



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

We will be closed on February 18th for President's Day, on call is still available for any concerns.

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
Personality Changes and Challenges for Caregivers	February 5, 2019 3:30 to 4:30pm	Thompson Road Webster, MA	February 13, 2019 3:30 to 5:00pm	Webster
OTFN	1:30 to 3:00pm	Briarwood 65 Briarwood Circle Worcester, MA	508-852-2026 Ext.	East Mountain Street
Behaviors and communication	February 25, 2019 2:00 to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Managing Emotions After the Holidays!	February 13, 2019 2:00 to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
Personality Changes and Challenges for Caregivers	February 28, 2019 2:00 to 3:30pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
Dealing with Grief and Loss	February 13, 2019 3:30 to 5:00pm	101 Wason Ave Springfield, MA	April Monfett 413-272-6194	Springfield

Tip of the month:

See your doctor. Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have



Activities calendar

February 1

Room: Riverside Room

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday Lunch:		
Friday 1 Lunch: Chicken Macaroni casserole with green beans	10:00 Walk/Exercise 10:30 White Board Games 1:00 Walk/Exercise 1:30 Bingo 2:00 Baking 3:00 Reminisce	12:45 Manicures

Note:

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



Activities calendar

February 4 - 8

Room: Riverside Room

	Activities	Extras
Monday 4 Lunch: BBQ pork rib, baked beans and cole slaw	10:00 Walk/Exercise 10:30 Fill in the Blank 1:00 Walk/Exercise 1:30 Craft 2:00 Chinese New Year 3:00 You Tube Oldies	Happy Birthday: Georgette B. 2:00 Chit Chat with Carol
Tuesday 5 Lunch: Baked Chicken, mushroom sauce and sweet potatoes	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 What comes first? 2:00 Short Stories 3:00 Tea Talk	
Wednesday 6 Lunch: American chop suey with broccoli and cauliflower	10:00 Walk/Exercise 10:30 Collage a quilt 1:00 Walk/Exercise 1:30 Love Songs 2:00 February Trivia 3:00 Baking Group	Happy Birthday: Joanne B. 1:00 Bible Study 1:00 Drama Club
Thursday 7 Lunch: Vegetarian chili, baked potato and sour cream	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Can You Picture This 2:00 Horse Racing 3:00 Trivia	1:00 Portraits
Friday 8 Lunch: Roast turkey, stuffing, cranberry sauce and mashed potato	10:00 Walk/Exercise 10:30 White Board Games 1:00 Walk/Exercise 1:30 Craft 2:00 Mystery Person 3:00 Junk Drawer Detective	Happy Birthday: Eleanor C, Bob B, Daniel C. 12:45 Manicures

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: Judy J, Tony R. 2/9

Activities calendar

February 11 - 15

Room: Riverside Room

	Activities	Extras
Monday 11 Lunch: Lasagna soup, chicken Marsala and oven roasted potatoes	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Aging with Humor 2:00 Who am I? 3:00 Inspirational Quotes	2:00 Chit Chat with Carol
Tuesday 12 Lunch: Breaded potato Pollack, rice pilaf and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Digestible Humor 2:00 Oscar Night 3:00 Picture This	Happy Birthday: Evelyn S, Jacqueline H.
Wednesday 13 Lunch: Breaded pork chop, gravy and au gratin potatoes	10:00 Walk/Exercise 10:30 Love is in the Air 1:00 Walk/Exercise 1:30 Health Myths 2:00 Bingo 3:00 Who am I?	Happy Birthday: Catalina A, Inge P. 1:00 Bible Study 1:00 Drama Club
Thursday 14 Lunch: Chicken cordon blue, red roasted potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 What's in the Bag? 2:00 Baking 3:00 Valentine Word Games	
Friday 15 Lunch: Taco Bowl	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Pie Trivia 2:00 What am I? 3:00 Funny Stories	12:45 Manicures

Note:

Lunch everyday 12:00 to 1:00
 Current Events Everyday 9:30 to 10:00
 Happy Birthday: **Barbara B. 2/17,**



Activities calendar

February 18 - 22

Room: Riverside Room

	Activities	Extras
Monday 18 Lunch:	10:00 HAPPY PRESIDENTS DAY!!!!	
Tuesday 19 Lunch: Chicken meatballs, whole wheat pasta and mixed vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Junk Drawer Detective 2:00 Trivia 3:00 Grimm Tales	Happy Birthday: Douglas C, Mark H.
Wednesday 20 Lunch: Bean soup, baked chicken and scalloped potatoes	10:00 Walk/Exercise 10:30 Hollywood Couples 1:00 Walk/Exercise 1:30 Match the Hand Shadow 2:00 Bingo 3:00 Wheel of Fortune	Happy Birthday: Gertrude C, Claude E. 1:00 Bible Study 1:00 Drama Club
Thursday 21 Lunch: Hot Dog, beans and cole slaw	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Piece of the Pie 2:00 What am I? 3:00 You be the Judge	Happy Birthday: Anita F.
Friday 22 Lunch: Meatloaf, mashed potatoes and vegetables	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Pokeno 2:00 Trivia 3:00 Tea Talk	Happy Birthday: Elaine R, Emilio B, Paul S. 12:45 Manicures

Note:

Lunch everyday 12:00 to 1:00

Current Events Everyday 9:30 to 10:00

Happy Birthday: Lavada B. 2/23, Prudence W. 2/23, Dennis A. 2/24



Activities calendar

February 25 - 28

Room: Riverside Room

	Activities	Extras
Monday 25 Lunch: Beef Stew	10:00 Walk/Exercise 10:30 White Board Games 1:00 Walk/Exercise 1:30 Remember when 2:00 Collage a Quilt 3:00 Baking	2:00 Chit Chat with Carol
Tuesday 26 Lunch: Shepherd's pie and tossed salad	10:00 Walk/Exercise 10:30 Bingo 12:30 Walk/Exercise 1:00 Lisa Pernice 2:00 L.R.C. 3:00 What is Your Favorite Color	
Wednesday 27 Lunch: Mac and Cheese bar	10:00 Walk/Exercise 10:30 Craft 1:00 Walk/Exercise 1:30 Bingo 2:00 Uno 3:00 Finish Line	1:00 Bible Study 1:00 Drama Club
Thursday 28 Lunch: Vegetable soup, haddock and rice pilaf	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Cross Word 2:00 Word Mining 3:00 Reminisce	
Friday Lunch:		

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OTFN	1:30 to 3:00pm	Briarwood 65 Briarwood Circle Worcester, MA	508-852-2026 Ext.	East Mountain Street
Behaviors and communication	February 25, 2019 2:00 to 3:30pm	1369 Grafton Street Worcester, MA	Pat Lazarek 508-373-7400	Grafton
Managing Emotions After the Holidays!	February 13, 2019 2:00 to 3:30 pm	1081 Varnum Ave. Lowell, MA	Emily Lemire 978 427-6830	Lowell
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Thursday Lunch:		
Friday 1 Lunch: Chicken Macaroni casserole with green beans	10:00 Walk/Exercise 10:30 February IQ 1:00 Walk/Exercise 1:30 Well Grounded 2:00 Family Feud 3:00 Me and my shadow	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

February 4 - 8

Room: Summit Room

	Activities	Extras
Monday 4 Lunch: BBQ pork rib, baked beans and cole slaw	10:00 Walk/Exercise 10:30 Quotes About Aging 1:00 Walk/Exercise 1:30 Craft 2:00 Penny Ante 3:00 Aging with Humor	Happy Birthday: Georgette B. 11:00 Jeopardy with Bob and Chris 2:00 Chit Chat with Carol
Tuesday 5 Lunch: Baked Chicken, mushroom sauce and sweet potatoes	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Superstitions 2:00 Are you a Pig? 3:00 Accidental Tourist	12:00 Wellness Group
Wednesday 6 Lunch: American chop suey with broccoli and cauliflower	10:00 Walk/Exercise 10:30 White Board Games 1:00 Walk/Exercise 1:30 Chop Stix Game 2:00 Bingo 3:00 Mixed up Fairy Tale	Happy Birthday: Joanne B. 10:30 Women's Group 1:00 Bible Study 1:00 Drama Club
Thursday 7 Lunch: Vegetarian chili, baked potato and sour cream	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Cross Word 2:00 Trivia 3:00 What am I?	Happy Birthday: Margie K. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob 1:00 Portraits
Friday 8 Lunch: Roast turkey, stuffing, cranberry sauce and mashed potato	10:00 Walk/Exercise 10:30 Who the Birds Are 1:00 Walk/Exercise 1:30 American Pie 2:00 Uno 3:00 Who am I?	Happy Birthday: Eleanor C, Bob B, Daniel C. 12:45 Manicures 1:00 Men's Group

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Tuesday 12 Lunch: Breaded potato Pollack, rice pilaf and carrots	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Digestible Humor 2:00 Crossword 3:00 Trivia	Happy Birthday: Evelyn S, Jacqueline H. 12:00 Wellness Group
Wednesday 13 Lunch: Breaded pork chop, gravy and au gratin potatoes	10:00 Walk/Exercise 10:30 Movie Lines 1:00 Walk/Exercise 1:30 Zodiac Signs 2:00 Bingo 3:00 President's Middle Names	Happy Birthday: Catalina A, Inge P. 10:30 Women's Group 1:00 Bible Study 1:00 Drama Club
Thursday 14 Lunch: Chicken cordon blue, red roasted potatoes and mixed vegetables	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 Love is in the Air 2:00 Cupid Trivia 3:00 Who am I?	11:00 Wellness Group 1:00 Jeopardy with Chris and Bob
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Thursday 21 Lunch: Hot Dog, beans and cole slaw	10:00 Walk/Exercise 10:30 Bingo 1:00 Walk/Exercise 1:30 U B the Judge 2:00 White Board Games 3:00 Baking	Happy Birthday: Anita F.. 12:00 Wellness Group 1:00 Jeopardy with Chris and Bob
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