

In the NeighborhoodTM

Your Central Massachusetts Community Newsletter



Dazzle
your Guests
Etiquette TIPS 101

**Welcome To Your New
Community Newsletter**

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

NEW
**Dusk to Dawn Program
At Dodge Park**

One of a kind nighttime
adult day care program

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Save some **GREEN** while living green during the holidays



Many people perceive a high cost associated with a “green” lifestyle. However, this holiday season, you can embrace eco-friendly living while actually saving money. Below are a few easy tips to make this holiday season green and cheery.

Give Green Holiday Cards

Holiday cards are supposed to be from the heart, so take some extra time and attention and make them earth-friendly. Send holiday cards by using recycled paper which can be purchased on sites like HolidayCardsUnlimited.com, or, even better, use e-cards like those from 123greetings.com for a paper-free option.

Give Gifts That Promote Green Living

There are many perfect, green gift options for everyone on your list. Look into things like bamboo cookware for the chef, hand-cranking flashlights for outdoor enthusiasts and all-natural baked goods for foodies. Organic bath products will be popular with the women in your life and eco-friendly clothing made from hemp, organic cotton and bamboo is perfect for the fashionistas. WhiteApricot.com makes it easy to be eco-friendly while saving money. Browse through fashion, beauty and lifestyle products, which are all featured with discounts of up to 70 percent off.

Power Up With Rechargeable Batteries

With all the electronics and toys that find their way under the tree and the millions of digital pictures sure to be taken over the holiday season, Americans will spend nearly \$700 million on batteries during this time. Rechargeable batteries can be used in any electronic device and save both money and space in landfills. One rechargeable battery can replace up to 1,000 disposable batteries.

Share A Piece Of Yourself

Sometimes the best gifts are not about the monetary value, but about the sentimental value. Save money and resources by skipping the local mall, and instead give gifts of you. Create coupons that are redeemable for your time whether it be baby-sitting, a date or shoveling snow.

Get Creative When Wrapping Gifts

Don't rely on the standard tradition of opening a new roll of wrapping paper just for the holidays. Get creative and use materials found around the house like magazines, newspapers and fabric. Re-using old gift bags or purchasing reusable bags are great options for reducing your waste as well. If you still prefer traditional wrapping paper, this year opt for purchasing recycled gift wrap. Look for some earth-friendly options at Greenraising.com.  Courtesy of ARAcontent

There are many
perfect, green gift
options for everyone
on your list.

Your health care:

Know your rights to receive the best care

When you were laid off, you needed to cut your expenses to the bone. It was either food for your family or monthly health care premiums. So you decided to let your health care insurance lapse. You're not alone. Millions of Americans affected by the recession are being forced to face that decision.



But what would happen if you suddenly experienced a heart attack, if your family was involved in an automobile accident, or your spouse was diagnosed with cancer? Not knowing what your health care rights are, whether you're insured or not, could be a matter of life or death, according to FindLaw.com, the world's leading online source of legal information.

Whether you have health care insurance through an employer, you rely on a government program such as Medicaid or Medicare, or you're struggling to pay for your own health care, it's essential to understand what your rights are in order to obtain the best health care possible, especially in an emergency situation. Here are eight tips from FindLaw.com on what you should absolutely know about obtaining health care in America, especially if you are uninsured.

1. Emergency treatment. The Emergency Medical Treatment and Active Labor Act (EMTALA) requires hospitals to provide treatment to stabilize patients, but it does not require the hospital to provide treatment after stabilization.

2. Stay out of the emergency room. Unless you have a true emergency or life-threatening condition, stay out of the emergency room. If you have a sore throat or earache, this is the most expensive way to get treatment.

3. Understand your health. Become knowledgeable about your own health and any conditions or diseases that you may have. Start a health journal for yourself and your family to record all health-related issues, including reactions to specific medicines.

4. Take responsibility for your health. Along those lines, start now to give up habits or behaviors (smoking, overeating, excessive drinking) that you know will compromise your health, and start to adopt new behaviors, such as daily exercise and eating healthy.

5. Read and make sure you understand your health care insurance policy. Your health care insurance coverage is a contract, and it spells out exactly what the insurance company covers, as well as its procedures.

6. Free- and low-cost health care. Check your area for free clinics, clinics that charge on a sliding scale and state or county public health departments that offer free or discounted medical services, especially immunizations.

7. Be your own best advocate. If you do not like the way your physician treats you, if you do not trust him or her, or if you do not believe she is providing you with the best possible care, find a new physician.

8. Know your options. You have the right to be told about alternative courses of treatment, even if your health insurance may not cover them or you may not be able to afford them.

To learn more about your health care rights, visit www.findlaw.com. 

Courtesy of ARAcontent

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. It is based on a similar program at the world renowned Hebrew Home in Riverdale, NY. Dodge Park offers this unique program as a social model adult day care program that helps seniors through the vulnerable nighttime hours. This is the first program of its kind in the State of Massachusetts, and only the second in the country. 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 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 an additional nominal fee, showers are available for those who are interested in this service. Under the caring supervision of the experienced, compassionate and continually trained staff at Dodge Park, Dusk to Dawn 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.

The affordable Dusk to Dawn program at Dodge Park will allow caregivers with limited funds to stretch their budget and enjoy restful nights or an evening out knowing that their loved ones are cared for in a safe and home-like environment. Families also may have the option to use funds provided by VA benefits and State of MA Care Giver Homes program to pay for this service. The Dusk to Dawn program at Dodge Park allows seniors to stay at home longer and "age in place". It is one more way that seniors can live at home with the appropriate care, modifications, and services. The advantage for the seniors is that aging in place allows them to remain more independent, remain in a home they may have been residing in for most of their adult life, and remain in the community. With the annual cost of nursing home care going up yearly, aging in place solutions are not just beneficial for seniors, but are also more affordable.

One of the most difficult decisions an adult child of an aging parent has to make is whether or not to place the parent in long term care. Thankfully, more options exist today, like the Dusk to Dawn and Dodge Park Adult Day Care Programs, that allow seniors to age in place.

Adult day care allows caregivers to continue working outside the home, receive help with the

physical care of a loved one, avoid the guilt of placing a loved one in institutional care, and have respite from what can be a "24/7" responsibility. The care receiver can benefit from adult day care by having the ability to remain at home with family, but does not require 24-hour care from the primary caregiver. Adult day care participants also have an opportunity to interact socially with peers, share in stimulating activities, receive physical or speech therapy if needed, and receive assistance with the activities of daily living with dignity.

There are numerous communities and agencies that recognize both the social and the economic benefits of allowing aging parents to remain in their homes. According to the AARP, more 80 million Americans will reach retirement age within the next 15 years, and over 80 percent of those retirees would like to stay in their present home as long as possible rather than moving into a retirement community and/or assisted living facility.

Certain individuals, such as those who suffer from advanced Alzheimer's disease or other advanced types of memory loss, and those who require 24-hour care or supervision may not benefit from the concept of aging in place. However, for many seniors, like Esther, Albert and Ida, solutions like Dodge Park's Dusk to Dawn or Adult Day Care Programs can make a difference in delaying, or even eliminating, placement in a long term care facility for seniors.

For more information and to receive a copy of our media kit, please contact the Dusk To Dawn at Dodge Park at 508-853-8180 or via email at m.shalev@dodgepark.com.

Is From Dusk To Dawn at Dodge Park Right For My Family?

I am often woken up by my family member at night	Yes <input type="checkbox"/>	No <input type="checkbox"/>
My family member would benefit from more social stimulation	Yes <input type="checkbox"/>	No <input type="checkbox"/>
My family member has a tendency to wander at night	Yes <input type="checkbox"/>	No <input type="checkbox"/>
My family member needs nighttime supervision	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I want to prolong the stay at home of my family member	Yes <input type="checkbox"/>	No <input type="checkbox"/>
It is more difficult to care for my family member in evening and nighttime	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I cannot afford a private duty attendant or one-on-one care at home at night	Yes <input type="checkbox"/>	No <input type="checkbox"/>

If you answer 'YES' to any of these questions, perhaps we can help.

For more information and to initiate the application for enrollment please contact Micha Shalev, and Ben Herlinger at Dodge Park at (508) 853-8180. Space is very limited!!!

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Dazzle your guests

with holiday etiquette tips 101

“Think back 15 or 20 years ago, families gathered every evening for a proper meal. But these days we’re all stretched so thin juggling work, school and home, most folks don’t have time to sit down together, so when holidays roll around no one’s sure what to do at a formal meal.”



You’ve spent the entire day cooking the perfect holiday feast. But it’s an hour before your guests arrive, and you find yourself standing in front of the table, listening to a little nagging voice in your head.

Does the knife go on the left, fork on the right, or is it the other way around? Is that centerpiece too tall? Should I go ahead and put food on the table before guests arrive, or do I wait until everyone gets here?

If you can’t answer those questions, don’t feel alone. In today’s eat-on-the-run world, you’re not the only one to flunk holiday etiquette.

“Table manners have become a lost art,” says etiquette expert Jill Slatter. “Think back 15 or 20 years ago, families gathered every evening for a proper meal. But these days we’re all stretched so thin

juggling work, school and home, most folks don’t have time to sit down together, so when holidays roll around no one’s sure what to do at a formal meal.”

Slatter is an etiquette coach at Greensboro, N.C.-

based Replacements, Ltd., touted as the world’s largest supplier of old and new china, silver, crystal and collectibles. The company is bombarded with questions this time of year from folks looking for a crash course in proper manners and table settings. Based on the most frequently asked questions, Slatter offers this quick holiday etiquette 101 to give you insight that will dazzle your guests.



Set the perfect table

- Forks to the left, knives and spoons to the right. Only set out utensils that will be used for various courses. “If you’re not serving soup or salad, you certainly don’t want an extra spoon or fork in your place setting,” Slatter says. “Not only will those get in the way, the extra utensils may confuse your guests.”

- The bread plate goes on the left of the dinner plate, glasses on the right.

- Wait to pour. Water glasses should be the only glasses filled before your guests arrive. Iced tea, wine and other beverages should be poured once everyone is seated. Wine should be filled halfway, not to the rim.

- Salad and bread should be the only food on the table when your guests arrive.

- Courses are generally served in the following order in the United States: appetizer, soup, salad, main course, dessert.

Are you the hostess with the mostest?

- Remember, the hostess always sits last.

- Unscented candles are a great part of holiday decor, but should only be lit during the evening. “Another thing to keep in mind, flickering candles are more than a distraction, those can cause headaches,” warns Slatter. “That’s why you never want to place burning candles directly in front of your guest, and make sure you situate the flame below eye level.”

- Centerpiece too tall? Sure those flowers you spent hours arranging are pretty, but will only get in the way if your guests have to crane their necks to look at each other. Make sure your guests can see over any table adornments.

- Passing isn’t just in football. Always pass food around the table counter clockwise to the right and refrain from serving yourself first. Always pass the salt and pepper as a set, even if you’re only asked for one.



In today’s eat-on-the-run world, you’re not the only one to flunk holiday etiquette.

Be a gracious guest

- Avoid the smear. Female guests should blot their lips before sitting down at the table. This will keep you from getting lipstick stains on linen napkins or glassware.


- Wait for the signal. Your host will let you know when it’s okay to begin eating. They may make a prayer or statement or start by passing a dish.

- If you’re not sure which utensil to use with each course, start on the outside and work in toward the plate.

- If you need to excuse yourself temporarily, gently place your napkin in your chair.

- Signify you’re finished with the meal by placing napkin to the left of the dinner plate, and your fork and knife side by side diagonally across your plate with the sharp side of the knife blade facing inward and the fork tines down.

- One of the most panicked questions we hear concerns what to do if you accidentally break a piece of the host’s dinnerware,” adds Slatter. “You should certainly offer to replace the broken piece especially if it has sentimental value for the host or hostess.”

Slatter says don’t lose hope if your host doesn’t know the name of the pattern or the manufacturer- you can always take advantage of Replacements’ free pattern identification service.  Courtesy of ARA

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