

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
Caregiver tools and community resources to reduce stress and increase networking	4/9/24 2:00-3:30PM	108 Thompson Road 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!	4/25/23 2:00-3:00PM	55 Cinema Boulevard 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, 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 1st-5th

Room: Summit

	Activities		Extras
Monday Lunch: Stuffed Cabbage, Tomato Sauce, White Rice, Mixed Veggies Sherbert	9:30 10:00 10:30 12:45 1:15 2:30	Morning Greetings and Jokes Daily Chronicle & Horoscopes Poken-O Fitness Fun Fact Or Foolish Trivia Tabletop Variety	Clashing Fashion for April Fools! <i>Wear your best mismatched outfits to celebrate this day of laughs.</i>
Tuesday Lunch: Chicken Fajita W/ Onions and Peppers Rice & Beans Strawberry Shortcake	9:30 10:00 10:30 12:45 1:15 2:30	Morning Greetings and Music Daily Chronicle & Horoscopes Bingo Boogie Down Exercise Afternoon Word Games Tabletop Variety	Wearing Blue For Autism Awareness Day. <i>For More Information see Below</i> https://www.autismspeaks.org/
Wednesday Lunch: Pot Roast W/ Gravy Boiled Potatoes Carrots Frosted Cake	9:30 10:00 10:30 12:45 1:15 2:30	Morning Greetings and Music Daily Chronicle & Horoscopes Find The Rhyme-O Fitness Fun National Poetry Month Chats Tabletop Variety	
Thursday Lunch: Roast Pork W/ Gravy Sweet Potatoes Broccoli Watermelon	9:30 10:00 10:30 12:45 1:15 2:30	Morning Greetings and Music Daily Chronicle & Horoscopes Bingo Music and Movement Mystery Auction! Tabletop Variety	
Friday Lunch: Hamburgers W/ Fixings Baked Beans Tropical Fruit	9:30 10:00 10:30 12:45 1:15 2:30	Morning Greetings and Music Daily Chronicle & Horoscopes Vinyl Records and Variety Armchair Swimming Milk Shake Social	

Note: Coffee/Tea Social begins at 8:00 daily. Lunch served at 12:00 and set-up begins at 11:30. Afternoon snack & chat daily at 2:00 Group activities, independent activities and 1-1 interactions occur daily. Color art, word search, newspaper and the computer are available throughout the day. This calendar is subject to change.

Activities calendar

April 8th-12th

Room: Summit

	Activities		Extras
Monday Lunch: Chicken & Broccoli Alfredo W/ Ziti Green Beans Pudding	9:30 10:00 10:30 12:45 1:15 2:30	Morning Variety Daily Chronicle & Horoscope Bingo! Live Music With David B.	
Tuesday Lunch: Stuffed Sole W/ Lemon Dill Sauce, Brussel Sprouts, Roasted Potatoes, Mandarin Oranges	9:30 10:00 10:30 12:45 1:15 2:30	Morning Salutations Daily Chronicle & Horoscope Grand Slam Trivia! Warm Up Stretches Balloon Run Derby	<i>Fenway Opening Day</i> <i>Red Sox Wear Encouraged For Fans</i>
Wednesday Lunch: Meat Lasagna Italian Veggies Cupcake	9:30 10:00 10:30 12:45 1:15 2:30	Tabletop Variety Daily Chronicle & Horoscope Bingo Noodle Fitness Karaoke Big Screen	Bible Study With Mabel 10:30 AM Large Conference Room
Thursday Lunch: Country Fried Chicken Steak W/ Gravy, Carrots, Mashed Potatoes Fruit Cup	9:30 10:00 10:30 12:45 1:15 2:30	Morning Music Daily Chronicle & Horoscope High, Low Card Game Exercise and Walking Club Crafts and Variety	
Friday Lunch: Mac + Cheese Stewed Tomatoes Ice Cream Treat	9:30 10:00 10:30 12:45 1:15 2:30	AM Chats on This N That Daily Chronicle & Horoscope Bingo Fitness Fun Bean Bag Trivia	

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Activities calendar

April 15th-19th

Room: Summit

	Activities		Extras
Monday Lunch: Sweet & Sour Chicken Stir Fried Rice Asian Style Veggies Peaches	9:30 10:00 10:30 12:45 1:15 2:30	AM Salutations Daily Chronicle & Horoscope Yarn Art Warm-up Stretches Volleyball Fun	
Tuesday Lunch: Spaghetti & Meatballs W/ Tomato Sauce Salad Cookies	9:30 10:00 10:30 12:45 1:15 2:30	Tabletop Variety Daily Chronicle & Horoscope Bingo Sit Down Swim-ercise Tabletop Team Trivia	
Wednesday Lunch: Roast Turkey W/ Gravy Mashed Potatoes Butternut Squash Tropical Fruit	9:30 10:00 10:30 12:45 1:00 2:00	AM Music Daily Chronicle & Horoscope Group Dice Games Boogie Fitness Deal Or No Deal	
Thursday Lunch: Meatloaf W/ Gravy Mashed Potatoes Carrots Brownies	9:30 10:00 10:30 12:45 1:15 2:30	Word Searches and More Daily Chronicle & Horoscope Bingo Armchair Boxing Spring-A-Long Sing-A-Long	
Friday Lunch:	9:30 10:00 10:30 12:45 1:15 2:30	Morning Salutations Daily Chronicle & Horoscope Poken-O Cooking Club: Healthy Spring Treats	

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Activities calendar

April 22nd-26th

Room: Summit

	Activities		Extras
Monday Lunch: Salisbury Steak W/ Onion Gravy, Mashed Potatoes, Green Beans Fruit Cocktail	9:30 10:00 10:30 12:45 1:15 2:30	Music and Chit Chats Daily Chronicle & Horoscope Bingo Boogie Down Fitness Green Thumbs For Earth Day Tabletop Variety	<i>Dress in Green and Florals For Earth Day!</i>
Tuesday Lunch: Chicken Cordon Bleu W/ Supreme Sauce, White Rice, Broccoli Carrot Cake	9:30 10:00 10:30 12:45 1:15 2:30	AM Tunes Daily Chronicle & Horoscope Around The World Trivia Armchair Boxing Yahtzee!	
Wednesday Lunch: Baked Fish W/ Tartar Sauce, Baked Potatoes Peas & Carrots Pears	9:30 10:00 10:30 12:45 1:15 2:30	Morning Salutations Daily Chronicle & Horoscope Poken-O Exercise and Walking Club Floral Crafts	Bible Study With Mabel 10:30 AM Large Conference Room
Thursday Lunch: Swedish Meatballs W/ Ziti Veggie Blend Coffee Cake	9:30 10:00 10:30 12:45 1:15 2:30	Tabletop Variety Daily Chronicle & Horoscope Bingo Noodle To Fitness Karaoke and Cards	
Friday Lunch: Pulled Pork Sandwich Potato Salad Cole Slaw Pudding	9:30 10:00 10:30 12:45 1:15 2:30	Chit Chats n What Not Daily Chronicle & Horoscope Name The Band-O Music and Movement Roll A Memory	

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Activities calendar

April 29th-30th

Room: Summit

	Activities		Extras
Monday Lunch: Ham Steak W/ Pineapple Sauce Mashed Potatoes, Carrots	9:30 10:00 10:30 12:45 1:15 2:30	Morning Salutations Daily Chronicle & Horoscope Bingo Thera-Band Fitness Cooking Club	
Tuesday Lunch: Turkey Pot Pie Salad Peach Melba	9:30 10:00 10:30 12:45 1:15 2:30	Morning Music Daily Chronicle & Horoscope Poken-O Fitness Fun Kite Crafts	
Wednesday Lunch: SEE MAY'S CALENDAR	9:30 10:00 10:30 12:45 1:15 2:30	SEE MAY'S CALENDAR	
Thursday Lunch: SEE MAY'S CALENDAR	9:30 10:00 10:30 12:45 1:15 2:30	SEE MAY'S CALENDAR	
Friday Lunch: SEE MAY'S CALENDAR	9:30 10:00 10:30 12:45 1:15 2:30	SEE MAY'S CALENDAR	

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