

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

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.

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: 1-800-333-2535, ext. 69028

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
Late stage caregiving-what to expect	October 5, 2017 3:30pm – 5 pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Dudek 508-434-3200 Ext.32033	Charlton
Managing Stress: Care for the Caregiver	October 11, 2017 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester, MA	Julia Pauliukonis 508-852-2026 Ext. 56549	East Mountain Street
Managing Stress: Care for the Caregiver	October 16, 2017 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Getting Through the Holidays!	October 11, 2017 2pm to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Q & A Relating to Caregiver Concerns	October 26, 2017 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Getting Through the Holidays!	October 11, 2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

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: Riverside

October 2 - 6	Activities	Extras		
Monday 2	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Ring Toss		
	Lunch:	10:30	Painting	
	Pulled Pork with Mac. And Cheese	1:00	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room
		1:30	Bingo	
	2:30	Do You Hear What I Hear?	2-3 Spa Time	
Tuesday 3	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Morning Stretch		
	Lunch:	10:30	Trivia	Happy Birthday: Neil M.
	Beef Burgundy, Buttered Noodles and Mixed Veggies	1:00	Walk/Exercise Group	
		1:30	Horse Racing	
	2:30	Finish the Line		
Wednesday 4	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Ball Toss		
	Lunch:	10:30	Spelling SCARECROW	2-3 Manicures
	American Chop suey and Broccoli	12:30	Walk/Exercise Group	
		1:00	Jimmy Mazz	
	2:30	Leave it to Beaver		
Thursday 5	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Parachute		
	Lunch:	10:30	Crafts	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room
	Roast Turkey Dinner	1:00	Walk/Exercise Group	
		1:30	Lucky Dog	
	2:30	What am I?		
Friday 6	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Corn Hole		
	Lunch:	10:30	Columbus Day Facts	
	Hot Dog and Beans with Cole Slaw	1:00	Walk/Exercise Group	1:00 Manicures with Annie
		1:30	Bingo	
	2:30	Mixed up Columbus Day		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Elaine K, Wilfredo V. 10/8

ACTIVITIES CALENDAR

Room: Riverside

October 9 - 13	Activities	Extras
Monday 9		
Lunch:	Columbus Day	DAY PROGRAM CLOSED Happy Birthday: Veronica G.,
Tuesday 10		
	8:00 Coffee Hour	Trivia with Bob and Chris!
	9:30 Ring Toss	
Lunch:	10:30 Going Squirrely	Happy Birthday: James K, Benny T.
Grilled Chicken Breast, Rotini and Carrots	1:00 Walk/Exercise Group	
	1:30 Horse Racing	
	2:30 October IQ	
Wednesday 11		
	8:00 Coffee Hour	Pastor Steve 12:45 Library
	9:30 Corn Hole	
Lunch:	10:30 Crafts	2-3 Manicures
Baked Haddock, Rice Pilaf and Winter Mixed Veggies	1:00 Walk/Exercise Group	
	1:30 Custodial Cleanup	
	2:30 Short Stories	
Thursday 12		
	8:00 Coffee Hour	Women's Group 11:00 Library
	9:30 Chair Exercise	
Lunch:	10:30 Remembering Fall	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room
Beef and Bean Chile, Baked Potato and Corn	1:00 Walk/Exercise Group	
	1:30 Through the Window	
	2:30 What am I?	Happy Birthday Grace S.
Friday 13		
	8:00 Coffee Hour	Men's Group 1:00 Library
	9:30 Bean Bag Toss	
Lunch:	10:30 Squirrel Away Mining	1:00 Manicures with Annie
Pot Roast, Gravy, Mashed Pot and veggies	12:30 Walk/Exercise Group	Happy Birthday: Rosalie N, Ken S.
	1:00 Lisa Pernice	
	2:30 Bingo	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Jacklyn B, Doris D 10/14

ACTIVITIES CALENDAR

Room: Riverside

October 16 - 20	Activities	Extras		
Monday 16	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Ball Toss		
	Lunch:	10:30	Sleep Through Hibernation	
	Beef Stew	1:00	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room 2-3 Spa Time
		1:30	Bingo	
		2:30	Kiss me I'm Polish	
Tuesday 17	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Corn Hole		
	Lunch:	10:30	Painting	
	Italian Sausage, peppers and onions and ziti	1:00	Walk/Exercise Group	
		1:30	Find the Dog	
		2:30	50's and 60's Trivia	
Wednesday 18	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Ring Toss	2-3 Manicures	
	Lunch:	10:30		Mixed up Books
	Taco Salad Bowl	1:00	Walk/Exercise Group	Happy Birthday: John S.
		1:30	Horse Racing	
		2:30	Spelling Squirrels	
Thursday 19	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Parachute		
	Lunch:	10:30	Random Trivia	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room
	Roast Pork, Sweet Potatoes and Green Beans	1:00	Walk/Exercise Group	
		1:30	12 or Less	
		2:30	Humor	
Friday 20	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Morning Stretch	1:00 Manicures with Annie	
	Lunch:	10:30		Scary Categories
	Fish Taco with Corn and Black Bean Salad	1:00		Walk/Exercise Group
		1:30		Bingo
		2:30		Sing a Long

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Beatrice R, Helese W. 10/21 Lucy L, Linda Z.10/22

ACTIVITIES CALENDAR

Room: Riverside

October 23 - 27	Activities	Extras		
Monday 23	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Ring Toss		
	Lunch:	10:30	Polish Proverb	
	Sliced Beef, Mashed Potatoes and Veggies	1:00	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room 2-3 Spa Time
		1:30	Bingo	
	2:30	Cookbook Cooking		
Tuesday 24	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Bean Bag Toss	Happy Birthday: Patricia M, Irene R.	
	Lunch:	10:30		October in History
	Chicken Meatballs, Ziti and Tomato sauce	1:00	Walk/Exercise Group	
		1:30	Crafts	
	2:30	Fright Night		
Wednesday 25	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Corn Hole	2-3 Manicures	
	Lunch:	10:30		The Year "1985"
	Grilled Chicken Breast and Potato Salad	1:00	Walk/Exercise Group	Happy Birthday: Geraldine S.
		1:30	The Price is Right	
	2:30	Mining the Raven		
Thursday 26	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Ball Toss		
	Lunch:	10:30	Painting	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room
	Turkey Tetrazzini, linguine and peas	1:00	Walk/Exercise Group	
		1:30	Spelling October	
	2:30	Halloween Mad Libs		
Friday 27	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Chair Exercise	1:00 Manicures with Annie	
	Lunch:	10:30		Haunted Honeymoon
	Meatloaf, gravy, Mashed Potatoes and Corn	1:00		Walk/Exercise Group
		1:30		Bingo
	2:30	Ghost Categories		

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Riverside

October 30 - 31	Activities	Extras		
Monday 30	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Ball Toss		
	Lunch:	10:30	Change the First Letter	
	Stuffed Shells, Meat Sauce and Veggies	1:00	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room
		1:30	Bingo	
	2:30	Happy Halloween	2-3 Spa Time	
Tuesday 31	8:00	Coffee Hour	Trivia with Bob and Chris	
	9:30	Ring Toss	Happy Birthday: Peter B	
	Lunch:	10:30		Haunted Mining
	Cheese Omelet, Sausage and O'Brian Potatoes	1:00	Walk/Exercise Group	
		1:30	Halloween Party	
	2:30	Come Dressed Up!!!		
Wednesday				
Lunch:				
Thursday				
Lunch:				
Friday				
Lunch:				

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ACTIVITIES CALENDAR

Room: Summit

October 2 - 6	Activities	Extras		
Monday 2	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	October in History		
	Lunch:	10:30	Squirrel Away Mining	
	Pulled Pork with Mac. And Cheese	12:30	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room
		1:00	S.N.A.P	
	2:30	You be the Judge		
Tuesday 3	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	The Year 1985		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Beef Burgundy, Buttered Noodles and Mixed Veggies	1:00	Walk/Exercise Group	
		1:30	Spelling Squirrels	Happy Birthday: Neil M.
	2:30	Pass it on		
Wednesday 4	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	What am I?	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Word Web
	American Chop suey and Broccoli	12:30	Walk/Exercise Group	
		1:00	Jimmy Mazz	
	2:30	Bingo		
Thursday 5	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Bulletin Board Trivia	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	Lunch:	10:30		Puzzles
	Roast Turkey Dinner	12:30	Walk/Exercise Group	
		1:00	S.N.A.P	
	2:30	Rock Categories		
Friday 6	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	October IQ		
	Lunch:	10:30	Custodial Cleanup	
	Hot Dog and Beans with Cole Slaw	1:00	Walk/Exercise Group	
		1:30	Karaoke	
	2:30	Uno		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Elaine K, Wilfredo V. 10/8

ACTIVITIES CALENDAR

Room: Summit

October 9 - 13	Activities	Extras
Monday 9		Day Program
Lunch:	Columbus Day	Will Be Closed Happy Birthday: Veronica G.,
Tuesday 10	8:00 Coffee Hour 9:30 What am I? 10:30 Bingo 1:00 Walk/Exercise Group 1:30 Word Web 2:30 Lucky Dog	Trivia with Bob and Chris 1:00 Ericka's Wellness Group 11:00 Small conference rm. Happy Birthday: James K., Benny T.
Wednesday 11	8:00 Coffee Hour 9:30 Star of the Month 10:30 Personality Test 1:00 Walk/Exercise Group 1:30 Bingo 2:30 Charades	Pastor Steve 12:45 Library Jackie's Women's Group 11:00 Library Book Club 11:00
Thursday 12	8:00 Coffee Hour 9:30 The Monthly Gazette 10:30 Squirrel Away Mining 12:30 Walk/Exercise Group 1:00 S.N.A.P. 2:30 Pokeno	Women's Group 11:00 Library S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room Happy Birthday: Grace S.
Friday 13	8:00 Coffee Hour 9:30 Who am I? 10:30 Penny Ante 12:30 Walk/Exercise Group 1:00 Lisa Pernice 2:30 Daily Recap	Men's Group 1:00 Library Happy Birthday: Rosalie N, Ken S.

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Jacklyn B, Doris D. 10/14

ACTIVITIES CALENDAR

Room: Summit

October 16 - 20	Activities	Extras		
Monday 16	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Spooky in Poland		
	Lunch:	10:30	Polish Proverb	
	Beef Stew	12:30	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room
		1:00	S.N.A.P.	
		2:30	Puzzles	
Tuesday 17	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Who am I?		
	Lunch:	10:30	Bingo	
	Italian Sausage, peppers and onions and ziti	1:00	Walk/Exercise Group	Ericka's Wellness Group 11:00 Small conference rm.
		1:30	Word Web	
		2:30	Lucky Dog	
Wednesday 18	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	A Perfect 10	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Go Squirrely
	Taco Salad Bowl	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Bingo	
		2:30	Mystery Person	
Thursday 19	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	The Contest		
	Lunch:	10:30	12 or Less	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room
	Roast Pork, Sweet Potatoes and Green Beans	12:30	Walk/Exercise Group	
		1:00	S.N.A.P.	
		2:30	Yahtzee	
Friday 20	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Who am I?		
	Lunch:	10:30	Puzzles	
	Fish Taco with Corn and Black Bean Salad	1:00	Walk/Exercise Group	
		1:30	Pokeno	
		2:30	Mix up Sweetest Day	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Beatrice R, Helese W. 10/21 Lucy L, Linda Z. 10/22

ACTIVITIES CALENDAR

Room: Summit

October 23 - 27	Activities	Extras		
Monday 23	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Pass it on		
	Lunch:	10:30		Cookbook Cooking
	Sliced Beef, Mashed Potatoes and Veggies	12:30		Walk/Exercise Group
		1:00		S.N.A.P.
	2:30	Who am I?	Ericka's Mind, Body and Spirit Group 11:00 Summit Room	
Tuesday 24	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Missing Vowels		
	Lunch:	10:30		Bingo
	Chicken Meatballs, Ziti and Tomato sauce	1:00		Walk/Exercise Group
		1:30		Hot Potato
	2:30	Corn Hole	Ericka's Wellness Group 11:00 Small conference rm. Happy Birthday: Patricia M, Irene R.	
Wednesday 25	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Who am I?		
	Lunch:	10:30		Horse Racing
	Grilled Chicken Breast and Potato Salad	1:00		Walk/Exercise Group
		1:30		Bingo
	2:30	Ring Toss	Jackie's Women's Group 11:00 Library Book Club 11:00 Happy Birthday: Geraldine S.	
Thursday 26	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Linking Words		
	Lunch:	10:30		Penny Ante
	Turkey Tetrazzini, linguine and peas	12:30		Walk/Exercise Group
		1:00		S.N.A.P.
	2:30	Writing Prompts	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
Friday 27	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Who am I?		
	Lunch:	10:30		Mad Libs
	Meatloaf, gravy, Mashed Potatoes and Corn	1:00		Walk/Exercise Group
		1:30		Karaoke
	2:30	Haunted Honeymoon		

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Summit

October 30 - 31	Activities	Extras		
Monday 30	8:00	Coffee Hour	S.N.A.P. Cook Smart Eat Well Classes 1:00 Summit Room	
	9:30	Computer Alert		
	Lunch:	10:30	Writing Prompts	
	Stuffed Shells, Meat Sauce and Veggies	12:30	Walk/Exercise Group	Ericka's Mind, Body and Spirit Group 11:00 Summit Room
		1:00	S.N.A.P.	
	2:30	Fright Night		
Tuesday 31	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	What am I?		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Cheese Omelet, Sausage and O'Brian Potatoes	1:00	Walk/Exercise Group	
		1:30	Halloween	Happy Birthday: Peter B
	2:30	Party		
Wednesday				
Lunch:				
Thursday				
Lunch:				
Friday				
Lunch:				

Note: Lunch every day 12:00 – 12:45