

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 Halloween!!!!

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
Late stage caregiving-what to expect	10/5/2017 3:30pm-5pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercado 508-434-3200 EXT.32033	Charlton
Managing Stress: Care for the Caregiver	10/11/17 1:30pm-3pm	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026	East Mountain Street
Managing Stress: Care for the Caregiver	10/16/2017 2pm-3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508 373-7400	Grafton Street
Q & A Relating to Caregiver Concerns	10/26/2017 2pm – 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Getting Through the Holidays!	10/11/2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 774 317-6194	Springfield
Getting Through the Holidays!	10/11/2017 2:00pm - 3:30pm	1081 Varnum Ave. Lowell, MA	Vichenny KeoSam 978-427-6823	Lowell

TIP OF THE MONTH:

Ask for help - One of the biggest mistakes a caregiver can make is to think that they can do it all by themselves. This do-it-yourself attitude will quickly lead to burnout. Whether it be making a casserole or playing a game of cards with your patient, most people would be glad to help, if only you would ask



ACTIVITIES CALENDAR

Room: Devonshire

October 2-6	Activities	Extras
Monday 2	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Frisbee 1:00: Jingo 2:00: Sensory Box 3:00: Small group exercise	
Lunch: Filet O Fish, Roll, Red Potatoes, Cole Slaw, Mandarin Oranges Alternative/Sandwich		
Tuesday 3	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Giant Kick Ball 1:00: Jingo 2:00: Color Art 3:00: Sing a Long	
Lunch: Beef Stew, Biscuit, Pudding Alternative/Sandwich		
Wednesday 4	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Cheese head 1:00: Crafts 2:00: Scavenger Hunt 3:00: Choir Practice W/ Lila	
Lunch: Soup & Sandwich, Carrot Salad, Brownies Alternative/Sandwich		
Thursday 5	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Karaoke 1:00: Color Art 2:00: Collages 3:00: Gone Fishing	
Lunch: Pot Roast, AuGratin Potatoes, Green Beans, Pears Alternative/Sandwich		
Friday 6	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Bowling 1:00: Bible Study 2:00: Collages 3:00: Small Group Exercise	
Lunch: American Chop Suey, Yellow Squash Alternative/Sandwich		

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

October 9-13

Activities

Extras

Monday 9

Center is closed for the Holiday!

Lunch:

Tuesday 10

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Basket ball
 1:00: Jingo
 2:00: Color Art
 3:00: Stretch

Lunch:

Pork Riblette, Sweet Potatoes, Cauliflower, Sherbet

Wednesday 11

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Giant Kick Ball
 1:00: Arts & Crafts
 2:00: Short Stories
 3:00: Small Group Exercise

Lunch:

Hamburgers, Bun, Baked Beans, Lettuce & Tomatoes, Fruit Cocktail Alternative/Sandwich

Thursday 12

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Bible Study
 1:00: Jingo
 2:00: Find the Item
 3:00: Ball Toss

Lunch:

Bourbon Chicken Couscous Mixed Squash, Apple Crisp Alternative/Sandwich

Happy Birthday Shirley A

Friday 13

9:00: Coffee Social/Sensory
 10:15: Circle of Fun
 12:30: Bean Bag Toss
 1:00: Jingo
 2:00: Sing a Long
 3:00: Movie/Sensory

Lunch:

Roast Turkey, Gravy, Cranberry Sauce, Butternut Squash, Peach Melba Alternative/Sandwich

Happy Birthday Joan T.

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ACTIVITIES CALENDAR

Room: Devonshire

October 16-20	Activities	Extras
Monday 16	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Horse Shoes 1:00: Jingo 2:00: Short Stories 3:00: Stretch	
Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches Alternative/Sandwich		
Tuesday 17	9:00: Coffee Social/Sensory 10:15: Circle of fun 12:30: Giant Kick Ball 1:00: Color Art 2:00: Sing a Long 3:00: Cheese Head	
Lunch: Taco Stuffed ½ Potato, Cheese, Tomato, Sour Cream, Lettuce, Mousse Alternative/Sandwich		
Wednesday 18	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Basket Ball 1:00: Collages 2:00: Short Stories 3:00: Choir Practice W/Lila	
Lunch: N.E. Clam Chowder, Tuna Roll, Lettuce & Tomatoes, Ambrosia Alternative/Sandwich		
Thursday 19	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Jingo 2:00: Find the Item 3:00: Color Art	Card Making with Rebecca
Lunch: Braised Pork Chops, Sweet Potatoes, Wax Beans, Cookies Alternative/Sandwich		
Friday 20	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Ring Toss 1:00: Crafts 2:00: Color Art 3:00: Move to the Music	
Lunch: BBQ Chicken Leg, Rice Pilaf, Summer Squash, Melon Alternative/Sandwich		

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

Room: Devonshire

October 23 – 27th	Activities	Extras
Monday 23	9:00: Coffee Social/ Sensory 10:15: Circle of Fun 12:30: Frisbee 1:00: Jingo 2:00: Color Art 3:00: Exercise	Lunch: Chicken & Broccoli, Alfredo, Mixed Veggies, Ziti, Tropical Fruit Alternative/Sandwich
Tuesday 24	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bible Study 1:00: Color Art 2:00: Short Stories 3:00: Sensory/Movie	Lunch: Quiche Lorraine, Home Fries, Vegetable Blend Pineapple Chunks Alternative/Sandwich
Wednesday 25	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Cheese head 1:00: Arts & Crafts 2:00: Short Stories 3:00: Exercise	Lunch: Beef Stroganoff, Noodles, Zucchini, Pudding Alternative/Sandwich
Thursday 26	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Karaoke 1:00: Jingo 2:00: Sing a Long 3:00: Stretch	Lunch: Baked Fish, Scalloped Potatoes, Peas, Strawberry Shortcake Alternative/Sandwich
Friday 27	9:00: Coffee Social/Sensory 10:15: Circle of Fun 12:30: Bean Bag Toss 1:00: Collages 2:00: Color Art 3:00: Sensory/Movie	Lunch: Spaghetti & Meatballs, Sauce, Tossed Salad, Dressing, Frosted Cake Alternative/Sandwich

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ACTIVITIES CALENDAR

Room: Devonshire

October 30-31	Activities	Extras
Monday 30	9:00: Coffee Social 1:1 visits 10:15: Circle of Fun 12:30: Jingo 1:00: Arts & Crafts 2:00: Sing a Long 3:00: Stretch	
Lunch: Fajita Chicken, Rice Cheese, Carrots, Onions, Peppers, Ice Cream Alternative/Sandwich		
Tuesday 31	9:00: Coffee Social 1:1 Visits 10:15: Circle of Fun 12:30: Short Stories 1:00: Halloween Party W/Doug 2:00: Color Art 3:00: Exercise	
Lunch: Swedish Meatballs, Gravy, Ziti, Carrots, Brownies Alternative/Sandwich		
Wednesday		
Lunch:		
Thursday		
Lunch:		
Friday		
Lunch:		

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ACTIVITIES CALENDAR

Room: Summit

October 2-6	Activities	Extras
Monday 2	8:00: Coffee Social/1:1 visits 10:30: Infection Control W/ Joan 11:00: Exercise 11:15: Trivia 1:00: Rosary/Jackpot 2:30: Twister 3:00: Wheel of Fortune	
Lunch: Filet O Fish, Roll, Red Potatoes, Cole Slaw, Mandarin Oranges Alternative/Sandwich		
Tuesday 3	8:00: Coffee Social/1:1 visits 10:30: Art Class 11:00: Exercise 11:15: Trivia 1:00: Family Feud 2:30: National Geographic 3:00: Bottoms Up	
Lunch: Beef Stew, Biscuit, Pudding Alternative/Sandwich		
Wednesday 4	8:00: Coffee Social/1:1 visits 10:30: Scrabble 11:00: Exercise 11:15: Sports trivia 1:00: Tap & Time 2:30: Karaoke 3:00: Twister Toss	
Lunch: Soup & Sandwich, Carrot Salad, Brownies Alternative/Sandwich		
Thursday 5	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Trivia 1:00: Rosary/Jeopardy 2:30: Stretch/Exercise Group 3:00: Name that Tune	Card Making with Rebecca
Lunch: Pot Roast, AuGratin Potato, Green Beans, Pears Alternative/Sandwich		
Friday 6	8:00: Coffee Social/1:1 visits 10:30: Thinklers 11:00: Pastor Nilson/Communion 11:15: Trivia 1:00: Bingo 2:30: Jumble Words 3:00: Pictionary	Happy Birthday Doris P. Happy Birthday Diane M. Bible Study with Allison @11:00am
Lunch: American Chop Suey, Yellow Squash, Jell-O Cake Alternative/Sandwich		

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

Room: Summit

October 9-13	Activities	Extras
Monday 9	Closed for the Holiday!	
Lunch: Pork Riblette, Sweet Potatoes, Cauliflower, Sherbet Alternative/Sandwich		
Tuesday 10	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Treasured Moment Trivia 1:00: Spooky Spelling Bee 2:30: Hot Potato 3:00: Chain Reaction	
Lunch: Hamburgers, Bun, Baked Beans, Lettuce & Tomatoes, Fruit Cocktail Alternative/Sandwich		
Wednesday 11	8:00: Coffee Social/1:1 visits 10:30: Red Hat Society 11:00: Exercise 11:15: Riddles 1:00: Cooking with Quynh 2:30: Volley Ball 3:00: Trivia	Happy Birthday Stephen N
Lunch: Bourbon Chicken Couscous, Mixed Squash, Apple Crisp Alternative/Sandwich		
Thursday 12	8:00: Coffee Social/1:1 visits 10:30: Memory Book Making 11:00: Exercise 11:15: Trivia 1:00: Crafts/Rosary 2:30: Jumble Words 3:00: Name that Tune	Happy Birthday Stephen M Happy Birthday Stella N
Lunch: Roast Turkey, Gravy, Cranberry Sauce, Butternut Squash, Peach Melba Alternative/Sandwich		
Friday 13	8:00: Coffee social/1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: You be the Judge 1:00: Entertainment w Mike C 2:30: Twister 3:00: Movie Day	Bible Study with Allison @11:00am

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ACTIVITIES CALENDAR

Room: Summit

October 16-20	Activities	Extras
Monday 16	8:00: Coffee Social/1:1 visits 10:30: Meditation w Chelsea 11:00: Exercise 11:15: Trivia 1:00: Yoga/October Jeopardy 2:30: Bottoms Up 3:00: Crosswords	Happy Birthday Carol T
Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches Alternative - sandwich		
Tuesday 17	8:00: Coffee Social/1:1 visit 10:30: Puzzles 11:00: Exercise 11:15: Crosswords/Silly Sentences 1:00: Monster Racing 2:30: Name that Tune 3:00: Karaoke	
Lunch: Taco Stuffed ½ Potato, Cheese, Tomato, Sour Cream, Lettuce, Mousse Alternative – sandwich		
Wednesday 18	8:00: Coffee Social/1:1 visits 10:30: Art Class 11:00: Exercise 11:15: Trivia 1:00: Crafts/Rosary 2:30: Twister 3:00: Bottoms Up	
Lunch: N.E. Clam Chowder, Tuna Roll, Lettuce & Tomatoes, Ambrosia Alternative/Sandwich		
Thursday 19	8:00: Coffee Social/1:1 visits 10:30: Puzzles 11:00: Exercise Group 11:15: Trivia 1:00: Baking/Crosswords 2:30: Volley Ball 3:00: Jumble Words	
Lunch: Braised Pork Chops, Sweet Potatoes, Wax Beans, Cookies Alternative - Sandwich		
Friday 20	8:00: Coffee Social/1:1 visits 10:30: Health Tips W/ Laural 11:00: Exercise 11:15: Sports Trivia 1:00: Bingo 2:30: Bowling 3:00: Karaoke	Happy Birthday Barbara C. Happy Birthday Mary D.
Lunch: BBQ Chicken Leg,, Rice Pilaf, Summer Squash, Melon Alternative/Sandwich		

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Monday 23	8:00:	Coffee Social/1:1 visits		
	10:30:	Meditation W/ Chelsea		
	11:00:	Exercise		
	Lunch:	11:15:	Participant Council	
	Chicken & Broccoli, Alfredo, Mixed Veggies, Ziti, Tropical Fruit Alternative- Sandwich	1:00:	Crafts/Rosary	
		2:30:	Twister	
		3:00:	Choices Game	
		8:00:	Coffee Social/1:1 visits	
		10:30:	Puzzles	
		11:00:	Exercise	
Tuesday 24	11:15:	Treasured Moments Trivia		
	Lunch:	1:00:	Fall Penny Ante	
	Quiche Lorraine, Home Fries, Vegetable Blend Pineapple Chunks Alternative - sandwich	2:30:	Name that Tune	
		3:00:	Small group exercise	
		8:00:	Coffee Social/1:1 visits	
		10:30:	Red Hat Society	
		11:00:	Exercise	
		11:15:	Sports Trivia	
		1:00:	Pokeno	
		2:30:	Twister	
	3:00:	Scrabble		
Wednesday 25		8:00:	Coffee Social/1:1 visits	
		10:30:	Memory Book Making W/ Rebecca	Happy Birthday Carl B
		11:00:	Exercise	Happy Birthday Florence H
		11:15:	Trivia	Happy Birthday Melanie T
	Lunch:	1:00:	Crosswords/Rosary	
	Beef Stroganoff, Noodles, Zucchini, Pudding Alternative - sandwich	2:30:	Giant Kick Ball	
		3:00:	Stretch	
		8:00:	Coffee Social/1:1 visits	Bible Study with Allison @ 11:00am
		10:30:	Puzzles	
		11:00:	Trivia	
Thursday 26	11:15:	You be the Judge		
	Lunch:	1:00:	Electronic Bingo	
	Baked Fish, Scalloped Potatoes, Peas, Strawberry Shortcake Alternative/Sandwich	2:30:	Small Group Exercise	
		3:00:	Movie Day/Lucille Ball	
		8:00:	Coffee Social/1:1 visits	
		10:30:	Puzzles	
		11:00:	Trivia	
		11:15:	You be the Judge	
		1:00:	Electronic Bingo	
		2:30:	Small Group Exercise	
	3:00:	Movie Day/Lucille Ball		
Friday 27		8:00:	Coffee Social/1:1 visits	
		10:30:	Puzzles	
		11:00:	Trivia	
		11:15:	You be the Judge	
	Lunch:	1:00:	Electronic Bingo	
	Spaghetti & Meatballs, Sauce, Tossed Salad, Dressing, Frosted Cake Alternative/Sandwich	2:30:	Small Group Exercise	
		3:00:	Movie Day/Lucille Ball	
		8:00:	Coffee Social/1:1 visits	
		10:30:	Puzzles	
		11:00:	Trivia	
	11:15:	You be the Judge		

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Lunch is served at 12:00 p.m.
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ACTIVITIES CALENDAR

Room: Summit

October 30-31	Activities	Extras
Monday 30	8:00: Coffee Social/ 1:1 visits 10:30: Art Class 11:00: Exercise 11:15: Spelling Bee 1:00: Get out of Jail 2:30: Small Group Exercise 3:00: Pictionary	Happy Birthday Marilyn B
Lunch: Fajita Chicken, Rice, Cheese, Carrots, Onions, Peppers, Ice Cream Alternative/Sandwich		
Tuesday 31	8:00: Coffee Social/ 1:1 visits 10:30: Puzzles 11:00: Exercise 11:15: Sports Trivia 1:00: Halloween Party W/Doug 2:30: Wheel of Fortune 3:00: Scrabble	
Lunch: Swedish Meatballs, Gravy, Ziti, Carrots, Brownies Alternative/Sandwich		
Wednesday		
Lunch:		
Thursday		
Lunch:		
Friday		
Lunch:		

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