

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
Self-Care is Truly An Unselfish Gift	6/1/17 3:30pm – 5 pm	88 Masonic Home Road, Charlton, MA (Meadowside)	Annette Mercardo 508-434-3200 Ext.32033	Charlton
The Stages of Alzheimer's disease	6/14/17 1:30pm – 3 pm	Briarwood 65 Briarwood Circle Worcester, MA	Shelley Ware 508-852-2026 Ext. 56549	East Mountain Street
Grief and Loss	6/19/17 2pm to 3:30 pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Structure: It is So Important for Memory Loss	6/14/19 2pm to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Speaker Jan Patten Mindfulness & Movement	6/29/17 2pm – 3:30 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
10 Strategies for Dementia Caregiving	6/14/17 3:30-5:00pm	101 Wason Ave Springfield, MA	Edward Rodriguez 774-317-6192	Springfield

TIP OF THE MONTH:

Driving and safety- to help elderly drivers remain safe on the road, caregivers may have a senior get an eye exam, make sure they are physically fit so they have the strength and coordination to operate safely and make sure there are no medications taken that have side effects that might impair his/her ability to drive. There are also evaluation programs to help caregivers assess driving safety.

ACTIVITIES CALENDAR

Room: Riverside

June 1-2	Activities	Extras
Monday		
Lunch:		
Tuesday		
Lunch:		
Wednesday		
Lunch:		
Thursday 1	8:00 Coffee Hour	Women's Group 11:00 Library
	9:30 Ball Toss	
Lunch:	10:30 Who am I?	Happy Birthday: Gladys S.
Taco Salad Bowl	1:00 Walk/Exercise Group	Trip to Yard Goats
	1:30 Short Story	
	2:30 Horse Racing	
Friday 2	8:00 Coffee Hour	Men's Group 1:00 Library
	9:30 Ring Toss	
Lunch:	10:30 Change the Letter	
Roast Turkey Dinner	1:00 Walk/Exercise Group	1:00 Manicures with Annie
	1:30 Trivia	
	2:30 Lucky Dog	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Paula S, William M. 6/3

ACTIVITIES CALENDAR

Room: Riverside

June 5 - 9	Activities	Extras		
Monday 5	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Parachute		
	Lunch:	10:30	Mixed Up Colors	
	Macaroni and Cheese	1:00	Walk/Exercise Group	2-3 Spa Time
		1:00	The Golden Singers	
	2:30	Paint by Numbers		
Tuesday 6	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Bean Bag Toss	Happy Birthday: Bonnie A.	
	Lunch:	10:30		Humor
	Baked Haddock with Dill Sauce	1:00	Walk/Exercise Group	
		1:30	Sing a Long	
	2:30	Bingo		
Wednesday 7	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	15 Min Workout	2-3 Manicures	
	Lunch:	10:30		Hang Man
	Grilled Chicken Breast with Marsala Wine Sauce	1:00	Walk/Exercise Group	Happy Birthday: Violet P.
		1:30	Family Feud	
	2:30	Can You Picture This?		
Thursday 8	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Bowling		
	Lunch:	10:30	Hang Man	
	Hot Dog and Beans	1:00	Walk/Exercise Group	
		1:30	Short Story	
	2:30	Sub Marine Safari		
Friday 9	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Ball Toss	1:00 Manicures with Annie	
	Lunch:	10:30		Humor
	Meatloaf with Gravy	1:00	Walk/Exercise Group	Happy Birthday: Benny T.
		1:00	Lisa Pernice	
	2:30	Yahtzee		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Barbara W, Annette B. 6/10
Marsha T, Yvonne B. 6/11

ACTIVITIES CALENDAR

Room: Riverside

June 12 - 16	Activities	Extras		
Monday 12	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Ring Toss		
	Lunch:	10:30	You Tube	
	Stuffed Shells with Tomato Sauce	1:00	Walk/Exercise Group	2-3 Spa Time
		1:30	Horse Racing	
	2:30	Lucky Dog		
Tuesday 13	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Parachute	Happy Birthday: Annette O.	
	Lunch:	10:30		Discussion
	Egg Salad on a Hot dog Bun	1:00	Walk/Exercise Group	
		1:30	Word Search	
	2:30	Uno		
Wednesday 14	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Bean Bag Toss	2-3 Manicures	
	Lunch:	10:30		Sing a Long
	Chicken Cordon Bleu	1:00	Walk/Exercise Group	Happy Birthday: Sally R.
		1:30	Flag Bingo	
	2:30	Short Story		
Thursday 15	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	15 Min. Workout	Happy Birthday: Ronald S. Christine W.	
	Lunch:	10:30		Baking
	Breaded Pork Chop Pattie	1:00	Walk/Exercise Group	
		1:30	Anagram	
	2:30	Quotes		
Friday 16	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Bowling	1:00 Manicures with Annie	
	Lunch:	10:30		What Do I Need?
	Pier 17 Fish	1:00	Walk/Exercise Group	
		1:30	Plants & Animals	
	2:30	Father's Day Celebration		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Yolanda Z 6/17
 Blanquita V, Roxanne H. 6/18
 Donnell R, Isabel L. 6/18

ACTIVITIES CALENDAR

Room: Riverside

June 19 - 23	Activities	Extras		
Monday 19	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Ball Toss		
	Lunch:	10:30	The Secret Word	
	Pot Roast with Mushroom Gravy	1:00	Walk/Exercise Group	2-3 Spa Time
		1:00	Jimmy Mazz	
	2:30	Finish the Drawing		
Tuesday 20	8:00	Coffee Hour	Trivia with Bob and Chris!	
	9:30	Ring Toss	Happy Birthday: Milagros F.	
	Lunch:	10:30		Craft
	Salmon Potato Stew	1:00	Walk/Exercise Group	
		1:30	Name 5	
	2:30	Cartoon Chuckles		
Wednesday 21	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Parachute	2-3 Manicures	
	Lunch:	10:30		Name That Sitcom
	Grilled Chicken Breast with Soup	1:00	Walk/Exercise Group	
		1:30	Missing Last Letter	
	2:30	Finish That Line		
Thursday 22	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Bean Bag Toss	Happy Birthday: Jane L.	
	Lunch:	10:30		Penny Ante
	Shepherd's Pie	1:00	Walk/Exercise Group	
		1:30	The Wedding	
	2:30	Uno		
Friday 23	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	15 Min. Workout	1:00 Manicures with Annie	
	Lunch:	10:30		Sing a Long
	Chicken Meatballs with Tomato Sauce and Ziti	1:00	Walk/Exercise Group	
		1:30	Simon Says	
	2:30	Jake Categories		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Minnie P, Elizabeth R. 6/24
Cecilia M. 6/25

ACTIVITIES CALENDAR

Room: Riverside

June 26 - 30	Activities	Extras			
Monday 26	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room.		
	9:30	Bowling			
	Lunch:	10:30	Family Feud	2-3 Spa Time	
	Chicken Teriyaki	1:00	Walk/Exercise Group		
		1:30	What Do I Need?		Happy Birthday: Ann A. Alberta W.
		2:30	Quotes		
Tuesday 27	8:00	Coffee Hour	Trivia with Bob and Chris!		
	9:30	Ball Toss	Ericka's Wellness Group 11:00 Small conference rm.		
	Lunch:	10:30		Baking	
	American Chop Suey	1:00	Walk/Exercise Group	Happy Birthday: Linda T.	
		1:30	Plants & Animals		
		2:30	Jake Categories		
Wednesday 28	8:00	Coffee Hour	Pastor Steve 12:45 Library		
	9:30	Ring Toss	2-3 Manicures		
	Lunch:	10:30		Searching for a Drink	
	Potato Pollock Fillet	1:00	Walk/Exercise Group	Happy Birthday: Linda M.	
		1:30	Anagram		
		2:30	The Secret Word		
Thursday 29	8:00	Coffee Hour	Women's Group 11:00 Library		
	9:30	Parachute			
	Lunch:	10:30	Pictionary		
	Roast Beef Sandwich with Italian Wedding Soup	1:00	Walk/Exercise Group		
		1:30	Missing Last Letter		
		2:30	Finish That Line		
Friday 30	8:00	Coffee Hour	Men's Group 1:00 Library		
	9:30	Bean Bag Toss	1:00 Manicures with Annie		
	Lunch:	10:30		Flagged	
	Grilled Chicken Breast with Stuffing	1:00	Walk/Exercise Group	Happy Birthday: Comfort A.	
		1:30	Finish the Drawing		
		2:30	Cartoon Chuckles		

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ACTIVITIES CALENDAR

Room: Summit

June 1 - 2	Activities	Extras
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Monday

Lunch:

Tuesday

Lunch:

Wednesday

Lunch:

Thursday 1	8:00	Coffee Hour	Women's Group 11:00 Library
	9:30	June IQ's	
	Lunch:	10:30	Bingo
Taco Salad Bowl	1:00	Walk/Exercise Group	Field Trip to Hartford Yard Goats
	1:30	Wheel of Fortune	
	2:30	Double Your Laugh	
Friday 2	8:00	Coffee Hour	Men's Group 1:00 Library
	9:30	Here Comes Summer	
	Lunch:	10:30	Men Will Be Men
Roast Turkey Dinner	1:00	Walk/Exercise Group	
	1:30	Karaoke	
	2:30	Pokeno	

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Paula S, William M. 6/3

ACTIVITIES CALENDAR

Room: Summit

June 5 - 9	Activities	Extras		
Monday 5	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Who I She?		
	Lunch:	10:30	Remember the Ink	
	Macaroni and Cheese	1:00	Walk/Exercise Group	Jeopardy with Bob and Chris 11:00
		1:00	The Golden Singers	
	2:30	Man Can		
Tuesday 6	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Who am I?		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Baked Haddock with Dill Sauce	1:00	Walk/Exercise Group	
		1:30	The Best Treasure Is	Happy Birthday: Bonnie A.
	2:30	Let's Go To A Picnic		
Wednesday 7	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Bingo		
	Lunch:	10:30	Music by the Sea	Jackie's Women's Group 11:00 Library
	Grilled Chicken Breast with Marsala Wine Sauce	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Tie the Know	Happy Birthday: Violet P.
	2:30	Flagged		
Thursday 8	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Bingo		
	Lunch:	10:30	Pictionary	
	Hot Dog and Beans	1:00	Walk/Exercise Group	
		1:30	Shoes on the Right Foot	
	2:30	A Time With Dad		
Friday 9	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Going Places		
	Lunch:	10:30	"21" Card Game	Happy Birthday: Benny T.
	Meatloaf with Gravy	1:00	Walk/Exercise Group	
		1:00	Lisa Pernice	
	2:30	Take A Split Day		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Annette B, Barbara W. 6/10
Marsha T, Yvonne B. 6/11

ACTIVITIES CALENDAR

Room: Summit

June 12 - 16	Activities	Extras		
Monday 12	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Stories About the Deep		
	Lunch:	10:30	64,000 Dollar Pyramid	
	Stuffed Shells with Tomato Sauce	1:00	Walk/Exercise Group	Jeopardy with Bob and Chris 11:00
		1:30	Change in Roles	
	2:30	Brain Drain		
Tuesday 13	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	What is That?		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Egg Salad on a Hot dog Bun	1:00	Walk/Exercise Group	
		1:30	Time With Dad	Happy Birthday: Annette O.
	2:30	12 or Less		
Wednesday 14	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	What's That?		
	Lunch:	10:30	Pokeno	Jackie's Women's Group 11:00 Library
	Chicken Cordon Bleu	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Bingo	Happy Birthday: Sally R.
	2:30	Salute the Flag		
Thursday 15	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Wheel of Fortune		
	Lunch:	10:30	Bingo	Happy Birthday: Ronald S. Christine W.
	Breaded Pork Chop Pattie	1:00	Walk/Exercise Group	
		1:30	Family Feud	
	2:30	60's Fashion		
Friday 16	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	It Sounds Fishy		
	Lunch:	10:30	Joking Around in June	
	Pier 17 Fish	1:00	Walk/Exercise Group	
		1:30	Father's Day	
	2:30	Celebration		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Yolanda Z. 6/17
 Blanquita V Roxanne H. 6/18
 Donnel R, Isabel L. 6/18

ACTIVITIES CALENDAR

Room: Summit

June 19 - 23	Activities	Extras		
Monday 19	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	What am I?		
	Lunch:	10:30	Yahtzee	
	Pot Roast with Mushroom Gravy	1:00	Walk/Exercise Group	Jeopardy with Bob and Chris 11:00
		1:00	Jimmy Mazz	
	2:30	Trivia		
Tuesday 20	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Uno		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference rm.
	Salmon Potato Stew	1:00	Walk/Exercise Group	
		1:30	Riddle This	Happy Birthday: Milagros F.
	2:30	Smile, It's Powerful		
Wednesday 21	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Bingo	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Clothes Pin Mining
	Grilled Chicken Breast with Soup	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Let's go to the Movies	
	2:30	Hot Potato		
Thursday 22	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	Candy Slogan		
	Lunch:	10:30	Bingo	Happy Birthday: Jane L.
	Shepherd's Pie	1:00	Walk/Exercise Group	
		1:30	Charades	
	2:30	Name 10		
Friday 23	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Things About Dad		
	Lunch:	10:30	Penny Ante	
	Chicken Meatballs with Tomato Sauce and Ziti	1:00	Walk/Exercise Group	
		1:30	Karaoke	
	2:30	Tons of Fun		

Note: Lunch every day 12:00 – 12:45

Happy Birthday: Minnie P, Elizabeth R. 6/24
Cecilia M. 6/25

ACTIVITIES CALENDAR

Room: Summit

June 26 - 30	Activities	Extras		
Monday 26	8:00	Coffee Hour	Ericka's Mind, Body and Spirit Group 1:00 Summit Room	
	9:30	Laundry Thief		
	Lunch:	10:30	Spelling Bee	
	Chicken Teriyaki	1:00	Walk/Exercise Group	Jeopardy with Bob and Chris 1:00
		1:30	Lucky Dog	Happy Birthday: Ann A. Alberta W.
	2:30	Signs of Summer		
Tuesday 27	8:00	Coffee Hour	Trivia with Bob and Chris 1:00	
	9:30	Who am I?		
	Lunch:	10:30	Bingo	Ericka's Wellness Group 11:00 Small conference room
	American Chop Suey	1:00	Walk/Exercise Group	
		1:30	Hang Man	Happy Birthday: Linda T..
	2:30	Card Game		
Wednesday 28	8:00	Coffee Hour	Pastor Steve 12:45 Library	
	9:30	Fun Day of Summer	Jackie's Women's Group 11:00 Library	
	Lunch:	10:30		Horse Racing
	Potato Pollock Fillet	1:00	Walk/Exercise Group	Book Club 11:00
		1:30	Bingo	Happy Birthday: Linda M.
	2:30	Trend Category		
Thursday 29	8:00	Coffee Hour	Women's Group 11:00 Library	
	9:30	What am I?		
	Lunch:	10:30	Bingo	1:30 Art With Amy
	Roast Beef Sandwich with Italian Wedding Soup	1:00	Walk/Exercise Group	
		1:30	I Pad Game	
	2:30	Bicycle Race		
Friday 30	8:00	Coffee Hour	Men's Group 1:00 Library	
	9:30	Baseball Game	Happy Birthday: Comfort A.	
	Lunch:	10:30		Karaoke
	Grilled Chicken Breast with Stuffing	1:00	Walk/Exercise Group	
		1:30	Name that Sitcom	
	2:30	Root Beer Floats		

Note: Lunch every day 12:00 – 12:45