



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).

Riverside Room

Summit ElderCare contact information

101 Wason Ave. Springfield, MA 01107

1-413-272-6178 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Virginia Ericksberg: 1-774-317-6160

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Hulmes Transportation: 1-413-323-6100



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	3:30 to 4:30pm	Thompson Road Webster, MA	Annette Mercado (774) 317-6700 Ext. 56719	Webster
	1:30 to 3:00pm	Briarwood 65 Briarwood Circle Worcester, MA	508-852-2026 Ext.	East Mountain Street
Preparing for the New Year	2:00 to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Holidays: Joy vs. Struggles	2:00 to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
	2:00 to 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
The Stresses of Caregiving	3:30 to 5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

Tip of the month:

To help visitors prepare for holiday time with a person with dementia:

1. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit.
2. Offer communication tips to lessen stress or awkwardness.
3. Suggest activities.

Activities calendar

December 2 - 6

Room: Riverside Room

	Activities	Extras
Monday 2 Lunch: Mini Raviolis/Meat Sauce, Tuscan Blend Vegetables, Italian Bread	9:30 Current Events 10:30 Picture This 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Puzzles 2:00 What Am I?	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina Happy Birthday: Kathryn E
Tuesday 3 Lunch: Chicken Fajitas, Peppers/Onions/ Tomato, Yellow Rice, Tortilla, Sour Cream	9:30 Walk/Exercise 10:30 Bingo 12:00 Walk/Exercise 1:00 Current Events 1:30 Holiday Movie 2:00 " "	Happy Birthday: Paul H
Wednesday 4 Lunch: Fish Stew, Lima Beans, White Rice, Whole Wheat Bread Roll	9:30 Current Events 10:30 12 or Less 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Bingo 2:00 Do You Believe in Magic?	10:30 Women's Group 12:45 Bible Study Happy Birthday: Merline B.
Thursday 5 Lunch: Pot Roast/Gravy, Winter Blend Vegetables, Roasted Yams, Dinner Roll	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Blue Ribbon Singers 2:00 Einter Trivia	12:00 Wellness Group 1:00 Jeopardy with Bob and Chris
Friday 6 Lunch: Turkey Pot Pie, Butternut Squash, Collard Greens, Biscuit Topping	9:30 Current Events 10:30 December Humor 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Sing Along	11:00 Manicures with Tina 1:00 Men's Group

Note:

Lunch everyday 12:00 to 1:00
 Coffee Social 8:00 to 10:00
 Happy Birthday: Carole M. 12/8

Activities calendar

December 9 - 13

Room: Riverside Room

	Activities	Extras
Monday 9 Lunch: Crispy Fish Filet/Tartar Sauce, Dill Carrots, Steamed Corn, Oat Nut Bread	9:30 Current Events 10:30 Winter Solstice Mining 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Holiday Movie 2:00 " "	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina Happy Birthday: Theresa A
Tuesday 10 Lunch: Eggplant Rollatini, Steamed Broccoli, Ziti/Marinara Sauce, Italian Bread	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Puzzles	
Wednesday 11 Lunch: Carne Guisada, Steamed Broccoli, White Rice, Oat Nut Bread	9:30 Current Events 10:30 Toys Price is Right 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Bingo 2:00 What Am I?	10:30 Women's Group 12:45 Bible Study
Thursday 12 Lunch: Arroz Con Pollo, Stewed Tomatoes, Yellow Rice, Whole Wheat Bread	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Tony Valley 2:00 R.L.C.	Happy Birthday: Alfred K
Friday 13 Lunch: Pulled Pork Sliders, Sweet Potatoes, Creamy Coleslaw, Slider Bun (2)	9:30 Current Events 10:30 Sports Games 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Sing Along Holiday Music	1:00 Men's Group 11:00 Manicures with Tina Happy Birthday: Raul A., Georgina D.

Note:

Lunch everyday 12:00 to 1:00
 Coffee Social 8:00 to 10:00

Activities calendar Room: Riverside Room

December 16 - 20

	Activities	Extras
Monday 16 Lunch: Pernil, Arroz Con Gandules, Dinner Roll	9:30 Current Events 10:30 Horse Racing 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Holiday Movie 2:00 " "	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina
Tuesday 17 Lunch: Sweet & Sour Pork, Oriental Blend Vegetables, White Rice, Whole Wheat Bread	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Hangman	Happy Birthday: Roger L.
Wednesday 18 Lunch: Holiday Meal. Glazed Ham in Maple Glaze, Green Beans, Scalloped Potatoes, Dinner Roll	9:30 Current Events 10:30 Pictionary 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Bingo 2:00 Trivia	12:45 Bible Study 10:30 Women's Group
Thursday 19 Lunch: Fish Tacos, Cilantro Coleslaw, Yellow Rice, Flour Tortillas	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 12 or Less 2:00 The Jive	12:00 Wellness Group 1:00 Jeopardy with Bob and Chris
Friday 20 Lunch: Butternut Mac N Cheese, Roasted Brussel Sprouts, 12 Grain Bread	9:30 Current Events 10:30 Short Stories 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Joel 2:00 Mixed Up Christmas	11:00 Manicures with Tina

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: Nelson M. 12/22, Thomas K. 12/22



Activities calendar

December 23 - 27

Room: Riverside Room

	Activities	Extras
Monday 23 Lunch: Golden BBQ Drumsticks Seasoned Cauliflower, Rice Pilaf, Whole Wheat Bread	9:30 Current Events 10:30 Holiday Music Puzzle 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Lucky Dog 2:00 What Am I?	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina
Tuesday 24 Lunch: Hot Dog w/Hot Dog Bun, Mustard & Relish, Baked Beans, Grilled Onions & Peppers	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Merry Month Of December 2:00 Christmas Trivia	Happy Birthday: Lawrence D., Ana G., Evelyn K
Wednesday Lunch:	MERRY CHRISTMAS!!!	
Thursday 26 Lunch: Chicken Broccoli Alfredo, Tosses Salad, Ziti Noodles, Whole Wheat Bread	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Word Scramble 2:00 Mixed Up Christmas	12:00 Wellness Group 1:00 Jeopardy with Bob and Chris
Friday 27 Lunch: Baked Potato Bar, Chili, Sour Cream, Cheesy Spinach, Wheat Roll	9:30 Current Events 10:30 ABC Word Game 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Bingo	11:00 Manicures with Tina 1:00 Men's Group Happy Birthday: Richard L

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: Michael L. 12/28, Larry M. 12/29



Activities calendar

December 30 - 31

Room: Riverside Room

	Activities	Extras
Monday 30 Lunch: Southwestern Chicken Bake, Onions/Peppers/ Tomatoes, Yellow Rice, 12 Grain Bread	9:30 Current Events 10:30 Sport Games 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Holiday Movie	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina
Tuesday 31 Lunch: Chick Pea Stew, Green Peas, White Rice, Dinner Roll	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 New Year Celebration 2:00 " "	
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00



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 Room

Summit ElderCare contact information

101 Wason Ave. Springfield, MA 01107

1-413-272-6178 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Activities Coordinator: Virginia Ericksberg: 1-774-317-6160

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Hulmes Transportation: 1-413-323-6100



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	3:30 to 4:30pm	Thompson Road Webster, MA	Annette Mercado (774) 317-6700 Ext. 56719	Webster
	1:30 to 3:00pm	Briarwood 65 Briarwood Circle Worcester, MA	508-852-2026 Ext.	East Mountain Street
Preparing for the New Year	2:00 to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Holiday Joy vs. Struggles	2:00 to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
	2:00 to 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
The Stresses of Caregiving	3:30 to 5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

Tip of the month:

To help visitors prepare for holiday time with a person with dementia:

1. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit.
2. Offer communication tips to lessen stress or awkwardness.
3. Suggest activities.



Activities calendar

December 2 - 6

Room: Summit Room

	Activities	Extras
Monday 2 Lunch: Mini Raviolis/Meat Sauce, Tuscan Blend Vegetables, Italian Bread	9:30 Current Events 10:00 Craft 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Christmas Carols 2:00 December IQ	Happy Birthday: Kathryn E 11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina
Tuesday 3 Lunch: Chicken Fajitas with Peppers/Onions/ Tomatoes, Yellow Rice, Tortilla	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Puzzles	Happy Birthday: Paul H
Wednesday 4 Lunch: Fish Stew, Lima Beans, White Rice, Whole Wheat Roll	9:30 Current Events 10:00 Family Feud 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Bingo 2:30 Hugs Matter	Happy Birthday: Merline B 10:30 Women's Group 12:45 Bible Study 10:00 – Craft (Riverside)
Thursday 5 Lunch: Pot Roast/Gravy, winter Blend Vegetables, Roasted Yams, Dinner Roll	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Blue Ribbon Singers 2:00 Winter Trivia	12:00 Wellness Group 10:30 - Craft (Summit TV Room)
Friday 6 Lunch: Turkey Pot Pie, Butternut Squash, Collard Greens Biscuit Topping	9:30 Current Events 10:00 Puzzles 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Sing Along	11:00 Manicures with Tina 1:00 Men's Group Mitten Tree Day

Note:

Lunch everyday 12:00 to 1:00
 Coffee Social 8:00 to 10:00
 Happy Birthday: Carole M 12/8



Activities calendar

December 9 - 13

Room: Summit Room

	Activities	Extras
Monday 9 Lunch: Crispy Fish Filet/Tartar Sauce, Dill Carrots, Steamed Corn, Oat Nut Bread	9:30 Current Events 10:00 Mistletoe & Holly 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Top Toys 2:00 Orderly Toys	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina Christmas Card Day: 10:00 Summit Room Make your own Christmas Cards
Tuesday 10 Lunch: Eggplant Rollatini, Steamed Broccoli, Ziti/Marinara Sauce, Italian Bread	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 R.L.C	Holiday Movie:10:15 Summit TV Room
Wednesday 11 Lunch: Carne Guisada, Steamed Broccoli, White Rice, Oat Nut Bread	9:30 Current Events 10:00 Craft 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Bingo 2:00 Bean Bag Toss	10:30 Women's Group 12:45 Bible Study
Thursday 12 Lunch: Arroz Con Pollo, Stewed Tomatoes, Yellow Rice, Whole Wheat Bread	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Tony Valley 2:00 Uno	Happy Birthday: Alfred K National Coco Day: Hot Cocoa will be served during Uno.
Friday 13 Lunch: Pulled Pork Sliders, Sweet Potatoes, Creamy Coleslaw, Slider Bun (2)	9:30 Current Events 10:00 Craft 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Sing Along Holiday Music	1:00 Men's Group 11:00 Manicures with Tina Happy Birthday: Raul A, Georgina D

Note:

Lunch everyday 12:00 to 1:00
 Coffee Social 8:00 to 10:00

December 16 - 20

Activities calendar

Room: Summit Room

	Activities	Extras
Monday 16 Lunch: Pernil, Arroz con Gandules, Dinner Roll	9:30 Current Events 10:00 Penny Ante 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Sport Games 2:00 Puzzles	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina Holiday Movie: 1:00 Riverside Room
Tuesday 17 Lunch: Sweet & Sour Pork, Oriental blend Vegetables, White Rice, Whole Wheat Bread	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Craft	Happy Birthday: Roger L
Wednesday 18 Lunch: Holiday Meal, Glazed Ham in Maple Glaze, Seasoned Green Beans, Scalloped Potatoes, Dinner Roll	9:30 Current Events 10:00 Word Games 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Bingo 2:00 Corn Hole	12:45 Bible Study 10:30 Women's Group Bake Cookies Day.
Thursday 19 Lunch: Fish Tacos, Cilantro Coleslaw, Yellow Rice, Flour tortillas	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 The Jive 2:00 12 or Less	12:00 Wellness Group 1:00 Jeopardy with Bob and Chris
Friday 20 Lunch: Butternut Mac N Cheese Roasted Brussel Sprouts, 12 Grain Bread	9:30 Current Events 10:00 Craft 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Joel 2:00 Mixed Up Christmas	11:00 Manicures with Tina Holiday Movie: 10:15 It's A Wonderful Life (Anniversary 1946)

Note:

Lunch everyday 12:00 to 1:00
 Coffee Social 8:00 to 10:00
 Happy Birthday: Ruth L 12/21, Thomas K 12/22, Nelson M 12/22

Activities calendar

December 23 - 27

Room: Summit Room

	Activities	Extras
Monday 23 Lunch: Golden BBQ Drumstick, Seasoned Cauliflower, Rice Pilaf, Whole Wheat Bread	9:30 Current Events 10:00 Holiday Music Trivia 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Ring Toss 2:00 Yahtzee	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina National Pfeffernuesse Day!
Tuesday 24 Lunch: Hot Dog W/Hot Dog Bun, Mustard Relish, Baked Beans, Grilled Onions & Peppers	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Sing Along With Hot Cocoa 2:00 Reminisce	Happy Birthday: Anna G, Evelyn K Christmas Eve! National Egnog Day!
Wednesday 25 Lunch:	MERRY CHRISTMAS!!	
Thursday 26 Lunch: Chicken Broccoli Alfredo, Tossed Salad, Ziti Noodles, Whole Wheat Bread	9:30 Current Events 10:00 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 Mixed up New Year 2:00 Get Moving	12:00 Wellness Group 1:00 Jeopardy with Bob and Chris National Candy Cane Day!
Friday 27 Lunch: Baked Potato Bar, Chili, Sour Cream Cheesy Spinach, Wheat Roll	9:30 Current Events 10:00 ABC Word Game 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 SNAP 2:00 Bingo	11:00 Manicures with Tina 1:00 Men's Group Happy Birthday: Richard L Cut out Snowflake Day: 10:00 Summit Room

Note:

Lunch everyday 12:00 to 1:00
 Coffee Social 8:00 to 10:00
 Happy Birthday: Richard L 12/27, Michael L 12/28, Larry M 12/29



Activities calendar

December 30 - 31

Room: Summit Room

	Activities	Extras
Monday 30 Lunch: Southwestern Chicken Bake, Onions/Peppers/ Tomatoes, Yellow Rice. 12 Grain Bread	9:30 Current Events 10:30 Crossword 12:00 Lunch & Music 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 What Am I ?	11:00 Jeopardy with Bob and Chris 11:00 Manicures with Tina
Tuesday 31 Lunch: Chick Pea Stew, Green Peas, White Rice, Dinner Roll	9:30 Current Events 10:30 Bingo 12:00 Lunch & Music 1:00 Walk/Exercise 1:30 New Year Celebration 2:00 " "	National Champagne Day!
Wednesday Lunch:		
Thursday Lunch:		
Friday Lunch:		

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00