



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 Mother's Day! May 13th

Cinco de Mayo May 5th

Memorial Day May 28th

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 -5pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 EXT.32033	Charlton
Open Forum	1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Leslie Boulette 508-852-2026	East Mountain Street
Open Forum	2pm-3:30pm 4/16/2018	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
Open Forum	3:30pm- 5:00pm	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Upcoming Summer Events	2:00pm – 3:30pm 4/11/2018	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978-427-6823	Lowell

Tip of the month:

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it



Activities calendar

MAY 1- 4

Room: Devonshire

	Activities	Extras
Monday Lunch:		
Tuesday 1 Lunch: Beef Stroganoff, Noodles, Carrots, Brownies Alternative/Sandwich	9:00 Coffee Social/Sensory 10:15 Circle of Fun 12:30 Bowling 1:00 Jingo 2:00 Collages 3:00 Sensory Movie	
Wednesday 2 Lunch: Tuna Roll, Corn Chowder, Ice Cream Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bull's eye 1:00: Karaoke 2:00: Short Stories 3:00: Small Group Exercise	
Thursday 3 Lunch: Meatloaf, Gravy, Mashed Potatoes, Green Beans Peaches Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Basket Ball 1:00: Arts & Crafts 2:00: Collages/Coupons 3:00: Stretch	
Friday 4 Lunch: Chicken Pot Pie, Salad, Dressing, Frosted Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Cinco de Mayo Party 2:00: Sing a long 3:00: Movie	Communion with Pastor Nilson Brian's Drums of Steel

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

May 7 - 11

	Activities	Extras
Monday 7 Lunch: Hamburgers, Lettuce, Tomatoes, Baked Beans Ambrosia Alternative/sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Scavenger Hunt 2:00: Short Stories 3:00: Sing and Swing	
Tuesday 8 Lunch: Stuffed Chicken Breast, Supreme Sauce, Bean Blend, Coffee cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Bingo 2:00: Coupon Clipping 3:00: Stretch	
Wednesday 9 Lunch: Shepard's Pie, Gravy, Salad, Dressing, Jell-O Alternative - Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Entertainment w/ Darlene 1:00: Collages 2:00: Bible Study 3:00: Choir Practice W/ Lila	Country & Western Day!
Thursday 10 Lunch: Veal Parmesan, Tomato Sauce, Cheese, Ziti, Yellow Squash, Pears Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Jingo 2:00: Color Art 3:00: Bean Bag Toss	
Friday 11 Lunch: BBQ Chicken Leg, Rice Pilaf, Broccoli, Ice Cream Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bible Study 1:00: Mother's Day Tea 2:00: Rhythm Band 3:00: Movie	

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

May 14th – 18th

Room: Devonshire

	Activities	Extras
Monday 14 Lunch: Stuffed Cabbage, Rice, Tomato Sauce, Italian Blend Veggies, Sherbet Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Cruise Ship Party 2:00: Collages 3:00: Short Stories	Music with Nick B
Tuesday 15 Lunch: Grilled Ham Steak, Pineapple Sauce, Scalloped Potatoes, Cookies Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Bowling 1:00: Arts & Crafts 2:00: Bible Study 3:00: Sing a long	
Wednesday 16 Lunch: Baked Fish, Peas & Carrots, Red Bliss Tomato, Tartar Sauce, Apple Cobbler Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Jingo 2:00: Collages 3:00: Stretch	
Thursday 17 Lunch: Roast Turkey, Gravy, Cranberry Sauce, Potatoes Mandarin oranges Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean bag toss 1:00: Color Art 2:00: Sing a long 3:00: Memory Box	
Friday 18 Lunch: Macaroni & Cheese, Stewed Tomatoes, Fruit Cup Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Kick Ball 1:00: Bingo 2:00: Short Stories 3:00: Movie	

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Activities calendar

May 21 - 25

Room: Devonshire

	Activities	Extras
Monday 21 Lunch: Ranch Chicken, Red Potatoes, Tossed Salad, Dressing, Pears Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horseshoes 1:00: Parkinson's Choir 2:00: Bible Study 3:00: Small group exercise	
Tuesday 22 Lunch: Taco Stuffed Potato, Cheese, Sour Cream Lettuce & Tomatoes, Pudding Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Octopus 1:00: Arts & Crafts 2:00: Color Art 3:00: Movie	
Wednesday 23 Lunch: American Chop Suey, Zucchini, Tropical Fruit Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Basket Ball 1:00: EMS Choir Concert 2:00: Short Stories 3:00: Karaoke	
Thursday 24 Lunch: Braised Pork Chop, Gravy, Cauliflower, Mashed Potatoes, Cupcake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Cheese Head 2:00: Short Stories 3:00: Coupon Clipping	
Friday 25 Lunch: Chicken Marsala, Ziti, Italian Blend Veggies, Melon Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Jingo 2:00: Collages 3:00: Bible Study	

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Activities calendar

May 28 - 31

Room: Devonshire

	Activities	Extras
Monday 28 Lunch:	Closed for the Holiday Memorial Day	
Tuesday 29 Lunch: Grilled Hot Dog, Potato Salad, Tossed Salad, Dressing, Ice Cream Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Kick Ball 1:00: Jingo 2:00: Color Art 3:00: Stretch	
Wednesday 30 Lunch: Salisbury steak, Onion Gravy, Wax Beans, Mashed Potatoes, Peaches Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Sing a Long 1:00: Talent Show 2:00: Color Art 3:00: Small group exercise	
Thursday 31 Lunch: Pizza, Vegetable Soup, Salad Dressing, Fruit Cocktail Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Gone Fishing 1:00: Collages 2:00: Rhythm Band 3:00: Coupon Clipping	
Friday Lunch:		

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May Day May 1st

Cinco de Mayo May 5th

Happy Mother's Day! May 13th

Ramadan Begins May 16th

Memorial Day May 28th

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Open Forum	2pm to 3:30pm	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
Open Forum	3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 774-317-6194	Springfield
Upcoming Summer Events	2:00pm- 3:30pm	1081 Varnum Ave. Lowell, MA	Vichenny Keo-Sam 978-427-6823	Lowell

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Activities calendar

May 1 - 4

Room: Summit

	Activities	Extras
Monday Lunch:		
Tuesday 1 Lunch: Beef Stroganoff, Noodles, Carrots Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Crosswords 11:00: Exercise 11:15: Good News of the day! 1:00: Po keno 2:30: Trivia/Library 3:00: Horse Racing	
Wednesday 2 Lunch: Tuna Roll, Corn Chowder, Ice Cream Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Bible Study w/ Allison 11:00: Exercise 11:15: Humorous Play 1:00: Cooking/ w Victoria 2:30: Discussion Group 3:00: Volley Ball	
Thursday 3 Lunch: Meatloaf, Gravy, Mashed Potatoes, Green beans, peaches Alternative/sandwich	8:00: Coffee Social/1:1 visits 10:30: Wii Games 11:00: Exercise 11:15: Trivia 1:00: Bingo 2:30: Discussion Group 3:00: Bowling	Happy Birthday George A.
Friday 4 Lunch: Chicken Pot Pie, Salad, Dressing, Cake Alternative/sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Riddles/Daily Good News 1:00: Cinco de Mayo Party 2:30: Scrabble 3:00: Movie	Communion with Pastor Nilson Happy B-Day Gladys D Field Trip to Notre Dame Cinco de Mayo Celebration with Brian "Sounds of Steel"

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 7 Lunch: Hamburgers, Beans, Lettuce & Tomatoes Ambrosia Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Daily Good News 1:00: Jack Pot 2:30: Discussion Group 3:00: Card games	Sewing Group Happy Birthday Josephine P Happy Birthday Elizabeth M
Tuesday 8 Lunch: Stuffed Chicken Breast, Supreme Sauce, Bean Blend Coffee Cake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Mother's Day tea 2:30: Trivia 3:00: Card Games	Happy Birthday Richard W
Wednesday 9 Lunch: Shepard's Pie, Gravy, Salad, Dressing, Jell-O 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 W/ Darlene 2:30: Pictionary 3:00: Volley Ball	Country and Western Day!
Thursday 10 Lunch: Veal Parmesan, Tomato Sauce, Cheese, Ziti, yellow Squash, Pears Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Arts and Crafts/Rosary 2:30: Wheel of Fortune 3:00: Adult Coloring	
Friday 11 Lunch: BBQ Chicken Leg, Rice Pilaf, Broccoli, 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: Bingo 2:30: Meditation 3:00: Movie	

Note:



Activities calendar

May 14 - 18

Room: Summit

	Activities	Extras
Monday 14 Lunch: Stuffed Cabbage, Rice, Tomato Sauce, Italian Blend Veggies Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Music with Nick 2:30: Trivia 3:00: Card Games	Welcome Aboard SS Summit! Cruise Day!
Tuesday 15 Lunch: Grilled Ham Steak, Pineapple Sauce, Scalloped Potatoes, Cookies Alternative – sandwich	8:00: Coffee Social/1:1 visit 10:30: Craft Group 11:00: Exercise 11:15: Daily Good News 1:00: Jeopardy 2:30: Stretch/Library 3:00: Bottoms Up	
Wednesday 16 Lunch: Baked Fish, Peas & Carrots, Red Bliss Potatoes, Tartar Sauce Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Crosswords 11:00: Exercise 11:15: Daily Good News 1:00: Chain Reaction 2:30: Bean Bag Toss 3:00: Adult Coloring	
Thursday 17 Lunch: Roast Turkey, Cranberry Sauce, Mashed Potatoes, Beans, Mandarin Oranges Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Table Games 11:00: Exercise Group 11:15: Daily Good News 1:00: Crosswords/Rosary 2:30: Discussion Group 3:00: Crafts	
Friday 18 Lunch: Macaroni & Cheese, Stewed Tomatoes, Fruit Cup Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Bingo 2:30: Discussion Group 3:00: Movie	

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Activities calendar

May 21 - 25

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Tuesday 22 Lunch: Taco Stuffed Potato, Cheese, Sour Cream, Lettuce & Tomato, Pudding Alternative - sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Spelling Bee 2:30: Meditation 3:00: Name that Tune	
Wednesday 23 Lunch: American Chop Suey, Zucchini, Tropical Fruit Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Thinkers 11:00: Exercise 11:15: Daily Good News 1:00: EMS Choir Concert 2:30: Volley Ball 3:00: Color Art	
Thursday 24 Lunch: Braised Pork Chop, gravy, Cauliflower Mashed Sweet Potatoes, Cupcake Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News 1:00: Chain Reaction 2:30: Wheel of Fortune 3:00: Color Art	Field Trip to Rota Springs
Friday 25 Lunch: Chicken Marsala, Ziti, Italian Blend Veggies, Melon Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Burncoat High School 11:15: Daily Good News Show 1:00: Bingo 2:30: Stretch/Library 3:00: Movie	Memorial Day Ceremony with Burncoat ROTC High School @11:00 am

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May 28 - 31

Room: Summit

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Tuesday 29 Lunch: Grilled Hot Dog, Potato Salad, Tossed Salad, Dressing, Ice Cream Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News Show 1:00: Jumble Words/Crafts 2:30: Stretch/Library 3:00: Card games	
Wednesday 30 Lunch: Salisbury steak, Onion Gravy, Wax Beans, Mashed Potatoes, Peaches & Cream Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Daily Good News Show 1:00: Family Feud 2:30: Discussion Group 3:00: Twister	Bible Study w Allison
Thursday 31 Lunch: Pizza, Vegetable Soup, Salad, Dressing, Fruit Cocktail Alternative/Sandwich	8:00: Coffee Social/1:1 visits 10:30: Table Games 11:00: Exercise 11:15: Daily Good News Show 1:00: Jack Pot/Rosary 2:30: Stretch/Library 3:00: Shuffle Board	
Friday Lunch:		

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