

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 2017

**SUMMIT ELDERCARE IS CLOSED ON MONDAY OCT. 9TH FOR COLUMBUS DAY
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
Late Stage Caregiving-What to Expect	10/5/17 3:30pm-5pm	88 Masonic Home Rd. Charlton, MA (Meadowside)	Annette Mercardo 1-508-434-3200 Ext.32033	Charlton
Managing Stress: Care for the Caregiver	10/11/17 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 1-508-852-2026 Ext.65649	East Mountain St.
Managing Stress: Care for the Caregiver	10/16/17 2pm-3:30pm	1369 Grafton St. Worcester, MA	Pat Lazarek 1-508-373-7400	Grafton St.
Q & A Relating to Caregiver Concerns	10/26/17 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
Getting Through the Holidays	10/11/17 3:30pm-5:pm	101 Wason Ave. Springfield, MA	April Monfett 1-413-272-6194	Springfield
Getting Through the Holidays!	10/11/17 2:30pm-3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 1-978-427-6830	Lowell

TIP OF THE MONTH:

Ask for help- One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This so-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask.

ACTIVITIES CALENDAR

Room: Summit

October 2-6, 2017	Activities	Extras		
Monday 2	10:30	Sit and Swing		
	11:00	Rosary w/ Frank	Hairdresser Gina is in	
	Lunch:	11:45	Lunch	Happy Birthday
	Filet O'Fish	1:00	Bingo	10/1 Sue A. Volunteer
	Red Potatoes	2:30	Manicures & Movie	
	Cole Slaw			
Mandarin Oranges				
Tuesday 3	10:30	Sit and Swing		
	11:00	Ball Toss	Hairdresser Jami is in	
	Lunch:	11:45	Lunch	
	Beef Stew	1:00	Jeopardy	
	Biscuit	2:30	What Would You Do?	
	Pudding			
Wednesday 4	10:30	Sit and Swing	Hairdresser Gina is in	
	11:00	Washer game		
	Lunch:	11:45	Lunch	
	Soup & Sandwich	1:00	Fall Fest with Joey B Bop	
	Carrot Salad	2:30	Family Feud	
	Brownies			
Thursday 5	10:30	Move to Music	Happy Birthday Rita L. and Norman G.	
	11:00	Basket Ball		
	Lunch:	11:45	Lunch	Jewish: Sukkot Begins
	Pot Roast	1:00	PUMKN Bingo	Full Moon
	AuGratin Potato	2:30	Let's Talk	
	Green Beans			
Pears				
Friday 6	10:30	Sit and Swing	Happy Birthday	
	11:00	Volley Ball	10/7 Moe S.: Activities	
	Lunch:	11:45	Lunch	
	American Chop Suey	1:00	Floral arranging w/ Perros/Anagram	
	Yellow Squash	2:30	Mind Joggers	
	Jello-o cake			

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

October 9-13, 2017	Activities	Extras	
Monday 9			
Lunch:	SUMMIT ELDERCARE IS CLOSED FOR COLUMBUS DAY		
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Tuesday 10	10:30	Painting Group/ Pet Therapy	Hairdresser Jamie in
	11:00	Word Scramble	
Lunch:	11:45	Lunch	
Pork Riblette	1:00	Crafts with Donna D./ Jokereno	
Sweet Potatoes	2:30	Person, Place or Thing	
Cauliflower		Trivia	
Sherbet			
<hr/>			
Wednesday 11	10:30	Chair Aerobics	Hairdresser Gina in
	11:00	Kickball	
Lunch:	11:45	Lunch	
Hamburger	1:00	Bottom's Up	
Baked Beans	2:30	Random Trivia	
Fruit Cocktail			
<hr/>			
Thursday 12	10:30	Move and Groove	
	11:00	Communion w/ Frank	Jewish: Shemini Atzerst
Lunch:	11:45	Lunch	
Bourbon Chicken	1:00	A'tumn Bingo	
Couscous	2:30	Who Am I?	
Mixed Squash			
Apple Crisp			
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Friday 13	10:30	Painting Group	
	11:00	Peer Chat	
Lunch:	11:45	Lunch	Jewish: Simchat Torah
Roast Turkey	1:00	Crossword Puzzles	
Butternut Squash	2:30	October Trivia	
Peach Melba			

Note: 8:00 Coffee Social, word Searches, 1:1
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ACTIVITIES CALENDAR

Room: Summit

October 16-20, 2017	Activities	Extras		
Monday 16	10:30	AM Stretch/Pet Therapy	Hairdresser Gina in	
	11:00	Horseshoes		
	Lunch:	11:45	Lunch	Happy Birthday Michael R.
	Macaroni & Cheese	1:00	ACORN Bingo	
	Stewed Tomatoes	2:30	What Am I?	
Peaches				
Tuesday 17	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Anagram		
	Lunch:	11:45	Lunch	Happy Birthday Rose C., Dorothy M.
	Stuffed ½ Potato	1:00	Card Making with Rebecca/ Grief and Loss Group	
	Mousse	2:30	Walking Group	
Wednesday 18	10:30	Sit and Swing	Hairdresser Gina in	
	11:00	Rosary w/ Frank		
	Lunch:	11:30	Lunch	
	Clam Chowder	1:00	Worc. County Sheriff Dept. Fraud Presentation	
	Tuna Roll	2:30	Password	
Ambrosia				
Thursday 19	10:30	Exercises		
	11:00	Volley Ball		
	Lunch:	11:45	Lunch	
	Braised Pork Chops	1:00	Jokereno	
	Sweet Potatoes	2:30	Trivia Challenge	
Wax Beans				
Cookies				
Friday 20	10:30	Chair Aerobics	Happy Birthday 10/21 Paul B.	
	11:00	Laughter Yoga		
	Lunch:	11:45	Lunch	
	BBQ Chicken Leg	1:00	Jeopardy	
	Rice Pilaf	2:30	What Am I?	
Summer Squash				
Melon				

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ACTIVITIES CALENDAR

Room: Summit

October 23-27, 2017	Activities	Extras		
Monday 23	10:30	Swing and Sit	Hairdresser Gina in	
	11:00	Communion w/ Frank		
	Lunch:	11:45	Lunch	
	Chicken & Broccoli	1:00	Jokereno	
	Alfredo, Mixed Veggies, Ziti, Tropical Fruit	2:30	Triple Treat Trivia	
Tuesday 24	10:30	Painting Group	Hairdresser Jamie in	
	11:00	Word Game		
	Lunch:	11:45	Lunch	Happy Birthday Betty C. and Jody L.: Office
	Quiche Lorraine	1:00	Donut Dip Contest	
	Home Fries	2:30	Who Am I?	
Vegetable Blend				
Pineapple Chunks				
Wednesday 25	10:30	Move to Music	Hairdresser Gina in	
	11:00	Horseshoes		
	Lunch:	11:45	Lunch	Happy Birthday Linda M.
	Beef Stroganoff, Noodles	1:00	Wheel of Fortune/Cheese and Crackers	
	Zucchini Pudding	2:30	Bulletin Board Trivia	
Thursday 26	10:30	AM Stretch		
	11:00	Bean Bag Toss		
	Lunch:	11:45	Lunch	
	Baked Fish	12:50	Participants Council	
	Scalloped Potatoes	1:00	SPOOKY Bingo	
Peas	2:30	Fill in the Blanks...		
Strawberry Shortcake				
Friday 27	10:30	Painting Group		
	11:00	Ring Toss		
	Lunch:	11:45	Lunch	
	Spaghetti & Meatballs	1:00	Pumpkin Raffle	
	Tossed Salad	2:30	All Things Pumpkin Quiz	
Frosted Cake				

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Room:Summit

October 30-31, 2017	Activities	Extras	
Monday 30	10:30	AM Stretch/ Pet Therapy	Hairdresser Gina is in
	11:00	Pumpkin Volleyball	
	Lunch:	11:45	Lunch
	Fajita Chicken	1:00	Bottoms Up
	Rice, Cheese, Carrots, Onions, Peppers, Ice Cream	2:30	Password
Tuesday 31	10:30	Painting Group	Hairdresser Jamie in
	11:00	Socializing w/ Peers	
	Lunch:	11:45	Lunch
	Swedish Meatballs	1:00	Halloween Party w/ Dave G.
	Ziti Carrots Brownies	2:30	Family Feud
Wednesday			
Lunch:			
Thursday			
Lunch:			
Friday			
Lunch:			

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October 2017

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BROADMEADOW ROOM

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ACTIVITIES CALENDAR

Room: Broadmeadow

October 2-6, 2017	Activities	Extras		
Monday 2	10:30	Sit and Stretch		
	11:00	Horseshoes	Hairdresser Gina is in	
	Lunch:	11:45	Lunch	
	Filet O'Fish	1:00	50's Music Sing Along	
	Red Potatoes	2:15	Penny Ante	
Cole Slaw				
Mandarin Oranges				
Tuesday 3	10:30	Stretch Out		
	11:00	Ring Toss	Hairdresser Jamie is in	
	Lunch:	11:45	Lunch	
	Beef Stew	1:00	Wheel of Fortune	
	Biscuit	2:15	Finish the Lyrics...	
pudding				
Wednesday 4	10:30	Move and Groove	Hairdresser Gina is in	
	11:00	Volleyball		
	Lunch:	11:45	Lunch	
	Soup & Sandwich	1:00	Fall Fest w/ Joey B Bop	
	Carrot Salad	2:15	Creative Art	
Brownies				
Thursday 5	10:30	Sittercise		
	11:00	Bean Bag Toss		
	Lunch:	11:45	Lunch	
	Pot Roast	1:00	Sing Along	
	AuGratin Potato	2:15	Triple Treat Trivia	
Green Beans				
Pears				
Friday 6	10:30	Sit and Swing	Happy Birthday	
	11:00	Frisbee Toss	10/7 Maureen S.-Activities	
	Lunch:	11:45	Lunch	
	American Chop Suey	1:00	Karaoke	
	Yellow Squash	2:15	Word Scramble	
Jell-o cake				

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

Room: Broadmeadow

October 9-13, 2017	Activities	Extras
Monday 9	SUMMIT ELDERCARE IS CLOSED FOR COLUMBUS DAY	
Lunch:		
Pork Riblette	10:30	Exercise/Song
Sweet Potatoes	11:00	Brain Games
Cauliflower	11:45	Lunch
Sherbet	1:00	Pumpkin Volley Ball
	2:15	Puzzles/Color Art
Tuesday 10		Hairdresser Jamie is in
Lunch:		
Hamburger	10:30	Music/Motion
Baked Beans	11:00	Rhythm Band
Fruit Cocktail	11:45	Lunch
	1:00	Name that Pic
	2:15	Scenic Video
Wednesday 11		Hairdresser Gina is in
Lunch:		
Bourbon Chicken	10:30	Flex/Stretch
Couscous	11:00	Reminisce
Mixed Squash	11:45	Lunch
Apple Crisp	1:00	Kickball
	2:15	Pumpkin Tea Party
Thursday 12		Happy Birthday Yo C.
Lunch:		
Roast Turkey	10:30	Sing/Swing
Cranberry Sauce	11:00	Washer Game
Butternut Squash	11:45	Lunch
Peach Melba	1:00	Music
	2:15	Baking
Friday 13		

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

October 16-20, 2017	Activities	Extras		
Monday 16	10:30	Move to Music	Hairdresser Gina is in	
	11:00	Name that Tune		
	Lunch:	Lunch		
	Macaroni & Cheese	1:00		Halloween Bingo
	Stewed Tomatoes	2:15		Puzzles
Tuesday 17	10:30	AM Stretch	Hairdresser Jamie is in	
	11:00	Sing Along		
	Lunch:	Lunch		
	Stuffed 1/2 Potato	1:00		Bean Bag Toss
	Mousse	2:15		Card Making w/ Rebecca
Wednesday 18	10:30	Sittercise	Hairdresser Gina is in	
	11:00	Basketball		
	Lunch:	Lunch		
	Clam Chowder	1:00		What's in the Bag
	Tuna Roll	2:15		Retro T.V.
Thursday 19	10:30	Chair Aerobics		
	11:00	Singing		
	Lunch:	Lunch		
	Braised Pork Chops	1:00		Fall Collage
	Sweet Potatoes	2:15		Scenic Video
Friday 20	10:30	Sing/Swing		
	11:00	Brain Games		
	Lunch:	Lunch		
	BBQ Chicken Leg	1:00		Pictionary
	Rice Pilaf	2:15		Ball Bounce
Melon				

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

October 23-27, 2017	Activities	Extras		
Monday 23	10:30	Sittercise	Hairdresser Gina is in	
	11:00	Ball Toss		
	Lunch: 11:45	Lunch		
	1:00	Bowling		
	2:30	Sensory 1:1		
Tuesday 24	10:30	Sittercise	Hairdresser Jamie is in	
	11:00	Volleyball		
	Lunch: 11:45	Lunch		Happy Birthday Jody L-Office
	1:00	Singing		
	2:30	Retro T.V.		
Quiche Lorraine Home Fries Vegetable Blend Pineapple Chunks				
Wednesday 25	10:30	Exercise/Song	Hairdresser Gina is in	
	11:00	Mystery Box		
	Lunch: 11:45	Lunch		
	1:00	Bottoms Up		
	2:30	Sing Along		
Thursday 26	10:30	Move to Music		
	11:00	Reminisce		
	Lunch: 11:45	Lunch		
	1:00	Music/Dance		
	2:30	A-Z Trivia		
Friday 27	10:30	AM Stretch		
	11:00	Ring Toss		
	Lunch: 11:45	Lunch		
	1:00	Baking		
	2:30	Witches Brew Tea Party		

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.....
 Calendar is subject to change



ACTIVITIES CALENDAR

Room: Broadmeadow

October 30-31, 2017	Activities	Extras		
Monday 30	10:30	Flex and Stretch	Hairdresser Gina is in	
	11:00	Trivia		
	Lunch:	11:45		Lunch
	Fajita Chicken Rice, Cheese, Carrots, Onions, Peppers, Ice Cream	1:00		Tic Tac Toe Toss
		2:15		Short Stories
Tuesday 31	10:30	Move to Music	Hairdresser Jamie is in	
	11:00	Popcorn Toss		
	Lunch:	11:45		Lunch
	Swedish Meatballs Ziti Carrots Brownies	1:00		Halloween Party w/ Dave G!
		2:15		Creative Art
Wednesday				
Lunch:				
Thursday				
Lunch:				
Friday				
Lunch:				

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