

# In the Neighborhood™

Your Central Massachusetts Community Newsletter

## Outdoor Living

Create a beautiful and functional outdoor space. Find out how 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 May 10, June 14 and July 12 (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

# Home Improvement

*Tips for tackling home improvement projects with ease*



It's that time of year when homeowners look around their property and start mentally creating a list of to-do projects. Sometimes these projects are minor, like changing out accents in the bathroom. Other times the project can end up being a complete remodel that requires the right tools and strategy.

If you've taken that brave step to committing yourself to a home improvement project, congratulations - you've won half the battle. The next hurdle to overcome is successfully preparing yourself for the task at hand. Minor adjustments can save you time and money down the road so it's important that you do your homework in advance. Before getting started, consider the tips below. These handy hints can help you maximize project results and avoid unnecessary stress.

**Prioritize** - Put simply, don't bite off more than you can chew. When taking on home projects, remember to consider quality over quantity. There is no sense in rushing through one project just to cross it off the list. Decide what upgrades are most important and pay them their due diligence. Identify what requires your immediate attention, and what can wait. More importantly, recognize when you're in over your head and don't be afraid to enlist professional help.

**Update your tool box** - We create more work for ourselves by not investing in quality tools that address multiple project needs. The right tool can give you professional looking results while dramatically reducing frustration.

**Plan a budget** - Identify how much you're able to spend and stick to it. No sense in taking on debt or refinancing your home just to keep up

with the Joneses. If you can't afford the kitchen remodel this year, consider investing in smaller updates that won't go unnoticed. You'd be surprised how updated appliances or a simple paint job can add new life to your home. There is always the risk of unforeseen costs; research common project pitfalls and try to eliminate those possibilities. Don't forget to incorporate the cost of tools if you're not hiring help.

**Set regular goals** - The home improvement process can be overwhelming, so it's important to set goals for each portion of the project. These ongoing check points are rewarding and can help motivate you to keep going. Remember to use these intervals to take a break and clear your head. The time off allows you to come at the next step fresh, ultimately minimizing fatigue and frustration. Regular breaks also enable you to monitor your project supplies and stock up as needed.

Don't let project logistics intimidate you to push off home updates yet another season. Home improvement is a marathon, not a sprint. Take your time and trust that the end result will be well worth your effort. With the right tools and proper preparation, you can avoid costly mistakes and tackle that to-do list like a pro. 🏠

Courtesy of ARAcontent

# Checking 101:

## A New Era of Banking



Banks are responding to new regulations with product changes designed to help them recover lost revenue - and it can be very confusing to figure out just what those changes mean for your checking account.

### Is “free checking” really free? Or is it, as some media imply, a thing of the past?

Almost all the major banks are revamping their checking products and although some financial institutions are no longer using “free checking” to identify their new accounts, free checking is not entirely gone. Some experts argue that banks are simply redefining what the new era of checking - including free checking - will be in light of the headwinds banks face with the new rules.

The slew of new checking products will certainly leave many consumers wondering where they can get the most benefit from their checking account.

### ‘Free checking’ was never free.

Checking accounts with high balances help cover the costs associated with maintaining the accounts. The fee income banks generated before the new government regulations on overdraft and debit cards took hold helped to pay for the no-balance requirements associated with the “free checking” accounts of the past. These customers still had to pay for essentials like checks, statements, stop payments, money orders and debit cards.

Contrary to popular belief, new kinds of free checking accounts with perks like free checks, no fees, and access to thousands of ATMs are still being introduced today. The changes to checking accounts,

including free checking, are vast and they vary, but there are a few things to keep in mind in order to navigate the changing landscape and identify the account that’s right for you.

### Get a checking checkup.


Some questions you should ask yourself are: How much can you maintain on a monthly basis in your checking account? Some banks ask for as little as \$100 to waive the maintenance fee. Do you need unlimited access to bank managers in branches in order to clear things up or have additional needs? Finally, do you absolutely want the free perks that come with the new era of “free checking?”

### Know where you are in life.

“One of the best ways to develop a relationship with a bank in order to be approved for a mortgage, credit card, or home equity and small business loan, is to have a checking account that requires a minimum balance,” says Rosenfeld. “If you not only maintain that balance, but also increase it, the bank will feel you have sound financial judgment.”

However, if you know you won’t be able to maintain a monthly balance for an extended period of time, educate yourself on your options. For example, some banks offer online-only checking accounts, but you’ll pay hefty fees if you want to receive printed statements or visit a branch to speak with a teller.

Also, you need to know what level of “hassle” you are willing to deal with when choosing an account. Many banks have complex requirements in order to offer you “free checking,” such as high balance requirements, minimum number of monthly direct deposits or transactions with your debit card, or paying a certain number of bills online. Unfortunately, some banks’ fees are not always transparent and you may need to dig through a schedule of fees and disclaimers to see all the potential costs. You may see things like fees to check balances at out-of-network ATMs, or for paper statements with images of checks, and even for phone transfers.

Keep in mind that no one source or article will provide you with all the information you need to navigate these changes, so now is the time to educate yourself on your options and make sure you choose a checking account that fits your needs. 

Courtesy of ARAcontent

# Wandering and Dementia

Discovering the triggers and understanding wandering with people suffering from dementia

By Micha Shalev



People suffering from dementia display many common behavioral traits, and one of the hardest to manage and understand is wandering.

There are a number of reasons why many people with Alzheimer's wander away and get lost. It is often that they forget where they are or decide to do something then get lost as they forget what it was they were trying to achieve. This is not always the case and wandering may be the sign of distress or illness. This article looks at some of the most common causes of wandering.

We are all wanderers, of course, to varying degrees. And it's no surprise that when our memories begin to slip, when our days fade, when our lives become broth-thin and we walk around as living ghosts of the vibrants we once were, we start looking for a way out, an exit. Dementia-driven wandering can seem random to others, but it can be the result of boredom, curiosity or just a general desire to get up and go. Caregivers tell stories of patients wanting to go home, even when they are home.

The literature of wandering — Homer's *Odyssey*, Coleridge's *Ancient Mariner*, Steinbeck's *Dust Bowl families*, *Star Trek's* questing starships, for instance — fills shelves and shelves. "One wanders through life as if wandering through a field in the dark of night," writes Lemony Snicket.

**Discovering the triggers for wandering are not always easy, but they can provide insights to dealing with the behavior:**

- **Stress, anxiety and wandering behavior in Alzheimer's.**

Although stress and anxiety are a normal and unavoidable aspect of life, the way we cope will depend on a number of things. When you have dementia wandering away may be one way to express stress and/or anxiety. The inability to think things through and then act has a major impact on expression of uncomfortable feelings.

- **Restlessness agitation and wandering behavior in Alzheimer's**

Restlessness and agitation in Alzheimer's can cause many different types of behavior, wandering is just one of them.

- **Confusion related to time and place.**

- **A desire to fulfill former obligations and wandering**

This can include numerous things; going to work, going to the subway, caring for a husband or child, meeting family and friends.

- **Medication, medication side effects and wandering**

Drugs used to treat medical illness and conditions can sometimes result in unwanted side effects. An example of this are medications used to treat agitation. Diazepam can result in lessened anxiety but increase disinhibited behavior. Other drugs can cause agitation, or can make someone feel physically uncomfortable. Wandering may result.

- **An inability to recognize the familiar in Alzheimer's**

Not being able to recognize familiar people, places and objects can cause fear, panic or just the desire to go and find somewhere they do recognize.

- **Fear arising from the misinterpretation of sights, sounds and wandering in Alzheimer's.**

Some people with dementia may run away, get away if they are frightened by something. This may be a result of misinterpreting something going on in their environment. As the ranks of Alzheimer's patients grow, organizations and companies are developing potentially helpful technologies. LoJack, the stolen-automobile recovery company, offers a SafetyNet bracelet that allows people to keep track of dementiadriven wanderers via radio signals. A shoe company, Aetrex Worldwide, and a firm that makes global positioning devices, GTX Corp., have created shoes containing GPS technology for wanderers to wear.

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# EVENTS, OUTINGS AND MORE!

There is always something going on at Dodge Park Rest Home



We are more than just a great place to live...find out more about what happened during the past month at Dodge Park Rest Home!

## America's Music: Then & Now at the Pakachoag Music School



## BINGO night at Dodge Park Rest Home



## Outing to see "Once On This Island" at Abbey Kelly Foster Charter School

To see current and future event please visit the Dodge Park web site at [www.dodgepark.com](http://www.dodgepark.com)

## **DODGE PARK** REST HOME AND DAY CLUB

Call Ben, Mike or Carrie at 508-853-8180.

# Bringing the Indoors Out

Create a beautiful - and functional - outdoor room

As the weather warms and the days grow longer, who doesn't happily anticipate opening windows and doors to let the fresh air in?



And once we think about bringing the outdoors in, our imagination naturally goes the other way, as well - bringing the indoors out. It seems that our love affair with backyard entertaining heats up around this time every year. Whether it's a quiet family meal under the stars or a backyard barbecue for dozens, the appeal of outdoor living is undeniable.

Home improvement expert Leslie Segrete says: "Your outdoor space doesn't have to be uncomfortable just because your favorite couch isn't there. With an expanded selection of outdoor pieces available now - and at all price points - it's easier than ever to set up a charming space that can serve as the perfect backdrop for small family gatherings or the big neighborhood bash."

Segrete offers some advice on how to create a beautiful, functional - and most importantly affordable - outdoor room no matter what your color scheme, whether it's apple green, citrus orange or other hot colors of the moment. With just a little work, your outdoor area will be the family's favorite gathering spot from spring through fall.

## 1. Start with the basics.

The hot trend right now is to make your outdoor space as put together as your indoor living spaces. Kmart's Country Living collection offers a large selection of beautiful and versatile patio furniture at an incredible value that will enable anyone to transform whatever space they have into an inviting outdoor living area. Whether it's upholstered cushions, a fast-drying sling chair, items made from resin, aluminum or steel, there is something available to suit every taste and every budget. And with the coordinated sets that are readily available, one doesn't have to be an interior designer to put together a beautifully designed space.

## 2. Follow the same design rules you use in your home.

Look for big items (such as sofa and chairs) in a neutral palette and add a pop of color with accessories. For example, cushions can provide a welcome splash of color, as well as make the space more comfortable and inviting. Just as it is in indoor spaces, light-

ing your outdoor space is key: Add a lighted chandelier or string a few party lights to illuminate the area. An outdoor fire pit can provide heating and light at the same time; it's a perfect addition for when the evenings are still cool.

### 3. Consider how the space will be used.

If your entertaining will be primarily adult-centric dinners and gatherings, you can decorate your space in a more polished way. If, however, your shindigs will be kid-friendly family affairs, a more rugged, irreverent vibe (with all unbreakable accessories) may be the way to go. For smaller areas, Kmart's bistro set would be ideal, and there are furniture sets that would be perfect for a larger dining area, a bar setup or simply a comfortable seating area. For music, find one of the many portable iPod speakers on the market - these can be whimsical and fun or smart and chic, whichever matches the tone you've set in your space.

### 4. Don't be afraid to use design in your landscaping.

For an outdoor space, landscaping is a fantastic way to expand your color palette. Perennial flowers and shrubs cost more in the short term, but will last for years. Maximize annuals, as well; they are a great way to add a splash (or two) of color. You can choose interesting planters, such as copper pots or eco-planters, or decorative plant stands to create a focal point.



Remember, you already have beautiful greenery to set the stage, and you don't have to break the bank to create a gorgeous outdoor space that will be like adding a room to your house for six to eight months of the year.

Whatever your personal style, and however you plan to use your newly designed outdoor room, making the space an appealing destination will ensure that you and your family and friends will be clamoring for the warm weather - and the good company and fun to be had in your new backyard entertainment spot. 🍷

Courtesy of ARA Content

# DODGE PARK REST HOME

## *Celebrating 44 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.



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- ◆ Unlimited assistance with all activities of daily living
- ◆ Daily therapeutic bath / shower
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- ◆ All inclusive - All included program
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- ◆ Post hospital / Rehab / Surgery care

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

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### **One Day Free Trial!**

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- Transportation in our safe van is available.



## **THE ADULT DAY CLUB at Dodge Park**

101 Randolph Road, Worcester, MA • [www.dodgepark.com](http://www.dodgepark.com)

Call Ben or Mike at 508-853-8180 for a free tour or your Free 1-Day Trial.

DAY CLUB AVAILABLE 7AM - 7PM, SEVEN DAYS A WEEK. YOU CHOOSE ONLY THE HOURS YOU WANT!