



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
Dealing with change in seasons and impact on mood	October 2, 2018 3:00pm to 4:30pm	Thompson Road Webster, MA	Annette Mercado 508-434-3200 Ext.32033	Webster
Open Discussion	October 10, 2018 1:30pm to 3:00pm	Briarwood 65 Briarwood Circle Worcester, MA	508-852-2026 Ext.	East Mountain Street
Dealing with difficult behaviors	October 15, 2018 2:00pm to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Rehab. Dept. to discuss Safety Techniques	October 10, 2018 2:00pm to 3:30pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Open Discussion	October 25, 2018 2:00pm to 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Alzheimer's Disease and Caregiving	October 10, 2018 3:30pm to 5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

Tip of the month:

Get connected. Organizations such as the Red Cross and the Alzheimer's Association offer classes on caregiving, and local hospitals may have classes specifically about the disease your loved one is facing.

Activities calendar

October 1-5

Room: Riverside Room

	Activities	Extras
Monday 1 Lunch: Chicken meatball stroganoff, buttered noodles and mixed vegetables	10:00 Walk/Exercise 10:30 {Activity} 1:00 Walk/Exercise 1:30 {Activity} 2:00 {Activity} 3:00 {Activity}	11:00 Jeopardy with Chris & Bob 1:00 Painting with Carol
Tuesday 2 Lunch: Soup, tuna salad on a bun and red bean/chickpea salad	BIG SE ALL DAY FUN FAIR GAMES FUN FAIR FOOD FUN FAIR ENTERTAINMENT	
Wednesday 3 Lunch: Baked chicken/maple glaze, cheesy shredded pot. cas. spinach	BIG SE ALL DAY FUN FAIR GAMES FUN FAIR FOOD FUN FAIR ENTERTAINMENT	Happy Birthday: Neil M
Thursday 4 Lunch: Latino ground meat stew, white rice and carrots	10:00 Walk/Exercise 10:30 Squirrel away 1:00 Walk/Exercise 1:30 Bean Bag Toss 2:00 Leave it to Beaver 3:00 Discussion	12:00 Wellness Group 1:00 Jeopardy with Chris & Bob
Friday 5 Lunch: Roast Pork, Delmonico potatoes and winter mixed vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Sleeping through 2:00 Sing a long 3:00 Trivia	12:45 Manicures 1:00 Men's Group

Note:

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

Activities calendar

October 8-12

Room: Riverside Room

	Activities	Extras
Monday 8 Lunch:	HAPPY COLUMBUS DAY!!	Happy Birthday: Elaine K. Wilfredo V.
Tuesday 9 Lunch: Baked Chicken/honey mustard sauce, sweet potatoes and cauliflower au gratin	10:00 Walk/Exercise 10:30 Craft 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Great Pumpkin 3:00 Movie	Happy Birthday: Veronica G. 12:00 Wellness Group 1:00 Better Living with April
Wednesday 10 Lunch: Shepherd's pie and broccoli	10:00 Walk/Exercise 10:30 Hang man 1:00 Walk/Exercise 1:30 Parachute 2:00 Puzzles 3:00 Short Stories	Happy Birthday: Bienvenido L, James K. 10:30 Women's Group 12:45 Bible Study 1:00 Drama Club
Thursday 11 Lunch: Stuffed Shells, Tuscan blend vegetables and tossed salad	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Jackie Says 2:00 12 or less 3:00 Who am I?	12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 12 Lunch: Egg salad on a bun, pickled beets and macaroni salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Ring toss 2:00 Price is Right 3:00 What am I?	Happy Birthday: Grace S. 12:45 Manicures 1:00 Men's Group

Note:

Lunch everyday 12:00 to 1:00

Current Events Everyday 9:30 to 10:00

Happy Birthday: Rosalie N, Kenneth S. 10/13, Doris D.10/14

Activities calendar

October 15-19

Room: Riverside Room

	Activities	Extras
Monday 15 Lunch: Turkey Meatloaf, mashed potatoes and carrots	10:00 Walk/Exercise 10:30 Bingo 12:30 Walk/Exercise 1:00 Jimmy Mazz 2:00 Going Nutty in October 3:00 Finish the Line Trivia	11:00 Jeopardy with Bob and Chris 1:00 Painting With Carol
Tuesday 16 Lunch: Hot dog and beans with Cole saw	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Imagine Yard Work 2:00 The Waltons 3:00 Movie	12:00 Wellness Group 1:00 Better Living with April
Wednesday 17 Lunch: American Chop Suey with waxed beans	10:00 Walk/Exercise 10:30 Mystery Person 1:00 Walk/Exercise 1:30 Corn Hole 2:00 White Board 3:00 Spooky in Poland	10:30 Women's Group 12:45 Bible Study 1:00 Drama Club
Thursday 18 Lunch: Baked Chicken/BBQ sauce, potato wedges	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 October Trivia 2:00 Penny Ante 3:00 You be the Judge	Happy Birthday: Jacklyn B, Doris D, Cynthia T, John S. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 19 Lunch: Pot Roast, Oven brown potatoes and summer vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Ball Toss 2:00 Throughout History 3:00 Halloween Humor	12:45 Manicures 1:00 Men's Group

Note:

Lunch everyday 12:00 to 1:00

Current Events Everyday 9:30 to 10:00

Happy Birthday: Beatrice R, Helese W, 10/21

Activities calendar

October 22 - 26

Room: Riverside Room

	Activities	Extras
Monday 22 Lunch: Macaroni and cheese, stewed tomatoes and peas/pearl onions	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Ring Toss 2:00 12 or Less 3:00 Who am I?	Happy Birthday: Lucy L. 11:00 Jeopardy with Bob and Chris 1:00 Painting with Carol
Tuesday 23 Lunch: Haddock/dill sauce, lemon rice and carrots	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Humor 2:00 Little House on the Prairie 3:00 Discussion	12:00 Wellness Group 1:00 Better Living with April
Wednesday 24 Lunch: Taco Bowl and yellow rice	10:00 Walk/Exercise 10:30 Family Feud 1:00 Walk/Exercise 1:30 Food Bank 2:00 Horse Racing 3:00 October Trivia	Happy Birthday: Irene R, Patricia M. 10:30 Women's Group 12:45 Bible Study 1:00 Drama Club
Thursday 25 Lunch: Baked chicken/apricot sauce, baked potato/sour cream	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Bean Bag Toss 2:00 White Board 3:00 A school story	Happy Birthday: Geraldine S. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 26 Lunch: Soup, Salisbury steak and mashed potatoes	10:00 Walk/Exercise 11:00 Bingo 1:00 Walk/Exercise 1:30 Parachute 2:00 Baseball 3:00 Who am I?	12:45 Manicures 1:00 Men's Group

Note:

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



Activities calendar

October 29 - 31

Room: Riverside Room

	Activities	Extras
Monday 29 Lunch: Pollack, au gratin potatoes and peas	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Corn Hole 2:00 Lucky Dog 3:00 You be the Judge	11:00 Jeopardy with Bob and Chris 1:00 Mind, Body and Spirit Group
Tuesday 30 Lunch: Beef and Bean Chile, baked potato/sour cream and carrots	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Bean Bag Toss 2:00 What is Halloween? 3:00 What am I?	12:00 Wellness Group 1:00 Better Living with April
Wednesday 31 Lunch: Beef Tangine, mashed potatoes and tossed salad	10:00 Walk/Exercise 10:30 Pictionary 12:30 Walk/Exercise 1:00 Joel 2:00 Halloween 3:00 Party	10:30 Women's Group
Thursday Lunch:		
Friday Lunch:		

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Happy Birthday: Peter B. 10/31,



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Open Discussion	October 10, 2018 1:30pm to 3:00pm	Briarwood 65 Briarwood Circle Worcester, MA	508-852-2026 Ext.	East Mountain Street
Dealing with difficult behaviors	October 15, 2018 2:00pm to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
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October 1-5

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Tuesday 2 Lunch: Soup, tuna salad on a bun and red bean/chickpea salad	BIG SE ALL DAY FUN FAIR GAMES FUN FAIR FOOD FUN FAIR ENTERTAINMENT	
Wednesday 3 Lunch: Baked chicken/maple glaze, cheesy shredded pot. cas., spinach	BIG SE ALL DAY FUN FAIR GAMES FUN FAIR FOOD FUN FAIR ENTERTAINMENT	Happy Birthday: Neil M.
Thursday 4 Lunch: Latino ground meat stew, white rice and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Ring Toss 2:00 Word Scramble 3:00 Cowboy Movies	12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 5 Lunch: Roast Pork, Delmonico potatoes and winter mixed vegetables	10:00 Walk/Exercise 10:30 Squirrel Away 12:30 Walk/Exercise 1:00 SNAP 2:00 Penny Ante 3:00 Germany Facts	12:45 Manicures 1:00 Men's Group

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Tuesday 9 Lunch: Baked Chicken/honey mustard sauce, sweet potatoes and cauliflower au gratin	10:00 Walk/Exercise 10:30 Bingo 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 Random Trivia 3:00 Who am I?	Happy Birthday: Veronica G. 1:00 Better Living with April
Wednesday 10 Lunch: Shepherd's pie and broccoli	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Corn Hole 2:00 Octoberfest 3:00 Trivia	Happy Birthday: Bienvenido L, James K. 10:30 Women's Group 12:45 Bible Study 1:00 Drama Club
Thursday 11 Lunch: Stuffed Shells, Tuscan blend vegetables and tossed salad	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Ball Toss 2:00 Horse Racing 3:00 Who am I?	12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
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Thursday 18 Lunch: Baked Chicken/BBQ sauce, potato wedges	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Bowling 2:00 The Adams Family 3:00 Movie	Happy Birthday: Jacklyn B, Doris D, Cynthia T, John S. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 19 Lunch: Pot Roast, Oven brown potatoes and summer vegetables	10:00 Walk/Exercise 10:30 Craft 12:30 Walk/Exercise 1:00 SNAP 2:00 Karaoke 3:00 Who am I?	12:45 Manicures 1:00 Men's Group

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Tuesday 23 Lunch: Haddock/dill sauce, lemon rice and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Bean Bag Toss 2:00 12 or Less 3:00 Who am I?	12:00 Wellness Group 1:00 Better Living with April
Wednesday 24 Lunch: Taco Bowl and yellow rice	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Supermarket Food Bank 2:00 50's and 60's trivia 3:00 T.V. Trivia	Happy Birthday: Irene R, Patricia M. 10:30 Women's Group 12:45 Bible Study 1:00 Drama Club
Thursday 25 Lunch: Baked chicken/apricot sauce, baked potato/sour cream	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Parachute 2:00 Haunted Honey 3:00 Sing-a-long	Happy Birthday: Geraldine S. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
Friday 26 Lunch: Soup, Salisbury steak and mashed potatoes	10:00 Walk/Exercise 10:30 Craft 12:30 Walk/Exercise 1:00 SNAP 2:00 The Beverly Hillbillies 3:00 Movie	12:45 Manicures 1:00 Men's Group

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Activities calendar

Room: Summit Room

October 29-31

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Tuesday 30 Lunch: Beef and Bean Chile, baked potato/sour cream and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Corn Hole 2:00 Hocus Pocus 3:00 Movie	12:00 Wellness Group 1:00 Better Living with April
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