

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
Open Discussion— Topics of Interest for Future Meetings	8/3/17 3:30pm – 5 pm	88 Masonic Home Road, Charlton Ma (Meadowside)	Annette Mercado 1 508-434-33200 Ext. 32033	Charlton
Things to consider when faced with the impending death of a loved one	8/9/17 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester MA	Shelley Ware 1 508-852-2016 Ext. 56549	East Mountain St.
Quotes and inspiration for caregivers.	8/21/17 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 1 508-373-7400	Grafton Street
Insights from a Caregiver's Journey Speaker Frank S. P. Yacino	8/31/17 2pm – 3:30 pm	55 Cinema Boulevard, Leominster, MA	Donna Ferro 1 978-401-3100	Leominster
Non-Verbal Communication: Understanding What May Not Be Said Speaker: Brittany Collins, NP	8/9/17 2:00pm- 3:30pm	1081 Varnum Avenue Lowell, MA	Emily Lemire 1 978-427-6810 Ext. 68030	Lowell

TIP OF THE MONTH:

Break down activities into a series of steps. This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.

ACTIVITIES CALENDAR

August 1st – 4th

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Grilled Chicken

10:00 a.m. Participant Choice and Games
 10:30 a.m. Friend Circle
 11:20 a.m. Chair Exercise
 12:00 p.m. Lunch
 12:30 p.m. Rosary
 1:00 p.m. **Nancy's Corner**
 2:00 p.m. Snack
 2:15 p.m. Cards
 3:00 pm Finish Lines



Wednesday

Lunch:

Very Vegetable
Lasagna

10:00 a.m. Participant Choice and Games
 10:30 a.m. Friend Circle
 11:20 a.m. Chair Exercise
 12:00 p.m. Lunch
 12:30 p.m. Rosary
 1:00 p.m. Patriotic Songs/ Bible Study
 2:00 p.m. Snack
 2:15 p.m. Take it off!
 3:00 pm Hot Potatoes



Thursday

Lunch:

Turkey

10:00 a.m. Participant Choice and Games
 10:30 a.m. Friend Circle
 11:20 a.m. Chair Exercise
 12:00 p.m. Lunch
 12:30 p.m. Rosary
 1:00 p.m. YouTube
 2:00 p.m. Snack
 2:15 p.m. Take it off!
 3:00 pm Trivia



Friday

Lunch:

Baked 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. Bean Bag Toss
 2:00 p.m. Snack
 2:15 p.m. Nail Care
 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

August 7 th – 11 th	Activities	Extras
Monday Lunch: Beef Tips	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm	Participant Choice and Games Chair Exercise Pathway to Fitness Lunch Rosary Crochet Group Spelling Bee Snack Current Events
	Tuesday Lunch: Grilled Chicken	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm
	Wednesday Lunch: Rosemary Chicken	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm
	Thursday Lunch: Hamburger on Bun	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm
	Friday Lunch: Mediterranean Fish	10:00 a.m. 10:30 a.m. 11:20 a.m. 12:00 p.m. 12:30 p.m. 1:00 p.m. 2:00 p.m. 2:15 p.m. 3:00 pm
		

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ACTIVITIES CALENDAR

August 14 th – 18 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/Crochet 2:00 p.m. Snack 2:15 p.m. Travel the Globe – China 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 Garden Club	
Wednesday Lunch: Herb Grilled Chicken	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. Scramble & Bible Study 2:00 p.m. Snack 2:15 p.m. Travel the Globe – China 3:00 pm Garden Club	
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. Take it off! 3:00 pm Hang Man	
Friday Lunch: Honey Baked 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. RSVP PROGRAM 2:00 p.m. Snack 2:15 p.m. Telephone 3:00 pm Long Word	

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ACTIVITIES CALENDAR

August 21 st – 25 th	Activities	Extras
Monday Lunch: Stuffed Cabbage Roll	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. Remote Cars 2:00 p.m. Snack 2:15 p.m. Finish Lines 3:00 pm Hot Potatoes	
Tuesday Lunch: Chicken Parmesan	10:00 a.m. Participant Choice 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 / Baking 2:00 p.m. Snack 2:15 p.m. Garden Club/Cards 3:00 pm Doll House/Pictionary	
Wednesday Lunch: Mac & Cheese	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 /Bible S. 2:00 p.m. Snack 2:15 p.m. Horse Racing 3:00 pm Garden Club	
Thursday Lunch: Grilled Lemon Pepper Chicken	10:00 a.m. Participant Choice and Games 10:30 a.m. Chair Exercise/ Church 11:20 a.m. Pathway to Fitness 12:00 p.m. Lunch 12:30 p.m. Rosary 1:00 p.m. Field Trip_ Heritage Ice Cream 2:00 p.m. Snack 2:15 p.m. Crafts 3:00 pm Family Feud	
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 2:00 p.m. Snack 2:15 p.m. Crochet w/ Jen 3:00 pm Hot Potatoes	

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ACTIVITIES CALENDAR

August 28 th -31 st	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. Guess What's In My Bag? 2:00 p.m. Snack 2:15 p.m. Crochet 3:00 pm Charades	
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. Horse Racing 2:00 p.m. Snack 2:15 p.m. Take it Off! 3:00 pm Finish Lines	
Wednesday Lunch: Very 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. Summer Luau Out 2:00 p.m. Snack 2:15 p.m. Water Balloon Toss 3:00 pm Beach Ball	
Thursday Lunch: Turkey	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. Summer Luau Out 2:00 p.m. Snack 2:15 p.m. Wet T- Shirt Contest 3:00 pm Intergenerational Activity	
Friday Lunch: Baked Fish		

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