



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).

JULY 2018

SUMMIT ELDERCARE WILL BE CLOSED ON WEDNESDAY, July 4th

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.

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	7/3/18 3:30pm-4:30pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercardo 1-508-434-3200 Ext.32033	Charlton
Teepa Snow Finding Gems Michelle Parent Recreational Activites	7/11/18 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Leslie Boulette 1-508-852-2026 Ext 56533	East Mountain St.
Healthy coping.	7/16/18 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Open Forum Networking Opportunity	7/26/18 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Coping with grief and loss	7/11/18 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Safety Techniques	7/11/18 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 1-978-427-6823	Lowell

Tip of the month:

Eat a Balanced Diet. This is vital to good long-term health, and it shouldn't be hard to manage. Chances are the person you're caring for has been ordered to eat well, and you're probably preparing and/or sharing many of those meals.

Activities calendar

July 2-6, 2018

Room: Broadmeadow

	Activities	Extras
Monday 2 Lunch: Grilled Hot Dog Potato Salad Salad Watermelon	10:30 Coffee Social 11:00 Ring Toss 11:45 Lunch 1:00 Short Stories/Light Music 2:15 Kitten Video	
Tuesday 3 Lunch: Roast Turkey Stuffing Carrots Pears	10:30 Coffee Social 11:00 Horseshoes 11:45 Lunch 1:00 God Bless Amer. Sing Along 2:15 Short Story	
Wednesday 4 Lunch:	CENTER IS CLOSED INDEPENDENCE DAY!	
Thursday 5 Lunch: Stuffed ½ Potato Lettuce & Tomato Pudding	10:30 Coffee Social 11:00 Table Ball Roll 11:45 Lunch 1:00 Shake Loose a memory 2:15 Collages	
Friday 6 Lunch: BBQ Chicken Leg Summer Squash Rice Pilaf Brownies	10:30 Coffee Social 11:00 Balloon Volley 11:45 Lunch 1:00 Name the Picture 2:15 Music	

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

July 9-13, 2018

Room: Broadmeadow

	Activities	Extras
Monday 9 Lunch: Stuffed Chicken Breast Supreme Sauce Green Peas Peaches	10:30 Coffee Social 11:00 Patio Enjoyment 11:45 Lunch 1:00 Karaoke/Creative Art 2:15 Sensory Video	Hairdresser Gina is in
Tuesday 10 Lunch: Soup & Sandwich Pasta Salad Frosted Cake	10:30 AM Stretch 11:00 Washer Game 11:45 Lunch 1:00 Sing Along 2:15 Baking	Hairdresser Jamie is in
Wednesday 11 Lunch: Baked Fish Carrots ½ Baked Potato Ambrosia	10:30 Music/Motion 11:00 Bottle Ring Toss 11:45 Lunch 1:00 Penny Ante 2:15 Visit the Farm DVD	Hairdresser Gina is in Happy Birthday Jen W. SW
Thursday 12 Lunch: Chicken Kabob Couscous Vegetable Blend Cookies	10:30 Flex/Stretch 11:00 Tic Tac Toe 11:45 Lunch 1:00 Language of the Fans 2:15 Puzzles/Magazines	
Friday 13 Lunch: Cheese Pizza Tossed Salad Dressing Melon	10:30 Coffee Social 11:00 Ball Toss 11:45 Lunch 1:00 Country Sing Along 2:15 Music	7/15 Happy Birthday Kathleen B.

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

July 16-20 , 2018

Room:Broadmeadow

	Activities	Extras
Monday 16 Lunch: American Chop Suey Italian Blend Vegetable Pudding	10:30 Move to Music 11:00 Bean Bag Challenge 11:45 Lunch 1:00 Zoo Keeper Bingo 2:15 Puppy DVD	Hairdresser Gina is in
Tuesday 17 Lunch: Chicken Marsala Rotini Brussel Sprouts Mandarin Oranges	10:30 AM Stretch 11:00 Frisbee 11:45 Lunch 1:00 Reminisce 2:15 Triple Treat Trivia	Hairdresser Jamie is in
Wednesday 18 Lunch: Tortellini Salad with diced ham Warm Pickled Beets Mousse	10:30 Sittercise 11:00 Ball Roll 11:30 Lunch 1:00 Bowling 2:15 Birthday Jingo/Scenic DVD	Hairdresser Gina is in
Thursday 19 Lunch: Pork Riblette Oven Roasted Potatoes Green Beans Fruited Jell-O	10:30 Chair Aerobics 11:00 Circle Talk 11:45 Lunch 1:00 What's my Line? 2:15 High Rollers	
Friday 20 Lunch: Asian Chicken Oriental Vegetables White rice Pineapple Chunks	10:30 Sing/Swing 11:00 Ring Toss 11:45 Lunch 1:00 Horse Racing 2:15 Attic Antics	

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

July 23-27, 2018

Room : Broadmeadow

	Activities	Extras
Monday 23 Lunch: Chicken Griller Roll Ranch Dressing, Lettuce, Tomato Macaroni Salad Tropical Fruit	10:30 Sittercise 11:00 Baseball Toss 11:45 Lunch/Ice Cream Sundaes 1:00 Wheel Of Fortune 2:30 Table Ball Roll/Cards w/ Rebecca	Hairdresser Gina is in
Tuesday 24 Lunch: Macaroni & Cheese Stewed Tomatoes Peach Melba	10:30 Sittercise 11:00 Horseshoes 11:45 Lunch 1:00 50's Sing Along 2:30 Call out the Answers Trivia	Hairdresser Jamie is in
Wednesday 25 Lunch: Swedish Meatballs Noodles Bean Blend Ice Cream Sandwich	10:30 Exercise/Song 11:00 Popcorn Toss 11:45 Lunch 1:00 Horseracing 2:30 Show Tunes	Hairdresser Gina is in
Thursday 26 Lunch: Spinach Salad, Cheese, Turkey Strips, Tomatoes, Dressing Vegetable Soup Coffee Cake	10:30 Move to Music 11:00 Can Can Can 11:45 Lunch 1:00 Stretch Band 2:30 Baking	
Friday 27 Lunch: Stuffed Shells Pesto Cream Sauce Zucchini Fruit Cocktail	10:30 AM Stretch 11:00 Basketball 11:45 Lunch 1:00 Karaoke 2:30 Picture Jingo	

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Activities calendar

July 30-31, 2018

Room: Broadmeadow

	Activities	Extras
Monday 30 Lunch: Hamburgers Mustard, Ketchup, Lettuce, Tomatoes Bean Salad Sherbet	10:30 Chair Aerobics 11:00 Frisbee 11:45 Lunch 1:00 Word Game 2:15 Collages	Hairdresser Gina is in
Tuesday 31 Lunch: Bourbon Chicken Wild Rice Turnip Cupcakes	10:30 Move to Music 11:00 Balloon Volley 11:45 Lunch 1:00 Patriotic Sing Along 2:15 Name the Picture	Hairdresser Jamie is in
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

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Activities calendar

July 2-6, 2018

Room: Summit

	Activities	Extras
Monday 2 Lunch: Grilled Hot Dog Potato Salad Salad/Dressing Watermelon	10:30 AM Stretch 11:00 Rosary w Frank 11:45 Lunch 1:00 Wheel of Fortune 2:30 Trivia	
Tuesday 3 Lunch: Roast Turkey Gravy, Cranberry Sauce Stuffing, Carrots Pears	10:30 Painting Group 11:00 Mixed Up Independ. Day 11:45 Lunch 1:00 "BURST" Bingo 2:30 July 4 th Reminisce	
Wednesday 4 Lunch:	SUMMIT ELDERCARE IS CLOSED HAPPY 4 TH OF JULY	Happy Birthday Aniela
Thursday 5 Lunch: Taco Stuffed ½ Potato Sour Cream, Cheese, Lettuce, Tomato Pudding	10:30 Chair Aerobics 11:00 Patriotic Places 11:45 Lunch 1:00 Bingo 2:30 Old Wives Tale Trivia	
Friday 6 Lunch: BBQ Chicken Leg Summer Squash Rice Pilaf Brownies	10:30 Sit and Swing 11:00 Laughter Yoga 11:45 Lunch 1:00 Jokereno 2:30 Book Club	

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
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 Summit Room

Activities calendar

July 9-13, 2018

Room: Summit

	Activities	Extras
Monday 9 Lunch: Stuffed Chicken Breast Supreme Sauce Green Peas Peaches	10:30 A.M. Stretch 11:00 Kickball 11:45 Lunch 1:00 Crossword Puzzles 2:30 Password	Hairdresser Gina is in
Tuesday 10 Lunch: Soup & Sandwich Lettuce/Tomatoes Pasta Salad Frosted Cake	10:30 Painting Group/ Pet Therapy 11:00 Anagram 11:45 Lunch 1:00 Jokereno 2:30 Nuts & Bolts Game	Hairdresser Jamie in Happy Birthday Marion S.
Wednesday 11 Lunch: Baked Fish, tarter sauce Carrots ½ Baked Potato Ambrosia	10:30 Chair Aerobics 11:00 Circle Talk 11:45 Lunch 1:00 Pool Party w/ Johnny D! 2:30 What Am I?	Hairdresser Gina in Happy Birthday Jen W. SW
Thursday 12 Lunch: Chicken Kabob- Onions, Peppers Couscous Vegetable Blend Cookies	10:30 Move and Groove 11:00 Comm. w/ Frank 11:45 Lunch 1:00 Jeopardy 2:30 Who Am I?	Happy Birthday Elizabeth H.
Friday 13 Lunch: Cheese Pizza Tossed Salad Dressing Melon	10:30 Sit and Swing 11:00 Kickball 11:45 Lunch 1:00 "PARIS" Bingo 2:30 Triple Treat Trivia	Happy Birthday Shirley R. and Michael H. 7/14 Marion B and Cathy B. 7/15 Lucy G.

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	Activities	Extras
Monday 16 Lunch: American Chop Suey Italian Blend Vegetable Pudding	10:30 AM Stretch 11:00 7 Word Game 11:45 Lunch 1:00 Talking Book Presentation 2:30 Who Am I?	Hairdresser Gina in
Tuesday 17 Lunch: Chicken Marsala Rotini Brussel Sprouts Mandarin Oranges	10:30 Painting Group 11:00 Anagram 11:45 Lunch 1:00 Dog Days of Summa Bingo 2:30 Easy Does it Trivia	Hairdresser Jamie in
Wednesday 18 Lunch: Tortellini Salad with Diced Ham Warm Pickled Beets Mouse	10:30 Sit and Swing 11:00 Laughter Yoga 11:30 Lunch 12:45 Participants Council 1:00 Jokereno 2:30 Hot Topics	Hairdresser Gina in
Thursday 19 Lunch: Pork Riblette Oven Roasted Potatoes Green Beans Fruited Jell-o	10:30 Exercises 11:00 Bowling 11:45 Lunch 1:00 Bottoms Up 2:30 Sunglasses Craft	Happy Birthday John M.
Friday 20 Lunch: Asian Chicken Oriental Vegetables White Rice Pineapple Chunks	10:30 Chair Aerobics 11:00 Rosary 11:45 Lunch 1:00 Jeopardy 2:30 Book Club	7/21 Happy Birthday Eleanor M.

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Activities calendar

July 23-27, 2018

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Tuesday 24 Lunch: Macaroni & cheese Stewed Tomatoes Peach Melba	10:30 Painting Group 11:00 Word Game 11:45 Lunch 1:00 "ROBOT" Bingo 2:30 Password	Hairdresser Jamie in
Wednesday 25 Lunch: Swedish Meatballs Noodles Bean Blend Ice Cream Sandwich	10:30 Move to Music 11:00 Comm. with Frank 11:45 Lunch 1:00 Bottoms Up 2:30 Random Trivia	Hairdresser Gina in
Thursday 26 Lunch: Spinach Salad, Cheese, Turkey Strips, Tomatoes, Dressing Vegetable Soup Coffee Cake	10:30 AM Stretch 11:00 Red, White & Blue Game 11:45 Lunch 1:00 Jokereno 2:30 Clue Trivia	
Friday 27 Lunch: Stuffed Shells Pesto cream Sauce Zucchini Fruit Cocktail	10:30 Sittercise 11:00 Half Word Game 11:45 Lunch 1:00 Music w/ Matt & Marty 2:30 Book Club	Happy Birthday Maurice B. 7/28 Toby C.

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Activities calendar

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Room:Summit

	Activities	Extras
Monday 30 Lunch: Hamburgers, Lettuce, Tomatoes Bean Salad Sherbet	10:30 AM Stretch 11:00 Rosary w/ Frank 11:45 Lunch 1:00 "BEACH" Bingo 2:30 Tri-bond	Hairdresser Gina is in
Tuesday 31 Lunch: Bourbon Chicken Wild Rice Turnip Cupcakes	10:30 Painting Group 11:00 Word Scramble 11:45 Lunch 1:00 Wheel of Fortune 2:30 What Am I?	Hairdresser Jamie in
Wednesday Lunch:		
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Friday Lunch:		

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