

DODGE PARK REST HOME & THE OASIS AT DODGE PARK



# NEIGHBORHOOD CONNECTION

*Dodge Park Rest Home has been serving the Worcester area since 1967 with the specific purpose to be recognized by the consumer and industry as the most professional, ethical and highest quality care facility for the elderly. We are committed to listening and responding to the needs of the residents, their family members and our employees. We are committed to going the extra mile when assistance is required by the public, the residents and their family members. We will remain committed to an entrepreneurial spirit, which does not tolerate waste or bureaucracy, but rewards achievement.*

-Micha Shalev & Ben Herlinger, Administrators /Owners

## Memories are made AT DODGE PARK & THE OASIS



DODGE PARK REST HOME



**Neighborhood Connection is now digital!**  
Email [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) to get it delivered to your inbox each month. Print editions will mail out every other month only.



## Alcohol Consumptions and the Risk of Developing Dementia

Some of the detrimental effects of heavy alcohol use on brain function are similar to those observed with Alzheimer's disease (AD).

Although alcohol use may be a risk factor for AD, it is difficult to study this relationship because of similarities between alcoholic dementia and AD and because standard diagnostic criteria for alcoholic dementia have not yet been developed. Similar biological mechanisms may be involved in the effects of AD and alcohol abuse on the brain.

Epidemiologic studies have investigated the relationship between alcohol use and AD but have not provided strong evidence to suggest that alcohol use influences the risk of developing AD. Further research is needed before the effect of alcohol use on AD is understood fully

Regardless, on top of all these detriments, alcohol can also increase the risk of dementia. Although most people associate the term dementia with Alzheimer's, that is only one form of the brain condition. The term actually encompasses several conditions that can cause memory loss, cognitive impairments, and changes in social function that are caused naturally by aging. General dementia symptoms include:

- Memory loss
- Trouble finding words or communicating
- Trouble solving problems or reasoning
- Trouble handling complex tasks
- Difficulty planning or organizing
- Changes in coordination or motor function
- Disorientation or confusion
- Changes in personality
- Depression and/or anxiety
- Paranoia
- Inappropriate behavior
- Agitation and restlessness
- Hallucinations

### DODGE PARK REST HOME & OASIS AT DODGE PARK

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The Dodge Park Family of Care Services

Dodge Park Rest Home

The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

The Oasis at Dodge Park

While dementia can be idiopathic (from no specific source), there are several subtypes that can be linked directly to alcohol use disorder. This is because drugs and alcohol kill brain cells at a faster rate than age alone.

One study found that people who consumed five or more bottles of beer in one sitting, or one bottle of wine, in midlife were three times more likely than people who did not binge drink to have dementia by the time they turned 65. Although Alzheimer's and alcohol-induced dementia appear similar, their causes are different.

Dementia tied to alcohol use disorder is categorized as alcohol-related brain damage, or ARBD. Consuming large amounts of alcohol prevents neurons from regenerating, so they die.

While it can begin in anyone who struggles with alcohol use disorder, this condition is becoming more common among middle-aged and older adults, since people ages 16-24 are drinking alcohol less and abusing different drugs instead.

ARBD is especially problematic for middle-aged women, since alcohol affects women more strongly than men. This is due to differences in hormones, body fat composition, and height/weight ratio between genders. In spite of this, men still receive more diagnoses for ARBD than women, probably related to men drinking more alcohol than women throughout their lives, especially among elderly adults.

Studies from 2010 and 2011 suggested that “moderate” alcohol consumption, specifically of wine or beer, could help to prevent dementia, including Alzheimer’s.

However, these studies have been proven wrong; although some nutrients found in soft alcohol may help brain function, consuming ethanol does not. At best, drinking wine or beer in moderate amounts has no effect on brain function later in life.

Another chronic condition that can developed by over drinking is Korsakoff syndrome which is a chronic memory disorder caused by severe deficiency of thiamine (vitamin B-1). Korsakoff syndrome is most commonly caused by alcohol misuse, but certain other conditions also can cause the syndrome. Korsakoff syndrome is often, but not always, preceded by an episode of Wernicke encephalopathy, which is an acute brain reaction to severe lack of thiamine.

Wernicke encephalopathy is a medical emergency that causes life-threatening brain disruption, confusion, staggering and stumbling, lack of coordination, and abnormal involuntary eye movements.



Because the chronic memory loss of Korsakoff syndrome often follows an episode of Wernicke encephalopathy, the chronic disorder is sometimes known as Wernicke-Korsakoff syndrome. But Korsakoff syndrome can also develop in individuals who have not had a prior episode of Wernicke encephalopathy. Scientists don’t yet know exactly how Korsakoff syndrome damages the brain. Research has shown that severe thiamine deficiency disrupts several biochemicals that play key roles in carrying signals among brain cells and in storing and retrieving memories. These disruptions destroy brain cells and cause widespread microscopic bleeding and scar tissue.

Most cases of Korsakoff syndrome result from alcohol misuse. Scientists don’t yet know why heavy drinking causes severe thiamine deficiency in some alcoholics, while others may be affected primarily by alcohol’s effects on the liver, stomach, heart, intestines or other body systems.

## Get Help for Alcohol Use Disorder

Dementia is only one of many problems associated with alcohol use disorder. This serious condition can cause harm to many organ systems. Getting help with detox, then entering a rehabilitation program is the best way to overcome this chronic disease. Medical professionals, therapists, counselors, and other professionals offer social support and care to end addiction.

Therapy to understand how addiction is triggered, and to change behaviors around consuming drugs or alcohol, will help a person maintain sobriety and lead a healthy life.

*Micha Shalev MHA CDP CDCM CADDCT is the co-owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is holding a master degree in health care management and a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer’s and dementia training topics. He can be reached at 508-853-8180 or by e-mail at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or view more information online at [www.dodgepark.com](http://www.dodgepark.com)*

## **International Music Day, Oct. 1.**

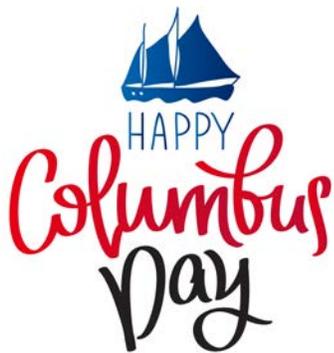
Initiated in 1975 to encourage the promotion of musical art among all sections of society.

## **World Teacher's Day, Oct. 5.**

Celebrate the hardworking teachers who educate our children.

## **Octopus Day, Oct. 8.**

Part of International Cephalopod Awareness Days, celebrating the most intelligent invertebrates in the world: octopus, cuttlefish, squid, and more.



## **Columbus Day, Oct 9.**

In 1492, Columbus sailed the ocean blue . . .

## **Halloween, Oct. 31.**

Be prepared for trick-or-treaters tonight



## **OCTOBER Observances**

International Dinosaur Month

National Book Month

Adopt a Shelter Dog Month

National Popcorn Month

National Stamp Collecting Month

National Chili Month

- Oct 1, 1890 Yosemite Park Established
  - Oct 1, 1971 Disney World Opens
  - Oct 6, 2016 Mad Hatter Day
  - Oct 12, 1892 Pledge of Allegiance created
  - Oct 12, 1492 Anniversary of Columbus Arrival in the New World
  - Oct 14, 2013 Columbus Day
  - Oct 14, 1926 Winnie-the-Pooh Published
  - Oct 15, 1924 Statue of Liberty Designated a National Monument
  - Oct 16, 1793 Marie Antoinette Beheaded
  - Oct 18, 1867 Transfer of Alaska From Russia to U.S., Celebrated as Alaska Day
  - Oct 21, 1879 Edison Invents the Incandescent Light Bulb
  - Oct 25, 1881 Pablo Picasso's Birthday
  - Oct 28, 1914 Jonas Salk's Birthday
  - Oct 29, 1969 First Internet Transmission
  - Oct 29, 1929 Stock Market Crash
  - Oct 31, 2016 Halloween
  - Oct 31, 2016 National Magic Day
- 1st. Card Making Day  
2nd. Country Inn Bed and Breakfast Day

3rd. Boyfriend Day  
4th. National Taco Day  
5th. World Teachers Day  
6th. Noodle Day  
7th. Frappe Day  
8th. Octopus Day  
9th. Moldy Cheese Day  
10th. Handbag Day  
11th. Face Your Fears Day  
12th. Gumbo Day  
13th. Peanut Festival Day  
14th. National Costume Swap Day  
15th. Cake Decorating Day  
16th. World Food day  
17th. Boss's Day  
18th. Chocolate Cupcake Day  
19th. Seafood Bisque Day  
20th. Brandied Fruit Day  
21st. National Mammography Day  
22nd. Nut Day  
23rd. Mother-in-Law Day  
24th. Bologna Day  
25th. Pasta Day  
26th. Pumpkin Day  
27th. Cranky Co-worker Day  
28th. Frankenstein Day  
29th. National Cat Day  
30th. Candy Corn Day  
31st. Halloween

## **Adopt a Dog Month.**

Each year an estimated 3 million to 4 million animals waiting in shelters never find someone to give them a safe, loving home and are euthanized. If you're thinking about getting a dog, be a hero and consider adopting from your local shelter.

## **Down Syndrome Awareness Month**

. Approximately one in every 700 babies in the United States is born with Down syndrome, making it the most common chromosomal condition. During October you can celebrate people with Down syndrome and make others aware of their abilities and accomplishments.

## **National Cyber Security Awareness Month.**

The internet touches almost all aspects of our daily life. National Cyber Security Awareness Month is designed to engage and educate public and private sector partners through events and initiatives to raise awareness about the importance of cyber security, provide them with tools and resources needed to stay safe online, and increase the resiliency of the nation in the event of a cyber incident.

## **National Protect Your Hearing Month.**

Hearing loss is a growing health issue among young adults and older Americans alike. Forty-eight million people nationwide suffer from hearing loss. National Protect Your Hearing Month is an important reminder to take steps to preserve your hearing health.



## What not to store in the refrigerator

It's late at night, which obviously means I'm making frequent trips to my refrigerator. Truth be told, I am literally standing here with the refrigerator door open, typing this newsletter on my phone as I look for a healthy snack to satisfy my every craving. Hmm, what to eat? I think I'll go with strawberries tonight (low calorie, high fiber, low glycemic, and quite filling), but for now, probably much like you, all this refrigerator talk has got me in the mood to TYPE SOME NEWS!

Having said that, did you know that refrigeration can actually cause certain foods to spoil faster? It's true. In fact, here are 7 foods that you'll never find in my refrigerator (mostly because I store them somewhere else):

**1. Bananas** - Storing bananas in the refrigerator can actually disrupt the ripening process. In fact, once refrigerated, a banana may never be able to resume the ripening process even if returned to room temperature. Just think of how devastating that is for the banana :(

**2. Sweet Potatoes** - When exposed to cold temperatures, starches found in potatoes will turn to sugar, disrupting their flavor and texture, not to mention increasing their sugar content. If you prefer tasteless potatoes that cause weight gain, however, please refrigerate.

**3. Tomatoes** - Ever had a really amazing tomato right out of the fridge? Me either. Tomatoes actually lose their flavor and become mushy when refrigerated. Yumn't.

**4. Apples** - Same as above, apples lose their texture and flavor when refrigerated. Instead, place an apple in the fridge about 30 mins before eating if you prefer your apples cold. That's what I always do anyway.

**5. Onions** - If you love soggy onions while also causing the rest of your food to taste and smell like onions, then you'll definitely want to refrigerate your onions immediately. Otherwise, try storing them in a paper bag (within a cool, dark cabinet) for maximum shelf-life.

**6. Avocados** - Much like the banana, refrigeration shuts down an avocado's ripening enzymes. If you want guacamole next month, this may be OK, but if you're like me, you probably want guacamole today.

**7. Coffee** - Contrary to popular belief, coffee is best stored at room temperature to allow the natural oils within the coffee bean to activate its pungent aromatic scent. My brother Big Jim, who savagely loves all things coffee, let me in on this little secret. On the flip side, refrigeration can actually cause coffee to absorb odors from other foods in your fridge. Onion flavored coffee anyone? Don't make that mistake twice guys...

## Break the unhealthy eating habit

Remember this advice for making better choices ... What you eat affects your health, but breaking bad eating habits and cultivating good ones can be difficult, especially in today's fast-food culture.

- Start small. Don't set too many goals at once. Focus on one or two behaviors you can control—snacking at night, for example, or drinking sugary sodas.
- Plan for success. Want to break your habit of eating a candy bar every day at 3 p.m.? Keep a bag of carrots or celery within reach. Similarly, stock your fridge with flavored sparkling water instead of soda. Bring healthy snacks to work so you're not tempted by the vending machine.
- Think before you eat. Are you really hungry or just looking for a break? Taking a walk or doing a crossword puzzle or Sudoku for a few minutes may have the same effect.
- Keep at it. Don't give up if you slip and fall back into bad habits. Review your goals and make a commitment to starting over. If at first you don't succeed ...



## Handle your car battery with safety in mind

Remember these safety tips ...

As winter approaches, taking the proper precautions for handling your car battery is a must. Remember these safety tips:

- Never smoke or use anything that may cause a spark when you're working on a battery. Batteries contain hydrogen and oxygen, two highly flammable and explosive gases.
- Regularly check the battery for damage. Look for cracks, corrosive materials, and loose wires.
- Have a pair of jumper cables that are free of rust and corrosion. Never use one that has exposed wires or cover exposed wires with electrical tape.
- Never throw a battery in a garbage dumpster. Take the battery someplace where it will be disposed of properly.

## Three activities to ward off Alzheimer's

Alzheimer's disease may not have a cure, but experts believe some practices can help delay memory loss.

Alzheimer's disease may not have a cure, but experts believe some practices can help delay memory loss. Here's what you can do:

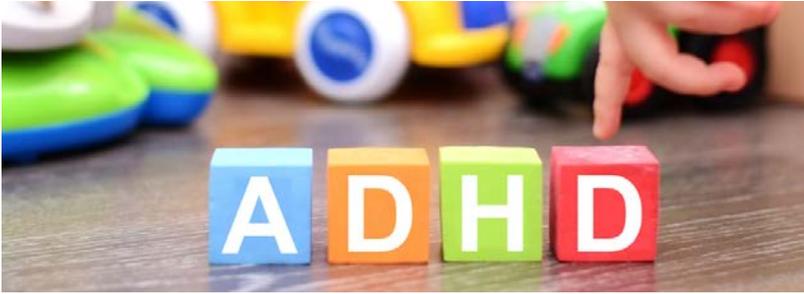
- Cognitive training. Crossword puzzles and other games can help, but try some different techniques. Do simple arithmetic in your head instead of relying on a calculator. Develop a new method for remembering what's on your

shopping list. Train your brain to remember things in new ways and you'll keep it sharper.

- Control your blood pressure. Reducing high blood pressure with medication and weight loss not only cuts your risk of heart disease, but it can also ease stress on the delicate blood vessels in your brain— stress that can exacerbate memory loss and dementia.
- Exercise. Moderate aerobic exercise has many health benefits, including heading off symptoms associated with Alzheimer's. Try exercising for 30 minutes five days a week, or 50 minutes three times a week. You'll feel better and extend your cognitive health.

## How to spot ADHD

Attention-deficit/hyperactivity disorder is an increasingly common and somewhat perplexing behavior problem.



Attention-deficit/hyperactivity disorder is an increasingly common and somewhat perplexing behavior problem. How do you know whether your child has ADHD or is simply going through a rough stage? Here are some clues and what your pediatrician should do:

### Symptoms:

- **Inattention.** Your child seems not to listen often, makes careless mistakes, and fails to give attention to details; fails to follow through on directions; is forgetful in daily activities; and avoids or dislikes tasks that require sustained mental effort, such as homework.
- **Hyperactive.** Your child fidgets often, gets up from the seat in the classroom when he or she should be sitting down, and talks excessively.
- **Impulsive.** Your child often has difficulty waiting for his turn and butts into conversations or games.

### What your pediatrician should look for:

- The symptoms should be present in at least two settings, like home and school, and should have persisted for at least six months.
- Doctors should look for the specific symptoms outlined by the American Academy of Pediatrics and the American Psychiatric Association.
- Doctors should talk extensively with both parents and teachers.
- Doctors should also investigate other conditions. About one-third of children with ADHD also have anxiety or depression disorders.

## Talking to parents who need help

Here are some tips to help you broach the subject ...

Talking to your aging parents about getting extra help for them can be difficult for adult sons and daughters. Here are some tips to help you broach the subject:

- **Make a list of changes in your parents.** Keep your eyes open for changes in their patterns of eating, grooming, or socialization. Ask their doctor, neighbors, relatives, friends, and associates if they have noticed any significant functional, behavioral, or cognitive changes. Present these observations to your parents as possible reasons for their need for extra help.
  - **Educate yourself.** Find out all the options and costs for medical and social resources and professional services such as home care, legal and financial planning, senior centers, and housing alternatives. Be prepared to suggest to your parents a variety of options and how they can be paid for.
  - **Get help if necessary.** If your parents are resistant, hire a third party such as their physician or legal or financial advisor to moderate the meeting.
  - **Know where key documents are located.** It's likely that your parents have tended to legal, financial, and burial matters. Make sure you know where all the documents are.
  - **Let them make decisions.** They're not children. Don't assume you know what they want or need. Listen to what they have to say.

## Carve your jack-o'-lantern with your family

One of the best ways to spend an October day or evening is to carve pumpkins with the family. Here are some tips on carving the perfect jack-o'-lantern:

- On a piece of paper, draw a pattern for the pumpkin face.
- Use the pattern to trace onto the pumpkin.
- Cut the top of the pumpkin, cutting at a 45-degree angle to create a “ledge” that won't allow the top to fall back inside when you place it back on.
- Scoop out the seeds and insides of the pumpkin, leaving about one inch in thickness.
- Slice out the pattern, working from the center of the design outward. Cut the larger areas in chunks to make them easier to remove.

## Try mindfulness for better health

Research from Dignity Health, one of the nation's largest health care systems, explores how mindfulness—the practice of being more present in daily life—can benefit friends, family, and communities.

Research from Dignity Health, one of the nation's largest health care systems, explores how mindfulness—the practice of being more present in daily life—can benefit friends, family, and communities. A survey of 1,051 Americans found that 87 percent of respondents believe that practicing mindfulness—defined as a state of active, open attention to the present—can benefit not only one's own physical and mental health, but also the people they interact with, causing a positive ripple effect.

Dignity Health encourages people to set aside a minimum of two minutes every day—in the morning, during a work break, a stressful time throughout the day, or in the evening—to “check in” with yourself. Take this time to reflect on your relationships and the purpose or meaning behind your work and daily activities.

Ninety-seven percent of survey participants said they believe mindfulness has a positive impact on their health, and 95 percent believe it has a similar beneficial effect on their mood. They said they believe it makes them calmer (69 percent) and happier (58 percent) and leads to better sleep (61 percent).

## Mental Illness Awareness Week, Oct. 1-7.

During Mental Illness Awareness Week, join the National Alliance on Mental Illness in shining a light on mental illness and replacing stigma with hope.



## World Space Week, Oct. 4-10.

More than 2,700 events in 86 countries celebrated the benefits of space and excitement about space exploration in 2016. This year's theme, “Exploring New Worlds In Space,” aims to inspire even more events around the world.

## National Business Women's Week, Oct. 15-21.

The purpose of this observance is “to recognize women who have been the cornerstone of working in business in the United States in the past and to examine how far women in business have come.”

## National Lead Poisoning Awareness Week, Oct. 22-28.

Lead poisoning is considered the most preventable environmental disease among young children. A blood test can prevent permanent damage.

# A very Happy Birthday to...



## OASIS RESIDENTS

Harriet G. Oct. 25  
Warren M. Oct. 26  
Gerald B. Oct. 30

## DODGE PARK RESIDENTS

Albina B. Oct. 4  
Mary G. Oct. 17  
Carolyn C. Oct. 24  
Claire B. Oct. 24

## STAFF

Jeffrey L. Oct. 13  
Carrie L. Oct. 17  
Irene N. Oct. 17  
Mardalena C Oct. 20  
Lloyd W. Oct. 22  
Ben H. Oct. 23  
Erin L. Oct. 24  
Treasure T. Oct. 24



Are you caring for a loved one diagnosed with Alzheimer's or other dementia and need a break during the day?

The Adult Day Care at Dodge Park offer the right solution for your respite care.

To learn more about our Adult Day Care Program please join us for an afternoon of fun at our monthly Day Club open house with your loved one on the 3rd Thursday of each month between the hours of 1:30pm and 4:00pm .

The next open house will be on October 19, 2017

This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. The afternoon will consist of group discussions, music, arts, refreshments, and most importantly, laughter.

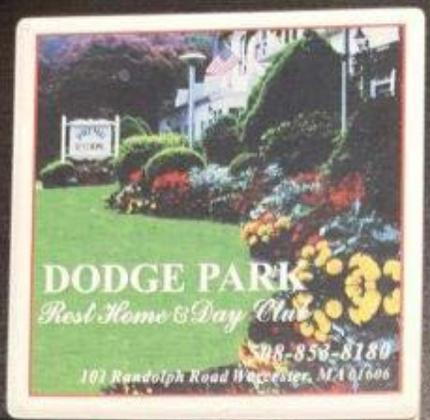
**The monthly open house is FREE and open to the public.**

It is open to anyone at any stage of the Alzheimer's/Dementia disease process accompanied by friend, family, and loved ones.





**DODGE PARK  
REST HOME  
CELEBRATES IT'S  
50TH ANNIVERSARY!**



KEY TO THE CITY OF WORCESTER, MASSACHUSETTS  
**Dodge Park Rest Home**  
On the occasion of the Grand Opening Celebration  
of the Oasis at Dodge Park and the  
50th Anniversary of Dodge Park Rest Home.  
By Mayor Joseph M. Petty - September 13, 2017



# Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN .....

## Nutritious Foods to Donate to a Food Drive

In light of the devastation in Texas brought on by Hurricane Harvey and the outpouring of donations by those around the country I wanted to provide some information on food donations, specifically what kinds of foods are good to donate to those in need. This spirit of giving is also very prominent around the winter holiday season, which is right around the corner.

An important thing to remember is that perishable items or those items that need to be refrigerated are very often not accepted. Another consideration is that while all foods have a place in one's diet, those that contain key nutrients are better choices. Candy bars and desserts will provide valuable calories but not much else in the way of nutrition. Also, foods that require no cooking or those that can be cooked easily will be most desired by those that have temporary living situations or for those living in a shelter.

Foods high in protein and whole-grain carbohydrate foods provide a good, healthy energy sources for the consumer. Here are some foods that meet that criteria:

- Canned tuna and other canned meats such as chicken
- Peanut butter and loose nuts
- Canned beans such as kidney beans or baked beans
- Canned chick peas
- Hearty soups such as lentil soup, black bean soup, beef stew or clam chowder ( Ready-to-eat soups do not require the addition of milk or water so choose those over condensed soups if possible)
- Shelf-stable milk (like Parmalat)
- 100% juice drinks
- Canned fruits and fruit cups in juice
- Protein bars and low sugar granola bars
- Microwavable popcorn
- Low sodium canned vegetables
- Whole grain pasta (pair it with a jar of meat sauce)
- Microwavable brown rice packets
- Instant oatmeal
- Low sugar, whole grain cereals

I will be available to meet with family member to address any concern or questions regarding dietary needs or special diet for their loved one. I can be reach at Dodge Park Rest Home number (508-853-8180).

It's never too late to begin. It's never too early to start.

ageless Grace®



Timeless Fitness™  
for the Body & Brain™

## Ageless Grace® Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements, or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace® the ability to respond, react and recover.

For more information, please visit: [www.agelessgrace.com](http://www.agelessgrace.com)



Maria Skinner is an Ageless Grace® Educator Trainer. She is the owner of StarFish Dance & Yoga in MA. In addition to Ageless Grace®, Maria is a BeSoul™ Dance Trainer & a former White Belt Nia Trainer. She co-authored the book "My Hungry Head" and co-authored the Spanish translation of Our Bodies, Ourselves; Nuestros Cuerpos, Nuestras Vidas.

The Ageless Grace® Program  
is ideal for:

Anyone who wants to stay  
cognitively fit and vibrant  
through stimulation of  
neuroplasticity

All health and fitness  
professionals desiring  
brain health skills  
on their resume

Special populations,  
including those with  
physical or mental  
limitations

Caregivers working with  
special populations

# Introduction to Ageless Grace®

## Wednesday, November 8<sup>th</sup>

Location: Dodge Park Rest Home  
101 Randolph Road Worcester MA 01606

Time: 6:00-6:45pm

Come learn play with me and increase your neuroplasticity through fun,  
music and simple movement!

# Premier Residential Care Facility For Seniors

One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.

At Dodge Park Rest Home and the Oasis at Dodge Park, we provide seniors two options for senior residential care.



**At Dodge Park Rest Home your loved one is cared for in a unique, home-like setting with custom services tailored to maximize their physical and cognitive well being.**

- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
- Your loved one can stay even if your money runs out!



Schedule a Tour  
& See Why We're  
**#1 On Caring.com in MA**  
**5 YEARS  
IN A ROW**

DODGE PARK

REST HOME

CELEBRATING



YEARS

*Caring for our Community*

## DODGE PARK REST HOME

*and*  
*The Day Club*

101 Randolph Road, Worcester, MA • DodgePark.com • 508-853-8180

# James Whitcomb Riley

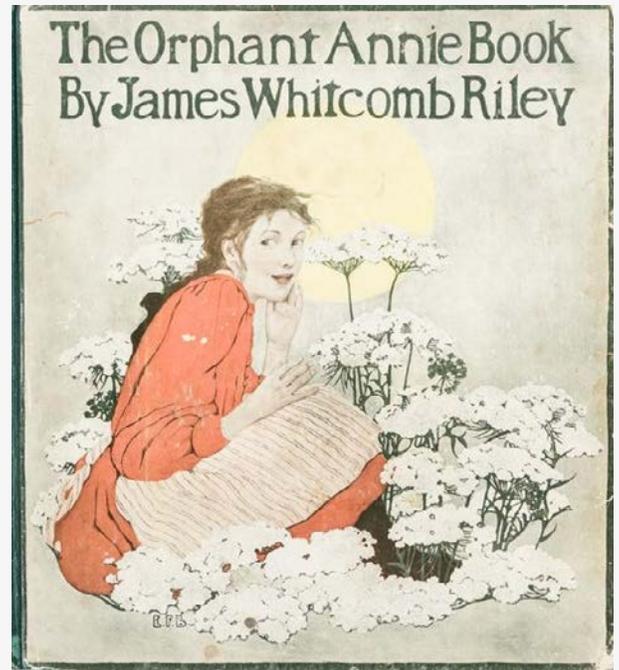
James Whitcomb Riley (October 7, 1849 – July 22, 1916) was an American writer, poet, and best-selling author. During his lifetime he was known as the “Hoosier Poet” and “Children’s Poet” for his dialect works and his children’s poetry respectively. His poems tended to be humorous or sentimental, and of the approximately one thousand poems that Riley authored, the majority are in dialect. His famous works include “Little Orphant Annie” and “The Raggedy Man”.

Riley began his career writing verses as a sign maker and submitting poetry to newspapers. Thanks in part to an endorsement from poet Henry Wadsworth Longfellow, he eventually earned successive jobs at Indiana newspaper publishers during the latter 1870s.

Riley gradually rose in prominence during the 1880s through his poetry reading tours. He traveled a touring circuit first in the Midwest, and then nationally, holding shows and making joint appearances on stage with other famous talents. Regularly struggling with his alcohol addiction, Riley never married or had children, and created a scandal in 1888 when he became too drunk to perform.

He became more popular in spite of the bad press he received, and as a result extricated himself from poorly negotiated contracts that limited his earnings; he quickly became very wealthy.

Riley became a bestselling author in the 1890s. His children’s poems were compiled into a book and illustrated by Howard Chandler Christy. Titled the Rhymes of Childhood, the book was his most popular



and sold millions of copies. As a poet, Riley achieved an uncommon level of fame during his own lifetime.

He was honored with annual Riley Day celebrations around the United States and was regularly called on to perform readings at national civic events. He continued to write and hold occasional poetry readings until a stroke paralyzed his right arm in 1910.

Riley’s chief legacy was his influence in fostering the creation of a midwestern cultural identity and his contributions to the Golden Age of Indiana Literature. Along with other writers of his era, he helped create a caricature of midwesterners and formed a literary community that produced works rivaling the established eastern literati.

There are many memorials dedicated to Riley, including the James Whitcomb Riley Hospital for Children.

-END

**DODGE PARK**  
*Rest Home • Day Club*

## Stay Connected!

We are proud to announce our new **Family Informed™** service! Sign up today to stay on top of our upcoming events and community information via email and Facebook. Never miss an activity or celebration ever again! Each Monday we will send you an email containing "highlights" from the events happening that week. We also post about our upcoming activities and celebrations on our Facebook page.

This convenient service is available to **everyone** including residents, family members, loved ones, caregivers and staff. Feel free to share this announcement with anyone who you think will want to participate in our community events. We look forward to keeping you informed!

### Connecting is easy!

Receive our weekly "event highlights" emails and join us on Facebook by visiting the links below:



<https://familyinformed.campgn2.com/Dodge-Park-Rest-Home>



<https://www.facebook.com/dodgeparkresthome/>



SERVICES PROVIDED BY Daborn





## How Do I Choose The Right Adult Day Care Program?

by Micha Shalev

No matter how efficiently and effortlessly you have adapted your life to the role of caregiver; eventually you are going to need a break. Occasional breaks are essential not only to your emotional well-being, but to the well-being of your relationships with your family, friends, and the person you are caring for.

Taking an occasional break is also essential to maintaining your capability as a caregiver. For some caregivers a nearby family member can step in and provide the care, but for other caregivers that option is not available. In those cases, adult day care is one of a better option.

The role of adult day care is gaining increased attention as the nation prepares for the large cohort of baby boomers entering their later years. Many boomers are aging with physical and cognitive impairments, including Alzheimer's disease and related dementias. Moreover, these boomers have a strong preference to age in place in their communities. It is estimated that 70% of persons with dementia and Alzheimer's disease, reside at home while receiving care from family members.

Life, liberty, and the pursuit of happiness are central ideals in American society. Health

and aging issues in the United States are shaped by "independence, autonomy, the application of principles, and a preeminent concern for individual rights".

In the United States, the National Adult Day Services (ADS) Association provides leadership in all areas of ADS. The most current definition for ADS in the United States comes from the NADSA Standards and Guidelines for ADS:

"Adult day services are community-based group programs designed to meet the needs of adults with impairments through individual plans of care. These structured, comprehensive, residential programs provide a variety of health, social, and related support services in a protective setting. By supporting families and other caregivers, adult day services enable participants to live in the community. Adult day services assess the needs of participants and offer services to meet those needs. Participants attend on a planned basis".

The Components of A Quality Program Family members must do some research to determine whether the adult day care center is right for their loved ones.

The components of a quality adult day care program should include the following:

- Conducts an individual needs assessment before admission to determine the person's range of abilities and needs;
- Provides an active program that meets the daily social and recreational needs of the person in care;
- Develops an individualized treatment plan for participants and monitors it regularly, adjusting the plan as necessary;
- Has clear criteria for service and guidelines for termination based on the functional status of the person in care;
- Provides a full range of in-house services, which may include transportation, meals, health screening and monitoring,

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:30 Bible Study</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Wayne Page</b> 4:00 Inspirational Stories Movement Group 7:00 Hand Massage and Music</p>	<p><b>1 9:30 Puppy Visits</b> 10:00 <b>Catholic Mass</b> 11:00 Fun with Fitness 2:00 Music &amp; Rhythm 3:00 Board/Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p><b>2 9:30 Puppy Visits</b> 10:00 Remember When? 10:30 <b>Tai Chi</b> 11:30 Music &amp; Rhythm 2:00 Bingo The Circle of Friends Parachute Game 4:00 Wit &amp; Wisdom 7:00 Chicken Soup for the Soul</p>	<p><b>3 9:30 Puppy Visits</b> 10:00 Sit and Stretch 10:45 Name "10" Game 11:30 <b>Music Therapy</b> 2:00 <b>Pet Therapy</b> 3:00 Craft Corner 4:00 Movement/Walking Club 7:00 Hand Massage and Music 8:00 Golden Oldies</p>	<p><b>4 9:30 Puppy Visits</b> 10:00 The Baking Beauties 10:45 In the News 11:15 <b>Yoga with Nancy</b> 2:00 Octaband 3:00 Positive Thoughts 4:00 Story and Discussion Scents &amp; Senses 7:00 Poetry Readings</p>	<p><b>5 9:30 Puppy Visits</b> 10:00 Sit &amp; Get Fit 11:00 Creative Arts Manicures &amp; Music 2:00 Noodle Hockey 3:30 <b>Happy Hour!</b> 4:30 Sing-A-Long 7:00 <b>Entertainment:</b> <b>Marie Pascale</b> 8:00 Reminiscing</p>	<p><b>6 9:30 Morning Gathering</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Reminiscing 4:15 <b>Chris on the Piano</b> 7:00 <b>Entertainment:</b> <b>Marti Sawyer</b> 8:00 Reading Roundtable</p>
<p><b>8 9:30 Bible Study</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Rob Marona</b> 4:00 Inspirational Stories Movement Group 7:00 Hand Massage and Music</p>	<p><b>9 9:30 Puppy Visits</b> 10:00 <b>Catholic Mass</b> 11:00 Fun with Fitness 2:00 Music &amp; Rhythm 3:00 History of Columbus Day 4:00 Reminiscing/Sensory Fall themes 7:00 Meditation and Music <small>(Columbus Day (US) Thanksgiving Day (Canada))</small></p>	<p><b>9 9:30 Puppy Visits</b> 10:00 Remember When? 10:30 <b>Tai Chi</b> 11:15 Music &amp; Rhythm 2:00 Bingo The Circle of Friends Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul</p>	<p><b>10 9:30 Puppy Visits</b> 10:00 Sit and Stretch 10:45 Person, Place or Thing 11:30 <b>Music Therapy</b> 2:00 <b>Pet Therapy</b> 3:00 Craft Corner 4:00 Movement/Walking Club 7:00 Hand Massage and Music 8:00 Golden Oldies</p>	<p><b>11 9:30 Puppy Visits</b> 10:30 <b>Country Western Day!</b> 11:15 <b>Wild West Yoga</b> 1:45 <b>Entertainment:</b> <b>Tim Barrett</b> 2:45 <b>Hoedown Happy Hour</b> 3:30 <b>Campfire Stories with Todd Goodwin</b> 7:00 Butch Cassidy and the Sundance Kid</p>	<p><b>12 9:30 Puppy Visits</b> 10:00 Sit &amp; Get Fit 10:00 <b>Mary Kay</b> 11:00 Creative Arts Manicures &amp; Music 2:00 Noodle Hockey 3:30 <b>Apple Cider Social!</b> 4:30 Sing-A-Long 7:00 <b>Entertainment:</b> <b>Marie Pascale</b> 8:00 Reminiscing</p>	<p><b>13 9:30 Morning Gathering</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Reminiscing 4:15 <b>Chris on the Piano</b> 6:30 <b>Entertainment:</b> <b>Wesley Thoun</b> 8:00 Reading Roundtable</p>
<p><b>15 9:30 Bible Study</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Ashley Yarnell</b> 4:00 Inspirational Stories Movement Group 7:00 Hand Massage and Music</p>	<p><b>16 9:30 Puppy Visits</b> 10:00 <b>Catholic Mass</b> 11:00 Fun with Fitness 2:00 Music &amp; Rhythm 3:00 Board/Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p><b>17 9:30 Puppy Visits</b> 10:00 Remember When? 10:30 <b>Tai Chi</b> 11:15 Music &amp; Rhythm 12:30 <b>Mens Luncheon</b> 2:00 Bingo/Circle Time 3:00 Parachute Game 4:00 Wit &amp; Wisdom 7:00 Chicken Soup for the Soul</p>	<p><b>18 9:30 Puppy Visits</b> 10:00 Sit and Stretch 10:45 Name "10" Game 11:30 <b>Music Therapy</b> 2:00 <b>Pet Therapy</b> 3:00 Craft Corner 4:00 Movement/Walking Club 7:00 Hand Massage and Music 8:00 Golden Oldies</p>	<p><b>19 9:30 Puppy Visits</b> 10:00 The Baking Beauties 10:45 In the News 11:15 <b>Yoga with Nancy</b> 2:00 Octaband 3:00 Positive Thoughts 4:00 Story and Discussion Scents &amp; Senses 7:00 Poetry Readings</p>	<p><b>20 9:30 Puppy Visits</b> 10:00 Sit &amp; Get Fit 11:00 Creative Arts Manicures &amp; Music 2:00 <b>Magical Show</b> 3:30 <b>Happy Hour!</b> 4:30 Sing-A-Long 7:00 <b>Entertainment:</b> <b>Marie Pascale</b> 8:00 Reminiscing</p>	<p><b>21 9:30 Morning Gathering</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Reminiscing 4:15 <b>Chris on the Piano</b> 6:30 <b>Entertainment:</b> <b>Sandy Robinson</b> 8:00 Reading Roundtable</p>
<p><b>22 9:30 Bible Study</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Bill McCarthy</b> 4:00 Inspirational Stories Movement Group 7:00 Hand Massage and Music</p>	<p><b>23 9:30 Puppy Visits</b> 10:00 <b>Catholic Mass</b> 11:00 Fun with Fitness 2:00 Music &amp; Rhythm 3:00 Board/Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p><b>24 9:30 Puppy Visits</b> 10:00 Remember When? 10:30 <b>Tai Chi</b> 11:15 <b>Resident Council</b> 2:00 Bingo The Circle of Friends Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul</p>	<p><b>25 9:30 Puppy Visits</b> 10:00 Sit and Stretch 10:45 Person, Place or Thing 11:30 <b>Music Therapy</b> 2:00 <b>Pet Therapy</b> 3:00 Craft Corner 4:00 Movement/Walking Club 7:00 Hand Massage and Music 8:00 Golden Oldies</p>	<p><b>26 9:30 Puppy Visits</b> 10:00 The Baking Beauties 10:45 In the News 11:15 <b>Yoga with Nancy</b> 2:00 Octaband 3:00 Positive Thoughts 4:00 Story and Discussion Scents &amp; Senses 7:00 Poetry Readings</p>	<p><b>27 9:30 Puppy Visits</b> 10:00 Sit &amp; Get Fit 11:00 Creative Arts Manicures &amp; Music 2:00 Noodle Hockey 3:30 <b>Birthday Party!</b> 4:30 Sing-A-Long 7:00 <b>Entertainment:</b> <b>Marie Pascale</b> 8:00 Reminiscing</p>	<p><b>28 9:30 Morning Gathering</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Reminiscing 4:15 <b>Chris on the Piano</b> 6:30 <b>Entertainment:</b> <b>Glen Hilliard</b> 8:00 Reading Roundtable</p>
<p><b>29 9:30 Bible Study</b> 10:00 <b>Aerobics with Jorge</b> 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Jim Porcella</b> 4:00 Inspirational Stories Movement Group 7:00 Hand Massage and Music</p>	<p><b>30 9:30 Puppy Visits</b> 10:00 <b>Catholic Mass</b> 11:00 Spooky Stretch 2:00 <b>Halloween Party with Marti Sawyer</b> 3:00 <b>Trick or Treat Games and Fun</b> 4:00 Halloween Humor 7:00 Halloween Movie</p>	<p><b>31 9:30 Puppy Visits</b> 10:00 Halloween History Traditions &amp; Trivia 10:30 <b>Tai Chi</b> 11:15 "Boo Game" 2:00 <b>Opera-Kadabra Show</b> 3:30 <b>Halloween Happy Hour</b> 4:00 Haunted Honey/moon Story &amp; Discussion</p>	<p><b>8:00 Golden Oldies</b></p>	<p><b>8:00 Golden Oldies</b></p>	<p><b>8:00 Reminiscing</b></p>	<p><b>8:00 Reading Roundtable</b></p>

# October 2017

## Oasis at Dodge Park



The Oasis at Dodge Park 102 Randallp Road Worcester, MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar is subject to change.

## October 7th is Frappe Day.



Here is a basic recipe to share with your residents.

### Basic Frappe Recipe

#### Ingredients:

- 1 (14 ounce) container of full-fat milk
- 1/3 cup strong brewed cold coffee
- 3 ice cubes
- 1 tablespoon white sugar
- 1 pinch salt
- 1 tablespoon whipped cream, or to taste
- 2 teaspoons chocolate syrup, or to taste
- 2 teaspoons caramel ice cream topping, or to taste

#### Preparation:

1. Pour 1/2 cup portions of milk into paper cups or a muffin tin. Freeze until solid, about 4 hours or overnight.
2. Place a single 1/2 cup portion of frozen milk in the container of a blender. Add cold coffee, ice cubes, sugar, and salt. (Keep the remaining portions of milk in the freezer for other frappes.)
3. Blend until smooth and creamy.
4. Pour into a glass, top with whipped cream. Drizzle chocolate and caramel ice cream toppings over the whipped cream.



## Stay Connected!

We are proud to announce our new **Family Informed™** service! Sign up today to stay on top of our upcoming events and community information via email and Facebook. Never miss an activity or celebration ever again! Each Monday we will send you an email containing "highlights" from the events happening that week. We also post about our upcoming activities and celebrations on our Facebook page.

This convenient service is available to **everyone** including residents, family members, loved ones, caregivers and staff. Feel free to share this announcement with anyone who you think will want to participate in our community events. We look forward to keeping you informed!

### Connecting is easy!

Receive our weekly "event highlights" emails and join us on Facebook by visiting the links below:



<https://familyinformed.campgn2.com/Oasis-at-Dodge-Park>



<https://www.facebook.com/theoasisatdodgepark/>



SERVE PROVIDED BY Daborn



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 Rosary/Meditation Hymn Singing <b>11:00 Aerobics with Jorge</b> <b>2:30 Entertainment:</b> <b>Marylou Ferrante</b> 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies</p>	<p>10:15 Daily Chronicle <b>10:45 Catholic Mass</b> 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie</p>	<p>10:00 Morning Hellos <b>10:30 All Faith Bible Study</b> 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 4:00 Bowling Game 7:00 Tuesday Night Trivia Challenge 8:00 "I Love Lucy"</p>	<p><b>9:00 Pet Therapy</b> 10:00 Daily Chronicle 10:30 Morning Stretch 11:15 Parachute Game <b>3:00 Communion Service</b> 3:30 Game Circle 4:30 Sentimental Singing 7:00 Circle of Friends 8:00 Classic TV</p>	<p>10:00 Morning Hellos <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase 2:30 Craft Corner/Table Games/Sensory Group 4:00 Ball Game 7:00 Reminiscing and Relaxation 8:00 Golden Oldies</p>	<p>10:00 Daily Chronicle <b>10:30 Mary Kay</b> <b>10:30 Congregational Church Service</b> 2:30 Table Top Time Cards and Games <b>3:30 Happy Hour!</b> 4:30 Sing-A-Long 7:00 Friday Night at the Movies</p>	<p>10:00 Morning Hellos <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment:</b> <b>Chuck Dee</b> 8:00 Saturday Night Social Club</p>
<p>10:15 Rosary/Meditation Hymn Singing <b>11:00 Aerobics with Jorge</b> <b>2:30 Entertainment:</b> <b>Kathy Earabino</b> 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies</p>	<p>10:15 Daily Chronicle <b>10:45 Catholic Mass</b> 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie</p>	<p>10:00 Morning Hellos <b>10:30 All Faith Bible Study</b> 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 4:00 Bowling Game 7:00 Tuesday Night Trivia Challenge 8:00 "I Love Lucy"</p>	<p><b>9:00 Pet Therapy</b> 10:00 Daily Chronicle 10:30 Morning Stretch 11:15 Parachute Game <b>3:00 Communion Service</b> 3:30 Game Circle 4:30 Sentimental Singing 7:00 Circle of Friends 8:00 Classic TV</p>	<p>10:00 Morning Hellos <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase 2:30 Craft Corner/Table Games/Sensory Group 4:00 Ball Game 7:00 Reminiscing and Relaxation 8:00 Golden Oldies</p>	<p>10:00 Daily Chronicle <b>10:30 Mary Kay</b> <b>10:30 Congregational Church Service</b> 2:30 Table Top Time Cards and Games <b>3:30 Happy Hour!</b> 4:30 Sing-A-Long 7:00 Friday Night at the Movies</p>	<p>10:00 Morning Hellos <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment:</b> <b>Heather Ralston</b> 8:00 Saturday Night Social Club</p>
<p>10:15 Rosary/Meditation Hymn Singing <b>11:00 Aerobics with Jorge</b> <b>2:30 Entertainment:</b> <b>Duane Sullivan</b> 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies</p>	<p>10:15 Daily Chronicle <b>10:45 Catholic Mass</b> 11:15 Halloween History Traditions &amp; Trivia <b>2:30 Halloween Party Tricks/Treats/Games &amp; Fun</b> <b>3:30 Entertainment:</b> <b>Marti Sawyer</b> 7:00 "It's the Great Pumpkin Charlie Brown"</p>	<p>10:00 Morning Hellos <b>10:30 All Faith Bible Study</b> 11:15 Tai Chi 2:30 Boo Game <b>3:30 Opera-Katadra Show</b> 4:30 Haunted Honeymoon Story &amp; Discussion 7:00 Halloween Movie "Hocus Pocus"</p>	<p><b>9:00 Pet Therapy</b> 10:00 Daily Chronicle 10:30 Morning Stretch 11:15 Parachute Game 2:30 The Paint Project 3:30 Game Circle 4:30 Sentimental Singing 7:00 Circle of Friends 8:00 Classic TV</p>	<p>10:00 Morning Hellos <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase <b>2:30 Birthday Party with Alexandria Bianco</b> 4:00 Ball Game 7:00 Reminiscing and Relaxation 8:00 Golden Oldies</p>	<p>10:00 Daily Chronicle <b>10:30 Baking with Deb</b> 11:15 Resident Council 2:30 Table Top Time Cards and Games <b>3:30 Happy Hour!</b> 4:30 Sing-A-Long 7:00 Friday Night at the Movies</p>	<p>10:00 Morning Hellos <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment:</b> <b>Ashley Yarnell</b> 8:00 Saturday Night Social Club</p>

# October 2017



## Dodge Park Rest Home & Day Club

Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar is subject to change.

# Oasis at Dodge Park offers specialized Alzheimer's care in state-of-the-art facility

The owners responsible for establishing Worcester's Dodge Park Rest Home as top facility for seniors with Alzheimer's disease and dementia are close to unveiling of first phase their new endeavor – Oasis at Dodge Park.

Micha Shalev and Ben Herlinger took over the operation of Dodge Park in 2007 and created an innovative program for their residents. Oasis at Dodge Park is building on that success.

"The focus of Oasis is mainly to help people with dementia and Alzheimer's disease," said Shalev, "those people who don't need to be in a nursing home, but need constant care."

The \$16 million 60,000-square-foot project, located at the site of the former Odd Fellows Home across the street from Dodge Park, is being constructed in two phases. The first, a 50-bed building is due to open in May 2016, pushed back from fall of 2015 due to the previous harsh winter. The second will include a 32-bed building that will eventually be expanded to 51.



Oasis, designed by Levi + Wong Associates of Concord, will combine the feel of a luxurious hotel with all the comforts and amenities of home. Once completed, the secure, 60,000-square-foot facility will encourage enjoyment of the natural surroundings, including a large, central courtyard and many large gardens so residents are able to keep all their senses active. Two dining rooms will be built around the central courtyard and the common activity area will have a two-story high ceiling and multiple glass windows to bring natural light into the facility.

The new facility will have rooms with four different layouts, including some private rooms and rooms with a view of nearby Indian Lake.

Shalev noted that last year, Massachusetts passed new regulations supported by the Alzheimer's Association to improve the safety of residents with dementia and Alzheimer's living in care facilities.



*Micha Shalev,  
owner and administrator*

"They are very tough standards," said Shalev, "and this facility goes above and beyond."

The state-of-the-art facility is designed to promote independence within a comfortable and safe environment.

The "small house philosophy" encourages flexibility and responsiveness to resident's needs. The plan offers several common areas that will allow a variety of activities. Each household has its own dining area, living room (day room), and dedicated activity spaces that will support appropriate activities for residents with different cognitive abilities. Each household also has a family-style kitchen, where residents can freely access juices, fruits and light snacks.

With the increase in those with Alzheimer's and dementia, "there is a need for this type of housing," Shalev said. "We are not a nursing home. We want to create an environment more like home, more social, but with the piece of mind of nursing available on site 24/7."

The Alzheimer's Program staff at Oasis of Dodge Park receive special training and seek to adapt to each resident's individual patterns of behavior. Staff members provide customized personal assistance with daily living tasks and encourage participation in life-enriching activities.

**Oasis at Dodge Park is now accepting applications for admission. For more information, visit [oasisatdodgepark.com](http://oasisatdodgepark.com).**



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# FOOD FROM OUR CHEFS



Bringing LIFE to those we serve

## 2017 Support Group Schedule



## Alzheimer's and Dementia Support Group

at **Dodge Park Rest Home**

Dodge Park Rest Home and Oasis at Dodge Park would like to invite you, the spouse, the children and/or the care-givers of individuals with Alzheimer's disease to take part in one of our new monthly support group meetings. Enclosed please find our 2017 schedule.



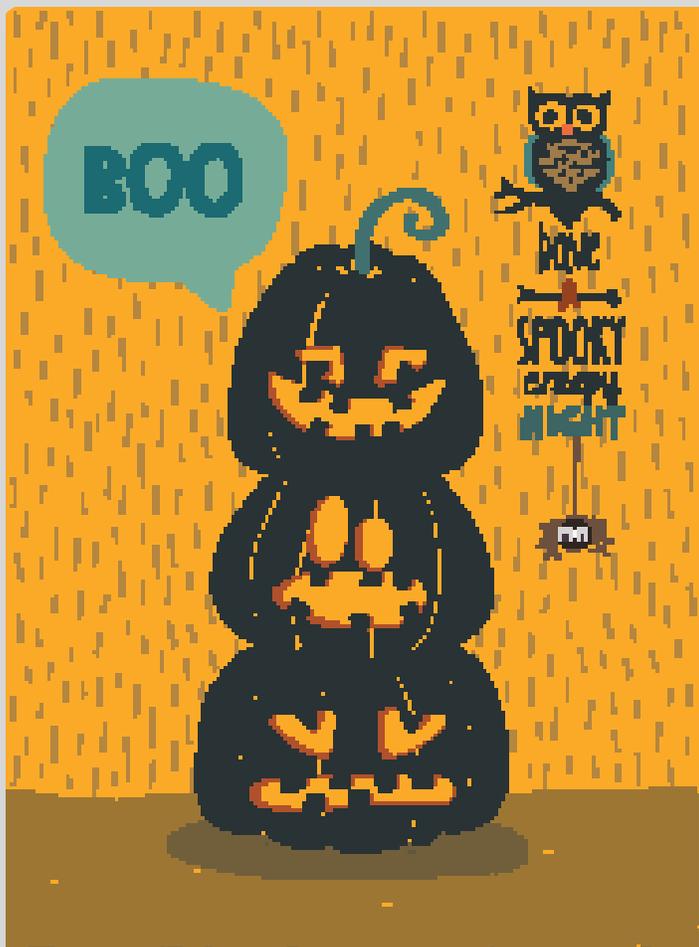
The support groups are open to all Dodge Park customers and family members and to the general public. The support group meeting is **FREE** and open to all individuals in the community, especially for those that are Alzheimer's and Dementia caregivers. Light supper will be provided. Activity and supervision for memory impaired individuals will be provided for **FREE** by our Day Club personnel during the meeting.

The support group meets on the second (2nd) Tuesday and third (3rd) Wednesday of each month. The meetings take place at Dodge Park Rest Home at 101 Randolph Road, Worcester, MA from 6 pm. to 8 pm. Refreshment will be provided.

January 10 & 18	July 11 & 19
February 14 & 22	August 8 & 16
March 14 & 22	September 12 & 20
April 11 & 19	October 10 & 18
May 9 & 17	November 14 & 22
June 13 & 21	December 12 & 20

Participation in a support group can be an empowering experience. The group is designed to help members feel better prepared to cope with their unique situation. Support group members report feeling less alone, more able to confront their daily problems and more hopeful about their future.

Please RSVP to Debbie Williams or Erin Lemoine at **(508) 853-8180**



# Happier with Pets

Pets help seniors stay healthier and happier, wherever they live, studies show. French novelist Sidonie-Gabrielle Collette once said, “Our perfect companions never have fewer than four feet.” Pets provide meaningful social support for owners, and they can be especially beneficial for seniors. Ample research shows pet ownership delivers physical and mental health benefits for seniors, regardless of whether they’re living on their own or in a senior living community.

However, many older Americans still mistakenly believe moving into a senior living community means they’ll have to leave their pets behind. In fact, the fear they’ll have to give up a beloved pet is among the top emotional reasons seniors don’t want to move into senior living, according to author and senior real estate specialist Bruce Nemovitz. In an informal survey by Nemovitz, seniors ranked losing a pet as emotionally jarring as having to leave their familiar homes and possessions.

“Senior living communities like Brookdale Senior Living are all about supporting the physical health and mental well-being of residents,” says Carol Cummings, senior director of Optimum Life. “For many senior citizens, pets are an important part of their lives. It makes sense to preserve the bond between pet and senior owner whenever possible.”

## Physical benefits

Pet ownership benefits senior citizens in multiple ways, research shows. Older people who own dogs are likely to spend 22 additional minutes walking at a moderately intense pace each day, according to a recent study by The University of Lincoln and Glasgow Caledonian University. Published in *BioMed Central*, the study also found dog owners took more than 2,700 more steps per day than non-owners.

Multiple studies have also concluded that pet ownership can help lower blood pressure, contribute to improved cardiovascular health and reduce cholesterol.

## Mental health

Interacting with pets also has many mental health benefits, especially for seniors. Spending time with pets can help relieve anxiety and increase brain levels of the feel-good neurochemicals serotonin and dopamine.

Pets can help relieve depression and feelings of loneliness. The online journal *Current Gerontology and Geriatrics Research* reports multiple studies indicate dementia patients who interact with animals become more social, are less agitated and have fewer behavioral issues. Pets in senior living settings “For too long, some senior living communities didn’t recognize the value of allowing residents to bring their pets with them,” Cummings says. “That has definitely changed.”

For seniors looking for a community that will accept their pets, Cummings suggests a few questions to ask: What is your pet policy and what type of animal do you consider a pet? Generally, small dogs, cats, birds, rabbits, rats, hamsters, fish, turtles and other small companion animals qualify for pet policies. Seniors should check to be sure their pet meets the standards of the community.

\* What is your pet health policy? Typically, senior living communities that accept small pets will want them to be current on all vaccinations and have regular exams by a licensed veterinarian. Pets will also need to have any required state- or county-issued licenses.

\* What, if any, kind of training do you require pets to have? Requiring dogs to be house-trained and cats to be litter-trained is standard. Communities will also want to know your pet is well-behaved and not aggressive. They may ask you to have pets obedience trained.

\* Do you offer any assistance with pet-related tasks? Most communities will require residents be able to care for pets themselves, including feeding, walking, potty needs and health needs. “Moving into a senior living community is a big change, one that most residents find positive,” Cummings says. “They gain freedom from home maintenance tasks and household chores, a socially rewarding environment, and as-needed support for healthcare and daily care. As long as seniors are still able to care for their pets, there’s no reason they shouldn’t be allowed to bring their best friends with them to their new homes.”



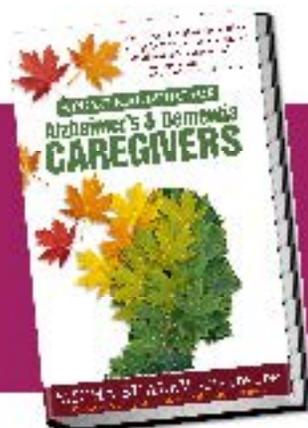
## *Peace of mind for your family* EXTRAORDINARY ELDERLY CARE

Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory Care and our monthly free Support Group.



## *Two Communities—One Unique Mission*

- Special trained direct care staff – best in the industry
- Luxurious accommodations / Homelike accommodations
- Private rooms/Semi private rooms
- Safe and secure 24/7
- License as DCSU-Dementia Care Special Unit
- RN/LPN 24/7 on site as well as DON
- Activity program from 7am-11pm



We're so passionate about cognitive care that we wrote a book on it.  
*We have a copy for you when you visit.*

*Schedule a Tour and discover the difference*

508-853-8180 [dodgepark.com](http://dodgepark.com) [oasisatdodgepark.com](http://oasisatdodgepark.com)



Yes, we can help if your loved one:

- is diagnosed with dementia
- requires 2 person assist, or utilized wheelchair
- is frail and elderly, post rehab, surgery or stroke
- requires oxygen in the facility as a PRN or ongoing bases
- requires diabetic management via oral medication or injection
- requires medications for behavior or sundown syndromes
- has aggressive behavior to some extent
- requires a secure facility



Download our **FREE Rest Home Guide** for families in MA & a **MUST USE** checklist for any facility tour.

Download at [dodgepark.com](http://dodgepark.com)



**SCHEDULE A TOUR**

And see why we're #1 on Caring.com  
in Massachusetts 5 years in a row

## FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

The support group meeting is **FREE** and open to the community. The groups meet on the second Tuesday and third Wednesday of each month.

A light supper is provided and activity and supervision for memory impaired individuals will be provided for **FREE** by our Day Club personnel during the meeting.

Participation in a support group can be an empowering experience. The group is designed to help members feel better prepared to cope. Support group members report feeling less alone, more able to confront their daily problems and more hopeful about their future.

The meetings take place at Dodge Park Rest Home at 101 Randolph Road, Worcester from 6 p.m. to 8 p.m.

*We hope to see you there.*

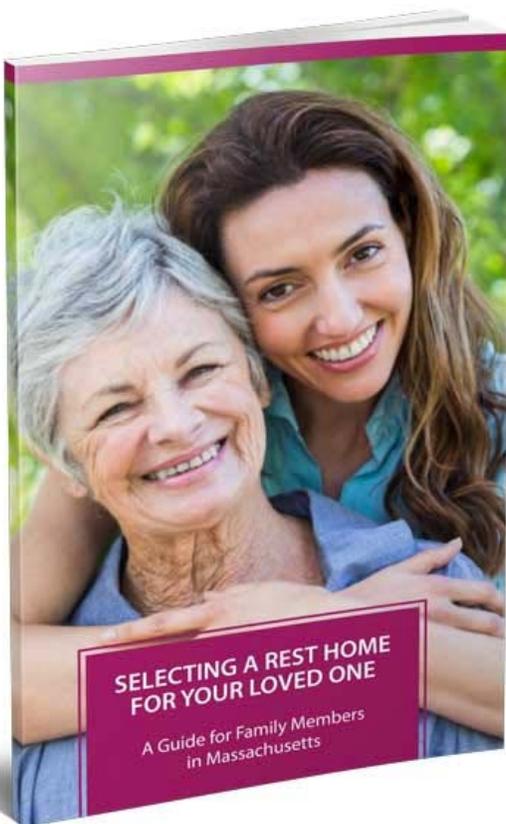
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Dodge Park & the Oasis at Dodge Park 101 & 102 Randolph Road, Worcester, MA 508-853-8180

# Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

**One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.**

How do you choose the right place for your loved one?  
How do you know they will be safe, secure and live with dignity?



## **In this guide, you'll learn:**

- ➔ The difference between and Rest Home & Assisted Living
- ➔ The difference between a Rest Home & Nursing Home
- ➔ The qualities that define an exceptional Rest Home
- ➔ Why you **MUST** visit a potential Rest Home
- ➔ What do look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

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A \$29 VALUE

## Dementia: Will I Get It?

It would appear that “Dementia”, in its milder forms, is nothing more than a mild loss of memory. In its more severe, but still mild, forms, it can take the guise of mild disorientation; sometimes so mild that one is not even aware of being disoriented. The milder cases were likely referred to in olden times as “senility”. Something none of us ever aspired to.

However, there is a new body of information accumulating, and now published, which indicates that “dementia” could be the result of a natural condition, and which, if true, puts at least half of the North American population “at risk”!

What is that condition? It is “obesity” and it is rampant in North America, affecting at some estimates upwards of 60% of the population. And, according to a recent study published in the British Medical Journal, it is particularly harmful to people in the 40’s and up. The study tracked 10,000 men and women over a period of 27 years.

US scientists found people who were obese and between the ages of 40 and 45 were 74 per cent more likely to have dementia later in life compared to those of “normal” weight. And its worse for women: women were 200 per cent more likely to have dementia if they were obese in their 40’s.

Another downer: overweight people generally were 35 percent more likely to have the brain illness (or condition).



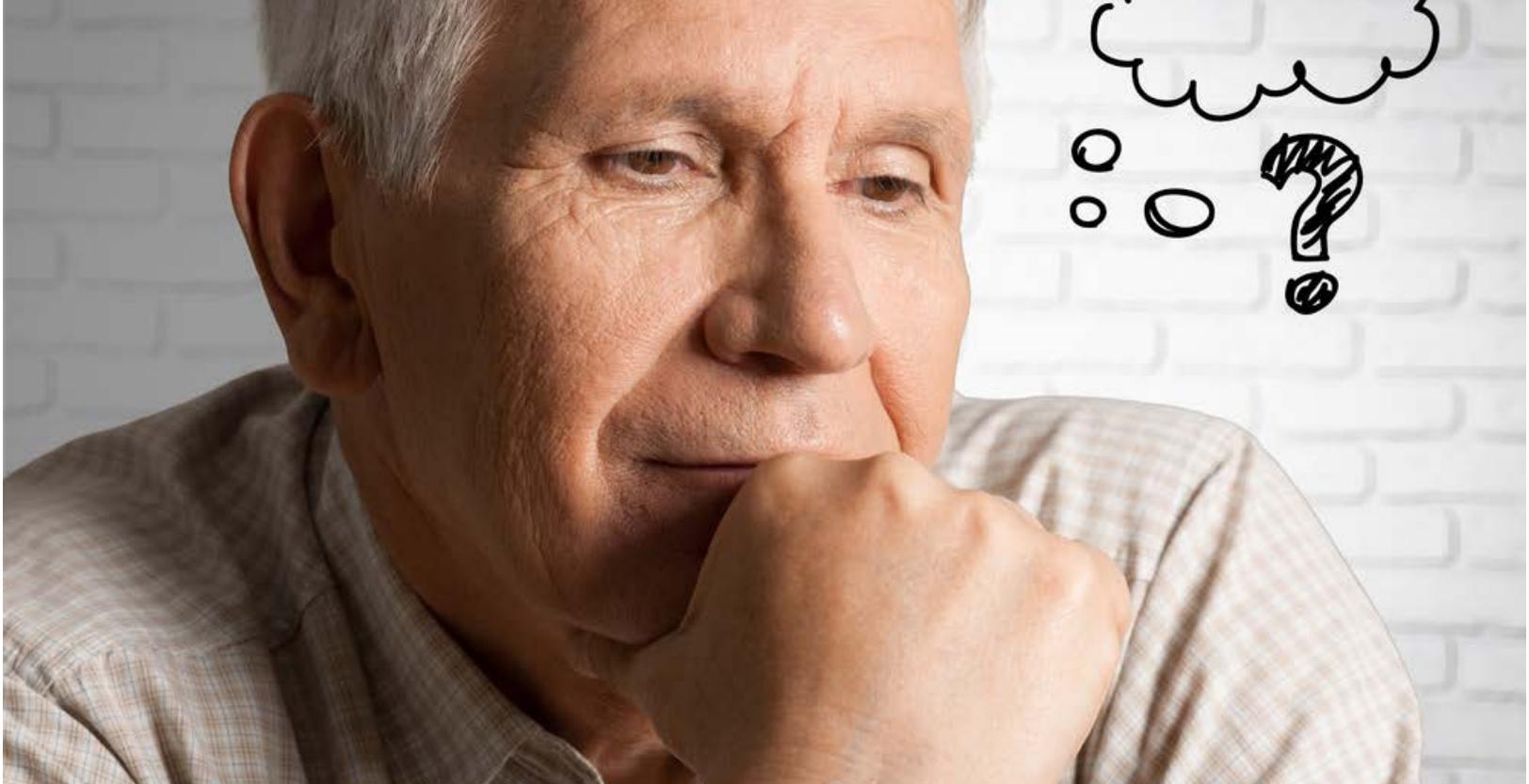
According to Rachel A. Whitmer, a research scientist at Kaiser Permanente, a non-profit medical group in Oakland, CA, “We’re having an epidemic of obesity that we’ve never seen before and we know it causes a wide variety of illness. And now we can add to the list. We are going to see an unprecedented increase in dementia as the baby boomers age.”

It’s not known whether people can lower their risk of dementia if they lose the excess weight, “but that’s one of the implications of the study,” Whitmer says.

In addition, two smaller studies also found signs of brain atrophy, or shrinkage, among women with a high body mass index (or BMI – a measure of body fat based on a ratio of weight to height). A normal BMI is between 18.6 and 24.9.

Finally, a recent Swedish study found a high BMI in old age is associated with an increased risk of dementia in women.

OK, the jury is still out. Is it guaranteed that just being overweight means I will get dementia? And, is this a “disease” or is it a “condition of imbalance”. Finally, in either case, can it be corrected and if so Health Fitness Articles, how? Will it respond to diet? Will it respond to aromatherapy? Will it respond only to medical (read that chemical”) intervention? Interesting questions for future articles on Dementia so stay tuned.



## 6 Approaches To Beat Dementia

### How to Recognize Signs it's Time for Placement in a Specialty Memory Care Facility (Not a Nursing Home)

#### Signs that Your Loved One May Need Placement

Moving a family member into memory care facility is never an easy decision. However, there are some telltale signs that caregivers can look for in order to recognize when it's time for assisted living:

1. Wandering. In later stages of dementia, the risk posed by wandering becomes much greater. They can wander even if you just take the time to go to the bathroom and the probability of falls and injuries increases.

2. Sundowning. "Sundowner syndrome"—very agitated behavior that becomes more pronounced later in the day—is a common characteristic of those with Alzheimer's. This behavior can take a heavy toll on caregivers, and when it begins to severely disrupt family routines, this may be a sign that the caregiving burden is too hard to handle.

3. Aggression. Verbal, physical, and even sexual aggression frequently happen in those with dementia, and caregivers and other family members may suffer or begin to feel resentful.

4. Home safety issues. Ask yourself honest questions about your senior family member's health and your own abilities to care for them. Is the person with dementia becoming unsafe in their current home?

5. Escalating care needs. Is the health of the person with dementia or my health as a caregiver at risk? Are the person's care needs beyond my physical abilities? If you're answering yes to those questions, it might be time to have that tough family conversation.

6. Caregiver stress. Stress and other caregiver symptoms can be just as telling a sign as the dementia behaviors described above.

#### Caregiver Stress May Indicate a Need for Help

A recent article in the New York Times discussed the psychological costs of caregiving and of making difficult care decisions, which some professionals are

likening to the effects of post-traumatic stress disorder. Caregivers may experience symptoms like “intrusive thoughts, disabling anxiety, hyper-vigilance, avoidance behaviors,” and more.

The emotional, mental and physical toll of caregiving can be particularly pronounced for spouses of those who need care. In cases like this, it might be clear immediately when the demands of care become too great. In other cases, it might not be so obvious. However, if you are feeling isolated and alone, or if you begin to feel resentful of your loved one, it might be time to examine the source of those feelings, says Vasquez.

### **My Loved One Needs More Help Than I Can Give—What Now?**

Deciding between Residential Specialty Memory care facility vs in-home care is never easy, and caregiver guilt and grief are common reactions to moving seniors out of their homes. Caregivers may wonder if they could or should have done more; they may feel separation anxiety in moving their loved one to another location. If family dynamics are difficult—if, for instance, a caregiver caring for a parent had an unhappy childhood—that may further complicate the decision process.

This is why planning ahead is so important: It’s in our culture that we don’t want to talk about those things, but before dementia begins to affect your loved one’s cognitive health, it’s important to have someone help them collect the right paperwork and make those critical decisions, whether it’s a friend, family member, or physician. Planning ahead, getting informed, and involving the

appropriate persons in the decision will ultimately help ease the process when it’s time to move your loved one into care.

The best way to be there for them is to know that they are in the proper place for getting the care that they need. Visit communities unannounced or on weekends, before choosing one, and make sure they have overall activity programs and medical support appropriate to dementia residents. Ultimately, try to remember that if you’ve done that research “They are going to thrive wherever you send them.” One source to look for is [caring.com](http://caring.com) ratings chart.

### **Caring for the Caregiver**

As a caregiver, it can be difficult enough to find time to care for your senior loved one, let alone yourself—even if your family member is in residential care. But staying healthy is one of the best things you can do to provide the support your loved one needs. Arranging a short stint in respite care is one way to get some time to rest and recuperate, especially if you are caring for someone at home.

Taking care of your mental health is also critical, and there are many benefits to seeking out a circle of support to bolster you when times are difficult. Counseling, therapy, and support groups all exist to help family members going through transitions relating to Alzheimer’s and dementia.

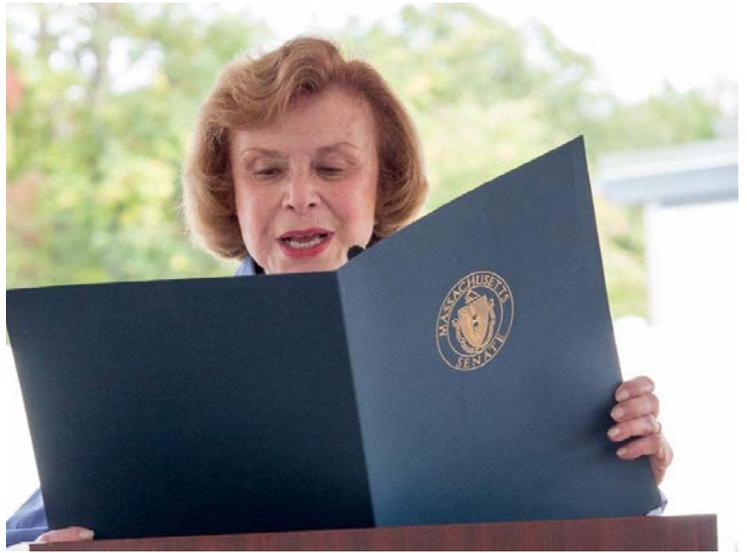
Check with the facility that your loved one is moving to, who has led caregiver support groups and coordinated family services at a local residential care facility. Dodge Park Rest Home and The Oasis at Dodge, offer twice a month support groups and other resources for families. These resources can help you come to terms with the idea that sometimes the best decision for the health and happiness of both parties is putting your loved one into care.

*Micha Shalev MHA CDP CDCM CADDCT is the co-owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is holding a master degree in health care management and a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer’s and dementia training topics. He can be reached at 508-853-8180 or by e-mail at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or view more information online at [www.dodgepark.com](http://www.dodgepark.com)*

OUR 50TH ANNIVERSARY



WHERE MEMORIES ARE MADE



## The Art of Engagement

The room is full of elders. Music is playing. Activity items are on the tables. Staff are in the room. But are the elders engaged? Are they participating? Or are they just there? This is the question being presented to many activity professionals today – are your elders engaged? When the elders join our programs, we can categorize them into three levels of involvement.

“Attendance” simply means they have agreed to join the program but does not imply any level of involvement. “Participation” is one step up from attendance, whereby the elder may join in, take a turn, or share a thought. “Engagement” is what we are all striving for and may be the hardest to attain when presented with some of the cognitive and physical challenges of our elders. Engagement implies a deeper focus and attention to the program.

The person is attending to the subject matter, is listening to others and interested what they say and may be independently focused on the task at hand. Mihaly Csikszentmihalyi, a Hungarian psychologist, is known for his research on creativity and happiness. Csikszentmihalyi defined “flow” as being fully immersed in a task with an energized focus which brings about some enjoyment. It is sometimes referred to as being “in the zone”. Can we hope to engage our elders with a sense of flow? Have you even seen your elders be “in the zone” during a particular activity? It is possible but requires the following approaches, all within reach of the activity professional. Assessment: The first step to engage interest in any activity is to ensure



the activity/ approach is relevant to the individual’s past/ current interests and needs. A thorough and individualized assessment is essential in designing the right approaches that may generate a sincere focus on the elder’s part. A good example is music. If someone likes music, there is a broad spectrum of music to offer. We all know when the right song is played (related to interests and preferences); the eyes light up and the body may start moving in response. That’s engagement in an individualized approach which was achieved by knowing the right kind of music to play as defined in a thorough assessment.

Success: Another step toward engagement is to feel good about participation. If the task is too hard or it has been made too easy, feelings of enjoyment will be less. The activity professional has the ability to adapt approaches through tools or devices and changing the rules or approach. When one is able to fully participate in a task, it leads to a fuller immersion which contributes to greater satisfaction and enjoyment.

Milieu: Milieu is defined as one’s surroundings – physical, social and cultural. The movement toward creating “home” in our care communities is striving to create a conducive milieu for our elders. People are more apt to relax and participate in tasks while in a setting that feels safe and where one feels they belong.

The spaces in which we conduct our programs have a significant impact upon our success in engaging the elder. The people who

work in our communities are part of the social milieu when they interact with the elders. The staff can have both positive and negative impact upon the life of the home, in both engagement and life satisfaction.

**Approach:** The elders in our care communities are there because they are compromised physically and mentally. How tasks are introduced can impact significantly on how the elder is engaged in the task. When tasks are just placed in front of the person or the elder is simply told to do a certain task, the meaning is not

**Balance:** Many elders in our care communities are in danger of over stimulation. It is not uncommon for residents in care communities to attend 4-6 hours per day of structured activities. Think of yourself and your ability to remain focused for that amount of time. There needs to be a balance between focused time and periods of quiet and rest. One can be as readily engaged in a quiet meditation group as well as a lively active game of bowling. The elders living in our long term care communities need someone to ensure they have that balance so they can more readily focus on the tasks at hand.

The elders living in our care communities' ability to engage in activities and tasks may change daily. It is the activity professionals' challenge to utilize our skills and knowledge to individualize our



there and engagement is lost. Connecting the task to the person and defining its significance can contribute to greater involvement and engagement. When the elder understands why they are doing the task and how it is related to them, it will have greater meaning and potential for engagement.

approaches to greater engagement. We must also educate others as to what engagement truly means and that to each elder, it may be different. Information about Czikszentmihalyi and his concept of flow can be found in the independent study program "Quality of Life for the Care Giver and Care Receiver".

<http://www.dhspecialservices.com/qualityoflifeindependentstudy.htm>



## AROUND DODGE PARK





## WHERE MEMORIES ARE MADE





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Thursday, November 2, 2017

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**What can ALCPs do, and how can they help your family?**

**Why do families or others use Aging Life Care Professionals?**

Tours and refreshments will be available between 5:30  
and 6:00 pm with the presentation from 6:00 to 7:00 pm.

**SAVE THE DATE**

### *Meet the Presenter:*



DEBORAH LISS FINS is president of Deborah Fins Associates, PC, an Aging Life Care and organizational consulting firm. She is a licensed independent clinical social worker and certified care manager. Debbie has lectured extensively in the areas of care options for elders, financing of care, planning for aging parents, caregiver stresses, and guardianship and related matters. She is a member of the Aging Life Care™ Association and its New England chapter.

She is a Fellow of the Leadership Academy of ALCA. She has served on the National Board of ALCA since 2014 and currently chairs its Standards Committee. Debbie was the 2013 President of ALCA New England Chapter. She is a past co-chair of the Worcester Alzheimer's Partnership and is an "Elite Feet" individual fundraiser for the Central Mass. Walk to End Alzheimer's. She is also a member of the National Association of Social Workers, National and Massachusetts Guardianship Associations, the Worcester Area Geriatric Social Workers (WAGS) and Worcester Elder Networking Group (WENG). Debbie is a graduate of Brandeis University and the Columbia University School of Social Work.



**LOCATION: Dodge Park Rest Home Social Room, 101 Randolph Rd, Worcester, MA**  
Toll Free: 1-877-363-4775 [www.oasisatdodgepark.com](http://www.oasisatdodgepark.com) [www.dodgepark.com](http://www.dodgepark.com)

**DODGE PARK REST HOME**



**The presentation is FREE of charge and open to the public. Please RSVP to Micha at  
508-853-8180 or via email at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com).**



**DODGE PARK  
REST HOME**



*The Day Club*

101 Randolph Road, Worcester, MA 01606  
102 Randolph Road, Worcester, MA 01606

Tel: (508) 853-8180 Fax: (598) 853-4545



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