

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
Open Discussion— Topics of Interest for Future Meetings	August 3, 2017 3:30pm – 5 pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Dudek 508-434-3200 Ext.32033	Charlton
Things to consider when faced with the impending death of a loved one	August 9, 2017 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain Street
Quotes and inspiration for caregivers	August 21, 2017 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Non-Verbal Communication: Understanding What May Not Be Said Speaker: Brittany Collins, NP	August 9, 2017 2pm to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Insights from a Caregiver's Journey Speaker Frank S. P. Yacino	August 31, 2017 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Open Forum	August 9, 2017 3:30-5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

TIP OF THE MONTH:

Break down activities into a series of steps. This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.

ACTIVITIES CALENDAR

Room: Riverside

August 1 - 4	Activities	Extras	
Monday			
Lunch:			
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Tuesday 1	8:00	Coffee Hour	Trivia with Bob and Chris!
	9:30	Ball Toss	
Lunch:	10:30	Baking	
Hamburg with macaroni salad	1:00	Walk/Exercise Group	
	1:30	Flyer Pricing	
	2:30	You Tube Funny Videos	
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Wednesday 2	8:00	Coffee Hour	Pastor Steve 12:45 Library
	9:30	Toss the Dice	
Lunch:	10:30	Searching for August	2-3 Manicures
Vegetable pasta bake with salad	1:00	Walk/Exercise Group	
	1:30	Fun Facts of August	
	2:30	Leaf Art	
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Thursday 3	8:00	Coffee Hour	Women's Group 11:00 Library
	9:30	Bowling	
Lunch:	10:30	Random Trivia	
Steak, peppers and onions with tater tots	1:00	Walk/Exercise Group	
	1:30	Comedian Spotlight	
	2:30	Old Time Movie	
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Friday 4	8:00	Coffee Hour	Men's Group 1:00 Library
	9:30	Ring Toss	
Lunch:	10:30	Craft	Happy Birthday: Carol D., Leona T.
Grecian baked chicken with buttered orzo	1:00	Walk/Exercise Group	1:00 Rosary Group
	1:30	Short Story	
	2:30	Bingo	1:00 Manicures with Annie

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Jane C. 8/5
Erwin C. 8/6, Luz R. 8/6, Janice S. 8/6

ACTIVITIES CALENDAR

Room: Riverside

August 7 - 11	Activities	Extras		
Monday 7	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Parachute		
	Lunch:	10:30	Trivia	
	Baked haddock with rice pilaf	1:00	Walk/Exercise Group	Happy Birthday: Cheryl G. Dawn M.
		1:30	Craft	
		2:30	Let's Laugh	2-3 Spa Time
Tuesday 8	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Ball Toss	Happy Birthday: Lee B. Pamela R.	
	Lunch:	10:30		Collage
	Taco salad bowl	1:00	Walk/Exercise Group	
		1:00	Lisa Pernice	
		2:30	Your name is	
Wednesday 9	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Bean Bag Toss	2-3 Manicures	
	Lunch:	10:30		Give Me Summer
	Baked chicken, oven browned potatoes with butternut squash	1:00	Walk/Exercise Group	Yard Goats Ball Game Field Trip
		1:30	12 or Less	
		2:30	Sing-a-Long	Happy Birthday: Gloria C.
Thursday 10	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Bowling	Happy Birthday: Jerry P.	
	Lunch:	10:30		Charades
	Ziti and meatballs with salad	1:00	Walk/Exercise Group	
		1:00	Jimmy Mazz	
		2:30	Give Me Five	
Friday 11	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Horse Shoes	Happy Birthday: Rosemary G.	
	Lunch:	10:30		Craft
	BBQ pork rib with macaroni and cheese	1:00	Walk/Exercise Group	1:00 Manicures with Annie
		1:30	Wet T Shirt Contest	
		2:30	Bingo	1:00 Rosary Group

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Mary L. 8/13

ACTIVITIES CALENDAR

Room: Riverside

August 14 - 18	Activities	Extras		
Monday 14	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	10 Minute Cardio		
	Lunch:	10:30	Light House Trivia	
	Cabbage roll skillet with white rice	1:00	Walk/Exercise Group	Happy Birthday: Lydia D.
		1:30	Quotes	
	2:30	Summer Fun	2-3 Spa Time	
Tuesday 15	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Stretching Exercises		
	Lunch:	10:30	Missing Last Letter	Happy Birthday: Erma C. Ronald B.
	Pollack and potato wedges with peas	1:00	Walk/Exercise Group	
		1:30	Random Questions	
	2:30	Flyer Pricing		
Wednesday 16	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Morning Exercises		
	Lunch:	10:30	Animal Missing Vowels	2-3 Manicures
	Cheese omelet with oven browned potatoes and sausage	1:00	Walk/Exercise Group	
		1:30	Conversation Cards	
	2:30	Coloring Fun		
Thursday 17	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Parachute		
	Lunch:	10:30	Craft	Happy Birthday: Evelyn G.
	Pot roast with baked potato	1:00	Walk/Exercise Group	
		1:30	You be the Judge	
	2:30	Hangman		
Friday 18	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Beach Volley Ball	1:00 Rosary Group	
	Lunch:	10:30	Charades	Happy Birthday: Brenda T.
	Baked chicken, sweet potatoes and cauliflower gratin	1:00	Walk/Exercise Group	
		1:30	Who am I?	
	2:30	Bingo	1:00 Manicures with Annie	

Note: Lunch every day 12:00 – 12:45

ACTIVITIES CALENDAR

Room: Riverside

August 21 - 25	Activities	Extras		
Monday 21	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Horse Race		
	Lunch:	10:30	Can You Relate?	Happy Birthday: Sara E.
	Beef burgundy, egg noodles and mixed vegetables	1:00	Walk/Exercise Group	
		1:30	Hat Attraction	
	2:30	The Year 1971	2-3 Spa Time	
Tuesday 22	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Chair-a-Size		
	Lunch:	10:30	August IQ	
	Baked chicken, coconut rice and carrots	1:00	Walk/Exercise Group	
		1:30	Corn Hole	
	2:30	Craft		
Wednesday 23	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Hoops		
	Lunch:	10:30	Things in Common	2-3 Manicures
	Fish with scalloped potatoes and mixed vegetables	1:00	Walk/Exercise Group	
		1:30	Pokeno	
	2:30	Mystery Person		
Thursday 24	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Balloon Volley Ball		
	Lunch:	10:30	Pass It On	Happy Birthday: Francine T.
	Meat loaf with potato casserole and zucchini and tomatoes	1:00	Walk/Exercise Group	
		1:30	A Day at the Fair	
	2:30	Finish the line		
Friday 25	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Corn Hole		
	Lunch:	10:30	Sing-a-Long	
	Hot dog and beans	1:00	Walk/Exercise Group	1:00 Manicures with Annie
		1:30	Puzzles and Ponderings	1:00 Rosary Group
	2:30	Bingo		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Joan F. 8/26

ACTIVITIES CALENDAR

Room: Riverside

August 28 - 31	Activities	Extras	
Monday 28 Lunch: Chicken-a-la-king, mashed potatoes and peas with pearl onions	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room
	9:30	Bean Bag Toss	
	10:30	Make a Collage	
	1:00	Walk/Exercise Group	2-3 Spa Time
	1:30	Conversation Collage	
	2:30	Pokeno	
Tuesday 29 Lunch: BBQ pulled pork, baked beans and cucumber salad	8:00	Coffee Hour	Trivia with Bob and Chris
	9:30	Hoops	Happy Birthday: Maurian R.
	10:30	Craft	
	1:00	Walk/Exercise Group	
	1:30	12 or Less	
	2:30	Sing-a-Long	
Wednesday 30 Lunch: American chop suey with vegetables	8:00	Coffee Hour	Pastor Steve 12:45 Library
	9:30	Horse Race	2-3 Manicures
	10:30	Missing Last Letter	
	1:00	Walk/Exercise Group	
	1:30	Hang Man	
	2:30	Summer Fun	
Thursday 31 Lunch: Cream of broccoli soup, honey mustard chicken and au gratin potatoes	8:00	Coffee Hour	Women's Group 11:00 Library
	9:30	Corn Hole	Happy Birthday: Aurora F.
	10:30	Craft	
	1:00	Walk/Exercise Group	
	1:00	Cabaret Singers	
	2:30	Movie	

Friday

Lunch:

Note: Lunch every day 12:00 – 12:45