



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. The numbers are listed below.

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).

MERRY CHRISTMAS CENTER IS CLOSED DECEMBER 25TH!

HAPPY HANUKKAH BEGINS DECEMBER 22ND AT SUNDOWN!

HAPPY KWANZAA DECEMBER 26TH!

CENTER WILL BE CLOSING AT 3:00PM ON DECEMBER 24TH

Summit ElderCare contact information

288 Grove St. Worcester, MA 01605

1-508-852-2026 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Supervisor, Recreational Activities: Michelle Parent: 1-508-852-2026

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
OPEN FORUM	3:00pm – 4:30pm 12/3/2019	108 Thompson Rd Webster, MA	Bessie Bechthold 774 317-6700	Webster
PREPARING FOR THE NEW YEAR	2:00pm - 3:30pm 12/16/2019	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
	2:00pm – 3:30pm	55 Cinema BLVD Leominster, MA	Donna Ferro 978 401-3100	Leominster
THE STRESSES OF CAREGIVING	3:30pm – 5:00pm 12/11/2019	101 Wason Ave. Springfield, MA	April Monfett 413 277-6178	Springfield
HOLIDAY'S: JOY VS. STRUGGLES	3:00pm – 4:00pm 12/11/2019	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Positive Approach to Care Dementia Training	3:00pm- 4:30pm 12/18/2019	288 Grove Street Worcester, MA	Michelle Parent (508) 852-2026 X56548	Grove Street

Tip of the month:

To help visitors prepare for holiday time with a person with dementia:

1. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit.
2. Offer communication tips to lessen stress or awkwardness.
3. Suggest activities.

Activities calendar

DECEMBER 2-6

Room Devenshire

	Activities	Extras
Monday 2 Lunch: Stuffed Peppers, Tomato Sauce, Rice, Summer Squash, Pudding Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Parkinson's Choir 2:00: Fireside Stories 3:00: Choices Game	
Tuesday 3 Lunch: Roast Pork, Gravy, Sweet Potatoes, Bean Blend, Carrot Cake Alternative/Sandwich	9:00: Coffee Social 10:15: Ribbon Exercise 12:00: Lunch 1:00: Jingo 2:00: Finish the Sentence 3:00: Scavenger Hunt	
Wednesday 4 Lunch: Baked Fish, Roasted Potatoes, Spinach, Tartar Sauce, Coffee Cake Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Ginger Bread Craft 2:00: Name 10 3:00: Holiday Sing-a-long	Hairdresser is in!
Thursday 5 Lunch: Chicken Alfredo, Rotini, Zucchini, Fruit Cocktail Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Cheese Head 2:00: Adult Coloring 3:00: Music w/ Lila	
Friday 6 Lunch: Taco Stuffed Potato, Sour Cream, Cheese, Lettuce, Tomato, Mousse Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Tree Decorating 2:00: Wheel of Fortune Bean Bag 3:00: Holiday Movie	Bible Study with Allyson @ 11:00am Communion with Pastor Nilson

Note: 8:00 Coffee Social, coloring, 1:1 1:1 and sensory is offered throughout the day.
 12:00 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

DECEMBER 9-13

Room: Devenshire

	Activities	Extras
Monday 9 Lunch: Swedish Meatballs, Gravy, Noodles, Veggie Blend, Sherbet Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Giant Kick Ball 2:00: Sing-a-Long 3:00: Holiday Sensory Box	
Tuesday 10 Lunch: N.E. Clam Chowder Tuna Roll, Bean Salad, Peach Melba Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Frisbee 2:00: Winter Collages 3:00: Fireside Readings	
Wednesday 11 Lunch: Ham Steak, Pineapple Sauce, Scalloped Potatoes, Brussel Sprouts, Brownies Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Mitten Craft 2:00: Frisbee 3:00: Wreath Story	
Thursday 12 Lunch: BBQ Chicken Leg, Rice Pilaf, Peas & Carrots, Mandarin Oranges Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Music W/ Gary 2:00: Snow Flake Craft 3:00: Meditation/Relaxation	
Friday 13 Lunch: Pot Roast, Gravy, Wax Beans, Red Bliss Potatoes, Ambrosia Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Corn Hole Game 2:00: Jingo 3:00: Holiday Movie	Bible Study with Allyson @ 11:00am

Note:

8:00 Coffee Social, coloring, 1:1
 12:00 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art
 Calendar is subject to change

1:1 and sensory is offered throughout the day.



Activities calendar

DECEMBER 16-20

Room: Devenshire

	Activities	Extras
Monday 16 Lunch: Chicken ala King, Rice, Mixed Vegetables, Peaches Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Bull's Eye 2:00: Wreath Craft 3:00: Fun Fact Trivia	
Tuesday 17 Lunch: Pizza, Tossed Salad, Dressing, Fruited Jell-O Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Bean Bag Challenge 2:00: Rhythm Band 3:00: Fireside Readings	Happy Birthday Mary T
Wednesday 18 Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Turnip, Broccoli, Fruit Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Cookie Baking 2:00: Giant Kick Ball 3:00: Name 10	Hairdresser is in!
Thursday 19 Lunch: Meatloaf, Gravy, Mashed Potatoes, Carrots, Frosted Cake Alternative.Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:00: Lunch 1:00: Christmas Tea Party/Santa 2:00: Finish the Sentence 3:00: Sing-A-Long	
Friday 20 Lunch: Soup & Sandwich, Lettuce, Tomatoes, Ice Cream Treat Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Jingo 2:00: Short Stories 3:00: Holiday Movie	

Note:

8:00 Coffee Social, coloring, 1:1
 12:00 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art
 Calendar is subject to change

1:1 and sensory is offered throughout the day.



Activities calendar

DECEMBER 23-27

Room: Devenshire

	Activities	Extras
Monday 23 Lunch: Hamburger, Roll, Mustard, Ketchup, Hash brown Casserole, Pears Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Music w/ Ken Lass 2:00: Bottoms Up 3:00: Night Before X-Mas	HAPPY HANUKKAH! Holiday Party
Tuesday 24 Lunch: Macaroni & Cheese, Stewed Tomatoes, Gingerbread Alternative/ Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Merry Christmas Jingo 2:00: Collages 3:00: Sing a Long	Center will be closing at 3:00pm
Wednesday 25 Lunch:	MERRY CHRISTMAS! CENTER IS CLOSED!	
Thursday 26 Lunch: Shepard's Pie (corn, mashed potato, meat) Peaches Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Four Corners 2:00: Short Stories 3:00: Collages/Sensory	HAPPY KWANZAA!
Friday 27 Lunch: Stuffed Cabbage, Tomato Sauce, Rice, Carrots, Cookies Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Jingo 2:00: Frisbee 3:00: Sing a Long	

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Activities calendar

December 30-31

Room Devenshire

	Activities	Extras
Monday 30 Lunch: Chicken Marsala, Pasta, Italian Blend, Ice Cream Alternative/Sandwich	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Hit the Bus Band 2:00: Jingo 3:00: Sing a Long	New Year's Party
Tuesday 31 Lunch: Beef Stew, Biscuit Jell-O Cake	9:00: Coffee Social 10:15: Circle of Fun 12:30: Lunch 1:00: Ring Toss 2:00: Collages 3:00: Finish the Sentence	
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

Note:

8:00 Coffee Social, coloring, 1:1
 12:00 Lunch/Sandwich is an alternative
 2:30 Snack
 3:00 1:1, Movie, Music, Reminisce, Socials, Creative art
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MERRY CHRISTMAS CENTER IS CLOSED DECEMBER 25TH
HAPPY HANUKKAH BEGINS AT SUNDOWN DECEMBER 22ND
HAPPY KWANZAA DECEMBER 26TH

PACE Center closing at 3:00pm on December 24th

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	2:00pm – 3:30pm	55 Cinema Blvd. Leominster, MA	Donna Ferro 978 401-3100	Leominster
The Stress of Caregiving	3:30 pm– 5:00pm 12/11/2019	101 Wason Ave Springfield, MA	April Monfett 413 277-6178	Springfield
Holidays: Joys vs. Struggles	3:00pm – 4:00pm 12/11/2019	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Positive Approach to Care Dementia Training	3:00-4:30pm 12/20/2019	288 Grove Street Worcester, MA	Michelle Parent (508) 852-2026 X56548	Grove Street Worcester, MA

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3. Suggest activities.

Activities calendar

December 2-6

Room: Summit

	Activities	Extras
Monday 2 Lunch: Stuffed Peppers, Tomato Sauce, Rice, Summer Squash, Pudding Alternative/Sandwich	8:00 Coffee Social 9:30 Women's Group 11:00 Exercise 12:00 Lunch 1:00 Parkinson's Choir 2:15 UNO	Happy Birthday Corrine!
Tuesday 3 Lunch: Roast Pork, Gravy, Sweet Potatoes, Bean Blend, Carrot Cake Alternative/Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Exercise 12:00 Lunch 1:00 Personalized Crafts 2:15 Holiday Penny Ante	Communion and Rosary @10:30 Happy Birthday Ray
Wednesday 4 Lunch: Baked Fish, Roasted Potatoes, Spinach, Coffee Cake Alternative/Sandwich	8:00 Coffee Social 9:30 Audio Book Club 11:00 Exercise 12:00 Lunch 1:00 Christmas Crafts 2:15 Holiday Trivia	Hairdresser is in!
Thursday 5 Lunch: Chicken Alfredo, Rotini, Zucchini, Fruit Cocktail Alternative/Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Exercise 12:00 Lunch 1:00 Family Feud 2:15 Adult Coloring	Men's Group @ 1:00pm
Friday 6 Lunch: Taco stuffed potato sour cream, lettuce, tomato, Mousse Alternative/Sandwich	8:00 Coffee Social 9:30 Tree Decorating 11:00 Exercise 12:00 Lunch 1:00 Bingo 2:15 Holiday Movie	Good News Friday Communion with Pastor Nilson

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Tuesday 10 Lunch: N.E. Clam Chowder, Tuna Roll, Bean Salad, Peach Melba Alternative/Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Exercise/Trivia 12:00 Lunch 1:00 Jeopardy 2:15 Cupcake Making	ROSARY & COMMUNION 10:00AM
Wednesday 11 Lunch: Ham Steak, Pineapple Sauce, Scalloped Potatoes, Brussel Sprouts, Brownies Alternative/Sandwich	8:00 Coffee Social 9:30 Audio Book Club 11:00 Exercise W/ Wendy 12:00 Lunch 1:00 Holiday Jeopardy 2:15 X-Mas Fun Word	Happy Birthday Winnie!
Thursday 12 Lunch: BBQ Chicken Leg, Rice Pilaf, Peas & Carrots, Mandarin Oranges Alternative/Sandwich	8:00 Coffee Social 9:30 Painting 11:00 Exercise 12:00 Lunch 1:00 Music W/ Gary 2:15 Would You Rather?	
Friday 13 Lunch: Pot Roast, Gravy, Wax beans, Red Bliss Potatoes, Ambrosia Alternative/ Sandwich	8:00 Coffee Social 9:30 Craft Group 11:00 Exercise 12:00 Lunch 1:00 Bingo 2:15 "Skunk" Game	Happy Birthday Dorothy K Happy Birthday Phyllis D

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December 16-20

Room: Summit

	Activities	Extras
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Tuesday 17 Lunch: Pizza, Tossed Salad, Dressing, Fruited Jell-O Alternative/ Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Exercise/Trivia 12:00 Lunch 1:00 Family Feud 2:15 Walking Group	Rosary/Communion @ 10:00
Wednesday 18 Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Turnip, Broccoli, Fruit Cup Alternative/Sandwich	8:00 Coffee Social 9:30 Audio Book Club 11:00 Exercise 12:00 Lunch 1:00 Holiday Spelling Bee 2:15 Winter Charades	Men's Group @1:00 Hairdresser is in!
Thursday 19 Lunch: Meatloaf, Gravy, Mashed Potatoes, Carrots, Frosted Cake Alternative/Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Exercise 12:00 Lunch 1:00 Ugly Sweater A-Z 2:15 Holiday Card	
Friday 20 Lunch: Soup & Sandwich, Lettuce & Tomatoes, Ice Cream treat	8:00 Coffee Social 9:30 Winter Snow Flakes 11:00 Exercise 12:00 Lunch 1:00 "ELVES" Bingo 2:15 Movie Day!	UGLY SWEATER DAY!

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Tuesday 24 Lunch: Macaroni & Cheese Stewed Tomatoes, Gingerbread Alternative/Sandwich	8:00 Coffee Social 10:00 Rosary/Communion 11:00 Exercise/Trivia 12:00 Lunch 1:00 Build a Word 2:15 Adult Coloring	Center closing at 3:00pm
Wednesday 25 Lunch:	MERRY CHRISTMAS CENTER IS CLOSED	
Thursday 26 Lunch: Shepard's Pie, (corn, Mashed Potato, meat) Peaches Alternative/Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Noodle Exercise 12:00 Lunch 1:00 Po Keno 2:15 UNO	
Friday 27 Lunch: Stuffed Cabbage, Tomato Sauce, Rice Carrots, Cookies Alternative/Sandwich	8:00 Coffee Social 9:30 Crafts 11:00 Exercise 12:00 Lunch 1:00 Bingo 2:15 Fun Fact Trivia	Happy Birthday Nelson C Happy Birthday David O Happy Birthday Marilyn B

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Activities calendar

DECEMBER 30-31

Room: Summit

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Monday 30 Lunch: Chicken Masala, Pasta, Italian Blend, Ice Cream Alternative/Sandwich	8:00 Coffee Social 9:30 Painting Group 11:00 Exercise 12:00 Lunch 1:00 Music W/ Hit The Bus 2:15 Winter Charades	New Year's Party! Happy Birthday Vincent Happy Birthday Mary B
Tuesday 31 Lunch: Beef Stew, Biscuit Jell-O Cake Alternative/Sandwich	8:00 Coffee Social 9:30 Meditation Group 11:00 Exercise 12:00 Lunch 1:00 Wheel of Fortune 2:15 Manicures	Rosary/Communion @10:00 Participant Council
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

Note:

8:00 Coffee Social, coloring, 1:1

12:00 Lunch/Sandwich is an alternative

2:30 Snack

3:00 1:1, Movie, Music, Reminisce, Socials, Creative art

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