

# In the Neighborhood<sup>TM</sup>

Your Central Massachusetts Community Newsletter

## The Master Suite

Much more than just a place to grab a pillow and sleep. See the possibilities inside

**Welcome To Your New  
Community Newsletter**

**Brought To You By  
Dodge Park Rest Home,**

### Alzheimer's Support Group Meeting

Please join us for our free monthly support group with Elaine Kapperman, LICSW on Mar 8, Apr 12 and May 10 (Second Tuesday of each month) from 6pm - 8pm For more information or to RSVP to Debbie Williams (508) 853-8180. Open to Dodge Park clients and the public.

### Dodge Park Rest Home

offers a unique programs of financial assistance through the state of MA to enable residents remain at the facility once personal savings are depleted.\*

\*Subject to EAEDC program approval

# 6 TAX TIPS

*Tax time tips from the experts*



Despite three extra days to file, experts encourage you to do your taxes well before April 18. Taxpayers receiving a refund naturally have incentive to file now since they can receive their federal refund in as few as eight days with e-file and direct deposit. However, those who owe Uncle Sam should also file now.

“If you owe, you can still file now and pay later,” says Jessi Dolmage, spokesperson for TaxACT. “More importantly, taxes are a key part of your personal finances, and rushing through them could cost you a lot of money this year and in the long run. Luckily, you don’t have to go it alone and doing your taxes doesn’t have to be painful. Today’s solutions make it easy, whether you know nothing or a lot about taxes.”

**Besides not procrastinating, Dolmage shares simple and smart tax tips for everyone.**

**Put it all in one place.** Gather your W-2s, 1099s and other tax documents. Have a copy of last year’s return handy as well for comparison and your adjusted gross income that can be used for e-filing.

**Don’t be a dunce.** The Internal Revenue Service rejects millions of returns each year because of silly errors involving transposed characters, incorrect math and filing status. Double check names, addresses and birth dates. Social security numbers on your return should match social security cards. If you’re using software or an online solution, use import features to decrease these errors.

**Chose your software or online solution wisely.** Not all tax preparation solutions are created equal, especially when it comes to free ones. For example, many free solutions exclude forms for complex returns with itemized deductions, investment income and capital gains and losses. Others provide minimal help and tools. TaxACT Free Federal Edition includes all the forms needed to e-file, unlimited e-mail help, maximum refund and accuracy guarantees, and imports of last year’s tax data from


PDFs prepared by 11 solutions - for free.

**Get with the times - e-file.** It’s no wonder nearly 70 percent of taxpayers e-filed their federal returns last year. Unlike paper filers, you’ll know if the IRS accepted or rejected your return within 48 hours. E-file is also the fastest way to get refunds - in as few as eight days with direct deposit. If you owe, e-file now and pay later via credit or debit card, or a scheduled automatic withdrawal any time before or on April 18. You can also schedule payments using the IRS’ free Electronic Federal Tax Payment System.

**Remember your state return.** Most states pushed their filing deadline to April 18, but a few did not. If your state changed the filing date, it may not have changed estimated tax payment dates. The solution you used for your federal return likely offers a state solution, so let the software transfer your information to state forms to save time and reduce possible data entry errors.

**If you file an extension, pay now.** File IRS Form 4868 for an automatic six-month filing extension comes free with TaxACT Free Federal Edition. Pay as much of your tax obligation as possible by April 18 to minimize interest and penalties. When you’re ready, log back into TaxACT to prepare, print and e-file your federal return free before Oct. 17, 2011.

Don’t forget about 2011 taxes. Print a copy of your return and adjust your withholding via Form W-4 if needed. Top tax solutions also provide tips and tools for minimizing next year’s taxes.

Visit [www.IRS.gov](http://www.IRS.gov) for more tax information. 



# SETTLING IN

## *without the Stress*

### *Five Simple Steps to Make Your Move Easier*

Don't forget to pack a travel bag that can be easily accessed when you arrive at your new home.

In preparation for a move, people tend to pack away essentials that are difficult to find following a hectic move-in day.

According to the U.S. Census Bureau, the weeks between early May and Labor Day weekend mark the busiest time of year to move. It's estimated that more than 21 million Americans will move this summer. Some moves will go smoother than others, and while there's no way to guarantee a problem-free experience, there are things you can do ahead of time to make the process easier.

"Anticipating tasks that may cause frustration and headaches on moving day is crucial. People want to enjoy settling into their new home, whether it's finding a dog sitter for moving day or connecting their cable services, planning ahead will guarantee less stress for the entire family," says Leslie Levine, a moving expert and author of "Will This Place Ever Feel Like Home?"

Levine, who has helped millions of people move, urges movers to avoid five common mistakes before packing

things up and hitting the road.


**1** Don't put off calling utility providers (electric, cable, gas, etc.) to schedule the disconnect date of your services. This can be done weeks before the move when you have more time. And now, connecting services at your new home couldn't be easier.

**2** Don't forget to inform your insurance companies about the move. Coverage can vary from state to state and most insurance companies' provide up-to-date information on their Web sites.

**3** Don't forget to pack a travel bag that can be easily accessed when you arrive at your new home. In preparation for a move, people tend to pack away essentials that are difficult to find following a hectic move-in day. Pack your bag as if you are going away for a weekend, include medications, a toothbrush, toothpaste, a change of clothes and other daily essentials.

**4** Don't expect to get every picture on the walls during the first week. Instead of cleaning or unpacking the first night in the new home, take a break, relax and watch a favorite program with cable On Demand. If the boxes just can't be left alone, check out a favorite DIY show for home improvement tips while working to make the new place feel like home.

**5** Don't try to do everything alone. For big home improvement projects, hire a professional. Pick a few projects to do with the family and then hire someone to do the time-consuming projects like painting.

"Any steps that can be taken to simplify a move are worth considering," adds Levine. "I recommend all movers do some advance planning to take the stress out of their move."  Courtesy of ARACContent

# Benefits of a Continence Care Program for Individuals with Memory Impairment and Alzheimer's disease In A Long Term Care Setting

By Micha Shalev



Resident incontinence represents a major challenge for the long-term care (LTC) industry. It negatively impacts residents on many levels and has a significant economic impact on the service provider both in terms of the support care required and direct-expense costs.

Urinary incontinence (UI) is defined as the complaint of any involuntary leakage of urine. In LTC facilities, more than 50% of persons experience UI either occasionally or on a regular basis and many would argue the rate is even higher. UI is a contributing factor to skin breakdown, falls, urinary tract infections, social isolation, frustration, anxiety, calling out, and wandering.

## Key Facts

- One in three women has some form of incontinence.
- It is estimated that 5-15% of those with urinary incontinence also have fecal incontinence.
- A National Association for Continence survey of its members indicated that 16% of all those 75 years or older admitted that their incontinence had not been diagnosed by a healthcare professional.

A Continence Care Program brings numerous benefits to long-term care communities and individuals with memory impairment. Education and behavioral changes increase the likelihood that residents can maintain continence, regain continence, or lessen the severity of incontinence. Those residents considered at highest risk of developing incontinence are given tools for maintaining control, while others gain new freedoms by addressing reversible factors that may have induced incontinence. Even those with persistent

incontinence can learn ways of treating or managing incontinence well.

## Resident Benefits:

- Improved quality of life, with a greater sense of independence and self-sufficiency
- Fewer transfers from admissions to hospitals or long-term care nursing home
- Lengthier stays in assisted living with the opportunity to age in place
- Fewer complications and decreased morbidity factors associated indirectly with incontinence, such as falls and fractures, dehydration, and urinary tract infections

## Long-Term Care Communities Benefits:

- Retain residents for longer periods by postponing or eliminating the need for nursing homes transfers because of persistent or unmanageable incontinence
- Improve staff morale through training that allow facility caregivers to play an active role in enabling residents to maintain their continence, reverse factors causing their incontinence, or more effectively manage their incontinence

## The Resident's Education Program

An education program specifically for residents and family members should include the principles of "Choice, Dignity and Individuality" to help the resident maintain independence and quality of life to the greatest extent possible. Key points to be integrated are the following:

- Lifestyle changes that can decrease incontinence and voiding symptoms
- Self-toileting programs
- Identification of products that can manage urine leakage, maintain skin integrity and increase activity
- Absorbent products
- Perineal Care – Excellent peri care is recommended with each change.
- Skin barriers and wound care ointment
- External catheters for men
- Intermittent catheterization
- Help residents and their families understand that incontinence is not a normal part of aging
- Inform residents and their family members of the variety of approaches to maintain continence. When one approach is not successful, another may be tried.
- Encourage residents to share with caregivers
- Their efforts to maintain continence
- Their frustrations when coping with incontinence
- Their successes and their appreciation of staff support

Incontinence need not be accepted as an inevitable, ever-increasing expense in LTC facilities. By educating staff and scheduling for more routine toileting, as well as implementing more robust mobility training programs, elderly residents can achieve higher levels of continence.

Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. He can be reached at 508-853-8180 or by e-mail at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or you can view more information at [www.dodgepark.com](http://www.dodgepark.com).

## Administrator's note

Dodge Park Rest Home subscribes to a philosophy known as "normalization." The theories of normalization revolve around personal value, but our society values only certain things in people. We value youth as opposed to being old, health as opposed to illness, and strength as opposed to weakness. We value personal possessions such as nice homes, cars and clothing. We value accomplishments and valued job roles. We also value education and mental acumen as opposed to mental deficiencies brought on by a dementing illness.

What happens when an older person with dementia moves into a Rest-Home community or a nursing home? They no longer exhibit the characteristics that our society values. They are neither young nor articulate and they no longer have their valued jobs or possessions. This can lead to the person being subconsciously thought of as different and may even be assigned negative roles. An example is that the elderly person with dementia might be thought of as a child instead of a valued adult. They may be given coloring books or dolls and talked to in a childish, demeaning manner.

Normalization dictates that you should do everything possible to enhance positive characteristics that add value to the elderly with dementia. We can't change the fact that the person is old or has dementia, but we can make sure that the person is dressed and groomed in a way similar to someone living in the community at large. We can make sure ladies have appropriate make-up and jewelry, or they may carry a purse. The gentlemen can wear shirts and sport coats. Additionally, they should engage in activities that demonstrate their competence and creativity.

Value can also be enhanced by surrounding the resident with personal items such as imagery, photos, and other memorabilia to help tell the residents' life story. In their room we can hang copies of diplomas and awards received over the lifetime of the resident. We can put in items that tell us of hobbies and jobs held.

Carrying the story through the resident's room, we can make sure that we personalize the room with personal furnishings and items that tell us about their interests and accomplishments. Each one of Dodge Park Rest Home resident's is a unique individual with a unique personality and unique past. We need to preserve this and built on those past for the future.

Visit our blogs at: [www.DodgePark.com](http://www.DodgePark.com), or visit us on Facebook at <http://www.facebook.com/dodgepark>

Micha Shalev MHA, Ben Herlinger and Carrie Lindberg RN BSN

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# The Master Suite

a haven within your home

The master bedroom has evolved into far more than a place where you hit the pillow and grab a few hours of sleep each night.



Today, it's almost a misnomer to call these modern, multi-functional rooms bedrooms. If you're looking to renovate, expand or build a new master bedroom, think "master suite" instead. Don't just create a cozy room meant for sleeping, because in recent years it really has turned into so much more.

The growing trend of making the master suite one of your immediate family's choice gathering spots stems from a flagging economy and the fact that more people are choosing to enjoy leisure time at home instead of out on the town. And believe it or not, many are choosing to spend it in the master bedroom.

"The master bedroom has increasingly become a restful retreat within your larger home - a place where you can spend the day, if you wish, with all the comforts of a traditional family room," says Donna

Schroeder, color marketing and design manager for Dutch Boy Paints. "The trend is to combine comfort with convenient amenities in an atmosphere that is peaceful and relaxing."

One of the easiest ways to accomplish this is to look to sumptuous hotel suites for your design inspiration. Plush, comfortable and full of luxuries - big and small - hotel suites offer plenty of ideas you can mimic. You say you like coffee first thing in the morning? Why go down to the kitchen? Install a coffee bar, complete with an espresso maker, coffee grinder and a mini refrigerator to store milk for those extra-foam lattes.

Don't expect to lounge on the bed with your cappuccino in hand. Reserve space in your design for an ample sitting area where you can put a sofa, comfortable reading chairs and even a state-of-the-art entertainment system for movie nights and lazy Sundays.

Add a built-in customized entertainment center to house the latest and greatest gadgets for everyone in the house. You'll want to have room not only for the flat screen HDTV and Blu-Ray player but also the kids' gaming system, DVR receiver and a nook for Dad's sound system. You might also want to include shelves for Mom's prized collection of romantic old movies so she can watch them in the comfort of her bedroom haven.

You can picture it already, can't you? First, however, you must set the stage for this oasis, using a serene palette of color and textures to accent the space and create a true sense of retreat. The first consideration? Paint and the color it provides. Your choice of paint will create the can-

vas that complements and highlights all of the room's other design features.

"This year's color trends are inspired by everyday life, making them versatile in any setting, including a master suite," Schroeder says. "One collection that works especially well is one that reflects a practical way of life - a true functionality."


In this palette, texture is key and colors are soft and faded. Windswept and washed effects, as well as monochromatic layering, set off this modern collection. Inspired colors from Dutch Boy's innovative Color Simplicity System include Boardwalk Blue, Composed Bloom, Spruce Hollow and Range Brown.

Another palette working its way into the contemporary master suite is one that revolves around technology - which also reflects the modern amenities that are incorporated into these living spaces. In Dutch Boy's "Abyss" trend for 2011, soft neutrals and grays complement the true serenity of a master suite and the reflective alone time you appreciate when you're away from today's sometimes overwhelming abundance of technology and instant communication. Consider such hues as Dutch Boy's Gargoyle Shadow, Fresh Linen, Pursuit of Happiness and Piccolo.

Nothing ties a room together better than luxurious design elements like custom-made fabric headboards and coordinating bedding in silks, Egyptian cottons and other natural



fibers. Think mix-and-match when it comes to furniture - eclecticism rules in 2011. The pervasive influence of steampunk - a quirky mix of old and new - makes it perfectly fine to blend a contemporary platform bed with an ornate, Victorian dresser. The style is flea market meets high-end, and it looks great.

"Life moves at a rapid-fire pace these days, and a master suite is one place where you can get away from the hustling pace and just take a deep breath," Schroeder says. "When creating your sanctuary within your home, take time to consider all the design options so you can have a space where you can escape from responsibilities, deadlines and outside noise and simply just relax." 

Courtesy of ARA Content

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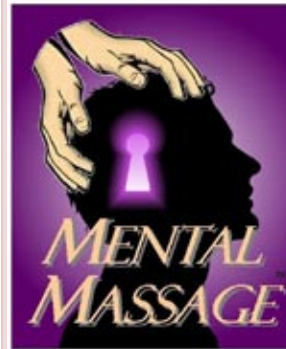
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RSVP by February 28 to Debbie Williams or Judy Martin 508-853-8180

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Vic Braden, U.S. Tennis Assn.

For booking inquiries,  
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