

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).

Happy Father's Day June 18th

June 14th Flag Day

First day of Summer June 21st

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

Activity Department: 1-774-717-6548

Inclement weather line: 1-800-333-2535, ext. 69028

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
Self-Care is Truly an Unselfish Gift	6/1/2017 3:30pm-5pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 Ext.32033	Charlton
The Stages of Alzheimer's Disease	6/14/2017 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain St.
Grief and Loss	6/19/2017 2pm-3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Speaker Jan Patten Mindfulness & Movement	6/29/2017 2pm-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro (978) 401-3100	Leominster
10 Strategies for Dementia Caregiving	6/14/2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett (774) 317-6194	Springfield
Structure: It is so Important for Memory Loss	6/14/2017 2:00pm - 3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	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

Room: Devonshire

June 1st – 2nd

Activities

Extras

Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday 1

9:00: Sensory
10:15: Circle of Fun
12:30: Giant Kick Ball
1:00: Jingo
2:00: Color Art
3:00: Music and Memory/Exercise

Lunch:

Roast Turkey, Gravy,
Green Beans, Squash,
Cranberry Sauce
Alternative - Sandwich

Friday 2

9:00: Sensory
10:15: Circle of fun
12:30: Bean Bag Toss
1:00: Crafts
2:00: Find the Item
3:00: Meditation/Sensory

Lunch:

Fish & Chips, Cole
Slaw, Tartar Sauce,
Peaches
Alternative/Sandwich

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

Room: Devonshire

June 5th – 9th

Activities

Extras

Monday 5

9:00: Sensory
 10:15: Circle of Fun
 12:30: Bowling
 1:00: Color Art
 2:00: Jingo
 3:00: Music and Memory/exercise

Lunch:

Swedish Meatballs, Pasta,
 Carrots, Pears
 Alternative/Sandwich

Tuesday 6

9:00: Sensory
 10:15: Circle of Fun
 12:30: Horse Shoes
 1:00: Collages
 2:00: Concentration
 3:00: Stretch

Lunch:

Hot Dog Roll, Baked
 Beans, Salad, Dressing,
 Fruit Cocktail
 Alternative - Sandwich

Wednesday 7

9:00: Sensory
 10:15: Circle of Fun
 12:30: Giant Kick Ball
 1:00: Arts and Crafts
 2:00: Short Stories
 3:00: Music and Memory/Sing a Long

Lunch:

Ranch Chicken, Mashed
 Potatoes, Summer
 Squash, Ice Cream
 Alternative/Sandwich

Thursday 8

9:00: Sensory
 10:15: Circle of Fun
 12:30: Cheese Head
 1:00: Jingo
 2:00: Hot Potato
 3:00: Short Stories

Lunch:

Baked Ham, Mustard
 Sauce, AuGratin
 Potatoes, Vegetables
 Alternative/Sandwich

Friday 9

9:00: Sensory
 10:15: Circle of Fun
 12:30: Bowling
 1:00: Color Art
 2:00: Short Stories
 3:00: Movie/Sensory

Lunch:

Soup & Sandwich,
 Macaroni Salad, Lettuce,
 Tomatoes, Brownies

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ACTIVITIES CALENDAR

Room: Devonshire

June 12 th – 16 th	Activities	Extras
Monday 12	9:00: Sensory 10:15: Circle of Fun 12:30: Let's Make Dessert! 1:00: Jingo 2:00: Short Stories 3:00: Music & Memory/Stretch	
Lunch: Pork Riblette, Sweet Potato, Cauliflower, Ice Cream Alternative-Sandwich		
Tuesday 13	9:00: Sensory 10:15: Circle of fun 12:30: Karaoke 1:00: Crafts 2:00: Name 10 3:00: Meditation/Sensory	
Lunch: N.E Clam Chowder, Ham and Cheese, Lettuce & Tomato, Wheat Bread, Mousse		
Wednesday 14	9:00: Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Music w/Lila 2:00: Scavenger hunt 3:00: Stretch	
Lunch: Chicken Kabob, Onions, Peppers, Yellow Squash, Sherbet Alternative - Sandwich		
Thursday 15	9:00: Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Crafts 2:00: Short Stories 3:00: Music & Memory/Exercise	
Lunch: Spaghetti & Meatballs, Sauce, Salad, Dressing Coffee cake Alternative/Sandwich		
Friday 16	9:00: Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Father's Day 2:00: Color Art 3:00: Puzzles	Happy Father's Day!
Lunch: Turkey Divan, Rice, Italian Blend vegetables, Strawberry Shortcake Alternative - Sandwich		

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ACTIVITIES CALENDAR

Room: Devonshire

June 19 th – 23 rd	Activities	Extras
Monday 19	9:00: Sensory/Music & Memory 10:15: Circle of Fun 12:30: Twister Toss 1:00: Color Art 2:00: Scavenger Hunt 3:00: Stretch	
Lunch: Fajita Chicken, Pasta, Cheese, Onions, Sour Cream, Peaches Alternative/Sandwich		
Tuesday 20	9:00: Sensory/Music & Memory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Jingo 2:00: Short Stories 3:00: Relaxation	
Lunch: Salisbury Steak Mushroom Gravy, Mashed Potatoes carrots, cookies Alternative - Sandwich		
Wednesday 21	9:00: Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Hawaiian Luau W/ Ken 2:00: Find the Item 3:00: Stretch	First Day of Summer!
Lunch: Stuffed Shells, Tomato Sauce, Italian Blend Mousse Alternative - Sandwich		
Thursday 22	9:00: Sensory/& Music & Memory 10:15: Circle of Fun 12:30: Karaoke 1:00: Jingo 2:00: Puzzles 3:00: Short Stories	Card Making W/Rebecca Happy Birthday Theresa B.
Lunch: BBQ Chicken, Rice Pilaf, Tossed Salad, Dressing Fruited Jell-O Alternative/Sandwich		
Friday 23	9:00: Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Arts & Crafts 2:00: Short Stories 3:00: Meditation	
Lunch: Mac & Cheese Stewed tomatoes, Tropical Fruit Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Devonshire

June 26 th – 30 th	Activities	Extras
Monday 26 Lunch: Hamburger Roll, Mustard, Relish, Potato Salad, Lettuce & Tomato, Fruit Alternative/sandwich	9:00: Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Jingo 2:00: Short Stories 3:00: Sensory Movie	
Tuesday 27 Lunch: Stuffed Peppers, Tomato Sauce, Rice, Squash Blend, peaches Alternative/sandwich	9:00: Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Baking/Frisbee 2:00: Crafts 3:00: Short Stories	
Wednesday 28 Lunch: Roast Pork, Gravy, Sweet Potatoes, Green Beans, Pears Alternative/Sandwich	9:00: Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Color Art 2:00: Short Stories 3:00: Relaxation	
Thursday 29 Lunch: <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Taco Stuffed Potato, Sour Cream, Pudding Alternative/sandwich </div>	9:00: Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Arts and Crafts 2:00: Concentration 3:00: Short Stories	
Friday 30 Lunch: Bourbon Chicken, Red Bliss Potatoes, Bean Salad, Frosted Cake Alternative/sandwich	9:00: Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Jingo 2:00: Color Art 3:00: Sensory Movie	

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HAPPY FATHER'S DAY! June 19th
FIRST DAY OF SUMMER JUNE 21ST
FLAG DAY JUNE 14TH

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Speaker Jan Patten Mindfulness & Movement	6/29/2017 2pm- 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro (978) 401-3100	Leominster
10 Strategies for Dementia Caregiving	6/14/2017 3:30- 5:00pm	101 Wason Ave Springfield, MA	April Monfett (774) 317-6194	Springfield
Structure: It is so Important for Memory Loss	6/12/2017 2:00pm- 3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell

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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

Room: Summit

June 1st – 2nd	Activities	Extras
Monday		
Lunch:		
Tuesday		
Lunch:		
Wednesday		
Lunch:		
Thursday 1	8:00: Coffee social/1:1 visits 10:30: Knitting w/ Rebecca 11:00: Exercise 11:15: Trivia 1:00: Electronic Bingo 2:30: Scrabble 3:00: Pen Pal	
Lunch:	Roast Turkey, Gravy, Green Beans, Squash, Cranberry Sauce, peaches Alternative/sandwich	
Friday 2	8:00: Coffee Social/1:1 visits 10:30: Exercise 11:00: Pastor Nilson 11:15: Trivia 1:00: Family Feud 2:30: Name 10 3:00: Stretch	
Lunch:	Fish & Chips, Cole Slaw, Tartar Sauce, Peaches Alternative/Sandwich	

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June 5 th – 9th	Activities	Extras
Monday 5	8:00: Coffee Social/1:1 visits 10:30: Meditation w/ Jessie 11:00: Exercise 11:15: Sports Trivia 1:00: Jeopardy 2:30: Color a Smile 3:00: Walking Group	Happy Birthday Maureen H.
Lunch: Swedish Meatballs, Pasta, Carrots, Pears Alternative/ Sandwich		
Tuesday 6	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Trivia 1:00: Pokeno 2:30: Bottoms up 3:00: Pen Pal Group	
Lunch: Hot Dog Roll, Mustard, Relish, Baked Beans, Salad Dressing, Fruit Alternative/Sandwich		
Wednesday 7	8:00: Coffee Social/1:1 visits 10:30: Word Find/Puzzles 11:00: Exercise 11:15: Choices Game 1:00: Let's Make Dessert/Rosary 2:30: Giant Kick Ball 3:00: Color a Smile	Manicures with Lorraine
Lunch: Ranch Chicken, Mashed Potatoes, Summer Squash, Ice Cream Alternative/Sandwich		
Thursday 8	8:00: Coffee Social/1:1 visits 10:30: Men's Group 11:00: Exercise 11:15: Trivia 1:00: Jackpot/Card Making 2:30: Hot Potato 3:00: Walking Group	Happy Birthday Marilyn S.
Lunch: Baked Ham, Mustard Sauce, AuGratin Potatoes, Italian Blend Alternative/Sandwich		
Friday 9	8:00: Coffee social/1:1 visits 10:30: Bible Study W/Allison 11:00: Exercise 11:15: Treasured Moments Trivia 1:00: Bingo 2:30: Crafts 3:00: Karaoke	Manicures with Lorraine Happy Birthday Loretta M. Happy Birthday Ann B. Happy Birthday Pearl W.
Lunch: Soup and Sandwich, Macaroni Salad, Lettuce & Tomato, Brownies		

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Room: Summit

June 12 th – 16 th	Activities	Extras
Monday 12	8:00: Coffee Social/1:1 visits 10:30: Book Club 11:00: Exercise 11:15: Trivia 1:00: Chain Reaction 2:30: Collages 3:00: Tongue Twisters	Manicures with Lorraine Happy Birthday Shirley B.
Lunch: Pork Riblette, Sweet Potato Cauliflower, Ice Cream Alternative - sandwich		
Tuesday 13	8:00: Coffee Social/1:1 Visit 10:30: Art Group 11:00: Exercise 11:15: You Be the Judge 1:00: Electronic Bingo 2:30: Tongue Twisters 3:00: Small Group Exercise	
Lunch: Filet O Fish Roll, Tartar Sauce, Fries, Cole Slaw, Mandarin Oranges Alternative – sandwich		
Wednesday 14	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Trivia 1:00: Music W/ Gary 2:30: Name that Tune 3:00: Color a Smile	
Lunch: Chicken Kabob, Onion, Peppers Couscous, yellow Squash, Sherbet Alternative - Sandwich		
Thursday 15	8:00: Coffee Social/1:1 visits 10:30: Knitting W/ Rebecca 11:00: Exercise Group 11:15: Trivia 1:00: Bingo 2:30: Bottoms Up 3:00: Giant Kick Ball	
Lunch: Spaghetti & Meatballs, Sauce, Salad w/Dressing Coffee Cake Alternative - Sandwich		
Friday 16	8:00: Coffee Social/1:1 Visits 10:30: Color Art 11:00: Exercise 11:15: Sing a long 1:00: Father's day 2:30: Frisbee 3:00: Pen Pal	Happy Father's Day! Happy Birthday Mary B.
Lunch: Turkey Divan, Rice. Italian blend vegetables, Strawberry Shortcake Alternative/Sandwich		

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Monday 19	8:00: Coffee Social/1:1 visits 10:30: Meditation w/Jessie 11:00: Exercise 11:15: Trivia 1:00: Jackpot 2:30: Card Making 3:00: Stretch	Happy Birthday Brian M. Happy Birthday Charlotte O.
Lunch: Fajita Chicken, Pasta, Cheese, Onions, Sour Cream, Peppers, peaches Alternative/Sandwich		
Tuesday 20	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Sports Trivia 1:00: Rosary/Chain Reaction 2:30: Bottoms Up 3:00: Take a Walk	
Lunch: Salisbury Steak, Mushroom Gravy, Mashed Potatoes Carrots, Cookies Alternative/Sandwich		
Wednesday 21	8:00: Coffee Social/1:1 visits 10:30: Spelling Bee 11:00: Exercise 11:15: Treasured Moment Trivia 1:00: Hawaiian Luau W/Ken 2:30: Circle Games 3:00: Karoake	First Day of Summer! Happy Birthday Sandra D.
Lunch: Stuffed Shells, Tomato Sauce, Italian Blend Mousse Alternative/Sandwich		
Thursday 22	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Trivia 1:00: Are you smarter than a 5 th grader 2:30: Hot Potato 3:00: Color a Smile	?
Lunch: BBQ Chicken, Rice Pilaf, Tossed Salad, W/ Dressing Fruited Jell-O Alternative/Sandwich		
Friday 23	8:00: Coffee Social/1:1 Visits 10:30: Word Game 11:00: Participant council 11:15: Exercise 1:00: Jeopardy 2:30: Choices Game 3:00: Documentary	
Lunch: Mac & Cheese, Stewed Tomatoes, Tropical Fruit Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Summit

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Monday 26	8:00: Coffee Social/ 1:1 Visits 10:30: Book Club 11:00: Exercise 11:15: Sports Trivia 1:00: 25,000 Pyramids 2:30: Pen Pal 3:00: Stretch	
Lunch: Hamburger Roll, Mustard, Relish, Potato Salad, Lettuce & Tomato Alternative - sandwich		
Tuesday 27	8:00: Coffee Social/1:1 Visits 10:30: Puzzles 11:00: Exercise 11:15: Trivia 1:00: Chain Reaction 2:30: Name 10 3:00: Karaoke	
Lunch: Stuffed Peppers, Tomato Sauce, Rice, Squash Blend, peaches Alternative/sandwich		
Wednesday 28	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Trivia 1:00: Pokeno 2:30: Giant Kick Ball 3:00: Collages	Field Trip Sterling Ice Cream
Lunch: Roast Pork, Gravy, Sweet Potatoes, Green Beans, Pears Alternative/Sandwich		
Thursday 29	8:00: Coffee Social/1:1 visits 10:30: Knitting w/ Rebecca 11:00: Exercise 11:15: Karaoke 1:00: Bingo 2:30: Name that Tune 3:00: Pictionary	
Lunch: Taco Stuffed ½ Potato, Cheese, Sour Cream, Lettuce & Tomato, Pudding, Aternative/Sandwich		
Friday 30	8:00: Coffee Social/ 1:1 visits 10:30: Art Therapy 11:00: Exercise 11:15: Trivia 1:00: Price is Right 2:30: Color a Smile 3:00: Take a Walk	
Lunch: Bourbon Chicken, Red Bliss Potatoes, Bean Salad, Frosted Cake Alternative/ Sandwich		

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