		
	Hamburgers/Lettuce Tomatoes	1:00		Jokereno
	Potato Salad Peaches & Cream	2:30		Fill in the Blanks
<b>Tuesday 29</b>	10:30	Painting Group	Hairdresser Jamie in  Happy Birthday Mary B.	
	11:00	Chat and Talk Time		
	<b>Lunch:</b> 11:45	Lunch		
	Seafood Stir Fry Vegetables	1:00		Chain Reaction
	White Rice Mousse	2:30		What's My Secret
<b>Wednesday 30</b>	10:30	Move and Groove	Hairdresser Gina is in	
	11:00	Ring Toss		
	<b>Lunch:</b> 11:45	Lunch		
	Chicken Kabob Couscous	1:00		"BEACH" Bingo
	Salad/Dressing Frosted Cake	2:30		What's my Line?
<b>Thursday 31</b>	10:30	Chair Aerobics		
	11:00	Communion w/ Frank		
	<b>Lunch:</b> 11:45	Lunch		
	Ham & Cheese Sandwich/Soup	1:00		Bottoms Up
	Garden Salad Ice Cream	2:30		Who Am I?
<b>Friday</b>				
<b>Lunch:</b>				

**Note:** 8:00 Coffee Social, word Searches, 1:1  
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