

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
Quotes and inspiration for caregivers.	9/7/17 3:30pm – 5 pm	88 Masonic Home Road, Charlton Ma (Meadowside)	Annette Mercado 1 508-434-33200 Ext. 32033	Charlton
10 Ways to Prevent Wandering	9/13/17 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester MA	Shelley Ware 1 508-852-2016 Ext. 56549	East Mountain St.
Overview of Dementia: Types, Stages and tips to help along the way	9/18/17 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 1 508-373-7400	Grafton Street
Caregiver Resources Online & Phone Support	9/28/17 2pm – 3:30 pm	55 Cinema Boulevard, Leominster, MA	Donna Ferro 1 978-401-3100	Leominster
Talking Library Resource and Registration Process	9/13/17 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

October 2 nd – 6 th	Activities	Extras
Monday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	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
Tuesday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Grilled Chicken	1:00 p.m.	Bean Bag Toss
	2:00 p.m.	Snack
	2:15 p.m.	Nail Care
	3:00 pm	Hot Potatoes
Wednesday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Very Vegetable	1:00 p.m.	Bean Bag Toss
Lasagna	2:00 p.m.	Snack
	2:15 p.m.	Nail Care
	3:00 pm	Hot Potatoes
Thursday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Turkey	1:00 p.m.	Bean Bag Toss
	2:00 p.m.	Snack
	2:15 p.m.	Nail Care
	3:00 pm	Hot Potatoes
Friday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Baked Fish	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

September 4th – 8th

Activities

Extras

Monday

Lunch:

Beef Tips

CLOSED

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. Rosary
 1:00 p.m. Family Feud
 2:00 p.m. Snack
 2:15 p.m. Bingo
 3:00 pm Unscramble Words

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. Rosary
 1:00 p.m. Bean Bag Toss/Bible Study
 2:00 p.m. Snack –
 2:15 p.m. Nail Care
 3:00 pm Kings in the Corner

Thursday

Lunch:

Hamburger on Bun

10:00 a.m. Participant Choice and Games
 10:30 a.m. Activity Connection – TV Trivia
 11:20 a.m. Chair Exercise
 12:00 p.m. Lunch
 12:30 p.m. Rosary
 1:00 p.m. Baking
 2:00 p.m. Snack
 2:15 p.m. Finish Lines
 3:00 pm Long Word

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
 2:00 p.m. Snack
 2:15 p.m. Bingo
 3:00 pm Trivia

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ACTIVITIES CALENDAR

September 11 th -15 th	Activities	Extras
Monday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Apricot Dijon Chicken	1:00 p.m.	Painting
	2:00 p.m.	Patriotic Songs
	2:15 p.m.	Snacks
	3:00 pm	Unscramble Words
Tuesday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:30 a.m.	Pathway to Fitness
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Hamburger On Bun	1:00 p.m.	Charades
	2:00 p.m.	Snack
	2:15 p.m.	Elizabeth Closet
	3:00 pm	Garden Club
Wednesday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Chair Exercise
	11:20 a.m.	Friendly Circle
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Herb Grilled Chicken	1:00 p.m.	Board Games & Bible Study
	2:00 p.m.	Snack
	2:15 p.m.	Bean Bag Toss
	3:00 pm	Black Jack
Thursday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Glazed Pork Cutlets	1:00 p.m.	Crafts
	2:00 p.m.	Snack
	2:15 p.m.	Take it off!
	3:00 pm	Hang Man
Friday	10:00 a.m.	Participant Choice and Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
Lunch:	12:00 p.m.	Lunch
	12:30 p.m.	Rosary
Honey Baked Fish	1:00 p.m.	RSVP PROGRAM
	2:00 p.m.	Snack
	2:15 p.m.	Sing Along
	3:00 pm	Long Word

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ACTIVITIES CALENDAR

September 18 th - 20 th	Activities	Extras
Monday	10:00 a.m.	Participant Choice & Games
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
	Lunch:	12:00 p.m. Lunch
		12:30 p.m. Rosary
		1:00 p.m. Jeopardy
	Stuffed Cabbage Roll	2:00 p.m. Snack
		2:15 p.m. Finish Lines
		3:00 pm Hot Potatoes
	Tuesday	10:00 a.m.
10:30 a.m.		Friendly Circle
11:20 a.m.		Chair Exercise
Lunch:		12:00 p.m. Lunch
		12:30 p.m. Rosary
		1:00 p.m. Classical Movie / Baking
Chicken Parmesan		2:00 p.m. Snack
		2:15 p.m. Cards
		3:00 pm Pictionary
Wednesday		10:00 a.m.
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
	Lunch:	12:00 p.m. Lunch
		12:30 p.m. Rosary
		1:00 p.m. Bible S.
	Mac & Cheese	2:00 p.m. Snack
		2:15 p.m. Participant Council
		3:00 pm Horse Racing
	Thursday	10:00 a.m.
10:30 a.m.		Chair Exercise/ Church
11:20 a.m.		Pathway to Fitness
Lunch:		12:00 p.m. Lunch
		12:30 p.m. Rosary
		1:00 p.m. Scattergories
Grilled Lemon Pepper Chicken		2:00 p.m. Snack
		2:15 p.m. Crafts
		3:00 pm Family Feud
Friday		10:00 a.m.
	10:30 a.m.	Friendly Circle
	11:20 a.m.	Chair Exercise
	Lunch:	12:00 p.m. Lunch
		12:30 p.m. Rosary
		1:00 p.m. Field Trip_ Chinese Restaurant
	Oven Fried Fish	2:00 p.m. Snack
		2:15 p.m. Bingo
		3:00 pm Hot Potatoes

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ACTIVITIES CALENDAR

September 25 th – 29 th	Activities	Extras
Monday	10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise	
Lunch:	12:00 p.m. Lunch 12:30 p.m. Rosary	
Pork Chops	1:00 p.m. Carnival 2:00 p.m. Snack 2:15 p.m. Family Feud 3:00 pm Charades	
Tuesday	10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise	
Lunch:	12:00 p.m. Lunch 12:30 p.m. Rosary	
Grilled Chicken	1:00 p.m. Carnival 2:00 p.m. Snack 2:15 p.m. Bingo 3:00 pm Finish Lines	
Wednesday	10:00 a.m. Participant Choice & Games 10:30 a.m. Activity Connection- Trivia 11:20 a.m. Chair Exercise	
Lunch:	12:00 p.m. Lunch 12:30 p.m. Rosary	
Very Vegetable Lasagna	1:00 p.m. Crafts 2:00 p.m. Snack 2:15 p.m. Cooking Show 3:00 pm Beach Ball	
Thursday	10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise	
Lunch:	12:00 p.m. Lunch 12:30 p.m. Rosary	
Turkey	1:00 p.m. Baking 2:00 p.m. Snack 2:15 p.m. Sing Along 3:00 pm Trivia	
Friday	10:00 a.m. Participant Choice & Games 10:30 a.m. Friendly Circle 11:20 a.m. Chair Exercise	Church Services @ 10am
Lunch:	12:00 p.m. Lunch 12:30 p.m. Rosary	
Baked Fish	1:00 p.m. Crafts 2:00 p.m. Snack 2:15 p.m. Scattergories 3:00 pm Beach Ball	

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