

# 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**

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.

**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 & increase Networking	April 9 From 3:00 to 4:30	108 Thompson Rd Webster, MA	Bessie Bechthold 1-774- 317-6700	Webster
Reducing caregiver stress: National Stress Awareness Month	April 11 From 2:00 to 3:30	288 Grove Street Worcester, MA	Martha Douty 1-508 852-2026	Worcester
Living Comfortably as a Flawed Human Being & Caregiver	April 25 From 2:00 to 3:00	55 Cinema Blvd Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
How to Use Music to Connect	April 16 From 2:00 - 3:00	101 Wason Ave Springfield, MA	Liz Ciak 1-413-272-6192	Springfield
Feeling Stressed and Blessed?!	April From 2:00 – 3:00	1081 Varnum Ave. Lowell, MA	Maura Ammon 1-978-427-6823	Lowell

## Tip of the month:

**Maintain you 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: LAKESIDE

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b> Stuffed Cabbage, White Rice, Mixed Vegetables and Sherbet	9:30 Sing-a-long 10:30 April Fools Day Pranks 11:00 Morning Stretch 12:30 <b>101<sup>ST</sup> Birthday Parade!</b> 1:30 <b>Celebration!!!</b> 2:00 Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Mary K!</b>	
<b>Tuesday</b>  <b>Lunch:</b> Chicken Fajitas, Onions, Peppers, Rice & Beans, Mild Sauce and Strawberry Shortcake	9:30 Looking Up At Trees Art 10:30 Poems About Trees 11:00 Morning Stretch 12:30 April Sensory Kit 1:30 Scottish Folk Tales 2:00 Discussion Group		
<b>Wednesday</b>  <b>Lunch:</b> Pot Roast, Gravy, Boiled Potatoes, Carrots and Frosted Cake	9:30 Spring Craft 10:30 Spring Flower Trivia 11:00 Morning Stretch 12:30 Bingo 1:30 Funny Baby Videos 2:00 Discussion Group	<b>Men's Group 1:00</b>	
<b>Thursday</b>  <b>Lunch:</b> Roast Pork, Sweet Potatoes, Broccoli and Watermelon	9:30 Chat Pack 10:30 Music Trivia 11:00 Morning Stretch 12:30 Team Volleyball 1:30 Karaoke 2:00 Discussion Group	<b>Mindfulness Group in the Library 1:00</b>	
<b>Friday</b>  <b>Lunch:</b> Hamburger, Roll, Lettuce, Tomato, Baked Beans and Tropical Fruit	9:30 Variety of Puzzles 10:30 Name 5 11:00 Morning Stretch 12:30 Word Jumble 1:30 You Be the Judge 2:00 Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Rose A! (7<sup>th</sup>)</b>	

**Note:** Coffee Social and Table Activities from 8 – 9:30.  
 Lunch is Served at Noon.  
 Small Group Activities from 3 – 5.  
 Sensory, 1:1, Walks with Staff and Individual Activities Available Throughout the Day

# Activities calendar

APRIL 8 – 12, 2024

Room: LAKESIDE

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b>  Chicken & Broccoli Alfredo, Ziti, Green Beans and Pudding	9:30 10:30 11:00 12:30 1:00 2:00	Spa Sensory Hand Massages Morning Stretch Giggles in the Garden Twister Toss Discussion Group	<b>MEN'S GROUP 10:30</b>
<b>Tuesday</b>  <b>Lunch:</b>  Stuffed Sole, Lemon Dill Sauce, Brussel Sprouts, Oven Roasted Potatoes, & Mandarin Oranges	9:30 10:30 11:00 12:30 1:00 2:00	Good News Only! Earth Day Discussion Morning Stretch Virtual Trip to Scotland Who Am I? Discussion Group	
<b>Wednesday</b>  <b>Lunch:</b>  Meat Lasagna, Italian Blend Vegetables, and a Cupcake	9:30 10:30 11:00 12:30 1:00 2:00	Short Story/Chat Name That Tune Morning Stretch Can You Picture This? Horseshoes Discussion Group	<b>HAPPY BIRTHDAY Russell B!</b>  <b>MEN'S GROUP 1:00</b>
<b>Thursday</b>  <b>Lunch:</b>  Country Fried Chicken Steak, White Gravy, Carrots, Mashed Potatoes and Fruit Cup	9:30 10:30 11:00 12:30 1:30 2:00	Higher or Lower Memory Game Morning Stretch Bingo Funny Movie Clips Discussion Group	<b>Mindfulness Group in the Library 1:00</b>
<b>Friday</b>  <b>Lunch:</b>  Macaroni and Cheese, Stewed Tomatoes, and an Ice Cream Treat	9:30 10:30 11:00 12:30 1:30 2:00	Paper Umbrella Craft Singing in the Rain Songs Morning Stretch Walk on the Wild Side Volleyball to Music Discussion Group	<b>HAPPY BIRTHDAY Robert S. (13<sup>th</sup>) and Bonnie B (14<sup>th</sup>)!</b>

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Small Group Activities from 3 – 5.  
Sensory, 1:1, Walks with Staff and Individual Activities Available Throughout the Day

# Activities calendar

APRIL 15 – 19, 2024

Room: LAKESIDE

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b> Sweet & Sour Chicken, Stir Fried Rice, Asian Style Vegetables and Peaches	9:30 10:30 11:00 12:30 1:30 2:00	Price is Right April A - Z Morning Stretch Never Have I Ever True or False? Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Joan B!</b>  <b>MEN'S GROUP 10:30</b>
<b>Tuesday</b>  <b>Lunch:</b> Spaghetti & Meatballs, Salad and Cookies	9:30 10:30 11:00 12:30 1:00 2:00	Daily Chronicle Pass the Hat Morning Stretch <b>Entertainment!</b> <b>Terry Bradley!</b> Discussion Group	
<b>Wednesday</b>  <b>Lunch:</b> Roast Turkey, Gravy, Mashed Potatoes, Butternut Squash and Tropical Fruit	9:30 10:30 11:00 12:30 1:00 2:00	Craft Family Feud Morning Stretch Word Jumble Karaoke Discussion Group	<b>MEN'S GROUP 10:30</b>
<b>Thursday</b>  <b>Lunch:</b> Meatloaf, Gravy, Mashed Potatoes, Carrots and Brownies	9:30 10:30 11:00 12:30 1:00 2:00	Bird Sensory Activity Short Story Morning Stretch Travel to Scottish Highlands Soccer to Music Discussion Group	<b>Mindfulness Group in the Library 1:00</b>
<b>Friday</b>  <b>Lunch:</b> Pizza, Tossed Salad and Fruited Jell-O	9:30 10:30 11:00 12:30 1:30 2:00	Spring Zen Coloring Sing-a-long Morning Stretch Family Feud Movie Time Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Lula H!</b>

**Note:**

Coffee Social and Table Activities from 8 – 9:30.

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Small Group Activities from 3 – 5.

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# Activities calendar

APRIL 22 - 26, 2024

Room: LAKESIDE

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b> Salisbury Steak, Onion Gravy, Mashed Potato, Green Beans and Fruit Cocktail	9:30 10:30 11:00 12:30 1:30 2:00	Celebrating Earth Day Slide Show Morning Stretch Music with Instruments I Love Lucy Discussion Group	<b>MEN'S GROUP 10:30</b>
<b>Tuesday</b>  <b>Lunch:</b> Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake	9:30 10:30 11:00 12:30 1:30 2:00	Let's Plan a Garden 5 Second Rule Morning Stretch Bingo Virtual Trip to Bronx Zoo Discussion Group	<b>Mindfulness Group in the Library 1:00</b>
<b>Wednesday</b>  <b>Lunch:</b> Baked Fish, Baked Potato, Peas & Carrots and Pears	9:30 10:30 11:00 12:30 1:00 2:00	Spring Craft Let's Make a Deal Morning Stretch Mustang Day Slideshow America's Got Talent Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Ron Y!</b>
<b>Thursday</b>  <b>Lunch:</b> Swedish Meatballs, Ziti, Vegetable Blend and Coffee Cake	9:30 10:30 11:00 12:30 1:00 2:00	Arbor Day Trivia Horseshoes Morning Stretch <b>Entertainment!</b> <b>Wayne Paige!</b> Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Linda B and Jeanne J!</b>
<b>Friday</b>  <b>Lunch:</b> Pulled Pork, Roll, Potato Salad, Coleslaw and Pudding	9:30 10:30 11:00 12:30 1:00 2:00	Hand Massages Chicken Soup for the Soul Morning Stretch Polka Chair Dancing Basketball Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Carol P!</b>

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# Activities calendar

APRIL 29 – MAY 3, 2024

Room: LAKESIDE

	Activities		Extras
<b>Monday</b> <b>Lunch:</b> Ham Steak, Pineapple Sauce, Mashed Potatoes, Carrots and Ice Cream Sandwich	9:30 Painting 10:30 Ping Pong Ball Game 11:00 Morning Stretch 12:30 Bingo 1:30 Spring Songs 2:00 Discussion Group		<b>MEN'S GROUP 10:30</b>
<b>Tuesday</b> <b>Lunch:</b> Turkey Pot Pie, Salad and Peach Melba	9:30 Spa Sensory 10:30 Hand Massages 11:00 Morning Stretch 12:30 What Am I? 1:30 Dance Craze Chair Dancing 2:00 Discussion Group		
<b>Wednesday</b> <b>Lunch:</b>			<b>PLEASE SEE MAY CALENDAR</b>
<b>Thursday</b> <b>Lunch:</b>			<b>PLEASE SEE MAY CALENDAR</b>
<b>Friday</b> <b>Lunch:</b>			<b>PLEASE SEE MAY CALENDAR</b>

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Caregiver tools and community resources to reduce stress and increase	APRIL 9 FROM 3:00 – 4:30	108 Thompson Road, Webster, MA	Bessie Bechthold 1-774-317-6700	WEBSTER
Reducing caregiver stress: National Stress Awareness Month	APRIL 11 FROM 2:00 to 3:30	288 Grove Street Worcester, MA	Martha Douty 1-508-852-2026	WORCESTER
Living comfortably as a flawed human being & caregiver!	APRIL 25 FROM 2:00 – 3:30	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	LEOMINSTER
HOW TO USE MUSIC TO CONNECT	APRIL FROM 2:00-3:00	101 Wason Ave Springfield, MA	Liz Ciak 1-413- 272-6192	SPRINGFIELD
FEELING STRESSED AND BLESSED?	APRIL 17 FROM 2:00 – 3:00	1081 Varnum Ave. Lowell, MA	Maura Ammon 1-978- 427-6823	LOWELL

## 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> Stuffed Cabbage, White Rice, Mixed Vegetables and Sherbet	9:30 10:30 11:00 12:30 1:30 2:00	History's Biggest Pranks Scottish Virtual Tour Morning Stretch <b>101<sup>st</sup> Birthday Parade!</b> <b>Celebration!</b> Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Mary K!</b>
<b>Tuesday</b>  <b>Lunch:</b> Chicken Fajitas, Onions, Peppers, Rice & Beans, Mild Sauce and Strawberry Shortcake	9:30 10:30 11:00 12:30 1:30 2:00	Name 5 April IQ Morning Stretch Pokeno Good News Only Discussion Group	
<b>Wednesday</b>  <b>Lunch:</b> Pot Roast, Gravy, Boiled Potatoes, Carrots and Frosted Cake	9:30 10:30 11:00 12:30 1:30 2:00	Sean Connery Chat Movie Trivia Morning Stretch Bingo You Be the Judge Discussion Group	
<b>Thursday</b>  <b>Lunch:</b> Roast Pork, Sweet Potatoes, Broccoli and Watermelon	9:30 10:30 11:00 12:30 1:30 2:00	Where Am I? US Citizenship Questions Morning Stretch Bingo This or That Trivia Discussion Group	
<b>Friday</b>  <b>Lunch:</b> Hamburger, Roll, Lettuce, Tomato, Baked Beans and Tropical Fruit	9:30 10:30 11:00 12:30 1:30 2:00	Beaded Garden Stake ABCit/Sports Morning Stretch Stick Man Word Game Sing-a-long Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Rose A! (7<sup>th</sup>)</b>  <b>YARN GROUP 1:00</b>

**Note:** Coffee Social and Table Activities from 8:00 – 9:30.  
 Independent Activities, Library, Computers and 1:1 time with staff Available All Day.  
 Small Group Activities 3 – 5.  
**Please refer to Activity Menu on tables for list of additional activities that are available.**

# Activities calendar

APRIL 8 – 12, 2024

Room: SUMMIT

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b> Chicken & Broccoli Alfredo, Ziti, Green Beans and Pudding	9:30 10:30 11:00 12:30 1:30 2:00	Wacky Wordies April Riddle Jumble Morning Stretch Word Mining Funny Mix-Ups Discussion Group	<b>MEN'S GROUP 10:30</b>
<b>Tuesday</b>  <b>Lunch:</b> Stuffed Sole, Lemon Dill Sauce, Brussel Sprouts, Oven Roasted Potatoes, & Mandarin Oranges	9:30 10:30 11:00 12:30 1:30 2:00	Flower Craft Baby Boomers Memories Morning Stretch Bingo One More Time Skit Discussion Group	
<b>Wednesday</b>  <b>Lunch:</b> Meat Lasagna, Italian Blend Vegetables, and a Cupcake	9:30 10:30 11:00 12:30 1:30 2:00	Monthly Gazette Scotland Trivia Morning Stretch Bingo Spring Flowers A - Z Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Russell B!</b>  <b>MEN'S GROUP 1:00</b>
<b>Thursday</b>  <b>Lunch:</b> Country Fried Chicken Steak, White Gravy, Carrots, Mashed Potatoes and Fruit Cup	9:30 10:30 11:00 12:30 1:30 2:00	Catch and Release Talk Travel Brief Morning Stretch Volleyball Sports Bloopers Discussion Group	
<b>Friday</b>  <b>Lunch:</b> Macaroni and Cheese, Stewed Tomatoes, and an Ice Cream Treat	9:30 10:30 11:00 12:30 1:30 2:00	Spring Craft Concentration Morning Stretch Wheel of Fortune My First..... Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Robert S. (13<sup>th</sup>) and</b> <b>Bonnie B (14<sup>th</sup>)!</b>  <b>YARN GROUP 1:00</b>

**Note:** Coffee Social and Table Activities from 8:00 – 9:30.  
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# Activities calendar

APRIL 15 - 19, 2024

Room: SUMMIT

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b> Sweet & Sour Chicken, Stir Fried Rice, Asian Style Vegetables and Peaches	9:30 10:30 11:00 12:30 1:30 2:00	Remembering W. Cronkite Weather Fun Facts Morning Stretch Bingo Willie Nelson Trivia Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Joan B!</b>  <b>MEN'S GROUP 10:30</b>
<b>Tuesday</b>  <b>Lunch:</b> Spaghetti & Meatballs, Salad and Cookies	9:30 10:30 11:00 12:30 1:00 2:00	Pros and Cons List It Morning Stretch <b>Entertainment!</b> <b>Terry Bradley!</b> Discussion Group	
<b>Wednesday</b>  <b>Lunch:</b> Roast Turkey, Gravy, Mashed Potatoes, Butternut Squash and Tropical Fruit	9:30 10:30 11:00 12:30 1:30 2:00	Arbor Day Craft Planting Up a Storm! Morning Stretch Karaoke Summit's Got Talent! Discussion Group	<b>MEN'S GROUP 10:30</b>  <b>SUMMIT SINGERS 12:30</b>
<b>Thursday</b>  <b>Lunch:</b> Meatloaf, Gravy, Mashed Potatoes, Carrots and Brownies	9:30 10:30 11:00 12:30 1:30 2:00	What's Cooking? Chat Pack Morning Stretch Bingo Current Events Discussion Group	
<b>Friday</b>  <b>Lunch:</b> Pizza, Tossed Salad and Fruited Jell-O	9:30 10:30 11:00 12:30 1:30 2:00	Patriotic Wind Catcher Old Soldiers Never Die Morning Stretch San Antonio Fiesta Day Texas Songs Karaoke Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Lula H!</b>  <b>YARN GROUP 1:00</b>

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# Activities calendar

APRIL 22 - 26, 2024

Room: SUMMIT

	Activities		Extras
<b>Monday</b>  <b>Lunch:</b> Salisbury Steak, Onion Gravy, Mashed Potato, Green Beans and Fruit Cocktail	9:30 10:30 11:00 12:30 1:30 2:00	Earth Day Celebration Good News Only Morning Stretch Family Feud 5 Second Rule Discussion Group	<b>MEN'S GROUP 10:30</b>
<b>Tuesday</b>  <b>Lunch:</b> Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake	9:30 10:30 11:00 12:30 1:30 2:00	Ribbon and Lace Bookmark Earth Day Word Mining Morning Stretch Bingo 100,00 Pyramid Discussion Group	
<b>Wednesday</b>  <b>Lunch:</b> Baked Fish, Baked Potato, Peas & Carrots and Pears	9:30 10:30 11:00 12:30 1:30 2:00	Spring Crafts Summit Singers Morning Stretch Bingo 2 Truths, 1 Lie Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Ron Y!</b>  <b>MEN'S GROUP 1:00</b>
<b>Thursday</b>  <b>Lunch:</b> Swedish Meatballs, Ziti, Vegetable Blend and Coffee Cake	9:30 10:30 11:00 12:30 1:00 2:00	Mark Hearald Collage Mark Hearald Bio Morning Stretch <b>Entertainment!</b> <b>Wayne Paige!</b> Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Linda B and Jeanne J!</b>
<b>Friday</b>  <b>Lunch:</b> Pulled Pork, Roll, Potato Salad, Coleslaw and Pudding	9:30 10:00 10:30 12:30 1:30 2:00	Word Pyramid Memory Game Morning Stretch Pokeno Believe It or Not! Discussion Group	<b>HAPPY BIRTHDAY</b> <b>Carol Punch!</b>  <b>YARN GROUP 1:00</b>

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# Activities calendar

APRIL 29 – MAY 3, 2024

Room: SUMMIT

	Activities		Extras
<b>Monday</b> <b>Lunch:</b> Ham Steak, Pineapple Sauce, Mashed Potatoes, Carrots and Ice Cream Sandwich	9:30 Famous Phrases 10:30 Wheel of Fortune 11:00 Morning Stretch 12:30 Bingo 1:30 Borrowed Laundry Skit 2:00 Discussion Group		<b>MEN'S GROUP 10:30</b>
<b>Tuesday</b> <b>Lunch:</b> Turkey Pot Pie, Salad and Peach Melba	9:30 Memory Table 10:30 May A - Z 11:00 Morning Stretch 12:30 Bingo 1:30 Chat Pack 2:00 Discussion Group		
<b>Wednesday</b> <b>Lunch:</b>			<b>PLEASE SEE MAY CALENDAR</b>
<b>Thursday</b> <b>Lunch:</b>			<b>PLEASE SEE MAY CALENDAR</b>
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