## 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. 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/or assistance, call our main number (listed below) to reach our answering service, which will page our on-call medical staff. Please do not call this number for an
 emergency. For emergencies, please call 911.

If you have questions about anything on this calendar, please call the Center and ask to speak with the Life Enrichment Staff.

## Important information

If you have any cold or flu symptoms, please do not visit the PACE Center. You should remain at home for the day and call us after 8 a.m. so that your care team can assess your symptoms and provide direction to you on what is needed.

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 at the number below to cancel your ride. Please also call the Center after 8 a.m. to let us know you won't be coming in.

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 can't accept homemade cakes).

## Fallon Health's Summit ElderCare

288 Grove St., Worcester, MA 01605
1-508-852-2026 (TRS 711) • 8 a.m.-5 p.m., Monday-Friday
Inclement weather line (toll-free): 1-855-508-3722
Transportation service: Safeway Transportation: 1-508-799-5500

# Caregiver Corner 

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 and family members.

For information about meetings at our other centers, visit fallonhealth.org/summit.
We have an online resource for you! Check out Fallon Health's Caregiver Connection blog. You can find it at fallonhealth.org/caregiver-blog.

Topic: Mindfulness (guest speaker)
Date: July 11, 2024
Time: $\quad 3: 30-4: 30 \mathrm{pm}$
Contact: Martha Douty
Phone: 508-852-2026

## Tip of the month:

Live in the moment. Try to intentionally bring an open, accepting and discerning attention to everything you do.

## Important reminders:

SUMMIT ELDERCARE WILL BE CLOSED ON JULY 4 FOR THE HOLIDAY.

DATE: July 1- July 5
ROOM: Sunshine

| LUNCH |  |  | ACTIVITIES | EXTRAS |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | 7/1 | 9:30 | Coffee \& chat |  |
| Swedish meatballs <br> Noodles <br> Peas \& carrots <br> Ice cream sandwich |  | 10:30 | The more you know |  |
|  |  | 11:00 | Morning Yoga |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Arts \& crafts |  |
|  |  | 2:30 | Fresh air friends on the patio |  |
| TUESDAY | 7/2 | 9:30 | Tabletop activities |  |
| Rotisserie style chicken leg <br> Rice pilaf <br> Corn <br> Peach Melba |  | 10:30 | Factiness |  |
|  |  | 11:00 | Morning Yoga |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Cookie cutter art |  |
|  |  | 2:30 | Manicures and hand massages |  |
| WEDNESDAY | 7/3 | 9:30 | Tabletop activities |  |
| Ham steak <br> Pineapple sauce <br> Mashed potatoes <br> Broccoli <br> Pears |  | 10:30 | History buffs |  |
|  |  | 11:00 | Morning exercise |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Scavenger hunt |  |
|  |  | 2:30 | This or that |  |
| THURSDAY | 7/4 | 9:30 |  |  |
| SUMMIT ELDERCARE WILL BE CLOSED FOR THE HOLIDAY |  | 10:30 |  |  |
|  |  | 11:00 |  |  |
|  |  | 12:30 |  |  |
|  |  | 1:00 |  |  |
|  |  | 2:30 |  |  |
| FRIDAY | 7/5 | 9:30 | Tabletop activities | Happy birthday Vicki |
| Sloppy Joes's <br> Roll <br> Wax beans <br> Macaroni salad <br> Cookies |  | 10:30 | Knowledge is power |  |
|  |  | 11:00 | Morning yoga |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Music with David |  |
|  |  | 2:30 | Friday movie matinee |  |

## Daily activities:

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- Group and independent activities
- 1:1 interactions
- Color art, word search, games, reading, jigsaw and crossword puzzles, cards, watercolor painting, table games, music.

| LUNCH |  | ACTIVITIES |  | EXTRAS |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | 7/8 | 9:30 | Tabletop activities | Happy 100th Birthday Dottie |
| Baked Manicotti Tomato Sauce Fruit cup |  | 10:30 | History Buffs |  |
|  |  | 11:00 | Morning Yoga |  |
|  |  | 12:30 | Celebrating Dottie |  |
|  |  | 1:00 | The musical talents of Jodi |  |
|  |  | 2:00 | Short stories |  |
| TUESDAY | 7/9 | 9:30 | Tabletop activities |  |
| Stuffed peppers <br> Tomato sauce <br> White rice <br> Green beans Pudding |  | 10:30 | Geography Guru's |  |
|  |  | 11:00 | Morning Yoga |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Bingo |  |
|  |  | 2:00 | Fresh air friends |  |
| WEDNESDAY | 7/10 | 9:30 | Tabletop activities |  |
| Hot dogs, rolls Mustard, relish Potato salad Coleslaw Frosted cake |  | 10:30 | Morning Yoga |  |
|  |  | 11:00 | Knowledge is power |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Card making |  |
|  |  | 2:00 | Bingo |  |
| THURSDAY | 7/11 | 9:30 | Tabletop activities |  |
| Mac n' cheese Stewed tomatoes Sherbet |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Fun facts |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Manicures and hand massages |  |
|  |  | 2:00 | Fresh air friends |  |
| FRIDAY | 7/12 | 9:30 | Tabletop activities |  |
| Meatloaf <br> Onion gravy <br> Mashed potatoes <br> Wax beans <br> Peaches |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | What did it cost |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | The Mike \& Beth show |  |
|  |  | 2:00 | Friday movie matinee |  |

## Daily activities:

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- Group and independent activities
- 1:1 interactions
- Color art, word search, games, reading, jigsaw and crossword puzzles, cards, watercolor painting, table games, music.

| LUNCH |  | ACTIVITIES |  | EXTRAS |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | 7/15 | 9:30 | Tabletop activities |  |
| Baked Ziti w/sweet sausage <br> Broccoli <br> Pears |  | 10:30 | Morning yoga |  |
|  |  | 11:00 |  |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Bird feeder craft |  |
|  |  | 2:00 |  |  |
| TUESDAY | 7/16 | 9:30 | Tabletop activities |  |
| BBQ riblette <br> Sweet potato <br> Spinach <br> Fruit cocktail |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Knowledge is power |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Tie dye t-shirts on the patio |  |
|  |  | 2:00 | This or that |  |
| WEDNESDAY | 7/17 | 9:30 | Tabletop activities |  |
| American chop suey Peas Ice cream |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Fun facts |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Summer hat crafts |  |
|  |  | 2:00 | Fresh air friends |  |
| THURSDAY | 7/18 | 9:30 | Table top activities |  |
| Chicken Marsala Mushroom sauce Ziti <br> Italian veg blend Brownie |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | This or that |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Jerry's Ice cream truck visit |  |
|  |  | 2:00 | Manicures |  |
| FRIDAY | 7/19 | 9:30 | Table top activities |  |
| Fish n chips French fries Coleslaw Tartar sauce Jell-o cake |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Fun facts |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Book club |  |
|  |  | 2:00 | Friday movie matinee |  |

## Daily activities:

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- Group and independent activities
- 1:1 interactions
- Color art, word search, games, reading, jigsaw and crossword puzzles, cards, watercolor painting, table games, music.

DATE: July 22-July 26
ROOM: Summit

| LUNCH |  | ACTIVITIES |  | EXTRAS |
| :---: | :---: | :---: | :---: | :---: |
| MONDAY | 7/22 | 9:30 | Table top activities | Happy Birthday Peter |
| Taco salad Lettuce, tomato, salsa, Sour cream Cheese, rice \& beans Cookie |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | You be the judge |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Balloon toss |  |
|  |  | 2:00 | Fresh air friends |  |
| TUESDAY | 7/23 | 9:30 | Tabletop activities |  |
| Chicken Grillers <br> Ranch, roll <br> Lettuce, tomato <br> Oven roast potato <br> Mandarin Oranges |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Remembering cards |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Bowling tournament |  |
|  |  | 2:00 |  |  |
| WEDNESDAY | 7/24 | 9:30 | Tabletop activities |  |
| Stuffed shells Tomato sauce Italian blend veg Pears |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Fun facts |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Music with Terry |  |
|  |  | 2:00 | Another kind of bingo |  |
| THURSDAY | 7/25 | 9:30 | Tabletop activities |  |
| Beef Burgundy <br> Noodles Carrots Ice cream treat |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Knowledge is power |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Bubble art |  |
|  |  | 2:00 | Popsicles on the patio |  |
| FRIDAY | 7/26 | 9:30 | Tabletop activities |  |
| Hamburger roll <br> Lettuce, tomato Mustard, Ketchup Watermelon |  | 10:30 | Morning yoga |  |
|  |  | 11:00 | Movie buffs 1960 |  |
|  |  | 12:30 | Silver sneakers |  |
|  |  | 1:00 | Book club |  |
|  |  | 2:00 | Friday movie matinee |  |

## Daily activities:

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- Group and independent activities
- 1:1 interactions
- Color art, word search, games, reading, jigsaw and crossword puzzles, cards, watercolor painting, table games, music

DATE: July 29-August 2
ROOM: Sunshine


## Daily activities:

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- Group and independent activities
- 1:1 interactions
- Color art, word search, games, reading, jigsaw and crossword puzzles, cards, watercolor painting, table games, music

