

# Monthly News

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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 the Center's 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.**

## **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.

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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).

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## **Summit ElderCare**

288 Grove St., Worcester, MA 01605

**1-508-852-2026 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Supervisor, Recreational Activities: Sandy Potasky: 1-508-852-2026

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.

**We have an online resource for you!** Check out Fallon Health's Caregiver Connection blog. You can find it at [fallonhealth.org/caregiver-blog](http://fallonhealth.org/caregiver-blog).

Topic	Date/Time	Location	Contact	Sponsoring site
Caregiver tools & community resources to reduce stress and increase Networking	4/9/24 3:00-4:30pm	108 Thompson Rd. Webster, Ma.	Bessie Bechthold 774-317-6700	Webster
Reducing caregiver stress: National stress Awareness Month	4/11/24 3:30-4:30pm	288 Grove Street Worcester, Ma.	Martha Douty 508-852-2026	Grove Street
Living comfortably as a flawed human being & caregiver	4/25/24 2:00-3:00 pm	55 Cinema Blvd. Leominster, Ma.	Donna Ferro 978-401-3100	Leominster
How to use music to connect	4/16/24 2:00-3:00pm	101 Wason Ave Springfield, Ma.	Liz Ciak 413-272-6192	Springfield
Feeling stressed And Blessed	4/17/24 2:00-3:00pm	1081 Varnum Ave. Lowell, Ma.	Maura Ammon 978-427-6823	Lowell

## Tip of the month:

**Maintain your sense of humor.** Use humor whenever possible, through not at the person's expense. People with dementia tend to retain their social skills and are usually delighted to laugh along with you.

# Activities calendar

April 1-5

Room: Sunshine

	Activities	Extras
<p><b>Monday</b></p> <p><b>Lunch:</b> Stuffed cabbage, Tomato sauce White rice Mixed veg sherbet</p>	<p>9:30 Tabletop activities 10:30 History's Biggest Pranks &amp; Pranksters 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Arts &amp; crafts 2:00 Afternoon discussion group</p>	
<p><b>Tuesday</b></p> <p><b>Lunch:</b> Chicken fajita Onions Peppers Rice &amp; beans Strawberry shortcake</p>	<p>9:30 Tabletop activities 10:30 Facts and fun 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Musical talents of PE James 2:00 Color art</p>	
<p><b>Wednesday</b></p> <p><b>Lunch:</b> Pot Roast, gravy Boiled potatoes Carrots Frosted cake</p>	<p>9:30 Tabletop activities 10:30 Knowledge is power 11:00 Yoga Wendy 12:30 Silver sneakers 1:00 Sensory club 2:00 Afternoon discussion group</p>	
<p><b>Thursday</b></p> <p><b>Lunch:</b> Roast pork, sweet Potatoes, broccoli watermelon</p>	<p>9:30 Tabletop activities 10:30 Happy Historians 11:00 Yoga Wendy 12:30 Silver sneakers 1:00 Book club 2:00 Color art</p>	
<p><b>Friday</b></p> <p><b>Lunch:</b> Hamburger, roll, mustard, lettuce, tomato, baked beans, Tropical fruit</p>	<p>9:30 Tabletop activities 10:30 Geography club 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Map club 2:00 Movie matinee</p>	

**Note:** Coffee/tea social begins at 8:00 daily. Lunch served at 12:00. Afternoon snack & chat daily. Group Activities and 1:1 interaction occur daily. Color art, word search, crossword puzzles, newspaper, magazines, table games are available throughout the day. Calendar is subject to change to better the needs of the participants.

# Activities calendar

April 8-12

Room: Sunshine

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> Chicken & Broccoli Alfredo, ziti Green beans, pudding	9:30 Tabletop activities 10:30 Knowledge is power <b>11:00</b> Yoga with Wendy 12:30 Silver sneakers 1:00 Arts & crafts 2:00 Color art	
<b>Tuesday</b> <b>Lunch:</b> Stuffed sole, lemon dill Sauce, Brussel sprouts,	9:30 Tabletop activities 10:30 This day in history 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Arts & crafts 2:00 Afternoon discussion group	
<b>Wednesday</b> <b>Lunch:</b> Meat lasagna, tomato Sauce, Italian blend Cup cake	9:30 Tabletop activities 10:30 Happy historians 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Music with Bill 2:00 Color art	
<b>Thursday</b> <b>Lunch:</b> Country fried chicken White gravy, carrots, Mashed potato, fruit cup	9:30 Tabletop activities 10:30 Joke of the day 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Crafting corner 2:00 Afternoon discussion group	
<b>Friday</b> <b>Lunch:</b> Mac n Cheese, stewed Tomatoes, ice cream	9:30 Tabletop activities 10:30 Good stories on Friday 1:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Map club 2:00 Movie matinee	

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# Activities calendar

April 15-19

Room: Sunshine

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> Sweet & sour Chicken, stir fried rice Asian style veg, peaches	9:30 Tabletop activities 10:30 What is Earth Day? 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Arts & crafts 2:00 Afternoon discussion	
<b>Tuesday</b> <b>Lunch:</b> Spaghetti & meatballs Tomato sauce, salad Dressing, cookies	9:30 Tabletop activities 10:30 Knowledge is power 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Balloon wars 2:00 Color art	
<b>Wednesday</b> <b>Lunch:</b> Roast turkey, gravy Mashed potato Butternut squash Tropical fruit	9:30 Tabletop activities 10:30 Friends & conversation 11:00 Morning exercise 12:30 Silver sneakers 1:00 The musical talents of Clyde	
<b>Thursday</b> <b>Lunch:</b> Meatloaf, gravy, mashed Potato, carrots, brownies	9:30 Tabletop activities 10:30 Weather report 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Recipe club 2:00 Afternoon discussion group	
<b>Friday</b> <b>Lunch:</b> Pizza, salad, dressing Fruited Jell-o	9:30 Tabletop activities 10:30 Friends & conversation 11:00 Morning exercise 12:30 Silver sneakers 1:00 Pretty hands 2:00 Friday movie matinee	

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# Activities calendar

April 22-26

Room: Sunshine

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> Salisbury steak, onion Gravy, mashed potato, Green beans, fruit cocktail	9:30 Tabletop activities 10:30 Book club 11:00 Yoga with Wendy 12:30 Walking on Sunshine 1:00 Fun with Clay pots 2:00 Afternoon discussion group	
<b>Tuesday</b> <b>Lunch:</b> Chicken cordon bleu, Supreme sauce, wild rice Broccoli, carrot cake	9:30 Tabletop activities 10:30 Joke of the day 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Arts & crafts 2:00 Color art	
<b>Wednesday</b> <b>Lunch:</b> Baked fish, tartar sauce Baked potato, peas & Carrots, Pears	9:30 Tabletop activities 10:30 National days 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Active games 2:00 Afternoon discussion group	
<b>Thursday</b> <b>Lunch:</b> Swedish meatballs Ziti, veg blend, Coffee cake	9:30 Tabletop activities 10:30 Weather report 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Celebrating national earth day 2:00 Color art	
<b>Friday</b> <b>Lunch:</b> Pulled pork, roll Potato salad Coleslaw, pudding	9:30 Tabletop activities 10:30 Book club 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Map club 2:00 Friday movie memories	

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April 29-May 3

Room: Sunshine

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<b>Monday</b> <b>Lunch:</b> Ham steak, pineapple sauce, mashed potatoes, carrots Ice cream sandwich	9:30 Tabletop activities 10:30 Topics with friends 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 The musical talents of Terry 2:00 Afternoon discussion group	
<b>Tuesday</b> <b>Lunch:</b> Turkey pot pie Salad Dressing	9:30 Tabletop activities 10:30 Book club 11:00 Yoga with Wendy 12:30 Silver sneakers 1:00 Arts & crafts 2:00 Color art	
<b>Wednesday</b> <b>Lunch:</b>		PLEASE SEE MAY CALENDAR
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Reducing caregiver Stress: National Stress Awareness Month	4/11/24 3:30-4:30pm	288 Grove Street Worcester, Ma.	Martha Douty 508-852-2026	Grove Street
Living comfortable as a flawed human being & caregiver	4/25/24 2:00-3:00pm	55 Cinema Blvd. Leominster, Ma.	Donna Ferro 978-401-3100	Leominster
How to use music to connect	4/16/24 2:00-3:00pm	101 Wason Ave Springfield, Ma.	Liz Ciak 413-272-6192	Springfield
Feeling stressed And Blessed	4/17/24 2:00-3:00pm	1081 Varnum Ave. Lowell, Ma.	Maura Ammon 978-427-6823	Lowell

## Tip of the month:

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# Activities calendar

April 1-5

Room: Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> Stuffed cabbage Tomato sauce White rice Mixed vegetable Sherbet	9:30 Tabletop activities 10:30 History's Biggest Pranks & Pranksters 11:00 Belly dancing 101 12:30 Roller skate races 1:00 First Class of sky diving 2:00 Afternoon discussion group	
<b>Tuesday</b> <b>Lunch:</b> Chicken Fajita, onions, Peppers, rice & beans Mild sauce Strawberry shortcake	9:30 Tabletop activities 10:30 Discussion group 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Musical talents of PE James 2:00 Trivia challenge	
<b>Wednesday</b> <b>Lunch:</b> Pot roast, gravy Boiled potatoes Carrots Frosted cake.	9:30 Tabletop activities 10:30 What do they have in common. 11:00 Morning exercise & Yoga Wendy 12:30 Silver sneakers 1:00 Crossword puzzles 2:00 Trivia challenge	
<b>Thursday</b> <b>Lunch:</b> Roast pork, sweet Potatoes Broccoli watermelon	9:30 Tabletop activities 10:30 Discussion group 11:00 Morning exercise & Yoga Wendy 12:30 Silver sneakers 1:00 Trivia Pursuit 2:00 Retro tv	
<b>Friday</b> <b>Lunch:</b> Hamburger, roll, mustard ketchup, lettuce & tomato Baked beans, fruit	9:30 Tabletop activities 10:30 Person, place or thing 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo & crafts 2:00 Movie matinee	Happy Birthday Julia

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# Activities calendar

April 8-12

Room: Summit

	Activities	Extras
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<b>Tuesday</b> <b>Lunch:</b> Stuffed sole Lemon dill sauce Brussel sprouts Oven roast potatoes	9:30 Tabletop activities 10:30 March in history 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo 2:00 Afternoon discussion group	
<b>Wednesday</b> <b>Lunch:</b> Meat lasagna Tomato sauce Italian blend veg cupcake	9:30 Tabletop activities 10:30 20 Questions 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Musical talents of Bill 2:00 Road trip	
<b>Thursday</b> <b>Lunch:</b> Country fried chicken White gravy, carrots, Mashed potato Fruit cup	9:30 Tabletop activities 10:30 Discussion group 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Wheel of Fortune 2:00 Retro TV	
<b>Friday</b> <b>Lunch:</b> Mac n cheese Stewed tomatoes Ice cream treat	9:30 Tabletop activities 10:30 20 questions 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo & crafts 2:00 Movie matinee	<b>Happy Birthday</b> Betty

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# Activities calendar

April 15-19

Room: Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> Sweet n sour chicken stir fried rice	9:30 Tabletop activities 10:30 What is Earth Day? 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo 2:00 Afternoon discussion	
<b>Tuesday</b> <b>Lunch:</b> Spaghetti & meatballs Tomato sauce, salad Dressing, cookies	9:30 Tabletop activities 10:30 Cranium crunches 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Wheel of fortune 2:00 Movie memories	
<b>Wednesday</b> <b>Lunch:</b> Roast turkey, gravy Mashed potato Butternut squash Tropical fruit	9:30 Tabletop activities 10:30 Wacky wordies 11:00 Morning exercise /Yoga with Wendy 12:30 Silver sneakers 1:00 The musical talents of Clyde	
<b>Thursday</b> <b>Lunch:</b> Meatloaf gravy, Mashed potato, carrots Brownies	9:30 Tabletop activities 10:30 Classic riddles 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Jeopardy 2:00 Retro TV	
<b>Friday</b> <b>Lunch:</b> Pizza, tossed salad, Dressing, fruited Jell-o	9:30 Tabletop activities 10:30 Person, place and thing 11:00 Morning exercise/yoga with Wendy 12:30 Silver sneakers 1:00 Bingo/ Happy Crafters 2:00 Music appreciation	

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# Activities calendar

April 22- 26

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	Activities	Extras
<b>Monday</b> <b>Lunch:</b> Salisbury steak, Onion gravy, mashed Potato, green beans Fruit cocktail	9:30 Tabletop activities 10:30 What is Earth day 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo 2:00 Afternoon discussion group	
<b>Tuesday</b> <b>Lunch:</b> Chicken cordon bleu Supreme sauce, wild rice Broccoli, carrot cake	9:30 Tabletop activities 10:30 Fact or fiction 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Not just bingo 2:00 Pub trivia	
<b>Wednesday</b> <b>Lunch:</b> Baked fish, tartar sauce Baked potato, Peas & carrots, Pears	9:30 Tabletop activities 10:30 Name that music group 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Hangman 2:00 Afternoon discussion group	Men's Club at 1pm
<b>Thursday</b> <b>Lunch:</b> Swedish meatballs Ziti, veg blend Coffee cake	9:30 Tabletop activities 10:30 Discussion group 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Jeopardy 2:00 Music appreciation	Happy Birthday Mario
<b>Friday</b> <b>Lunch:</b> Pulled pork roll, potato Salad, coleslaw pudding	9:30 Tabletop activities 10:30 Who am I 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo/crafts 2:00 Friday trivia	Happy Birthday Linda

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Room: Summit

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<b>Tuesday</b> <b>Lunch:</b> Turkey Pot Pie Salad, dressing Peach Melba	9:30 Tabletop activities 10:30 Test your knowledge 11:00 Morning exercise & Yoga with Wendy 12:30 Silver sneakers 1:00 Bingo 2:00 Arm chair travel	
<b>Wednesday</b> <b>Lunch:</b>		PLEASE SEE MAY CALENDAR
<b>Thursday</b> <b>Lunch:</b>		PLEASE SEE MAY CALENDAR
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