



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).

PLEASE NOTE THAT ALL SUMMIT ELDERCARE SITES ARE CLOSED ON DECEMBER 25TH AND JANUARY 1ST.

Summit ElderCare contact information

108 Thompson Rd. Webster, MA 01570

1-774-317-6700 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Supervisor, Recreational Activities: Renee Aucoin: 1-774-317-6700

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Safeway Transportation: 1-508-799-5500



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 Forum	December 3 rd from 3:00 – 4:30	108 Thompson Road, Webster, MA	Bessie Betchold (774) 317-6700	Webster
Preparing for the New Year	December 16 th from 2:00 – 3:30	1369 Grafton Street Worcester, MA	Pat Lazarek (508) 373-7400	Grafton Street
Holiday Concerns Relating to Caregiver Role	December 19 th from 2:00 – 3:30	55 Cinema Boulevard Leominster, MA	Donna Ferro (978) 401-3100	Leominster
The Stresses of Caregiving	December 11 th from 3:30 – 5:00	101 Wason Avenue Springfield, MA	April Monfett (774) 317-6194	Springfield
Holidays: Joy vs. Struggles	December 11 th from 3:00 – 4:00	1081 Varnum Avenue Lowell, MA	Emily Lemire (978) 427-6830	Lowell
Positive Approach to Care	December 20 th from 3 – 4:30	288 Grove Street Worcester, MA	Michelle Parent (508) 852-2026 X56548	Grove Street

Tip of the month:

To help visitors prepare for holiday time with a person with dementia:

1. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit.
2. Offer communication tips to lessen stress or awkwardness.
3. Suggest activities.



Activities calendar

December 2 – 6, 2019

Room: Lakeside

	Activities	Extras
Monday 2 Lunch: Stuffed Peppers, Tomato Sauce, Rice, Summer Squash, and Pudding	9:30: Bottom's Up 10:30: Monthly Chronicle 11:00: Toss It 12:30: PM Stretch 1:00: Irish Music 2:00: Step Dancing..	Men's Group
Tuesday 3 Lunch: Roast Pork, Gravy, Sweet Potatoes, Bean Blend, and Carrot Cake	9:30: Recipe Book 10:30: Holiday A-Z 11:00: Ball Toss 12:30: PM Stretch 1:00: 50's and 60's music 2:00: Tell All	
Wednesday 4 Lunch: Baked Fish, Roasted Potatoes, Spinach, Tartar Sauce and Coffee Cake	9:30: Bow Making 10:30: What am I? 11:00: Holiday Songs 12:30: PM Stretch 1:00: Red, White and very light 2:00: Dear Santa Letters	Rosary Group Women's Group
Thursday 5 Lunch: Chicken Alfredo, Rotini, Zucchini and Fruit Cocktail	9:30: Christmas Cards 10:30: Chicken Soup 11:00: Ring Toss 12:30: PM Stretch 1:00: Kids say the... 2:00: Rat Pack Music	Discussion Group
Friday 6 Lunch: Taco Stuffed Potato, Sour Cream, Cheese, Tomatoes, Lettuce, and Mousse	9:30: Button Craft 10:30: Opposites 11:00: What's Next? 12:30: PM Stretch 1:00: Karaoke 2:00: Chat Pack	

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

Sensory Activities, 1:1 Time With Staff and Walks Offered Throughout The Day



Activities calendar

December 9 – 13, 2019

Room: Lakeside

	Activities	Extras
Monday 9 Lunch: Swedish Meatballs, Gravy, Noodles, Vegetable Blend, and Sherbet	9:30: Pine Cone Craft 10:30: Would you rather 11:00: God Winks 12:30: PM Stretch 1:00: Holiday Caroling 2:00: Holiday Decorations	Men's Group
Tuesday 10 Lunch: N.E Clam Chowder, Tuna Roll, Bean Salad and Peach Melba	9:30: Good News Only 10:30: What's in the Bag? 11:00: Fishwrapper's 12:30: PM Stretch 1:00: This or That 2:00: Song of yesterday	
Wednesday 11 Lunch: Ham Steak, Pineapple Sauce, Scalloped Potatoes, Brussel Sprouts and Brownies	9:30: Science of Spinning 10:30: Carol Categories 11:00: What am I? 12:30: PM Stretch 1:00: Chair Dancing 2:00: Candy Cane Elf Craft	Rosary Group Women's Group
Thursday 12 Lunch: BBQ Chicken Leg, Rice Pilaf, Peas & Carrots and Mandarin Oranges	9:30: Snowmen 10:30: Choices 11:00: Legendary Spinsters 12:30: PM Stretch 1:00: Peter Allard! 2:00: Holiday Stories	
Friday 13 Lunch: Pot Roast, Gravy, Wax Beans, Red Bliss Potatoes and Ambrosia	9:30: Mind Stretches 10:30: Stretch It 11:00: Strengthen Your Mind 12:30: PM Stretch 1:00: 70's Music 2:00: 70's Shows	

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

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Activities calendar

December 16 - 20, 2019

Room: Lakeside

	Activities	Extras
Monday 16 Lunch: Chicken a-la-king, Rice, Mixed Vegetables and Peaches	9:30: Buttoned up Greetings 10:30: True or False 11:00: Trivia 12:30: PM Stretch 1:00: Lawrence Welk 2:00: Frosty Ornament	Men's Group
Tuesday 17 Lunch: Pizza, Tossed Salad, Dressing and Fruited Jell-O	9:30: Popsicle Stick Tree 10:30: Twas the Night Before Xmas 11:00: Two by Two's 12:30: PM Stretch 1:00: Christmas Trivia 2:00: Angel Sightings	
Wednesday 18 Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Turnip, Broccoli and Fruit Cup	9:30: Choices 10:30: Alphabetic' s 11:00: Twister 12:30: PM Stretch 1:00: Name that Sound 2:00: Name 10	Rosary Group Women's Group
Thursday 19 Lunch: Meatloaf, Gravy, Mashed Potatoes, Carrots and Frosted Cake	9:30: Let's Paint 10:30: Reminiscing 11:00: Christmas Carols 12:30: PM Stretch 1:00: Gary Landgren! 2:00: Holiday Movie	
Friday 20 Lunch: Soup, Sandwich, Lettuce, Tomatoes and Ice Cream Treat	9:30: Say it with Emotion 10:30: Make Your Point 11:00: Ice Breakers 12:30: PM Stretch 1:00: Holiday Recipes 2:00: Holiday Sing-A-Long	

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

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Activities calendar

December 23 – 27, 2019

Room: Lakeside

	Activities	Extras
Monday 23 Lunch: Hamburger, Roll, Hash Brown Casserole, Lettuce, Tomatoes and Pears	9:30: Snowman Craft 10:30: The Best Gift 11:00: Act It Out 12:30: PM Stretch 1:00: Movie Clip's 2:00: Drama A-Z	Men's Group
Tuesday 24 Lunch: Macaroni and Cheese, Stewed Tomatoes, and Gingerbread	9:30: Conversation Ball 10:30: Christmas Jokes 11:00: Act it out 12:30: PM Stretch 1:00: Over and Under 2:00: Family Traditions	SUMMIT IS CLOSING AT 3 P.M.
Wednesday 25 Lunch:		SUMMIT IS CLOSED FOR THE HOLIDAY
Thursday 26 Lunch: Shepard's Pie and Peaches	9:30: Black Jack 10:30: Proverbs 11:00: What Would You Do? 12:30: PM Stretch 1:00: Sing-A-Long 2:00: Song Trivia	Discussion Group
Friday 27 Lunch: Stuffed Cabbage, Tomato Sauce, Rice, Carrots and Cookies	9:30: Color-A-Smile 10:30: Finish the Line 11:00: Poems 12:30: PM Stretch 1:00: Country Hit's 2:00: Chair Yoga	

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

Sensory Activities, 1:1 Time With Staff and Walks Offered Throughout The Day



Activities calendar

Dec 30 – Jan 3, 2020

Room: Lakeside

	Activities	Extras
Monday 30 Lunch: Chicken Marsala, Pasta, Italian Blend, and Ice Cream	9:30: Positive Affirmations 10:30: A-Z 11:00: Charades 12:30: PM Stretch 1:00: Songs of the 60's 2:00: Shake Rattle and Roll	Men's Group
Tuesday 31 Lunch: Beef Stew, Biscuit and Jell-O-Cake	9:30: Horoscopes 10:30: Good News Only 11:00: Bean Bag Toss 12:30: PM Stretch 1:00: Let's Reflect 2:00: Dance Party Countdown	
Wednesday 1 Lunch:		CENTER IS CLOSED FOR THE HOLIDAY
Thursday 2 Lunch:		PLEASE SEE JANUARY CALENDAR
Friday 3 Lunch:		PLEASE SEE JANUARY CALENDAR

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3. Suggest activities.



Activities calendar

December 2 - 6, 2019

Room: Summit

	Activities	Extras
Monday 2 Lunch: Stuffed Peppers, Sauce, Rice, Summer Squash and Pudding	9:30: 'Who Dun It' Novels 10:30: Angel Craft 11:00: Exercise Group 12:30: Walking Group 1:00: This and That Trivia 2:00: Holiday Chain	Men's Group
Tuesday 3 Lunch: Roast Pork, Gravy, Sweet Potatoes, Bean Blend and Carrot Cake	9:30: Geography Quiz 10:30: Irish Trivia 11:00: Exercise Group 12:30: Walking Group 1:00: Irish Videos 2:00: Step Dancing	
Wednesday 4 Lunch: Baked Fish, Roasted Potatoes, Spinach and Coffee Cake	9:30: Famous Birthdays 10:30: December IQ 11:00: Exercise Group 12:30: Walking Group 1:00: Bingo 2:00: Chat Pack	Rosary Group Brown Bag Concert
Thursday 5 Lunch: Chicken Alfredo Rotini, Zucchini and Fruit Cocktail	9:30: 1950's Men Fashion 10:30: Bow Making 11:00: Exercise Group 12:30: Walking Group 1:00: Holiday Karaoke 2:00: Two by Two's	Discussion Group
Friday 6 Lunch: Taco Stuffed Potato, Lettuce, Tomatoes and Mousse	9:30: Chocolate Trivia 10:30: Monthly Gazette 11:00: Exercise Group 12:30: Walking Group 1:00: Pokeno 2:00: Odd Facts	

Note:

8:00 – 9:30---Coffee Social/Table Games

11:45—Lunch

3:00 – 5:00—Small Groups

Jigsaw Puzzles, Library, Computer, Walks, Individual Activities offered throughout the day.



Activities calendar

December 9 – 13, 2019

Room: Summit

	Activities	Extras
Monday 9 Lunch: Swedish Meatballs, Gravy, Noodles Vegetable Blend and Sherbet	9:30: Searching December 10:30: "Snow Day" 11:00: Exercise Group 12:30: Walking Group 1:00: Trivia 2:00: Tell All	Men's Group
Tuesday 10 Lunch: N.E. Clam Chowder, Tuna Roll, Bean Salad and Peach Melba	9:30: Indian Bread's 10:30: Snowman Craft 11:00: Exercise Group 12:30: Walking Group 1:00: Wacky Wordies 2:00: Tree Craft	
Wednesday 11 Lunch: Ham Steak, Pineapple Sauce, Scalloped Potatoes, Brussel Sprouts and Brownies	9:30: Daily Chronicles 10:30: Useless Trivia 11:00: Exercise Group 12:30: Walking Group 1:00: Memory Table 2:00: What's Next?	Rosary Group Brown Bag Concert
Thursday 12 Lunch: BBQ Chicken Leg, Rice Pilaf, Peas & Carrots and Mandarin Oranges	9:30: Languages of the World 10:30: Guess Who 11:00: Exercise Group 12:30: Walking Group 1:00: Sandy Allen! 2:00: Name 10	
Friday 13 Lunch: Pot Roast, Gravy, Wax Beans, Red Bliss Potatoes and Ambrosia	9:30: U.S State Flowers 10:30: Christmas Bulb Painting 11:00: Holy Name Concert 12:30: Walking Group 1:00: Word in a Word 2:00: Legendary Spinster's	

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December 16 – 20, 2019

Room: Summit

	Activities	Extras
Monday 16 Lunch: Chicken a-la-king, Rice, Mixed Vegetables and Peaches	9:30: Word Ladders 10:30: Numaro 11:00: Exercise Group 12:30: Walking Group 1:00: Bingo 2:00: Jokes/Riddles	Men's Group
Tuesday 17 Lunch: Pizza, Tossed Salad, Dressing and Fruited Jell-O	9:30: Christmas Cards 10:30: Mathematical Message 11:00: Exercise Group 12:30: Walking Group 1:00: Bottoms up 2:00: Finish the Line	
Wednesday 18 Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Turnip, Broccoli and Fruit Cup	9:30: Apprenticeship Profession 10:30: Snowflake Craft 11:00: Exercise Group 12:30: Walking Group 1:00: SHRHS Choir! 2:00: Dear Santa Letter	Rosary Group Women's Group
Thursday 19 Lunch: Meatloaf, Gravy, Mashed Potatoes, Carrots and Frosted Cake	9:30: Best/Worst Gifts 10:30: What's Under the Tree? 11:00: Exercise Group 12:30: Walking Group 1:00: Gary Landgren! 2:00: Christmas Trivia	Discussion Group
Friday 20 Lunch: Soup, Sandwich, Lettuce, Tomatoes and Ice Cream Treat	9:30: Missing Vowels 10:30: Wacky Wordies 11:00: Exercise Group 12:30: Walking Group 1:00: Tammy Casavant 2:00: Shake Rattle and Roll	

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Room: Summit

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Tuesday 24 Lunch: Macaroni and Cheese, Stewed Tomatoes, and Gingerbread	9:30: Movie Trivia 10:30: Word Decoder 11:00: Exercise Group 12:30: Walking Group 1:00: Christmas Carols 2:00: Carol Quiz	CENTER IS CLOSING AT 3 P.M.
Wednesday 25 Lunch:		CENTER IS CLOSED FOR THE HOLIDAY
Thursday 26 Lunch: Shepard's Pie and Peaches	9:30: Silent "K" Words 10:30: What am I? 11:00: Exercise Group 12:30: Walking Group 1:00: Wild Bingo 2:00: Reminiscing	Discussion Group
Friday 27 Lunch: Stuffed Cabbage, Tomato Sauce, Rice, Carrots and Cookies	9:30: Anagrams 10:30: Neuroscience 11:00: Exercise Group 12:30: Walking Group 1:00: Bottoms up 2:00: Fishwrappers	

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Activities calendar

Dec 30 – Jan 3, 2020

Room: Summit

	Activities	Extras
Monday 30 Lunch: Chicken Marsala, Pasta, Italian Blend, and Ice Cream	9:30: Female Astronauts 10:30: Reflection of the year 11:00: Exercise Group 12:30: Walking Group 1:00: Pokeno 2:00: This or That Trivia	Men's Group
Tuesday 31 Lunch: Beef Stew, Biscuit and Jell-O-Cake	9:30: New Year's Scramble 10:30: Resolutions 11:00: Exercise Group 12:30: Walking Group 1:00: Countdown Songs 2:00: New Year's Social	
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Thursday 2 Lunch:		PLEASE SEE JANUARY CALENDAR
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