

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

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
Open Discussion – Topics of Interest for Future Meetings	8/3/2017 3:30 – 5 pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 Ext.32033	Charlton
Things to consider when faced with the impending death of a loved one	8/9/2017 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain St.
Quotes and inspiration for caregivers	8/21/17 2pm – 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton Street
Insights from a caregiver's Journey Speaker Frank S.P. Yacino	8/31/2017 2pm – 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro (978) 401-3100	Leominster
Open Forum	8/9/17 3:30 – 5:00pm	101 Wason Ave Springfield, MA	April Monfett (774) 317-6194	Springfield
Non-Verbal Communication: Understanding What May not be said Brittney Collins, NP	8/9/2017 2:00pm-3:30pm	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978 427-6823	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

Room: Devonshire

August 1 - 4

Activities

Extras

Monday

Lunch:

Tuesday 1

9:00: Sensory/Coffee Social
10:15: Circle of Fun
12:30: Bowling
1:00: Jingo
2:00: Short Stories
3:00: Color a Smile Program

Lunch:

Beef Burgundy, Ziti,
Carrots, Tropical Fruit
Alternative/Sandwich

Wednesday 2

9:00: Sensory/Coffee Social
10:15: Circle of Fun
12:30: Ring Toss
1:00: Arts & Crafts
2:00: Color Art
3:00: Small Group Exercise

Lunch:

Baked Fish Florentine
Scalloped Potatoes
Vegetable Blend,
Alternative/Sandwich

Thursday 3

9:00: Sensory
10:15: Circle of Fun
12:30: Giant Kick Ball
1:00: Karaoke
2:00: Color Art
3:00: Sensory Movie

Lunch:

Chicken Griller, Cesar
Dressing, Roll, Lettuce,
Tomato, Macaroni Salad
Alternative/Sandwich

Friday 4

9:00: Coffee Social/Sensory
10:15: Circle of fun
12:30: Bean Bag Toss
1:00: Concentration
2:00: Collages
3:00: Exercise

Lunch:

Stuffed Cabbage, Tomato
Sauce, Rice Yellow
Squash, Ambrosia
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

August 7 - 11

Activities

Extras

Monday 7

	9:00:	Coffee Social/Sensory
	10:15:	Circle of Fun
Lunch:	12:30:	Ring Toss
Chicken Alfredo, Pasta,	1:00:	Arts & Crafts
Mixed Vegetables, Jell-O	2:00:	Scavenger Hunt
Alternative/Sandwich	3:00:	Exercise

Tuesday 8

	9:00:	Coffee Social/Sensory
	10:15:	Circle of Fun
Lunch:	12:30:	Bowling
Grilled Ham Steak,	1:00:	Jingo
Honey Mustard Sauce,	2:00:	Short Stories
Sweet Potatoes, Squash	3:00:	Stretch
Alternative/Sandwich		

Wednesday 9

	9:00:	Coffee Social/Sensory
	10:15:	Circle of Fun
Lunch:	12:30:	Giant Kick Ball
Veal Pattie,, Onion Gravy,	1:00:	Music W/ Nick B.
Mashed Potato, Italian	2:00:	Color Art
Blend, Peach Melba	3:00:	Choir Practice W/ Lila
Alternative - Sandwich		

Thursday 10

	9:00:	Coffee Social/Sensory
	10:15:	Circle of Fun
Lunch:	12:30:	Basket Ball
Corn Chowder, Sandwich,	1:00:	Color Art
Vegetable Salad,	2:00:	Collages
Strawberries & Cream	3:00:	Reminisce
Alternative/Sandwich		

Friday 11

	9:00:	Sensory
	10:15:	Circle of Fun
Lunch:	12:30:	Karaoke
BBQ Chicken Leg, Pasta	1:00:	Jingo
Salad, Green Beans, Ice	2:00:	Sing a Long
Cream Treat	3:00:	Movie/Sensory
Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Devonshire

August 14 - 18	Activities	Extras
Monday 14	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Color Art 2:00: Short Stories 3:00: Exercise	
Lunch: Swedish Meatballs, Pasta, Broccoli, Pudding Alternative/Sandwich		
Tuesday 15	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Giant Kick Ball 1:00: Crafts 2:00: Concentration 3:00: Sing a Long	
Lunch: Quiche Lorraine, Oven Potatoes, Zucchini, Ice Cream Sandwich Alternative/Sandwich		
Wednesday 16	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Color Art 2:00: Short Stories 3:00: Exercise	
Lunch: Ranch Chicken, Beets, Noodles & Sauce, Mandarin Oranges Alternative/Sandwich		
Thursday 17	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Twister Toss 1:00: Card Making with Rebecca 2:00: Sing a long 3:00: Short Stories	
Lunch: Pulled Pork, Bun, Cole Slaw, Red Potatoes, Fruit Cocktail Alternative/Sandwich		
Friday 18	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Jingo 2:00: Color Art 3:00: Puzzles	
Lunch: Turkey Salad Sandwich, Soup, Garden Salad, Pineapple		

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ACTIVITIES CALENDAR

Room: Devonshire

August 21 - 25	Activities	Extras
Monday 21	9:00: Coffee Social/ Sensory 10:15: Circle of Fun 12:30: Giant Kick Ball 1:00: Arts & Crafts 2:00: Name 10 3:00: Stretch	
Lunch: Grilled Hot Dog, Mustard Relish, Baked Beans, Salad, Tropical Fruit Alternative/sandwich		
Tuesday 22	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Color Art 2:00: Short Stories 3:00: Sensory/Movie	
Lunch: Taco Salad, Lettuce, Tomatoes, Cheese, Sour Cream, Rice & Beans Alternative/Sandwich		
Wednesday 23	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bible Study 1:00: Tap & Time W/Belle 2:00: Scavenger Hunt 3:00: Choir practice W/Lila	
Lunch: Breakfast for lunch, Scrambled Eggs, Sausage, Waffles, Syrup Jell-O Alternative/Sandwich		
Thursday 24	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Sing a long 1:00: Jingo 2:00: Puzzles 3:00: Short Stories	
Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Italian Blend, Melon Alternative/Sandwich		
Friday 25	9:00: Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Arts & Crafts 2:00: Short Stories 3:00: Exercise	
Lunch: Spaghetti & Meatballs, Salad, Dressing, Fruit Cocktail Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Devonshire

August 28 – 31	Activities	Extras
Monday 28 Lunch: Hamburgers, Roll, Potato Salad, Peaches & Cream Alternative/Sandwich	9:00: 10:15: 12:30: 1:00: 2:00: 3:00:	Coffee Social/Sensory Circle of Fun Ring Toss Jingo Short Stories Sing a Long
Tuesday 29 Lunch: Seaford Stir Fry, Stir Fry Vegetables, White Rice, Mousse Alternative/Sandwich	9:00: 10:15: 12:30: 1:00: 2:00: 3:00:	Coffee Social/Sensory Circle of Fun Karaoke Color Art Concentration Short Stories
Wednesday 30 Lunch: Chicken kabob, Couscous, Onions, Peppers, Salad, Dressing, Cake Alternative/Sandwich	9:00: 10:15: 12:30: 1:00: 2:00: 3:00:	Coffee Social/Sensory Circle of Fun Bowling Jingo Short Stories Sing a Long
Thursday 31 Lunch: Ham & Cheese Sandwich, Soup, Garden Salad, Ice Cream	9:00: 10:15: 12:30: 1:00: 2:00: 3:00:	Coffee Social/Sensory Circle of Fun Twister Toss Color Art Scavenger Hunt Movie/Sensory

Friday

Lunch:

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AUGUST

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Open Forum	8/9/2017 3:30 – 5:00pm	101 Wason Ave Springfield, MA	April Monfett (774) 317-6194	Springfield
Non-Verbal Communication Understanding What May Not Be Said Speaker B. Collins	8/9/2017 2:00- 3:30 pm	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978 427-6830	Lowell

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ACTIVITIES CALENDAR

Room: Summit

August 1 -4	Activities	Extras
Monday		
Lunch:		
Tuesday 1	8:00: Coffee Social/ 1:1 Visits 10:30: Art Class 11:00: Exercise 11:15: Trivia 1:00: "A" is for August 2:30: Giant Kick Ball 3:00: Reminisce /Memory Book	
Lunch:		
Beef Burgundy, Ziti, Carrots, Tropical Fruit Alternative/Sandwich		
Wednesday 2	8:00: Coffee social/ 1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: You be the Judge 1:00: Healthy Cooking W/Quynh 2:30: Small Group Exercise 3:00: Pen Pal/Card Games Group	
Lunch:		
Baked Fish Florentine, Scalloped Potatoes, Vegetable Blend, Cake Alternative/Sandwich		
Thursday 3	8:00: Coffee social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Silly Sentences 1:00: Family Feud 2:30: Horse Shoes 3:00: Right, Left, Center Game	Happy Birthday Helen G. Card Making with Rebecca @ 1:00pm
Lunch:		
Chicken Griller, Cesar Dressing, Roll, Macaroni Salad, Melon Alternative/Sandwich		
Friday 4	8:00: Coffee Social/1:1 visits 10:30: Exercise 11:00: Pastor Nilson 11:15: Spelling Bee 1:00: Bingo 2:30: Twister 3:00: Name That Tune	Happy Birthday Shirley F.
Lunch:		
Stuffed Cabbage, Tomato Sauce, Rice, Yellow Squash, Ambrosia Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Summit

August 7 - 11	Activities	Extras
Monday 7	8:00: Coffee Social/1:1 visits 10:30: Art Group 11:00: Exercise 11:15: Trivia 1:00: Pokeno 2:30: Scrabble 3:00: Small Group Exercise	Happy Birthday Allen S.
Lunch: Chicken Alfredo, Pasta, Mixed Vegetable, Jell-O Alternative/Sandwich		
Tuesday 8	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Sports Trivia 1:00: Jeopardy 2:30: Wheel of Fortune 3:00: Penny Ante	Happy Birthday Virginia T.
Lunch: Grilled Ham Steak, Honey Mustard Sauce, Sweet Potatoes, Summer Squash Alternative/Sandwich		
Wednesday 9	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Riddles 1:00: Music W/ Nick 2:30: Small Group Exercise 3:00: Color Art/Choir Practice	
Lunch: Veal Pattie, Onion Gravy, Mashed Potatoes, Italian Blend, Peach Melba Alternative/Sandwich		
Thursday 10	8:00: Coffee Social/1:1 visits 10:30: Knitting W/Rebecca 11:00: Exercise 11:15: Trivia 1:00: Crosswords/Rosary 2:30: Hang Man 3:00: Reminisce/Memory Book	
Lunch: Corn Chowder, Sandwich, Vegetable Salad, Strawberries & Cream		
Friday 11	8:00: Coffee social/1:1 visits 10:30: Art Group 11:00: Exercise 11:15: You be the Judge 1:00: Electronic Bingo 2:30: Scrabble 3:00: Movie Day	
Lunch: BBQ Chicken Leg, Pasta Salad, Green Beans, Ice Cream Treat Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Summit

August 14 - 18	Activities	Extras
Monday 14	8:00: Coffee Social/1:1 visits 10:30: Art Group 11:00: Exercise 11:15: Trivia 1:00: Jack Pot 2:30: Twister 3:00: Crosswords	Happy Birthday Rosalie B. Happy Birthday Ann W.
Lunch: Swedish Meatballs, Pasta, Broccoli, Pudding Alternative - sandwich		
Tuesday 15	8:00: Coffee Social/1:1 Visit 10:30: Puzzles 11:00: Exercise 11:15: Silly Sentences 1:00: Crafts/Rosary 2:30: Pen Pal 3:00: Karaoke	
Lunch: Quiche Lorraine, Oven Roasted Potatoes, Zucchini, Ice Cream Sandwich Alternative/Sandwich		
Wednesday 16	8:00: Coffee Social/1:1 visits 10:30: Spelling Bee 11:00: Exercise 11:15: Trivia 1:00: Carnival Day 2:30: Small Group Exercise 3:00: Color a Smile Program	Cookout
Lunch: Ranch Chicken, Beets, Noodles & Sauce, Mandarin Oranges Alternative/Sandwich		
Thursday 17	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise Group 11:15: Trivia 1:00: Chain Reaction 2:30: Giant Kick Ball 3:00: Wheel of Fortune	
Lunch: Pulled Pork, Bun, Cole Slaw, Red Potatoes, Fruit Cocktail Alternative - Sandwich		
Friday 18	8:00: Coffee Social/1:1 Visits 10:30: Art Group 11:00: Exercise 11:15: Sports Trivia 1:00: Electronic Bingo 2:30: Small Group Exercise 3:00: Karaoke	Happy Birthday Barbara V.
Lunch: Turkey Salad Sandwich, Soup, Garden Salad, Pineapple Alternative - Sauce		

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ACTIVITIES CALENDAR

Room: Summit

August 21 - 25	Activities	Extras
Monday 21	8:00: Coffee Social/1:1 visits 10:30: Meditation W/ Jessica 11:00: Exercise 11:15: Trivia 1:00: Crafts/Rosary 2:30: Small Group Exercises 3:00: Collages	
Lunch: Grilled Hot Dog, Baked Beans, Salad Dressing, Tropical Fruit Alternative- Sandwich		
Tuesday 22	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Treasured Moments Trivia 1:00: Price is Right 2:30: Color Art 3:00: Bottoms Up	
Lunch: Taco Salad, Lettuce, Tomatoes, Cheese, Sour Cream, Rice & Beans Alternative/Sandwich		
Wednesday 23	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Treasured Moment Trivia 1:00: Tap & Time W/Belle 2:30: Penny Ante 3:00: Small Group Exercise	Happy Birthday Ivory Happy Birthday Jeanne K
Lunch: Breakfast for Lunch, Scrambled Eggs, Sausage, Waffles, Jell-O Alternative/Sandwich		
Thursday 24	8:00: Coffee Social/1:1 visits 10:30: Knitting W/ Rebecca 11:00: Exercise 11:15: Trivia 1:00: Brain Games 2:30: Frisbee 3:00: Pen Pal	
Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Italian Blend, Melon Alternative/Sandwich		
Friday 25	8:00: Coffee Social/1:1 Visits 10:30: Puzzles 11:00: Participant council 11:15: Exercise 1:00: Electronic Bingo 2:30: Small Group Exercise 3:00: Name 10	Happy Birthday David C.
Lunch: Spaghetti & Meatballs, Salad, Dressing, Fruit Cocktail Alternative/Sandwich		

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ACTIVITIES CALENDAR

Room: Summit

August 28 - 31	Activities	Extras
Monday 28	8:00: Coffee Social/ 1:1 Visits 10:30: Art Class 11:00: Riddles 11:15: Exercise 1:00: Get out of Jail Game 2:30: Small Group Exercise 3:00: Karaoke	
Lunch: Hamburgers, Roll, Potato Salad, Peaches & Cream Alternative/Sandwich		
Tuesday 29	8:00: Coffee Social/ 1:1 Visits 10:30: Puzzles 11:00: Exercise 11:15: Sing a Long 1:00: 25,000 Pyramids 2:30: 20 Questions 3:00: Scrabble	
Lunch: Seafood Stir Fry, Stir Fry Vegetables, White Rice, Mousse Alternative/Sandwich		
Wednesday 30	8:00: Coffee Social/1:1 Visits 10:30: Art Class 11:00: Participant Council 11:15: Jeopardy Trivia 1:00: Jack Pot 2:30: Hot Potato 3:00: Color a Smile	Happy Birthday Maura P
Lunch: Chicken Kabob, Couscous, Onions, Peppers, Salad, Cake Alternative/Sandwich		
Thursday 31	8:00: Coffee Social/1:1 Visits 10:30: Spelling Bee 11:00: Exercise 11:15: Karaoke 1:00: Family Feud 2:30: Penny Ante 3:00: Pen Pal	Field Trip to Olive Garden
Lunch: Ham & Cheese Sandwich, Soup, Garden Salad, Ice Cream Treat		
Friday		
Lunch:		

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