



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).

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.

Reminder: Summit ElderCare will be closed Monday, February 18th.

February, 2019 CHAPMAN ROOM CALENDAR

Summit ElderCare contact information

55 Cinema Blvd. Leominster, MA 01453

1-978-401-3100 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Cynthia Sidloski: 1-978-401-3100

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Need A Lift Medivan: 1-978-534-0041, then press 0



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	2/5/19 3:00-4:30 p.m.	108 Thompson Road, Webster, MA	Bessie Bechthold 774-317-6700	Webster
Behaviors and communication.	2/25/19 2-3:30 p.m.	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Personality Changes and Challenges for Caregivers	2/28/19 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief and Loss	2/13/19 3:30-5 p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Managing Emotions After the Holidays!	2/13/19 3:30-5p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 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 1st, 2019

Room: Chapman

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday Lunch:		
Friday 1 Lunch: Taco Stuffed potato Sour cream, cheese, lettuce & tomatoes. Ice Cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Sing-A-Long 2:30 p.m. Gentle Stretch/soothing music 3:00 p.m. Hand massages	Worship Service in library 10:45 <i>1:00 Reminisce group</i>

Note: **Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch is served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, newspaper, magazines and the computer are available throughout the day. Pathway to fitness is a walking group that occurs multiple times daily. This calendar is subject to change

Activities calendar

FEBRUARY 4-8th, 2019

Room: Chapman

	Activities	Extras
Monday 4 Lunch: Chicken & Broccoli Alfredo Pasta, Salad, Tropical Fruit	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:30 p.m. Sing-A-Long 3:00 p.m. Name 5 for 5	Rosary & Communion in library 1:00 Yoga with special guest 1:15 Or table activities
Tuesday 5 Lunch: Pork Riblette Sweet Potatoes Green Beans Ice Cream Sandwich	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Movie or craft making 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Music DVD	Hair dresser is here today Rosary and communion 1:00.
Wednesday 6 Lunch: Baked Manicotti Meat sauce Yellow Squash Coffee cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness A Trip Down Memory Lane. 1:30 p.m. Relaxing/Gentle Stretch 2:30 p.m. Name 5 for 5 3:00 p.m.	Hair dresser is here today. Rosary/communion 1:00
Thursday 7 Lunch: Baked fish, steak fries, Cole slaw. Fruit Cup	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Dancercise 11:20 p.m. Pathway to fitness 1:00 p.m. Table ball games 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Lavender-hand massage	
Friday 8 Lunch: Pot roast, gravy Red bliss potatoes Carrots Cookies	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Table activities or comedy show 2:30 p.m. Relaxing/Gentle stretch 3:00 p.m. Zen coloring	Reminiscing group 1:00

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Activities calendar

FEBRUARY 11-15TH 2019

Room: Chapman

	Activities	Extras
Monday 11 Lunch: Stuffed peppers Tomato sauce Rice Mixed squash Sherbet	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:30 p.m. Sing –A-Long & flower arranging 3:00 p.m. One to one social time	Rosary & Communion in the library 1:00 Special guest yoga instructor here 1:15
Tuesday 12 Lunch: Hot dogs, roll Baked beans Vegetable blend Mousse	9:30 a.m. Coffee Social 10:40 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Table games 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Poetry Reading	Hair dresser is here today. Rosary & Communion 1:00 or table activities
Wednesday 13 Lunch: Chicken ala King Biscuit Peas & Carrots Mandarin Oranges	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Relaxing/Gentle Stretch 3:00 p.m. Short stories	Hair dresser is here today. Rosary & Communion 1:00 Andy Ross is here to perform love songs 1:30 in Summit room
Thursday 14 Lunch: Meatloaf Gravy Mashed Potatoes Spinach Jell-O Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:00 p.m. Valentine craft & Love song 2:30 p.m. DVD Relaxing/Gentle Stretch 3:00 p.m. Aromatherapy	Happy Valentine's Day!
Friday 15 Lunch: Clam Chowder Chicken salad sandwich Lettuce & tomatoes Brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Watercolor painting/sensory DVD 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Trivia	Reminisce group 1:00

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Activities calendar

February 18-22nd, 2019

Room: Chapman

	Activities	Extras
Monday 18 Lunch:	<p><i>Summit ElderCare is closed today to observe Presidents Day</i></p>	
Tuesday 19 Lunch: Pizza Tossed Salad Dressing Apple Cobbler	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle and Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Music Sing-A-Long	Rosary/communion 1:00
Wednesday 20 Lunch: Beef Burgundy Pasta Broccoli Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. It Movie Time! 2:30 p.m. Table ball games 3:00 p.m. Aromatherapy	Rosary & Communion 1:00
Thursday 21 Lunch: Roast pork Gravy Mashed potatoes Turnip Frosted Cake	9:30 a.m. Baking 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:00 p.m. White Board Games 2:45 p.m. Gentle Stretch/sensory 3:00 p.m. What would you do?	
Friday 22 Lunch: Spaghetti & meatballs Zucchini Fruit Cocktail	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Zen coloring/painting 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Social time	Reminisce group 1:00

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Activities calendar

FEBRUARY 25-28TH, 2019

Room: Chapman

	Activities	Extras
Monday 25 Lunch: Hamburger Roll Steak fries Peaches n cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 a.m. Pathway to fitness 1:00 p.m. Bingo 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. One to one social time	Rosary/communion 1:00 Library
Tuesday 26 Lunch: Chicken Chow Mein White rice, crispy noodles Oriental vegetables Pineapple chunks	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 a.m. Pathway to fitness 1:30 p.m. Table ball games or comedy DVD 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Zen coloring	Rosary/Communion 1:00
Wednesday 27 Lunch: Baked Ham Mustard sauce Oven potatoes Wax Beans Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Relaxing/Gentle Stretch 3:00 p.m. Hand massage with lavender	Rosary/communion 1:00
Thursday 28 Lunch: Shepard's Pie Corn Mashed potatoes Peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Relaxing/Gentle Stretch 3:00 p.m. One to one social time	Larry Domenico performs in Chapman room 1:30
Friday Lunch:		

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Important information

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Personality Changes and Challenges for Caregivers	2/28/19 2-3:30 p.m.	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief and Loss	2/13/19 3:30-5 p.m.	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Managing Emotions After the Holidays!	2/13/19 3:30-5p.m.	1081 Varnum Ave Lowell, MA	Emily Lemire 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 1st, 2019

Room: Summit

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Tuesday Lunch:		
Wednesday Lunch:		
Thursday Lunch:		
Friday 1 Lunch: Taco Stuffed potato Sour cream, cheese, lettuce & tomatoes. Ice Cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:00 p.m. Sports games & Super Bowl fun! Go Pats! 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	National Wear Red Today to show support for woman who have been affected by cardiovascular disease. Worship Service in library 10:50 Mens group 12:45 Knitting group 1:00

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Monday 4 Lunch: Chicken & Broccoli Alfredo Pasta, Salad, Tropical Fruit	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:15 p.m. Yoga with Jorge 2:30 p.m. Pathway to fitness 3:00 p.m. Name 5 for 5	Rosary & Communion in library 1:00 Yoga with special guest 1:15 in Chapman room
Tuesday 5 Lunch: Pork Riblette Sweet Potatoes Green Beans Ice Cream Sandwich	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Exercise 11:30 a.m. Pathway to fitness 1:30 p.m. Its Movie time! 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Hair dresser is here today Mens' group 10:40 Book Club 11:15 MS support group 1:00 Rosary and communion 1:00.
Wednesday 6 Lunch: Baked Manicotti Meat sauce Yellow Squash Coffee cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Winter Penny Ante 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Name 5 for 5	Hair dresser is here today. Rosary/communion 1:00
Thursday 7 Lunch: Baked fish, steak fries, Cole slaw. Fruit Cup	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Dancercise 11:20 p.m. Pathway to fitness 1:00 p.m. Black History Month- Discussion and Trivia 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to One time	Helping Hands group with Sara 1:00
Friday 8 Lunch: Pot roast, gravy Red bliss potatoes Carrots Cookies	9:30 a.m. Coffee Social 10:40 a.m. Daily Chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Men's group 1:00 Knitting group 1:00

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Tuesday 12 Lunch: Hot dogs, roll Baked beans Vegetable blend Mousse	9:30 a.m. Coffee Social 10:40 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Hang man and other games 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Once card bingo	Hair dresser is here today. Men's group is held at 10:40 Book Club 11:15 Multiple Sclerosis gr. 1:00 Rosary & Communion 1:00 or table activities
Wednesday 13 Lunch: Chicken ala King Biscuit Peas & Carrots Mandarin Oranges	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. Entertainment 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. Short stories	Hair dresser is here today. Rosary & Communion 1:00 or table activities <i>Andy Ross is here to perform love songs and other tunes today 1:30</i>
Thursday 14 Lunch: Meatloaf Gravy Mashed Potatoes Spinach Jell-O Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:00 p.m. Valentine's Day crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social	<i>Happy Valentine's Day!</i>
Friday 15 Lunch: Clam Chowder Chicken salad sandwich Lettuce & tomatoes Brownies	9:30 a.m. Coffee Social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Men's group meets at 12:45 Knitting group meets at 1:00.

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Tuesday 19 Lunch: Pizza Tossed Salad Dressing Apple Cobbler	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle and Exercise 11:30 p.m. Pathway to fitness 1:30 p.m. Family Feud 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One card bingo	Mens group 10:40 Book Club 11:15 Rosary/communion 1:00
Wednesday 20 Lunch: Beef Burgundy Pasta Broccoli Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 p.m. Pathway to fitness 1:30 p.m. Cross Word Puzzle 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. Trivia	Rosary & Communion 1:00
Thursday 21 Lunch: Roast pork Gravy Mashed potatoes Turnip Frosted Cake	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:00 p.m. Bingo 2:45 p.m. Stretch & Pathway to fitness 3:00 p.m. What would you do?	.Wellness group with Jo 1:00
Friday 22 Lunch: Spaghetti & meatballs Zucchini Fruit Cocktail	9:30 a.m. Coffee social 10:50 a.m. Daily chronicle & Exercise 11:30 p.m. Pathway to fitness 1:00 p.m. The Price Is Right 2:30 p.m. Stretch & pathway to fitness 3:00 p.m. Social time	Mens group 1:00 Knitting group 1:00

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Monday 25 Lunch: Hamburger Roll Steak fries Peaches n cream	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 a.m. Pathway to fitness 1:00 p.m. Arts/crafts 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary/communion 1:00 Library
Tuesday 26 Lunch: Chicken Chow Mein White rice, crispy noodles Oriental vegetables Pineapple chunks	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Yoga 11:30 a.m. Pathway to fitness 1:30 p.m. Bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Mens group 10:40 Book Club 11:15 Rosary/Communion 1:00 MS Support group 1:00
Wednesday 27 Lunch: Baked Ham Mustard sauce Oven potatoes Wax Beans Pears	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Pokeno 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Rosary/communion 1:00
Thursday 28 Lunch: Shepard's Pie Corn Mashed potatoes Peaches	9:30 a.m. Coffee Social 10:50 a.m. Daily Chronicle & Dancercise 11:30 a.m. Pathway to fitness 1:30 p.m. Entertainment or bingo 2:30 p.m. Stretch & Pathway to fitness 3:00 p.m. One to one social time	Spanish 101 with AI 1:00 Larry Domenico performs in Chapman room 1:30
Friday Lunch:		

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