



# 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.  
Happy Halloween!

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## Summit ElderCare contact information

277 E. Mountain St. Worcester, MA 01606

**1-508-852-2026 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Activities Coordinator: Michelle Parent: 1-774-717-6548

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

Transportation service: Safeway Transportation: 1-508-799-5500



# 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 FORUM	3:00 -4:30pm	Thompson Road Webster, MA	Annette Mercado 508-434-3200 EXT.32033	Webster
Open Forum	1:30pm-3pm 10/10/2018	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain Street
Dealing with difficult behaviors	2pm-3:30pm 10/15/2018	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Open Forum	2pm 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Alzheimer's Disease and Caregiving	3:30pm- 5:00pm 10/10/2018	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Rehab department to discuss safety Techniques	2:00pm – 3:30pm 10/10/2018	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978-427-6823	Lowell

## Tip of the month:

**Maintain your sense of humor.** *Use humor whenever possible, though not at the person's expense.* People with dementia tend to retain their social skills and are usually delighted to laugh along with you.



# Activities calendar

OCTOBER 1-5

Room: Devonshire

	Activities	Extras
<b>Monday 1</b>  <b>Lunch:</b> Stuffed Peppers, Tomato Sauce, Rice, Salad, Dressing, Pears Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Collages 2:00: Giant Kick Ball 3:00: Sing a Long	
<b>Tuesday 2</b>  <b>Lunch:</b> Baked Fish, Tartar Sauce, 1/2 Baked Potato, Carrots, Pudding Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Roll a Pumpkin 1:00: Jingo 2:00: Karaoke 3:00: Color Art	
<b>Wednesday 3</b>  <b>Lunch:</b> Chicken Griller, Roll, ranch Dressing, Red Potatoes, Ice Cream Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Arts & Crafts 2:00: Small Group Exercise 3:00: What's my Occupation?	
<b>Thursday 4</b>  <b>Lunch:</b> Pork Riblette, Sweet Potatoes, Green Beans, Peaches Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: What's cooking? 2:00: Collages 3:00: What would you Rather?	Happy Birthday Lorraine
<b>Friday 5</b>  <b>Lunch:</b> Beef Stew, Biscuit Brownies Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Cheese Head 1:00: Jingo 2:00: Sing a long 3:00: Sensory Movie	Communion with Pastor Nilson

**Note:** Coffee Social and table games occur every day from 8:00 – 9:30.  
 Lunch is served at 12:00 p.m. Manicures from 10-3 M-W-F  
 Individual activities, sensory items and 1:1 visits are available throughout the day.  
 Small group activities are held daily from 2 – 5 p.m.



# Activities calendar

October 8-12	Activities	Extras <span style="float: right;">Room: Devonshire</span>
<b>Monday 8</b> <b>Lunch:</b>	Closed for Holiday	Columbus Day!
<b>Tuesday 9</b> <b>Lunch:</b> Baked Ham, Pineapple Sauce, Brussel Sprouts, Home Fries, Peaches & Cream	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Giant Kick Ball 1:00: Color Art 2:00: Stretch 3:00: Sing a long	
<b>Wednesday 10</b> <b>Lunch:</b> Hamburgers, Roll, Lettuce & Tomatoes, Steak Fries, Pineapple Chunks Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ball Toss 1:00: Music w/ Doug 2:00: Short Stories 3:00: Bible Study	
<b>Thursday 11</b> <b>Lunch:</b> N.E. Clam Chowder, Tuna Roll, Bean Salad, Cup Cakes Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Bingo 2:00: Scavenger Hunt 3:00: Scatagories	
<b>Friday 12</b> <b>Lunch:</b> Braised Pork Chops, Gravy, Mashed Potatoes, Turnip, Apple Crisp Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bible Study 1:00: Karaoke 2:00: Short Stories 3:00: Small Group Exercise	

## Note:

Coffee Social and table games occur every day from 8:00 – 9:30.

Lunch is served at 12:00 p.m.

Individual activities, sensory items and 1:1 visits are available throughout the day.

Small group activities are held daily from 2 – 5 p.m.



# Activities calendar

October 15-19

Room: Devonshire

	Activities	Extras
<b>Monday 15</b> <b>Lunch:</b> Grilled Hot Dog, Roll, Baked Beans, Cole Slaw, Mandarin Oranges Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Fall Jingo 2:00: Sing a Long 3:00: Stretch	
<b>Tuesday 16</b> <b>Lunch:</b> BBQ Chicken Leg, Rice Pilaf, Wax Beans, Ice Cream Sandwich Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Cheese Head 1:00: Music W/ Hit the Bus Band 2:00: Collages 3:00: Sensory Circle	Country and Western Day!
<b>Wednesday 17</b> <b>Lunch:</b> Lasagna, Zucchini, Cookies Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Bingo 2:00: Scavenger Hunt 3:00: Sensory Circle	
<b>Thursday 18</b> <b>Lunch:</b> Fish & Chips, Tartar Sauce, Ketchup, Cole Slaw, Ambrosia Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean bag toss 1:00: Color Art 2:00: Ghost Table Bowling 3:00: Short Stories	
<b>Friday 19</b> <b>Lunch:</b> Roast turkey, Gravy, Butternut Squash, Stuffing, Cranberry Sauce, Jell-O Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Roll the Dice 1:00: Jingo 2:00: Fall Sensory 3:00: Karaoke	

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# Activities calendar

October 22-26

Room: Devonshire

	Activities	Extras
<b>Monday 22</b> <b>Lunch:</b> Chicken Cordon Bleu, Supreme Sauce, Peas, Rice Pilaf, Tropical Fruit Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Giant Kick Ball 1:00: Scavenger Hunt 2:00: Sing a Long 3:00: Stretch	
<b>Tuesday 23</b> <b>Lunch:</b> American Chop Suey, Summer Squash, Jell-O Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Bingo 2:00: Short Stories 3:00: Sensory	
<b>Wednesday 24</b> <b>Lunch:</b> Pot Roast, Gravy, Mashed Potatoes, Broccoli, Mousse Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Arts & Crafts 2:00: Color Art 3:00: Small Group Exercise	
<b>Thursday 25</b> <b>Lunch:</b> Soup & Sandwich, Lettuce & Tomatoes, Coffee Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: What's cooking? 1:00: Karaoke 2:00: Collages 3:00: Stretch	
<b>Friday 26</b> <b>Lunch:</b> Taco Stuffed Potato, ½ Baked, Sour Cream, Cheese, Pears Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Jingo 2:00: Sing a Long 3:00: Sensory Movie	

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# Activities calendar

October 29-31

Room: Devonshire

	Activities	Extras
<b>Monday 29</b> <b>Lunch:</b> Swedish Meatballs, Gravy, Noodles, Carrots, Fruit Cocktail Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Sing a long 2:00: Small group exercise 3:00: Collages	
<b>Tuesday 30</b> <b>Lunch:</b> Beef Burgundy, Ziti, Italian Blend Veg, Frosted Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Fall Jingo 2:00: Short Stories 3:00: Sensory circle	
<b>Wednesday 31</b> <b>Lunch:</b> Bourbon Chicken, Spanish Rice, Spinach, Peaches Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Halloween Party W/ Nick 2:00: Short Stories 3:00: Sensory Movie	Happy Halloween!
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday</b> <b>Lunch:</b>		

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Dealing with difficult behaviors	2pm to 3:30pm 10/15/2018	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Open Forum	2:00-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Alzheimer's disease and caregiving	3:30-5:00pm 10/10/2018	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Rehab Dept. to discuss Safety Techniques	2:00pm- 3:30pm 10/10/2018	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978-427-6823	Lowell

## Tip of the month:

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# Activities calendar

October 1 - 5

Room: Summit

	Activities	Extras
<b>Monday 1</b> <b>Lunch:</b> Stuffed Peppers, Tomato Sauce, Rice, Salad Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Chain Reaction 2:30: Cheese Head 3:00: Trivia	
<b>Tuesday 2</b> <b>Lunch:</b> Baked fish, Tartar Sauce, ½ Baked Potato, Carrots Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Relaxation with Jacki 11:15: Riddles/Daily Good News 1:00: Rosary/Fall Penney Ante 2:30: Noodle Exercises 3:00: Trivia	
<b>Wednesday 3</b> <b>Lunch:</b> Chicken Griller Roll, Dressing, Red Potatoes, Ice Cream Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/ Allyson 11:00: Exercise with Wendy 11:15: Exercise 1:00: Family Feud 2:30: Paddle Ball 3:00: Color Art	
<b>Thursday 4</b> <b>Lunch:</b> Pork Riblette, Sweet Potatoes, Green Beans, Peaches Alternative/ Sandwich	8:00: Coffee Social/1:1 visits 10:30: Card Games 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Around the World Trivia 2:30: Fall Charades 3:00: Wheel of Fortune	Discussion Group with Jacki and Michelle
<b>Friday 5</b> <b>Lunch:</b> Beef Stew, Biscuit, Brownies Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Candy Bingo 2:30: Small Group Exercise 3:00: What Would You Rather?	Communion with Pastor Nilson Happy Birthday Diane M

**Note:** Coffee Social and table games occur every day from 8:00 – 9:30.  
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 Small group activities are held daily from 2 – 5 p.m. Puzzles, card games, 1:1 visits.  
 2:00 – 3:00 small group activities in the Library



# Activities calendar

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> 8	Closed For the Holiday!	Columbus Day!
<b>Tuesday</b> <b>Lunch:</b> 9 Baked Ham, Pineapple Sauce, Brussel Sprouts, Home Fries, Peaches & Cream Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Card Games 11:00: Relaxation with Jacki 11:15: Daily Good News 1:00: Rosary/Arts & Crafts 2:30: Giant Kick Ball 3:00: Trivia	Happy Birthday Dolores R
<b>Wednesday</b> <b>Lunch:</b> 10 Hamburgers, Roll, St Alternative/Sandwich Steak Fries, Pineapple Chunks Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study with Allyson 11:00: Exercise 11:15: Daily Good News 1:00: Music with Doug 2:30: Color Art 3:00: Stretch	Happy Birthday Stephen N
<b>Thursday</b> 11 <b>Lunch:</b> N.E. Clam Chowder, Tuna Roll, Bean Salad, Cup Cakes Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Card Games 11:00: Exercise 11:15: Daily Good News 1:00: Jail House 2:30: Small group exercise 3:00: Sing a Long	Card Making w/ Rebecca @1:00pm Discussion Group with Jackie and Michelle Happy Birthday Stephen M Happy Birthday Stella N
<b>Friday</b> <b>Lunch:</b> 12 Braised Pork Chops, Gravy, Mashed Potatoes, Turnip, Apple Crisp Alternative/Sandwich	8:00: Coffee social/1:1 visits 10:30: Color Art 11:00: Relaxation with Jacki 11:15: Daily Good News 1:00: Bingo 2:30: Trivia 3:00: Movie	

**Note:**



# Activities calendar

October 15 - 19

Room: Summit

	Activities	Extras
<b>Monday 15</b> <b>Lunch:</b> Grilled Hot Dog, Roll, Baked Beans, Cole Slaw, Mandarin Oranges Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Beading w/Nancy 11:00: Exercise 11:15: Daily Good News 1:00: Bingo 2:30: Giant Kick Ball 3:00: Card Games	
<b>Tuesday 16</b> <b>Lunch:</b> BBQ Chicken Leg, Rice Pilaf, Wax beans, Ice Cream Sandwich Alternative – sandwich	8:00: Coffee Social/1:1 visit 10:30: Card Games 11:00: Relaxation with Jacki 11:15: Daily Good News 1:00: Music w/ Hit the Bus Band 2:30: Retro Bingo 3:00: Color Art	Country and Western Day!
<b>Wednesday 17</b> <b>Lunch:</b> Lasagna, Zucchini, Cookies Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study with Allyson 11:00: Exercise 11:15: Daily Good News 1:00: Cooking with Victoria 2:30: Volley Ball 3:00: Wheel of Fortune	
<b>Thursday 18</b> <b>Lunch:</b> Fish & Chips, Tartar Sauce, Cole Slaw, Ambrosia Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Color Art 11:00: Exercise Group 11:15: Daily Good News 1:00: Family Feud 2:30: Giant Kick Ball 3:00: UNO	Discussion Group with Jackie and Michelle
<b>Friday 19</b> <b>Lunch:</b> Roast Turkey, Gravy, Butternut Squash, Stuffing, Cranberry Sauce, Jell-O Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Relaxation with Jackie 11:00: Exercise 11:15: Daily Good News 1:00: Ghost Bingo 2:30: Bottoms Up 3:00: Movie	Happy Birthday Barbara C Happy Birthday Mary D Wear Pink for Breast Cancer Awareness!

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# Activities calendar

October 22 - 26

Room: Summit

	Activities	Extras
<b>Monday 22</b> <b>Lunch:</b> Chicken Cordon Bleu, Supreme Sauce, Peas, Rice Pilaf, Tropical Fruit Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Beading Group 11:00: Exercise 11:15: Daily Good News 1:00: Match game 2:30: Small Group Exercise 3:00: Retro Bingo	
<b>Tuesday 23</b> <b>Lunch:</b> American Chop Suey, Summer Squash, Jell-O Cake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Relaxation with Jacki 11:15: Daily Good News 1:00: Crafts/Rosary 2:30: Noodle Exercise 3:00: Penny Ante	Happy Birthday Peter S
<b>Wednesday 24</b> <b>Lunch:</b> Pot Roast, Gravy, Mashed Potatoes, Broccoli, Mousse Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Jackpot 2:30: Stretch/Walking 3:00: Card Games	
<b>Thursday 25</b> <b>Lunch:</b> Soup & Sandwich, Lettuce & Tomatoes, Coffee Cake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Monster Racing 2:30: Adult Coloring 3:00: Stretch	Card Making with Rebecca@1:00 Discussion Group with Michelle & Jacki
<b>Friday 26</b> <b>Lunch:</b> Taco Stuffed Potato, ½ Baked Potato, Sour Cream, Pears Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Relaxation with Jackie 11:00: Exercise 11:15: Daily Good News Show 1:00: Witch Bingo 2:30: Paddle Ball 3:00: Movie	Happy Birthday Florence H Happy Birthday Melanie T

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# Activities calendar

October 29-31

Room: Summit

	Activities	Extras
<b>Monday 29</b>  <b>Lunch:</b> Swedish Meatballs, Gravy, Noodles, carrots, Fruit Cocktail Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Card Games 11:00: Exercise 11:15: Daily Good News Show 1:00: Bingo 2:30: Wheel of Fortune 3:00:	Field Trip to Olive Garden Red Hat Society Happy Birthday Marilyn B
<b>Tuesday 30</b>  <b>Lunch:</b> Beef Burgundy, Ziti, Italian Blend Veg, Frosted Cake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Relaxation with Jacki 11:00: Exercise 11:15: Participant Council 1:00: Jackpot 2:30: Paddle Ball 3:00: Movie	
<b>Wednesday 31</b>  <b>Lunch:</b> Bourbon Chicken, Spanish rice, Spinach, Peaches Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/ Allyson 11:00: Exercise 11:15: Halloween Trivia 1:00: Music W/ Nick 2:30: Halloween Jumble Words 3:00: Spider Toss	Happy Halloween!
<b>Thursday</b>  <b>Lunch:</b>		
<b>Friday</b>  <b>Lunch:</b>		

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