

In the NeighborhoodTM

Your Central Massachusetts Community Newsletter

The Natural Home

bring the bold, bright and fun side of nature indoors

Welcome To Your New
Community Newsletter

Brought To You By
Dodge Park Rest Home,
The Day Club And Dusk To Dawn

Security in ANY Economy
Five tips for your finances

The Great Escape
A fun family getaway

Back to School Budget
Efficient & affordable tips

NEW
Dusk to Dawn Program
At Dodge Park
One of a kind nighttime
adult day care program

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Tips for Helping Make Sure Your Kids Are Safe and Having Fun on Your Home Computer

Kids, computers and the Internet — it can be a formula for fun and education or, if not wisely managed, a jungle of pitfalls and potentially dangerous situations for kids in the 21st century. It can take lots of dedication to effectively control your child's access to a home PC and the Internet. But for many busy parents the prospect of having to buy, install and maintain cybersafety filters and time management programs can be daunting.

"My daughter's happiness and safety is paramount, including when she's using our home PC and the Internet," says Robin Mason, the parent of a 12-year-old. "My life is very busy, and I don't have time to deal with complicated safety settings on our computer or watch my daughter every minute she's online. I need a technology that will make it easier for me to be a responsible parent."

Here are five tips to help parents such as Mason get a grip on home PC and Internet management:

✦ Place your family PC in an open, visible location. Kids computing and surfing the Web behind closed doors takes you, the parent, out of the supervising role.

✦ Get hip to your Web browser's access settings to block out objectionable Web sites. Windows Internet Explorer, for example, has a Content Advisor option that allows you to block sites with sexual content, violence and other categories.

✦ Preset your search engine to be kid friendly. Search engines usually have filter settings to block sexually explicit text and image results. Lists of pre-screened kid-safe research sites are also available online.

✦ If you're in the market for a new PC, go for one with the new Windows Vista operating system. Windows Vista includes a one-stop Parental Controls feature with a suite of tools to allow parents to do the following:



Have them sign a pledge with rules for what is and is not OK to do.


Control what days of the week and what hours in each day your child may have access to your home computer and the Internet.

Set Web site access restrictions (the Medium level, for example, blocks Web sites that do not use an age-appropriate rating).

Block game playing, specific game titles or access to games with a mature age rating.

Get an activity report showing the top 10 Web sites your child has visited, most recent sites blocked and other useful information, including file downloads, downloads blocked, programs run, games played and e-mail and instant messaging activity.

✦ Talk to your children about cybersafety. Have them sign a pledge with rules for what is and is not OK to do.

For more about Windows Vista and the new Parental Controls and other security enhancements, visit <http://www.microsoft.com/windowsvista>. At the site you can download the Upgrade Advisor program to identify your PC's upgrade needs.  Courtesy of ARA Content

Five steps to financial security in any economy

Virtually everyone today is feeling the affect of the current economy; none of us is untouched by it. Here's the good news. If you can anticipate financial changes and develop a sound financial plan, you can protect yourself and your family today, and for many years to come.

Achieve financial security by following five basic steps:

1. Begin an emergency cash fund

- Create a savings account and resolve to pay yourself first by setting aside 5 to 10 percent of your salary each month.
- Automatically transfer money from your checking account to your savings so that you're not tempted to spend the funds elsewhere.
- Aim to save three to six months of living expenses in the account for emergencies.

2. Pay down your credit cards

Credit card debt is the No. 1 obstacle to a secure financial future, and knowing your credit score is essential.

- You're allowed one free credit check annually with each of the major credit bureaus: Experian, TransUnion and Equifax.
- Check your credit score; it determines your interest rates on loans and credit cards, and may help save you money throughout your life.
- Check your report for errors and report any immediately. Bureaus are required to investigate and correct errors once you report them.

3. Create a financial plan using life insurance as the foundation

- Purchase life insurance. It is the foundation of a strong financial plan and can protect your family during an unexpected turn of events, such as loss of life or loss of income.
- Educate yourself. Certain types of policies accumulate cash value that can be used for larger expenses, such as college, while others may be used to help create a legacy of giving that can last for generations to come.
- An insufficient life insurance plan can expose your family to significant financial risks.



4. Empower yourself by creating a budget

- Be prudent with your spending. Write down everything you spend each month and cut back on non-essentials.
- Apply these savings toward reducing your credit card debt. Start by paying off your high-interest cards first.
- Explain to your family that everyone needs to contribute to the expense cutting. Making it a family effort will increase everyone's willpower.
- Use cost-cutting strategies to make the most of your budget. For example, pay in cash and remove credit cards from your wallet. Re-evaluate extra phone and television features. Or, consider eating at home more often, skipping the movie out and enjoying a night of board games with your family.

5. Optimize your retirement plan

- Many companies offer a 401(k) plan and may match your contributions. Take advantage of these deferred income tax benefits; you could be missing out on free money.
 - If your work doesn't allow you to participate in a 401(k), consider opening up an IRA; or perhaps both. There are different types of IRA's, so before deciding, investigate your options and find the best IRA type for you.
- * Remember, these are long-term retirement plans not short-term savings plans, so be patient and give your money time to grow.

These basic steps will help put you on the path to financial security. If you're not following at least three of them, begin today. Once you are on your way, you will quickly see how easy it is to incorporate all five into your life. 🏠

Courtesy of ARA

NEW DUSK TO DAWN PROGRAM AT DODGE PARK

One of a kind nighttime adult day care program alleviates concerns all through the night

Esther has early stage Alzheimer's disease. Sometimes her days and her nights get confused and she is awake all night. Her family worries that she may come to harm. Albert is struggling with a new medication regimen and finds insomnia is an unwelcome side effect. Ida can no longer safely drive and has become socially isolated. For seniors like Esther, Albert and Ida, the night stretches long and lonely. They need a little help, but they want to remain independent. Their families want them to be happy, but they worry about how their loved ones are coping during this vulnerable time in their lives.

In recognition of this need in the senior community we serve, Dodge Park Rest Home created the Dusk to Dawn Program to begin September 1, 2009. This is the first program of its kind in the State of Massachusetts. The program allows seniors who have memory impairment, or are frail and have sleeping problems, or would like to be socialized, to enjoy a wide variety of activities in a safe, home-like environment during the nighttime.

Dusk to Dawn at Dodge Park program participants will enjoy a wide variety of activities throughout the night, such as art, exercise, music, reminiscence groups,



morning stretching exercises, yoga, and more. Attendees who would like to nap or sleep can relax and recline in comfortable easy chairs in our beautiful quiet room under the care of our staff members. With assistance and supervision provided by staff, walkers of all levels of ability are free to get some exercise and socialize in our lower level. And the facility will provide a safe environment for participants who are at risk of wandering.

Dusk to Dawn participants can attend from two to seven days a week from 7pm to 7am, except on major holidays. (Special arrangements can be made for participants who need help with holiday care.) Dodge Park will provide transportation free of charge to the residents of Worcester and surrounding towns. The program will provide attendees with supper, snacks throughout the night, and breakfast before they leave for the day.

For more information and to receive a copy of our media kit of the unique program, please contact Micha Shalev or at 508-853-8180 or via email at m.shalev@dodgepark.com.

INTRODUCING 'FROM DUSK TO DAWN'

DODGE PARK REST HOME

*and
The Day Club*

Now, for the first time in Massachusetts, a new and exciting 7:00 p.m. to 7:00 a.m. program for area seniors, courtesy of Dodge Park Rest Home!

'From Dusk to Dawn' extends Dodge Park's social-model Adult Day program to the night hours!

Special features include:

- Activities throughout the night (Music, Art, Horticulture Therapies, Alternative Therapies such as Massage, Meditation, "Spa Evening," Reiki, Aromatherapy and more, Reminiscence Groups, Morning Stretch, Yoga, Pet Therapy).
- A specially designed area for resting
- A safe, secure and supervised environment
- A nutritious dinner, snacks and breakfast
- Handicapped accessible door-to-door transportation

'Dusk to Dawn' is a private-pay program and is available 365 days a year as a regularly scheduled service or on an as-needed basis with a minimum commitment of two nights. Credit cards accepted.

**DODGE PARK
REST HOME**

101 RANDOLPH ROAD
WORCESTER

508-853-8180

WWW.DODGEPARK.COM



Caregivers Support Group

Dodge Park Support Group Meeting

Please join us for our free monthly support group with Elaine Kap-
perman, LICSW Sept 8, Oct 13, and Nov 10.

The support group is open to all of Dodge Park customers and family
members and to the general public. Light supper will be provided.
Activity and supervision for the memory impaired individuals will be
provided for free by our Day Club personnel during the meeting.

Please RSVP to Debbie Williams, business office manager at
(508) 853-8180. The event is free and open to the public as well
as Dodge Park Customers.

Dodge Park Rest Home Provides Respite Care

Are you caring for an aging loved one?

Dodge Park Rest Home can help you care for your loved one
by offering comfort and security while providing you with
respite and peace of mind. We work with you to develop a
personalized care plan tailored to fit your loved one needs.
Our caregivers assist with all daily activities of daily living such
as dressing, grooming, medications administration and more at
our famous all inclusive care package.

Call Dodge Park Rest Home today and schedule your tour and
free lunch to see if our unique facility is an option for your situ-
ation.

To learn more about Dodge Park Rest Home,
visit our web site at www.DodgePark.com
or call (508) 853-8180
101 Randolph Road, Worcester, MA 01606

Dodge Park Rest Home
would like to invite you to join us to the



**2009 Central Massachusetts
Memory Walk
Sunday, September 13th @ 10am
Worcester Senior Center
(128 Providence St.)**

*Please join Dodge Park Rest Home, The Adult Day
Club and Dusk to Dawn at Dodge Park team to
walk together at this unique event. All walker will
receive Dodge Park team T-Shirts.*

Right after the walk-joined us at
Grandparents Day at Dodge Park

**WE'RE ON THE
MOVE
TO END ALZHEIMER'S**

To RSVP please call Debbie Williams and/or Judy
Martin at (508) 853-8180 for more information
please email: m.shalev@DodgePark.com
www.DodgePark.com

Jewish Home Hospice

*An Affiliate of the Jewish Healthcare Center &
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The Natural Way

The lighter side of nature-inspired home decor



If the words “nature-inspired decor” make you think of muted wall hues or overwrought floral fabrics, it’s time to rethink your take on this hot design trend.

Nature-inspired design can certainly be soothing, sedate and traditional, but a plethora of new products and techniques is also bringing the bold, bright and fun side of nature indoors. Whether it’s a throw pillow that looks like birch bark or a full wall mural of green bamboo, nature’s brighter side is spicing up modern American decor.

If you’re looking for fun, funky ways to bring

the brighter side of nature-inspired design into your home, here are a few ideas and items to look for:

“Woodn’t” it be good ...

Wood has been a beloved design element in home interiors for centuries. But you don’t have to invest in expensive hardwood floors or put up with dated wall paneling to enjoy wood’s rich beauty in your decor. Logs are the latest, and not just in log homes.

From glass tabletops perched delicately atop natural twig and branch bases, or a faux wood-grained area rug to plush throw pillows in fabric that mimics the grain of natural wood, you’re barking up the right tree by incorporating the look of log into your decor.

You don’t have to spend a dime to bring this trendy yet timeless material

into your home, either. Simply take a stroll in the woods, gather some eye-catching branches, bring them home, tie with your favorite colored ribbon and use them as an accent piece above mantels, windows or doorways.

Way to do a wall

Wall murals have been around for thousands of years, and the latest twist on nature-inspired murals is bold. Forget the walls of idyllic woodland scenes that were ubiquitous during the 1970s. Modern nature-inspired murals amplify the graphic qualities and bright hues found when you take a closer look at Mother Nature's artistry.

Zoomed in close-ups of a pebble-filled beach, bright green bamboo stalks and graceful birch trunks turn familiar natural scenes into graphic design elements that emphasize color and pattern. Each look adds a unique touch of nature-inspired drama to a room's design. You'll find all three murals for just \$99 at www.DecorPlace.com, which sells easy-to-install wallpaper murals.

Whimsy away

Some nature-inspired decor is anything but serious. From parchment votive holders made out of real vegetables (at www.vivaterra.com) to lamps that resemble a tumble of glossy stones (www.stonecreationsonline.com), it's easy to find the fun side of nature-inspired accessories.

Made slice by slice from fresh produce, sculptor Margaret Dorfman presses veggies into durable parchment, then fashions them into flower shapes to create inventive votive holders.

Bamboo is another versatile material that's finding fun applications in American homes. A serene stand of miniature bamboo shoots elegantly displayed on a coffee table is a perfect foil to the vibrant, joyful color of a bamboo wall mural. A spritely bamboo window film (www.Amazon.com) can balance the rich, practical presence of bamboo flooring.

Americans' continuing interest in the environment and eco-friendly living is sure to keep the nature-inspired home decor movement going strong. Colorful, whimsical decorator items that remind us of Mother Nature's sense of humor are finding their place beside the more serene staples of this decorating trend. 🏡

Courtesy of ARA Content



DODGE PARK REST HOME

Celebrating 42 Years of Caring

Come and visit **Dodge Park Rest Home and Day Club** and find out how your loved one can be cared for in a unique setting with quality custom services tailored to maximize their physical, cognitive and social well being.



Dodge Park Rest Home's unique concept of care includes:

- ◆ Memory impaired program
- ◆ Complete medication management program
- ◆ RN and Medical Director available 24 hours
- ◆ Unlimited assistance with all activities of daily living
- ◆ Daily therapeutic bath / shower
- ◆ Activity program 7 days a week
- ◆ Special diet and food accommodations
- ◆ Transportation arrangement
- ◆ All inclusive - All included program
- ◆ 24 hour care and supervision
- ◆ Post hospital / Rehab / Surgery care

For more information call Ben Herlinger or Mike Shalev at 508-853-8180



Diversified Specialty Pharmacy

A Partner in Caring

At Diversified Specialty Pharmacy our pharmacy staff is dedicated to the principle of delivering professional pharmacy services in a courteous manner.

For more information, please call us toll free at

1-866-728-9021

1-866-728-9091 (fax)

**Servicing Rest Homes,
Assisted Living Residences, and
Independent Living Residences.**