



# 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).

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### **Summit ElderCare contact information**

1081 Varnum Ave. Lowell, MA 01854

**1-978-427-6810 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Linda Hin: 1-978-427-6812

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

Transportation service: Need-A-Lift Medivan: 1-978-649-6568



# 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
Rehab dept. to discuss safety techniques	10/10/18 2:00pm-3:30pm	<b>1081 Varnum Ave. Lowell, MA</b>	<b>Emily Lemire 978-427-6830</b>	Lowell
Alzheimer's Disease and caregiving	10/10/18 3:30pm-5:00pm	<b>101 Wason Ave. Springfield, MA</b>	<b>Christine P. 508-434-3200 Ext.32012</b>	Springfield
Open Discussion	10/10/18 1:30pm-3:00pm	<b>Briarwood 65 Briarwood Circle Worcester, MA</b>	<b>Julia Pauliukonis 508-852-2026 Ext.56548</b>	East Mt. Street
Dealing with difficult behaviors	10/15/18 2pm-3:30pm	<b>1369 Grafton Street Worcester, MA</b>	<b>Pat Lazarek 508-373-7400</b>	Grafton Street
Open Discussion	10/25/18 2pm-3:30pm	<b>55 Cinema Boulevard Leominster, MA</b>	<b>Donna Ferro 978-401-3100</b>	Leominster
Dealing with change in seasons and impact on mood.	10/2/18 3:30pm-4:30pm	<b>Thompson Road Webster, MA</b>	<b>Annette Mercardo 1-508-434-3200</b>	Webster

## 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<sup>st</sup> – 5<sup>th</sup>

Room: Summit Room

	Activities	Extras
<b>Monday {1}</b>  <b>Lunch:</b> Apricot Chicken ½ cup SF Chocolate Pudding	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Scattergories 2:00 Crafts 3:00 Long words	“National Dog walking week”
<b>Tuesday {2}</b>  <b>Lunch:</b> Baked salmon w/Lemon Wedge ½ cup Peaches	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Musical Ball Exercise 2:00 Halloween Crafts 3:00 Long words	“National Peanuts Comic Day”
<b>Wednesday {3}</b>  <b>Lunch:</b> Baked Chicken w/cranberry Sauce ½ SF Chocolate Pudding	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Pumpkin Crafts 2:00 Bingo 3:00 Hang Man	
<b>Thursday {4}</b>  <b>Lunch:</b> Beef Lasagna Unfrosted Lemon Cake	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Singalong 2:00 Wii-Bowling 3:00 Long Word	
<b>Friday {5}</b>  <b>Lunch:</b> 3oz. Honey Baked Fish w/ Lemon wedge ½ Ice cream	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Guess WHO? 2:00 Bingo 3:00 Simon Says	

**Note:**

10:30 Friendly Circle/Coffee Time (Group Activities)

11:00 & 3:00 Pathway to Fitness

12:30 Table Games (SORRY!, Cards or Dominos)

2:15 Snack Time

- Computer is available all day \* Calendar is subject to change\*



# Activities calendar

October 8<sup>th</sup> – 12<sup>th</sup>

Room: {Room name}

	Activities	Extras
<b>Monday {8}</b> <b>Lunch:</b> 3oz.Baked Chicken w/cranberry ½ cup ice cream	<b>CLOSED</b> <b>Columbus</b> <b>Day!</b>	
<b>Tuesday {9}</b> <b>Lunch:</b> 3oz.Pork Roast w/Applesauce Slice plain chocolate cake	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Charades 2:00 <b>Social Worker Snack Chat</b> 3:00 Long Word	
<b>Wednesday {10}</b> <b>Lunch:</b> Stuffed bell Pepper 1 Snickerdoodle cookie	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Keeping It Sharp 2:00 Bean Bag Toss 3:00 Riddles	
<b>Thursday {11}</b> <b>Lunch:</b> Lemon pepper w/Chicken cranberry Sauce ½ Gelatin	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Toss the Ball 2:00 Take It Off 3:00 Charades	National Pizza Day!
<b>Friday {12}</b> <b>Lunch:</b> 3 oz.Oven Fried Fish w/ Lemon Wedge ½ Cup Peaches	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Halloween Crafts 2:00 Wii-Bowling 3:00 Group Chat	Football Day (wear Jersey&Jean for your Favorite Team)

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10:30 Friendly Circle/Coffee Time (Group Activities)

11:00 & 3:00 Pathway to Fitness

12:30 Table Games (SORRY!, Cards or Dominos)

2:15 Snack Time

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# Activities calendar

October 15<sup>th</sup> -19<sup>th</sup> 2018

Room: Summit Room

	Activities	Extras
<b>Monday {15}</b>  <b>Lunch:</b> Pork Chop w/Applesauce ½ cup Baked Apple Slices	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Wii-Bowling 2:00 Talking Library 3:00 Fall Garden Club	
<b>Tuesday {16}</b>  <b>Lunch:</b> Baked Chicken Cranberry Sauce ½ cup Diet Lemon Pudding w/Whip top	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Never Have I Ever 2:00 Family Feud 3:00 Name 5	
<b>Wednesday {17}</b>  <b>Lunch:</b> Very Vegetable Lasagna ½ Cup Peaches	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 <b>Group Painting</b> 2:00 <b>Social Worker Snack Chat</b> 3:00 Word Scramble	
<b>Thursday {18}</b>  <b>Lunch:</b> Hamburger on Bun ½ Ice cream	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 <b>Halloween Movies</b> 2:00 Table Games 3:00 Word Scramble	
<b>Friday {19}</b>  <b>Lunch:</b> 3oz. oven fried Fish w/Lemon wedge ½ cup Strawberries	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Musical Ball 2:00 <b>Halloween Movies</b> 3:00 Jokes	

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11:00 & 3:00 Pathway to Fitness

12:30 Table Games (SORRY!, Cards or Dominos)

2:15 Snack Time

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# Activities calendar

October 22<sup>nd</sup> - 26<sup>th</sup> 2018

Room: Summit Room

	Activities	Extras
<b>Monday {22}</b>  <b>Lunch:</b> 3oz. LS Beef Tips ½ cup fruit Gelatin	11:30 Chair Exercise 12.00 Lunch 12:30 Rosary 1:00 Halloween Craft's 2:00 Bingo 3:00 Long Word	
<b>Tuesday {23}</b>  <b>Lunch:</b> 3oz. Roast Pork w/gravy&Applesauce ½ cup SF lemon pudding w/topping	11:30 Chair Exercise 12.00 Lunch 12:30 Rosary 1:00 <b>Travel to Puerto Rico</b> 2:00 Fall Crafts / Wii- Bowling 3:00 Pictionary	
<b>Wednesday {24}</b>  <b>Lunch:</b> 3oz. Rosemary Chicken w/cranberry sauce&Gravy ½ cup canned	11:30 Chair Exercise 12.00 Lunch 12:30 Rosary 1:00 Long Words 2:00 Halloween Crafts 3:00 What's in your Bag?	
<b>Thursday {25}</b>  <b>Lunch:</b> 6oz. Italian Meatsauce&1/2 cup Spaghetti 1 Slice watermelon	11:30 Chair Exercise 12.00 Lunch 12:30 Rosary 1:00 Pop Quiz 2:00 <b>Travel to Puerto Rico</b> 3:00 Long Word	<b>Church Service @            Dyouville 10:30am</b>
<b>Friday {26}</b>  <b>Lunch:</b> 3 oz. Baked Fish w/ Lemon Wedge ½ Cup Peaches	11:30 Chair Exercise 12.00 Lunch 12:30 Rosary 1:00 Current Events 2:00 Bingo 3:00 Fun Facts	

**Note:**

10:30 Friendly Circle/Coffee Time (Group Activities)  
 12:30 Table Games (SORRY!, Cards or Dominos)  
 2:15 Snack Time

11:00 & 3:00 Pathway to Fitness

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# Activities calendar

October 29<sup>th</sup>-31<sup>st</sup>.

Room: Summit Room

	Activities	Extras
<b>Monday {29}</b>  <b>Lunch:</b> Apricot Chicken ½ cup SF Chocolate Pudding	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Current Events 2:00 Bingo 3:00 Fun Facts	<b>JOEY B-BOP</b> <b>10:30AM</b>
<b>Tuesday {30}</b>  <b>Lunch:</b> Baked Salmon w/Lemon Wedge ½ cup Peaches	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Mask Making 2:00 Trick or Treat 3:00 Pumpkin Raffles	<b>Monster Bash!</b>
<b>Wednesday {31}</b>  <b>Lunch:</b> Baked chicken w/cranberry sauce ½ cup SF Chocolate Pudding	11:30 Chair Exercise 12:00 Lunch 12:30 Rosary 1:00 Mask Making 2:00 Trick or Treat 3:00 Pumpkin Raffles	<b>Monster Bash!</b>
<b>Thursday }</b>  <b>Lunch:</b>		
<b>Friday }</b>  <b>Lunch:</b>		

**Note:**

10:30 Friendly Circle/Coffee Time (Group Activities)  
 12:30 Table Games (SORRY!, Cards or Dominos)  
 2:15 Snack Time

11:00 & 3:00 Pathway to Fitness

- Computer is available all day \* Calendar is subject to change\*