



# 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).

## FEBRUARY 2019

**SUMMIT ELDERCARE WILL BE CLOSED ON MONDAY, FEB. 18<sup>TH</sup> FOR PRESIDENTS DAY  
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 (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
Personality Changes and Challenges for Caregivers	2/15/19 3:00pm-4:30pm	108 Thompson Road Webster MA	Bessie Bechthold 774-317-6700	Webster
Behaviors and Communication	2/25/19 2pm-3:30pm *Due to holiday	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Personality Changes and Challenges for Caregivers	2/28/19 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Dealing with Grief and Loss	2/13/19 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Managing Emotions After the Holidays	2/13/19 2:30pm-4:00pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

## Tip of the month:

**See your doctor.** Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have



# Activities calendar

February 1, 2019

Room: Broadmeadow

	Activities	Extras
Monday <b>Lunch:</b>		
Tuesday <b>Lunch:</b>		
Wednesday <b>Lunch:</b>		
Thursday <b>Lunch:</b>		
Friday 1 <b>Lunch:</b> 1/2 Stuffed Baked Potato Lettuce & Tomatoes Ice Cream	10:30 Sit and Swing 11:00 Hot Potato 11:45 Lunch 1:00 "Hula in the Coola Day" Luau 2:15 Blue Hawaii Movie	<b>WEAR YOUR FOOTBALL GEAR! GO PATS!!</b>

**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

February 4-8, 2019

Room: Broadmeadow

	Activities	Extras
<b>Monday <sup>4</sup></b> <b>Lunch:</b> Chicken & Broccoli Alfredo Pasta Salad Tropical Fruit	10:30 Exercise/Song 11:00 Washer Game 11:45 Lunch 1:00 Karaoke 2:15 Dean Martin Video	
<b>Tuesday <sup>5</sup></b> <b>Lunch:</b> Pork Riblette Sweet Potatoes Green Beans Ice Cream Sandwich	10:30 Exercise/Song 11:00 Basketball 11:45 Lunch 1:00 Baking 2:15 Alphabetics	Hairdresser Jamie is in
<b>Wednesday <sup>6</sup></b> <b>Lunch:</b> Baked Manicotti Yellow Squash Coffee Cake	10:30 Music/Motion 11:00 Balloon Toss 11:45 Lunch 1:00 Hearts & Flowers Tea 2:15 Songs of the Heart	Hairdresser Gina is in
<b>Thursday <sup>7</sup></b> <b>Lunch:</b> Baked Fish Steak Fries Cole Slaw Fruit Cup	10:30 Flex/Stretch 11:00 Ball Toss 11:45 Lunch 1:00 Water Painting 2:15 Sing Along	Happy Birthday Donna I. Activities
<b>Friday <sup>8</sup></b> <b>Lunch:</b> Pot Roast Red Bliss Potatoes Carrots Cookies	10:30 Sing/Swing 11:00 Ring Toss 11:45 Lunch 1:00 Wheel of Fortune 2:15 Kitten D.V.D.	Happy Birthday 2/10 Manda W. RN

**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

February 11-15, 2019

Room: Broadmeadow

	Activities	Extras
<b>Monday 11</b>  <b>Lunch:</b> Stuffed Peppers Rice Mixed Squash Sherbet	10:30 Move to Music 11:00 Snowball Toss 11:45 Lunch 1:00 50's Sing Along 2:15 What's my Line?	
<b>Tuesday 12</b>  <b>Lunch:</b> Hot Dogs Baked Beans Vegetable Blend Mousse	10:30 AM Stretch 11:00 Bulls Eye 11:45 Lunch 1:00 Discuss & Recall 2:15 Name that Tune/Card Making	Hairdresser Jamie is in
<b>Wednesday 13</b>  <b>Lunch:</b> Chicken ala King Biscuit Peas & Carrots Mandarin Oranges	10:30 Light & Lively 11:00 Musical Ribbons 11:30 Lunch 1:00 Story of Valentines/Valentine Craft 2:15 I Love Lucy Video	Hairdresser Gina is in  Happy Birthday Analia P. RN
<b>Thursday 14</b>  <b>Lunch:</b> Meatloaf Mashed potatoes Spinach Jell-o Cake	10:30 Chair Aerobics 11:00 Kickball 11:45 Lunch 1:00 Music with Terry B! 2:15 Collage Making	
<b>Friday 15</b>  <b>Lunch:</b> Clam Chowder Chicken Salad Sandwich Lettuce & Tomatoes Brownies	10:30 Sing/Swing 11:00 Bean Bag Toss 11:45 Lunch 1:00 Horseracing 2:15 Serenity Movie/1:1	Happy Birthday 2/16 Donna B. Activities

**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

February 18-22, 2019

Room : Broadmeadow

	Activities	Extras
<b>Monday 18</b> <b>Lunch:</b>	<b>SUMMIT ELDERCARE IS            CLOSED FOR            PRESIDENTS DAY</b>	
<b>Tuesday 19</b> <b>Lunch:</b> Pizza Tossed Salad Apple Cobbler	10:30 Sittercise 11:00 Tic Tac Toe 11:45 Lunch 1:00 Stories & Poems 2:30 Karaoke	Hairdresser Jamie is in
<b>Wednesday 20</b> <b>Lunch:</b> Beef Burgundy Pasta Broccoli Pears	10:30 Exercise/Song 11:00 Bean Bags 11:45 Lunch 1:00 Alphabetic Names 2:30 Trivia/Movie	Hairdresser Gina is in
<b>Thursday 21</b> <b>Lunch:</b> Roast Pork Mashed potatoes Turnip Frosted Cake	10:30 Move to Music 11:00 Ring Toss 11:45 Lunch 1:00 Wheel of Fortune 2:30 Food Jingo	
<b>Friday 22</b> <b>Lunch:</b> Spaghetti & Meatballs Zucchini Fruit Cocktail	10:30 AM Stretch 11:00 Mind Stretchers 11:45 Lunch 1:00 Fairy Tale Bingo 2:30 Fables & Folktales	2/23 Happy Birthday Lauren P. NP

**Note:**

8:00 Coffee Social, coloring, 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

February 25-28, 2019

Room: Broadmeadow

	Activities	Extras
<b>Monday 25</b> <b>Lunch:</b> Hamburger Lettuce & Tomato Steak Fries Peaches 'n Cream	10:30 Move to Music 11:00 Circle Talk 11:45 Lunch 1:00 Pass the Ace 2:15 Sentimental Sing Along	
<b>Tuesday 26</b> <b>Lunch:</b> Chicken Chow Mein Oriental Vegetables Pineapple Chunks	10:30 AM Stretch 11:00 Ball Roll 11:45 Lunch 1:00 Sing Along 2:15 Card Making with Rebecca	Hairdresser Jamie is in
<b>Wednesday 27</b> <b>Lunch:</b> Baked Ham Oven Potatoes Wax Beans Pears	10:30 Chair Aerobics 11:00 Balloon Bop 11:30 Lunch 1:00 Water Color Painting 2:15 Finish the Lyrics...	Hairdresser Gina is in
<b>Thursday 28</b> <b>Lunch:</b> Shepard's Pie Corn Mashed Potatoes Peaches	10:30 Chair Aerobics 11:00 Horseshoes 11:30 Lunch 1:00 Horseracing 2:15 What would you do?	
<b>Friday</b> <b>Lunch:</b>		

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<b>Tuesday</b> <b>Lunch:</b>		
<b>Wednesday</b> <b>Lunch:</b>		
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday 1</b> <b>Lunch:</b> Stuffed Potato Lettuce & Tomato ½ Baked Potato Ice Cream	10:30 Sit and Swing 11:00 Football Toss 11:45 Lunch 1:00 Super Bowl Party 2:30 Table Topics	Wear your football attire  Happy Birthday 2/2 Dana Volunteer

**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

February 4-8, 2019

Room: Summit

	Activities	Extras
<b>Monday <sup>4</sup></b>  <b>Lunch:</b> Chicken & Broccoli Alfredo Salad Tropical Fruit	10:30 A.M. Stretch 11:00 Washer Game 11:45 Lunch 1:00 Jeopardy 2:30 Triple Treat Trivia	Hairdresser Gina is in  Happy Birthday Bill K., Oscar B.
<b>Tuesday <sup>5</sup></b>  <b>Lunch:</b> Pork Riblette Sweet Potatoes Green Beans Ice Cream Sandwich	10:30 Painting Group/ Pet Therapy 11:00 Traveling Trivia 11:45 Lunch 1:00 "TIGER" Bingo 2:30 Chinese New Year Trivia	Hairdresser Jamie in
<b>Wednesday <sup>6</sup></b>  <b>Lunch:</b> Baked Manicotti Meat Sauce Yellow Squash Coffee Cake	10:30 Chair Aerobics 11:00 Rosary with Frank 11:45 Lunch 1:00 Wheel of Fortune 2:30 Pig Character Match	Hairdresser Gina in  Happy Birthday Joyce R.
<b>Thursday <sup>7</sup></b>  <b>Lunch:</b> Baked Fish Steak Fries Cole Slaw Fruit Cup	10:30 Move and Groove 11:00 Yoga with Lee Ann 11:45 Lunch 1:00 Fantasy Bingo 2:30 February in History	Happy Birthday Donna I. Activities
<b>Friday <sup>8</sup></b>  <b>Lunch:</b> Pot Roast Red Bliss Potatoes Carrots Cookies	10:30 Sit and Swing 11:00 Language of the Fans 11:45 Lunch 1:00 Jokereno 2:30 Who Am I?	Happy Birthday 2/9 James G. 2/10 Manda W. RN

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# Activities calendar

February 11-15, 2019

Room: Summit

	Activities	Extras
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<b>Tuesday 12</b>  <b>Lunch:</b> Hot Dogs Baked Beans Vegetable Blend Mousse	10:30 Painting Group 11:00 Anagram 11:45 Lunch 1:00 High Rollers/Cards with Rebecca 2:30 Finish the Line...	Hairdresser Jamie in  Happy Birthday George P.
<b>Wednesday 13</b>  <b>Lunch:</b> Chicken ala King Biscuit Peas & Carrots Mandarin Oranges	10:30 Sit and Swing 11:00 Horseshoes 11:30 Lunch 1:00 "CUPID" Bingo 2:30 Valentine's Day Humor	Hairdresser Gina in  Happy Birthday Analia P. RN
<b>Thursday 14</b>  <b>Lunch:</b> Meatloaf Mashed Potatoes Spinach Jell-O Cake	10:30 Exercises 11:00 Yoga with Lee Ann 11:45 Lunch 1:00 Valentines Party-Terry B! 2:30 History of Valentine's Day	Happy Birthday Alice P.
<b>Friday 15</b>  <b>Lunch:</b> Clam Chowder Chicken Salad Sandwich Lettuce & Tomato Brownies	10:30 Chair Aerobics 11:00 Communion with Frank 11:45 Lunch 1:00 Bottoms Up 2:30 Movie	Happy Birthday Peggy R. 2/16 Donna B. Activities 2/17 Nancy R., Joe B

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# Activities calendar

February 18-22, 2019

Room: Summit

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<b>Tuesday 19</b> <b>Lunch:</b> Pizza Tossed Salad Apple Cobbler	10:30 Painting Group 11:00 Word Scramble 11:45 Lunch 1:00 Jeopardy 2:30 Hot Topics	Hairdresser Jamie in
<b>Wednesday 20</b> <b>Lunch:</b> Beef Burgundy Pasta Broccoli Pears	10:30 Move to Music 11:00 Rosary with Frank 11:45 Lunch 1:00 Crossword 2:30 Wacky Wordies	Hairdresser Gina in
<b>Thursday 21</b> <b>Lunch:</b> Roast Pork Mashed Potatoes Turnip Frosted Cake	10:30 Greeting Card Day Present 11:00 Yoga with Lee Ann 11:45 Lunch 1:00 High Rollers 2:30 Old Wives Tales	Happy Birthday Denise F.
<b>Friday 22</b> <b>Lunch:</b> Spaghetti & Meatballs Zucchini Fruit Cocktail	10:30 Move & Groove 11:00 Laughter Yoga 11:45 Lunch 1:00 Yoga with Jorge 2:30 What Am I?	Happy Birthday David K. 2/23 Lauren P. NP

**Note:**

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<b>Monday 25</b>  <b>Lunch:</b> Hamburgers Lettuce & Tomatoes Steak Fries Peaches'n Cream	10:30 A.M. Stretch 11:00 Communion with Frank 11:45 Lunch 1:00 Wheel of Fortune 2:30 Person, Place, Thing Trivia	
<b>Tuesday 26</b>  <b>Lunch:</b> Chicken Chow Mein Oriental Vegetables Pineapple Chunks	10:30 Painting Group 11:00 Anagram 11:45 Lunch 1:00 Jokereno /Card Making with Rebecca 2:30 Everyday Trivia	Hairdresser Jamie in  Happy Birthday Helen P.
<b>Wednesday 27</b>  <b>Lunch:</b> Baked Ham Oven Potatoes Wax Beans Pears	10:30 Octopus Stretch 11:00 Sing Along 11:45 Lunch 1:00 Anagram 2:30 Who Am I?	Hairdresser Gina is in
<b>Thursday 28</b>  <b>Lunch:</b> Shepard's Pie Corn Mashed Potatoes Peaches	10:30 Chair Aerobics 11:00 Yoga with Lee Ann 11:45 Lunch 1:00 "WINTER" Bingo 2:30 Name that Tune	
<b>Friday</b>  <b>Lunch:</b>		

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