

# 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.

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 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**

1081 Varnum Ave., Lowell, MA 01854

**1-978-427-6810 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Supervisor, Recreational Activities: Deborah Harding: 1-978-427-6812

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

Transportation service: Need A Lift Medivan: 1-978-649-6568

# 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
Feeling Stressed and Blessed!	4/17/24 2:3 pm	1081 Varnum Ave. Lowell, MA	Maura Ammon (978) 427-6823	Lowell
Reducing caregiver stress: National Stress Awareness Month	4/11/24 3:30-4:30	288 Grove Street Worcester, MA	Martha Douty (508) 852-2026	Grove St.
Caregiver tools and community resources to reduce stress and increase	4/9/2024 3:00 – 4:30	108 Thompson Rd Webster, MA	Bessie Bechthold (774) 317-6700	Webster
How to use music to connect	4/16/24 2-3 pm	101 Wason Ave Springfield, MA	Liz Ciak (413) 272-6192	Springfield
Living comfortably as a flawed human being & caregiver!	4/25/24 2:00 – 3:00	55 Cinema Blvd Leominster, MA	Donna Ferro (978) 401-3100	Leominster

## Tip of the month:

**Maintain your sense of humor.** *Use humor whenever possible, though 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, 2024

Room: Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> <b>Beef Tips, Gravy, mashed pot, fruited gelatin</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Popcorn & a Movie 2:00 Participants Choice	<b>MEDITATION 11:30 Library</b>  <b>Pet Judging Starts Today</b>
<b>Tuesday</b> <b>Lunch:</b> <b>Macaroni &amp; Cheese, peas &amp; pearl onions, lemon pudding</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Name That Star 2:00 Participants Choice	<b>Pet Judging</b>
<b>Wednesday</b> <b>Lunch:</b> <b>Baked Chicken, buttered carrots, cake</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participants Choice	<b>Happy Birthday Mark</b>  <b>Pet Judging</b>
<b>Thursday</b> <b>Lunch:</b> <b>Meat sauce &amp; Spaghetti, buttered pasta, watermelon</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Family Feud 2:00 Participants Choice	<b>Happy Birthday Sarah</b>  <b>Pet Judging</b>
<b>Friday</b> <b>Lunch:</b> <b>Fried Fish w/ Lemon, mashed pot, peaches</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Longwords ( <b>SPRINGTIME</b> ) 2:00 Participant Choice	<b>Pet Judging</b>  <b>11:00 Men's Group Library</b>

**Note:**

9:30 Coffee Club & Morning Gathering  
 12:00 Lunch  
 1:30 Snack Time

**Always Available:** Crafts, painting, board games, cards, puzzles, word puzzles, books, movies, coloring, magazines, computers, hand held games

**Just Ask any Activity Staff**

\* Calendar is subject to change\*

# Activities calendar

April 8 – 12, 2024

**Room:** Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> <b>Lemon Pepper Chicken Breast, pasta salad, Choc pudding</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary/ <b>Visit with Tony</b> 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	<b>Pet Judging</b> <b>MEDITATION 11:30 Library</b>
<b>Tuesday</b> <b>Lunch:</b> <b>Shredded Pork on a Bun, sweet potato fries, peaches</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Popcorn & a Movie 2:00 Participant Choice	<b>Happy Birthday Pauline G, Pauline R</b> <b>Pet Judging</b> <b>RED SOX OPENING DAY</b> <b>Wear your TEAM Colors</b>
<b>Wednesday</b> <b>Lunch:</b> <b>Tortellini Alfredo w/ shrimp, brussel sprouts, vanilla pudding</b>	10:00 Exercise 10.30 <b>Nature Connection</b> 11:00 Rosary 11:00 Music Request Hour 1:00 20 Questions 2:00 Participant Choice	<b>Pet Judging</b>
<b>Thursday</b> <b>Lunch:</b> <b>Beef Lasagna, salad, lemon cake</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Umbrella Racing 2:00 Participant Choice	<b>Pet Judging</b>
<b>Friday</b> <b>Lunch:</b> <b>Honey Baked Fish, mashed pot, watermelon</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	<b>Happy Birthday Eric (4/14)</b> <b>Pet Judging</b> <b>11:00 Men's Group Library</b>

**Note:**

9:30 Coffee Club & Morning Gathering  
 12:00 Lunch  
 1:30 Snack Time

**Always Available:** Crafts, painting, board games, cards, puzzles, word puzzles, books, movies, coloring, magazines, computers, hand held games

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# Activities calendar

April 15 – 19, 2024

Room: Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> <b>Baked Chicken, butternut squash, blueberry crisp</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Longwords( <b>PRECIPITATION</b> ) 2:00 Participant Choice	<b>Pet Winners Announced Today</b>  <b>MEDITATION 11:30 Library</b>
<b>Tuesday</b> <b>Lunch:</b> <b>Chicken Parmesan, buttered penne, choc cake</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	
<b>Wednesday</b> <b>Lunch:</b> <b>Vegetable Lasagna, salad, snickerdoodle</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 <b>Volunteer Appreciation</b> /Movie 2:00 Participant Choice	
<b>Thursday</b> <b>Lunch:</b> <b>Chicken, mashed pot, watermelon</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Joey B-Bop 2:00 Participant Choice	<b>Happy Birthday Carol</b>
<b>Friday</b> <b>Lunch:</b> <b>Oven Fried Fish, mashed pot, ice cream</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 April Hangman 2:00 Participant Choice	<b>Happy Birthday Arthur &amp; Paul</b>  <b>11:00 Men's Group Library</b>

**Note:**

9:30 Coffee Club & Morning Gathering  
 12:00 Lunch  
 1:30 Snack Time

**Always Available:** Crafts, painting, board games, cards, puzzles, word puzzles, books, movies, coloring, magazines, computers, hand held games  
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# Activities calendar

April 22 – 26, 2024

Room: Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> <b>Rosemary Garlic Chicken, mashed pot, baked apples</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	<b>MEDITATION 11:30 Library</b>
<b>Tuesday</b> <b>Lunch:</b> <b>Pasta Primavera with Shrimp, lemon pudding</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 <b>Nature Connection</b> 2:00 Participant Choice	
<b>Wednesday</b> <b>Lunch:</b> <b>Stuffed Bell Pepper, zucchini, peaches</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Table Games 2:00 Participant Choice	
<b>Thursday</b> <b>Lunch:</b> <b>Turkey w/ Gravy, Cran Sauce, mashed pot, Vanilla Pudding</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Popcorn & a Movie 2:00 Participant Choice	<b>Happy Birthday Izzy</b>
<b>Friday</b> <b>Lunch:</b> <b>Oven Fried Fish, mashed pot, strawberries</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 <b>Participant Council</b> /Bingo 2:00 Participant Choice	<b>Happy Birthday Linda (4/27)</b>  <b>11:00 Men's Group Library</b>

**Note:**

9:30 Coffee Club & Morning Gathering  
 12:00 Lunch  
 1:30 Snack Time

**Always Available:** Crafts, painting, board games, cards, puzzles, word puzzles, books, movies, coloring, magazines, computers, hand held games

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# Activities calendar

April 29 – 30, 2024

Room: Summit

	Activities	Extras
<b>Monday</b> <b>Lunch:</b> <b>Beef Tips w/ Gravy, mashed pot, fruited gelatin</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary/ <b>Visit with Tony</b> 11:00 Music Request Hour 1:00 Popcorn & a Movie 2:00 Participant Choice	<b>MEDITATION 11:30 Library</b>
<b>Tuesday</b> <b>Lunch:</b> <b>Macaroni &amp; Cheese, peas &amp; pearl onions, lemon pudding</b>	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	
<b>Wednesday</b> <b>Lunch:</b>		
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday</b> <b>Lunch:</b>		

**Note:**

9:30 Coffee Club & Morning Gathering  
 12:00 Lunch  
 1:30 Snack Time

**Always Available:** Crafts, painting, board games, cards, puzzles, word puzzles, books, movies, coloring, magazines, computers, hand held games

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