



NEIGHBORHOOD CONNECTION

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

-Micha Shalev & Ben Herlinger, Administrators /Owners

Memories are made AT DODGE PARK & THE OASIS



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.



Passover Greeting from Dodge Park Rest Home and Oasis at Dodge Park

Pesach is the Hebrew name for Passover. It means a jump. When God smote the Egyptian first-born in each house, He “jumped” over the homes of the people of Israel, sparing them. Jumping implies not being bound by one’s previous position or status. Used figuratively, it is the existential, intellectual, emotional leap to freedom.

Passover is also about speech. For example, the sages tell us that the syllables of the word Pesach each represent a word in their own right: “Pe” means “mouth” and “sach” means “speaks”. The Seder night is the time for telling about the exodus. The text we read is called the Hagadda, meaning literally “the telling”, consistent with the explicit commandment “...and you shall tell your son on that day ...”. The Torah calls the matzo we eat “lechem oni”.

The Talmud offers two opinions about its meaning. The translation “bread of affliction” is the opinion most often quoted in English language literature but the other rendering, “bread over which many matters are discussed” has equal validity.

Freedom and speech are two essential Passover themes and, as we shall see, they are closely related. Historically, culturally and intellectually, freedom is one of the cornerstones of Judaism. The Torah, Prophets, and rabbinic writings consider Passover the birth of the Jewish nation: our very existence is intimately bound with freedom.

About the sages’ expression about the exodus, “eternal freedom”, the Maharal of Prague (who made the famous Golem) asks: since the people of Israel have been in bondage or exile much of the time, how can we say that the freedom achieved with the exodus was eternal?” He answers that the freedom God gave us with the exodus was a permanent state of rising above external circumstances

Historically, the Jews’ passionate battles to attain or retain their freedom are outstanding. For example, the Roman Empire had grave difficulty suppressing remarkably bold and successful Jewish insurrections in three different periods, suffering several resounding defeats in Israel despite the Roman overwhelming military superiority.

The best-known quote from the Pesach Haggadah is, “why is this night different from all other nights?” This line is usually recited by

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The Dodge Park Family of Care Services

Dodge Park Rest Home

The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

The Oasis at Dodge Park

the youngest person at the table (or at least, the youngest person capable of reciting it). It is meant to express the child’s confusion at the difference between a typical every-day or holiday meal and the unusual features of the seder.

The Haggadah was written by Jews for Jews at a time when most Jews observed (or at least were familiar with) Jewish law and custom. It was written with the assumption that even the youngest child the seder would know the daily rituals followed by observant Jews and would notice how this night is different from other nights. The Haggadah deliberately contradicts those expectations in order to provoke the child to ask questions about the proceedings.

Times have changed. Today, more than 80% of Jews have attended a Pesach seder, but barely half of all Jews have had any Jewish education whatsoever. In addition, many gentiles attend seders; in fact, it has become so common for churches to conduct seders that a young Catholic co-worker of mine was surprised to hear that Passover was a Jewish holiday!

Too much of the modern audience, the seder is a confusing mix of unfamiliar, meaningless practices. Everything is different from what they know, so they don't understand how this night is different from typical Jewish practice.

One of Passover's most powerful rituals is its tradition of storytelling – millions of Jewish families, friends, and even strangers sitting together and sharing the inspirational tale of the Exodus.

Led by a prophet and chased by an army, sustained by a faith in God and rewarded with deliverance, the Israelites' journey from bondage to the Promised Land remains one of history's greatest examples of emancipation.

This story of redemption and hope, told and retold over thousands of years, has comforted countless Jewish families during times of oppression, echoing in rallying cries for civil rights around the world.

Passover gives us all a special opportunity to renew our belief in things unseen even as the future remains uncertain. May this season inspire us all to rededicate ourselves to peace and freedom for all of God's children. From our family to yours, chag sameach.

Micha Shalev and Ben Herlinger



Easter Greeting from Dodge Park Rest Home and Oasis at Dodge Park

Easter is a time for bunnies and bonnets. It's the time of the year when florists stock Easter lilies and the fields are ablaze with the gold of daffodils. Easter is a time for ancient customs and new beginnings.

Easter is named after the Anglo-Saxon Goddess of the dawn and spring – Eostre. Like many Christian customs it is based on the old pagan ones. It is very difficult, therefore, to differentiate between ancient beliefs and the more modern celebrations. The early church leaders were wise enough to take such pagan practices and use their celebrations as the basis for Christian festivals.

The festival of Eostre was the time the pagans celebrated the coming of spring after the dark days of winter. Easter, like that old pagan practice, is about new life and resurrection.

Today a banana is often cited as the perfect convenience food because it is wrapped as only nature can wrap something. The same, of course, applies to an egg. The Easter egg, though, symbolizes not only new birth but the very world's beginning as it broke out of its shell. It is not surprising then that eggs were given as gifts at a time of the year when rebirth was to be seen everywhere. As with Valentine cards, eggs have become more and more beautifully painted and decorated over the years. The rich gilded theirs with gold while poorer people painted theirs or decorated them with flowers.

Those who celebrate Easter today may not know that the Pagans worshipped the Goddess Eostre through her earthly symbol the rabbit. The rabbit or hare, as it used to be, is a symbol of fertility and of course spring is the season of new birth. However, while we celebrate the Easter bunny it's not the same everywhere. In Switzerland, for instance, it's not surprising that the cuckoo, not the rabbit, brings the Easter eggs. The eggs we give today are usually made of chocolate and come in many extravagant boxes and with different kinds of fillings. They cost millions of euros but at what price to the producers of the cocoa? Research has shown that there are 284,000 children used as slave labour on the cocoa farms in West Africa. If we buy Easter eggs supplied by multi-nationals who exploit these children we are, in effect, doing the same thing.

Younger children, of course, do not know where the Easter Bunny shops. Older ones, though, can learn of the misery of other children and do something about it. So why not spread the news that everyone should buy Fairtrade chocolate? In that way you would be helping third world children as well as those with a sweet tooth. Easter is also a time when children traditionally search their homes, gardens and even communities for eggs hidden by the Easter Bunny.

Of course, in many countries ordinary eggs are hardboiled and decorated and hidden in various place for the children to find. Flowers sellers often sell pussy willows with daffodils at Easter. There was an ancient custom that to be tapped by someone with a willow was a sign that spring had officially arrived. Egg rolling takes place in many places, the most notable being in the White House every year.

Most of us today buy new clothes at Christmas but historically it was in the brighter days of Easter that encouraged people to get dressed up and wear their new clothes. That's how



we got the custom of the Easter Bonnet. Easter parades then became part of the festival, a time for exuberance and flowers and, naturally, the Mardi Gras. In contrast, in Ireland, Easter is the time for a military parade commemorating the fact that patriots had declared Ireland a republic and not subject to foreign rule.

Perhaps the most famous film about Easter is 'Easter Parade' starring Fred Astaire and Judy Garland. Their light-footed dancing seems to encompass the energy of Spring. Today Easter is a holiday and many celebrate by going on

vacation. The most obvious place to go might be Easter Island in the South Pacific Ocean which was discovered by an explorer Admiral Roggeveen and named by him for the day he landed.

Whatever we do or wherever we find those hidden Easter eggs we are continuing a tradition that started back in Pagan times. It proves that even today spring calls to each and every one of us.

On behalf of all the staff at Dodge Park Rest Home and Oasis at Dodge Park I would like to wish all our customers, and readers a happy Easter holiday.

Micha Shalev



THIS MONTH

AT THE OASIS AT DODGE PARK

National Walking Day, April 5.

Lace up your sneakers and take 30 minutes out of your day to get up and walk.

National Pet Day, April 11.

Adopt a pet from your local shelter, volunteer at a shelter and offer to care for the animals, or donate blankets, food, and toys to your favorite animal welfare organization.

Easter, April 16.

A Christian festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion, approximately 30 AD.

Tax Day, April 18.

Don't forget to file your return! Earth Day, April 22. The mission of Earth Day is to broaden and diversify the environmental movement worldwide and to mobilize it as the most effective vehicle to build a healthy, sustainable environment.



April Observances

- Apr 1, 1774 King George III Reacts to the Boston Tea Party by Closing the Boston Port
- Apr 1, April Fools' Day
- Apr 2, 1834 Frederic Auguste Bartholdi's Birthday
- Apr 2, 1513 Ponce de León Discovers Florida
- Apr 2, 1805 Hans Christian Andersen's Birthday
- Apr 2, 2005 Death of Pope John Paul II
- Apr 5, 1856 Booker T. Washington's Birthday
- Apr 7, World Health Day
- Apr 7, 1795 Metric System Adopted in France
- Apr 7, National D.A.R.E. Day
- Apr 9, 2017 Palm Sunday
- Apr 9, 1865 Civil War Ended
- Apr 9, 1882 Jumbo the Elephant Arrives in US
- Apr 10, 1848 Safety Pin Patented
- Apr 9-15, 2017 National Library Week
- Apr 10-18, 2017 Passover
- Apr 11, 1713 Spain Cedes Gibraltar to Great Britain
- Apr 12, 1955 Jonas Salk's Polio Vaccine Declared Safe and Effective
- Apr 12, 1981 First Space Shuttle Launch
- Apr 12, 1861 Civil War Begins with Confederate Attack on Fort Sumter
- Apr 13, 1743 Thomas Jefferson's Birthday
- Apr 15 Tax Day
- Apr 15, 1865 Assassination of Abraham Lincoln
- Apr 15, 1452 Leonardo da Vinci's Birthday
- Apr 15, 1912 Titanic Disaster
- Apr 15-23, 2017 National Park Week
- Apr 16, 2017 Easter
- Apr 18, Pet Owners Day
- Apr 18, 1775 Paul Revere's Midnight Ride
- Apr 18, 1906 San Francisco Earthquake
- Apr 19, 1775 Revolutionary War Begins with Shot Heard 'Round the World
- Apr 21-22, Lyrids Meteor Shower
- Apr 22, Earth Day
- Apr 23-29 National Volunteer Week
- Apr 23, 1564 Shakespeare's Birthday
- Apr 24-28, 2017 National Playground Safety Week
- Apr 24, 1990 Hubble Space Telescope Launched by Space Shuttle Discovery
- Apr 25, 1945 Italy Liberation Day
- Apr 25, World Penguin Day
- Apr 26, 1717 Whydah Pirate Ship Sank Off the New England Coast
- Apr 27, 1822 Ulysses S. Grant's Birthday
- Apr 28, 1926 Harper Lee's Birthday
- Apr 29, Arbor Day
- Apr 30, 1803 U.S. Buys Louisiana Territory from France

THIS MONTH

National Youth Violence Prevention Week, April 3-7.

A campaign to raise awareness and educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public on effective ways to prevent or reduce youth violence.



National Robotics Week, April 8-16.

The purpose of National Robotics Week is to celebrate the United States as a leader in robotics technology development, educate the public about how robotics technology affects society, advocate for increased funding for robotics technology research and development, and inspire students of all ages to pursue careers in robotics and other science, technology, engineering, and math-related fields.

Animal Care and Control Appreciation Week, April 9-15.

A week of appreciation and recognition for the hard-working men and women who risk their lives and devote huge amounts of personal time and resources while serving the public as well as animals in need.

Money Smart Week, April 22-29.

Money Smart Week began as a coordinated effort of the Money Smart Advisory Council, a diverse group of more than 40 Chicago-area organizations working together to promote personal financial literacy.

Health Watch



Be on the lookout for ‘sick building syndrome’ Is your home or workplace making you sick?

“Sick building syndrome,” also known as “multiple chemical sensitivity,” is a condition in which people become ill due to prolonged exposure to mold, formaldehyde, or other dangerous substances that can spread through a building’s ventilation system virtually undetected.

Everyone should watch for signs that their environment may be hazardous to his or her health.

Here are some symptoms:

- Frequent headaches
- Persistent fatigue
- Dizziness and nausea
- Difficulty with concentration
- Problems with memory
- Frequent muscle pain, stiffness, or cramps
- Dry skin or itchiness
- Chest pain or heart palpitations
- Persistent sore throat and/or coughing

Choosing a doctor? Consider this study

Choosing a doctor is an important decision. Here’s one factor to keep in mind: A study by the Harvard School of Public Health has found that patients who are treated by female doctors are less likely to die of the illness they’re being treated for, and they’re less likely to return to the hospital after discharge.

The study examined records of more than 1.5 million elderly Medicare patients admitted to hospitals for reasons other than surgery from 2011 to 2015. Patients treated by female physicians had a lower 30-day mortality rate than those treated by men, and over the course of four years, approximately 11 percent of patients treated by women died within one month of being hospitalized, compared with slightly more—11.5 percent—of patients treated by men.

Watch for these heart attack symptoms

Heart disease is the leading cause of death for both men and women in the United States. Stay on the lookout for these basic signs of a heart attack:

Chest pain. The classic signal of a heart attack is an uncomfortable feeling of pressure or squeezing in the chest.

Jaw or arm pain. This tends to be more common in women, but don't ignore it.

Heartburn/upset stomach. Don't write off stomach problems as just a minor ailment. Nausea and vomiting can occur during a heart attack.

Shortness of breath. Again, more common among women, but seek assistance if you're having trouble breathing.

Dizziness. You may feel lightheaded or on the verge of passing out.

Sweating. Breaking out in a cold sweat is an additional symptom of a heart attack.

How doctors stay healthy: Follow their rules for staying healthy when surrounded by illness

Doctors are exposed to germs and diseases every day, so how do they avoid getting sick themselves? Follow their rules for staying healthy when surrounded by illness:

Wash your hands often.

Use soap and water, and take your time. Try singing "Happy Birthday to You" twice in your head as you wash. Wash your hands before eating, after using the bathroom, and before touching your face and mouth. If washing is inconvenient, use a hand sanitizer.

Eat a healthy diet.

A good mix of fruits and vegetables will provide the vitamins your immune system needs to fight off infections early—before they balloon into major health issues.

Get sufficient sleep.

Lost sleep can damage your ability to fight off disease. Get seven to nine hours a night to stay healthy and alert.

Clean off surfaces.

Wipe down your phone and keyboard often to get rid of germs and bacteria. Wash or sanitize your hands after touching doorknobs or shaking hands. Remember that some viruses and bacteria can live for days on surfaces that haven't been cleaned.

ASPCA Month.

The American Society for the Prevention of Cruelty to Animals was the first humane society established in the U.S., and today it's one of the largest in the world. The ASPCA's mission, as stated by founder Henry Bergh in 1866, is "to provide effective means for the prevention of cruelty to animals throughout the U.S."

Global Child Nutrition Month

Sponsored by the Global Child Nutrition Foundation, whose mission is to expand opportunities for the world's children to receive adequate nutrition for learning and help them achieve their potential. "We envision a future where school meals sustainably nourish all children and help them, their families, communities, and nations to thrive," reads its vision statement.



National Autism Awareness Month.

Launched by the Autism Society nearly a quarter-century ago, this event is a nationwide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with autism spectrum disorder is provided the opportunity to achieve the highest possible quality of life.

National Kite Month.

Every year in April, kite enthusiasts across North America celebrate the history and the future of the world's favorite pastime by letting their kites fly. April was chosen as National Kite Month because as the first month in spring, it's when most kite fliers are starting to bring their kites out of the closet and prepare for warm weather and summer fun.

3 sneaky tricks of heart disease

As Americans, our health is far from perfect, but over the decades, we've seen great improvements to medical care and lived longer lives. But new health data in a recent report might shake up our complacency: The federal government finds that life expectancy for Americans has dropped for the first time in 25 years.



Though the factors are varied and complex, it has health experts and doctors taking a hard look at the current realities, including our rising obesity rate and the fact doctors may be reaching their limit on what they can do to treat heart disease. “The report, though troubling to any family doctor, can be used as the basis of a wake-up call to anyone to improve their health,” says Andrew Manganaro, MD, FACC, FACS, Chief Medical officer for Life Line Screening.

“That is especially true for those who have been diagnosed with a risk factor for heart disease.” Manganaro urges patients ages 55 and older to be proactive with their heart health by scheduling regular doctor visits and following their doctor’s instructions. In addition, he recommends making regular cardiovascular screenings a part of your wellness routine.

Not convinced you need a screening?

These three realities of cardiovascular health might change your mind.

1. Heart disease is often silent. Problems with the cardiovascular system can creep in gradually. Fully 80 percent - 4 out of 5 - of people who have a stroke have no symptoms beforehand. High blood pressure, high cholesterol and coronary artery disease are often silent, partly because the warning signs are not what most people expect. Symptoms are less obvious, such as a headache, shortness of breath or pain in the jaw. Even if you are already taking steps to manage your risk factors,

a screening will give you and your doctor a picture of the health of your cardiovascular system.

2. Minor conditions are easy to ignore.

Even if your screening doesn't reveal you're at a very high risk of suffering a stroke or heart attack, don't be complacent. Because your cardiovascular system is interconnected, plaque in one artery makes it very possible that plaque will eventually show up elsewhere. For example, a diagnosis of peripheral artery disease is a condition that is associated with leg cramping, but that's a diagnosis that should be taken as a warning. Because these leg arteries are literally narrowing, it could mean that the arteries to the brain could also narrow, creating the ideal conditions for a stroke. Likewise, if arteries to the heart were to narrow, that could lead to heart attack or heart failure.

3. Oral health is a window to artery health.

For decades, researchers have seen a connection between oral health and heart health. Back in the 1920s for example, doctors thought they could cure heart disease by extracting teeth. While the connection is not yet fully understood, we do know oral plaque has a relationship to carotid artery plaque. Manganaro encourages patients to also see their dentist regularly and take good care of their gums and teeth.

The good news is you don't need a prescription or take a trip to the doctor's office to have preventive health screenings for cardiovascular disease. Life Line Screening performs affordable testing in community settings throughout the country.

This testing will reveal where carotid artery plaque buildup is located and how much. This could translate into lifesaving treatment for you, or simply offer peace of mind. To find out when a screening clinic may be scheduled in your area, visit www.lifelinescreening.com/ HeartCheck or call (877) 754-9631



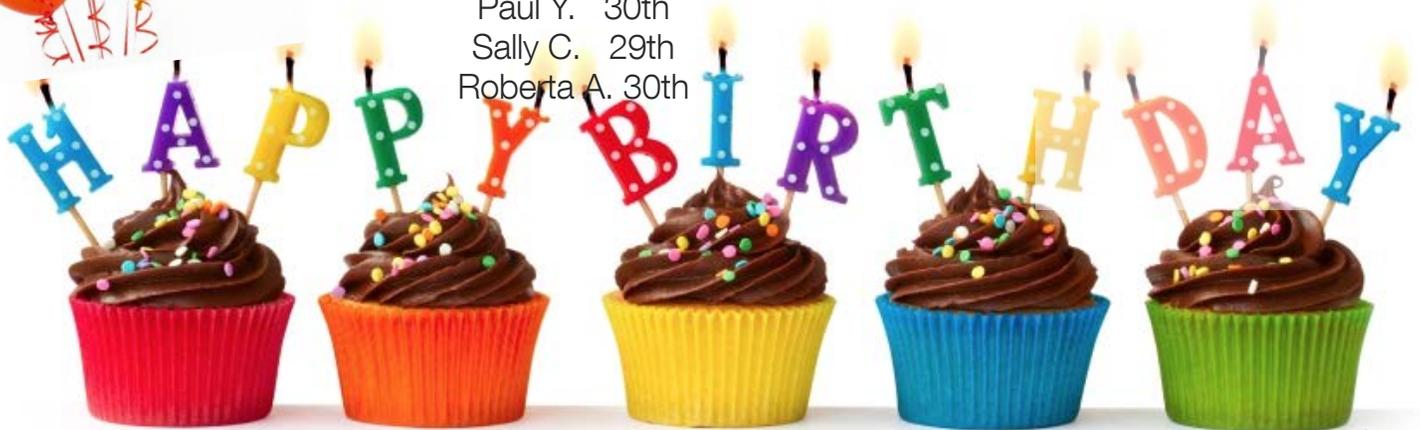
A very Happy Birthday to...

RESIDENTS

Leonor P. 11th
Doris P. 12th
Rose V. 13th
Guiseppe D. 20th
Ruth P. 21st
Paul Y. 30th
Sally C. 29th
Roberta A. 30th

EMPLOYEES

Ian C. 12th
Teresa C. 24th
Neftali I. 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 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.





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Artificial Sweeteners

A lot is being said lately about reducing one's sugar intake to improve health. In fact, the updated U.S. Dietary Guidelines released in 2015 recommend a diet low in added sugars. Many people have found that using artificial sweeteners is a great substitute for sugar when it comes to reducing calories in the diet.

Sugar substitutes are found in a wide variety of foods and beverages such as soft drinks, yogurt, ice cream, jelly, candy and chewing gum. The more commonly consumed artificial sweeteners include aspartame (Equal or NutraSweet), saccharin (Sweet 'N Low), sucralose (Splenda) and stevia (Truvia).

Artificial sweeteners are especially popular with people with diabetes since they don't seem to affect blood glucose levels and provide an alternative sweet flavor to foods and drinks. Sugar substitutes also don't cause tooth decay like sugar does.

Registered Dietitians recommend choosing a diet that includes natural and whole foods and less processed foods, including food additives such as artificial sweeteners. Saccharin once carried a warning on its label alerting consumers of a possible cancer link. However, scientific studies have yet to provide clear proof. As a result, the warning has been removed from the label.

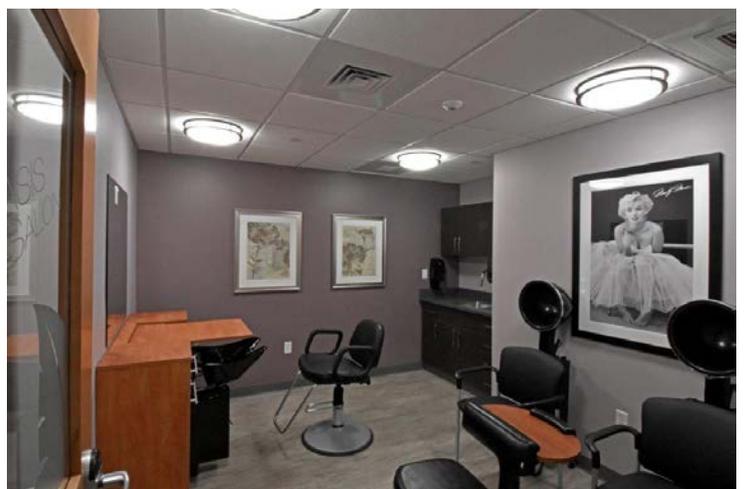
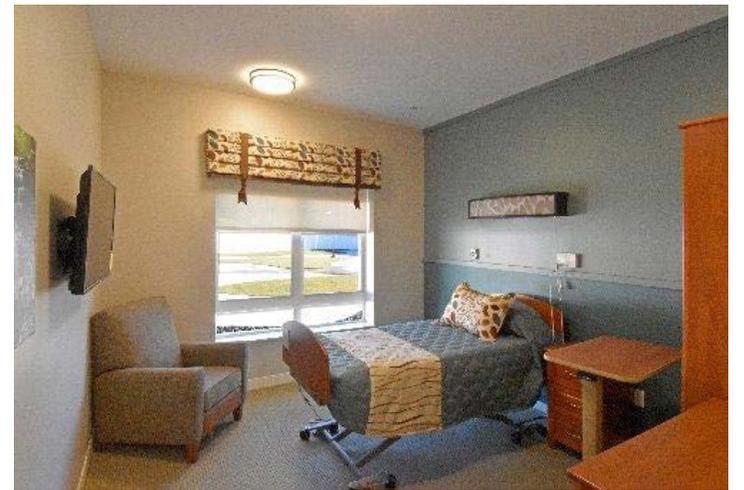
When it comes to artificial sweeteners, moderation is an important rule to follow. Read labels, including the ingredient lists and know exactly what you are eating. Sugar substitutes may help you save on calories and carbohydrate intake but they are still a highly processed chemical. A diet full of fresh fruits and vegetables, whole grains, lean proteins and healthy unsaturated fats and less artificial additives will offer you numerous nutrients that will enhance one's 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).

THE OASIS IS NOW OPEN!

VIEW THE NEW STATE OF THE ART FACILITY



CALL FOR A TOUR 508-853-8180

It's tax time again: Here's some trivia about taxes

No one enjoys paying taxes, but these factoids might take some of the sting out of writing that annual check:

The first national income tax was established by Congress in 1894. However, it was ruled unconstitutional by the U.S. Supreme Court the following year. The Constitution was changed in 1913 to allow for a legal income tax.

Taxes were originally due on March 1. The date was changed to March 15 shortly before the beginning of Prohibition. In 1955 it was changed to April 15 to spread out the work of processing all the tax forms.

- The first tax form was just four pages long, including instructions.



- Unusual deductions: A parent was able to deduct the expenses for her child's clarinet lessons because she claimed they corrected the child's overbite. A junkyard owner deducted cat food for the cats he kept to drive away mice and rats, and the IRS approved it as a business expense. A bodybuilder claimed a deduction for the cost of the body oil that he used in competitions, and again the IRS allowed it as a business expense.



Invite you to...

RED SOX OPENING DAY LUNCH

Please join us and your loved one(s) for Red Sox Opening Day Lunch at both of our facilities and to watch the first game of the season at Fenway Park.

Get Ready for the game



Themed Lunch Menu:
Fenway Park Franks
Hamburgers
Boston Baked Beans
Pasta Salad
"Red Sox" Sports Ice Cream Bars

When: Monday, April 3rd, 2017 at 12:30pm
To The End Of The Game
Please RSVP with our Erin in our activity department at
508-853-8180



Dodge Park Rest Home Oasis At Dodge Park
101 Randolph Road 102 Randolph Road
Worcester, MA 01606



BE AN ACTIVE LISTENER



Developing Active Listening Skills

Developing active listening skills is a lifelong process. If your listening skills are not where you want them to be, you can develop them further by playing active listening games. If you are an activity director of adult clients, you can adapt these games to great effect in a “1/1” or group activity.

These ideas can make the listening process much more enjoyable than it otherwise would be.

Drawing Games

Active listening does not occur in isolation from other activities. Instead, it occurs when listeners engage the material they are listening to, with questions, comments and thought. By telling students how to draw a picture without allowing them to ask questions, you can show those students how difficult it can be to listen accurately. In this game, you tell the students to draw, for example, “a circle intersected by a line on top of a square to the left of a diamond.” When your students show their drawings, they will likely all have different results.

This will give the students a sense of how hard it is to listen accurately without asking questions.

Story Games

To be a good storyteller, you have to be a good listener, because telling stories requires an ear for what people respond to. One game to improve active listening skills involves having the students tell a story in which each student adds just one word to the story at a time. The first student in the class says just one noun, then each other student adds a word until the entire class has contributed. The teacher writes each word down, then reads the story to the students.

Background Noise

Background noise interferes with your ability to listen actively. If a lot of noise is present in the background, you need to lean in closely to hear, something you can't do if you're near the back of a lecture hall. One listening game involves getting the students to all talk out loud at once while you continue to lecture. At the end of the class, ask the students to repeat a sentence from what you said while they were talking. Chances are they won't be able to.

Trivia

Many people enjoy playing trivia games in or outside of the classroom. To use trivia as a listening game, read the class a passage before you start the trivia session. Then ask only questions whose answers could be found in the passage.

For example, if the passage is about blue-feathered birds, you could ask a question like “Why, according to scientists, do blue jays have blue feathers?” Trivia games can take more or less any format. Students can arrange themselves into teams or play individually, and may opt to do a “most correct answers” or “first to answer correctly” format.



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.

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

April 2017

<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Ball Game 2:30 Entertainment: Rob Marona 4:00 Inspirational Stories 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 10:45 Red Sox Trivia/Games 2:00 Red Sox Opening Game 3:00 Board/Table Games 4:00 Reminiscing 7:00 Meditation & Relaxation</p>	<p>9:30 Morning Gathering 10:00 Cranium Crunches 10:30 Tai Chi 11:15 Table Top Time 2:00 Musical Bingo 3:00 Bean Bag Toss 4:00 Tuesday Trivia 7:00 Poetry Readings</p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Brain Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 In the News 10:45 Puzzles & Ponderings 11:15 Yoga with Nancy 2:00 Game Circle 3:00 Spring and April Discussion Group 4:00 Musical Memories</p>	<p>9:30 Morning Gathering 10:00 Movement to Music 10:45 Friday Funnies 11:00 Creative Arts 2:00 Manicures & Music 3:00 Sing-A-Long 4:00 Happy Hour! 7:00 Friday Night Movie</p>	<p>9:30 Current Events 10:00 Aerobics with Jorge 11:00 Sensory Group 11:45 Sort and Match 2:00 Bingo 3:00 Game Circle 4:15 Chris on the Piano 6:30 Wayne Page <small>All From Day</small></p>
<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Rosary 11:45 Game Circle 2:30 Entertainment: Marylou Ferrante 4:00 Poetry Readings 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Craft Corner 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing 7:00 Meditation and Relaxation <small>Relaxation Passover</small></p>	<p>9:30 Morning Gathering 10:00 Cranium Crunches 10:30 Tai Chi 11:15 Table Top Time 2:00 Musical Bingo 3:00 Ball Toss 4:00 Tuesday Trivia 7:00 Reading Roundtable</p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Brain Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 In the News 10:45 Puzzles & Ponderings 11:15 Yoga with Nancy 2:00 Game Circle 3:00 Easter Egg Dyeing and Decorating 4:00 Musical Memories</p>	<p>9:30 Morning Gathering 10:00 Making Marbled Eggs 11:00 Manicures & Music 2:00 Sing-A-Long 4:00 Happy Hour! 7:00 Friday Night at the Movies <small>Second Friday</small></p>	<p>9:30 Current Events 10:00 Aerobics with Jorge 11:00 Making Easter Cards & Crafts 2:00 Bingo 3:00 Game Circle 4:15 Chris on the Piano 6:30 Sandy Robinson</p>
<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Easter Facts & Fun 2:30 Entertainment: Ashley Yannell 4:00 An Easter Story 7:00 Hand Massage & Music <small>Easter Sunday</small></p>	<p>9:30 Morning Gathering 10:00 Art Therapy 10:45 Catholic Mass 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing 7:00 Meditation and Relaxation</p>	<p>9:30 Morning Gathering 10:00 Cranium Crunches 10:30 Tai Chi 11:15 Table Top Time 2:00 Musical Bingo 3:00 Bean Bag Toss 4:00 Tuesday Trivia 7:00 Poetry Readings</p>	<p>9:30 Morning Gathering 10:00 Balloon Volleyball 10:45 The Paint Project 11:15 Brain Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 In the News 10:45 Puzzles & Ponderings 11:15 Yoga with Nancy 2:00 Game Circle 3:00 "Color Me Green" Story and Discussion Group 4:00 Musical Memories 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Movement to Music 10:45 Friday Funnies 11:00 Resident Council 2:00 Manicures & Music 3:00 Sing-A-Long 4:00 Happy Hour! 7:00 Friday Night Movie</p>	<p>9:30 Current Events 10:00 Aerobics with Jorge 11:00 Earth Day Facts/Fun 11:45 Earth Day Puzzles 2:00 Bingo 3:00 Game Circle 4:15 Chris on the Piano 6:30 Jim Porcella <small>Easter Day</small></p>
<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Rosary 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Poetry Readings 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Craft Corner 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing 7:00 Meditation and Relaxation</p>	<p>9:30 Morning Gathering 10:00 Cranium Crunches 10:30 Tai Chi 11:15 Table Top Time 2:00 Musical Bingo 3:00 Ball Toss 4:00 Tuesday Trivia 7:00 Reading Roundtable</p>	<p>9:30 Morning Gathering 10:00 Balloon Volleyball 10:45 The Paint Project 11:15 Brain Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 In the News 10:45 Puzzles & Ponderings 11:15 Yoga with Nancy 2:00 Game Circle 3:00 April Birthdays Party! 4:00 Musical Memories 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Mary Kay 11:00 Tree Craft 2:00 Manicures & Music 3:00 Sing-A-Long 4:00 Happy Hour! 7:00 Friday Night at the Movies <small>April Day</small></p>	<p>9:30 Current Events 10:00 Aerobics with Jorge 11:00 Sensory Group 11:45 Sort and Match 2:00 Bingo 3:00 Game Circle 4:15 Chris on the Piano 6:30 Joe Sarasin</p>
<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Ball Game 2:30 Entertainment: Cameron Suphin 4:00 Inspirational Stories 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Craft Corner 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing 7:00 Meditation and Relaxation</p>	<p>9:30 Morning Gathering 10:00 Cranium Crunches 10:30 Tai Chi 11:15 Table Top Time 2:00 Musical Bingo 3:00 Ball Toss 4:00 Tuesday Trivia 7:00 Reading Roundtable</p>	<p>9:30 Morning Gathering 10:00 Balloon Volleyball 10:45 The Paint Project 11:15 Brain Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking 7:00 Hand Massage & Music</p>	<p>9:30 Morning Gathering 10:00 In the News 10:45 Puzzles & Ponderings 11:15 Yoga with Nancy 2:00 Game Circle 3:00 April Birthdays Party! 4:00 Musical Memories 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Mary Kay 11:00 Tree Craft 2:00 Manicures & Music 3:00 Sing-A-Long 4:00 Happy Hour! 7:00 Friday Night at the Movies <small>April Day</small></p>	<p>9:30 Current Events 10:00 Aerobics with Jorge 11:00 Sensory Group 11:45 Sort and Match 2:00 Bingo 3:00 Game Circle 4:15 Chris on the Piano 6:30 Joe Sarasin</p>

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

The Second Week of April is “National Egg Salad Week. Here is a recipe and some variation suggestions for you to try.

Ingredients:

- 4 eggs
- 2 tablespoons plain nonfat yogurt
- 2 tablespoons light mayonnaise
- Mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup diced celery
- Celery Organic Hearts
- 1 green onion, chopped (optional)

Directions:

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Variations:

1. Salmon Dill: Omit green onion. Add 1/4 cup smoked salmon (finely chopped), 1 tablespoon fresh dill (chopped) and 2 teaspoons capers (chopped).

2. Pickle Bacon: Omit celery. Add 1 small dill pickle (diced), 2 strips of bacon (cooked and chopped) and 1 teaspoon horseradish (or more if desired).

3. Chili Avocado: Omit celery and green onion. Add half of an avocado (diced), 1 tablespoon red onion (minced) and 1/2 teaspoon chili powder.

TIP: Rethink your traditional egg salad sandwich and use the above recipes as dips with crackers or sliced pita bread!



DODGE PARK
Rest Home and Day Club

OASIS
AT DODGE PARK

Easter-Passover Dinner

*You are cordially invited to attend
Easter & Passover Dinner
and Spring Celebration.*

Location : Dodge Park Rest Home

Date: April 13, 2017 Time : 5pm to 7pm

Entertainment by : Wayne Page and Alexandria Bianco

Location : Oasis at Dodge Park

Date: April 12, 2017 Time : 5pm to 7pm

Entertainment by : Wayne Page

**Please RSVP to Erin by April 7, 2017
at 508-853-8180**



Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

April 2017

<p>10:15 Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Game Circle 7:00 Poetry Reading</p>	<p>2 10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:00 Red Sox Opening Day Party! 7:00 Baseball Reminiscence 8:00 Baseball Movie</p>	<p>3 10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games 7:00 Tuesday Night Trivia 8:00 Musical Memories</p>	<p>4 9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Category Game 3:00 Communion Service 7:00 Inspirational Stories</p>	<p>5 10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Game Circle 2:30 Entertainment: Bill McCarthy 7:00 Chicken Soup for the Soul</p>	<p>6 10:00 Daily Chronicle 10:30 United Congregational Church 10:30 Mary Kay 11:15 Game Circle 2:30 Entertainment: Heather Ralston</p>	<p>7 10:00 Morning Hellos 11:00 Aerobics with Jorge 2:30 Greendale Dance 3:00 Chris on the Piano 6:30 Entertainment: Jeff Thomas</p>
<p>10:15 Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Darlene Bailey 4:00 Ball Game 7:00 Meditation</p>	<p>9 10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" 3:30 Game Circle 7:00 Chicken Soup for the Soul</p>	<p>10 10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games 7:00 Tuesday Night Trivia 8:00 Musical Memories</p>	<p>11 9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Name "10" Game 7:00 Inspirational Stories and Songs 8:00 Meditation</p>	<p>12 10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Categories Game 2:30 Making Easter Cards & Crafts 5:00 Easter/Passover Dinner</p>	<p>13 10:00 Daily Chronicle 10:30 Baking with Deb 10:30 Move and Groove 2:30 Easter Egg Dyeing & Decorating 7:00 Poetry Readings 8:00 Hand Massages</p>	<p>14 10:00 Morning Hellos 11:00 Aerobics with Jorge 3:00 Chris on the Piano 4:00 Easter Word Games 6:30 Entertainment: Dave Cuddy</p>
<p>10:15 Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Ted Powers 4:00 Easter Facts & Fun 7:00 Inspirational Stories</p>	<p>16 10:00 Daily Chronicle 10:15 Catholic Mass 11:00 Art Therapy 2:30 Music & Movement 3:30 Game Circle 7:00 Chicken Soup for the Soul</p>	<p>17 10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games 7:00 Tuesday Night Trivia 8:00 Musical Memories</p>	<p>18 9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Category Game 3:00 Communion Service 7:00 Inspirational Stories</p>	<p>19 10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Music Therapy 2:30 Birthday Party with Alexandria Bianco 7:00 Down Memory Lane 8:00 Meditation</p>	<p>20 10:00 Daily Chronicle 10:30 United Congregational Church 10:30 Mary Kay 11:15 Game Circle 2:00 Mens Group/Games 7:00 Down Memory Lane</p>	<p>21 10:00 Morning Hellos 11:00 Aerobics with Jorge 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Kathy Farabino</p>
<p>10:15 Rosary 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Game Circle 7:00 Reminiscing</p>	<p>23 10:15 Daily Chronicle 10:45 Catholic Mass 2:30 Art "Open Studio" 3:30 Game Circle 7:00 Chicken Soup for the Soul</p>	<p>24 10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games 7:00 Tuesday Night Trivia 8:00 Musical Memories</p>	<p>25 9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Music & Movement 11:15 Name "10" Game 7:00 Meditation and Relaxation 8:00 Reminiscing</p>	<p>26 10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Game Circle 2:30 Spring Collage Art 7:00 Hand Massage and Music 8:00 Reading Roundtable</p>	<p>27 10:00 Daily Chronicle 10:30 Baking with Deb 10:30 Move and Groove 11:15 Resident Council 2:30 Tree Craft 7:00 Poetry Readings 8:00 Hand Massages</p>	<p>28 10:00 Morning Hellos 11:00 Aerobics with Jorge 3:00 Chris on the Piano 4:00 Ball Game 6:30 Entertainment: Janet Borelli</p>
<p>10:15 Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Paul Belanger 4:00 Ball Game 7:00 Musical Memories</p>	<p>30</p>	<p>Dodge Park Rest Home & Day Club</p>				

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

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

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

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

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



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

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

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

"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.



*Micha Shalev,
owner and administrator*



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OASISATDODGEPARK.COM • (508) 853-8180



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 46million, with the number expected to reach 74.7m by 2030 and 131.5m by 2050 – while the global economic impact has reached \$818billion, and is projected to reach \$1trillion 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 46m worldwide are estimated to be living with dementia, with the numbers projected to increase to 74.7m by 2030 and 131.5m by 2050. The total estimated worldwide cost of dementia is US\$818bn – up 35% since 2010 – with the cost expected to reach US\$1trillion 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.”

Bringing LIFE to those we serve

2017 Support Group Schedule



Alzheimer's and Dementia Support Group

at **Dodge Park Rest Home**

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



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

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

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

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

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

Can A Good Social Life Slow Alzheimer's?



Many of us grew up with the conventional wisdom that we need to think about the future and are familiar with the Aesop's Fable about the ant and the grasshopper. As the fable goes, the industrious ant spent the summer carefully storing provisions for winter, while the more carefree grasshopper ignored the bounty of the peak growing season, and chose to spend the summer idling instead. When winter came, the ant was dining on corn he had stored, while the grasshopper paid the price for not thinking ahead. Aesop got it right: planning and saving early in life when you have the resources will give you better options later on.

If you are in your prime earning years, trying to save for your children's college education while meeting current household expenses may mean delaying long-range planning. You may not even be thinking about long-range planning. If so, "Embrace Your Future," an innovative long-term care initiative from the Patrick-Murray Administration encourages earlier planning for long-term care supports that may help in later life. Massachusetts is one of 25 states promoting "Embrace Your Future," a national initiative dedicated to helping individuals 45 and over to plan for their futures. As part of this initiative, the Office of Elder Affairs has sent to 400,000 homes a free 44-page guide for consumers that offer long-term care planning information tailored specifically to Massachusetts residents.

Most of us, whether we are seniors or have parents and relatives who are seniors, know how stressful it is to try to provide the at-home

assistance that may be required later in life. Since 80 percent of all seniors live with one or more chronic disease and 70 percent require assistance and support, it's easy to see that individuals needing assistance often rely on help from others in order to stay in their homes, rather than move to a nursing or retirement facility. Unfortunately, family members and friends aren't always available or able to provide that help. And, for the most part, Medicare and Medicaid don't pay for these services until you have "spent down" your assets. In fact, in the spirited national debate about health care reform, both proponents and opponents predicted shortfalls in both accounts as well as in Social Security.

Both local and national media outlets report that in the current economic situation, savings accounts are dwindling, as are personal investments and pension funds. Today's seniors are facing challenges that will be even more daunting for the rapidly growing ranks of aging baby boomers – people born between 1946 and 1964. At the end of this decade, about a quarter of Massachusetts residents will be age 60 or over.

In addition to the "Embrace Your Future" guide, with Governor Patrick's support, the Office of Elder Affairs has been promoting "Embrace Your Future" throughout the Commonwealth on multiple platforms, including the cable access program, "Senior Scene"; at regional shopping malls; at commuter train stations and in conjunction with businesses and libraries. We're committed to reaching as many people as possible to let them know about the guide, and to start planning now.

The "Embrace Your Future" guide includes planning strategies for long-term care health insurance and other options, as well as planning resources available to Massachusetts residents, and a planning checklist. The guide explains what Medicare and Medicaid do and do not pay for—and community-based support systems that are available to seniors. There is also information for people who are already seniors looking for assistance with long term care planning.

Visit www.longtermcare.gov/campaign/ma for more information on the "Embrace Your Future" campaign and tips on long-term planning.

Testimonial

March 10, 2017

Dear Dodge Park Family:

The Cadden Family would like to thank all of Dodge Park employee's, residents and their family members for the love and support given to our dad during the 10 months he resided at Dodge Park.

The care provided contributed greatly to our dad's quality of life over this time period. We recognize the staff members went above and beyond what was expected and we will always be grateful.

As you are aware our dad suffered from dementia and although he didn't have aggressive behavior issues, he could be challenging to handle at times, due to his loss of independence. He was a proud and very stubborn man – also self-sufficient. Dodge Park care givers were patient, compassionate, and respectful of his dignity. We never witnessed any unkind or aggressive behavior by care givers. We always felt our dad was safe and well cared for!

Dad was a very private and reserved individual. The staff found ways to carefully build trusting relationships and as a result had a close bond with our dad. On numerous occasions we observed how comfortable he was with the Dodge Park Family eating, dancing, taking walks outside, or trying to engage the staff in his games of falling. Albeit difficult sometimes for family members to observe, particularly since our Dads memory slipped away and he became less engaged or familiar with each of us.

Our Dad was blessed to have such considerate caregivers during this time and we were so fortunate to have found Dodge Park and become part of "The family". Enclosed is a donation from The Cadden Children to be used in his memory for activities, tree planting, or general maintenance of the Dodge Park walking trails our dad came to love so much.

Peace,

Barbara Brennan, Ann Meyers, Maureen Deslaurier, John Cadden, Bill Cadden, Stephen Cadden, David Cadden





Animal Interactions Increase Quality of Life

Many of us will agree; having a pet makes you feel good, both mentally and physically! The unwavering loyalty and unconditional love felt through these creatures is guaranteed to pull you out of your darkest days. This doesn't change as we get older. What does change, is the older we get, the more difficult it can be to independently care for a pet. Pets often play a large role in an individual's life and are mourned greatly after they are gone. For many people, being a pet owner is a life-time role that isn't continued when they move into a long term care facility.

Why not? This is a time in a human being's life when they are mourning the loss of independence, the loss of health, and sometimes- the loss of love. If ever there was a time when a human being needed unwavering loyalty and unconditional love, this is it. It is very difficult to substitute the feeling of peace and love that an

individual receives when spending time with an animal- so why try to substitute it? There are many resources in your community to assist in developing an animal visiting program. Do your research and learn how you can continue the life-long role as pet owner and animal lover in your facility.

There are many options!

Animal Therapy has changed over the years. Instead of only having dogs in this role, many facilities and organizations have branched out to provide cats, bunnies, mini-horses, donkeys, alpacas, llamas, pigs, birds, fish, rats, guinea pigs, chinchillas, sugar gliders, and other animals for pet therapy. Providing animal-assisted activities or pet therapy

in your facility can assist residents in numerous ways.

One of the fastest changes is the hormone levels in the brain. A positive interaction with an animal creates a chemical chain reaction in the brain that lowers cortisol (a stress-inducing hormone) and increases serotonin (a “happy” hormone). This chemical chain reaction leads to feelings of peace, calm, and relaxation. After only 15 minutes, an individual’s heart rate, blood pressure, and stress levels immediately drop.

Repeated animal interactions can lead to reduced over-all stress, reduced depression, lower blood pressure, lower cholesterol, and can help protect against heart conditions and stroke. That is a long list of physical and mental benefits. And, there’s more!

Sadly, residents sometimes feel that they no longer serve a purpose. This belief can result in feelings of inadequacy and low self-esteem. Give someone a purpose!

Loving and caring for an animal gives many people a feeling of purpose. Having a resident pet, brush, feed, or walk with a pet provides physical activity and way to be purposeful and engaged. Pets can make the elderly feel needed. Feeling needed will result in a sense of purpose, self-worth and higher self-esteem. This stage of life can often be lonely for an individual, resulting in them pulling away from others. The unconditional love and loyalty of an animal often causes a renewed interest in life!

With renewed interest in life, an animal will often

assist an individual to stay engaged and active. Many residents benefit from the mental stimulation and education from a new relationship with an animal.

It’s common for a resident to wish to research the type of animal or breed to learn how to best interact with and assist the owner during the visits. These visits provide reasons for social calls, increasing social interaction and lessening loneliness.

The comfort that the animal provides during the visits often extends to times when the resident is alone. After a relationship is developed between the resident and the animal, many residents confide that they talk to the pet even when they are not in the room.

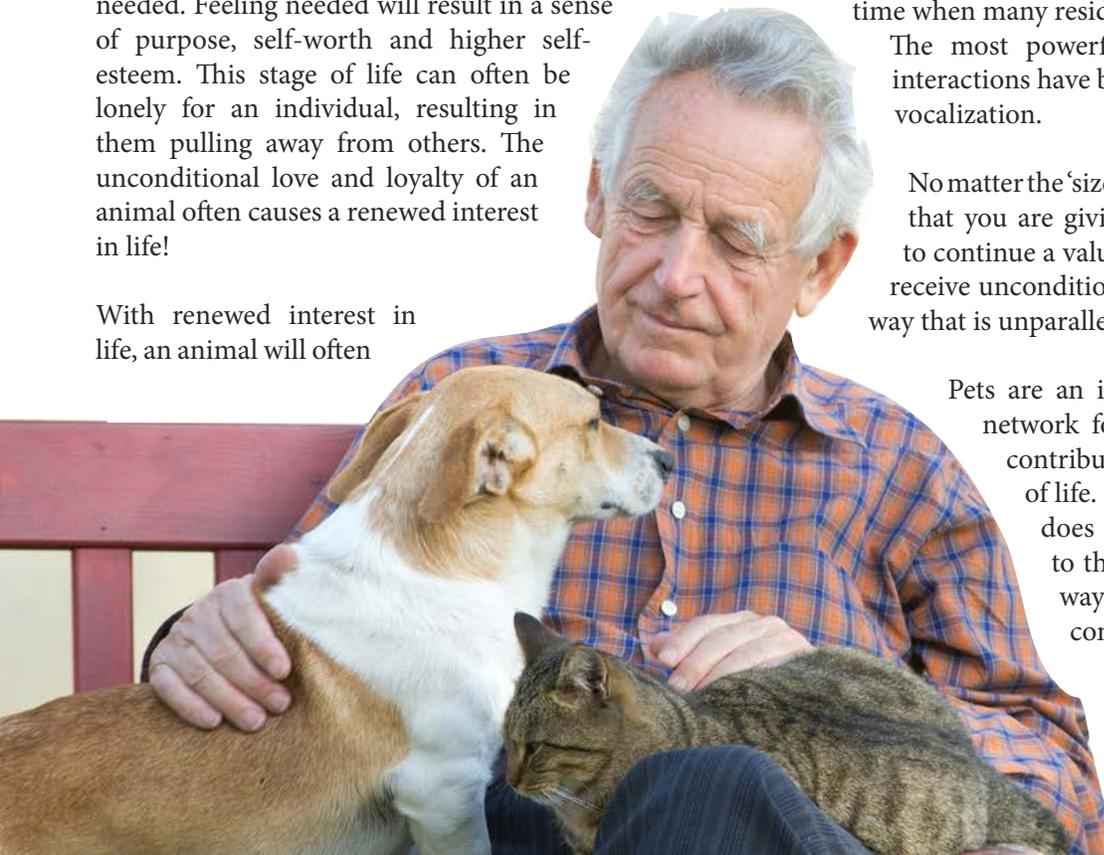
Residents state it is comforting to confide in them and that it assists them in working out choices and anxieties. Having a picture of the animal in the resident’s room is another way to provide comfort for when the resident is feeling physically poor and unable to have the pet with them at the time.

Animal visits have also proven to be a powerful tool during episodes of sun downing as well as anxiety and depression related to dementia and Alzheimer’s disease. The animals’ non-verbal communication is often soothing during these episodes and can also bring back memories of a loved one’s own pets. Pet visits during the late afternoon and evenings have shown to keep resident’s anxiety levels down during a time when many residents tend to feel more agitated.

The most powerful changes reported after animal interactions have been improved appetite and renewed vocalization.

No matter the ‘size’ of the interaction you witness, know that you are giving a human being the opportunity to continue a valuable life role and the opportunity to receive unconditional love and emotional support in a way that is unparalleled.

Pets are an integral piece of the social support network for many individuals and positively contribute to health, well-being and quality of life. Remember, moving to a LTC facility does not mean giving up the vital bond to the animal world. There are countless ways to integrate pets into your communities and the benefits to the elderly are overwhelming.



Join us for

FREE Caregivers Workshop Series

COMING EVENTS

Thursday , April 27, 2017

**When and Why to Transition Someone with Dementia From Home to
Long Term Care Facility - *Dr. Philip D. Gottlieb***

Wednesday, May 25, 2017

**Create a Memorable and Fun Moment For The Resident With Dementia
- *Micha Shalev MHA CDP CDCM***

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

SAVE THE DATES

Meet the Presenters:



Dr. Philip D. Gottlieb is the medical director of Dodge Park Rest Home and Oasis at Dodge Park since 2008. Specialties: Psychiatry and Geriatric psychiatry. He used to be the medical director of Clinton Hospital the Geriatric unit until January 2017. He is a well know geritrician in Worcester county and this is our honor to host a presentation by him in our community.



Micha Shalev, MHA, CDP is the co-owner of Dodge Park Rest Home and Oasis at Dodge Park and a proud graduate of the NCCDP council's intensive train the trainer program, and will be happy to share his 30+ years of experience caring for Dementia and Alzheimer residents with the general public and Dodge Park Rest Home customers.



Bringing LIFE to those we serve

LOCATION: Oasis at Dodge Park, 102 Randolph Road, Worcester, MA 01606
Toll Free: 1-877-363-4775 www.oasisatdodgepark.com www.dodgepark.com

DODGE PARK REST HOME



**The workshops are FREE of charge and open to the public, so
space is limited. Please RSVP to Erin or Debbie at 508-853-8180.**



THE 2ND WORCESTER BLACK TIE GALA
SATURDAY, MAY 13, 2017
SPONSORED BY THE BOARD OF DIRECTORS OF THE
ODD FELLOWS HOME
THE BEECHWOOD HOTEL, 363 PLANTATION ST.,
WORCESTER, MA 01605
6PM – 11PM

On Saturday, May 13, 2017 the Board of Directors of the Odd Fellows Home will be hosting the 2nd Worcester Black Tie Gala. Please join us for this prestigious fundraising event, there will be wine tasting, dinner, dancing and a silent auction.

There will be a special presentation of the Odd Fellows Home Salute to Achievement Award to Dr. Gail E. Carberry, President of Quinsigamond Community College for her service, support and generosity throughout the Worcester area community.

The Odd Fellows Home is a not-for-profit, skilled nursing and rehabilitative facility located in Worcester that has been a staple of the community for over 119 years! It offers a broad range of skilled care and therapeutic services designed to promote independence, optimize mobility in a home like atmosphere. Dedicated to the basic tenets of Friendship, Love and Truth, the staff extends compassionate care in a comfortable environment! Our residents range from those who receive long and short term care, rehabilitation and those who require hospice services.

Tickets to the event are \$75.00 each and tables of 8 and 10 are available upon request. There is an option to purchase advertisement space in our Program Booklet. One hundred percent of your tax deductible donation will be used toward enhancing the daily lives of our residents.

All checks are to be made payable to the Odd Fellows Home.

If you wish to join us for the evening, or partake in a sponsorship opportunity, please respond with advertising and/or congratulatory messages and ticket requests by May 1, 2017.

For more information please contact Nancy Cyr at 508-853-6687 x 124 or ncyr@oddfellowshome.com

Odd Fellows Home is a 501(c) (3) Organization. (Tax ID # 04- 2104414)



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.



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for the Elderly in Central Massachusetts**

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