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

Come visit the new Oasis at Dodge Park NOW OPEN!!!

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.
The History of Saint Patrick's Day

On behalf of all the staff at Dodge Park Rest Home and Oasis at Dodge Park, I would like to wish a happy Saint Patrick's Day to everyone. Saint Patrick's Day is celebrated each year on March 17th. In Ireland, Saint Patrick's Day is both a holy day and a national holiday. Saint Patrick is the patron saint of Ireland as he was the one who brought Christianity to the Irish.

According to legend, Saint Patrick used a shamrock to explain about God. The shamrock, which looks like clover, has three leaves on each stem. Saint Patrick told the people that the shamrock was like the idea of the Trinity – that in the one God there are three divine beings: the Father, the Son and the Holy Spirit. The shamrock was sacred to the Druids, so Saint Patrick's use of it in explaining the trinity was very wise.

Although it began in Ireland, Saint Patrick's Day is celebrated in countries around the world. People with Irish heritage remind themselves of the beautiful green countryside of Ireland by wearing green and taking part in the festivities.

Saint Patrick's Day is usually celebrated with a parade. The one in Dublin, Ireland is known to some as the Irish Mardi Gras. But the one in New York City is actually one of the biggest. It lasts for hours. Two Irish wolfhounds, the mascots of the New York National Guard infantry regiment the "Fighting 69th", always lead the parade. More than one hundred bands and a hundred thousand marchers follow the wolfhounds in the parade.

By Micha Shalev

THE SAFETY OF THE PERSON WITH ALZHEIMER’S DISEASE

Caregivers must take prudent measures to ensure the safety of the person with Alzheimer’s disease. Areas of special concern include falls, wandering, ingesting harmful materials, misuse of tools, equipment and material, and other factors which threaten the safety of the person with Alzheimer’s disease.

1. Falls can be precipitated by the effects of Alzheimer’s as well as other coexisting health problem. Medications, lack of sleep, and inattentiveness can be problematic. Sudden falling should be evaluated by the person's physician. Furniture, electrical cords, loose scatter rugs, change in levels, or poor lighting may all contribute to the likelihood of falling. Correct and be alert to these dangers.

2. Wandering is a serious safety issue for long term care facility staff as well as family members while caring for a loved one at home. The person, who wanders away from the facility or home, may be in danger from traffic, harmful weather conditions, hazards such as stray dogs, residential pools and other unsafe areas. The person may become confused and frightened and unable to ask for help or find his way back.
Over 50? You’re at Increased Risk for Shingles

(BPT) - A few years ago, a Harris Interactive-sponsored poll* found that Americans consider 50 to be the “perfect age” to live forever in good health. For many, the half-century mark can be a time when experience and opportunity balance perfectly - as told by the saying “50 is the new 30.” At 50 there may be more time to spend on your hobbies or other activities that interest you.

At 50, the last thing anyone would want is to be blindsided by illness. Yet risks of certain medical conditions increase with age. For example, shingles is a condition caused by the same virus that causes chickenpox - a virus that 98 percent of adults have had according to the U.S. Centers for Disease Control and Prevention (CDC). Even after recovery from chickenpox, the virus never leaves the body. At some point later in life, it can unexpectedly reactivate and emerge as shingles - a painful blistering rash that can last for 30 days.

When Edwin DePeiza discovered he had shingles, he learned the meaning of the adage: “You don’t miss something until it’s gone.” DePeiza, who is in his 60s and resides in Massachusetts, first noticed a burning sensation on his torso. By the time he saw his doctor, a rash had developed. Upon seeing the rash, his doctor quickly diagnosed it as shingles.

DePeiza, a passionate guitar player, witnessed how shingles can interrupt the moments that matter in life. His guitar playing had taken him all over the world, but the intense pain of shingles forced him to put his passion on hold.

“The things I love to do most I couldn’t do, like playing in the band and spending time with [my wife] Marylou,” DePeiza recalls. “The sensation of having shingles for me was like being scalded by hot water, [or] having hot cereal spill on you. I have never experienced that kind of pain or burning sensation.”

According to the CDC, one in three people will get shingles in their lifetime, and every year, about 1 million cases are diagnosed in the United States. Adults aged 50 and older are especially at risk for shingles, as the risk increases with age due to naturally declining immune systems. There is no way to tell who will get shingles, nor how severe the case will be. Shingles most commonly surfaces on a single side of the torso, but it can appear anywhere on the body – even the face. For most people, after the shingles rash and blisters heal, the pain and itch subside - though some people may experience permanent scarring even after the rash heals. In some cases, shingles can cause complications like postherpetic neuralgia (PHN), a long-term nerve pain that can last for months or even years after the blisters heal and the rash disappears.

Speaking with a healthcare professional to understand one’s personal risk for shingles is important. Learn more about Edwin’s shingles experience, and talk to your doctor or pharmacist about a vaccine that can help prevent shingles. For more information go to www.ShinglesInfo.com. * Poll was not sponsored by Merck VACCU-1148024-U0019 - 12/16

“The sky is the daily bread of the eyes.” Ralph Waldo Emerson
World Book Day, March 2.
A celebration of authors, illustrators, books, and reading, designated by UNESCO as a worldwide festival in over 100 countries.

Pi Day, March 14.
It's a never-ending number: 3.14159 . . .
And it's Albert Einstein's birthday.

St. Patrick's Day, March 17.
Share the love of all things Irish.

A global celebration of the art of oral storytelling.

**March is National Noodle Month**
Here is a terrific recipe for you to try with your residents.

**Ramen Confetti Bean Salad**

**Ingredients:**
- 1 package Chicken Flavor Top Ramen
- 2 cups boiling water
- 1-2/3 cups cooked or canned red, pinto or pink beans, drained
- 1/2 cup low-fat mayonnaise
- 1/4 cup green pepper, chopped
- 1/4 cup celery, chopped
- 1/4 cup carrots, chopped
- 1/4 cup green onion, chopped
- 2 Tbsp. sweet pickles, diced
- 2 Tbsp. pine nuts, toasted
- Fresh spinach leaves
- Pickle wedges and carrot curls for garnish

**Preparation:**
Remove flavor packets from package. Cook Top Ramen noodles in water for 3 minutes. Drain and cool. In medium-size mixing bowl, combine the cooked Top Ramen noodles with the beans, mayonnaise, green pepper, celery, carrots, green onion, pickles and pine nuts. Sprinkle the flavor packet over tossed mixture and toss again. Cover and refrigerate until well chilled. To serve, spoon mixture onto spinach leaves and garnish. Let the party begin!

**Tricolor Treat**

**Ingredients:**
- 2 tablespoons butter
- 1 1/2 tablespoons olive oil
- 3 cloves garlic -- chopped
- 1/2 teaspoon aniseed -- crushed or coarsely chopped
- 8 ounces tricolor tubular or spiral-shaped pasta
  -- freshly cooked
- 7 ounces roasted red bell peppers -- drained, chopped
- 1/2 cup grated Parmesan cheese
- 2 plum tomatoes -- seeded, chopped
- 1/4 cup thinly sliced fresh basil leaves

**Preparation:**
Melt butter in heavy large saucepan over medium-high heat. Add oil, garlic and anise and stir until fragrant, about 1 minute. Mix in all remaining ingredients and toss until heated through, about 2 minutes. Season with salt and pepper. Delicious with roasted meats or chicken. His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing.
### Professional Pet Sitters Week, March 1-7.
An annual observance that honors professional pet-care providers, seeking to educate the pet-owning public about the advantages of professional in-home pet care and encourage pet-loving entrepreneurs to explore professional pet sitting as a viable career.

### Dental Assistant Recognition Week, March 5-11.
Dental assistants are a key part of the dental practice year-round. During Dental Assistants Recognition Week, dentists in the United States and Canada celebrate by honoring their dental assistants for the variety of duties they perform and helping them provide patients with top-quality dental care.

### Women in Construction Week, March 6-12.
The focus of Women in Construction Week is to highlight women as visible members of the construction industry. The National Association of Women in Construction's thousands of members across the country raise awareness of the opportunities available for women in construction and emphasize the growing role of women in the industry.

### National Inhalant and Poisons Awareness Week, March 19-25.
Many parents don't know that inhalants—cheap, legal, and accessible products—are as popular among middle school students as marijuana. Prevention through education has proven to work against this popular form of substance abuse. National Inhalant and Poisons Awareness Week is designed to increase understanding about the use and risks of inhalant involvement.

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### March Observances
- Mar 1 - May 7 Whooping Crane Spring Migration
- Mar 1, 1692 Salem Witch Hysteria Begins
- Mar 1, 1872 Yellowstone National Park Established
- Mar 1, 1911 Korea Independence Movement Day
- Mar 1, 1950 Silly Putty Debuts
- Mar 2, 1904 Dr. Seuss' Birthday (Celebrated as Read Across America)
- Mar 3, 1847 Alexander Graham Bell's Birthday
- Mar 3, 1931 National Anthem Day
- Mar 3, 2017 World Book Day
- Mar 4, 1933 Franklin Delano Roosevelt is inaugurated as President
- Mar 4, 2017 National Grammar Day
- Mar 4, 2017 Iditarod Begins
- Mar 5, 1770 Boston Massacre
- Mar 6, 1475 Michelangelo's Birthday
- Mar 6, 1836 Fall of the Alamo
- Mar 7, 1876 U.S. Patent Issued for Alexander Graham Bell's Telephone
- Mar 9, 1959 Barbie Doll Debuts
- Mar 10, 2017 Harriet Tubman Day (the Anniversary of Her Death in 1913)
- Mar 10, 1862 US Paper Money Issued
- Mar 11, 1845 Death of John Chapman, celebrated as Johnny Appleseed Day
- Mar 11, 1918 First Flu Case in the Influenza Epidemic of 1918 Reported at Fort Riley, KS
- Mar 13, 1781 Sir William Herschel Discovers Uranus
- Mar 13, 2017 Deaf History Month Begins
- Mar 14, 2017 Pi Day
- Mar 14, 1879 Albert Einstein's Birthday
- Mar 14, 2017 International Ask a Question Day
- Mar 16, 2017 Daylight Saving Time Begins
- Mar 17, 2017 Ireland National Day
- Mar 17, 2017 St. Patrick's Day
- Mar 20, 2017 International Earth Day
- Mar 20, 2017 Spring Begins
- Mar 21, 1617 Pocahontas' Death Anniversary
- Mar 21, 1885 Pierre-Auguste Renoir's Birthday
- Mar 21, 2017 Race Relations Day
- Mar 22, 1846 Randolph Caldecott's Birthday
- Mar 22, 1941 Tuskegee Airmen Activated
- Mar 22, 2017 World Water Day
- Mar 23, 2017 National Puppy Day
- Mar 24, 1874 Harry Houdini's Birthday
- Mar 26, 1874 Robert Frost's Birthday
- Mar 30, 1853 Vincent van Gogh Birthday
- Mar 30, 1867 U.S. Agrees to Purchase Alaska From Russia for $7.2 Million Dollars
- Mar 31, 1889 Eiffel Tower Opened

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**THIS MONTH**

The Oasis at Dodge Park 102 Randolph Road, Worcester, MA 01606 Tel: (508) 853-8180 Fax: (508) 853-4545
Reduce anxiety in your children

Many people think of childhood as an innocent time free of worries, but today’s kids face all kinds of stress that parents may not be aware of. To reduce their anxiety levels, follow this advice:

Limit screen time.
TV and the internet can send lots of disturbing messages to your kids every day. Monitor what they’re watching, and enforce a reasonable limit so they’re not overwhelmed by negative news.

Review your schedule regularly.
Children crave predictability and order, and when plans change unexpectedly, they can get stressed out. Meet once a week to go over your schedule so everyone knows what to expect.

Keep kids busy.
Children won’t have time to worry when their minds and bodies are active. Play games, do exercises, take them to the park or a museum—just keep them occupied as much as possible throughout the day.

Make sure they get enough sleep.
Fatigue exacerbates anxiety, so get children to bed on time and help them get the sleep they need. Start the process early enough that they’re relaxed and ready for sleep at bedtime.

Eat a healthy diet.
Soda and snacks filled with sugar are caffeine can get children (and adults, for that matter) hyped up, making calm thought and relaxation more difficult. Stick to fruits, vegetables, low-fat foods, and drinks that aren’t loaded with sugar or stimulants.
Bagged salads may breed salmonella
Salads are good for you, and pre-made, bagged salads are convenient, but be careful ...

Salads are good for you, and pre-made, bagged salads are convenient, but be careful—even slight damage to greens in those bags can release juices that aid in the spread of salmonella.

Most salad greens are exposed to salmonella bacteria as they grow in fields, from sources such as insects, bird droppings, and manure. Although the leaves are presumably cleaned before being packaged, the juices produced by breakage also increase the bacteria’s ability to form biofilms, which helps the bacteria cling tightly to surfaces and makes washing them off more difficult.

Don’t let these habits ruin your workout
Mom may tell you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn’t necessarily inferior. According to The New York Times, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it’s frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach, and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—individually quick frozen”—for the highest quality.

American Red Cross Month.
For more than a century, the American Red Cross has harnessed the generosity of the American people, mobilizing the nation in the wake of disaster. The American Red Cross and its international partners have served during crises across the United States and around the world. During American Red Cross Month, Americans celebrate the nation’s humanitarian spirit and recommit to providing relief and hope in times of crisis.

Brain Injury Awareness Month.
Sponsored by the Brain Injury Association of America, which conducts an awareness campaign each March. The theme for the 2017 campaign is “Not Alone,” providing a platform for educating the public about the incidence of brain injury and the needs of people with brain injuries and those in their families.

Music In Our Schools Month.
An annual celebration of music educators, students, and communities nationwide, all promoting the benefits of high-quality music education programs in schools. Music In Our Schools Month began as a single statewide event in New York in 1973 and grew to become a monthlong celebration of school music in 1985.

Women’s History Month.
Women’s History Month had its origins as a national celebration in 1981 when Congress requested that the president proclaim the week beginning March 7, 1982, as “Women’s History Week.” Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as “Women’s History Week.” Since 1995, Presidents Clinton, Bush and Obama have issued a series of annual proclamations designating March as “Women’s History Month.”
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 March 16, 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.
Nutrition Spotlight...Kale

Dark, leafy greens have long been recommended by Registered Dietitians for their health benefits. While not new to the culinary world, kale is one dark, leafy green that has become quite popular in recent years. Kale is in the same family as cabbage, broccoli, collard greens and cauliflower, all known as cruciferous vegetables.

What makes kale so nutritious? Kale is loaded with vitamins C, A, and K. Kale contains a good source of fiber and 1 cup contains 3 grams of protein. Another vitamin found in kale is folate, one of the B vitamins very important in the prevention of the birth defect, spina bifida. Kale also contains some very important minerals such as calcium, potassium, phosphorus and zinc. In addition kale is loaded with phytonutrients, naturally-occurring plant chemicals that protect the plant from disease, insects, and germs. There are thousands of different kinds of phytochemicals in the fruits, vegetables and grains that we eat. By eating a variety of these foods, including kale, our body benefits by the anti-cancer, anti-inflammatory, and antioxidant properties they provide.

An easy way to start eating more kale is to substitute some or all of the lettuce in your diet with kale. Kale salads are very popular in restaurants lately. Make your own kale Caesar salad by mixing kale (with or without romaine lettuce) with whole grain croutons, Parmesan cheese and a light Caesar dressing. Add kale leaves to your favorite sandwich to boost the nutritional value of your lunch. Kale chips can be purchased in many grocery stores today but making them is easy too.

Baked Kale Chips

Preheat oven to 350 degrees F. Line baking sheet with parchment paper. Remove thick stems from kale leaves. Wash leaves and dry thoroughly. Tear kale into bite-size pieces. Drizzle kale with olive oil and sprinkle lightly with salt, if desired. Bake for 10-15 minutes until edges start to brown.

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).
3. Ingesting materials that are detrimental to the person's health is another area of concern. Patients/residents will sometimes eat or drink things that look inviting, i.e., shampoo, cleaning solvents, or finger nail polish remover, but which could potentially cause great physical harm. Even materials which do not look inviting may be ingested, i.e., cigarette butts, pebbles from the fish tank. Be alert, also, to such things as poisonous plants, especially those with pretty berries, small pieces in a puzzle, or small items in a sorting activity, i.e., buttons, nuts, or coins.

4. Tools, equipment, and materials used in activities and craft projects must be chosen and monitored with care. The person may no longer have good judgement in how to use such items.

5. Environmental stresses which increase the likelihood of accidents include noise (TV, radio, intercom, yelling and screaming of other residents), too much stimulation from competing activities, unpleasant smells, and lack of physical or psychological structure. The most therapeutic environment for the memory-impaired person is one which offers a calm, routine atmosphere.

6. Environmental hazards include congested traffic areas; highly polished floors which are too slippery, especially when wet, and which also give off a glare; clothing that is too short / too
Your family’s medical history may be key to a longer life
By keeping track of your family’s medical history, you and your doctor may be able to detect diseases ...

Fitness and a good diet are important to staying healthy and living longer, but scientists say our genetic traits and inheritance also determine health and longevity. By keeping track of your family’s medical history, you and your doctor may be able to detect diseases you’re likely to develop before they get the best of you. Here’s what to learn:

Whom should you ask to find out about your family’s health/medical history?
- Mother
- Father
- Siblings
- Aunts
- Uncles

What information should you document?
- Causes of death
- Diseases and disorders, such as visual impairment, glaucoma, hearing impairment, obesity, diabetes, high blood pressure, coronary heart disease, cancers, depression, muscular dystrophy, Tay-Sachs disease, hypothyroidism, Down syndrome, etc.
- Habits, such as smoking, diet, alcohol or drug use, exercise, and fitness.

Where should you keep the information?
Record your family’s health and medical history in a journal. Create a chart or family tree listing any health traits under each person’s name. Take the journal with you whenever you or your immediate family members are scheduled to see your family physician.

Share all of your findings on your family’s medical history with your doctor and record any new information after each physical.

Watch for these sources of illness while traveling
Traveling has enough hassles—check-in lines, lost luggage, bad airline food—without adding germs to the mix. Be safe by watching out for these common sources of germs and bacteria that can make you sick when you travel (from the CNN website):

- Washroom stall locks. In one test, airport stall locks were found to have an average of 70 colony-forming units (CFUs) per square inch. Use soap and water or a good hand sanitizer after touching them.
- Seatbelt buckles. Clean your hands after buckling up. Airplane belt buckles can have up to 230 CFUs per square inch.
- Lavatory flush buttons. These can get pretty nasty, containing 265 CFUs per square inch (although overhead vents and tray tables have more).
- Drinking fountains. Thirsty? Maybe buy a bottle of water instead. The buttons on airport drinking fountains have been found to hold 1,240 CFUs per square inch.
The Oasis at Dodge Park
102 Randolph Road, Worcester, MA 01606
Tel: (508) 853-8180
Fax: (508) 853-4545

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Dodge Park Rest Home
101 Randolph Road, Worcester, MA 01606
Tel: (508) 853-8180
Fax: (508) 853-4545

Opening Spring 2016
Alzheimer’s and Dementia Support Group at Dodge Park Rest Home

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

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

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.

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Please RSVP to Debbie Williams or Erin Lemoine at **(508) 853-8180**
Help out friends when they’re sick

Try some of these thoughtful gestures ...

A friend is sick. Sending a get-well card is nice, but for a serious illness, it’s not enough. What can you do to really help? Try some of these thoughtful gestures:

- Text when you’re at the store: “Can I pick up anything for you?”
- Plan a lunch date.
- Offer to run their errands.
- Help out around the house, cleaning up or doing laundry.
- Offer to drive to doctors’ appointments, the store, or anywhere else they need to go.

Cities encourage healthy lifestyles

Cities are doing their part to help people stay healthy and physically fit, adding bike paths, parks, public transportation options, and “walkability.”

According to Healthways, which uses scientific means to measure and encourage healthy behavior, the cities with the highest “active living environments” are:

- Boston
- San Francisco
- Chicago
- New York
- Washington, D.C.

The lowest scoring cities include Fort Wayne, Indiana; Indianapolis; Oklahoma City; and Tulsa.
Avoid these crucial mistakes with your retirement savings

Make one or two mistakes in handling your retirement money, and you could be paying a stiff penalty later in your life. The stock market goes up and down, but you’ll survive if you stay clear of these common mistakes:

• Obsessing about market losses. Focus instead on your long-term needs. Catastrophic events and long-term health care needs cause as much damage when you’re caught unaware as does a shaky stock market. Will your nest egg be able to handle the costs of long-term care?

• Forgetting about inflation and taxes. Your retirement savings is a lot smaller than you think it is when you start factoring in the rate of inflation and the taxes you’ll have to pay when you start drawing out of it.

• Indulging instead of saving during your last years before retirement. Just because you’ve got just a handful of years left before you retire doesn’t mean you should go ahead and buy that new Lexus. Some people are able to build up almost a third of their savings in the last five years before retirement because they got serious about saving and investing.

• Thinking you can withdraw more than you really can. If you rely on average annual returns on your investments to determine just how much you can withdraw, you could be drawing down your retirement fund faster than you should. Average returns are seldom steady. A safe rule of thumb: Count on a 3 percent rate of withdrawal.

• Not expecting to live a long life. Despite the rise in life expectancy, people still seriously underestimate how long they’ll live. If you’re not thinking about longevity, you could tap out your savings much faster than you should.

So although you might be tempted to just Google your symptoms and head to the drugstore, most of the time you’re better making an appointment with your doctor.
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.
Critics who had to eat their words

Here are a few examples of professional critics whose words may have come back to haunt them ...

Even talented authors sometimes have to cope with short-sighted criticism. Here are a few examples of professional critics whose words may have come back to haunt them:

• In describing poet Emily Dickinson for an 1892 review in the Atlantic Monthly, Thomas Bailey Aldrich stated that “an eccentric, half-educated recluse in an out-of-the-way New England village—or anywhere else—cannot with impunity set at defiance the laws of gravitation and grammar.”

• The New Yorker’s Clifton Fadiman didn’t mince words in his 1936 review of William Faulkner’s novel Absalom, Absalom! Fadiman declared it “the final blowup of what was once a remarkable, if minor, talent.”

• In the mid-1960s H. L. Mencken came down hard on novelist Henry James, calling him “an idiot, and a Boston idiot, to boot, than which there is nothing lower in the world.”

• And in 1859, the Saturday Review made this bold prediction of Charles Dickens, author of Great Expectations, A Tale of Two Cities, Oliver Twist, and other great books: “We do not believe in the permanence of his reputation.”

Resources and support. It can seem a little overwhelming to put together a care team. And upon diagnosis, say experts, depression can stand in the way of seeking help.

Counseling helps patients develop coping and problem-solving skills. Support groups for people with low vision are a great way to be with people who can offer tips and share experiences.

Family and friends also can benefit from education and support as they provide care for their loved one. They can assist in adapting the home, and in accompanying their loved one out and about.

Families who use in-home care services can work with their professional in-home caregiver to keep their loved one safe while supporting independence. For example, the caregiver can prepare meals for a client with low vision—but even better, if the client loves to cook, the caregiver can serve as a kitchen assistant, providing help as needed.

The truth about cats and dogs

Our pets may be playful and affectionate, but they have their mysterious sides.

Our pets may be playful and affectionate, but they have their mysterious sides. No one really knows what goes on inside the mind of a dog or a cat, but science has made some pretty good guesses about the causes of animal behavior. From the Live Science website, here are a few explanations:

• Why cats hate baths. Dogs love to swim, but cats hate it. Two possible explanations: A cat’s fur takes longer to dry because they can’t shake themselves the way dogs can. Also, cats may be uncomfortable without all of their feet on a solid surface.

• Why dogs walk in circles. Before lying down, dogs often walk in circles. Why? Because in prehistoric times, dogs circled to make nests to sleep in and possibly to drive out snakes and other dangers. It also serves to mark the dog’s territory.

• Why cats bring dead animals home. Cats will often deliver a dead mouse or bird to their owner’s doorstep. Scientists speculate that the behavior evolved from cats bringing food home to teach their newborns how to eat.

• Why dogs wag their tails. Dogs express emotions through the tails, but watch which way they’re wagging. A tail wag toward the right indicates positive emotions, but wagging left may suggest negative feelings.
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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00</td>
<td>Hand Massage and Music</td>
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<tr>
<td>9:00</td>
<td>chicken soup for the soul</td>
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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.

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.

“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.
World Alzheimer Report shows global increase in dementia cost and prevalence

A new report estimates that the number of people affected by dementia worldwide has increased to 46 million, with the number expected to reach 74.7 million by 2030 and 131.5 million by 2050 — while the global economic impact has reached $818 billion, and is projected to reach $1 trillion by 2018. The World Alzheimer Report 2015, which also estimates that the biggest rise in numbers of people affected will be in low income countries, is published on Tuesday 25 August by Alzheimer’s Disease International.

The report provides an update on the current and expected impact of dementia worldwide, with new figures showing:

Over 46 million worldwide are estimated to be living with dementia, with the numbers projected to increase to 74.7 million by 2030 and 131.5 million by 2050. The total estimated worldwide cost of dementia is US$818 billion — up 35% since 2010 — with the cost expected to reach US$1 trillion by 2018. An estimated 58% of all people with dementia currently live in low or middle income countries. This is expected to rise to 63% by 2030 and 68% by 2050.

Between now and 2050, the number of people with dementia is expected to rise by 116% in high income countries, compared to 227% in upper middle income countries, 223% in lower middle income countries and 264% in low income countries.

The report urges a broader international initiative to tackle dementia, with an upscaling of research investment along with better awareness of dementia and improvements in care.

Hilary Evans, Chief Executive of Alzheimer’s Research UK, the UK’s leading dementia research charity, said:

“These latest figures underline the vast scale of the global dementia challenge, with millions of families affected and a crippling economic cost. In many parts of the world, welcome gains in life expectancy have brought with them a rise in dementia cases, and an ageing global population shows the need for action is urgent.

“In recent years world leaders have united in their aim to tackle dementia, but while increases in research investment have been welcome, funding is still low in proportion to the scale of the challenge. If we are to head off a global dementia crisis, we must find better treatments and ways to prevent the condition. Research holds the answer, but our scientists must have the backing of governments worldwide if we are to transform the lives of millions of people across the world.”

Recent studies of trends in dementia incidence and prevalence

A growing number of studies, at least nine over the past 10 years, have shown a declining risk for dementia incidence or prevalence in high-income countries, including the US, England, The Netherlands, Sweden, and Denmark. The Rotterdam Study, an ongoing population-based prospective cohort study, has provided the most direct evidence that improved cardiovascular risk factor control may be leading to healthier brains. Dementia incidence decreased in cohorts of older adults in Rotterdam between 1990 and 2010, and brain magnetic resonance imaging (MRI) performed in more recent cohorts shows significantly less brain atrophy and fewer vascular-related brain lesions compared with MRI performed in the earlier cohorts.

Recent findings from the UK Cognitive Function and Ageing Study (CFAS) provide additional support for a declining risk of dementia in older adults over the last 20 years [17]. CFAS studied adults 65 or older in Cambridgeshire, Newcastle, and Nottingham in the early 1990s (CFAS I) and again around 2010 (CFAS II). Importantly, the same standardized algorithmic diagnostic process was used for both time periods in order to avoid diagnostic drift and to maximize the validity of the prevalence comparisons across the two time periods. Between 1991 and 2011, the age- and sex-standardized dementia prevalence declined from 8.3% to 6.5% in these regions in England. This decline translated to a 24% decrease in the expected number of dementia cases in England in 2011. The CFAS authors hypothesized that increased education levels and better primary prevention of cardiovascular risk factors have likely contributed to the declining risk for dementia in England over the past 25 years.
THE OASIS IS NOW OPEN! VIEW THE NEW STATE OF THE ART FACILITY

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Can A Good Social Life Slow Alzheimer’s?

In a recent study, dementia specialists were intrigued with the role a wide social network played in possibly protecting against Alzheimer’s. The importance of maintaining social connections is a large part of Silverado’s philosophy. Here are four ways to stay connected with others and continue building your social circle.

MeetUp Groups
Meetup is now one of the most popular ways for complete strangers to come together based on specific interests. You can find anything from film lovers, to yoga, to shoemaking groups. Membership is free, and as soon as you sign up for your interests, you’ll watch your social calendar fill up almost instantly.

Use Social Media
It’s no secret that the use of social media has made communication with our friends and family ridiculously easy. The same goes for making new connections. Follow your favorite authors or local organizations, become a voice on online forums, and look for special interest groups that will keep you engaged and chatting.

Volunteering
If you make time to volunteer with an organization you’re passionate about, chances are the other people in the group are passionate about it too. Why not make friends while helping others in need?

Travel More
Meeting fellow travelers while you’re in a new environment can definitely develop a sense of comradery. Remember, you also don’t have to go very far. While you could book an international trip to Greece, you can also finally check out that gorgeous weekend campsite you’ve been eyeing.

Most mentally supportive and worthwhile connections come from dedicated social interaction with a close group or an extensive community. At Silverado, we have the pleasure of dedicating our time to strengthening these relationships with our residents!
the response rate for CFAS II was 56%. If individuals with dementia were more likely to be excluded from CFAS II, this could lead to a falsely low dementia prevalence rate. However, the CFAS investigators performed sensitivity analyses to address whether the drop in response rates could explain all of the decline in dementia prevalence, and still found evidence for significant decline even assuming a high likelihood of dementia in those who refused to participate in CFAS II. Nonetheless, with response rates for many population-based surveys declining over the last decades, it is important to consider and address this key methodological issue when drawing conclusions about trends in dementia and other chronic diseases.

Are there ways to prevent dementia and delirium?

Dementia: We don’t know for sure how to prevent dementia, but a healthy active lifestyle that includes keeping your mind and body active, and that keeps you socially connected may be of benefit. Other steps you can take that may also reduce your risk are to quit smoking, lower your blood pressure, and eat a healthy diet that maintains a good balance of nutrients and vitamins, all of which may indirectly reduce your risk.

Delirium: The best way to prevent delirium is to remove the triggers. In a hospital setting this could include systems that maintain as calm and quiet an environment as possible, while providing the individualized support and medical care that is necessary, and when possible avoiding medications known to trigger delirium.

What are the treatments for dementia and delirium?

Dementia: Memory loss and other symptoms of dementia may have many causes, so after reviewing your medical history, and symptoms, your doctor will likely want you to undergo other tests to evaluate your thinking and movement skills, and possibly your mental health. In addition to this, you may need a brain scan to check to see if you have had a stroke or brain bleed, or whether or not you have a brain tumour, as well as various laboratory tests to check for any metabolic and nutritional problems.

Most types of dementia are incurable, but there are medications that regulate brain chemicals involved in brain functions including memory, judgement, and learning that may be helpful with controlling or reducing your symptoms. Two of the more commonly prescribed types of medicine are cholinesterase inhibitors and memantine, which is the first in a new class of drugs for the treatment of Alzheimer’s. Other medications are also available to treat any accompanying symptoms, and occupational therapists are experts at helping with strategies that improve coping with day-to-day challenges and quality of life.

Delirium: Your doctor will likely follow a similar process to that outlined above for dementia, to decide whether or not you are delirious. If you are, your treatment will be aimed at eliminating the underlying cause or causes, which for example could include treating an infection, or stopping or changing a particular medicine that you are taking to treat something else. Your doctor may also recommend additional supportive care, to ensure you stay hydrated, treat any pain you may have, keep you oriented with your surroundings, and help you get up and about again.
<table>
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<tr>
<th>Irish Slang</th>
<th>Meaning</th>
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<tr>
<td>bag of taytos</td>
<td>potato chips</td>
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<td>cheesed off</td>
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<td>gobsmacked</td>
<td>very surprised</td>
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<td>party, celebration</td>
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<td>howya</td>
<td>hi, hello</td>
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<td>ice lolly</td>
<td>popsicle</td>
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<td>I will in me ring</td>
<td>I will not!</td>
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<td>lucky</td>
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<td>knackered</td>
<td>tired</td>
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<td>lashing</td>
<td>raining heavily</td>
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<td>manky</td>
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<td>nappy</td>
<td>diaper</td>
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<tr>
<td>odds</td>
<td>loose change</td>
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<tr>
<td>pull your socks up</td>
<td>work, get busy</td>
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<tr>
<td>ructions</td>
<td>loud arguing or commotion</td>
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<tr>
<td>shenanagans</td>
<td>events and happenings</td>
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<tr>
<td>throwing shapes</td>
<td>showing off</td>
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<tr>
<td>up to ninety</td>
<td>had enough, ready to explode</td>
</tr>
<tr>
<td>what a gas!</td>
<td>this is fun, funny</td>
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</table>
Keep your home safe with these tips

Burglars are always looking for vulnerable targets, so be careful of these flaws ...

Your home is your castle, but you don’t have a moat to protect it from intruders. Burglars are always looking for vulnerable targets, so be careful of these flaws that they can too easily exploit:

• Alarm panels.
  If you have a home security system, don’t place the panel where it’s visible through a door or window. Burglars can peer inside to check whether the system is armed, and if it isn’t, they’ll be tempted to break in.

• Motion sensors.
  Be sure to place a motion detector near the window of your master bath. It’s a favorite spot for burglars to enter, and it’s usually right next to the main bedroom—where you probably keep most of your valuables.

• Audible alarms.
  An audible alarm will make most intruders hesitate. Even if they continue to break in, that short pause will cut down on the time they’re willing to spend in a house and risk getting caught. Plus, neighbors will be more likely to call police if they hear an alarm.

Finish your day off right

A good beginning sets the tone for a successful workday.

The last 10 minutes of your day can help you be productive tomorrow. Practice these habits to close your day on the right note:

Update your to-do list. Check off what you’ve accomplished and add fresh tasks for the morning. Prioritize your items.

Organize your workspace. Take a few minutes to put things away and make sure everything on your computer is in the right folder.

Review urgent messages. Respond only to those that require your immediate attention.

Reflect on the day. Spend a few moments thinking about what you’ve seen and learned, and consider how you can be most effective tomorrow.

Review your schedule. What meetings do you have coming up? Make sure you’re prepared.

Thank people. Identify the employees and co-workers who helped you during the day and thank them.

Leave. Don’t linger, or you may get sucked back into unnecessary tasks. Leave work at work.

Take prompt action on eye injuries

Here are recommended first-aid techniques for some common situations

Your eyes can be the most vulnerable parts of your body at work. Accidents like chemical splashes or bumps can happen all too easily, and the first aid that you apply to your eyes can mean the difference between minor eye damage and blindness. Here are recommended first-aid techniques for some common situations:

• Chemicals. Immediately flush your eyes with cool water for at least 15 minutes. If possible, keep your head under a stream of water from the faucet, or slowly pour water from a cup to your eyes. If you wear contacts, remove them immediately and then flush your eyes. See a doctor right away.

• Foreign objects. Don’t rub your eyes. Instead, lift your upper eyelid outward and gently pull it over your lower lashes. This will cause your eyes to tear, which can wash out the foreign object. However, if an object is embedded in your eye, don’t try to remove it—immediately seek medical attention.

• Cut or penetration. Gently cover your eye with a bandage or gauze and go to a nearby hospital. Don’t try to flush it with water, remove the object, or apply medication.
The Oasis at Dodge Park
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