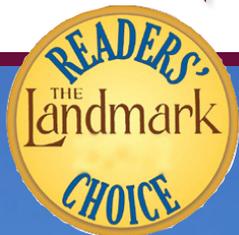


# NEIGHBORHOOD C O N N E C T I O N



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



*At Dodge Park Rest Home & Day Club memories are created for a life time!*

## In the Issue

Silent Risk  
Strokes

Alzheimer's and Dementia  
Care Seminar

Monster Mix

Key to Infections  
A Sea Sponge?

This Month  
Special Days

Nutrition Corner  
Breakfast

Support Group  
Information and Schedule

Celebrating  
Our Birthdays!

Calendar of Events  
Dodge Park Activities & Events

WORCESTER'S PREMIER MEMORY FACILITY



# OASIS

AT DODGE PARK

Now Accepting Applications for Admission



**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.



**Bringing LIFE to Those We Serve**

### **A silent health risk every woman should know about**

Silent strokes, ones that happen in your brain without you even knowing, can lead to full-blown strokes as well as cognitive impairment and dementia.

The most common depiction of a stroke is a person unable to move on one side of their body with slurred speech, but studies show that many stroke victims had silent strokes previously, that, as the name indicates, went unnoticed. The damage caused by the silent stroke, however, can be seen through advanced imaging techniques. Since no one is suggesting that everyone get an annual brain scan, the next best thing is to understand the risk factors for silent stroke and control those. Two of those risk factors, high blood pressure, atrial fibrillation and blockages in the carotid arteries are simple to screen for and have effective treatments.

“The upside to all this is that there are steps one can take to prevent silent stroke,” says Dr. Andrew Manganaro, a vascular surgeon and chief medical officer for Life Line Screening. “What it takes is a measure of awareness, routine screening and, if needed, treatment to prevent the blood clots that can lead to this long-term damage to the brain.”

Silent strokes are 30 to 40 percent more prevalent in women than men and the results can be serious. Impaired movement, muscle weakness, depression, memory problems and cognitive problems are all associated with silent stroke.

“So when atrial fibrillation, high blood pressure or carotid blockage is present in a patient, that should be an indicator to her physician that she’s at risk of a silent stroke,” Manganaro says.

The key to preventing stroke is to get a full picture of your vascular health, so you can begin treatment and monitoring. Manganaro recommends routine screenings for the damaged arteries that indicate vascular problems. Testing for high blood pressure, carotid blockages and the presence of atrial fibrillation, along with peripheral arterial disease screening and abdominal aortic aneurysm testing are safe and accurate.

“These screenings can help you and your doctor get a full picture of your vascular health,” says Manganaro. To set up a screening appointment in your community that is affordable and convenient, visit [www.LifeLineScreening.com](http://www.LifeLineScreening.com). To cut your risk of stroke, treating hypertension with medication and lifestyle changes can help, Manganaro said. Control your weight, reduce your consumption of red meat, eat more plant foods and talk to your doctor about starting

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

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Phone: 508.853.8180 Fax: 508.853.4545

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

an exercise program.

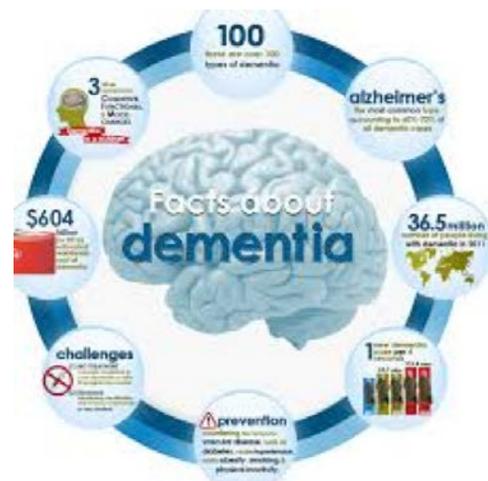
If you smoke, make it a priority to quit. Smokers have double the risk of stroke than non-smokers, because smoking can lead to excessive blood clotting. If you or your family members have noticed recent changes to your memory faculty or mobility, consult with your doctor. In some patients, these have been symptoms of a silent stroke, but in any case it will benefit you to find the root cause and begin treatment.

Does silent stroke lurk in your future?  
The first step in preventing stroke is knowing which conditions can enhance your risk. If you have any of these conditions, talk to your doctor. Do you have a history of high blood pressure? Do you smoke? Do you have an irregular heartbeat? Do you have hypertension?



# Alzheimer's Disease and Dementia Care Seminar

## Your First Step Toward Becoming a Certified Dementia Practitioner



Presented by:  
**Micha Shalev, MHA, CDP,  
 CDCM, CADDCT**

**October 20, 2016**

**8:30 AM - 5:00 PM**

**Dodge Park Rest Home**

**101 Randolph Road**

**Worcester, MA 01606**

## National Wildlife Day, Sept. 4.

World Animal Day, Oct. 4. An international day of action for animal rights and welfare, celebrated annually on the feast day of Francis of Assisi, the patron saint of animals.

## National Chess Day, Oct. 8.

Play a game that sharpens your mind, challenges your intellect, and brings you closer together with other people.

## Columbus Day, Oct. 10.

Observed on the second Monday of October to commemorate Christopher Columbus's arrival on the North American continent on Oct. 12, 1492.

## Ada Lovelace Day, Oct. 18.

Considered one of the world's first female computer programmers, Ada Lovelace helped develop an early predecessor of the modern computer in the 19th century.

## Halloween, Oct. 31.

Trick or treat!

## Sea sponge could hold key to fighting deadly infections

**MRSA (methicillin-resistant Staphylococcus aureus) is a bacterial infection that kills an average of 11,000 patients every year in the United States.**

MRSA (methicillin-resistant Staphylococcus aureus) is a bacterial infection that kills an average of 11,000 patients every year in the United States. But scientists now believe they've discovered an Antarctic sea sponge that produces a chemical compound capable of stopping it.



According to the UPI website, researchers studying the defense mechanisms of sea sponges—as well as algae and underwater invertebrate organisms—found the compound, named darwinolide, in *Dendrilla membranosa*. It works by penetrating MRSA's protective biofilm, a coating of proteins, carbohydrates, and DNA that current antibiotics can't get through.

Harvesting the sponges from the sea floor is neither practical nor environmentally sound, so the scientists are looking for a way to produce the compound synthetically. Fortunately, UPI states, most chemical compounds found in nature can be reproduced in the lab by chemists.

### TESTIMONIAL

*Hi Micah, I would like to thank you, Ben and Carrie and all the Dodge Park staff for the wonderful care you provided to my Mom while she was a resident at Dodge Park. When I walked out the front door I was at peace knowing that she was safe and well cared for. Your program is truly one of a kind and I always recommend Dodge park to any one in the Worcester area and are caring for aging parents. I am now having to assist my in-laws who are entering the slippery slope and unfortunately there is no other program comparable to yours here in the Berkshires. Be well.  
Tryon B.*



# Keep your kids—and yourself—safe this Halloween

Follow these tips for a happy and safe Halloween.

Halloween is one of the most popular holidays of the year. Who doesn't love dressing up and getting candy and other treats? You and your family have to be cautious, though. Follow these tips for a happy and safe Halloween:

## Children

- Bring a flashlight.
- Walk, don't run.
- Use sidewalks; if no sidewalk is available, walk on the left side of the road, facing traffic.
- Don't cut across yards or driveways.
- Obey traffic signals.
- Don't go into unfamiliar neighborhoods; approach only houses that are lit.
- Bring a watch you can read in the dark.
- Avoid tripping by wearing costumes that don't drag and shoes that fit.
- Don't wear masks that interfere with your vision.
- Don't carry nonflexible knives, swords or other dangerous props.
- Wear reflective markings or tape on costumes so motorists can see you.
- Avoid unfamiliar pets.
- Carry a cellphone to call home in an emergency.



## Parents

- Provide dinner before trick-or-treating.
- Accompany young children.
- Look for flame-retardant costumes.
- Know where older children are trick-or-treating.
- Inspect candy for tampering; discard anything suspicious.

## Homeowners

- Remove from your yard any ladders, hoses, dog leashes, flowerpots, or other items that children could trip on.
- Keep pets inside; they may bite if frightened by the noise and commotion.
- If using real candles in a jack-o'-lantern, place your pumpkin away from where trick-or-treaters may stand.
- Keep paper or cloth decorations away from any candle flame.
- Provide healthy alternatives to candy, like fruit rolls, mini-boxes of raisins, or popcorn.
- Consider offering nonfood treats like pencils, stickers, coins, or erasers.



## National Walk Your Dog Week, Oct. 1-7.

According to the American Veterinary Medical Association, more than 40 percent of dogs—a total of about 17 million—in the United States are overweight. Walking your dog just 30 minutes a day helps both of you maintain a healthy weight and a good heart.

## Earth Science Week, Oct. 9-16.

This year's Earth Science Week celebrates the theme, "Our Shared Geoheritage"—the collection of natural wonders, landforms, and resources that have formed over eons and come to this generation to manage, use, and conserve effectively.

## Free Speech Week, Oct. 16-22.

A yearly event to raise public awareness of the importance of free speech in our democracy and to celebrate that freedom. Express your right to free speech by posting a message online, composing a poem, writing a letter to the editor, or whatever works best for you.



## National Massage Therapy Awareness Week, Oct. 23-29.

Research suggests that symptoms of stress, anxiety and depression may be ameliorated with massage therapy. Athletes at all stages have also benefited from massage therapy. By combining your exercise routine with a massage therapy treatment, you will be able to train longer and harder and make the most of your workout.

## Chest pain? Worry—but don't panic

According to an article on the Medline Plus website, fewer than 6 percent of chest pains are symptoms of a heart attack.

You're having chest pains. Should you rush to the hospital? Although you shouldn't ignore the pains, don't panic. According to an article on the Medline Plus website, fewer than 6 percent of chest pains are symptoms of a heart attack. That's the good news. The bad news is that doctors usually can't determine the cause of chest pains, and they can be evidence of a serious illness.

Researchers studied a database containing records of emergency room visits, looking at 11,000 cases of chest pain unrelated to other trauma. They found that only 5.5 percent of patients suffered from life-threatening ailments. The most common diagnosis was simply "nonspecific chest pain," accounting for more than five in 10 patients complaining of discomfort.

Chest pains cause more than 8 million trips to emergency rooms each year, second only to abdominal pains.

## Heart health improving for Americans

Americans are taking better care of their hearts, according to the Centers for Disease Control and Prevention.

Americans are taking better care of their hearts, according to the Centers for Disease Control and Prevention. According to a study published in the American Journal of Preventive Medicine, the rate of heart disease in Americans over 40 dropped to 8 percent in 2011-12, down from 10 percent in 2001-02. Among Americans 60 and older, the rate dropped from 19.5 percent to 15 percent in the same time frames. The researchers found no significant change either way in Americans 40-59 years old, however.

One factor influencing the improvement was having access to health insurance, according to the study. Better management of risk factors like high blood pressure, cholesterol, smoking, weight, and diabetes probably contributed to the decline, the report suggested.



## Try these tips for better napping

**Sleep is important to your health, and regular naps can make a positive difference.**

Sleep is important to your health, and regular naps can make a positive difference. One Harvard study found that people who nap at least three times a week for a half hour or more have a much lower risk of heart disease. Other studies suggest that a 40-minute nap can improve performance on the job.

So what's the best way to nap? The Science of Us website summarized the findings of different studies. First, try to sleep for at least an hour to get a deeper sleep, even though shorter naps have positive benefits as well. Second, lie down for your nap; you'll wake up

feeling more alert than if you sleep sitting up in a chair.

Finally, nap in the morning if possible. You're more likely to get REM sleep because your brain still craves it from the night before. Although, on the other hand, afternoon naps tend to be more restorative and improve memory.



**WE'RE HIRING!** **DODGE PARK**  
*Rest Home and Day Club*



**CNA/Caregivers for 11pm-7am shift (Night Shift)**  
 Email your resume to [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com)

## Skin cancer risk—your feet

You probably know to check the areas of your skin that get the most exposure to sunlight for symptoms of melanoma, but don't neglect the rest of your body.

You probably know to check the areas of your skin that get the most exposure to sunlight for symptoms of melanoma, but don't neglect the rest of your body.

The WebMD website reports that skin cancer can develop on the soles of people's feet, particularly the spots that get the most stress from walking or running. Those areas include the ball of the foot, the side of the arch, and particularly the heel.

Melanoma on the sole of the foot is rare, accounting for just 2.4 cases per million for Caucasian Americans and 2.2 per million among African-Americans.

However, because most of us don't think to check our feet for signs of cancer, it's often very advanced when discovered. So don't forget your feet when examining your skin.



**RESERVATIONS BEING ACCEPTED OPENING FALL 2016**



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 for the Elderly in Central Massachusetts**

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### American Pharmacists Month.

Pharmacists do much more than count tablets and pour liquids. For each prescription dispensed, your pharmacist checks to see that the information provided by the prescriber is complete, that the new medication will not interact with other medications you are taking, and much more. Support and celebrate your local pharmacist in October.

### Italian-American Heritage Month.

The goal of Italian-American Heritage Month is to inform the public about the contributions made by Italians and Italian-Americans, especially in the arts, the humanities, and the sciences, and to celebrate the impact that Italian culture and language have had on the United States.

### National Bullying Prevention Month.

A campaign held during October, uniting communities nationwide to educate about and raise awareness of bullying prevention, National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.

### National Cybersecurity Awareness Month.

The internet touches almost all aspects of everyone's daily life, whether we realize it or not. National Cybersecurity Awareness Month is intended to engage and educate public and private sector partners through events and initiatives with the goal of raising awareness about cybersecurity and increasing the resiliency of the nation in the event of a cyber incident.



# A very Happy Birthday to...

## RESIDENTS

Alyce B - 10/4  
Mary G - 10/17  
Carolyn C - 10/24

## EMPLOYEES

Tanya M - 10/3  
Jeff L - 10/13  
Carrie L - 10/17  
Mardalena C - 10/20  
Lloyd W - 10/22  
Ben H - 10/23  
Erin L - 10/24  
Ka'Tessa O - 10/29  
Siomara C - 10/31



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 20, 2016

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.





# Health Corner

WITH CARA ZECHELLO

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

## Breakfast - Make it Count

In order to take care of our bodies and give ourselves the energy that we need, we must find a way to eat breakfast everyday. When we wake up in the morning following an overnight fast, our body craves nutrition. Without breakfast, our bodies cannot function as well as if they had been fed a nutritious meal or snack. This is especially true for students. Those who skip breakfast have a difficult time concentrating and subsequently don't perform as well on tests when compared to those students who eat a well-balanced breakfast. Breakfast provides the energy needed to perform, both mentally and physically.

Scientists and researchers have done numerous studies on the importance of eating breakfast. Results of some of this research have shown that people who eat breakfast maintain a healthier weight and lifestyle, compared to those who do not eat breakfast. Other studies have also shown that eating breakfast helps us live longer. At the end of the day, those who skip breakfast tend to eat more overall calories than those who eat a healthy breakfast. Lastly, research has consistently shown that breakfast helps people live more productive lives.

There are many common reasons people give for not eating breakfast. These reasons range from not having enough time to not being hungry to simply not knowing what to eat. Try and wake up a few minutes early or prepare a small breakfast the night before so you can eat quickly and get on with your morning activities. For those who may not feel quite hungry enough to eat breakfast, it is recommended to try and eat a small balanced breakfast that includes protein and fiber, to start the day. Even non-traditional breakfast foods such as leftovers can be excellent breakfast choices. Items such as low-fat yogurt, vegetable omelets, hot or cold whole grain cereals, or fresh fruit provide great nutrition in the morning.

Healthy breakfast foods are not hard to come by or prepare. Try to incorporate one of these ideas each day to boost your nutrition and provide your body with great energy to start your day:

- Egg-White Omelet with Veggies
- Oatmeal
- Low-Fat Yogurt and Fruit
- Cottage Cheese with Fruit
- Whole-Grain Cereal with Low-Fat Milk
- Whole-Wheat Muffin
- Peanut Butter & Jelly on Whole-Wheat Bread or Toast
- Multi-Grain Waffle
- Whole-Grain Bagel
- Egg Sandwich
- Apple Wedges with Peanut Butter
- Dried Fruit and Nuts Trail Mix
- Yogurt and Fruit Smoothie



*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). Written by Cara Zechello, M.Ed., RD, LDN*

# October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>11:00 Aerobics w Jorge 3:00 Chris On The Piano 4:00 Sing A Long 6:30 Ashley Yarnell Live! 7:45 Lotion Therapy</p>
<p>2</p> <p>11:00 Hymn Sing A Long 2:30 Bingo 4:00 Sing A Long 6:30 Dave Andrews Live! 7:45 Nteflix</p>	<p>3</p> <p>10:30 Manicures w Deb 11:30 Word Games 2:30 Kentucky Derby 7:00 Reminicing 8:00 Music Therapy</p>	<p>4</p> <p>10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Bucket Bowling 8:00 Meditation</p>	<p>5</p> <p>9:00 Visit w Dolly 11:30 Name That Tune 2:30 Bingo 7:00 Short Stories 8:00 Hand Massages</p>	<p>6</p> <p>10:30 Yoga w Nancy 11:30 Word Games 2:30 Finish The Phrase 7:00 Evening Stretch 8:00 Meditation</p>	<p>7</p> <p>10:30 Baking w Deb 10:30 United Congregational Church 2:30 Name That Tune 7:00 Trivia</p>	<p>8</p> <p>11:00 Aerobics w Jorge 3:00 Chris On The Piano 4:00 Sing A Long 6:30 Joe Sarasin Live! 7:45 Lotion Therapy</p>
<p>9</p> <p>11:00 Rosary 2:30 Octoband 4:00 Sing A Long 6:30 Chuck D Live! 7:45 Meditation</p>	<p>10</p> <p>10:30 Manicures w Deb 11:30 Kickball 2:30 Heather Rallston Live! 7:00 Dean Martin Show 8:00 Hand Massage</p>	<p>11</p> <p>10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Massachusetts Trivia 8:00 Lotion Therapy</p>	<p>12</p> <p>9:00 Visit w Dolly 11:30 Individual Arts and Crafts 2:30 Bill McCarthy Live! 7:00 Music Therapy 8:00 Netflix</p>	<p>13</p> <p>10:30 Yoga w Nancy 11:30 Bucket Basketball 2:30 Finish The Phrase 7:00 Reminicing 8:00 Lotion Therapy</p>	<p>14</p> <p>10:30 Mary Kay 10:30 Octoband 2:30 Family Feud 6:30 Alexandria Bianco Live! 8:00 Netflix</p>	<p>15</p> <p>11:00 Aerobics w Jorge 3:00 Chris On The Piano 4:00 Sing A Long 6:30 Wayne Paige Live! 7:45 Netflix</p>
<p>16</p> <p>11:00 Hymn Sing A Long 2:30 Bingo 4:00 Sing A Long 6:30 Paul Lameroux Live! 7:45 Netflix</p>	<p>17</p> <p>10:30 Manicures w Deb 11:30 Name That Tune 2:30 Sing A Long 7:00 Poetry Readings 8:00 Meditation</p>	<p>18</p> <p>10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Name That Tune 8:00 Hand Massages</p>	<p>19</p> <p>9:00 Visit w Dolly 11:30 Balloon Volley Ball 2:30 Finish The Phrase 7:00 Short Stories 8:00 Meditation</p>	<p>20</p> <p>10:30 Yoga w Nancy 11:30 Name That Tune 2:30 Kentucky Derby!! 7:00 Sing A Long 8:00 Short Stories</p>	<p>21</p> <p>10:30 Baking w Deb 10:30 United Congregational Church 2:30 Name That Tune 7:00 Trivia 8:00 Music Therapy</p>	<p>22</p> <p>11:00 Aerobics w Jorge 3:00 Chris On The Piano 4:00 Sing A Long 6:30 Sandy Robinson Live! 7:45 Hand Massages</p>
<p>23</p> <p>11:00 Rosary 2:30 Octoband 4:00 Sing A Long 6:30 Live Entertainment! 7:45 Hand Massages</p>	<p>24</p> <p>10:30 Manicures w Deb 11:30 Bucket Bowling 2:30 Kentucky Derby 7:00 Trivia 8:00 Lotion Therapy</p>	<p>25</p> <p>10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Finish The Phrase 8:00 Music Therapy</p>	<p>26</p> <p>9:00 Visit w Dolly 11:30 Name That Tune 2:30 Bingo 7:00 Short Stories 8:00 Hand Massages</p>	<p>27</p> <p>10:30 Yoga w Nancy 11:30 Bucket Basketball 2:30 Kentucky Derby 7:00 Cross Word Puzzles 8:00 Music Therapy</p>	<p>28</p> <p>10:30 Mary Kay 10:30 Octoband 2:30 Birthday Party! 7:00 Name That Tune 8:00 Netflix</p>	<p>29</p> <p>11:00 Aerobics w Jorge 3:00 Chris On The Piano 4:00 Sing A Long 6:30 Jeff Thomas Live! 7:45 Netflix</p>
<p>30</p> <p>11:00 Hymn Sing A Long 2:30 Octoband 4:00 Sing A Long 6:30 Rob Marona Live! 7:45 Aromatherapy</p>	<p>31</p> <p>10:30 Manicures w Deb 11:30 Word Games 2:30 HALLOWEEN PARTY 7:00 Reminicing 8:00 Music Therapy</p>					

*Bringing LIFE to those we serve*

# OASIS

AT DODGE PARK

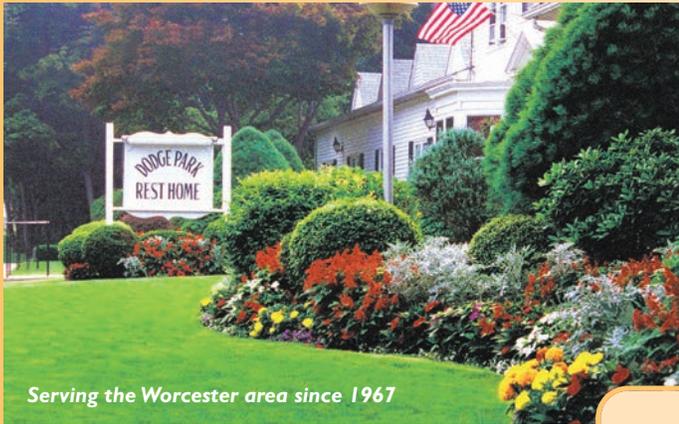
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# Alzheimer's and Dementia Support Group at Dodge Park Rest Home

Dodge Park Rest Home would like to invite you, the spouse, the children and/or the caregivers of individuals with Alzheimer's disease to take part in one of our new monthly support group meetings.



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

January <b>12</b>	July <b>12</b>
February <b>9</b>	August <b>9</b>
March <b>8</b>	September <b>13</b>
April <b>12</b>	October <b>11</b>
May <b>10</b>	November <b>8</b>
June <b>14</b>	December <b>13</b>

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 Deanna Rosario at **(508) 853-8180**



## Alzheimer's and Dementia Support Group

### at **Dodge Park Rest Home**

Dodge Park Rest Home would like to invite you, the spouse, the children and/or the caregivers of individuals with Alzheimer's disease to take part in one of our new monthly support group meetings.



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 third Wednesday of each month. The meetings take place at Dodge Park Rest Home at 101 Randolph Road, Worcester, MA from 6 p.m. to 8 p.m.

January <b>20</b>	July <b>20</b>
February <b>17</b>	August <b>17</b>
March <b>16</b>	September <b>21</b>
April <b>20</b>	October <b>19</b>
May <b>18</b>	November <b>16</b>
June <b>15</b>	December <b>21</b>

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## 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, educational programs and counseling;
- Provides a safe, secure (lock if needed) environment;
- Provide transportation;

Be sure to ask each program you are considering which services are included, and whether or not supplemental services may be purchased to complement the specific care and services required.

*Micha Shalev MHA is the owner of Dodge Park Rest Home and the Adult Day Care at Dodge Park located 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 view more information online at [www.dodgepark.com](http://www.dodgepark.com).*

## We Need All Our Employee, Family Members, Customers, Reader and Supporters Help With The Upcoming 2016 Readers' Choice Ballot

There are two stages to the ballot: a Nomination stage and a Voting stage. The Nomination stage determines what categories are most important to the consumers and what businesses appear on the ballot during the final Voting stage. Dates for each stage are listed below.

**Nomination Stage - August 22 - September 11, 2016** For each category, type in your choice for that category and tap/click the Nominate button. Please only nominate locally owned, independent businesses; national brands (i.e. Amazon.com, Best Buy, Olive Garden, etc.) will not be accepted. All categories with at least two nominated businesses will be transferred to the final ballot for the Voting stage. After all nominations are tabulated, nominations are reset and all businesses start with zero (0) votes for the Voting stage.

**Voting Stage - September 19 - October 10, 2016** - The top two to four nominated businesses in each category are listed on the ballot. Select your choice for each category or write-in your favorite if it is not shown. Click the Vote button for each category to save your vote. Your progress is saved as you go, so you can leave and come back later to finish.

<http://holdenlandmarkcorp.secondstreetapp.com/1/The-Landmarks-Readers-Choice/Ballot/SuperServices>

**Our category should be found under Super Services and the category is: Retirement Living Residence.**

Please share this with your friends, and family members. We need your help and support to expand the name recognition and the unique services providing at Dodge Park.

**We would like to personally thank you in advance for all your help and support.**

Micha Shalev, Ben Herlinger, and Carrie Lindberg





# Halloween Scrambles

Unscramble the Halloween words.



1. ghtsos

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2. boo

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3. sacre

---

4. cetsmous

---

5. wcith

---

6. cadny

---

7. otcoebr

---

8. safe

---

9. setkloen

---

10. gemas

---

11. skopoy

---



12. tirck

---

13. cat

---

14. btas

---

15. hrydiae

---

16. mmumy

---

17. ereie

---

18. pmkuinps

---

19. sedpir

---

20. gbilon

---

21. teart

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22. mask

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# FUN AROUND DODGE PARK REST HOME



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

RESERVATIONS BEING ACCEPTED - OPENING SPRING 2016

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).**



*Bringing LIFE to those we serve*

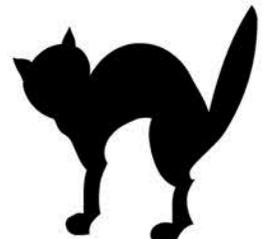
102 RANDOLPH ROAD, WORCESTER  
OASISATDODGEPARK.COM • (508) 853-8180

# SPOOKY HALLOWEEN WORD SEARCH

K U Q O Z J M Y A P U M P K I N A E  
 R T U Q O Y B B K R H L J F U S F I  
 L E A F S C R D T O W A I B S O A E  
 N C B E G Z A E E N O Y F J R A V G  
 R R O Z R Y T N B G R P G S K A X I  
 E Q R Q I T I V D O D D S G M I Q J  
 T C F N J C R K J Y T S U P Y M C S  
 N F Y E F S N O F E A C I N M S W J  
 A Y F E A L N O K P J R O O Z W I T  
 L R G W B Q B I M C E P J K O Y E S  
 O W H O Y H G H L S I Z C B E T M O  
 K D B L B U X A P B D R L A M K U H  
 C U U L K D X U H K O K T H R G T G  
 A C I A K E W N F D T G S T A B S O  
 J J D H V S V T C W I T C H E S O D  
 R T V Y P D C E B T N S V W C K C N  
 A S D H D X L D F M L R T P D Q M F  
 X S H A M A G I C B H X H O R W E S



- bats
- candy
- ghost
- magic
- spooky
- costume
- goblins
- haunted
- October
- pumpkin
- witches
- vampires
- halloween
- jackolantern
- trickortreat





## 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



### Neighborhood Connection is now digital!

Email [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) to get it delivered to your inbox each month.

# Monster Repellent Recipe

**You'll need:**

- 2 oz. spray bottle
- distilled water
- pinch of epsom salt
- 10 drops of essential oil

**Relaxing Bedtime Spray suggestions:**  
lavender, Peace & Calming, SleepyIze, Gentle Baby

**Mood Booster Spray suggestions:**  
Peace & Calming, Stress Away, Joy, White Angelica

**Do this:**  
Fill spray bottle with distilled water to here.

Add drops of essential oil and pinch of epsom salt. Screw on spray pump/lid, shake and spray sheets & pillows or directly on monsters (avoid face).



# Caring for your memory impaired loved one!

*Dodge Park Rest Home provides a unique dementia and Alzheimer's program tailored to meet your loved one's specific needs. Our home-like environment is usually at half the cost of a nursing home and with only a One (1) Year Look Back!!!\**

**ATTENTION VETERANS OR THEIR SURVIVING SPOUSES!**

You may be entitled to monthly benefits as much as \$2,019 to help offset long-term care. Call 508-853-8180 for more information.



**Monthly Support Group "Open to The Public"**  
2nd Tuesday of every month for children of parents with memory impairments.

- Medical Director Dr. David Weinstock
- Dementia specific activity program 7 days a week
- Geriatric Psychiatrist consultant Dr. Philip Gottlieb
- Outing and professional entertainments
- 24 hour a day RN services
- Freshly prepared meals
- All inclusive ADL care at no additional charge.**

If your loved one's funds are ever depleted they will still be able to stay at Dodge Park\*  
\*Subject to EAEDC approval.

## DODGE PARK REST HOME AND DAY CLUB

101 Randolph Rd., Worcester, MA [www.dodgepark.com](http://www.dodgepark.com)  
Call Ben, Mike or Carrie at 508-853-8180



\* The new Tax Reduction Act of 2005 mandated that seniors spend-down all of their combined assets before the sick spouse can qualify into a nursing home. The act requires a 5-year look back for any transfers by seniors designed to deprive the state of those available resources to pay for the nursing home. In a Rest Home setting it is only 1 year look back!!!