

NEIGHBORHOOD CONNECTION

Dodge Park and the Oasis at Dodge Park Community Newsletter

March 2018

*Happy
Easter*



*Memories
are made at Dodge Park & Oasis*

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

*A Cheerful
Heart is Good
Medicine*



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IMPROVED ALZHEIMER'S TREATMENT AND MEDICAL TRAINING ORDERED BY HOUSE BILL

By Colin A. Young
STATE HOUSE NEWS SERVICE

STATE HOUSE, BOSTON, JAN. 31, 2018.....State health services officials would be required to evaluate every state program that addresses Alzheimer's disease and come up with a statewide plan for dealing with the disease that afflicts more than 120,000 Massachusetts residents under a bill passed in the House on Wednesday.

The Alzheimer's Association said Rep. Danielle Gregoire's bill (H 4116) would "help tens of thousands of families grappling with Alzheimer's and dementia while ensuring the Commonwealth is better prepared to handle the most under-recognized threat to public health in the 21st century."

Gregoire's bill directs the Executive Office of Health and Human Services to develop an integrated state plan to overcome Alzheimer's disease, with specific instructions to focus on accelerating the development of a treatment or cure for Alzheimer's disease, coordinating the health care and treatment of individuals with Alzheimer's disease, implementing a strategy to increase the diagnostic rate in the commonwealth and ensuring that ethnic and racial populations, who have a higher risk for the disease or are least likely to receive care, are included in the statewide plan.

Dodge Park & Oasis at Dodge Park

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

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

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

Renee Kublbeck RN Assistant Director Nursing
r.kublbeck@dodgepark.com

101 Randolph Road, Worcester, MA 01606

102 Randolph Road, Worcester, MA 01606

Phone: 508.853.8180 Fax: 508.853.4545

The Dodge Park Family of Care Services

Dodge Park Rest Home
www.dodgepark.com

The Oasis at Dodge Park
www.oasisatdodgepark.com

The Adult Day Club at Dodge Park
Dodge Park At Home
Dusk to Dawn at Dodge Park

There are 120,000 people in Massachusetts living with Alzheimer's disease and that number is expected to climb by 25 percent to 150,000 by 2025, according to the Alzheimer's Association. The national price tag on the disease totals \$259 billion a year, the group said, with Medicare and Medicaid spending more than \$175 billion annually.

"Alzheimer's disease is a public health crisis and the time to act is now," Gregoire said on the House floor Wednesday.

The bill, which passed the House 153-0, also adds completion of training and education on the diagnosis, treatment, and care of patients with cognitive impairments, including Alzheimer's disease and dementia, to the requirements for physician, physician assistant, registered nurse and licensed nurse practitioner license renewal.

The legislation now moves to the Senate for consideration.

Half of the people in America with Alzheimer's are not diagnosed and less than half of those who are diagnosed are told of their diagnosis, the Alzheimer's Association said. Gregoire said the addition of training will "increase diagnostic rates, improve treatment options and improve quality of life for people living with Alzheimer's."

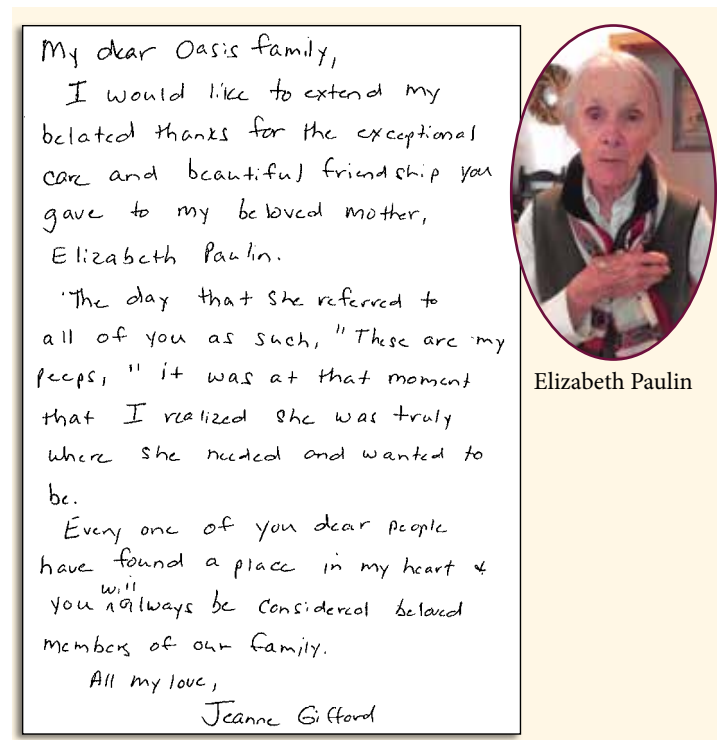
Gregoire said her bill will improve the acute care experience for patients with Alzheimer's disease by requiring all hospitals providing services to adults to complete and provide to the Department of Public Health an operational plan to identify cases of Alzheimer's or dementia in the emergency room and to have a specialized plan for caring for those patients.

Rep. Paul Brodeur, who previously worked for the state Office of Elder Affairs, said he was particularly pleased that the bill includes a provision establishing minimum training standards for elder protective services social workers to identify the signs of neglect and abuse of elderly people with Alzheimer's.

"This bill will provide training to those folks on the front line so they can be aware of issues as they arise," he said. "It is a sad thing to have to tell you this is a group of folks who are very much subject to financial exploitation and abuse and too often the person exploiting them is a family member."

Five House members spoke to the bill on the floor Wednesday, often citing their own experiences caring for a loved one suffering from Alzheimer's.

"Many of us in this very room have had the unfortunate circumstance of seeing someone we love suffer from Alzheimer's. We have had to sit idle knowing we couldn't do anything," Rep. David Muradian said. "Although it's often a time where people are scared, today we can add another layer of hope."



Elizabeth Paulin

Women's History Month

Celebrate the achievements of women like Juliette Gordon Low, who founded the Girl Scouts in 1912, before women had the right to vote and despite her severe hearing impairment.

National Nutrition Month

The Academy of Nutrition and Dietetics wants you to develop good eating habits and make better food choices. The theme of this year's campaign is, "Go further with food."



National Craft Month

Paint a picture, learn to scrapbook, piece together a quilt, develop a new hobby, but most important, create something. Optimism Month. Find the silver linings amidst the clouds, shed the negativity, and improve your "uplook."

Expanding Girls' Horizons in Science and Engineering Month

This is a time to promote education, diversity, and future career opportunities for girls in the fields of science, technology, engineering, and math. Take your daughters, nieces, and little sisters to a science center for a day of exploration and fun.

Girl Scout Week, March 11-17

Founded to help create a network of girls and experiences that foster their individuality, intellect, and growth, the Girl Scouts celebrate the organization's birthday every March 12. Visit GirlScouts.org to learn more.

MARCH Observances

- 1 National Pig Day
- 1 Peanut Butter Lovers' Day
- 1 Purim - begins at sundown - Jewish
- 1 St. David's Day - Thursday - Observance
- 2 Old Stuff Day
- 2 Employee Appreciation Day - first Friday in March
- 2 National Salesperson Day - first Friday in the month
- 2 World Day of Prayer - first Friday of the month
- 2 Holi 2018 - Friday - Hindu
- 2 Read Across America Day 2018 - Friday - Observance
- 2 Employee Appreciation Day 2018 - Friday - Observance
- 3 World Wildlife Day 2018 - Saturday - Global
- 3 Caregiver Appreciation Day
- 3 I Want You to be Happy Day
- 3 If Pets Had Thumbs Day
- 3 National Anthem Day
- 3 Peach Blossom Day
- 4 Holy Experiment Day
- 4 Hug a GI Day
- 5 Multiple Personality Day
- 6 Dentist's Day
- 6 National Frozen Food Day
- 7 National Crown Roast of Pork Day
- 8 Be Nasty Day
- 8 International (Working) Women's Day
- 8 Popcorn Lover's Day - second Thursday
- 9 Panic Day
- 10 Middle Name Pride Day
- 11 Daylight Savings Time - begins 2018 - Sunday
- 11 Johnny Appleseed Day
- 11 Worship of Tools Day - *guys, you can relate*
- 12 Girl Scouts Day
- 12 Plant a Flower Day
- 13 Ear Muff Day
- 13 Jewel Day
- 14 Lent - Wednesday - Christian
- 14 Learn about Butterflies Day
- 14 National Potato Chip Day
- 14 National Pi Day- *Why today? Because today is 3.14, the value of Pi.*
- 15 Dumbstruck Day
- 15 Everything You Think is Wrong Day
- 15 Ides of March
- 16 Everything You Do is Right Day
- 16 Freedom of Information Day
- 16 Incredible Kid Day - date varies

MARCH Observances

17 Corned Beef and Cabbage Day
 17 National Quilting Day - third Saturday of month
 17 Submarine Day - *the hero sandwich or the boat??*
 17 Saint Patrick's Day 2018 - Saturday - Observance
 18 Goddess of Fertility Day
 18 Supreme Sacrifice Day
 19 Poultry Day
 20 International Earth Day
 20 Extraterrestrial Abductions Day
 20 Proposal Day
 20 National Agriculture Day - date varies
 20 Spring/Fall March Equinox 2018 - Tuesday - Season
 20 Tea for Two Tuesday - third Tuesday in March
 20 International Day of Happiness 2018 - Tuesday - Global
 21 Credit Card Reduction Day
 21 Fragrance Day
 22 National Goof Off Day
 22 World Water Day 2018 - Thursday - Global
 23 Melba Toast Day
 23 National Chip and Dip Day
 23 National Puppy Day
 23 Near Miss Day
 24 National Chocolate Covered Raisin Day
 25 Feast of the Assumption
 25 Pecan Day
 25 Palm Sunday 2018 - Christian
 25 Waffle Day
 26 Make Up Your Own Holiday Day
 26 National Spinach Day
 27 National "Joe" Day
 28 Something on a Stick Day
 28 Weed Appreciation Day
 29 National Mom and Pop Business Owners Day
 29 Smoke and Mirrors Day
 29 Maundy Thursday 2018 - Christian
 30 Good Friday - Christian
 30 I am in Control Day
 30 National Doctor's Day
 30 Passover begins at sundown
 30 Take a Walk in the Park Day
 31 Holy Saturday 2018 - Christian
 31 Passover Begins 2018 - Saturday - Jewish
 31 Bunsen Burner Day
 31 National Clam on the Half Shell Day
 31 World Backup Day

International Brain Awareness Week, March 12-18

It's the time of year to shine a spotlight on the advancements in the field of brain research. Check out the websites for The Dana Foundation and the Society for Neuroscience to find out about lectures, events, and exhibits in your area.

Act Happy Week, March 19-25

The third week of the month is devoted to embracing your inner joy and sharing it with others. If you're looking for a reason to be happy, think spring.

National Poison Prevention Week, March 18-24

The American Association for Poison Control Centers handles over 2 million calls annually dealing with exposure to dangerous substances. Contact the information hotline for the AAPCC at 1-800-222-1222, or follow it on Facebook and Twitter to learn about prevention measures.

National Day of Unplugging, sundown March 9-sundown March 10

Remember what life was like before everyone had a smartphone? Somehow we managed to have meaningful face-to-face conversations and get to places on time without getting lost. Unplug and live authentically for these 24 hours.

Learn About Butterflies Day, March 14

With spring just around the corner, take time out to learn about these fascinating and beautiful creatures and take steps to attract them to your gardens and yards this year. First day of spring, March 20. Herald the season of new life and possibilities.

Tolkien Reading Day, March 25

Celebrated since 2002, fans of J.R.R. Tolkien should check their local libraries and museums to find events honoring the author of the Lord of the Rings trilogy.

Make Up Your Own Holiday Day, March 26

Why not observe a cause that's near and dear to your heart?

Take a Walk in the Park Day, March 30

Walking is a great way to decrease stress. Take a break to enjoy the scenery and breathe the fresh spring air today.



time to wait for bread to rise. Instead, they ate **matzah**, unleavened bread. Part of the Passover seder includes hiding the **afikoman** (half of a matzah that is kept between two other matzahs during the seder and later hidden). Children search for the afikoman and usually receive a prize for finding it.

For many Jews, the process of preparing for Passover involves cleaning every corner of the home and removing all leavened products, known as **chametz**. Some Jews practice **biur chametz** (burning chametz). Others keep all the chametz in a separate area of the house where it won't be seen, and symbolically sell the chametz. This can be done through a local synagogue, and chametz is usually sold for a nominal amount of money (often a few coins). Many Jews have special Passover dishes that are only used once a year during the holiday.

Passover Greeting Question

I have no religious affiliation but would like to offer Passover greetings to my close Jewish friends. What would be a proper greeting?

“Happy Passover” would be appropriate. If you want to sound really with-it, say “Happy Pay-sach” (“sach” rhymes with “Bach”, as in Johann Sebastian). If you're really daring you can try the traditional greeting of “Chag Kasher V'Sameach”, which means “Have a Happy and Kosher Holiday.”

This reminds me of the story of someone who made their best attempt to say this traditional greeting but it came out as “I hope you all have a Happy and Kosher Hog!”

...as I said, “Happy Passover” is sufficient.

Happy Passover to All



On behalf of all the management team at Dodge Park Rest Home and Oasis at Dodge Park, we would like to wish all our residents, family members, friends, supporters, and staff members a happy Passover. A lot of people have asked me about this holiday. I decided to expand a bit about this unique, family-oriented holiday.

What is Passover?

Passover (in Hebrew, **Pesach**) commemorates the exodus of the Jews from slavery in Egypt. The holiday originated in the Torah, where the word **pesach** refers to the ancient Passover sacrifice (known as the Paschal Lamb); it is also said to refer to the idea that God “passed over” (**pasach**) the houses of the Jews during the 10th plague on the Egyptians, the slaying of the first born. The holiday is ultimately a celebration of freedom, and the story of the exodus from Egypt is a powerful metaphor that is appreciated not only by Jews, but by people of other faiths as well.

How is Passover celebrated?

Passover is observed for seven days in Israel and eight days in the Diaspora. The main event of the Passover holiday is the **seder** (literally, “order”), a festive meal in which the **haggadah** (story of the exodus and related writings) is recited in a set order. During the entire duration of the holiday, it is forbidden to eat leavened food products (such as bread, pasta, etc.). The reason for this is that Jewish tradition states that in their haste to escape from Egypt the Jews did not have enough



Happy Easter

Easter, which celebrates Jesus Christ's resurrection from the dead, is one of Christianity's most important holidays. Christian churches in the West celebrate Easter on the first Sunday following the full moon of the Spring Equinox. Therefore, Easter is observed anywhere between March 22 and April 25 every year.

The exact origins of this religious feast day's name are unknown. Some sources claim the word Easter is derived from Eostre, a Teutonic goddess of spring and fertility. Other accounts trace Easter to the Latin term *hebdomada alba*, or white week, an ancient reference to Easter week and the white clothing donned by people who were baptized during that time.

Easter is really an entire season of the Christian church year, as opposed to a single-day observance. Lent, the 40-day period leading up to Easter Sunday, is a time of reflection and penance and represents the 40 days that Jesus spent alone in the wilderness before starting his ministry, a time in which Christians believe he survived various temptations by the devil. The day before

Lent begins is known as Mardi Gras or Fat Tuesday, is a last hurrah of food and fun before the fasting begins. The week preceding Easter is called Holy Week and includes Maundy Thursday, which commemorates Jesus' last supper with his disciples; Good Friday, which honors the day of his crucifixion; and Holy Saturday, which focuses on the transition between the crucifixion and resurrection. The 50-day period following Easter Sunday is called Eastertide and includes a celebration of Jesus' ascension into heaven.



Beat sleeplessness through awareness of the risks



Insomnia is becoming a problem in our society, and it's attributable to complex interactions among dozens of factors. One in three American adults don't get enough sleep every night, and that number may rise if we don't work collectively to try and improve our sleep patterns. As health care writer Anna Johansson points out, the effects of sleep deprivation are dangerous, both in the short and long term:

- **Lack of focus and memory.** As both a short-term and long-term effect, losing sleep can interfere with your ability to create new memories, and may make it more difficult to focus during the day. This makes it difficult to perform in most professional roles.
- **Declining cognitive abilities.** Sleep loss also hinders your cognitive capacity, making it more difficult to think critically or solve problems. This gets more intense with more sleeplessness over time.
- **Obesity and diabetes.** There's evidence to show that chronic sleeplessness can lead to obesity, as well as diabetes, which in turn can lead to even more serious health complications.
- **Heart disease and mortality.** Chronic lack of sleep may even increase the likelihood and severity of heart disease, and decrease your lifespan.

Coffee may cut risk of death, studies say



Starting the day with a cup of coffee helps many of us wake up. New evidence suggests it may help us live a longer life, too.

In one study written up in the journal *Annals of Internal Medicine*, researchers at the University of Southern California's Keck School of Medicine surveyed more than 185,000 Americans for 16 years.

Their results: People who drank one cup of java a day were 12 percent less likely to die than those who didn't, and people who drank two to three cups were less likely to die by 18 percent—regardless of whether the coffee was caffeinated or not.

In another study reported in the same journal, researchers analyzed data from more than half a million people across Europe, and found that higher levels of coffee drinking were associated with a decrease in the risk of death from many causes, including circulatory and digestive tract diseases.

So enjoy your cup of coffee. It may add years to your life.





Keep your muscles strong at any age

As we grow older, we often lose muscle mass. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6 percent of the women and 26.8 percent of the men.

Take these steps to keep your muscles intact:

- **Strength training.** Lifting weights has been shown to increase muscle mass and may even reverse the most debilitating effects of muscle loss.
- **Aerobic exercise.** Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.
- **Protein.** Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to lost muscle mass. Older adults may need to increase their consumption of protein to maintain their lean body mass.

Living in a healthy state

Does the state where you live affect your health? Some U.S. states appear to be dramatically healthier than others, based on rates of infectious disease, obesity, smoking, infant mortality, air pollution, and other factors. United Health Foundation looked at the figures and identified the healthiest—and unhealthiest—states in the country:

Healthiest

- Massachusetts
- Hawaii
- Vermont
- Utah
- Connecticut

Unhealthiest

- Mississippi
- Louisiana
- Arkansas
- Alabama
- West Virginia

Quotes

He who cures a disease may be the skillfullest, but he that prevents it is the safest physician.

—*Thomas Fuller*

A man's health can be judged by which he takes two at a time—pills or stairs.

—*Joan Welsh*

March 5th is Sock Monkey Day

A sock monkey is a stuffed toy made from socks fashioned in the likeness of a monkey. These stuffed animals are a mixture of folk art and kitsch in the cultures of the United States and Canada. The typical sock monkey is grey and white with extra-long limbs, a long tail and bright red lips and a red behind. The animal may be adorned with additional ornamentation on its head or around its neck. The character has become part of popular culture and can be found in comic books and art.



Origin

The sock monkey's most direct predecessors originated in the Victorian era, when the craze for imitation stuffed animals swept from Europe into North America and met the burgeoning Arts and Crafts Movement. Craft makers began sewing stuffed animals as toys to comfort children, and, as tales of the Scramble for Africa increased the public's familiarity with exotic species, monkey toys soon became a fixture of American nurseries. Tales like Rudyard Kipling's *The Jungle Book* and *Just So Stories* inspired crafters to create toys that depicted exotic animals, however these early stuffed monkeys were not necessarily made from socks, and also lacked the characteristic red lips of the sock monkeys popular today.

John Nelson, a Swedish immigrant to the United States, patented the sock-knitting machine in 1868, and began knitting socks on an automatic machine in Rockford, Illinois as early as 1870. On September 15, 1880, the Nelson Knitting Company formed, producing "Celebrated Rockford Seamless Hosiery," and selling them under the name of the "Nelson Sock." John Nelson's son Franklin created a machine that knitted a sock without seams in the heel.

The original machine required workers to sew every seam at the heel. The seamless sock saved time and labor costs and it became so popular, companies began to imitate his idea.

These seamless work socks were so popular that the market was soon flooded with imitators, and socks of this type were known under the generic term "Rockfords". The iconic sock monkeys made from red-heeled socks, known today as the Rockford Red Heel, emerged at the earliest in 1932, the year the Nelson Knitting Company added the trademark red heel to its product. In 1932, advertising executive Howard Monk came up with an idea to change the heel of the brown sock from white to red. The red heeled sock was marketed as "de-tec-tip." Nelson Knitting added the red heel "De-Tec-Tip" to assure its customers that they were buying "original Rockfords" as opposed to the generic "Rockfords". This red heel gave the monkeys their distinctive mouth and during the Great Depression, American crafters first made sock monkeys out of worn-out Rockford Red Heel Socks. In 1953, a woman named Helen Cooke received the patent for sock monkeys. She sued a man named Stanley Levy because he sold sock monkeys, but they were not the same design as hers. Levy contacted the Nelson Knitting Company hoping that they would declare the patent invalid. The company knew that people had been making dolls for the last two years, so they gathered up all the dolls that had been made the past two years so that they could have evidence proving that Helen Cooke should not have the patent. One of the most important pieces of evidence was a testimony and a doll made in February 1951 by a lady named Grace Wingent. She was a resident of Rockford and she had made a doll for her grandson. Helen Cooke settled the case against Stanley Levy when she was shown all the evidence that had been collected against her. She decided to sell the patent to the Nelson Knitting Company for \$750. The company also paid other women for the rights to the doll including a woman in Tennessee who was paid \$1000. Rockford, Illinois became the "home of the sock monkey."



Rocky real estate expectations for 2018

After a turbulent 2017, what's up for the housing market this year? The Trulia website, which focuses on real estate trends, reports that Americans are less optimistic about buying homes in 2018.

Twenty-five percent of Americans believe that 2018 will be a better year to purchase a home than 2017 was, but another 25 percent say it will be worse. Only 10 percent of Americans say they're planning to buy a home in the next 12 months.

On the other hand, people are more enthusiastic about selling their homes. Thirty-one percent say they expect 2018 to be a better year to sell a house than 2017, and 14 percent believe it will be worse. This may not result in a sales boom, though, as only 6 percent of homeowners say they plan to sell their house in the next 12 months.

Homeowners' biggest concern? Natural disasters. Trulia notes that 39 percent of Americans are worried about the threat of a natural disaster (like a flood or wildfire) affecting their home. Worries are highest in the South after a year of hurricanes and flooding—43 percent of residents there say they're concerned about the threat of a natural disaster to their homes.



Consumers targeting small businesses in 2018

Owners of small businesses have reasons for optimism in 2018: A 2017 survey by Vistaprint found that approximately 27 percent of consumers say they're likely to do more shopping at small businesses this year, and 75 planned to do at least some holiday shopping with small businesses in 2016.

The survey of 1,504 adult consumers in the United States also found that 60 percent of shoppers prefer buying or interacting with small businesses in stores, but that doesn't mean entrepreneurs should stay offline: Sixty-seven percent of consumers say that a website is important to them, so having both an online and offline presence is likely to be beneficial to sales and marketing efforts.





Pets by the numbers

We love our pets, whether they're dogs, cats, fish, or reptiles. According to the 2017-2018 American Pet Products Association National Pet Owners Survey, here's a breakdown of pet ownership in the United States:

Number of U.S. households that own a pet (millions)

Dog	60.2
Cat	47.1
Freshwater fish	12.5
Bird	7.9
Small animal	6.7
Reptile	4.7
Horse	2.6
Saltwater fish	2.5

Total number of pets owned in the U.S. (millions)

Freshwater fish	139.3
Cat	94.2
Dog	89.7
Bird	20.3
Saltwater fish	18.8
Small animal	14.0
Reptile	9.4
Horse	7.6



Families growing in size as remarriage rises

Family relationships can be complicated these days. The Bloomberg website reports that almost a third of U.S. households headed by adults under 55 have at least one stepchild, and among couples over 55 with adult children, 33 percent have at least one stepchild. Counting stepchildren boosts the size of a family by 55 percent among Americans with grown children.

Divorce and remarriage are driving the growth. The divorce rate for older Americans has almost doubled in the last 20 years, with almost 30 percent of people over 50 having been married more than once.

Quotes

Life it is not just a series of calculations and a sum total of statistics, it's about experience, it's about participation, it is something more complex and more interesting than what is obvious.

—*Daniel Libeskind*

Facts are stubborn, but statistics are more pliable.

—*Mark Twain*

Person Centered Care Planning – Developing the Person Centered Goal

By Debbie Hommel,
ACC/MC/EDU, CTRS

With the new Requirements of Participation (ROP), there is increasing discussion of Person Centered Care Planning. Is this a new concept? Do we have the do anything different? If you have been writing individualized care plans by using the individualized information that you have gathered in your assessment process – then you have probably been already creating person centered care plans. Person centered simply means you focus on what the person wants. It is our role to assess the person, gathering relevant information that can be utilized in defining the person centered plan of care. It is important to keep in mind – it is what the person may want, not what we as care providers think is best.

With a thorough individualized assessment, creating the person centered care plan comes easy.

Being able to write resident/client oriented or person centered goals is an important skill for the activity professional. As a member of the interdisciplinary team, we often support primary interdisciplinary issues by simply adding interventions. However, we may also initiate new concerns and problems, which would require us to define individualized, outcome oriented and person centered goals.

Many communities rely on computer generated care plans which provide pre-written goals and interventions focusing on common concerns within long term care. These pre-written care plans are often not individualized to a person and require the care provider to add individualized information based on the assessment.

Sadly, these care plans are often not individualized and the care plans on record remain generic. It is imperative that the activity professional explore the potential to individualize any digital care plan programs that may be



in place as well as have the skills to construct an individualized person centered care plan from “scratch”.

In our first goal writing lessons, we learn that goals need to be measurable and specific. A common mistake is to use activity attendance as the measure. “Resident will increase socialization by attending three social groups per week” is a goal that may be measurable but it does not focus on a specific outcome. The resident could be attending three groups per week but they could be dozing, sitting off to the side of the program and not interacting with peers. The attendance at group does not provide a suitable outcome measure for increased socialization. To introduce a measurable outcome, the goal can focus on behaviors, reactions, responses or tasks completed within an activity. The activity attendance could be a means to change a behavior or provoke a response rather than be the ultimate goal. Rather than “resident will increase socialization by attending three groups per week”, an outcome oriented goal would be “resident will demonstrate social skill by greeting peers at the start of group” or “resident will demonstrate social skills by sharing opinion during reminiscence or discussion group”.

Another goal writing lesson we learn is that the goals need to be realistic. The activity professional is sometimes pressured by the team to promote certain behaviors or participation in activities. “You need to get them out of their room and get them into activities”, we sometimes hear from the care plan team or from the families. We need to rely on our assessment skills to define an appropriate and individualized goal for the residents/client. If an individual resident/client has never participated in many groups nor was not a “joiner”, the chances of them becoming one at this stage of life is minimal. That is not

to say we shouldn't try to engage them in our programs, however each resident deserves a program (whether it be a 1-1 or group) based on their preferences, not what other people think they should be doing.

If the individual prefers a 1-1 or individual program, the person centered care plan should reflect that need. Finally, the goals we establish should be person centered. With the Requirements of Participation, there is much discussion of this term.

But, is this a new idea? Person centered therapy was first defined by Carl Rogers, an American psychologist. In the 1960's, Carl Rogers wrote that "the client knows what hurts, what directions to go, what problems are crucial, what experiences have been buried". He believed that the experience of being understood and valued, gives one the freedom to grow. So what does this mean to us as we write person centered care plans in long term care? It means we need to involve the resident/client in the goal development process as much as possible.

As caregivers, we sometimes assume the role of "expert" and believe we know what is best for the patient. Even though the resident/ client is invited to the care plan meeting, the care plan is often already completed and the meeting is simply a means to inform the resident of what services will be provided. Goals are often created with little input from the resident/client. To truly embrace person centered care planning, the resident/client, whenever possible, should be involved in discussing potential goals. What the resident wants may be different than what the care provider thinks they need. That input should be respected.

Many people think "I" care plans are person centered care plans referenced in the ROP. "I" care plans are care plans written in the first person. For example, the problem/need might be: "I get upset and anxious when there are too many people around me". The goal might be "I will remain calm and enjoy participating in activities of with no more than 3-5 people". The interventions might be "Involve me in activities that I like such as reading, petting cats or singing old hymns. If you break tasks into small steps, I am more able to participate without anxiety. I like Earl Gray tea in a china cup during the late afternoon."

"I" care plans are simply a model or method of writing person centered care plans. Person centered care plans are individualized care plans focusing on what the person wants and defining approaches specific to that person. Person centered care plans can be individualized in the "I" format or the traditional format. It is a simply a matter of individualization which is a process familiar to most activity professionals.

National Fragrance Day - March 21st

In March, there is a very sweet smelling day to celebrate. March 21st is National Fragrance Day. It is a day to rediscover the residents' sense of smell by stimulating the olfactory nerves in their noses.



Women in particular enjoy this day because most just love the smell of perfume, but many men love the smell of perfume, as well, especially if it is a fragrance that their wife used. Perfumes have been a long history. In ancient times, they were used to hide body odors. At that time, baths were infrequent. After a few days, things began to smell less than ideal. Perfumes played an important role in making the atmosphere more palatable.

These days, the daily shower eliminates the bad odors. But, we still like the smell and attraction of perfume. Do not limit smells to just perfumes. There are many scents that people find extremely pleasant. You will find many scented items with which to stimulate your residents. Encourage a resident to smell the scent in a container if that is possible. That way you can remove it quickly if the resident finds it disagreeable. You can also dab the scent on a tissue or cotton ball, or you can apply a drop or two of the scent to the resident's hand or wrist.

Try some of these ideas for something different: car air fresheners, freshly ground coffee, freshly brewed coffee or tea- serve it, or just enjoy the scent of it, pine branches, a bag of fresh cut grass (beware of allergies!), baby powder, lotion, shampoo, potpourri, herbs like lavender, fresh baked bread (plug in a bread maker for this one), food like apple butter, cooking in a crock pot all day long.

A very

Happy Birthday to...

Oasis Residents

Robert J. March 9th
 Phyllis C. March 13th
 Francis T. March 31st

Dodge Park Residents

Patricia D. March 5th
 Mary Z. March 8th
 Roberta L. March 24th

Staff

Alicia H. March 2nd
 Maria S. March 4th
 Greshen S. March 6th
 Luz G. March 8th

Bridget K. March 14th
 Jocelyn A. March 15th
 Shaniqua C. March 17th
 Kimberly M. March 18th
 Janice A. March 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 15, 2018

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.



An old can of paint may be an environmental hazard



If you've got unused paint lying around your workplace (or your home), don't ignore it. Paint can be considered hazardous waste, dangerous to the environment and to the people in it. Storing it safely and disposing of it properly are essential to your employees' or family members' health. Follow these guidelines:

- **Seal it tightly.** If you don't use all your paint, store it with care. Clean the rim so the lid fits securely, and tap the lid into place with a hammer. Turn the can upside down so the paint itself forms a seal around the lid. Write the date on the can with a marker.

- **Check your location.** Store paint cans in a dry area where you can keep track of them. Don't leave paint near a heating source or in bright sunlight—or any place where it might freeze.

- **Determine if it's usable.** If you're trying to decide whether to use old paint, stir it. If it mixes easily, it's probably fine. Oil-based paint is usually good for up to 15 years; latex paint will remain usable for about 10 years.

- **Dry the paint out.** If you have only a small amount of paint left over and you can't use it up, dry it out before throwing it away. But first check with your state and local laws on solidifying liquid paint; in some communities, you'll have to take all unused paint to a local hazardous waste center. If it's permissible, leave the can open in a dry, well-ventilated area, preferably outside and away from children or pets. You can use kitty litter to soak up and dry out the remaining liquid. Then discard it.

Protect your eyes when dealing with car batteries



Many people don't know that vehicle batteries contain acid and produce hydrogen and oxygen gases, making them lethal if improperly handled. It's particularly important to understand the dangers when jump-starting a dead battery. A spark or lighted cigarette can ignite the gases and turn the battery into a bomb of flying fragments and acid.

The first line of protection is to wear safety goggles when dealing with car batteries. If battery acid does splash into your eyes, though, don't panic. Flush your eyes with any "drinkable" liquid close at hand. It can be water, milk, juice, or even soda. Remember that every second counts. The longer acid sits in the eyes, the more damage it can do.

Watch for signs of 'sick building syndrome'

Is your home or workplace making you sick? Multiple chemical sensitivity (often called "sick building syndrome") 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.

Although national medical associations don't recognize MCS as a distinct physical disorder, 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



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Smart Snacking

Snacking is a typical part of the American diet. When snacks are chosen wisely, they can be a part of a healthy diet plan. The key to good, smart snacking is to choose nutrient-rich foods from a variety of the different food groups including grains, fruits, vegetables, dairy and protein foods.

Snacking can have many benefits. Snacks can provide an extra fuel source when three meals a day just aren't enough. Growing kids and especially teens often need the extra calories to support the body's growing needs. Athletes that burn a higher amount of calories can supplement their diet with high energy snacks to provide the necessary fuel they need to get through a workout or sporting event. Snacks also can give the body a boost of essential nutrients. If done right, snacks can include calcium, protein, fiber, and a variety of vitamins and other minerals.

As good as snacking can be, poor snacking habits can lead to excess unwanted calories, sugar, sodium and fat intakes, which over time can contribute to health concerns such as weight gain, high blood pressure and diabetes, just to name a few. In individuals already suffering from poor health conditions, unwise snack choices can cause complications of these health problems.

Registered Dietitians recommend paying attention to hunger cues before deciding to snack. Try to avoid snacking when bored or under stress. Snacks should be small in size. Practice proper portion control to avoid over-eating. Remember, a snack should not be the same size as an entire meal. Another helpful tip is to keep healthy snacks on hand to avoid making unhealthy snack choices. Include a list of healthy snacks on your regular grocery list so your best prepared. Pack healthy snacks for school or work so you are always in control throughout the day.

Here are some good snack ideas to consider:

- **Fruits** - not only are fruits generally low in calories and fat, they are high in many nutrients such as vitamins A and C and also in fiber. Dip cut fruits in non-fat yogurt or peanut butter to add even more nutrition to your snack

- **Fortified cereals** - a bowl of cereal and 1% or skim milk is a great snack. With a large variety of cereals available, it is important to choose wisely. Read the ingredient list and choose cereals whose first ingredient is 100% whole grain. Beware of artificial ingredients especially artificial sweeteners such as aspartame. Choose a cereal that has at least 3 grams of fiber per serving and if possible, keep the sugar to less than 5 grams per serving.

- **Yogurt** - choose a low fat or non-fat yogurt and try to avoid those artificially sweetened. Yogurt is a great source of protein and calcium. For even more nutrition, make a yogurt parfait by layering in fresh fruits, granola and nuts.

- **Cheese & crackers** - a few whole grain crackers and some reduced fat cheese can really satisfy hunger while also providing some bone-strengthening calcium and fiber.

- **Smoothie** - blend low fat yogurt with skim milk and frozen fruits for a great snack that is also great on the go.

- **Hummus & whole wheat pita bread** - cut 100% whole wheat pita bread into triangles and dip into your favorite hummus. Hummus is a good source of vegetable protein and fiber.

- **Popcorn** - if made without oil or dripping with butter, popcorn is an excellent whole grain snack. Beware of too much salt (sodium) in commercially prepared popcorns. It is best to pop it yourself.

- **Raw vegetables and low fat dip** - when choosing to snack on veggies, try to include at least 3 different colored vegetables to get a good variety of powerful healthy phytonutrients including antioxidants, which are so important to good health. Red peppers, carrots and broccoli florets are great examples.

- **Low fat frozen yogurt** - when craving ice cream, a good alternative is a low fat, low sugar frozen yogurt.

- **Nuts** - a small handful of nuts adds protein and fiber and healthy fats to a diet.

I will be available to meet with family members to address any concerns or questions regarding dietary needs or special diets for their loved one. I can be reached at Dodge Park Rest Home (508)-853-8180.



The weight of our words

Remember this cautionary tale the next time you're sniping and griping:

A man visited his pastor to speak of something that was troubling him. Earlier in the week he'd repeated a rumor about a neighbor only to find out later that it was not true. He felt had to do something to undo the damage he'd caused to his neighbor's reputation.

The pastor told him to take a bag full of feathers and place a feather on the doorstep of each individual he'd spoken to, and also those that the news was shared with. The man did as instructed, then returned to the church to find out what he should do next.

"Now return to every place you left a feather and collect them," the pastor said.

As the man walked through his village, he was surprised that he could not find a single feather on any of the doorsteps where they'd been placed. He did find a couple blowing about the yard at a house he had not visited, but they were carried off by a sudden gust. He once again returned to the church.

"Were you able to retrieve any of your feathers?" the pastor asked.

"No," the man replied. "The wind blew them all away."

"We are not always able to retrieve the things we put into the world," the pastor explained. "They can take on an energy all their own and travel great distances. Please keep this in mind and choose your words mindfully the next time you speak of another's character."

Where the magic is hiding

A woman visited a fortuneteller to find out if her future would be successful, but instead of answering any of the questions, the fortuneteller gave the woman a box. She explained that it was a magic box that had the power to make dreams come true. She handed the woman a notepad and told the woman to write down three things she wanted and then place the paper in the box. She told her to take the box home and shake it three times each

morning upon waking and three times in the evening before going to bed, making sure to repeat her wishes aloud each time. The fortuneteller also told the woman she'd have to return the box in one year.

A year later, the woman once again visited the fortuneteller. "I followed your instructions, and everything I hoped for came true," the woman said. "This box really does hold powerful magic."

"My dear, the magic is not in that box," the fortune teller replied. "The magic is inside of you, reminding yourself of the things you wanted and helping awaken your determination to get them."

Dig a little deeper

Two brothers were determined to strike it rich during the gold rush. They staked out a claim and began a small mining operation that seemed promising.

After extracting a small amount of gold, the vein no longer yielded them anything other than rocks and dirt. Their dreams were a bust. They sold off their equipment and the rights to their claim and returned home, defeated.

The man who now owned the claim consulted with an engineer. After a thorough survey, the engineer advised the prospector to continue digging in the same area where the brothers had been working, but to go a few feet deeper.

The prospector followed the advice, struck gold, and became a very wealthy man.

Let us all remember to dig a little deeper when we feel like giving up.



You can tell a lot by an Irish woman's hands...

For example:

If they are placed around your neck, she's probably a little angry with you.

Use social media responsibly

Here are some tips for both parents and children to follow to help create an atmosphere of positive citizenry on social media channels:

- Pause before you press “enter.” You leave a permanent footprint on everything you post, creating the likelihood it can resurface at any time and call your character into question later. Resist the urge to be impulsive, spread gossip, or promote hate.
- Apply the Golden Rule. You are what you post, retweet, and share. Ask yourself these three questions of anything you feel inspired to post: Is it true? Will it cause anyone harm? What is my motivation for posting this?
- Get permission/Give permission. Before sharing someone else’s photos or content, make sure you have their OK and ask the same of your contacts.
- Review your privacy settings. They are there for a reason—to limit who can access your information and how they can use it. You have locks on the doors and windows of your home to keep unwanted guests out; do the same for your social media profiles and feeds.
- Police the content that appears on your page. Not everyone is mindful of the content they post. Occasionally, that inappropriate material will make its way onto your social media feed, where it can be viewed by your contacts and misinterpreted as something you favor. Don’t hesitate to block contacts and remove posts from your feed if they are offensive.
- Exercise caution. You wouldn’t allow your children to walk around with a sandwich board displaying their legal name, age, address, and other personal information, so don’t allow them to create detailed profiles that can be accessed by strangers the world over. Never divulge too much information about yourself, your current location, or future plans unless you want to fall victim to unscrupulous internet trolls.

One big, happy family

Here are a few tips to keep in mind if you are inheriting a blended family situation:



- Establish routines. This can be an emotional and confusing time for all, and it might take some time to figure out how this new dynamic functions. It will be less chaotic if your household and schedules are organized and in sync.
- Everybody needs space. To help family members adjust, make sure everyone has sufficient time and space to nurture their needs for privacy.
- Find common bonds. Figure out activities that the entire family can enjoy. You’ll also need to find activities that encourage bonding between stepparents and stepchildren.
- Talk things over. Check in with family members frequently, listen to what concerns they might have, and be willing to create an environment where dialogue is possible.
- Don’t forget date night. It’s easy to get lost in the identity of your roles in your new family, but shift the focus back to your marriage. Keep the romance alive by scheduling a meal away from home at a favorite restaurant or a night out on the town with your spouse.
- Find an outlet for yourself. Everyone needs a place where they can blow off steam. Keep your lifeline intact and schedule time away from your family so you can breathe and refocus. Your well-being, and that of your family, can depend on it.

Follow these rules for successful investing

The stock market goes up and down, and many investors are constantly looking for the latest advice on how to best secure their financial future. But the best advice is the oldest advice: Have patience and discipline. Most people make their money over time, not overnight. Although strategies should reflect the personal needs and circumstances of each investor, the overall plan should be the same for all. Here are the basic rules for creating a plan based on patience and discipline:

- **Have a roadmap of where you want to go.** Identify your long-term goals, and devise a strategy for getting there.
- **Don't make decisions based exclusively on tax considerations.** Tax laws change often, so ignoring high-quality investments just because of tax implications is foolish.

- **Buy and hold high-quality investments.** Avoid the exciting, splashy investments. Remember that what counts is time in the market, not timing. Successful investors buy stocks they're interested in when they have the money, and then they hold them for a long time.
- **Diversify.** Spread your assets among various companies in various industries.
- **Hold stocks and reinvest dividends.** Make your decisions carefully, but once you do your homework, act.
- **Review your plan regularly.** Thinking long-term does not mean ignoring it for a long time. Continually evaluate the objectives and strategies of your plan, and make adjustments as needed.



Choose your real estate agent wisely



Finding and using a real estate agent to help you buy or sell a home is an important financial decision. The relationship needs to be built on trust, because you want an agent who will always put your interests first and foremost. Here are some factors to consider:

What to ask a prospective agent

- Can you provide the names of three buyers you have worked with whom I can contact for references?
- Do you work mainly with buyers or sellers?

- How long have you been in the business and do you work full or part time?
- How many clients are you currently working with?
- How familiar are you with the neighborhood?

What to look for in an agent

- Strong references
- An understanding of your specific needs and willingness to meet those needs
- A familiarity with the neighborhood and homes in your price range
- Professional schooling

Where to find a good agent

- Don't use an agent that is listing a property you're interested in.

They will have the seller's, not the buyer's, interest at heart.

- Ask other homeowners for references.
- Check newspaper ads for names of agents with experience in your area.



Let go of the baggage

We're already into the third month of the new year, and some of us are still struggling to deal with chronic conflicts, past breakups, or the general shame of slights and failures experienced long ago. If this sounds like you, pull out your calendar and circle March 9. This is the day for you to lay your burdens down.

Really. March 9 is "Get over it day."

Your inability to let go of your troubles is probably causing you more stress and anguish in the present than you realize. One way you to begin the process of getting on with your life is to make a list of all the things that are troubling you.

Once complete, go over each entry and ask yourself whether it is something you can forgive, change, or make amends for. Even if the answer is "no," it's time to accept what happened and leave it in the past so you can keep moving forward. Can you honestly say it is benefitting you to stay angry or wounded?

If you were able to answer "yes" to any of the items on your list, you've reached a point where you can extend an olive branch to someone with whom you've been at odds, forgive yourself and others, and restore balance by righting a wrong.

Because this day is all about letting go, make sure you dispose of your list after you are done reviewing it. There's no need to hold onto any of that negativity.

Walk this way

March 30 is "Take a walk in the park day," but taking a walk anytime, anywhere can help spark your creativity.

Researchers at Stanford University conducted several studies to measure the effects on mental abilities during simple, non-aerobic movement.

Subjects were asked to complete a pair of tests while seated or walking (outdoors, indoors, and on a treadmill).

The test were designed to measure creativity, originality, fluency, and flexibility. The results showed that 80 to 100 percent of the participants scored higher while walking than when sedentary.

Researchers believe there is a brain/body connection at work, though they are still trying to figure it out and more research has yet to be done. One thing they are certain of is that the environment you choose to move around in can also play a role in the creative process. A park or garden will have a greater positive impact on your creativity than walking through a busy shopping mall.

Can't make it to the park? Try an aquarium or an art exhibit. The main thing is to get moving.

The 'eyes' have it

The month of March is dedicated to workplace eye wellness. Here are some simple steps you can take to prevent eyestrain and injury:

- Wear safety goggles to prevent injury when working with power tools and heavy equipment.
- Adjust the position of computer monitors along with the contrast and glare to avoid eyestrain.
- Use over-the-counter drops to keep your eyes moist, and don't forget to blink.
- Follow the 20/20/20 rule—refocus your vision on something offscreen and at a 20 foot distance for 20 seconds, after every 20 minutes of screen time.
- Schedule annual eye exams with a qualified professional to assess your vision and screen for diseases and degenerative conditions.



Talk Like a Leprechaun

Irish Slang	Meaning
bag of taytos	potato chips
banjaxed	brokenh useless
bloody	very
cheesed off	annoyed
dodder	waste time
flicks	movies
gobsmacked	very surprised
hooley	party, celebration
howya	hi, hello
ice lolly	popsicle
I will in me ring	I will not!
jammy	lucky
knackered	tired
lashing	raining heavily
manky	very dirty
nappy	diaper
odds	loose change
pull your socks up	work, get busy
ructions	loud arguing or commotion
shenanagans	events and happenings
throwing shapes	showing off
up to ninety	had enough, ready to explode
what a gas!	this is fun, funny



Activities for Alzheimers Let's Get Moving!

Studies have shown that physical activity can have a significant impact on the wellbeing of those with Alzheimer's disease. Here are some ideas to get your residents moving and grooving.

Dancing

Try ribbon dancing, volleying a balloon up in the air while listening to music, or even dancing with just your hands. Try having the residents sit in a circle around the table and tap a balloon to each other with a pool noodle (can cut to appropriate size). Make up a simple routine for everyone to follow or, just encourage all to partake in freestyle. Different local groups may be willing to come to your facility and teach residents a move or two. Try freeze dancing- move until the music stops and then FREEZE; start moving again when the music resumes. Just have fun and be encouraging.

Bean Bag Twister

You will need a Twister mat, several beanbags, and the spinner that comes with Twister. Lay out the Twister mat. Have residents line up their chairs/wheelchairs in a circle around the Twister mat. Take turns spinning the spinner. Once the color spun is properly identified, instruct resident to toss their bean bag on the mat trying to land on that color. Give them up to 3 tries and

then it's the next person's turn. Come up with a scoring system if you like or just play until everyone has had a turn.

Basketball

Place a basketball hoop (a laundry basket works well) in the middle of the floor. Residents may be sitting or standing but, have them take turns shooting a light ball into the basket. You may want to divide into teams or, play in the style of "horse".

Bean Bag Skee-Ball

Time to get out those bean bags again! For this one you can pick up some plastic dog or cat bowls at your local dollar or discount store. With a sharpie, label 10 on one, 20 on the next, 30, 40 and 50 on remaining bowls. Line up in a row with 10 being the closest to the players. Each person takes turns tossing their bean bags into the bowls trying to come up with the highest total score when all throws are added together. The person with the highest total wins.

Nature Walks

Lead residents on a nature walk near your facility or drive to a local park. Be aware of any obstacles/ loud noises/busy streets that could pose a problem. Listen to the birds, feel the sunshine, talk about the colors surrounding you. Collect rocks, leaves, flowers or other items that you might want to use in a later project.

Around The Oasis



Around The Oasis



Premier Residential Care Facility For Seniors

One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.

At Dodge Park Rest Home and the Oasis at Dodge Park, we provide seniors two options for senior residential care.



At Dodge Park Rest Home your loved one is cared for in a unique, home-like setting with custom services tailored to maximize their physical and cognitive well being.

- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
- Your loved one can stay even if your money runs out!



Schedule a Tour
& See Why We're
#1 On Caring.com in MA
**5 YEARS
IN A ROW**

DODGE PARK

REST HOME

CELEBRATING



YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

101 Randolph Road, Worcester, MA • DodgePark.com • 508-853-8180



*Bringing LIFE to
Those We Serve*

Invite you to...

A Saint Patrick's Day Party at The Oasis at Dodge Park

102 Randolph Road • Worcester, MA 01606



Date:

Friday, March
16, 2018

Time:

6PM - 7:30PM

Contact Person:

Erin Lemoine

Phone: 508-853-8180

Fax: 508-853-4545

Email:

e.lemoine@dodgepark.com

Entertainment: Dublin Down • **Coffee Tea and Snacks will be Served**

HAPPY

ST. PATRICK'S

DAY!

DODGE PARK REST HOME

and
The Day Club

*Bringing LIFE to
Those We Serve*

Invite you to...

A Saint Patrick's Day Party
at Dodge Park Rest Home

101 Randolph Road • Worcester, MA 01607



Date:

Friday, March
16, 2018

Time:

3:30PM - 5PM

Contact Person:

Erin Lemoine

Phone: 508-853-8180

Fax: 508-853-4545

Email:

e.lemoine@dodgepark.com

Entertainment: Dublin Down • **Coffee Tea and Snacks will be Served**

HAPPY

ST. PATRICK'S

DAY!



March 2018

Dodge Park Rest Home & Day Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Ball Game 7:00 Inspirational Stories and Songs 8:00 Sunday Night at the Movies</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:15 Catholic Mass 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Noodle Hockey 7:00 Tuesday Night Trivia Challenge 8:00 Hand Massage & Music</p>	<p>6:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study with Tom 11:15 Parachute Game 2:30 The Paint Project Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation 8:00 I Love Lucy</p>	<p>8:00 Classic TV 10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bingo with Friends Mens Group 4:00 Sing-A-Long At the Arts/Musicals 7:00 Chicken Soup for the Soul</p>	<p>10:00 Daily Chronicle 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Game Circle 2:30 Manicures and Music Creative Arts 3:00 Root Beer Float Social 4:30 Bucket Ball 7:00 Friday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Paul Belanger 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Rob Marona 4:00 Ball Game 7:00 Inspirational Stories and Songs 8:00 Sunday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:15 Catholic Mass 2:30 Shamrock Dot Painting Table Games/Sensory 4:00 Game Circle Kickball 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Luck of the Irish Bingo Cards and Games 4:00 Balloon Game Noodle Hockey 7:00 Tuesday Night Trivia Challenge 8:00 Hand Massage & Music</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study with Tom 11:15 Shamrock Stretch 2:30 "Color Me Irish" Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation 8:00 I Love Lucy</p>	<p>10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Interesting Irish Facts 2:30 Luck of the Irish Bingo Mens Group 4:00 What Would You Do With a Pot of Gold? 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Truth or Blarney? 2:30 St. Patrick's Day Happy to be Irish Hour 4:00 Entertainment: Dublin Down 7:00 Friday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 We Bit of Irish Humor 11:00 Aerobics with Jorge 2:30 History of Ireland and Fun Facts 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Sandy Robinson 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Ball Game 7:00 Inspirational Stories and Songs 8:00 Sunday Night at the Movies</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:15 Catholic Mass 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Noodle Hockey 7:00 Tuesday Night Trivia Challenge 8:00 Hand Massage & Music</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study with Tom 11:15 Bowling 2:30 Easter Art Studio Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation 8:00 I Love Lucy</p>	<p>10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Resident Council 2:30 Coloring Easter Eggs 4:00 Sing-A-Long At the Arts/Musicals 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Game Circle 2:30 Easter Crafts & Bunny Funnies 3:00 Bunny Hop Happy Hour! <small>First Day of Passover Good Friday</small></p>	<p>10:00 Daily Chronicle 10:30 Easter Trivia 11:00 Aerobics with Jorge 2:00 Dodge Easter Egg Hunt & Family Fun 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Duane Sullivan 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Glenn Hillard 4:00 Ball Game 7:00 Inspirational Stories and Songs 8:00 Sunday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:15 Catholic Mass 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle Kickball 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bunny Hop Bingo Cards and Games 4:00 Balloon Game Noodle Hockey 7:00 Tuesday Night Trivia Challenge 8:00 Hand Massage & Music</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study with Tom 11:15 Bowling 2:30 Easter Art Studio Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation 8:00 I Love Lucy</p>	<p>10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Resident Council 2:30 Coloring Easter Eggs 4:00 Sing-A-Long At the Arts/Musicals 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Game Circle 2:30 Easter Crafts & Bunny Funnies 3:00 Bunny Hop Happy Hour! <small>First Day of Passover Good Friday</small></p>	<p>10:00 Daily Chronicle 10:30 Easter Trivia 11:00 Aerobics with Jorge 2:00 Dodge Easter Egg Hunt & Family Fun 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Duane Sullivan 8:00 Saturday Night Social</p>

Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, MA 01606 508-853-8180 X117 Calendar is subject to change

IRISH SODA BREAD WITH RAISINS

YIELD

Makes 1 loaf

TOTAL TIME

1 hour 10 minutes

INGREDIENTS

- Nonstick vegetable oil spray
- 2 cups all purpose flour
- 5 tablespoons sugar, divided
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 teaspoon baking soda
- 3 tablespoons butter, chilled, cut into cubes
- 1 cup buttermilk
- 2/3 cup raisins



PREPARATION

Preheat oven to 375°F. Spray 8-inch-diameter cake pan with nonstick spray. Whisk flour, 4 tablespoons sugar, baking powder, salt, and baking soda in large bowl to blend. Add butter. Using fingertips, rub in until coarse meal forms. Make well in center of flour mixture. Add buttermilk. Gradually stir dry ingredients into milk to blend. Mix in raisins.

Using floured hands, shape dough into ball. Transfer to prepared pan and flatten slightly (dough will not come to edges of pan). Sprinkle dough with remaining 1 tablespoon sugar.

Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature.





March 2018

Oasis at Dodge Park

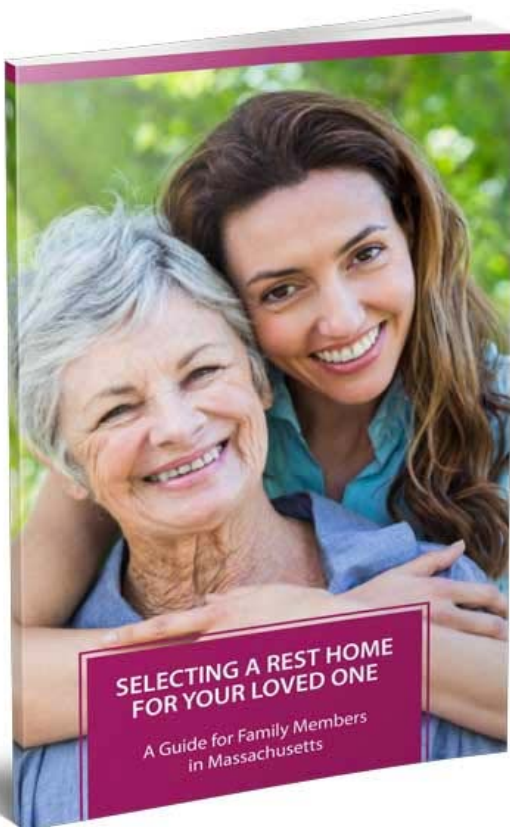
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Dan Kirouac 4:00 Inspirational Stories 7:00 Meditation & Relaxation 8:00 Sunday Night at the Movies	4 10:15 Catholic Mass 11:00 Music and Movement 11:45 Finishing Lines 2:00 Craft Corner Table Games 3:00 Ballroom Hockey 4:00 Fireside Chat 7:00 Hand Massage and Music 8:00 Poetry Reading	5 9:30 Daily Chronicle 10:00 The Positivity Project 10:30 Tai Chi 11:15 Music and Rhythm 2:00 Tuesday Trivia 3:00 Musical Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul 8:00 Laugh A Little	6 9:30 Daily Chronicle 10:00 Mary Kay 10:30 Parachute Game 11:30 Music Therapy 2:00 The Paint Project 3:00 Games and Cards 4:00 Story and Discussion Group 7:00 Meditation & Relaxation 8:00 Classic TV	7 9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:00 The Paint Project 3:30 Cards and Games 7:00 Entertainment: Jay O'Brien 8:00 Meditation and Music Appreciation	8 9:30 Daily Chronicle 10:00 Parachute Game 11:00 Drum Circle w/Tim 11:30 Shabbat Service 2:00 Manicures and Music Table Top Time 3:00 Happy Hour! 4:00 Word Games/Trivia 7:00 Entertainment: Marie Pascale Reading	9 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Reading Roundtable 4:15 Chrs on the Piano 6:30 Entertainment: Darlene Bailey 8:00 Classic TV or Movie
9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories 7:00 Meditation & Relaxation 8:00 Sunday Night Movie	11 10:15 Catholic Mass 11:00 Music and Movement 11:45 Finishing Lines 2:00 Craft Corner Table Games 3:00 Ballroom Hockey 4:00 Fireside Chat 7:00 Entertainment: Marie Pascale 8:00 Poetry Reading	12 9:30 Daily Chronicle 10:00 The Positivity Project 10:30 Tai Chi 11:15 Music and Rhythm 2:00 Tuesday Trivia 3:00 Luck of the Irish Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul 8:00 Laugh A Little	13 9:30 Daily Chronicle 10:30 Parachute Game 11:30 Music Therapy 2:00 "Color Me Irish" 3:00 What Would You Do With a Pot of Gold? 4:00 Shoot the "Irish" Breeze and Blarney 7:00 Meditation & Relaxation 8:00 Classic TV	14 9:30 Daily Chronicle 10:00 Interesting Facts About Ireland 10:30 Wee Bit of Irish Humor 11:15 Yoga with Nancy 2:00 Congregational Church Service 3:00 Stained Glass Clover Craft 7:00 Meditation and Music Appreciation	15 9:30 Daily Chronicle 10:00 Shamrock Stretch 11:00 Drum Circle w/Tim 11:30 Shabbat Service 2:00 Beaded Shamrock Craft 3:00 St. Patrick's Day Happy to be Irish Hour! 4:00 Irish Fun Facts & History 6:00 St. Patrick's Day Party with Dublin Down Marie Pascale	16 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Truth or Blarney Trivia 2:00 Shamrock Dot Painting 3:00 Armchair Travels: Ireland 4:15 Chrs on the Piano 6:30 Entertainment: John Gundstrom St. Patrick's Day
9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Dave Cuddy 4:00 Inspirational Stories 7:00 Meditation & Relaxation 8:00 Sunday Night at the Movies	18 10:15 Catholic Mass 11:00 Music and Movement 11:45 Finishing Lines 2:00 Craft Corner Table Games 3:00 Ballroom Hockey 4:00 Fireside Chat 7:00 Hand Massage and Music 8:00 Poetry Reading	19 9:30 Daily Chronicle 10:00 The Positivity Project 10:30 Tai Chi 11:15 Music and Rhythm 2:00 Tuesday Trivia 3:00 Musical Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul 8:00 Laugh A Little	20 9:30 Daily Chronicle 10:00 Mary Kay 10:30 Parachute Game 11:30 Music Therapy 2:00 The Paint Project 3:00 Games and Cards 4:00 Story and Discussion Group 7:00 Meditation & Relaxation 8:00 Classic TV	21 9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:00 The Paint Project 3:30 Cards and Games 4:00 Reminiscing 7:00 Hand Massage 8:00 Meditation and Music Appreciation	22 9:30 Daily Chronicle 10:00 Parachute Game 11:00 Drum Circle w/Tim 11:30 Shabbat Service 2:00 Manicures and Music Table Top Time 3:00 Happy Hour! 4:00 Word Games/Trivia 7:00 Entertainment: Marie Pascale Reading	23 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Oasis Easter Egg Hunt & Family Fun Day 4:15 Chrs on the Piano 6:30 Entertainment: Wayne Page 8:00 Classic TV or Movie
9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Paul Belanger 4:00 Inspirational Stories 7:00 Meditation & Relaxation 8:00 Sunday Night Movie	25 10:15 Catholic Mass 11:00 Music and Movement 11:45 Finishing Lines 2:00 Making Rice Krispie Easter Nests 3:00 Ballroom Hockey 4:00 Fireside Chat 7:00 Hand Massage and Music 8:00 Poetry Reading	26 9:30 Daily Chronicle 10:00 The Positivity Project 10:30 Tai Chi 11:15 Resident Council 2:00 Tuesday Trivia 3:00 Bunny Hop Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul 8:00 Laugh A Little	27 9:30 Daily Chronicle 10:30 Parachute Game 11:30 Music Therapy 2:00 Pom Pom Easter Egg Painting 3:00 Games and Cards 4:00 Easter Stories and Discussion Group 7:00 Meditation & Relaxation 8:00 Classic TV	28 9:30 Daily Chronicle 10:00 Music & Movement 10:45 Easter Facts & Fun 11:15 Yoga with Nancy 2:30 Birthday Party with Alexandra Bianco 4:00 The Story of Easter 7:00 Hand Massage and Music 8:00 Meditation & Music Appreciation	29 9:30 Daily Chronicle 10:00 Bunny Funnies 11:00 Drum Circle w/Tim 11:30 Shabbat Service 2:00 Coloring Easter Eggs Table Top Time 3:00 Bunny Hop Happy Hour! 7:00 Marie Pascale First Day of Passover Good Friday	30 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Easter Trivia 2:00 Easter Word Games Egg Card Game 3:00 "Evolution of the Easter Bunny" Story & Discussion 4:15 Chrs on the Piano 6:30 Entertainment: Sean Fullerton

Oasis at Dodge Park 102 Randoiph Road Worcester, MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar is subject to change

Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.

How do you choose the right place for your loved one?
How do you know they will be safe, secure and live with dignity?



In this guide, you'll learn:

- ➔ The difference between and Rest Home & Assisted Living
- ➔ The difference between a Rest Home & Nursing Home
- ➔ The qualities that define an exceptional Rest Home
- ➔ Why you **MUST** visit a potential Rest Home
- ➔ What do look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

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2018 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 2017-2018-2019 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 meet on the 2nd Tuesday of each month at Dodge Park Rest Home and on the 3rd Wednesday of each month at the Oasis at Dodge Park. Refreshment will be provided.

2017	2018 (Continue)	2018 (Continue)
November 14 & 22	April 10 & 18	September 11 & 19
December 12 & 20	May 8 & 16	October 9 & 17
2018	June 12 & 20	November 13 & 21
January 9 & 17	July 10 & 18	December 11 & 19
February 13 & 21	August 14 & 22	2019
March 13 & 21		January 8 & 16

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**

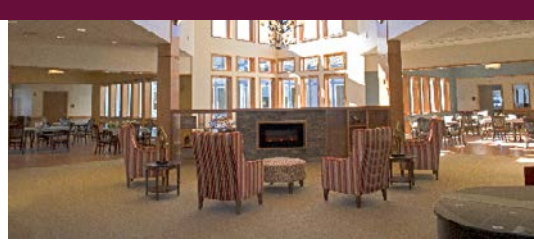
Think Irish

j	q	s	h	a	m	r	o	c	k
t	y	p	a	r	a	d	e	x	l
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n	g	h	a	p	p	y	r	x	s
b	o	m	a	g	i	c	a	l	m
o	l	i	m	e	r	i	c	k	j
w	d	b	l	e	s	s	i	n	g

blessing
gold
green
happy

holiday
Irish
leprechaun
limerick

magical
parade
rainbow
shamrock



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

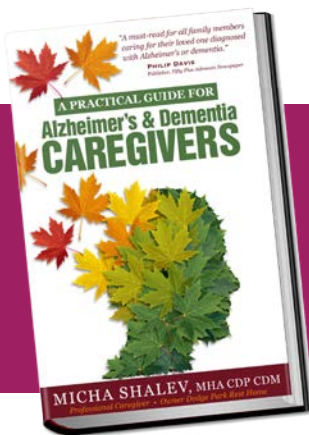
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory Care and our monthly free Support Group.



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- Private rooms/Semi private rooms
- Safe and secure 24/7
- License as DCSU-Dementia Care Special Unit
- RN/LPN 24/7 on site as well as DON
- Activity program from 7am-11pm



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508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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- requires 2 person assist, or utilized wheelchair
- is frail and elderly, post rehab, surgery or stroke
- requires oxygen in the facility as a PRN or ongoing bases
- requires diabetic management via oral medication or injection
- requires medications for behavior or sundown syndromes
- has aggressive behavior to some extent
- requires a secure facility

Download our FREE Rest Home Guide for families in MA & a MUST USE checklist for any facility tour.

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in Massachusetts 5 years in a row

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

The support group meeting is FREE and open to the community. The groups meet on the second Tuesday and third Wednesday of each month.

A light supper is provided and activity and supervision for memory impaired individuals will be provided for FREE by our Day Club personnel during the meeting.

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

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

We hope to see you there.

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Dodge Park & the Oasis at Dodge Park 101 & 102 Randolph Road, Worcester, MA 508-853-8180

March is National Red Cross Month! Let's take a look at some of the history and plan some activities to honor this organization.

What is the Red Cross?

The Red Cross was founded by Clara Barton on May 21, 1881. The idea of the Red Cross dates clear back to 1859 when Henry Dunant a young Swiss man, came upon the scene of a bloody battle in Solferino, Italy, between the armies of imperial Austria and the Franco-Sardinian alliance. The Red Cross was born in 1863 when five Geneva men, including Dunant, set up the International Committee for Relief to the Wounded, later to become the International Committee of the Red Cross. Its emblem was a red cross on a white background: the inverse of the Swiss flag. The Red Cross has been responsible for providing services to members of the American armed forces and their families and providing disaster relief services around the world. They also started the first nationwide civilian blood program in the 1940s and still provide more than 40% of the blood products in this country.

Helping Hands Wreath

Supplies:

- Sturdy cardboard
- Pencils and markers
- Paint
- Hole punch
- Yarn
- Construction paper
- Large and medium sized bowls
- Glue
- Scissors

Instructions:

1. On your cardboard, trace around the large bowl to make the outline for the wreath. Trace around the smaller bowl inside of the larger circle to complete your wreath outline. Cut out your wreath.
2. Paint a background on the wreath and allow to dry.
3. Punch a hole in the top of the wreath and attach yarn for hanging.
4. Help each resident trace their hand on a sheet of construction paper. Cut out and then help them use a marker to write down on their paper hand one way they

help others. Glue all hands around the wreath. Make two or three wreaths depending on how many "helping hands" you have!

Make Your Own Red Cross Pin:

Clara Barton could often be seen wearing a Red Cross pin on the front of her collar. Make your own pin to show your support of the Red Cross!

Supplies:

- Sturdy white cardboard or poster board
- Pencils
- Red markers or red paint
- Hole punch
- Yarn
- Tape
- Safety pins

Instructions:

1. Draw or trace a circle on your cardboard about 1 ½ inches in diameter. Cut circle out.
2. In the center of the circle, use red marker or red paint to draw a red cross. Allow to dry.
3. Tape or pin your red cross onto the front of your collar.

Red Cross Cake

Here's a delicious recipe crafted by some British Red Cross volunteers during the First World War. They handed out this cake to soldiers on the frontline, to line their stomachs and boost their spirits. You can recreate it in just four easy steps.

Instructions:

Recipe for Red Cross Cake

1. Put the following ingredients into a saucepan: One cupful of brown sugar, 1 oz water and 2 oz seeded raisins, one third lard or margarine (3 ozs), one quarter of a grated nutmeg, 1 teaspoonful of cinnamon, 1 oz ginger, a pinch of salt.
2. Boil together for three minutes.
3. When cool, add 1 teaspoonful of carbonate of soda, dissolved in hot water, and 2 cups of flour, in which half a teaspoonful of baking powder has been sifted. Stir well.
4. Put mixture in a greased tin and bake in a moderate oven (around 350-375 Fahrenheit or 180-190 Celsius) for one-and-a-quarter hours.



Around Dodge Park



Around Dodge Park



2. Keeping Active

Meaningful activities promote a sense of well being, provide enjoyment, maintain functioning levels and support independence. The daily program offers small and large group activities to appeal to each resident's personal interests.

3. Worthy Staff

Taking care of those with memory loss takes a special caregiver. The Nefesh to Nefesh Program staff is specially trained to work with residents to make their lives better by including activities and care that promote self-esteem, laughter, fun and enjoyment of everyday life. Caring for a family member with memory loss can be extremely difficult. In a community that serves residents with Alzheimer's and dementia, the task of caring for a loved one is shared by many dedicated and highly-trained individuals. With the knowledge that a loved one is well taken care of, caregivers can enjoy more fulfilling time together.

Nefesh to Nefesh Community Included Amenities

- Licensed Nurse on-site 24 hours per day
- Medical director, nurse practitioner and a geriatric psychiatrist weekly visit
- Trained Resident Assistant staff on-site 24 hour per day
- DON and ADON oversight and on-call support 24/7
- Daily ADL assistant as needed
- Registered Dietitian and social workers weekly visit
- Three nutritious meals a day, plus snacks
- Residential setting with secure access
- Personalized Social Care Plan designed and regularly reviewed by interdisciplinary team in conference with resident and family members
- Daily Personalized Activities Program from 6am to 11pm
- Spiritual Enrichment Program
- Religious services
- Regular gatherings for family members of residents
- Spacious, secure indoor and outdoor courtyard with walking path and patio
- Daily housekeeping and laundry service
- Beautiful, spacious rooms
- All utilities including gas, electricity, water, sewer, and trash
- Emergency call system
- Satellite TV service and installation
- Basic telephone service (local access)
- Zen Spa

The Bible presents growing old as a normal, natural part of life in this world. There is honor involved in the aging process, because growing old is normally accompanied by increased wisdom and experience. "Gray hair is a crown of splendor; it is attained by a righteous life" (Proverbs 16:31; see also Proverbs 20:29). God wants us to remember that life is short (James 4:14) and that the beauty of youth is soon gone (Proverbs 31:30; 1 Peter 1:24).

Jewish tradition emphasizes that taking care of a parent is a tremendous blessing and mitzvah. As the Talmud in Shabbat 127a says: "These are the fruits a person enjoys in this world, and continues to enjoy them in the World to Come. They are: honoring one's parents..."

This is particularly true when the elderly have diminished physical and mental capacity, and are confronting their own mortality. But the task of taking care of them need not feel overwhelming.

Among the most disturbing aspects of growing old—especially in cultures that set a high value on rugged individualism—is the increasing frequency of senile dementia as human lifespan increases. It seems eminently unfair that people so afflicted should be robbed of their intellectual, emotional and social vitality while their physical bodies continue to survive. Alzheimer's disease is a particularly difficult pill to swallow because the cause is unknown and it does not seem to be related to any particularly bad health habits. While progression of Alzheimer's can be stalled, in part, by continued active involvement in mind-stimulating and physical activity, progression of the disease is nevertheless inexorable.

With Alzheimer's and other forms of dementia on the rise, finding quality care can be a challenge. Recognizing this challenge, The Dodge Park Rest Home and Oasis at Dodge Park developed a new program designed specifically to meet the needs of residents with memory loss. Based on years of experience caring for Alzheimer's and dementia residents, Dodge Park and The Oasis at Dodge Park Programs partners with family members and care providers to develop a framework that supports the individual, physical, emotional and spiritual needs of memory impaired residents through Cognitive, Fitness and Wellness design.

While there is currently no cure for most progressive forms of dementia, it doesn't mean we're powerless against them. Mounting research is building an understanding that there may be ways to slow the progression and change the pathologies of many common dementias, giving those afflicted with them and their families the possibility of more precious, fulfilling moments together.

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**

Bringing LIFE to Home as we are
OASIS
AT DODGE PARK



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Toll Free: 1-877-363-4775

www.DodgePark.com
www.OasisAtDodgePark.com

N'efesh to N'efesh – from the Hebrew for “soul to soul” – is our specially-designed program to help individuals suffering from Alzheimer’s and dementia at any stage to build and maintain cognitive ability. Based in research from a variety of recent studies, the program is comprised of six pillars of activities in which memory care residents and their families will participate.



Physical Exercise

Physical activity and aerobic exercise have been found to have significant brain benefits.

- Low-impact Aerobics Exercise Classes
- Dancing
- Wii Fit, Bowling, Golf
- Walking Club
- Gardening Club
- Chair Yoga

Stress Reduction

Methods such as guided meditation, Yoga, Tai-chi and more have been shown to provide benefits such as improved activity in the hippocampus of the brain. Lotion Therapy and Music Therapy are additional samples of elements to assist stress reduction.

Cognitive Exercise

Engagement in cognitively stimulating activities early in the course of Alzheimer’s has been associated with slower cognitive decline.

- Reminiscing and Discussion Groups
- My Personal Album
- Cultural and Language Study
- Current Events Discussion Group
- Life Skill Stations
- Intergenerational Program

Specialized Digital Programs

Tools promoting critical thinking and brain fitness have been shown to improve auditory processing speed, attention and memory.

Purposeful Social Activities

A strong social network involving purpose-oriented activities has been found to protect against cognitive decline.

- Music Programs
- Art/Music Therapy
- Book Clubs
- Religious Services

Support Groups and Resident Council

Studies suggest that support groups may benefit individuals with dementia by reducing depression and improving quality of life and self-esteem.

Our program provides 84 hours per week of specialized activity programming along with individualized assessments and tracking that is provided to families during social care plan meeting and/or as requested by family. N'efesh to N'efesh is focused on the beneficial activities and components of brain fitness that may slow the progression of dementia and is not anticipated to reverse or restore any cognitive losses.

N'efesh to N'efesh Integration with Resident Center Care

Resident-centered care is at the cornerstone of the N'efesh to N'efesh Memory Care Program at Dodge Park and Oasis at Dodge Park. Caregivers, staff and the management team are specially trained to focus on the strengths of each person and to understand a resident’s preferences, accomplishments and family ties.

The N'efesh to N'efesh program provides residents with an engaging lifestyle supported by compassionate care from our highly-trained staff. Each resident’s preferences and life story contribute to the individualized care plan and activities they partake in – including daily activities, dining choices and specialized care.

What Sets the N'efesh to N'efesh Memory Care Program Apart

- Activities programs that enhance the lives and touch the heart of each resident
- Daily life activities that support independence
- A culture that promotes family involvement and teamwork
- Engaging the whole person through one’s life history and personalized activities
- Outdoor exploration and purposeful outings
- Complete wellness focus on each individual
- Family partnership and framework to enhance focus and understanding

1. Eating Well

The N'efesh to N'efesh dining experience nurtures the mind, body and soul and is a highlight of the day. Residents are seated with dining partners to promote social interactions and meaningful connections. Meals are served restaurant-style with a 5 week cycle of freshly designed menus with meal presentation and service to rival a five-star restaurant.

**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



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