



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 July 4th! Center is closed for July 4th Holiday

Join a support group. A support group can be a great source for encouragement and advice from others in similar situations. It can also be a good place to make new friends.

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 7/3/2018	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 EXT.32033	Charlton
Teepa Snow Finding Gems Michelle Parent, Supervisor of Recreational Activities	1:30pm-3pm 7/11/2018	Briarwood 65 Briarwood Circle Worcester, MA	Leslie Boulette 508-852-2026	East Mountain Street
Healthy Coping	2pm-3:30pm 7/16/2018	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Open Forum Networking Opportunity	2pm 3:30pm 7/26/2018	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Coping with Grief and loss	3:30pm- 5:00pm 7/11/2018	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Safety techniques	2:00pm – 3:30pm 7/11/2018	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978-427-6823	Lowell

Tip of the month:

Join a support group. A support group can be a great source for encouragement and advice from others in similar situations. It can also be a good place to make new friends.



Activities calendar

JULY 2 - 6

Room: Devonshire

	Activities	Extras
Monday 2 Lunch: Grilled Hot Dog, Potato Salad, Salad, Watermelon Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Kick Ball 1:00: July 4 th Party 2:00: Collages 3:00: Sensory Movie	
Tuesday 3 Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Carrots, Pears Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Bingo 2:00: Color Art 3:00: Stretch	
Wednesday 4 Lunch:	Closed for July 4th!	
Thursday 5 Lunch: Taco Stuffed ½ Potato, Sour Cream, Cheese, Pudding Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Karaoke 2:00: Color Art 3:00: Small Group Exercise	
Friday 6 Lunch: BBQ Chicken Leg, Summer Squash, Rice Pilaf, Brownies Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Jingo 2:00: Scavenger Hunt 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

Room: Devonshire

July 9 - 13

	Activities	Extras
Monday 9 Lunch: Stuffed Chicken Breast Supreme, Green Peas, Peaches Alternative/sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Crafts 2:00: Scavenger hunt 3:00: Exercise	Happy Birthday Carmita
Tuesday 10 Lunch: Soup & Sandwich, Pasta Salad, Frosted Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Jingo 2:00: Collages 3:00: Kick Ball	Happy Birthday Margery
Wednesday 11 Lunch: Baked Fish, Carrots, ½ Baked Potato, Ambrosia Alternative - Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Cheese Head 1:00: Arts and Crafts 2:00: Stretch 3:00: Story Time	
Thursday 12 Lunch: Chicken Kabob, Onions, Peppers, Couscous, Vegetable Blend, Cookies Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Bingo 2:00: Memory Box 3:00: Stretch	
Friday 13 Lunch: Cheese Pizza, Tossed Salad, Dressing, Melon Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Ice Cream Activities 2:00: Karaoke 3:00: Movie	Ice Cream Sundaes

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

July 16 - 20

Room: Devonshire

	Activities	Extras
Monday 16 Lunch: American Chop Suey, Italian Blend Veg. Pudding Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Bingo 2:00: Collages 3:00: Short Stories	
Tuesday 17 Lunch: Chicken Marsala, Rotini, Brussel Sprouts, Mandarin Oranges Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Bowling 1:00: Arts & Crafts 2:00: Collages 3:00: Reminisce	
Wednesday 18 Lunch: Tortellini Salad, diced Ham, Warm Pickled Beets, Mousse Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Music with/Jeff 2:00: Collages 3:00: Stretch	
Thursday 19 Lunch: Pork Riblette, Oven Roast Potatoes, Green beans, Fruited Jell-O Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean bag toss 1:00: Karaoke 2:00: Bible Study 3:00: Memory Box	
Friday 20 Lunch: Asian Chicken, Oriental Vegetables, White Rice, Pineapple Chunks Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag toss 1:00: Bingo 2:00: Short Stories 3:00: Movie	

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

July 23 - 27

Room: Devonshire

	Activities	Extras
Monday 23 Lunch: Chicken Griller, Ranch Dressing, Macaroni Salad, Tropical Fruit Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Music w/Gary 2:00: Color Art 3:00: Small group exercise	Happy Birthday Pearl
Tuesday 24 Lunch: Macaroni & Cheese, Stewed Tomatoes, Peach Melba Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Bingo 2:00: Short Stories 3:00: Color Art	
Wednesday 25 Lunch: Swedish Meatballs, Noodles, Bean Blend, Ice Cream Sandwich Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Giant Kick Ball 1:00: Karaoke 2:00: Crafts 3:00: Small Group Exercise	
Thursday 26 Lunch: Spinach Salad, Cheese, Turkey Strips, tomatoes, Dressing, Vegetable Soup Coffee Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Butterfly Day Activities 2:00: Short Stories 3:00: Collages	Card Making with Rebecca
Friday 27 Lunch: Stuffed Shells, Pesto Cream Sauce, Zucchini, Fruit Cocktail Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Cheese Head 1:00: Arts & Crafts 2:00: Small Group Exercise 3:00: Sensory Movie	

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

July 30 - 31

Room: Devonshire

	Activities	Extras
Monday 30 Lunch: Hamburgers, Bean Salad, Lettuce/Tomatoes, Sherbet Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Color Art 2:00: Collages 3:00: Small Group Exercise	
Tuesday 31 Lunch: Bourbon Chicken, Wild Rice, Turnip, Cupcakes Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Jingo 2:00: Memory Box 3:00: Stretch	
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

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.



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 July 4th! Center is closed July 4th for the holiday.

Join a support group. A support group can be a great source for encouragement and advice from others in similar situations. It can also be a good place to make new friends.

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	3:00pm – 4:30pm 7/3/2018	88n Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 Ext. 32033	Charlton
Teepa Snow Finding Gems Michelle Parent Supervisor of Recreational Activities	1:30pm to 3pm 7/11/2018	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain Street
Healthy Coping	2pm to 3:30pm 7/16/2018	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Open Forum Networking Opportunity	7/26/2018 2:00-3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Coping with Grief and loss	3:30-5:00pm 7/11/2018	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Safety Techniques	2:00pm- 3:30pm 7/11/2018	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978-427-6823	Lowell

Tip of the month:

Join a support group. A support group can be a great source for encouragement and advice from others in similar situations. It can also be a good place to make new friends.

Activities calendar

July 2 - 6

Room: Summit

	Activities	Extras
Monday 2 Lunch: Grilled Hot Dog Potato Salad, Watermelon Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: July 4 th Trivia 2:30: Small Group Exercise 3:00: Card Games	Happy Birthday Elaine C Happy Birthday Myra R
Tuesday 3 Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Carrots, Pears Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Card Games 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Karaoke/ Patriotic 2:30: Cheese Head 3:00: Trivia	Discussion Group @10:30 with Jackie and Michelle
Wednesday 4 Lunch:	Happy 4th of July! Center is closed!	
Thursday 5 Lunch: Taco Stuffed ½ Potato, Sour Cream, Cheese, Pudding Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Jeopardy 2:30: Walking Group 3:00: Wheel of Fortune	Happy Birthday Anne A
Friday 6 Lunch: BBQ Chicken Leg, Summer Squash, Rice Pilaf, Brownies Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Bingo 2:30: Shuffle Board 3:00: Trivia	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 M-W-F 10-3
 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
Monday 9 Lunch: Stuffed Chicken Breast, Supreme, Green Beans Peaches Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Daily Good News 1:00: Po keno 2:30: Trivia 3:00: Name that Tune	Sewing Group Beading Group with Nancy
Tuesday 10 Lunch: Soup & Sandwich, Pasta Salad, Frosted Cake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Rosary/Arts & Crafts 2:30: Wheel of Fortune 3:00: Color Art	Card making w/ Rebecca Discussion Group @10:30 W/ Jackie and Michelle
Wednesday 11 Lunch: Baked Fish, Carrots, ½ Baked Potato, Ambrosia Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Morning Stretch w/ Wendy 11:00: Trivia 11:15: Daily Good News 1:00: Bingo 2:30: Bowling 3:00: Shuffle Board	Discussion Group @10:30 With Jackie and Michelle
Thursday 12 Lunch: Chicken Kabob, Onions, Peppers, Couscous, Vegetables, Cookies Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Entertainment W/ Nick 2:30: Bottoms Up 3:00: Adult Coloring	
Friday 13 Lunch: Cheese Pizza, Tossed Salad, Dressing, Melon Alternative - Sandwich	8:00: Coffee social/1:1 visits 10:30: Bible Study w/ Allyson 11:00: Exercise 11:15: Daily Good News 1:00: Ice Cream Day Activities 2:30: Trivia 3:00: Movie	Ice Cream Sundaes

Note:

Activities calendar

July 16 - 20

Room: Summit

	Activities	Extras
Monday 16 Lunch: American Chop Suey, Italian Blend Veg. Pudding Alternative – sandwich	8:00: Coffee Social/1:1 visits 10:30: Beading w/Nancy 11:00: Exercise 11:15: Daily Good News 1:00: Jack Pot 2:30: Left-right-center 3:00: Card Games	Beading with Nancy
Tuesday 17 Lunch: Chicken Marsala, Rotini, Brussel Sprouts, Mandarin Oranges Alternative – sandwich	8:00: Coffee Social/1:1 visit 10:30: Card Games 11:00: Exercise 11:15: Daily Good News 1:00: Crosswords/Crafts 2:30: Walking Group 3:00: Card Making	Discussion Group 10:30 Library with Jackie and Michelle
Wednesday 18 Lunch: Tortellini Salad with Diced ham, Warm pickled beets, Mousse Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Entertainment W/ Jeff 2:30: Karaoke 3:00: Color Art	Discussion Group @10:30 Library with Jackie and Michelle
Thursday 19 Lunch: Pork Riblette, Oven Roast Potatoes, Green Beans, Fruited Jell-O Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Table Games 11:00: Exercise Group 11:15: Daily Good News 1:00: Rosary/Painting 2:30: Beading 3:00: Discussion Group	
Friday 20 Lunch: Asian Chicken,, Oriental Vegetables, White Rice, Pineapple Chunks Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/ Allyson 11:00: Exercise 11:15: Daily Good News 1:00: Bingo 2:30: Penny Ante 3:00: Movie	Happy Birthday Gertrude Happy Birthday Beverly S

Note:

Coffee Social and table games occur every day from 8:00 – 9:30.
 Lunch is served at 12:00 p.m.
 Individual activities and 1:1 visits are available throughout the day.
 Small group activities are held daily from 2 – 5 p.m.

Activities calendar

July 23 -27

Room: Summit

	Activities	Extras
Monday 23 Lunch: Chicken Griller Roll, Ranch Dressing, Macaroni Salad, Fruit Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Daily Good News 1:00: Music W/ Gary 2:30: Small Group Exercises 3:00: Trivia	Beading Group with Nancy
Tuesday 24 Lunch: Macaroni & Cheese, Stewed Tomatoes, Peach Melba Alternative - sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Po keno 2:30: Waking Group 3:00: Card Games	Discussion Group @ 10:30 with Jackie and Michelle
Wednesday 25 Lunch: Swedish Meatballs, Noodles, Bean Blend, Ice Cream Sandwich Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Thinkers 11:00: Exercise 11:15: Daily Good News 1:00: Jeopardy 2:30: Volley Ball 3:00: Color Art	Discussion Group @10:30 With Jackie and Michelle
Thursday 26 Lunch: Spinach Salad, Cheese, Turkey Strips, Tomatoes, Vegetable soup, cake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Butterfly Day Activities 2:30: Wheel of Fortune 3:00: Color Art	Happy Birthday Sylvia
Friday 27 Lunch: Stuffed Shells, Pesto Sauce, Zucchini, Fruit Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/ Allyson 11:00: Exercise 11:15: Daily Good News Show 1:00: Bingo 2:30: Card Making 3:00: Movie	Happy Birthday Candy

Note: Coffee Social and table games occur every day from 8:00 – 9:30.
 Lunch is served at 12:00 p.m.
 Individual activities and 1:1 visits are available throughout the day.
 Small group activities are held daily from 2 – 5 p.m.



Activities calendar

July 30 - 31

Room: Summit

	Activities	Extras
Monday 30 Lunch: Hamburgers, Bean Salad, Sherbet Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Beading Group 11:00: Exercise 11:15: Daily Good News Show 1:00: Chain Reaction 2:30: Stretch/Library 3:00: Bottoms Up	Beading Group with Nancy
Tuesday 31 Lunch: Bourbon Chicken, Wild Rice, Turnip, Cupcakes Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Card Games 11:00: Exercise 11:15: Daily Good News Show 1:00: Around the World 2:30: Stretch/Library 3:00: Color Art	Discussion Group @ 10:30 With Jackie and Michelle
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

Note: Coffee Social and table games occur every day from 8:00 – 9:30.
 Lunch is served at 12:00 p.m.
 Individual activities and 1:1 visits are available throughout the day.
 Small group activities are held daily from 2 – 5 p.m.