

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

Your Central Massachusetts Community Newsletter

## Design Tricks and Tips

For getting your home ready for the hustle and bustle of the holiday season.

### Welcome To Your New Community Newsletter

Brought To You By Dodge Park Rest Home, Wishing your Family a Safe and Happy Holiday Season!

### Alzheimer's Support Group Meeting

Please join us for our free monthly support group with Elaine Kapperman, LICSW on Nov 9, Dec 14 and Jan 11 (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

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# The \$mart Way

New ways to save your money: *Be smart about how you pay*

What if you threw away dollar bills every time you found them in your pocket? Does it matter how you pay for your family's everyday purchases - with cash, credit/debit card or personal check? In fact, the way you choose to pay in stores and restaurants may be costing you (and the local stores you shop in) thousands of dollars a year.



These days, you can charge just about anything with a major credit card. But some non-plastic payment methods may allow you to get more for your dollar - and keep more of your hard-earned money in your local economy.

Here are a few times you may be paying extra or accepting unnecessary limits on your payment freedoms, and how to avoid them:

## ATM fees

You may knowingly be paying ATM fees, but you might be wise to select a bank that offers unlimited free withdrawals. Most credit card companies will charge you for cash advances from ATMs, but might not reveal the charge during your transaction. Make sure you're clear on the terms of your card before proceeding.

## Transaction fees

You should be aware of credit card fees that accompany certain transactions. Use cash or a personal check if credit card fees apply to a purchase you're making. Businesses often have to pay a fee for card transactions, so you support your favorite stores more if you pay with cash or personal check.

## Interest rates and annual fees


Credit cards can be a great way to build credit and earn benefits, but if you aren't keeping your balance at, or close to, zero, you are losing out big-time by

paying interest. If you're having trouble keeping your credit card balance down, you may want to consider sticking with a card attached to a checking account and your checkbook.

And here's the biggest surprise: How popular personal checks still are. In fact, 18 billion checks are still processed every year in the U.S. alone -- making checks the most frequent form of non-cash payment in America.

Many Americans still prefer having the option to pay with check as well as with credit or debit cards, according to a recent survey conducted by public affairs firm Ipsos on behalf of Deluxe Corporation. Seventy-five percent of consumers said they should have the right to pay with whatever method they wanted when making a purchase at a store - including cash, card or check. Thirty-eight percent of consumers surveyed would consider walking out of, or not returning to, a store or restaurant if that business refused to accept their checks as payment. And one-fifth of consumers say that a sign in a store which says "We Do Not Accept Checks" is an example of 'bad customer service.'

A new consumer advocacy campaign, "Stand Up For Your Right To Write Checks," is underway to preserve your option to use checks as a form of payment at [www.righttowritechecks.com](http://www.righttowritechecks.com).

Whatever your preferred method of payment is, by paying a little closer attention to your buying methods, you can end up saving a considerable amount of cash in the long run. 

Courtesy of ARAccontent

# Staging Your Home for a Quicker Sale



Foreclosures and high maintenance costs mean that new homes go up for sale faster than you can say “down market.” And what is great for buyers - more homes to choose from - means that sellers need to distinguish their properties from the rest of the crowd.

Home staging, or temporarily redesigning a home to appeal to buyers, can give homeowners an edge in an overcrowded market. Staged homes look bigger, newer and warmer. They invite buyers to see themselves living in the home.

Staging projects include inexpensive tasks, from rearranging furniture, to renting contemporary living room sets. Here are tips for staging homes:

**Declutter** When buyers see overcrowded bookshelves and wrinkled towels, they focus more on the dingy details than the architecture. But staging means more than a through cleaning - sellers should also remove personal items, like family photographs. Buyers should picture their families living in the home, not yours.

**Make things look new** A little paint can go a long way. Light colors make rooms look larger and brighter, so use them to make your home appear spacious. Wooden floors and cabinetry make big impressions, so make sure that they shine. If any wood looks dry or dirty, apply an orange oil for a quick restoration job. Touch of Oranges Wood Cleaner and Restorer hides small scratches and removes build-up, fingerprints and grease from cabinetry, wood floors and fixtures.

Hard water stains on glass shower doors and windows look unattractive, so remove them with a specialized product like CLR, which uses oxygen bleach to clean minerals from glass and tile. Some hard water stains will often yield to scrubbing with white vinegar and a non-scratch pad. If you find that vinegar is ineffective, a paint scraper or razor blade can be used to remove the bonded stains before resorting to harsher chemicals.

**Add small details** In the kitchen, bowls filled with fresh fruit create an attractive, colorful eyepiece. Place vases filled with fresh flowers in the bedrooms and dining room. Put candles in the bathroom. Small touches make homes feel more inviting. 🏠

Courtesy NewsUSA

# Tips for

## Sleeping Problems in the Elderly with Dementia

By Micha Shalev

Sleep disorders are commonly underdiagnosed and a significant source of concern in the geriatric population.

Age alone does not cause sleep problems. Disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. Instead, poor sleep habits, untreated sleep disorders, medications, or medical problems can contribute to sleeplessness.

This article will help you understand the causes of sleep problems and provide tips to help you sleep well.

In addition to affecting quality of life (including excessive daytime sedation, physical, psychological, cognitive problems affecting overall health of the resident), sleep disorders have been implicated with an increased mortality rate. Unfortunately, the number of medications increases with age, which in itself can lead to more morbidity, mortality, side effects such as falls, cognitive impairment, financial stressors, and even sleep disturbances.

Treating insomnia in the elderly with dementia can improve the overall health of the resident, but care must be taken when medications are used in this particular population.

Resident education about age-related changes in sleep can alter residents' expectations. An example is when residents realize that an occasional sleepless night does not indicate a health problem.

Residents should be encouraged to improve sleep hygiene and use behavioral interventions. For example, to improve sleep hygiene, residents are reminded not to consume stimulants (eg, caffeine) for several hours before bedtime.

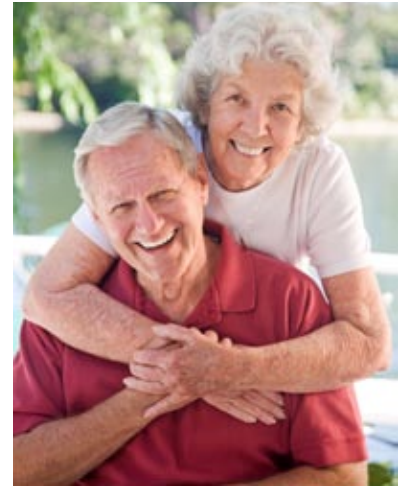
Behavioral interventions include sleep restriction therapy (limiting the time spent in bed and minimizing daytime napping). This therapy increases sleep efficiency; it may deprive residents of some sleep, but usually only at first.

Residents are instructed to awaken at the same time each morning; they determine when to go to bed based on their usual total nightly sleep time, estimated using a sleep diary. The time spent in bed is gradually increased as sleep efficiency increases.

Bright light therapy may help residents with an advanced or a delayed sleep phase. In sunny climates, outdoor bright light exposure may work just as well. A clinician should review all drugs that residents are taking to check whether any may induce photosensitivity and should determine whether residents have other disorders that may be exacerbated by this therapy.

Until recently, poor sleep in people with dementia was taken as an irreversible aspect of the disease. Today, however, studies are increasingly showing that sleep quality in people with dementia can indeed be improved, and, consequently, symptoms of poor sleep, such as sundowning, insomnia, and excessive daytime sleepiness, can be diminished.

Improved sleep means an improved quality of life for a person with dementia through increased alertness, decreased sleepiness, and reduction in behavioral problems. These beneficial consequences have a positive impact on a caregiver's quality of life



and the quality of care the caregiver is able to give.

Normally, a caregiver's own sleep quality begins to suffer as the caregiver deals with a wandering or belligerent person. A moment of inattentiveness on a tired caregiver's part can potentially allow the person with dementia to get into dangerous situations.

Persistent poor sleep quality can cause the caregiver to suffer negative mood changes, such as depression, anger, hopelessness, etc, which in turn can negatively impact the quality of care the person is able to give someone with dementia.

Poor sleep quality and its impact on the caregiver may be the most common factor leading caretakers to institutionalize a person with dementia. However, as the McCurry study suggests, improving sleep quality in a person with dementia may delay having to place the person in a institutional setting and improve quality of life of not only the person with dementia but also that of the caregivers.

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

Let's face it, we live in a digital, fast paced and networked world. Information is at our fingertips and every day it is becoming more portable, accessible and even personal. We have the ability to keep in touch and get daily updates on our entire social network through websites like Facebook, LinkedIn and Twitter.

Blogging now offers a resource for people who want to sift through the massive amounts of information that gushes out from a simple Google search. Who wants to hunt through 20,000 search results when researching the latest news about Alzheimer's?

Companies are following the networking trend with tremendous force and taking advantage of the ability to connect with their clients on a very real and personal level. Dodge Park Rest Home, The Adult Day Care at Dodge Park and our new addition Dodge Park At Home are right there doing the same. In the past few months, we put forth a great effort to connect more with the social networks, communities and families.

On Dodge Park main web page, links to all three of our social network sites are readily available. From the Dodge Park Facebook page, employees, customers, and even fans can connect and share their personal stories and gratitude. Newsfeeds and updates of events are put up weekly along with photos of our unique monkey therapy, hot dog celebrations, ice-cream parties and our classic family get together barbeque.

One of the most valuable resources for regular updates has been the two blogs we post to several times a week, the LIFE blog and Clinical Blog. Both serve very different functions. The Clinical Blog (medications, health on our web site as well as a direct link through our Facebook page) focuses on the latest articles from pharmaceutical companies, scientific research and studies to update both medical professionals and those curious about Alzheimer's and dementia clinical updates. The LIFE blog focuses on more personal aspects and characteristics of the aging process, with articles such as "Puzzles, Games Protect the Brain." This blog deals with a wide range of topics and valuable information for both the elderly and their loved ones.

As the world continues to change, Dodge Park Health Services will continue to offer the best and most reliable resources to everyone. While there is a lot of "stuff" online about celebrities and Twitter posts about people's lunch habits bombarding us daily, Dodge Park Rest Home, The Adult Day Care and our new addition Dodge Park At Home promises to do our best to offer relevant and valuable information.

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

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\*Subject to EAEDC approval.

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

# Five simple design tricks

to make your home a holiday hotspot

You may enjoy a rousing rendition of “Deck the Halls” when the carolers come a calling. But many time-starved hosts struggle to get the house decked out for the holidays while still having money left over for gifts.



Those boughs of holly aren't as cheap as they used to be, but decorating your home for the holidays doesn't need to break the bank. These five simple design tricks from the decorating experts at Country Door, an online and catalog retailer offering affordable, contemporary country decor for all seasons, can help you take your home from modest manger to holiday hotspot in no time.

## Seasonal swap-outs

Minor, near-effortless seasonal decor changes can usher in a fresh new look for any room in minutes. “Look for items that are reversible, such as quilts or throws - they can do double duty in the bedroom as well as the living room,” suggests Ann Bush, president of Country Door. “Centerpieces and other tabletop tableaus are also easy to reinvent for the holidays and can make a big impact when you get creative with your arrangements. Items for display can be collected throughout the year.”

## Get crafty

If you give gifts for the holidays, you likely have a box of wrapping paper and ribbon set aside for the occasion. Make that ribbon do double duty - create simple bows and sprinkle them in key locations in your living space. Ribbon

also makes a wonderful Christmas tree garland and can be reused year after year. Smart shoppers know ribbon goes on sale the day after Christmas. Stock up and save big at the register and you won't regret it when the next holiday season arrives.

### **Mother Nature meets Father Christmas**

Many of us take for granted the natural beauty that surrounds us each and every day. Even if you live in a big city, you can still find inspiration - and decorations - nestled amongst the nature. Small stones and pinecones might seem common, but with a little imagination they make great holiday decor. Simply collect small items like stones or acorns and arrange them on a tabletop with artfully placed votive candles. Arrange pinecones around your display. Voila - instant centerpiece. Take your display to the next level by adding height and contrast. Elegant glassware, like monogrammed tumblers from Country Door, calls attention to your favorite treasures and gives the entire display more impact.

### **Seasonal tabletop swap**

As the seasons and holidays change, so can your table setting. Anyone can create a breathtaking holiday table setting with their existing dinnerware by adding some festive touches. Use fresh greenery from your Christmas tree or borrow some from your trees outdoors. You can tie a few small stems together with a ribbon and put a bundle near each place setting. Arrange the sprays around a large bowl as a centerpiece and fill the bowl with fresh fruit and greenery. Oranges, apples, and pears are versatile accents; consider putting dried cloves in the oranges and mixing sticks of fresh cinnamon into your creation for a subtle holiday aroma. Add a few candle holders in the center of the table to complete the scene. For an extra special touch, consider changing the color of your dinnerware set to reflect the holidays. Rustic Red Rooster dinnerware from Country Door is an affordable swap out that doesn't leave you with an extra set of plates you only use once a year.

### **What's in your closet?**

You probably have a junk drawer in your home, but that's where you can find decorations in the rough.



Assorted odds and ends can take on new life when covered with a quick coat of silver or gold metallic spray paint and arranged tastefully on the table. Look for household items you can repurpose for decorating and you'll be surprised what inspires you. "Consider using stemmed glassware like dessert pedestals to create whimsical holiday tableaus," suggests Bush. "Simply arranging a few pinecones or metallic Christmas ornaments under glass can make a big impact for very little money."

At the end of the day, no home is holiday-ready without your welcoming smile. This is the most dazzling decor you can offer your guests when they walk through your door. With these budget-friendly design tips to inspire you, it's easy to bring the holidays into your home and still have money left for gifts. After all, 'tis the season for giving and receiving. 🎁

Courtesy of ARA Content

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