



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).

DECEMBER 2019

BROADMEADOW ROOM

SUMMIT ELDERCARE WILL BE CLOSING AT 3PM ON TUESDAY, DEC. 24TH, AND CLOSED ON WEDNESDAY, DEC. 25TH and WEDNESDAY JAN. 1ST.

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

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 (toll-free): 1-855-508-3722

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 Forum	12/3/19 3:00pm-4:30pm	108 Thompson Road Webster MA	Bessie Bechthold 774-317-6700	Webster
Positive Approach to Care	12/20/19 3pm-4:30pm	288 Grove Street Worcester, MA	Michelle Parent 1-508-852-2026 X56548	Grove St.
Preparing for the New Year	12/16/19 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
	/19 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
The Stresses of Caregiving	12/11//19 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Holidays: Joy vs. Struggles	12/11/19 3:00pm-4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

Tip of the month:

To help visitors prepare for holiday time with a person with dementia:

1. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit.
2. Offer communication tips to lessen stress or awkwardness.
3. Suggest activities.



Activities calendar

December 2-6, 2019

Room: Broadmeadow

	Activities	Extras
Monday 2 Lunch: Stuffed Peppers, Rice, Summer Squash Pudding	10:30 Exercises 11:00 Snowball Toss 11:45 Lunch 1:00 Snow Man Craft 2:15 50's Sing a Long	Happy Birthday 12/1 Lisa B. OT 12/2 Elaine B. RN
Tuesday 3 Lunch: Roast Pork, Sweet Potatoes, Bean Blend Carrot Cake	10:30 Sit and Swing 11:00 Washer Game 11:45 Lunch 1:00 Horse Racing 2:15 Winter Scenic D.V.D.	Hairdresser Jamie, is in
Wednesday 4 Lunch: Baked Fish, Roasted Potatoes, Spinach Coffee Cake	10:30 Sit and Swing 11:00 Kickball 11:45 Lunch 1:00 Christmas Sing Along 2:15 Holiday Stories	Hairdresser Gina is in
Thursday 5 Lunch: Chicken Alfredo Rotini Zucchini Fruit Cocktail	10:30 AM Stretch 11:00 Balloon Volley 11:45 Lunch 1:00 Collages/Puzzles 2:15 Penny Ante	
Friday 6 Lunch: ½ Stuffed Potato Mousse	10:30 Sit and Swing 11:00 Tic Tac Toe 11:45 Lunch 1:00 What's My Line? 2:15 Sensory Stimulation	

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

December 9-13, 2019

Room: Broadmeadow

	Activities	Extras
Monday ⁹ Lunch: Swedish Meatballs Noodles Vegetable Blend Sherbet	10:30 Exercise/Song 11:00 Ball Toss 11:45 Lunch 1:00 What's in Santa's Bag? 2:15 Christmas Trivia	Happy Birthday Marie Claire HA
Tuesday ¹⁰ Lunch: N.E. Clam Chowder, Tuna Roll Bean Salad Peach Melba	10:30 Exercise/Song 11:00 Circle Talk 11:45 Lunch 1:00 Music with Dave & Eric!! 2:15 Clue Trivia	Hairdresser Jamie is in
Wednesday ¹¹ Lunch: Ham Steak, Scalloped Potatoes, Brussel Sprouts Brownies	10:30 Music/Motion 11:00 Basketball 11:45 Lunch 1:00 Table Ball Roll 2:15 Holiday Inn Movie	Hairdresser Gina is in
Thursday ¹² Lunch: B.B.Q. Chicken Leg Rice Pilaf Peas & Carrots Mandarin Oranges	10:30 Flex/Stretch 11:00 Frisbee 11:45 Lunch 1:00 Winter Word Scramble 2:15 5 Second Rule	
Friday ¹³ Lunch: Pot Roast, Wax Beans, Red Bliss Potatoes Ambrosia	10:30 Sing/Swing 11:00 Horseshoes 11:45 Lunch 1:00 Christmas Program w/ Donna & Arthur 2:15 Polar Express Movie	Happy Birthday 12/14 Sharon P. PT

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

December 16-20, 2019

Room: Broadmeadow

	Activities	Extras
Monday 16 Lunch: Chicken ala King, Rice Mixed Vegetables Peaches	10:30 Move to Music 11:00 Twister 11:45 Lunch 1:00 Santa Visits Summit 2:15 Christmas in CT Movie	
Tuesday 17 Lunch: Pizza, Tossed Salad Fruited Jello	10:30 AM Stretch 11:00 Can Can Can 11:45 Lunch 1:00 Holiday Craft 2:15 Christmas Reminiscing	Hairdresser Jamie is in
Wednesday 18 Lunch: Chicken Condon Bleu, Wild Rice Turnip Fruit Cup	10:30 Sittercise 11:00 Snowball Toss 11:30 Lunch 1:00 Holiday Tea Party 2:15 Muppet's Holiday Movie	Hairdresser Gina is in
Thursday 19 Lunch: Meatloaf Mashed Potatoes Carrots Frosted Cake	10:30 Chair Aerobics 11:00 Bean Bag Toss 11:45 Lunch 1:00 Christmas Jingo 2:15 Cards with Rebecca	
Friday 20 Lunch: Soup and Sandwich Ice Cream Treat	10:30 Sing/Swing 11:00 Popcorn Toss 11:45 Lunch 1:00 BJ's Sound of Steel!!! 2:15 Christmas Karaoke	

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
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 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change



Activities calendar

December 23-27, 2019

Room : Broadmeadow

	Activities	Extras
Monday 23 Lunch: Hamburger Hash brown Casserole Pears	10:30 Sittercise 11:00 Basketball 11:45 Lunch 1:00 Baking Group 2:30 Nutcracker D.V.D.	
Tuesday 24 Lunch: Macaroni & Cheese Stewed Tomatoes Gingerbread	10:30 Sit and Swing 11:00 Snowball Toss 11:45 Lunch 1:00 Christmas cheer/Dancing SUMMIT ELDERCARE WILL CLOSE AT 3PM	Hairdresser Jamie is in
Wednesday 25 Lunch:	SUMMIT ELDERCARE IS CLOSED MERRY CHRISTMAS	
Thursday 26 Lunch: Shepard's Pie Peaches	10:30 Move to Music 11:00 Balloon Volleyball 11:45 Lunch 1:00 Pictionary 2:30 Short Stories	Happy Birthday Mary N. RN
Friday 27 Lunch: Stuffed Cabbage Rice Carrots Cookies	10:30 AM Stretch 11:00 Horseshoes 11:45 Lunch 1:00 Rosary with Sue 2:30 Finish The Lines	

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 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art.....
 Calendar is subject to change



Activities calendar

December 30-31, 2019

Room: Broadmeadow

	Activities	Extras
Monday ³⁰ Lunch: Chicken Marsala Pasta Italian Blend Vegetables Ice Cream	10:30 Move to Music 11:00 Table Ball Roll 11:45 Lunch 1:00 Craft Snowflakes 2:15 Whimsical Melodies	
Tuesday ³¹ Lunch: Beef Stew Biscuit Jell-O Cake	10:30 AM Stretch 11:00 Kickball 11:45 Lunch 1:00 New Years' Celebration 2:15 Resolutions	Hairdresser Jamie is in
Wednesday Lunch:	HAPPY NEW YEAR!!!	
Thursday Lunch:		
Friday Lunch:		

Note:

8:00 Coffee Social, coloring, 1:1 One to one and sensory provided throughout the day
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 2:30 Snack
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Activities calendar

December 2-6, 2019

Room: Summit

	Activities	Extras
Monday 2 Lunch: Stuffed Peppers, Tomato Sauce, Rice, Summer Squash, Pudding	10:30 Move To Music 11:00 Snowball Toss 11:45 Lunch 1:00 Bingo 2:30 Triple Treat Trivia	12:30 Healthy Life Styles Happy Birthday 12/1 Lisa B 12/2 Elaine B. RN
Tuesday 3 Lunch: Roast Pork, Gravy Sweet Potatoes, Bean Blend Carrot Cake	10:30 Painting Group 11:00 Trivia 11:45 Lunch 1:00 Baking Demo with Martha 2:30 December IQ	Jamie, hairdresser, is in
Wednesday 4 Lunch: Baked Fish, Roasted Potatoes, Spinach, Tartar Sauce, Coffee Cake	10:30 Sittercise 11:00 Communion/Rosary with Joe 11:45 Lunch 1:00 Christmas Sing Along/ Men's Group 2:30 Random Trivia	Gina, hairdresser, is in Happy Birthday Dorothea G.
Thursday 5 Lunch: Chicken Alfredo, Rotini, Zucchini, Fruit Cocktail	10:30 Chair Aerobics 11:00 Kickball 11:45 Lunch 1:00 Wheel of Fortune 2:30 Who Am I?	
Friday 6 Lunch: Half Stuffed Potato Mousse	10:30 Sit and Swing 11:00 Snowball Toss 11:45 Lunch/PCM 1:00 "SNOWY" Bingo 2:30 Mixed Up Winter	Happy Birthday 12/7 Butch

Note: 8:00 Coffee Social, word searches, 1:1, newspapers
 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

December 9-13, 2019

Room: Summit

	Activities	Extras
Monday ⁹ Lunch: Swedish Meatballs, Gravy, Noodles, Vegetable Blend Sherbet	10:30 A.M. Stretch 11:00 Football Throw 11:45 Lunch 1:00 "Holly" Bingo 2:30 Random Trivia	12:30 Healthy Life Styles Happy Birthday Marie Claire HA
Tuesday ¹⁰ Lunch: N.E. Clam Chowder, Tuna Roll, Bean Salad Peach Melba	10:30 Painting Group 11:00 Word Scramble 11:45 Lunch 1:00 Music with Dave and Eric 2:30 Frosty the Snowman Movie	Hairdresser Jamie in Happy Birthday Betsy O.
Wednesday ¹¹ Lunch: Ham Steak, Scalloped Potatoes, Brussel Sprouts Brownies	10:30 Chair Aerobics 11:00 Laughter Yoga 11:45 Lunch 1:00 Music with Scott & Company 2:30 The Chat Room	Hairdresser Gina in
Thursday ¹² Lunch: BBQ Chicken Leg, Rice Pilaf, Peas & Carrots Mandarin Oranges	10:30 Move and Groove 11:00 Balloon Volley 11:45 Lunch 1:00 Minute to Win It 2:30 E-Z Does it Trivia	
Friday ¹³ Lunch: Pot Roast, Wax Beans, Red Bliss Potatoes Ambrosia	10:30 Sit and Swing 11:00 Kickball 11:45 Lunch 1:00 Christmas Program with Donna & Arthur 2:30 Christmas in CT movie	Happy Birthday Sharon P. PT

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Room: Summit

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Monday 16 Lunch: Chicken ala King, Rice, Mixed Vegetables Peaches	10:30 AM Stretch 11:00 Bottle Ring Toss 11:45 Lunch 1:00 Santa Visits Summit 2:30 Songs Missing Vowels	12:30 Healthy Life Styles
Tuesday 17 Lunch: Pizza, Tossed Salad Fruited Jello	10:30 Painting Group 11:00 Anagram 11:45 Lunch 1:00 Jeopardy 2:30 What Am I?	Hairdresser Jamie in
Wednesday 18 Lunch: Chicken Condon Blue, Wild Rice Turnip Fruit Cup	10:30 Sit and Swing 11:00 Communion/Rosary with Joe 11:30 Lunch 1:00 "Gifts" Bingo 2:30 Humor Page	Hairdresser Gina in
Thursday 19 Lunch: Meatloaf, Mashed Potatoes, Carrots Frosted Cake	10:30 Exercises 11:00 Name that Tune 11:45 Lunch 1:00 It's not just Bingo/Cards with Rebecca 2:30 Remembering Winter Songs	
Friday 20 Lunch: Soup/Sandwich, Lettuce, Tomatoes Ice Cream Treat	10:30 Chair Aerobics 11:00 Snowball Toss 11:45 Lunch 1:00 B.J.'s Sound of Steel!! 2:30 Christmas Carol Trivia	

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Activities calendar

December 23-27, 2019

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Monday 23 Lunch: Hamburger Hash brown Casserole Pears	10:30 Swing and Sit 11:00 Ring Toss 11:45 Lunch 1:00 Chain Reaction 2:30 Hanukkah Reading	12:30 Healthy Life Styles
Tuesday 24 Lunch: Macaroni and Cheese Stewed Tomatoes Gingerbread	10:30 Word Game 11:00 What's My Line? 11:45 Lunch 1:00 Fascinating Facts SUMMIT ELDERCARE WILL CLOSE AT 3PM	Hairdresser Jamie in
Wednesday 25 Lunch:	MERRY CHRISTMAS! SUMMIT ELDERCARE IS CLOSED	
Thursday 26 Lunch: Shepard's Pie Peaches	10:30 Music & Movement 11:00 50's Sing Along 11:45 Lunch 1:00 Jokereno 2:30 Kwanza Reading	Happy Birthday Mary N. RN
Friday 27 Lunch: Stuffed Cabbage Rice Carrots Cookies	10:30 Musical Ribbons 11:00 Laughter Yoga 11:45 Lunch 1:00 Bottoms Up 2:30 Wacky Wordies	Happy Birthday 12/29 Barbara M.

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Activities calendar

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Room: Summit

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Monday 30 Lunch: Chicken Marsala Italian Blend Vegetables Ice Cream	10:30 Chair Aerobics 11:00 Circle Talk 11:45 Lunch 1:00 Jeopardy 2:30 New Year's Eve Quiz/Traditions	12:30 Healthy Life Styles Happy Birthday Joyce P.
Tuesday 31 Lunch: Beef Stew Biscuit Jell-O- Cake	10:30 Painting Group 11:00 Word Game 11:45 Lunch 12:00 Count down to New Years 1:00 Password	Hairdresser Jamie in
Wednesday Lunch:	HAPPY NEW YEAR!!	
Thursday Lunch:		
Friday Lunch:		

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