



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).

MARCH 2018

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
Reminiscence Activity	3/6/18 3:30pm-5pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercardo 1-508-434-3200 Ext.32033	Charlton
Engaging your loved one at home with failure free activities. Guest Speaker Michelle Parent	3/14/18 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Leslie Boulette 1-508-852-2026 Ext 56533	East Mountain St.
Importance of finding support and education for caregivers	3/19/18 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Humor shared among caregivers is therapeutic	3/29/18 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Humor shared among caregivers is therapeutic	3/14/18 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Acceptance of life journey	3/14/18 2:30pm-4:00pm	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 1-978-427-6823	Lowell

Tip of the month:

Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, *“Would you like to wear your white shirt or your blue shirt?”* Better still, show him/her the choices—visual prompts and cues also help clarify your question and can guide his/her response.



Activities calendar

March 1-2, 2018

Room: Broadmeadow

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday 1 Lunch: Pot Roast Carrots Mashed Potatoes Pudding	10:30 Move to Music 11:00 Ring Toss 11:45 Lunch 1:00 I.D. the Picture 2:15 Puzzles/Coloring	Purim Full Moon
Friday 2 Lunch: Ravioli Tomato Sauce Zucchini Melon	10:30 Sit and Swing 11:00 Frisbee Throw 11:45 Lunch 1:00 Reminiscing 2:15 Spring Collage	Happy Birthday Emelia O. HA

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

March 5-9, 2018,

Room: Broadmeadow

	Activities	Extras
Monday 5 Lunch: Veal Pattie Green Beans Mashed Potatoes Tropical Fruit	10:30 Flex/Stretch 11:00 Horseshoes 11:45 Lunch 1:00 Shake Loose a Memory 2:15 Triple Treat Trivia	Hairdresser Gina is in
Tuesday 6 Lunch: Beef Stew Biscuit Coffee Cake	10:30 Exercise/Song 11:00 Kickball 11:45 Lunch 1:00 Bowling 2:15 5 Second Rule	Hairdresser Jamie is in Happy Birthday Dolly B. Alexia A. HA
Wednesday 7 Lunch: Bourbon Chicken Couscous Broccoli Peaches	10:30 Music/Motion 11:00 Balloon Volley 11:45 Lunch 1:00 Suit Case Travels 2:15 Scenic DVD	Hairdresser Gina is in
Thursday 8 Lunch: Turkey Divan Butternut Squash Brussel Sprouts Mousse	10:30 Flex/Stretch 11:00 Circle Talk 11:45 Lunch 1:00 Short Stories 2:15 Pictionary	
Friday 9 Lunch: Vegetable Soup Pizza Salad Gingerbread	10:30 Sing/Swing 11:00 Tic Tac Toe 11:45 Lunch 1:00 Sing- Along 2:15 Kitten DVD	March 11- Daylight Saving Time Begins. "Spring ahead one hour"

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

March 12-16, 2018

Room: Broadmeadow

	Activities	Extras
Monday 12 Lunch: Stuffed Cabbage Rice Mixed Vegetables Sherbet	10:30 Move to Music 11:00 Bottle Ring Toss 11:45 Lunch 1:00 What's my Line? 2:15 Clue Trivia	Hairdresser Gina is in
Tuesday 13 Lunch: Chicken Fajita Pasta Fruit Cocktail	10:30 AM Stretch 11:00 Bean Bag Toss 11:45 Lunch 1:00 Country Sing-Along 2:15 Animal Bingo	Hairdresser Jamie is in Happy Birthday Danielle D. HA
Wednesday 14 Lunch: Stuffed Chicken Thigh Pickled Beets Jell-O Cake	10:30 Sittercise 11:00 Basketball 11:30 Lunch 1:00 Language of Fans 2:15 Baking	Hairdresser Gina is in
Thursday 15 Lunch: Shepard's Pie Creamed Corn Mashed Potatoes Mandarin Oranges	10:30 Chair Aerobics 11:00 Washer Game 11:45 Lunch 1:00 Name that Tune 2:15 Card Making w/ Rebecca	
Friday 16 Lunch: Macaroni & Cheese Stewed Tomatoes Brownies	10:30 Sing/Swing 11:00 Ball Bounce 11:45 Lunch 1:00 Spring Fling with Joey B.Bop 2:15 Music Bingo	

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

March 19-23, 2018

Room : Broadmeadow

	Activities	Extras
Monday 19 Lunch: Grilled Hot Dog Home Fries Bean Salad Pears	10:30 Sittercise 11:00 Frisbee Throw 11:45 Lunch 1:00 Penny Ante 2:30 Walk the Dog DVD	Hairdresser Gina is in
Tuesday 20 Lunch: Chicken Parmesan Ziti Salad with Dressing Frosted Cake	10:30 Sittercise 11:00 Ring Toss 11:45 Lunch 1:00 Karaoke 2:30 What's that Sound?	Hairdresser Jamie is in
Wednesday 21 Lunch: Roast Turkey Winter Blend Vegetables Butternut Squash Ambrosia	10:30 Exercise/Song 11:00 Baseball Toss 11:45 Lunch 1:00 What's in the Bag? 2:30 JackPot	Hairdresser Gina is in
Thursday 22 Lunch: Hamburger Lettuce & Tomatoes Carrot Salad Jell-O	10:30 Move to Music 11:00 Balloon Volley 11:45 Lunch 1:00 Rhythm Band 2:30 Table Ball Roll	
Friday 23 Lunch: Fish' n Chips Steak Fries Cole Slaw Pineapple Chunks	10:30 AM Stretch 11:00 Kickball 11:45 Lunch 1:00 Can Can Can 2:30 Food Jingo	March 25 Palm Sunday

Note:

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



Activities calendar

March 26-30, 2018

Room: Broadmeadow

	Activities	Extras
Monday 26 Lunch: Chicken Alfredo Ziti Green Beans Fruit Cocktail	10:30 AM Stretch 11:00 Popcorn Toss 11:45 Lunch 1:00 What's in the Bag? 2:15 Birthday Jingo	Hairdresser Gina is in
Tuesday 27 Lunch: Beef Burgundy Rice Zucchini Ice Cream	10:30 Move to Music 11:00 Pizza Toss 11:45 Lunch 1:00 Wheel of Fortune 2:15 Life on the Farm DVD	Hairdresser Jamie is in Happy Birthday Justine S. P.T.
Wednesday 28 Lunch: Soup' n Sandwich Wheat Bread Lettuce & Tomato Cookies	10:30 Chair Aerobics 11:00 Basketball 11:30 Lunch 1:00 Bowling 2:15 Light Music/Conversation	Hairdresser Gina is in
Thursday 29 Lunch: Braised Pork Chop Sweet Potatoes Wax Beans Apple Crisp	10:30 Chair Aerobics 11:00 Bottle Ring Toss 11:30 Lunch 1:00 Baseball Toss 2:15 Baking	Opening day of major league baseball
Friday 30 Lunch: Baked Manicotti Italian Blend Vegetables Peaches	10:30 Chair Aerobics 11:00 Bean Bag Toss 11:30 Lunch 1:00 Charades 2:15 Name Ten Trivia	Happy Birthday Irene S. Good Friday Doctors' Day 31 st - Passover and Full Moon

Note: 8:00 Coffee Social, coloring, 1:1 One to one and sensory provided throughout the day
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MARCH 2018 SUMMIT ROOM

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Humor shared among caregivers is therapeutic	3/14/18 3:30pm-5:pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
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Activities calendar

March 1-2, 2018

Room: Summit

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday 1 Lunch: Pot Roast Carrots Mashed Potatoes Pudding	10:30 Chair Aerobics 11:00 Bean Bag Toss 11:45 Lunch 1:00 "TULIP" Bingo 2:30 Add a Word	Purim Full Moon
Friday 2 Lunch: Ravioli Tomato Sauce Zucchini Melon	10:30 Sit and Swing 11:00 Comm. w/ Frank 11:45 Lunch 1:00 Jokereno 2:30 What Am I?	Happy Birthday Emelia O. HA

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

March 5-9, 2018

Room: Summit

	Activities	Extras
Monday 5 Lunch: Veal Pattie Green Beans Mashed potatoes Tropical Fruit	10:30 A.M. Stretch 11:00 Balloon Volley 11:45 Lunch 1:00 "HONEY" Bingo 2:30 Ultimate Trivia	Hairdresser Gina is in Happy Birthday Deb P.
Tuesday 6 Lunch: Beef Stew Biscuit Coffee Cake	10:30 Painting Group/ Pet Therapy 11:00 Name that Tune 11:45 Lunch 1:00 Honey Presentation w/ Ken 2:30 Triple Treat Trivia	Hairdresser Jamie in Happy Birthday Arlene P. Alexia A. HA
Wednesday 7 Lunch: Bourbon Chicken Couscous Broccoli Peaches	10:30 Chair Aerobics 11:00 Rosary w/ Frank 11:45 Lunch 1:00 Jokereno 2:30 Who Am I?	Hairdresser Gina in Happy Birthday Mary Bl.
Thursday 8 Lunch: Turkey Divan Butternut Squash Brussel Sprouts Mousse	10:30 Move and Groove 11:00 Horseshoes 11:45 Lunch 1:00 Jeopardy 2:30 Egg-siting March Trivia	
Friday 9 Lunch: Vegetable Soup Pizza Salad with Dressing Gingerbread	10:30 Sit and Swing 11:00 Circle Talk 11:45 Lunch 1:00 "HATCH" Bingo 2:30 What's my Secret?	Shabbat Happy Birthday March 10 Jack S. March 11 Cecile M. Daylight Saving Time Begins

Note:

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- 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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Activities calendar

March 12-16, 2018

Room: Summit

	Activities	Extras
Monday 12 Lunch: Stuffed Cabbage Rice Mixed Vegetables Sherbet	10:30 AM Stretch 11:00 Bottle Toss 11:45 Lunch 1:00 Yoga with Jorge 2:30 You be the Judge	Hairdresser Gina in Happy Birthday Virginia M.
Tuesday 13 Lunch: Chicken Fajita Pasta Fruit Cocktail	10:30 Painting Group 11:00 Anagram 11:45 Lunch 1:00 Jokereno 2:30 Clue Trivia	Hairdresser Jamie in Happy Birthday Danielle D. HA
Wednesday 14 Lunch: Stuffed Chicken Thigh Pickled Beets Jell-O Cake	10:30 Sit and Swing 11:00 Frisbee 11:30 Lunch 1:00 "IRISH" Bingo 2:30 Finish the Lines...	Hairdresser Gina in
Thursday 15 Lunch: Shepard's Pie Creamed Corn Mashed Potatoes Mandarin Oranges	10:30 Exercises 11:00 Communion with Frank 11:45 Lunch 1:00 Jackpot/Cards w/ Rebecca 2:30 Wee Bit O' Irish Humor	Happy Birthday Frank M.
Friday 16 Lunch: Macaroni & Cheese Stewed Tomatoes Brownies	10:30 Chair Aerobics 11:00 Laughter Yoga 11:45 Lunch 1:00 Spring Fling with Joey B.Bop 2:30 Facts about Ireland	March 17 Happy Birthday Pat P.

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Activities calendar

March 19-23, 2018

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Monday 19 Lunch: Grilled Hot Dog Home Fries Bean Salad Pears	10:30 Swing and Sit 11:00 Rosary with Frank 11:45 Lunch 1:00 Chain Reaction 2:30 What's my Line?	Hairdresser Gina in
Tuesday 20 Lunch: Chicken Parmesan Ziti Salad Frosted Cake	10:30 Painting Group 11:00 Word Game 11:45 Lunch 1:00 "SPRING" Bingo 2:30 Alphabetics	Hairdresser Jamie in Happy Birthday Bertha K.
Wednesday 21 Lunch: Roast Turkey Winter Blend Vegetables Butternut Squash Ambrosia	10:30 Move to Music 11:00 Balloon Volley 11:45 Lunch 1:00 Crossword Puzzle 2:30 Easy Does it Trivia	Hairdresser Gina in
Thursday 22 Lunch: Hamburger Carrot salad Jell-O	10:30 AM Stretch 11:00 Language of the Fans 11:45 Lunch/Participants Council 1:00 Wheel of Fortune 2:30 What Am I?	
Friday 23 Lunch: Fish' n Chips Steak Fries Cole Slaw Pineapple Chunks	10:30 Sittercise 11:00 Tic Tac Toe 11:45 Lunch 1:00 Jokereno 2:30 Password	March 25 th Palm Sunday

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 Summit Room



Activities calendar

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Room: Summit

	Activities	Extras
Monday 26 Lunch: Chicken Alfredo Ziti Green Beans Fruit Cocktail	10:30 Chair Aerobics 11:00 Kickball 11:45 Lunch 1:00 Jeopardy 2:30 Who Am I?	Hairdresser Gina is in Happy Birthday Richard J.
Tuesday 27 Lunch: Beef Burgundy Rice Zucchini Ice Cream	10:30 Painting Group 11:00 Flower Word Scramble 11:45 Lunch 1:00 Jackpot 2:30 Actor & Actress Trivia	Hairdresser Jamie in Happy Birthday Justine S. PT
Wednesday 28 Lunch: Soup 'n Sandwich Lettuce & Tomato Cookies	10:30 Move and Groove 11:00 Frisbee Toss 11:45 Lunch 1:00 Chain Reaction 2:30 What Would You Do?	Hairdresser Gina is in
Thursday 29 Lunch: Braised Pork Chop Sweet Potatoes Wax Beans Apple Crisp	10:30 Chair Aerobics 11:00 Karaoke 11:45 Lunch 1:00 Jokereno 2:30 Baseball Fun Facts	Happy Birthday Karen C. Opening day of major league baseball
Friday 30 Lunch: Baked Manicotti Italian Blend Vegetables Peaches	10:30 Sit and Swing 11:00 Communion with Frank 11:45 Lunch 1:00 "GARDN" Bingo 2:30 Random Trivia	Good Friday Doctors' Day March 31 st Passover Full Moon

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