

In the NeighborhoodTM

Your Central Massachusetts Community Newsletter

Get Ready, Get Set **RENOVATE!**

Find out the key ingredients
to your next decor project.

Welcome To Your New Community Newsletter

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

Alzheimer's Support Group Meeting

Please join us for our free monthly support group with Elaine Kapperman, LICSW on Sept 14, Oct 12 and Nov 9 (Second Tuesday of each month) from 6pm - 8pm For more information or to RSVP to Debbie Williams (508) 853-8180. Open to Dodge Park clients and the public.

Dodge Park Rest Home

offers a unique programs of financial assistance through the state of MA to enable residents remain at the facility once personal savings are depleted.*

*Subject to EAEDC program approval

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The Golden Years

Remain healthy and independent in retirement



You spent years working hard and saving so you could spend your retirement doing the things you want to do. Now that you're living that dream, you can ensure you'll be able to enjoy many years of retirement by staying healthy and allowing yourself to live independently for as long as you are able.

By staying fit (both mentally and physically) and suiting your home environment to your needs, you'll be well on your way to the retirement you've always dreamed of. Americans who are currently age 65 are expected on average to live at least 18 more years, so there's plenty of time to enjoy. Here are a few ways to make your golden years more enjoyable:

Find exercise that works for you.

If you are no longer able to do some of the high-impact workouts that you once could, think about lower impact but entertaining activities like bocce ball or shuffle board. Nordic walking, where walking poles are used to both take pressure off your legs and exercise your upper body, has also become a popular activity with both seniors and others seeking workout alternatives. Home exercise equipment like fan bikes and elliptical machines can provide an easy way to stay in shape within the shelter of your home during the more inclement months of the year.

Take control of your health.

Don't wait for your doctor to tell you that something is wrong. By checking your blood pressure and cholesterol regularly, you can make sure you get

the help you need in time if your numbers aren't where they should be. Blood pressure monitors can be purchased for an affordable price from health stores.

Keep your mind sharp.


By interacting with others through volunteering or weekly get-togethers like a social group or book club, you'll keep your brain active and in good health.

"It will also give your friends and relatives the peace of mind that you are safe when you are there."

Make your home fit you.

As you age, you may need to make improvements to your home to make it more accessible for you. Everyone gets to an age where it's harder to get around, so take making these improvements in stride, as it will help you stay in your home longer. Doing things like adding grab bars to showers and bathtubs to prevent falls or purchasing a lift chair that's easy to get in and out of can make your home easier to live in.

Make your home safe.

Adding home security features like motion lights or a security system can help you feel more secure in your home. It will also give your friends and relatives the peace of mind that you are safe when you are there. If you plan on doing a lot of traveling in retirement, a home security system will help ease your worries when you are away.  Courtesy of ARAccontent

Good Neighbor

Ten Tips for keeping the peace

Treating your neighbor as you would like to be treated is wisdom that is thousands of years old. And it may be more important than ever in today's litigious society where a growing number of Americans - nearly 80 percent - live side-by-side in urban and suburban areas, in many cases separated only by a wall.

Between sharing driveways and fences to sharing the beautiful, or not-so-beautiful, sights and sounds of a neighborhood, conflict is bound to happen from time to time when people live next to one another. Excessive noise, pets off their leashes, unmaintained lawns, trespassing, an illegal home business - these represent just some of the most common complaints that can come up between neighbors.

Here are 10 tips on how to avoid earning the scorn of your neighbors and being the subject of a lawsuit.

1. Get to know your neighbors. Make time to get to know your neighbors. Learning the basics of why they choose to live in your neighborhood, what they do for a living, what they enjoy doing for fun, and even the names of their kids can pay dividends in avoiding conflicts down the road.

2. Start a neighborhood watch group. Join or form a neighborhood group to watch for unusual or illegal activity in your neighborhood, and to facilitate common ground among your neighbors. To see if your neighborhood has a watch group, or to register a new group, visit www.usaonwatch.org.

3. Courtesy call. Open communication is an important part of home ownership, and can help prevent future problems with your neighbors. If you are planning a major landscape or remodeling project, let your neighbor know in advance. And if you're going to have a party that could create some unexpected noise, don't just tell your neighbors about it, invite them.

4. Maintain your property. Think about the way your property affects your neighbors and imagine the view from their side of the street or fence.




5. Respect property lines. Check all local community laws before landscaping, adding a fence or tree, or launching a remodeling project, such as adding onto your home.

6. Fences. Fences make for good neighbors, but make sure that before you build one, you follow local codes regulating the height, location, material used and appearance of a fence.

7. Trees. The tree owner is responsible for the maintenance of the tree and any damage if the tree falls on a neighbor's lawn or house. If a thunderstorm or other natural disaster forces a tree to cause damage, then the tree owner is no longer responsible.

8. Keep pets in control. Pets are free to roam on their owner's property if they have a fence set up, but if the animals escape and cause damage, it is the pet owner's full responsibility.

9. Don't be a noisy neighbor. Almost every community prohibits excessive, unnecessary, and unreasonable noise (including excessive dog barking), and the police enforce these laws. Most noise ordinances designate "quiet hours" within their community.

10. Seek mediation. Filing a lawsuit should always be the last resort. Before you get there, speak with your neighbor about the problem. If it's an issue that affects many neighbors, team up for more support. If that doesn't work, seek mediation, which many cities and neighborhood councils now offer. Mediation can help neighbors address a problem and still preserve long-term relationships with your neighbor. 

Courtesy of ARAcontent

TIPS for

effective communication with memory impaired loved ones

By Micha Shalev

Both family and paid caregivers may overlook various barriers to effective communication with impaired older adults and consequently misinterpret verbal and behavioral messages.

When someone has Alzheimer's disease, or any other form of memory impairment, communication can become more difficult. Their understanding of what you are saying and their ability to make you understand their world can be highly variable and each person will react to different stimuli in different ways. This means we have to be sensitive to the way we present ourselves and how we give information when we talk with someone with Alzheimer's or other forms of dementia.

For the most effective way to talk and communicate with someone who has Alzheimer's it is important to remember a few simple rules:

- Body language, communication and Alzheimer's: Your facial expression, your body language and the tone of your voice become extra important when talking and communicating to someone with neurological problems. If a person with dementia feels threatened, undermined or confused by your communication with them, they may react in a negative way to your interventions. Conversation or information can increase agitation, undermine their confidence and increase their feelings of isolation.

- Environmental awareness aids communication. Is the lighting sufficient to aid communication? In conversation we



usually look at the face and body of the person talking to us. It helps us to understand content and intent. Make sure you have some light on your face. Be aware about communication in a dark room through the night.

- Identify yourself and address the person by name. This helps someone with Alzheimer's to orientate.

- Does the person with dementia have hearing or sight difficulties? Make allowances for visual and hearing deficits. Look into getting a medical evaluation and aids to assist communication.

- Make sure you have the person's attention.

- Speak slowly, calmly and distinctly: For effective communication you need to balance distinctive speech without treating the person with dementia as a child, without shouting or becoming angry with them if they do not understand. Shouting also affects the tone of your voice and makes understand-

ing more difficult. Do not get angry even if you find yourself becoming frustrated. We have all seen people talking too loudly at people with dementia — it's not nice and it really does not help their self-respect and confidence.

- Use simple, direct statements and information and words the person can understand. Do not give more than one instruction at a time. Do not press for an answer if that worries or confuses them. Ask questions that require a "yes" or "no" response if that aids conversation and understanding.

- If you do not understand the content of their conversation, you can ask them to repeat it. Sometimes conversing with individuals with Alzheimer's is not necessarily about understanding; it is about showing care, concern, inclusion and love towards them.

- Correcting wrong information: It is not necessary to constantly correct the validity of the person's statements if it includes wrong information.

Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. He can be reached at 508-853-8180 508-853-8180 or by e-mail at m.shalev@dodgepark.com or you can view more information at www.dodgepark.com.

article provided by **fifty plus** advocate

Dodge Park Rest Home

Would like to invite you to join our team for the

2010 Central Massachusetts Memory Walk Sunday, September 12, 2010 between 8:30am to 12:00pm At Worcester Senior Center (128 Providence St.)

What is Memory Walk?

Memory Walk is the largest annual fundraiser for the Alzheimer's Association. Participants collect pledges and walk 1, 2, or 3 miles on the day of the event to raise monies and awareness for the Alzheimer's Association. Proceeds from the Walk will help fund programs throughout Worcester County such as support groups, research, caregiver trainings, and a 24-hour statewide Helpline.

Are there other activities taking place at the Walk?

Absolutely! After the Walk participants can enjoy a free lunch while listening to live musical entertainment. In addition, there will be a raffle with fabulous prizes, face-painting, a magician, kids crafts, blood pressure screenings, massages and more! There will also be a "Wall of Memories" on display where participants can post photos and/or messages in honor of, or in memory of, their loved ones. We also give out Team Spirit Awards to recognize teams with the "Most Team Spirit" and "Best T-Shirt Design!"

Please join Dodge Park Rest Home, The Adult Day Club and Dusk to Dawn at Dodge Park team to walk together at this unique event. All walkers will receive Dodge Park team T-Shirts.

Right after the walk-joined us for A Grandparents Day Lunch at Dodge Park Rest Home

**WE'RE ON THE
MOVE
TO END ALZHEIMER'S**

To RSVP please call Debbie Williams and/or Judy Martin at (508) 853-8180 for more information please email: m.shalev@DodgePark.com

At Dodge Park Rest Home We Practice Compassionate Care!



Dodge Park Rest Home provides services tailored to meet your specific needs from minimal to long-term care including:

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- All inclusive ADL care at no additional charge.
- Respite care
- Freshly prepared meals
- Call for a free, no obligation tour.
- Caregiver support groups
- Unique programs & activities

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

101 Randolph Road, Worcester, MA
www.dodgepark.com

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

*Subject to EAEDC approval.

Ready to renovate?

Key ingredients: style, color, pizzazz

Whether you're remodeling a kitchen or bathroom or adding a bedroom, one of the most important decorating steps is choosing windows to match the architectural style of your home.



For example, you wouldn't use a zebra print shower curtain to complement a nautically themed bathroom. Likewise, a contemporary casement window may not harmonize with the decor in your vintage-themed kitchen. The wrong window option can detract from your home's style.

"Window styles can dramatically change the way you interact and feel in a room," says Elaine Sagers, Pella Corporation's vice president for marketing and customer support. "For instance, installing a wall of fixed windows that showcases a beautiful garden or scenic landscape can instill feelings of tranquility and peace. The right window style can enhance the mood in a room and the overall appearance of your home."

Pella Windows and Doors make it easy to determine what window style suits your remodeling or replacement project. The company's website offers step-by-step instructions on how to choose a window based on your style, energy performance needs and budget.

Style matters

First, consider the style of your home. For 2010, traditional is the most popular kitchen and bath design style, followed closely by contemporary, according to a National Kitchen and Bath Association (NKBA) survey.

Windows don't have to be boring. "Think outside the box and choose something that shows off your style and personality," Sagers says. "Pay attention to functionality as well. Plus, when you choose qualifying energy-efficient replacement windows and doors, you can earn a 2010 energy tax credit and help save on your utilities in the long-term."

Casement windows Often called crank-out windows, these open and close outward with the turn of a handle. The single sash creates a clear view to the outdoors, popular in contemporary homes and hard-to-reach places, like over a bathtub or kitchen sink.

Awning windows Hinged at the top, these windows open out like an awning, ideal for rainy climates to enjoy fresh air during a gentle rain. They're often used above or below other windows and doors, in bedrooms and in hard-to-reach places.

Double-hung windows These windows offer flexibility to raise or lower each sash for ventilation, traditional style.

Single-hung windows A traditional style opened by raising the bottom sash, use in easy-to-reach places like bedrooms.

Sliding windows A contemporary-style sliding sash moves horizontally to help reduce reaching when opening or closing this window.

Bay and bow windows When wall space is limited or additional accent is desired, a traditional-style bay or bow window features more windows to capture a beautiful view outside.

Fixed windows Since they do not open, energy-efficient fixed windows let in light and provide a focal point.



Special shape windows - Achieve architectural interest with styles ranging from circles and half-circles to trapezoids, pentagons and more.

Color adds punch

Next, determine your room's color palette. Match your window trim to the woodwork for a contemporary, finished look, or experiment with a complementing woodwork or finish color for a fun, less formal style.

Many windows offer hardware options. Color-matched hardware for sash locks or cranks provides a seamless look, while metal finishes, like oil rubbed bronze or satin nickel, make a bold, artistic statement. NKBA named brushed nickel, polished chrome, satin nickel, bronze and stainless steel as the most popular finishes for 2010.

Finish with a window fashion

Window fashions are functional - blocking bright sunlight and providing privacy - and they also provide pizzazz. Pella's Designer Series windows offer custom-made built-in window fashions (blinds, fabric shades, decorative panels and grilles) that are tucked between panes of glass so they're protected from dust, damage and little hands.

The textured, colored interlayers of between-the-glass decorative panels create a one-of-a-kind design accent that allows light to shine through the window but obscures the view - great for creating privacy.

No matter what your style or needs, choosing the right window for your remodeling or replacement project will be a decision that you're happy to live with for years. 🏠

Courtesy of ARA Content

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