

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 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).

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.

Topic	Date/Time	Location	Contact	Sponsoring site
Spring and Self Care	3/20/24 2-3pm	1081 Varnum Ave. Lowell, MA	Maura Ammon (978) 427-6823	Lowell
		288 Grove Street Worcester, MA	Martha Douty (508) 852-2026	Grove St.
Good self-care to recharge and renew with the changing season	3/12/24 3-4:30pm	108 Thompson Rd Webster, MA	Bessie Bechthold (774) 317-6700	Webster
Being more mindful	3/19/24 2-3pm	101 Wason Ave Springfield, MA	Liz Ciak (413) 272-6192	Springfield
Spring & Extended Daylight are Right around the Corner!	3/28/24 2-3pm	55 Cinema Blvd Leominster, MA	Donna Ferro (978) 401-3100	Leominster

Tip of the month:

Activities calendar

March 1, 2024

Room: Summit

	Activities	Extras
Monday Lunch:		
Tuesday Lunch:		
Wednesday Lunch:		
Thursday Lunch:		
Friday 1 Lunch: Oven fried fish, mashed potatoes, snickerdoodle	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	Happy Birthday Cynthia Ken (3/3) 11:00 Men's Group Library

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

March 4 – 8, 2024

Room: Summit

	Activities	Extras
Monday 4 Lunch: Stuffed peppers, salad, blueberry crisp	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	MEDITATION 11:30 Library CRAFT WEEK
Tuesday 5 Lunch: Rosemary chicken, garden rice, vanilla pudding	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	Happy Birthday Chun Sil CRAFT WEEK
Wednesday 6 Lunch: Spaghetti & meat sauce, broccoli, chocolate pudding	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Shamrock Races 2:00 Participant Choice	Happy Birthday Lillian CRAFT WEEK
Thursday 7 Lunch: Baked chicken, rice, rice pudding	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	CRAFT WEEK
Friday 8 Lunch: Ritz crumb fish, rice Florentine, ice cream	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Longwords (SHAMROCK) 2:00 Participant Choice	Happy Birthday MJ (3/9) Donata (3/9) 11:00 Men's Group Library CRAFT WEEK

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Activities calendar

March 11 – 15, 2024

Room: Summit

	Activities	Extras
Monday 11 Lunch: Chicken scampi, Herb rice, Strawberry Mouse	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	MEDITATION 11:30 Library
Tuesday 12 Lunch: Turkey w/ gravy, mashed potatoes, canned fruit	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	Happy Birthday Louise
Wednesday 13 Lunch: Cheese ravioli with sauce, Italian veggies, strawberry short cake	10:00 Exercise 10.30 Nature Connection 11:00 Rosary 11:00 Music Request Hour 1:00 Table Games 2:00 Participant Choice	Happy Birthday Vilma
Thursday 14 Lunch: Chicken & broccoli alfredo, unfrosted cake	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Name That Star 2:00 Participant Choice	
Friday 15 Lunch: Honey baked fish, mashed potatoes, peaches	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	11:00 Men's Group Library

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Activities calendar

March 18 - 22, 2024

Room: Summit

	Activities	Extras
Monday 18 Lunch: Chicken & Broccoli Alfredo, Pineapple chunks	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 St Partick's Day Party 2:00 Participant Choice	MEDITATION 11:30 Library
Tuesday 19 Lunch: Curried chicken, mashed potatoes, pumpkin mousse	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Memorial Service 2:00 Participant Choice	
Wednesday 20 Lunch: Baked salmon, scalloped potatoes, unfrosted cake	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	Happy Birthday Yvette
Thursday 21 Lunch: Apple Baked Pork Chop w/ Gravy, rice, chocolate pudding	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	
Friday 22 Lunch: Oven fried fish, mashed potatoes, ice cream	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 March Hangman 2:00 Participant Choice	Happy Birthday Carmen 11:00 Men's Group Library

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Activities calendar

March 25 – 29, 2024

Room: Summit

	Activities	Extras
Monday 25 Lunch: Beef tips w/ mushrooms, rice, angel cake	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Longwords (RESURRECTION) 2:00 Participant Choice	MEDITATION 11:30 Library
Tuesday 26 Lunch: Baked chicken, mashed potatoes, unfrosted banana cake	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Nature Connection 2:00 Participant Choice	
Wednesday 27 Lunch: Mac & cheese, California blend veggies, country apple dessert	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Bingo 2:00 Participant Choice	
Thursday 28 Lunch: Chicken Parm, penne, canned fruit	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Participant Council/ Movie 2:00 Participant Choice	
Friday 29 Lunch: Oven fried fish, mashed potatoes, snickerdoodle	10:00 Exercise 10.30 Pathway to Fitness (Walking) 11:00 Rosary 11:00 Music Request Hour 1:00 Easter Service/ Bingo 2:00 Participant Choice	Happy Birthday William Carolyn Doris (3/30) 11:00 Men's Group Library

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