



# 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.

Center is closed February 18<sup>th</sup> Presidents day!

February is Black History Month!

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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
PERSONALITY CHANGES AND CHALLENGES FOR CAREGIVERS	3:00 -4:30pm 2/5/19	Thompson Road Webster, MA	Bessie Bechthold 774-317-6700	Webster
Behaviors and communication	2pm-3:30pm 2/19/19	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Personality Changes and Challenges for Caregivers	2pm 3:30pm 2/28/2019	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief and Loss	3:30pm- 5:00pm 2/13/19	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Managing Emotions after the Holidays	2:00pm – 3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell

## Tip of the month:

**See your doctor.** Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have



# Activities calendar

FEBRUARY 1

	Activities	Extras
<b>Monday</b> <b>Lunch:</b>		
<b>Tuesday</b> <b>Lunch:</b>		
<b>Wednesday</b> <b>Lunch:</b>		
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday 1</b> <b>Lunch:</b> Taco Stuffed Potato, Sour Cream, ½ Baked Potato, Ice Cream Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Hula in the Coola Luau Party 1:00: Crafts 2:00: Jingo 3:00: Sing a Long	National Wear Red Day Happy B-Day Gladys Entertainment with Brian from 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

February 4-8	Activities	Extras
<b>Monday 4</b> <b>Lunch:</b> Chicken & Broccoli, Alfredo, Pasta, Salad, Tropical Fruit Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Water Color Painting 2:00: AD LIBS 3:00: Stretch	Homemade Soup Day! Ground Hog Trivia Happy B-Day Brenda
<b>Tuesday 5</b> <b>Lunch:</b> Pork Riblette, Sweet Potatoes, Green beans, Ice Cream Sandwich Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Karaoke 2:00: Collages 3:00: Short Stories	
<b>Wednesday 6</b> <b>Lunch:</b> Baked Manicotti, Meat sauce Yellow Squash, Coffee Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Kick Ball/Rosary 1:00: Baking/National Muffin Day 2:00: Sing a Long 3:00: Relaxation Group	
<b>Thursday 7</b> <b>Lunch:</b> Baked Fish, Tartar Sauce, Ketchup, Fries, Cole Slaw Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Challenge 1:00: Jingo 2:00: Color Art 3:00: Stretch	
<b>Friday 8</b> <b>Lunch:</b> Pot Roast, Gravy, Red Bliss Potatoes, Carrots, Cookies Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Parachute 1:00: Karaoke 2:00: Laughter Makes the World Go Round 3:00: Small Group Exercise	Happy B Day Jim

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# Activities calendar

February 11-15

	Activities	Extras
<b>Monday 11</b> <b>Lunch:</b> Stuffed Peppers, Tomato Sauce, rice, Mixed Squash, Sherbet Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Parkinson's Choir 2:00: Card Making 3:00: Card games/Sensory	Send a card to a friend day!
<b>Tuesday 12</b> <b>Lunch:</b> Hot Dogs, Baked Beans, Vegetable Blend, Mousse Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Ball Toss 1:00: Valentine's Craft 2:00: Sing a long 3:00: Four Square Ball	
<b>Wednesday 13</b> <b>Lunch:</b> Chicken ala King, Biscuit, Peas & Carrots, Mandarin Oranges Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bull's Eye 1:00: Color Art/Rosary 2:00: Table Twister 3:00: Get a different name day discussion	
<b>Thursday 14</b> <b>Lunch:</b> Meat Loaf, Gravy, Mashed Potatoes, Spinach, Jell-O Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Valentine's Day Tea/Cookies 2:00: Valentine's Day Jingo 3:00: Melody Lane	
<b>Friday 15</b> <b>Lunch:</b> Clam Chowder, Chicken Salad Sandwich, Lettuce & Tomatoes Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Relaxation/Stretch 1:00: Bingo 2:00: Karaoke 3:00: Movie	

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# Activities calendar

February 18- 22

	Activities	Extras
<b>Monday</b> <b>Lunch:</b>	<b>SITE IS CLOSED PRESIDENTS DAY</b>	
<b>Tuesday 19</b> <b>Lunch:</b> Pizza, Tossed Salad, Dressing, Apple Cobbler Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bowling 1:00: Sing a Long 2:00: Memories 3:00: Stretch/Relaxation	Smokey Robinson's B day!
<b>Wednesday 20</b> <b>Lunch:</b> Beef Burgundy, Pasta, Broccoli, Pears Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Kick Ball 1:00: Jingo 2:00: Short Stories 3:00: Music Therapy with Lila	
<b>Thursday 21</b> <b>Lunch:</b> Roast Pork, Gravy, Mashed Potatoes, Turnip, Frosted Cake Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Water Color Painting 2:00: Collages 3:00: Stretch/Relaxation	
<b>Friday 22</b> <b>Lunch:</b> Spaghetti & Meatballs, Zucchini, Fruit Cocktail Alternative/Sandwich	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Bingo 2:00: Adult Coloring 3:00: Sing a long	Happy B Day Denise Happy B-Day Bernadette

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# Activities calendar

Room: Devonshire

	Activities	Extras
Monday <b>Lunch:</b>		
Tuesday <b>Lunch:</b>		
Wednesday <b>Lunch:</b>		
Thursday <b>Lunch:</b>		
Friday <b>Lunch:</b>		

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