



# 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).

## OCTOBER 2018

**SUMMIT ELDERCARE WILL BE CLOSED ON MONDAY, OCTOBER 8<sup>TH</sup> FOR COLUMBUS 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
Dealing with change in seasons and impact on mood.	10/2/18 3:00pm-4:30pm	Thompson Road Webster MA	Annette Mercardo 1-508-434-3200 Ext.32033	Webster
Open Discussion	10/10/18 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	1-508-852-2026 Ext 56548	East Mountain St.
Dealing with difficult behaviors	10/15/18 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Open Discussion	10/25/18 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-3100	Leominster
Alzheimer's Disease and Caregiving	10/10/18 3:30pm-5:00pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Rehab Dept. to discuss safety techniques	10/10/18 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

## Tip of the month:

**Get connected.** Organizations such as the Red Cross and the Alzheimer's Association offer classes on caregiving, and local hospitals may have classes specifically about the disease your loved one is facing.



# Activities calendar

October 1-5, 2018

Room: Broadmeadow

	Activities	Extras
<b>Monday 1</b>  <b>Lunch:</b> Stuffed Peppers Rice Salad Pears	10:30 Sit & Swing 11:00 Horseshoes 11:45 Lunch 1:00 Name the Picture/Light Music 2:15 Conversations	Hairdresser Gina is in  Happy Birthday Sue A. Volunteer
<b>Tuesday 2</b>  <b>Lunch:</b> Baked Fish ½ Baked Potato Carrots Pudding	10:30 Sit and Swing 11:00 Bean Bag Toss 11:45 Lunch 1:00 Karaoke 2:15 Lawrence Welk	Hairdresse Jamie is in
<b>Wednesday 3</b>  <b>Lunch:</b> Chicken Griller Lettuce/Tomato Red Potatoes Ice Cream	10:30 Sit and Swing 11:00 Frisbee 11:45 Lunch 1:00 Penny Ante 2:15 Scenic DVD	Hairdresser Gina is in
<b>Thursday 4</b>  <b>Lunch:</b> Pork Riblette Sweet Potatoes Green Beans Peaches	10:30 Move & Groove 11:00 Kickball 11:45 Lunch 1:00 Rhythm Band 2:15 Clue Trivia	
<b>Friday 5</b>  <b>Lunch:</b> Beef Stew Biscuit Brownies	10:30 Sit and Swing 11:00 Balloon Volley 11:45 Lunch 1:00 Baking Croissants 2:15 Walk the Dog DVD	Happy Birthday 10/7 Moe S. Activities

**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

October 8-12, 2018

Room: Broadmeadow

	Activities	Extras
<b>Monday<sup>8</sup></b> <b>Lunch:</b>	<b>SUMMIT ELDERCARE IS            CLOSED FOR            COLUMBUS DAY</b>	
<b>Tuesday<sup>9</sup></b> <b>Lunch:</b> Baked Ham Brussel Sprouts Home Fries Peaches'n Cream	10:30 Exercise/Song 11:00 Pizza Toss 11:45 Lunch 1:00 Bowling 2:15 When we were Kids DVD	Hairdresser Jamie is in  Happy Birthday Virginia B.
<b>Wednesday<sup>10</sup></b> <b>Lunch:</b> Hamburgers Lettuce/Tomatoes Steak Fries Pineapple Chunks	10:30 Music/Motion 11:00 Basketball 11:45 Lunch 1:00 Fall Collage 2:15 Old Wives Tales	Hairdresser Gina is in
<b>Thursday<sup>11</sup></b> <b>Lunch:</b> Clam Chowder Tuna Roll Bean Salad Cup Cakes	10:30 Flex/Stretch 11:00 Ring Toss 11:45 Lunch 1:00 Sing Along 2:15 Annie Movie	
<b>Friday<sup>12</sup></b> <b>Lunch:</b> Braised Pork Chops Mashed Potatoes Turnip Apple Crisp	10:30 Sing/Swing 11:00 Football Throw 11:45 Lunch 1:00 Rhythm Band 2:15 Shake Loose a Memory	Wear favorite football jersey

**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

October 15-19, 2018

Room: Broadmeadow

	Activities	Extras
<b>Monday 15</b>  <b>Lunch:</b> Grilled Hot Dog Baked Beans Cole Slaw Mandarin Oranges	10:30 Move to Music 11:00 Tic Tac Toe 11:45 Lunch 1:00 Dave Garden Sings!! 2:15 Craft Paint Pumpkins/DVD	Hairdresser Gina is in
<b>Tuesday 16</b>  <b>Lunch:</b> BBQ Chicken Leg Rice Pilaf Wax Beans Ice Cream Sandwich	10:30 AM Stretch 11:00 Circle Talk 11:45 Lunch 1:00 Bottle Ring Toss 2:15 5 Second Rule/Cards with Rebecca	Hairdresser Jamie is in
<b>Wednesday 17</b>  <b>Lunch:</b> Lasagna Zucchini Cookies	10:30 Sittercise 11:00 Bottle Ring Toss 11:30 Lunch 1:00 Zoo Keeper Bingo 2:15 Scenic DVD	Hairdresser Gina is in
<b>Thursday 18</b>  <b>Lunch:</b> Fish' n Chips Cole Slaw Ambrosia	10:30 Chair Aerobics 11:00 Target Practice 11:45 Lunch 1:00 What's in the Bag 2:15 Coloring/Puzzles	
<b>Friday 19</b>  <b>Lunch:</b> Roast Turkey Butternut Squash Stuffing Jell-O	10:30 Sing/Swing 11:00 Ring Toss 11:45 Lunch 1:00 Karaoke 2:15 Mothballs in the Attic	

**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

October 22-26, 2018

Room : Broadmeadow

	Activities	Extras
<b>Monday 22</b>  <b>Lunch:</b> Chicken Cordon Bleu Peas Rice Pilaf Tropical Fruit	10:30 Sittercise 11:00 Twister 11:45 Lunch 1:00 Name that Sound 2:30 Triple Treat Trivia	Hairdresser Gina is in
<b>Tuesday 23</b>  <b>Lunch:</b> American Chop Suey Summer Squash Jell-O Cake	10:30 Swing and Move 11:00 Basketball Trivia 11:45 Lunch 1:00 Country Sing Along 2:30 Walton's T.V. Series	Hairdresser Jamie is in
<b>Wednesday 24</b>  <b>Lunch:</b> Pot Roast Mashed Potatoes Broccoli Mousse	10:30 Exercise/Song 11:00 Baseball Throw 11:45 Lunch 1:00 Language of the Fans 2:30 5 Second Rule	Hairdresser Gina is in
<b>Thursday 25</b>  <b>Lunch:</b> Soup & Sandwich Lettuce & Tomatoes Coffee Cake	10:30 Move to Music 11:00 Horseshoes 11:45 Lunch 1:00 Baking Muffins 2:30 Baby Faces DVD	
<b>Friday 26</b>  <b>Lunch:</b> ½ Baked Stuffed Potato Lettuce & Tomatoes Pears	10:30 AM Stretch 11:00 Washer Game 11:45 Lunch 1:00 Short Stories 2:30 Family Feud	

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 2:30 Snack  
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# Activities calendar

October 29-31, 2018

Room: Broadmeadow

	Activities	Extras
<b>Monday 29</b> <b>Lunch:</b> Swedish Meatballs Noodles Carrots Fruit Cocktail	10:30 Move to Music 11:00 Kickball 11:45 Lunch 1:00 4 Suits Bingo 2:15 Reminisce Magazines	Hairdresser Gina is in
<b>Tuesday 30</b> <b>Lunch:</b> Beef Burgundy Ziti Italian Blend Vegetables Frosted Cake	10:30 AM Stretch 11:00 Ball Bounce 11:45 Lunch 1:00 Halloween Bingo 2:15 Reminisce	Hairdresser Jamie is in
<b>Wednesday 31</b> <b>Lunch:</b> Bourbon Chicken Spanish Rice Spinach Peaches	10:30 Chair Aerobics 11:00 Can Can Can 11:30 Lunch 1:00 Halloween Party w/ Johnny! 2:15 Hotel Transylvania Movie	Hairdresser Gina is in
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday</b> <b>Lunch:</b>		

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**SUMMIT ROOM**

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Open Discussion	10/25/18 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
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Rehab dept. to discuss safety techniques	10/10/18 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

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October 1-5, 2018

Room: Summit

	Activities	Extras
<b>Monday <sup>1</sup></b>  <b>Lunch:</b> Stuffed Peppers Rice Salad Pears	10:30 AM Stretch 11:00 Rosary with Frank 11:45 Lunch 1:00 Wheel of Fortune 2:30 Dog Trivia	Gina, hairdresser, is in  Happy Birthday Sue A. Vol  National Dog Walking Week
<b>Tuesday <sup>2</sup></b>  <b>Lunch:</b> Baked Fish ½ Baked Potato Carrots Pudding	10:30 Painting Group 11:00 Traveling Trivia 11:45 Lunch 1:00 “Pumkn” Bingo 2:30 Peanuts Comic Trivia	Jamie, hairdresser, is in  National Peanuts Comic Day
<b>Wednesday <sup>3</sup></b>  <b>Lunch:</b> Chicken Griller Lettuce/Tomato Red Potatoes Ice Cream	10:30 Sittercise 11:00 VolleyBall 11:45 Lunch 1:00 Jeopardy 2:30 Poetry Day	Gina, hairdresser, is in
<b>Thursday <sup>4</sup></b>  <b>Lunch:</b> Pork Riblette Sweet Potatoes Green Beans Peaches	10:30 Chair Aerobics 11:00 Tic Tac Toe 11:45 Lunch 1:00 Octoberfest 2:30 Octoberfest Trivia	Octoberfest  Happy Birthday Roger L.
<b>Friday <sup>5</sup></b>  <b>Lunch:</b> Beef Stew Biscuit Brownies	10:30 Sit and Swing 11:00 Smile Toss 11:45 Lunch 1:00 “SMILE” Bingo 2:30 James Bond Movie	Happy Birthday Rita L. and Normand G.

**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



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<b>Tuesday <sup>9</sup></b> <b>Lunch:</b> Baked Ham Brussel Sprouts Home Fries Peaches'n Cream	10:30 Painting Group/ Pet Therapy 11:00 Anagram 11:45 Lunch 1:00 High Rollers 2:30 Password	Hairdresser Jamie in
<b>Wednesday <sup>10</sup></b> <b>Lunch:</b> Hamburgers Lettuce & Tomatoes Steak Fries Pineapple Chunks	10:30 Chair Aerobics 11:00 Communion with Frank 11:45 Lunch 1:00 Honoring Our Firefighters 2:30 Fire Trivia	Hairdresser Gina in
<b>Thursday <sup>11</sup></b> <b>Lunch:</b> Clam Chowder Tuna Roll Bean Salad Cup Cakes	10:30 Move and Groove 11:00 Pizza Toss 11:45 Lunch 1:00 "PIZZA" Bingo 2:30 Mystic Pizza	National Pizza Day!
<b>Friday <sup>12</sup></b> <b>Lunch:</b> Braised Pork Chops Mashed Potatoes Turnip Apple Crisp	10:30 Sit and Swing 11:00 Football Toss 11:45 Lunch 1:00 Jokereno 2:30 Sports Trivia	Happy Birthday Betty B.  Football Day (WEAR JERSEY & JEANS For your favorite Team)

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<b>Tuesday 16</b>  <b>Lunch:</b> BBQ Chicken Leg Rice Pilaf Wax Beans Ice Cream Sandwich	10:30 Painting Group 11:00 Traveling Trivia 11:45 Lunch 1:00 Cards w/ Rebecca/Jackpot 2:30 Taboo	Hairdresser Jamie in  Happy Birthday Michael R.
<b>Wednesday 17</b>  <b>Lunch:</b> Lasagna Zucchini Cookies	10:30 Sit and Swing 11:00 Laughter Yoga 11:30 Lunch 1:00 "GOURD" Bingo 2:30 Who Am I?	Hairdresser Gina in  Happy Birthday Lisa C. and Dorothy M.
<b>Thursday 18</b>  <b>Lunch:</b> Fish'n Chips Cole Slaw Ambrosia	10:30 Exercises 11:00 Rosary with Frank 11:45 Lunch 1:00 Acorn Bingo 2:30 Password	
<b>Friday 19</b>  <b>Lunch:</b> Roast Turkey Butternut Squash Stuffing Jell-O	10:30 Chair Aerobics 11:00 Bowling 11:45 Lunch 1:00 Wheel of Fortune 2:30 Old Wives Tales	10/21 Happy Birthday Paul B.

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<b>Monday 22</b>  <b>Lunch:</b> Chicken Cordon Bleu Peas Rice Pilaf Tropical Fruit	10:30 Swing and Sit 11:00 Kickball 11:45 Lunch 1:00 "AUTUMN" Bingo 2:30 10 Things Men & Women would never say...	Hairdresser Gina in
<b>Tuesday 23</b>  <b>Lunch:</b> American Chop Suey Summer Squash Jell-O Cake	10:30 Painting Group/ Word Game 11:00 Word Scramble 11:45 Lunch 1:00 Jokereno 2:30 Mind Joggers	Hairdresser Jamie in
<b>Wednesday 24</b>  <b>Lunch:</b> Pot Roast Mashed Potatoes Broccoli Mousse	10:30 Move to Music 11:00 Laughter Yoga 11:45 Lunch 1:00 Men's Gr. w/ Moe/Bottoms Up 2:30 What would you do?	Hairdresser Gina in
<b>Thursday 25</b>  <b>Lunch:</b> Soup & sandwich Lettuce & Tomatoes Coffee Cake	10:30 Light & Lively/Ribbons 11:00 Basketball 11:45 Lunch 1:00 Crossword Puzzle 2:30 What Am I?	Happy Birthday Linda M.
<b>Friday 26</b>  <b>Lunch:</b> Stuffed Potato ½ Baked Potato Lettuce & Tomato Pears	10:30 Sittercise 11:00 Communion w/ Frank 11:45 Lunch 1:00 Jeopardy 2:30 5 Second Rule	

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<b>Tuesday 30</b>  <b>Lunch:</b> Beef Burgundy Ziti Italian Blend Vegetables	10:30 Painting Group 11:00 Halloween Bean Bag Toss 11:45 Lunch 1:00 Spooky Bingo 2:30 Who Am I?	Hairdresser Jamie in
<b>Wednesday 31</b>  <b>Lunch:</b> Bourbon Chicken Spanish Rice Spinach Peaches	10:30 Move and Groove 11:00 Name the Candy 11:45 Lunch 1:00 Halloween Party w/ Johnny 2:30 Triple Treat Trivia	Hairdresser Gina is in
<b>Thursday</b>  <b>Lunch:</b>		
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