



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

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

- In the Issue**
- Happy New Year From Dodge Park
 - Prevent and Target Plague and Tangles
 - Celebrate The New year
 - This Month Special Days
 - Nutrition Corner Long Term Care
 - 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



Happy New Year 2017 from our family to yours!



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



Happy New Year

New Year is a time for celebrations, resolutions and memories. We celebrate because we have survived another year. We make resolutions because most of us realized we need improvement. Finally, at this time, we cannot help but recollect the past.

Dodge Park Rest Home is pleased to continue its tradition of service to the community. This coming year (2017), it's going to be a milestone year for Dodge Park Rest Home and Day Club, as we are celebrating our 50 years anniversary. Just recently, we were awarded a top senior care (among the top 67) facilities in the country and the only one in MA that receive the Caring Superstar award by Caring.com for 2017 (5th year in a row). This unique achievement, position Dodge Park Rest Home as one of the top long term care facilities in the country.

Our new state of art facility The Oasis At Dodge Park is now open and this new facility is well position to set a very new high standard in caring for those diagnosed with dementia and Alzheimer's disease.

A New Year is part of the cycle of life. In some countries it's a promise of the buds on the trees and the snowdrops peeping out through slanting rain. In other places, of course, it is celebrated in the blazing sunshine Whatever about the climate, though, there is something about the beginning of a new year that makes us stop and think about the future and about what it holds for us.

If you are in London, New Year's Eve means waiting for Big Ben to strike at midnight. If you are celebrating the Scottish Hogmanay it's a case of waiting for a dark haired man to cross your doorstep at midnight. If you are in the U.S., you are likely to wait for New Year's Day to celebrate with football games, mummer's parades and rose festivals. The Chinese, of course, celebrate on a different date and with lots of fireworks. Wherever or whenever you celebrate, though, the arrival of a New Year is something special.

Has it ever occurred to you that the New Year is just like a birthday? It's really only the start of a new era in your life. The New Year celebrations, of course, are on a more lavish scale than most birthday parties. The feeling of having something to celebrate, though, is exactly the same. So we can be excused at new year eve t if we too have a feeling of excitement.

We have, after all, enjoyed a new beginning. We may be a bit battle scarred, we may have a few more grey hairs but at least we are alive and kicking and looking forward to the future. This time the feeling of anticipation is stronger because a year will surely mean something special, some changes.

DODGE PARK REST HOME & OASIS AT DODGE PARK

Micha Shalev MHA Executive Director/Owner
m.shalev@DodgePark.com

Ben Herlinger Administrator/Owner
b.herlinger@DodgePark.com

Carrie Lindberg RN, BSN Director Of Nursing
c.lindberg@DodgePark.com

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

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

None of us can remember the beginning of the old millennium. Few of us can remember a hundred years ago. Not one of us can remember a thousand. We rely on historians to tell us all about the good and not so good old days. Yet even in our lifetime there have been truly amazing events. Some of these events brought misery and hardship but it is well worth thinking of the huge advances that benefited us so much.

Many of you will have telephoned friends and relatives to wish them a happy new year. You couldn't have done that 500 years ago. Millions of people worldwide will have travelled by car to parties. They couldn't have done that even 200 years ago. There were lots of people alive to celebrate because of the advances in medicines and vaccines. So a new year should make us thankful as well as joyful. We should rejoice in the ingenuity and the talents of mankind. We should be looking forward to a time when men



will conquer new frontiers of space and science. Perhaps we should be thinking of what we can do to make the New Year a better one for all of us.

That is not to say that we can all create cures for cancer or planes that won't crash. We can though, as individuals, create an environment where initiative and drive are encouraged. We can influence Governments and groups even by writing just one letter of complaint or suggestion. We can do marvelous things if we believe in them, even if it's designing supermarket trolleys that go in the right direction.

On this day let us toast our better tomorrows. So with upraised glasses we say Here's to the future, another new year May it bring plenty, love and good cheer.

May we continue providing the best care for our residents and continue carry the Dodge Park name and reputation around the Commonwealth. We are all in this game together for a better tomorrow to all of us.

Ladies and gentlemen, let's toast please for the New Year. May it be a time when we make all our dreams come true. On behalf of all the management at Dodge Park Rest Home, we would like to wish all our residents, past and current family members, our medical team, employees, friends and supporter a happy New Year.

Micha Shalev, Ben Herlinger, Carrie Lindberg

Preventing and targeting plaques and tangles

As with all diseases, knowing exactly what causes Alzheimer's is key to identifying ways to prevent and treat the condition.

Past research has indicated that Alzheimer's occurs when two abnormal brain structures - plaques and tangles - damage and kill nerve cells, causing the memory, thinking and behavioral problems associated with the disease.

Past research has indicated that Alzheimer's occurs when two abnormal brain structures - plaques and tangles - damage and kill nerve cells. Plaques are fragments of a protein called beta-amyloid, which build up in areas between nerve cells. Tangles are twisted fibers of a protein called tau, which accumulate inside brain cells.

Although the jury is still out on the exact roles plaques and tangles play in the development of Alzheimer's, studies have suggested that build up of these proteins begins long before symptoms develop.

"Evidence suggests that the process of Alzheimer's disease begins more than a decade before clinical symptoms appear, suggesting we may need to intervene earlier to have a major impact on the course of the disease, particularly when using therapies designed to prevent the development of abnormal protein structures - plaques and tangles - that are abundant in the brains of people with Alzheimer's," says Snyder.

Other research has suggested that targeting these abnormal structures could treat Alzheimer's. Earlier this year, Medical News Today reported on a study by researchers from the University of California-Irvine, suggesting that increasing brain cell connections could reduce plaque accumulation.

"If amyloid accumulation is the driving cause of Alzheimer's disease, then therapies that either decrease amyloid-beta production or increase its degradation could be beneficial, especially if they are started early enough," says the first author of this study, Mathew Blurton-Jones.

Some studies claim that lifestyle factors may be a driver of plaques and tangles typical of Alzheimer's. Research from Temple University in Philadelphia, PA, for example, suggests that chronic sleep deprivation may cause these abnormal brain structures. Another study suggests regular caffeine consumption could halt development of tangles, while research from the Icahn School of Medicine at Mount Sinai in New York, NY, claims eating grilled meat can increase the development of plaques.

To find out more about Alzheimer's, please visit the Alzheimer's Association website if in the US, or the Alzheimer's Society website if in the UK.

New Year's Day, Jan. 1.

Sing out the old, ring in the new ...

National Science Fiction Day, Jan 2.

An informal celebration of science fiction fans on the birthday of celebrated author Isaac Asimov.

National Bird Day, Jan. 5.

Nearly 12 percent of the world's 9,800 bird species face extinction within the next century, including nearly one-third of the world's 330 parrot species. The survival and wellbeing of the world's birds depends upon public education and support for conservation.



Martin Luther King Day, Jan 16.

A national holiday celebrating the work of the African-American civil rights leader and Nobel Peace Prize winner (born Jan. 15, 1929).

TESTIMONIAL

Hi Micha

I wanted to send you a quick email to let you what a wonderful time we had last night at the Thanksgiving dinner. I think it is wonderful that Doge does this event giving us the opportunity to have a Thanksgiving dinner with mom since she no longer is comfortable leaving Dodge to join us on Thanksgiving day.

I want you to know that I really appreciate all you and your staff do to make mom and everyone there days bright, happy and as normal as possible.

*Happy Thanksgiving
Ann Hill*

Thinking activities

"I recommend anything that keeps your mind working," says Dr. Shunney. "Activities that require things to be arranged or puzzles that have to be put together. Crossword puzzles, word games and board games are all great."

She also notes some activities to avoid: "It's important to limit certain activities. The constant scanning of social media and newsfeeds eliminates creativity and keeps us on edge. Limit the time you spend doing that and instead do things that cause you to explore and think and put ideas together on your own."

"Social isolation has been linked with cognitive decline," says Dr. Shunney. "In one study, people who were lonely experienced cognitive decline at a 20 percent faster rate than people who were not lonely." Make time to take a foreign language class, join a Toastmaster's Club, take a watercolor class - anything that connects you regularly to other people.

Happy New Year! Check out these traditions from countries all around the world

Here are a few more symbols and traditions of celebrating the new year across the globe ... The baby and the old man have been symbols of the new and old year since the time of the ancient Greeks. Here are a few more symbols and traditions of celebrating the new year across the globe:

- In Spain and Portugal, celebrants gather with 12 grapes in their hands. As the clock strikes midnight announcing the New Year, a grape is eaten for each strike of the clock.
- In Greece, a special New Year's bread called vasilopita is baked with a lucky coin or charm hidden inside. The bread is served at midnight and whoever gets the charm will have good luck all year.
- Many Europeans eat cabbage or other greens to ensure prosperity for the coming year.
- In Asia, people eat dumplings, noodles, and rice cakes whose names and appearances symbolize long life, happiness, wealth, and good fortune.
- Neapolitans throw pots and pans—and sometimes furniture—out their windows into the streets to celebrate.
- Puerto Rican children throw pails of water out windows to rid their houses of evil spirits.
- The Swiss let a drop of cream hit the floor on New Year's Day.
- Romanians wish their farm animals New Year's wishes, and then listen to see if their animals talk back.

CELEBRATE CHINESE YEAR QUOTES

Here are some motivational and funny quotes to say and share on New Year's Eve and Day, collected from Goodreads, the Telegraph and the Quote Garden.

"The only way to spend New Year's Eve is either quietly with friends or in a brothel. Otherwise when the evening ends and people pair off, someone is bound to be left in tears." — W.H. Auden

"For last year's words belong to last year's language, and next year's words await another voice. And to make an end is to make a beginning..." — T.S. Eliot

"The object of a new year is not that we should have a new year, but rather that we should have a new soul." — G.K. Chesterton

"New Year's resolution: To tolerate fools more gladly, provided this does not encourage them to take up more of my time." — James Agate

"Every time you tear a leaf off a calendar, you present a new place for new ideas and progress." — Charles Kettering

"Whatever it is you're scared of doing, do it. Make your mistakes, next year and forever." — Neil Gaiman

"New Year's Day now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual." — Mark Twain

"All of us every single year, we're a different person. I don't think we're the same person all our lives." — Steven Spielberg

"Thirty ways to shape up for [the new year] — number one: eat less; number two: exercise more; number three... What was I talking about? I'm so hungry right now." — Maria Bamford

Diet Resolution Week, Jan. 1-7.

This week is about focusing and altering the types of food you consume rather than just reducing the amount. Try eating at least one piece of produce every day (fruit or vegetable), eating fish at least once a month (once a week would be better), and drinking at least two glasses of water a day.

National Sugar Awareness Week, Jan. 16-20.

Can you go five days without sugar? Take the challenge to find out how difficult finding foods that do not contain some form of sugar can be, as well as how this substance can affect your body, mind, emotions, and life.

No Name-Calling Week, Jan 16-20.

No Name-Calling Week was inspired by the popular young adult novel *The Misfits*, by James Howe. The No Name-Calling Week Coalition was created by GLSEN and Simon & Schuster Children's publishing and has been adopted by schools around the U.S., growing into one of the largest bullying-prevention initiatives in the country.

International Snowmobile Safety Week, Jan. 21-29.

Snowmobiling is a fun and exciting family activity enjoyed by over 4 million people across the United States and Canada. The purpose of International Snowmobile Safety Week is to expose people to safe snowmobiling practices and demonstrate how safety can prevent mishaps.

2017 IS THE YEAR OF THE ROOSTER

Below is a list of the year of the rooster and its heavenly branch.

Start date	End date	Heavenly branch
26 January 1933	13 February 1934	Water Rooster
13 February 1945	1 February 1946	Wood Rooster
31 January 1957	17 February 1958	Fire Rooster
17 February 1969	5 February 1970	Earth Rooster
5 February 1981	24 January 1982	Metal Rooster
23 January 1993	9 February 1994	Water Rooster
9 February 2005	28 January 2006	Wood Rooster
28 January 2017	15 February 2018	Fire Rooster
13 February 2029	2 February 2030	Earth Rooster
1 February 2041	21 January 2042	Metal Rooster



2017 Year Of The Red Rooster
On The Chinese Calendar

Brain drain: Control your appetite after a long day at the office

Ever notice that you can feel starving after a long day at work even though you've spent it mainly at your desk?

Ever notice that you can feel starving after a long day at work even though you've spent it mainly at your desk? Scientists, as reported by The New York Times, say it happens because your brain, feeling tired, starts to want more fuel to keep going—even though you haven't exactly been digging ditches for eight or nine hours. The problem is that you're consuming calories your body doesn't actually need because your brain is telling you to.

One way around this dilemma is exercise. In an experiment at the University of Alabama



at Birmingham, 38 college students met to discuss what their favorite pizza was. After the discussion, they were allowed to eat as much pizza as they wanted. On another day, they were brought back and given a series of tests from college entrance and graduate-level exams. Afterward, half the students worked out on treadmills while the rest sat quietly. The entire group was again served all the pizza they wanted, but the treadmill group ate less—about 25 fewer calories than at their previous session. On the other hand, the rest of the group actually ate 100 calories more.

5 smart steps to preserving brain health

(BPT) - Everyone knows aerobic exercise gets the heart pumping and lifting weights keeps muscles strong. But when it comes to keeping the brain healthy, most people are unsure what to do.

As you age, brain health and maintaining memory functions becomes a top concern. Turns out, these issues may begin sooner than you think.

“We tend to think about memory decline as an older person’s issue, but that’s not the case at all,” says Dr. Aimee Gould Shunney, a licensed naturopathic doctor specializing in women’s health and family medicine. “There was a study published in 2012 in the British Medical Journal that examined cognitive function in people age 45 to 70. The researchers did not expect it, but they found evidence of cognitive decline in the 45- year-old participants as well as the older participants.” She notes there are two basic pathological processes that cause degeneration of the brain: oxidative stress and inflammation. Basically, the standard American diet and lifestyle contribute to those processes. So who is this really an issue for? Men and women of all ages.

No matter your age, you can take charge of your brain health by following these five smart steps from Dr. Shunney: Healthy eating

“A Mediterranean-type diet that focuses on whole foods, good fats and foods high in antioxidants is a great place to start,” says Dr. Shunney.

She encourages her patients to focus on getting omega-3 fats from fish

and monounsaturated fats from olives, olive oil, nuts and seeds. She also recommends increasing fruits (especially berries) and beans (they’re packed with antioxidants).

What’s more, research shows a little cocoa, coffee and red wine can act as antioxidants and are beneficial in low to moderate amounts.

Supplements

In addition to a quality multivitamin, Dr. Shunney recommends an omega-3 supplement. “Getting enough omega- 3s is one of the most important measures we can take,” she says. “DHA is the dominant omega-3 in the brain. Just like we need to make sure babies have enough DHA to grow their brain, we need to make sure older people get enough DHA to keep their brains healthy.”

She suggests Omega Memory by Nordic Naturals. It’s a DHA-dominant omega-3 formula that also includes other brain healthy ingredients: curcumin, phosphatidylcholine and huperzine A. Learn more at www.nordicnaturals.com.

Regular sleep

Poor sleep is a risk factor for cognitive decline. “Studies show both sleep deprivation and sleeping too much impact cognitive performance,” Dr. Shunney says. “A good goal is to go to bed around the same time each night, sleep for 7-8 hours, and get up

Eat lots of these foods to prevent prostate cancer



Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

- Broccoli. Benefits: Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- Salmon. Benefits: Lots of omega-3 fatty acids that can inhibit prostate cancer.
- Brazil nuts. Benefits: Selenium; six to eight nuts contain 700 percent of a daily serving.
- Tomatoes. Benefits: Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent.
- Walnuts. Benefits: Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- Coffee. Benefits: Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.
- Carrots. Benefits: Beta-carotene, which turns into to vitamin A and has antioxidant properties.

National Bath Safety Awareness Month. In the United States, an average of 370 people across all age groups suffer bathtub or shower-related injuries every day. Slips, falls, and hot-water burns are the prime causes of accidents in the bath and the second leading cause of accidental death and disability. Remember: Bath safety is an integral part of general home safety.

National Blood Donor Month. Some give blood because they've been asked to. Some know a family member or a friend who might need blood someday. Some simply believe it's the right thing to do. Whatever your reason, the need is constant and your donation is important to maintaining a healthy and reliable blood supply.

National Stalking Awareness Month. The National Center for Victims of Crime launched National Stalking Awareness Month (NSAM) in January 2004 to increase the public's understanding of the crime of stalking. The National Stalking Awareness Month website (www.stalkingawarenessmonth.org), launched in January 2009, provides a wealth of information about this crime and about the nationwide observance.

National Train Your Dog Month. The Association of Professional Dog Trainers began the National Train Your Dog Month campaign in 2010 to raise awareness of the importance of socialization and training, to inform the public that training your dog can be easy and fun, and to help new pet parents start off the year right with their newest family member.





A Very Happy Birthday to...

RESIDENTS

Beverly C. - 1st
Zartar T. - 2nd
Sidney Z. - 3rd
Mary W. - 10th
Lucille S. - 16th
Maureen C. - 17th

EMPLOYEES

Arianna V. - 11th
Yvonne M. - 17th
Ron H. - 25th



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.

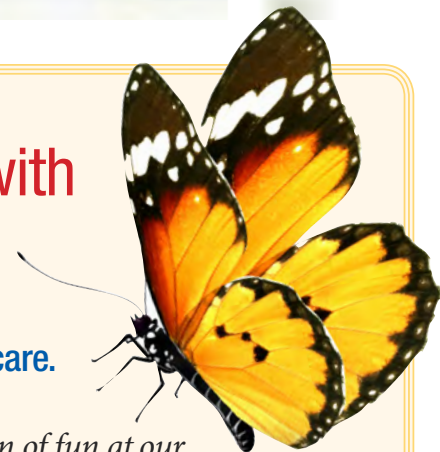
To learn more about our Adult Day Care Program please join us for an afternoon of fun at our monthly Day Club open house with your loved one on the 3rd Thursday of each month between the hours of 1:30pm and 4:00pm .

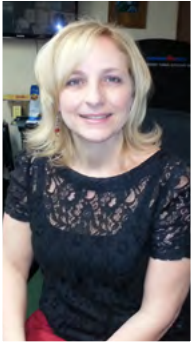
The next open house will be on January 19, 2017

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.





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutrition in Long Term Care

A Registered Dietitian (RD) in long-term care, like at Dodge Park Rest Home, conducts routine nutritional screenings and assessments to identify nutrition concerns. An assessment is a key tool and is vital for the proper nutrition intervention for each resident and plays an important role in the quality care of each of our senior residents.

Nutrition care is implemented to combat malnutrition and the progression of chronic diseases such as diabetes, hypertension, cardiovascular disease, and osteoporosis.

The Dietary Guidelines for Americans state that there are foods and food components that should be reduced from our diets, specifically sodium, solid fats (saturated fats and trans fats), cholesterol, added sugars, and refined grains.

In addition, the guidelines state that there are foods and nutrients that should be increased. These include vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, and lean protein foods. The food service department at Dodge Park Rest Home implements these Guidelines when planning the menu and attention is paid to including variety and ensuring well-balanced meals. Special and therapeutic diets and nutritional supplements are provided to those residents in need in order to improve their nutritional well-being and health.



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

DECEMBER AT DODGE PARK REST HOME





Bringing LIFE to those we serve

OASIS

AT DODGE PARK

Now Accepting Applications for Admission

**Opening
Soon**



Construction is 100% completed and certificate of occupancy from the city of Worcester was obtained Friday December 30, 2016

**Contact us for
Pre-Opening
special pricing!**



2017 Support Group Schedule



Bringing LIFE to those we serve
OASIS
AT DODGE PARK



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 p.m. to 8 p.m.

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

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**

What Is The Difference Between Dementia and Alzheimer's

About 5 million Americans, or 10% of those over 65 years of age, suffer from Alzheimer's disease according to the Fischer Center for Alzheimer's Research Foundation. Yet despite the prevalence of this condition there exists a great deal of confusion over what it is and what causes it.

When a loved one begins to have trouble with their memory, we panic. Is it Alzheimer's? There is a difference between Alzheimer's and dementia. Learn the differences so that you can be well informed.

One of the most common question I am frequently asked is "What is the difference between dementia and Alzheimer's disease?" On one level, the answer to this question is relatively easy and straightforward. Doctors are some of the best at confusing us. Physicians seem to prefer the word "dementia," possibly because Alzheimer's has become such a loaded word. "Dementia" somehow sounds less frightening to many people, and now even the experts have started using the words interchangeably.

They aren't interchangeable. Alzheimer's disease and dementia are two very different things. In order to explain what is the difference between dementia and Alzheimer's one first needs to know what dementia is. Dementia is the deterioration of our cognition. In Latin it means 'apart mind' in fact it states that your mind is losing the grip of your body. It is important to understand that dementia consists of signs and symptoms. This is because it is a syndrome and not a disease like Alzheimer's. There are many causes for dementia and it can be progressive or stable.

Dementia is a non-specific syndrome that targets different areas on the brain. For this



reason there are many different symptoms associated with dementia. Typical areas of the brain that are affected are: communication, memory, orientation, problem solving and attention. We speak of dementia when someone has significant memory loss plus another impairment that both cause social disfunctioning. Unlike Alzheimer's, dementia is not a disease on itself. It is a syndrome and it has a variety of causes from which Alzheimer is one of them.

As stated before, there are different types of dementia, and Alzheimer disease is one of them. Alzheimer disease is characterized by the appearance of plaques and tangles in the brain. You can find these tangles and plaques in every aging brain but in people with Alzheimer disease there is an abnormal quantity. These plaques and tangles interfere with the functioning of our brain on different areas on the brain. Therefore Alzheimer's is also called pathological rapidly aging of the brain.

So the exact difference between dementia and Alzheimer's is that dementia is a non-specific syndrome and Alzheimer is a specific disease. Many people cannot explain the difference and this is probably because Alzheimer's is the most prominent cause of dementia. Almost 70% of all people with dementia have the type of Alzheimer. Other causes of dementia are Stroke, Parkinson, Lewy body disease, Fronto-temporal dementia, Huntington and even Aids/HIV.

But is it important to know what type of dementia patients have? In fact it sure is, although there is a large variety of symptoms between all types of dementia, every type is characterized by certain specific symptoms. Your doctor or your neurologist are specialized in finding out what is the difference between dementia and Alzheimer's. Their professional examination often results in a correct diagnosis.

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 or view more information online at www.dodgepark.com.

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 or view more information online at www.dodgepark.com.



DO YOU REMEMBER WHEN...?

- All the girls had ugly gym uniforms?
- It took five minutes for the TV warm up?
- Nearly everyone's Mom was at home when the kids got home from school?
- Nobody owned a purebred dog?
- When a quarter was a decent allowance?
- You'd reach into a muddy gutter for a penny?
- Your Mom wore nylons that came in two pieces?
- All your male teachers wore neckties and female teachers had their hair done every day and wore high heels?
- You got your windshield cleaned, oil checked, and gas pumped, without asking, all for free, every time?
- And you didn't pay for air? And, you got trading stamps to boot?
- Laundry detergent had free glasses, dishes or towels hidden inside the box?
- It was considered a great privilege to be taken out to dinner at a real restaurant with your parents?
- They threatened to keep kids back a grade if they failed...and they did?
- When a 57 Chevy was everyone's dream car...to cruise, peel out, lay rubber or watch submarine races, and people went steady?
- No one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked?
- Lying on your back in the grass with your friends and saying things like, "That cloud looks like a ..."and playing baseball with no adults to help kids with the rules of the game?
- Stuff from the store came without safety caps and hermetic seals because no one had yet tried to poison a perfect stranger?
- And with all our progress, don't you just wish, just once, you could slip back in time and savor the slower pace, and share it with the children of today?
- When being sent to the principal's office was nothing compared to the fate that awaited the student at home? Basically we were in fear for our lives, but it wasn't because of drive-by shootings, drugs, gangs, etc.
- Our parents and grandparents were a much bigger threat! But we survived because their love was greater than the threat.
- Nancy Drew, the Hardy Boys, Laurel and Hardy, Howdy Dowdy and the Peanut Gallery, the Lone Ranger, The Shadow Knows, Nellie Bell, Roy and Dale, Trigger and Buttermilk.
- As well as summers filled with bike rides, baseball games, Hula

Hoops, bowling and visits to the pool, and eating Kool-Aid powder with sugar.
Didn't that feel good, just to go back and say, "Yeah, I remember that"?

How many of these do you remember?

- Candy cigarettes
- Wax Coke-shaped bottles with colored sugar water inside
- Soda pop machines that dispensed glass bottles
- Coffee shops with tableside jukeboxes
- Blackjack, Clove and Teaberry chewing gum
- Home milk delivery in glass bottles with cardboard stoppers
- Newsreels before the movie
- P.F. Fliers
- Telephone numbers with a word prefix.... (Raymond 4-601).
- Party lines
- Peashooters
- Howdy Dowdy
- 45 RPM records
- Green Stamps
- Hi-Fi's
- Metal ice cubes trays with levers
- Mimeograph paper
- Beanie and Cecil
- Roller-skate keys
- Cork pop guns
- Drive ins
- Studebakers
- Washtub wringers
- The Fuller Brush Man
- Reel-To-Reel tape recorders
- Tinkertoys
- Erector Sets
- The Fort Apache Play Set
- Lincoln Logs
- 15 cent McDonald hamburgers
- 5 cent packs of baseball cards - with that awful pink slab of bubble gum
- Penny candy
- 35 cent a gallon gasoline
- Jiffy Pop popcorn



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Aerobics with Jorge 11:00 Rosary 2:30 Entertainment: Cameron Sutphin 3:45 New Year Trivia 7:00 New Year Around the World <small>New Year's Day</small>	10:00 Daily Chronicle 10:30 Music and Movement 11:15 Puzzles and Ponderings 2:30 Art "Open Studio" 7:00 Reminiscing 8:00 Hand Massages	10:00 Morning Greeting 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Tuesday Night Trivia 8:00 Sing-A-Long	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Sit & Stretch 11:15 Brain Games 2:30 Entertainment: Bill McCarty 7:00 Down Memory Lane 8:00 Meditation	10:00 Morning Greeting 10:30 Yoga with Nancy 11:15 Name "10" Game 2:30 Craft Corner 7:00 Chicken Soup For The Soul 8:00 Inspirational Stories And Songs	10:00 Daily Chronicle 10:30 United 10:30 Congregational Church 11:15 Baking With Deb 11:15 Move & Groove 2:30 Sing-A-Long 7:00 Musical Memories 8:00 Friday Night Movie	10:00 Morning Hellos & Daily Chronicle 10:15 Aerobics With Jorge 3:00 Chris On The Piano 4:00 Finish The Phrase 6:30 Entertainment: Joe Sarasin
10:15 Aerobics With Jorge 11:00 Rosary 2:30 Entertainment: Ashley Yarnell 4:00 Person, Place Or Thing 7:00 Aromatherapy	10:00 Daily Chronicle 10:30 Music And Movement 11:15 MLK History 2:30 Art "Open Studio" 7:00 Chicken Soup For The Soul 8:00 Musical Memories <small>Martin Luther King Day</small>	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Tuesday Night Trivia 8:00 Reading Roundtable	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Sit & Stretch 11:15 "Soup Humor" 2:30 Puzzles and Ponderings 7:00 Down Memory Lane 8:00 Meditation	10:00 Morning Hellos 10:30 Yoga With Nancy 11:15 Puzzles And Ponderings 2:30 January Birthdays with Alexandria Bianco 7:00 Reminiscing 8:00 Hand Massages	10:00 Daily Chronicle 10:30 United 10:30 Congregational Church 11:15 Baking With Deb 11:15 Resident Council Meeting 2:30 Finish The Phrase 7:00 Friday Night Movie	10:00 Morning Hellos & Daily Chronicle 10:15 Aerobics With Jorge 3:00 Chris On The Piano 4:00 Name "10" Game 6:30 Entertainment: Sandy Robinson
10:15 Aerobics With Jorge 11:15 Rosary 2:30 Entertainment: John Gaundstrom 4:00 Puzzles And Ponderings 7:00 Musical Memories	10:00 Daily Chronicle 10:30 Music And Movement 11:15 Brain Games 2:30 Art "Open Studio" 7:00 Chicken Soup For The Soul 8:00 Meditation	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Tuesday Night Trivia 8:00 Inspirational Stories	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Sit & Stretch 11:15 Alphabetics 3:00 Communion Service 7:00 Today in History 8:00 Snack, Chat And Stories	10:00 Morning Greeting 10:30 Yoga with Nancy 11:15 Name "10" Game 2:30 Craft Corner 7:00 Chicken Soup For The Soul 8:00 Hand Massage And Music <small>Australia Day</small>	10:00 Daily Chronicle 10:30 United 10:30 Congregational Church 11:15 Mary Kay 11:15 Fun With Fitness 2:30 Brain Games 7:00 Poetry Readings 8:00 Friday Night Movie	10:00 Morning Hellos & Daily Chronicle 10:15 Aerobics With Jorge 3:00 Chris On The Piano 4:00 It's Puzzling 6:30 Entertainment: Chuck Dee <small>Chinese New Year</small>
10:15 Aerobics With Jorge 11:15 Rosary 2:30 Entertainment: John Gaundstrom 4:00 Puzzles And Ponderings 7:00 Musical Memories	10:00 Daily Chronicle 10:30 Music And Movement 11:15 Brain Games 2:30 Art "Open Studio" 7:00 Chicken Soup For The Soul 8:00 Meditation	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo 7:00 Tuesday Night Trivia 8:00 Inspirational Stories	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Sit & Stretch 11:15 Alphabetics 3:00 Communion Service 7:00 Today in History 8:00 Snack, Chat And Stories	10:00 Morning Greeting 10:30 Yoga with Nancy 11:15 Name "10" Game 2:30 Craft Corner 7:00 Chicken Soup For The Soul 8:00 Hand Massage And Music <small>Australia Day</small>	10:00 Daily Chronicle 10:30 United 10:30 Congregational Church 11:15 Mary Kay 11:15 Fun With Fitness 2:30 Brain Games 7:00 Poetry Readings 8:00 Friday Night Movie	10:00 Morning Hellos & Daily Chronicle 10:15 Aerobics With Jorge 3:00 Chris On The Piano 4:00 It's Puzzling 6:30 Entertainment: Chuck Dee <small>Chinese New Year</small>

January 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 Subject To Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Morning Meditation 10:00 Hymn Sing-A-Long 11:00 Aerobics with Jorge 11:45 New Year World Games 2:00 New Year Puzzles 3:00 My New Year Resolution 4:00 New Year Stories 6:30 New Year Social</p>	<p>9:30 Morning Gathering 10:00 Music and Movement 10:45 Who/What Am I? 11:15 Current Events 11:45 Finishing Lines 2:00 Sentimental Singing 3:00 Game Circle 4:00 Relax and Unwind 6:30 Aromatherapy</p>	<p>9:30 Morning Gathering 10:00 Categories Game 10:30 Tai Chi 11:15 All Faith Bible Study 11:45 Rhyme & Reason 2:00 Tuesday Trivia 3:00 Massage Therapy 4:00 Manicures & Music 6:30 Meditation & Relaxation</p>	<p>9:30 Morning Gathering 10:00 Move and Groove 10:45 Color Craze 11:15 Sort It Out 11:45 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement Group 6:30 Inspirational Stories 7:30 Reminiscido</p>	<p>9:30 Morning Gathering 10:00 The Match Game 10:45 Scents and Sounds 11:15 Yoga with Nancy 11:45 Puzzles & Ponderings 2:00 Craft Corner 3:00 Tea Time 4:00 Silver Sneakers 6:30 Musical Memories</p>	<p>9:30 Morning Gathering 10:00 Fun with Fitness 10:45 Friday Funnies 11:15 Name "10" Game 11:45 Table Top Time 2:00 Music Therapy 3:00 Balloon Game 4:00 Alphabetics 6:30 Winter Stories 7:30 Friday Night Movie</p>	<p>9:30 The Morning News 10:00 Sensory Group 11:00 Aerobics with Jorge 11:45 Sort and Match 2:00 Name That Tune 3:00 Make & Taste 4:15 Chrs on the Piano 6:30 Entertainment: Duane Sullivan</p>
<p>9:30 Morning Meditation 10:00 Rosary 11:00 Aerobics with Jorge 11:45 What Comes First? 2:30 Entertainment: Ashley Yarnell 4:00 Chicken Soup for the Soul 6:30 Hand Massage & Music 7:30 Sunday Night Movie</p>	<p>9:30 Morning Gathering 10:00 Music and Movement 10:45 Who/What Am I? 11:15 Current Events 11:45 Finishing Lines 2:00 Sentimental Singing 3:00 Game Circle 4:00 Relax and Unwind 6:30 Aromatherapy</p>	<p>9:30 Morning Gathering 10:00 Categories Game 10:30 Tai Chi 11:15 All Faith Bible Study 11:45 Rhyme & Reason 2:00 Tuesday Trivia 3:00 Massage Therapy 4:00 Manicures & Music 6:30 Meditation & Relaxation</p>	<p>9:30 Morning Gathering 10:00 Move and Groove 10:45 Color Craze 11:15 Sort It Out 11:45 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement Group 6:30 Inspirational Stories 7:30 Reminiscido</p>	<p>9:30 Morning Gathering 10:00 The Match Game 10:45 Scents and Sounds 11:15 Yoga with Nancy 11:45 Puzzles & Ponderings 2:00 Craft Corner 3:00 Tea Time 4:00 Silver Sneakers 6:30 Musical Memories</p>	<p>9:30 Morning Gathering 10:00 Fun with Fitness 10:45 Friday Funnies 11:15 Name "10" Game 11:45 Table Top Time 2:00 Music Therapy 3:00 Balloon Game 4:00 Alphabetics 6:30 Chicken Soup for the Soul</p>	<p>9:30 The Morning News 10:00 Sensory Group 11:00 Aerobics with Jorge 11:45 Sort and Match 2:00 Musical Memories 3:00 Make & Taste 4:15 Chrs on the Piano 6:30 Entertainment: Heather Ralston</p>
<p>9:30 Morning Meditation 10:00 Rosary 11:00 Aerobics with Jorge 11:45 "Snow Happens" 2:30 Entertainment: Jim Porcella 4:00 Chicken Soup for the Soul 6:30 Hand Massage & Music 7:30 Sunday Night Movie</p>	<p>9:30 Morning Gathering 10:00 Music and Movement 10:45 Who/What Am I? 11:15 Current Events 11:45 Finishing Lines 2:00 Sentimental Singing 3:00 Game Circle 4:00 Relax and Unwind 6:30 Aromatherapy</p>	<p>9:30 Morning Gathering 10:00 Categories Game 10:30 Tai Chi 11:15 All Faith Bible Study 11:45 Rhyme & Reason 2:00 Tuesday Trivia 3:00 Massage Therapy 4:00 Manicures & Music 6:30 Meditation & Relaxation</p>	<p>9:30 Morning Gathering 10:00 Move and Groove 10:45 Color Craze 11:15 Sort It Out 11:45 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement Group 6:30 Inspirational Stories 7:30 Reminiscido</p>	<p>9:30 Morning Gathering 10:00 The Match Game 10:45 Scents and Sounds 11:15 Yoga with Nancy 11:45 Puzzles & Ponderings 2:00 Craft Corner 3:00 Tea Time 4:00 Silver Sneakers 6:30 Musical Memories</p>	<p>9:30 Morning Gathering 10:00 Fun with Fitness 10:45 Friday Funnies 11:15 Name "10" Game 11:45 Table Top Time 2:00 Music Therapy 3:00 Balloon Game 4:00 Alphabetics 6:30 Chicken Soup for the Soul</p>	<p>9:30 The Morning News 10:00 Sensory Group 11:00 Aerobics with Jorge 11:45 Sort and Match 2:00 Musical Memories 3:00 Make & Taste 4:15 Chrs on the Piano 6:30 Entertainment: Kathy Farabino</p>
<p>9:30 Morning Meditation 10:00 Hymn Sing-A-Long 11:00 Aerobics with Jorge 11:45 Trivia Time 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories and Songs 6:30 Down Memory Lane 7:30 Sunday Night Movie</p>	<p>9:30 Morning Gathering 10:00 Music and Movement 10:45 Who/What Am I? 11:15 Current Events 11:45 Finishing Lines 2:00 Sentimental Singing 3:00 Game Circle 4:00 Relax and Unwind 6:30 Aromatherapy</p>	<p>9:30 Morning Gathering 10:00 Categories Game 10:30 Tai Chi 11:15 All Faith Bible Study 11:45 Rhyme & Reason 2:00 Tuesday Trivia 3:00 Massage Therapy 4:00 Manicures & Music 6:30 Meditation & Relaxation</p>	<p>9:30 Morning Gathering 10:00 Move and Groove 10:45 Color Craze 11:15 Sort It Out 11:45 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement Group 6:30 Inspirational Stories 7:30 Reminiscido</p>	<p>9:30 Morning Gathering 10:00 The Match Game 10:45 Scents and Sounds 11:15 Yoga with Nancy 11:45 Puzzles & Ponderings 2:00 Craft Corner 3:00 Tea Time 4:00 Silver Sneakers 6:30 Musical Memories</p>	<p>9:30 Morning Gathering 10:00 Fun with Fitness 10:45 Friday Funnies 11:15 Name "10" Game 11:45 Table Top Time 2:00 Music Therapy 3:00 Balloon Game 4:00 Alphabetics 6:30 Chicken Soup for the Soul</p>	<p>9:30 The Morning News 10:00 Sensory Group 11:00 Aerobics with Jorge 11:45 Sort and Match 2:00 Musical Memories 3:00 Make & Taste 4:15 Chrs on the Piano 6:30 Entertainment: Ted Powers</p>



January 2017
 Oasis at Dodge Park



Oasis At Dodge Park 102 Randolph Road Worcester MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar Subject To Change

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.

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

FUN AROUND DODGE PARK REST HOME



DECEMBER AT DODGE PARK REST HOME





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 to get it delivered to your inbox each month.



Bringing LIFE to those we serve
OASIS
AT DODGE PARK

OPENING JANUARY 2017 CALL FOR TOUR AND ADMISSIONS



**The Best Alzheimer's and Dementia Residential Care
for the Elderly in Central Massachusetts**

508-853-8180 www.oasisatdodgepark.com email: m.shalev@dodgepark.com