

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).

JUNE 2017

SUMMIT 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: 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
Self-care is truly an unselfish gift	6/1/17 3:30pm-5pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercardo 1-508-434-3200 Ext.32033	Charlton
The stages of Alzheimer's Disease	6/14/17 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 1-508-852-2026 Ext.65649	East Mountain St.
Grief and Loss	6/19/17 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Speaker: Jan Patten Mindfulness & Movement	6/29/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
10 Strategies for dementia caregiving	6/14/17 3:30pm-5:pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Structure: It is so important for memory loss	6/14/17 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

TIP OF THE MONTH:

Driving and safety- To help elderly drivers remain safe on the road, caregivers may have a senior get an eye exam, make sure they are physically fit so they have the strength and coordination to operate safely and make sure there are no medications taken that have side effects that might impair his/her ability to drive. There are also evaluation programs to help caregivers assess driving safety.

ACTIVITIES CALENDAR

Room: Summit

June 1-2, 2017

Activities

Extras

Monday

Lunch:

Tuesday

10:30

Lunch:

11:00

11:45

1:00

2:30

Wednesday

Lunch:

Thursday 1

10:30

Move to Music

Happy Birthday Pat Sw.

11:00

Basketball

Lunch:

11:45

Lunch

Roast Turkey

1:00

Crossword Puzzle

Green Beans

Butternut Squash

2:30

Name 10

Peaches

Friday 2

10:30

Sit and Swing

11:00

Horseshoes

Happy Birthday

Beverly P.

Lunch:

11:45

Lunch

Ron H 6/3

Fish n' Chips

1:00

Butterfly Bingo

Josephine D. 6/4

Cole Slaw

2:30

Finish the Lines...

Peaches

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

June 5-8, 2017	Activities	Extras	
Monday 5	10:30	Exercises	Hairdresser Gina is in
	11:00	Communion w/ Frank	
	Lunch:		
	11:45	Lunch	
	1:00	Jokereno	
Swedish Meatballs	2:30	What would you Do?	
Pasta			
Carrots			
Pears			
Tuesday 6	10:30	Painting Group	Hairdresser Jamie in
	11:00	AM Stretch/Word Game	
	Lunch:		
	11:45	Lunch	
	1:00	Bottoms Up	
Hot Dog	2:30	Everyday life Trivia	Happy Birthday A H. June C.
Baked Beans			
Salad			
Fruit Cocktail			
Wednesday 7	10:30	Chair Aerobics	Hairdresser Gina in
	11:00	Laughter Yoga	
	Lunch:		
	11:45	Lunch	
	1:00	Jeopardy	
Ranch Chicken	2:30	Family Feud	Happy Birthday Lori L.
Mashed Potatoes			
Summer Squash			
Ice Cream Sandwich			
Thursday 8	10:30	Move and Groove	Happy Birthday Roberta B Bart B.
	11:00	Circle Talk	
	Lunch:		
	11:45	Lunch	
	1:00	Memorial Program	
Baked Ham	2:30	Password	
AuGratin Potatoes			
Italian Blend Vegetables			
Melon			
Friday 9	10:30	Sit and Swing	Happy Birthday Robert C.
	11:00	Balloon Volley	
	Lunch:		
	11:45	Lunch	
	1:00	Crossword Puzzle	
Soup & Sandwich	2:30	Taboo	Full Moon
Macaroni Salad			
Brownies			

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...

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 Summit Room

ACTIVITIES CALENDAR

Room: Summit

June 12-16, 2017	Activities	Extras		
Monday 12	10:30	AM Stretch	Hairdresser Gina in	
	11:00	Washer Game	Nursing Assistants Week	
	Lunch:	11:45	Lunch	
	Port Riblette	1:00	Tap 'n Time Special	
	Sweet Potato Cauliflower Ice Cream	2:30	Manicures	
Tuesday 13	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Talk Time	Happy Birthday Fred C.	
	Lunch:	11:45	Lunch	
	Filet' O Fish	1:00	Jokereno	
	Fries Cole Slaw Mandarin Oranges	2:30	Make your Point	
Wednesday 14	10:30	Sit and Swing	Hairdresser Gina in	
	11:00	Flag Trivia	Happy Birthday Amir S. Erin E.	
	Lunch:	11:30	Lunch	
	Chicken Kabob	1:00	"FLAGS" Bingo	
	Couscous Yellow Squash Sherbet	2:30	Retro T.V.	Flag Day-dress in red , white and blue
Thursday 15	10:30	Exercises		
	11:00	Rosary w/ Frank		
	Lunch:	11:45	Lunch	
	Spaghetti	1:00	Honkey Tonk Piano w/ Gary!	
	Salad Coffee Cake	2:30	What's My Line?	
Friday 16	10:30	Chair Aerobics/Tie one on		
	11:00	Laughter Yoga	Happy Birthday 6/17 Cheryl M.	
	Lunch:	11:45	Lunch	
	Turkey Divan	1:00	Jeopardy/ Root Beer Floats	
	Rice Italian Blend Vegetables Strawberry Shortcake	2:30	Movie	6/18 Fathers' Day
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 Calendar is subject to change Summit Room	

ACTIVITIES CALENDAR

Room: Summit

June 19-23, 2017	Activities	Extras		
Monday 19	10:30	Swing and Sit	Hairdresser Gina in	
	11:00	Ball Bop		
	Lunch:	11:45	Lunch	Happy Birthday Orlandis S.
	Fajita Chicken	1:00	"LEMON" Bingo	
	Pasta	2:30	Triple Treat Trivia	
Peaches				
Tuesday 20	10:30	Painting Group/Word Game	Hairdresser Jamie in	
	11:00	Socialize		
	Lunch:	11:45	Lunch/Participant Council	
	Salisbury Steak	1:00	Card Making w/ Rebecca	
	Mashed Potatoes	2:30	Trivia	
Carrots				
Cookies				
Wednesday 21	10:30	Move to Music	Hairdresser Gina in	
	11:00	Washer Game		
	Lunch:	11:45	Lunch	First Day of Summer
	Stuffed Shells	1:00	Wheel of Fortune	
	Italian Blend Vegetables	2:30	Baseball Game	
Mousse				
Thursday 22	10:30	AM Stretch		
	11:00	Kickball		
	Lunch:	11:45	Lunch	
	BBQ Chicken Leg	1:00	Jokereno	
	Rice Pilaf	2:30	Take a Guess	
Tossed Salad				
Fruited Jell-o				
Friday 23	10:30	Sittercise		
	11:00	Communion w/ Frank		
	Lunch:	11:45	Lunch	Happy Birthday Mark G. Marion W.
	Mac & Cheese	1:00	Bottoms Up	
	Stewed Tomatoes	2:30	You Be the Judge	
Tropical Fruit				

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ACTIVITIES CALENDAR

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June 26-30, 2017	Activities	Extras		
Monday 26	10:30	AM Stretch		
	11:00	Rosary w/ Frank	Hairdresser Gina is in	
	Lunch:	11:45	Lunch	
	Hamburger	1:00	"BEACH" Bingo	Happy Birthday
	Potato Salad	2:30	What would you Do?	Joanna S. Lena B.
Fruit Cocktail				
Tuesday 27	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Chat Time		
	Lunch:	11:45	Lunch	Happy Birthday
	Stuffed Peppers	1:00	Jokereno	Sandra K. Brianna P.
	Rice	2:30	Mind Joggers	
Squash Blend				
Peaches & Cream				
Wednesday 28	10:30	Move and Groove	Hairdresser Gina is in	
	11:00	Karaoke		
	Lunch:	11:45	Lunch	Happy Birthday
	Roast Pork	1:00	Variety Show	Wendy M.
	Sweet Potatoes	2:30	Clue Trivia	
Green Beans				
Pears				
Thursday 29	10:30	Chair Aerobics		
	11:00	Laughter Yoga		
	Lunch:	11:45	Lunch	
	Stuffed ½ Potato	1:00	Exercise Bingo	
	Pudding	2:30	Name 10	
Friday 30	10:30	Sit and Swing		
	11:00	Washer Game		
	Lunch:	11:45	Lunch	
	Bourbon Chicken	1:00	Sing Along	
	Red Bliss Potato	2:30	Table Topics	
Bean Salad				
Frosted Cake				

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JUNE 2017

BROADMEADOW ROOM

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Speaker Jan Patten Mindfulness & Movement	6/29/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
10 Strategies for Dementia Caregiving	6/14/17 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Structure: It is So Important for Memory Loss	6/14/17 2:30pm-4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

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Driving and safety- To help elderly drivers remain safe on the road, caregivers may have a senior get an eye exam, make sure they are physically fit so they have the strength and coordination to operate safely and make sure there are no medications taken that have side effects that might impair his/her ability to drive. There are also evaluation programs to help caregivers assess driving safety.

ACTIVITIES CALENDAR

Room: Broadmeadow

June 5-9, 2017	Activities	Extras			
Monday 5	10:30	Flex/Stretch	Hairdresser Gina is in		
	11:00	Horseshoes			
	Lunch:	Lunch			
	Swedish Meatballs	1:00		What's my Line?	
	Pasta	2:15		Mary Poppins Movie	
Carrots					
Pears					
Tuesday 6	10:30	Exercise/Song	Hairdresser Jamie is in		
	11:00	Bean Bag Challenge			
	Lunch:	Lunch		Happy Birthday June C.	
	Hot Dog	1:00			Music/Fresh Air Social
	Baked Beans	2:15			Baking/Muffins
Salad					
Fruit Cocktail					
Wednesday 7	10:30	Music/Motion	Hairdresser Gina is in		
	11:00	Ring Toss			
	Lunch:	Lunch		Happy Birthday Lori L	
	Ranch Chicken	1:00			Scavenger Hunt
	Mashed Potatoes	2:15			Lighthouse DVD
Summer Squash					
Ice Cream Sandwich					
Thursday 8	10:30	Flex/Stretch			
	11:00	Frisbee Toss			
	Lunch:	Lunch			
	Baked Ham	1:00		Name that Sound?	
	AuGratin Potatoes	2:15		Table Ball Roll	
Italian Blend Vegetables					
Melon					
Friday 9	10:30	Sing/Swing			
	11:00	Bottle Toss			
	Lunch:	Lunch			
	Soup & Sandwich	1:00		Dancing Happy Tunes	
	Macaroni Salad	2:15		Manicures and Movie Time	
Brownies					

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

June 12-16, 2017	Activities	Extras		
Monday 12	10:30	Move to Music	Hairdresser Gina is in	
	11:00	Baseball Toss		
	Lunch:	11:45		Lunch
	Pork Riblette	1:00		Tap N' Time Special
	Sweet Potato Cauliflower Ice Cream	2:15		Short Stories
Tuesday 13	10:30	AM Stretch	Hairdresser Jamie is in	
	11:00	Popcorn Throw		
	Lunch:	11:45		Lunch
	Filet' O Fish Fires	1:00		Shake Loose a Memory
	Cole Slaw Mandarin Oranges	2:15		Puzzles
Wednesday 14	10:30	Sittercise	Hairdresser Gina is in	
	11:00	Football		
	Lunch:	11:30		Lunch
	Chicken Kabob Couscous	1:00		Penney Ante
	Yellow Squash Sherbet	2:15		Craft
Thursday 15	10:30	Chair Aerobics	Happy Birthday Vincent A.	
	11:00	Washer Game		
	Lunch:	11:45		Lunch
	Spaghetti/Meatballs Salad	1:00		Honky Tonk Piano w/ Gary
	Coffee Cake	2:15		Jingo
Friday 16	10:30	Sing/Swing	Happy Birthday 6/17 Barbara M. 6/18 Fathers' Day	
	11:00	Basketball		
	Lunch:	11:45		Lunch
	Turkey Divan Rice	1:00		Karaoke/Root Beer Floats
	Italian Blend Vegetables Strawberry Shortcake	2:15		Scenic DVD

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.....
 Calendar is subject to change

ACTIVITIES CALENDAR

Room : Broadmeadow

June 19-23, 2017	Activities	Extras
Monday 19	10:30 11:00 11:45 1:00 2:30	Sittercise Balloon Volley Lunch Story Time Numbers Bingo
Lunch: Fajita Chicken Pasta Peaches		Hairdresser Gina is in
Tuesday 20	10:30 11:00 11:45 1:00 2:30	Sittercise Kickball Lunch Parachute Card Making with Rebecca
Lunch: Salisbury Steak Mashed Potatoes Carrots Cookies		Hairdresser Jamie is in
Wednesday 21	10:30 11:00 11:45 1:00 2:30	Exercise/Song Tic Tac Toe Lunch Pictionary Baseball Game on T.V..
Lunch: Stuffed Shells Italian Blend Mousse		Hairdresser Gina is in
Thursday 22	10:30 11:00 11:45 1:00 2:30	Move to Music Ring Toss Lunch Music/Fresh Air Social Coloring
Lunch: BBQ Chicken Leg Rice Pilaf Tossed Salad Fruited Jell-O		
Friday 23	10:30 11:00 11:45 1:00 2:30	AM Stretch Baseball Toss Lunch Golf Painting
Lunch: Mac & Cheese Stewed Tomatoes Tropical Fruit		

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.....
 Calendar is subject to change

ACTIVITIES CALENDAR

Room: Broadmeadow

June 26-30 2017	Activities	Extras		
Monday 26	10:30	Flex and Stretch	Hairdresser Gina is in	
	11:00	Taboo Trivia		
	Lunch: 11:45	Lunch		
	Hamburger 1:00	Parachute		
	Potato Salad 2:15	Name 10		
Tuesday 27	10:30	Move to Music	Hairdresser Jamie is in	
	11:00	Basketball		
	Lunch: 11:45	Lunch		Happy Birthday Sandra K Brianna Po
	Stuffed Peppers 1:00	Scavenger Hunt		
	Rice Squash Blend 2:15	Taboo/Table Ball Roll		
Wednesday 28	10:30	Chair Aerobics	Hairdresser Gina is in	
	11:00	Patio Enjoyment		
	Lunch: 11:30	Lunch		Happy Birthday Wendy M.
	Roast Pork 1:00	Collage Making		
	Sweet Potatoes 2:15	Light Music		
Thursday 29	10:30	Chair Aerobics		
	11:00	Bean Bag Challenge		
	Lunch: 11:30	Lunch		
	Stuffed ½ Potato 1:00	Karaoke/Rhythm Band		
	Pudding 2:15	Little Rascals Movie		
Friday 30	10:30	Chair Aerobics		
	11:00	Frisbee Toss		
	Lunch: 11:30	Lunch		
	Bourbon Chicken 1:00	Charades		
	Red Bliss Potato 2:15	Triple Treat Trivia		

Note: 8:00 Coffee Social, coloring, 1:1 One to one and sensory provided throughout the day
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