

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).

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: 1-800-333-2535, ext. 69028

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 |
|---|---------------------------|--|--|-------------------|
| Self-Care is Truly An Unselfish Gift | 6/1/17 3:30pm – 5pm | 88 Masonic Home Road, Charlton Ma (Meadowside) | Annette Mercado 1 508-434-33200 Ext. 32033 | Charlton |
| The Stages of Alzheimer's Disease | 6/14/17 1:30pm – 3pm | Briarwood 65 Briarwood Circle Worcester MA | Shelley Ware 1 508-852-2016 Ext. 56549 | East Mountain St. |
| Grief and Loss | 6/19/17 2pm to 3:30 pm | 1369 Grafton Street Worcester, MA | Pat Lazarek 1 508-373-7400 | Grafton Street |
| Speaker Jan Patten Mindfulness & Movement | 6/29/17 2pm – 3:30 | 55 Cinema Boulevard, Leominster, MA | Donna Ferro 1 978-401-3100 | Leominster |
| Structure: It is So Important for Memory Loss | 6/14/17 2:00pm-3:30pm | 1081 Varnum Avenue Lowell, MA | Emily Lemire 1 978-427-6810 Ext. 68030 | Lowell |

TIP OF THE MONTH:

Driving and safety- To help elderly drivers remain safe on the road, caregivers may have a senior get an eye exam, make sure they are physically fit so they have the strength and coordination to operate safely and make sure there are no medications taken that have side effects that might impair his/her ability to drive. There are also evaluation programs to help caregivers assess driving safety.

ACTIVITIES CALENDAR

June 1st – 2nd

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

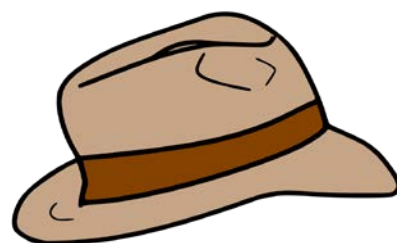
Mac & Cheese

Thursday

Lunch:

Grilled Lemon
Pepper Chicken

10:00 a.m. Participant Choice and Games
 10:30 a.m. Chair Exercise
 11:20 a.m. Lunch
 12:00 p.m. Rosary
 12:30 p.m. Crafts
 1:00 p.m. Pass the Hat
 2:00 p.m. Snack
 2:15 p.m. Bingo Board
 3:00 pm Hang Man



Friday

Lunch:

Oven Fried Fish

10:00 a.m. Participant Choice and Games
 10:30 a.m. Friendly Circle
 11:20 a.m. Chair Exercise
 12:00 p.m. Lunch
 12:30 p.m. Rosary
 1:00 p.m. **What's your favorite Donut?**
 2:00 p.m. Snack
 2:15 p.m. Bingo- Bible Study
 3:00 pm Hot Potatoes



Note: Socialization and table activity such as music, word search, adult coloring, newspapers, magazines, books, multi-sensory and computers are offered throughout the day which begins every day at 8:00 a.m. Pathway to fitness is a walking group where participants are encourage to walk around the building. Lunch is served every day at 12 noon. Calendar is subject to change and menu is TBA.

ACTIVITIES CALENDAR

| June 5 th to 9 th | Activities | Extras |
|---|--|---|
| Monday Lunch: Beef Tips | 10:00 a.m. Participant Choice and Games 10:30 a.m. Chair Exercise 11:20 a.m. Lunch 12:00 p.m. Rosary 12:30 p.m. Paint by Number 1:00 p.m. Spell Bee 2:00 p.m. Snack 2:15 p.m. Current Events 3:00 pm 1970's Q&A |  |
| Tuesday Lunch: Grilled Chicken | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Mindfulness Group 1:00 p.m. Summer Crafts 2:00 p.m. Snack 2:15 p.m. Bingo/ Diabetic Support G. 3:00 pm Spelling BEE |  |
| Wednesday Lunch: Rosemary Chicken | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. ROD STEWART_ Outdoor 1:00 p.m. Bean Bag Toss 2:00 p.m. Snack – Ice Cream Party 2:15 p.m. Scattergories 3:00 pm Kings in the Corner |  |
| Thursday Lunch: Hamburger on Bun | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Classical Movie 2:00 p.m. Snack 2:15 p.m. BFF Bracelet 3:00 pm Ring Toss |  |
| Friday Lunch: Mediterranean Fish | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Charades/Bible Study 2:00 p.m. Snack 2:15 p.m. Bingo 3:00 pm Pass the Hat |  |

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ACTIVITIES CALENDAR

| June 12 th – 16 th | Activities | Extras |
|---|--|---|
| Monday Lunch: Apricot Dijon Chicken | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Painting 2:00 p.m. Snack 2:15 p.m. Travel the Globe – Bora Bora 3:00 pm Long Word |  |
| Tuesday Lunch: Hamburger On Bun | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:30 a.m. Pathway to Fitness 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Charades 2:00 p.m. Snack 2:15 p.m. Elizabeth Closet 3:00 pm Scramble Words |  |
| Wednesday Lunch: Herb Grilled Chicken | 10:00 a.m. Participant Choice and Games 10:30 a.m. Chair Exercise 11:20 a.m. Pathway to Fitness 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Balloon Toss 2:00 p.m. Snack 2:15 p.m. Table Games 3:00 pm Black Jack |  |
| Thursday Lunch: Glazed Pork Cutlets | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Crafts 2:00 p.m. Snack 2:15 p.m. Board Zingo 3:00 pm Hang Man |  |
| Friday Lunch: Honey Baked Fish | 10:00 a.m. Participant Choice and Games 10:30 a.m. Chair Exercise 11:20 a.m. Friendly Circle 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. 1980's Q&A & Bible Study 2:00 p.m. Snack 2:15 p.m. BINGO 3:00 pm Creative Writing |  |

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ACTIVITIES CALENDAR

| June 19 th -23 rd | Activities | Extras |
|--|---|---|
| Monday Lunch: Stuffed Cabbage Roll | 10:00 a.m. Participant Choice and 10:30 a.m. Games 11:20 a.m. Friendly Circle 12:00 p.m. Chair Exercise 12:30 p.m. Lunch 1:00 p.m. Rosary 2:00 p.m. Classical Movie 2:15 p.m. Snack 3:00 pm Nail Care |  |
| Tuesday Lunch: Chicken Parmesan | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Mindfulness Group_Nanci 2:00 p.m. Snack 2:15 p.m. Pokeno 3:00 pm Time for Sharing |  |
| Wednesday Lunch: Mac & Cheese | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Lunch 12:00 p.m. KIMBALL FARM_FIELD TRIP 12:30 p.m. Rosary 1:00 p.m. Creative Writing 2:00 p.m. Snack 2:15 p.m. Word Scramble 3:00 pm Hot Potatoes |  |
| Thursday Lunch: Grilled Lemon Pepper Chicken | 10:00 a.m. Participant Choice and Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Karaoke 2:00 p.m. Snack 2:15 p.m. Travel the Globe – Peru 3:00 pm Long Word |  |
| Friday Lunch: Oven Fried Fish | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Scattergories/ Bible Study 2:00 p.m. Snack 2:15 p.m. Bean Bag Toss 3:00 pm Word Scramble |  |

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ACTIVITIES CALENDAR

| June 26 th - 30 th | Activities | Extras |
|--|--|---|
| Monday Lunch: Pork Chops | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Participant Council 2:00 p.m. Snack 2:15 p.m. Bingo 3:00 pm Pictionary |  |
| Tuesday Lunch: Grilled Chicken | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Board Zingo/ Mindfulness Gr. 2:00 p.m. Snack 2:15 p.m. Painting 3:00 pm Time for Sharing | Happy Sunglasses Day!  Wear your favorite! |
| Wednesday Lunch: Vegetable Lasagna | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. POP Quiz 2:00 p.m. Snack 2:15 p.m. Pokeno 3:00 pm Creative Writing |  |
| Thursday Lunch: Turkey | 10:00 a.m. Participant Choice & Games 10:30 a.m. D'youville Church Services 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Crafts 2:00 p.m. Snack 2:15 p.m. Crafts 3:00 pm Kick Ball |  |
| Friday Lunch: Oven Baked Fish | 10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Types of Dances/Bible Study 2:00 p.m. Snack 2:15 p.m. Painting 3:00 pm Hot Potatoes | |

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