

NEIGHBORHOOD C O N N E C T I O N

Dodge Park and the Oasis at Dodge Park Community Newsletter

April 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*

Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month. Print editions will mail out every other month only.



Bringing LIFE to Those We Serve

Dear reader,

On behalf of all our management team and employees, we would like to welcome you to Dodge Park Rest and The Oasis at Dodge Park special monthly online publication.

Those are very excited time for our communities. In one hand we been honor for a great achievement if serving the Worcester community with excellence care for over 51 years, and on the other hand we our new facility is one year old!!!

For years we integrated a unique mission statement with the specific purpose to be recognized by the consumer and industry as the most professional, ethical and highest quality 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 bureaucracy, but reward achievement.

Dodge Park Rest Home and Oasis at Dodge Park are suitable 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.

When you, or a family member, need a home that offers 24-hour supervised management in a warm and friendly home-like environment, whether for a short term stay after an illness or hospitalization or for a long term stay, think of Dodge Park Rest Home or the Oasis at Dodge Park.

Our communities are the ideal solutions for seniors who value their independence, yet need more assistance with daily activities or medication management than provided at assisted living (yet lot cheaper than nursing home). We encourage continued independence through a tailored plan of individual wellness and personal care. Team members are available 24-hours a day for help with bathing, dressing, medication or other activities. Our communities are not only a homelike resident-centered alternative to an assisted living facility, it's a completely different option for a senior who doesn't require intensive, skilled nursing care, making it better than assisted living for many seniors. Our communities team members are selected for their big-hearted approach to fulfilling the individual needs of seniors with respect and compassion. Team members' skills are then fine-tuned through the award-winning Dodge Park Rest Home in-service training program to ensure continued implementation

Dodge Park & Oasis at Dodge Park

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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

of our communities Principles of Service with a focus on Resident Center Care.

Our communities are truly stands out as among the top senior living communities in the country. We are proud to call Worcester home and very proud on our achievement to provide employment to local residents. We will continue focus on the local community and continue contribute and support many organizations and project within the city of Worcester.

Micha Shalev and Ben Herlinger
Micha Shalev and Ben Herlinger



Happy Easter

For Christians, Easter is the celebration of the resurrection of Jesus from the tomb on the third day after his crucifixion. Easter is the fulfilled prophecy of the Messiah who would be persecuted, die for our sins, and rise on the third day.

The exact origin of the the Easter name is unknown. The fact of the matter is no one knows for sure, but our best bet comes from Bede (“The Venerable”), a late-seventh-century historian and scholar from Anglo-Saxon England. He says Easter’s name comes from the Anglo-Saxon goddess Eostre, associated with spring and fertility, and celebrated around the vernal equinox.

Easter is really a complete season in the Christian church. Most Christians refer to the week before Easter as “Holy Week” and the 50 day period following Easter Sunday is called Eastertide and includes a celebration of Jesus’ ascension into heaven.

Easter and the holidays that are related to it are “movable feasts” as they do not fall on a fixed day in the Gregorian or Julian calendars. Christian churches celebrate Easter on the first Sunday following the full moon of the Spring Equinox, therefore Easter can fall on any Sunday between March 22 and April 25 of a given year.



Draw a Picture of a Bird Day, April 8.

Even if you're not an artist, you can try your hand at sketching out a picture of bird to share with a friend and brighten his or her day.

Drop Everything and Read Day, April 12.

Sometimes you simply need to unplug and find a quiet place to curl up with a good book. Give yourself permission to do that today.

National Scrabble Day, April 13.

Challenge your friends to a war of words on this day that pays homage to the game and the birthday of the man who created it, Alfred Mosher Butts.

Earth Day, April 22.

Since 1970, people around the world have focused on issues that affect our planet. The theme of this year's campaign is "End Plastic Pollution." Go to EarthDay.org to find out how you can be an environmental steward.

National Honesty Day, April 30.

The last day of this month is dedicated to honesty in relationships, communications, historical education, and politics. Here's a thought—let's not limit ourselves to just one day.

Alcohol Awareness Month.

Since 1987, the National Council on Alcoholism and Drug Dependence has focused on raising awareness of the struggles associated with alcoholism during April. Go to QuitAlcohol.com to learn more.

Autism Awareness Month.

With one in 68 children in the United States diagnosed with Autism Spectrum Disorder, the focus of this month is to educate the public in an effort to foster an atmosphere of acceptance and understanding in our society.

National Garden Month.

Grow herbs in a window box, plant flowers that will attract the butterflies and bees, or cultivate a melon patch on a vertical grid. There's still time to plan what you will grow in your garden this year.

National Humor Month.

Laughter truly is the best medicine, so why not strengthen your funny bone? Visit HumorMonth.com to find projects and resources that will help bring the laughter.

APRIL Observances

- 1 April Fool's Day
- 1 Easter Sunday - date varies
- 1 International Fun at Work Day
- 1 International Tatting Day
- 2 Children's Book Day
- 2 Dyngus Day always the Monday after Easter
- 2 National Peanut Butter and Jelly Day
- 2 Reconciliation Day
- 3 Don't Go to Work Unless it's Fun Day - we know your decision
- 3 Tweed Day
- 3 World Party Day
- 4 Hug a Newsman Day
- 4 Walk Around Things Day
- 4 School Librarian Day
- 4 Tell a Lie Day
- 4 World Rat Day
- 5 Go for Broke Day
- 5 National Dandelion Day
- 6 California Poppy Day
- 6 National Tartan Day
- 6 .National Walk to Work Day - first Friday of month
- 6 New Beer's Eve
- 6 Plan Your Epitaph Day - a little morbid if you ask me
- 6 Sorry Charlie Day
- 7 Caramel Popcorn Day - Most likely created by a popcorn maker, or an Ecard company.
- 7 National Beer Day
- 7 No Housework Day
- 7 World Health Day
- 8 All is Ours Day
- 8 Draw a Picture of a Bird Day
- 8 Zoo Lover's Day
- 9 Name Yourself Day
- 9 Winston Churchill Day
- 10 Golfer's Day
- 10 National Siblings Day
- 11 Eight Track Tape Day - do you remember those?
- 11 Barbershop Quartet Day
- 11 National Submarine Day
- 12 Big Wind Day - this day blows me away!
- 12 Grilled Cheese Sandwich Day
- 12 National Licorice Day
- 12 Russian Cosmonaut Day
- 12 Walk on Your Wild Side Day
- 13 Blame Someone Else Day - first Friday the 13th of the year.
- 13 Friday the 13th
- 13 International Plant Appreciation Day
- 13 National Peach Cobbler Day
- 13 Scrabble Day
- 14 Ex Spouse Day
- 14 International Moment of Laughter Day
- 14 Look up at the Sky Day - don't you have anything better to do?
- 14 National Dolphin Day
- 14 National Pecan Day

APRIL Observances

14 Reach as High as You Can Day
 15 Income Taxes Due (most years, it's on the 15th)
 15 Rubber Eraser Day
 15 That Sucks Day
 15 Titanic Remembrance Day
 15 World Art Day
 16 Easter Date varies
 16 Mushroom Day
 16 National Eggs Benedict Day
 16 National Librarian Day
 16 National Stress Awareness Day
 16 Patriot's Day - third Monday of the month
 16 Save the Elephant Day
 17 Bat Appreciation Day
 17 Blah, Blah, Blah Day
 17 National Cheeseball Day
 17 Pet Owners Independence Day
 18 International Juggler's Day - also applies to multi tasking office workers
 18 Newspaper Columnists Day
 19 National Garlic Day
 19 National High Five Day third Thursday
 20 Look Alike Day
 20 Volunteer Recognition Day
 21 Husband Appreciation Day - third Saturday in April
 21 Kindergarten Day
 22 Earth Day (U.S.)
 22 Girl Scout Leader Day
 22 National Jelly Bean Day
 23 Lover's Day
 23 National Zucchini Bread Day - they hold this at a time when you are not sick of all that zucchini.
 23 Take a Chance Day
 23 World Laboratory Day
 24 Pig in a Blanket Day
 25 Administrative Professionals Day (Executive Admin's Day, Secretary's Day) - date varies
 25 East Meets West Day
 25 World Penguin Day
 26 Hug an Australian Day
 26 National Pretzel Day
 26 Richter Scale Day
 26 Take Your Daughter to Work 4th Thursday
 27 Arbor Day -last Friday of month
 27 Babe Ruth Day
 27 National Prime Rib Day
 27 Tell a Story Day
 28 International Astronomy Day
 28 Great Poetry Reading Day
 28 Kiss Your Mate Day - guys, do not forget this one. Kiss her, then read her some poetry.
 29 Greenery Day
 29 National Shrimp Scampi Day
 30 Hairstyle Appreciation Day
 30 National Honesty Day

National Poetry Month.

Reading a poem each day is one of the 30 ways the Academy of American Poets suggests you celebrate poetry this month. To learn more, visit Poets.org.

International Guitar Month

Keep America Beautiful Month

National Kite Month

National Pecan Month

National Welding Month

Records and Information Management Month

Stress Awareness Month

Sexual Assault Awareness Month

National Library Week, April 8-14.

If you haven't been to your local library in a while, you're missing out on all of the free yet valuable resources they provide to your community. Visit a branch this week to learn all of the ways "Libraries Lead," which is the theme of this year's campaign.

National Volunteer Week. April 15-21.

Let a cause near and dear to your heart inspire you to take action. Go to AllForGood.org to find a service project in your area and get involved this week.

Week of the Young Child, April 16-20.

The National Association for the Education of Young Children shines a spotlight on the importance of early childhood education. Go to NAEYC.org to find out what you can do to engage the little ones in your life.

World Immunization Week. April 24-30.

"Protected Together, #Vaccines Work" is the message the World Health Organization is sharing to remind individuals and governments that fatal yet preventable diseases are an all-too-common reality for more than 19 million children throughout the world.

Week 1 Read a Road Map Week.

Week 2 Garden Week

Week 3 Organize Your Files Week

Week 3 Medical Labs Week

Week 4 Administrative Assistants Week

Week 4 National Karaoke Week



Cut calories and time with these food prep tips



Trying to lose weight? You can save time and cut calories with just a few simple tactics. Try these, from the Health.com website:

- **Chop lots of vegetables.** Don't prepare just a few vegetables for one meal. Chop enough to last for several days, so they'll be available and you won't feel tempted to skip them because you're doing less cutting.
- **Stock up on protein.** Cook two or more chicken breasts at once, or hard-boil a half-dozen eggs instead of just one or two. Keep them on hand so you'll always have a quick source of protein.
- **Use storage containers wisely.** Keep leftovers in small, meal-size containers instead of one large bag or bowl. You'll find it easier to warm up or thaw out one or two meals at a time than dealing with half a frozen chicken.
- **Buy canned foods.** Staples like canned tuna and beans have a long shelf life and can help you prepare a nutritious meal quickly and easily. Check labels to avoid excess sodium, sugar, and other unnecessary additives.
- **Measure precisely.** Control serving sizes by keeping some measuring cups handy. You'll be better able to prepare just the right amount of vegetables, beans, starches, and other foods if you measure them accurately, instead of just guessing at the right amount.

Just 5 percent makes a big difference

If you're overweight—like many Americans—you may be intimidated and overwhelmed by the thought of just how many pounds you have to lose ... If you're overweight—like many Americans—you may be intimidated and overwhelmed by the thought of just how many pounds you have to lose in order to get healthy. How much is enough? Twenty pounds? Thirty?

Good news: According to NBC News' Better website, losing just 5 percent of your body weight can have significant health benefits. It can decrease your total body fat, including visceral fat that hugs your organs, as well as liver fat. In addition, it can lower your blood pressure and also increase your insulin sensitivity—all of which can cut your risk of developing type 2 diabetes.

One puff can lead to an unhealthy habit

The best way to quit smoking is never to start—a cliché borne out by a recent post on the Science News website. An analysis of survey data involving more than 215,000 participants, conducted by Queen Mary University of London, found that 61 percent of people who try one cigarette become daily smokers, at least temporarily.

As lead researcher Peter Hajek says, "In the development of any addictive behavior, the move from experimentation to daily practice is an important landmark, as it implies that a recreational activity is turning into a compulsive need. We've found that the conversion rate from 'first time smoker' to 'daily smoker' is surprisingly high, which helps confirm the importance of preventing cigarette experimentation in the first place." The advice stands—to avoid getting hooked, don't light up in the first place.



Sleep? There's an app for that

We use the apps on our smartphones for all sorts of things. One of them is tracking sleep patterns. In a survey of 934 mobile phone users by the NYU School of Medicine, 28 percent of participants reported that they use a health app to monitor how long they sleep, what time they go to bed, and whether they wake in the middle of the night, as well as whether they snore, have breathing problems while asleep or change positions.

Thirty-five percent of men and 20 percent of women reported tracking their sleep, and the average age of sleep trackers was 34. The most popular apps (of 24 named in the survey) were Fitbit (10 percent), Lose It (3.5 percent), and Apple Health (2.6 percent).

NUMBERS IN THE NEWS

Travel trends for 2018

If you're looking to get away from it all in 2018, you're not alone. The AARP Travel survey looked at what Baby Boomers and millennials are planning for their vacations this year. Here's some of what the survey found:

- Boomers expect to take four or five trips for leisure this year, and spend about \$6,400 on their travel.
- Seventy-four percent of millennials expect to take work with them.
- Fifty-seven percent of Boomers travel to spend time with family and friends, 49 percent say they travel to relax and rejuvenate, and 47 percent are looking for an escape from everyday life.
- Forty-nine percent of Boomers plan to travel only domestically, with Florida and California the most popular destinations.
- Forty-seven percent plan to travel both domestically and internationally. Top international destinations are the Caribbean/Latin America and Europe.
- Traveling abroad is a "bucket list" item for 22 percent of Boomers.

A broadband of conservation

In 1989, attorney and activist Susan Tixier mobilized a group of "mature" women on a hike through Utah's Grand Staircase-Escalante. Most of them were already involved in wilderness preservation efforts, but their goal was to discuss conservation issues surrounding many of the U.S. national monuments and make sure that the voices of older Americans were represented in that conversation.

A member of a passing group of hikers saw them and said, "What a bunch of great old broads!"

On that day, Tixier and her colleagues decided to officially call themselves "Great Old Broads for Wilderness." Since then they've grown their membership to 8,000 across 38 "Broadbands" nationwide.

The group advocates for issues affecting the environment and wilderness protection causes. Their ranks include "Young Broads," and men of all ages, "Bros." They host "Broadwalks" where they dedicate a day of stewardship to an area, address conservation issues there, and spend time hiking and exploring.

Visit GreatOldBroads.org to learn more about the Broadbands and the work they are doing.



ANIMAL CRACKERS

Animal Crackers

Birthday is April 19th

Definition

An animal cracker is a particular type of small cracker/cookie, baked in the shape of an animal, usually an animal either at a zoo or circus, such as an African lion, tiger, bear or elephant. The most common variety is light-colored and slightly sweet, but darker chocolate-flavored and colorful frosted varieties are also sold. Although animal crackers are made with a layered dough like crackers, they tend to be sweet in flavor, but still technically a cracker and not a cookie. Other animal-shaped crackers and cookies are popular, such as Teddy Grahams, Goldfish, Hello Panda and Koala's March. These differ from traditional animal crackers in flavor and assortment, and though not usually called animal crackers, are still considered animal crackers.

History

Before the popularity of the animal shaped cookie in the 19th century, African tribes would make dough sculptures of wildlife, primarily animals. Children of the tribesmen would often see these animal shaped dough sculptures drying in the hot Ugandan sun. They would continually nibble at the dough throughout the day, until elders would catch them, and they would be punished. Where the history of the animal cracker truly takes a turn is in 1877, when the English came to Africa and noticed this practice of making animals out of edible dough. Noting this, proclaimed philosopher and baker Mary Anne Right popularized the animal cracker in England. Later, in the late 19th century, animal-shaped crackers (or "biscuits" in British terminology) called "Animals" were imported from England to the United States. The demand for these cookies

grew to the point that bakers began to produce them domestically. Stauffer's Biscuit Company produced their first batch of animal crackers in York, Pennsylvania, in 1871. Other domestic bakeries, including the Dozier-Weyl Cracker Company of St. Louis, and the Holmes and Coutts Company of New York City, were the predecessors of the National Biscuit Company, today's "Nabisco Brands". Animal biscuit cookies were made and distributed under the National Biscuit Company banner. In 1902, animal crackers officially became known as "Barnum's Animals" and evoked the familiar circus theme of the Barnum and Bailey Circus. Later in 1902, the now familiar box was designed for the Christmas season with the innovative idea of attaching a string to hang from the Christmas tree. Until that time, crackers were generally sold only in bulk (the proverbial "cracker barrel") or in large tins. These small cartons, which retailed for 5 cents at the time of their release, were a big hit and are still sold today. The number and variety contained in each box has varied over the years. In total, 54 different animals have been represented by animal crackers since 1902. In its current incarnation, each package contains 22 cookies consisting of a variety of animals. The most recent addition, the koala, was added in September 2002 after being chosen by consumer votes, beating out the penguin, walrus and cobra. In 1948, the company changed the product name to its current designation of "Barnum's Animals Crackers". In 1958, production methods changed to improve the cookies' visual details. Until then, animal shapes were stamped out of a dough sheet by a cutter. This produced outlines with little sophistication. By installing rotary dies, bakers can actually engrave details onto each cookie, creating a more intricate design. The rotary dies are still used today. Barnum's Animals Crackers are all produced in the Fair Lawn, New Jersey, bakery by Nabisco Brands. More than 40 million packages of Barnum's Animals Crackers are sold each year, both in the United States and exported to 17 countries worldwide. The cookies are baked in a 300-foot (91 m)-long traveling band oven. They are in the oven for about four minutes and are baked at the rate of 12,000 per minute. About 15,000 cartons and 330,000 cookies are produced in a single shift, using some 30 miles of string on the packages. This runs to nearly 8,000 miles (13,000 km) of string a year. Those bright circus boxes are produced

in three colors - red, blue, and yellow - with different variety of animals on each.

Varieties

In total, 106 different animals have been featured in Barnum's Animals Crackers since 1903. The current cookies are bear, bison, camel, cougar, elephant, giraffe, gorilla, hippopotamus, hyena, kangaroo, lion, monkey, rhinoceros, seal, sheep, tiger, and zebra. To celebrate its 100th anniversary, Barnum's added the koala to the menagerie in September 2002. Austin Zoo Animal Crackers currently feature bear, camel, elephant, lion, monkey, owl, penguin, rabbit, ram, rhinoceros, turtle, and zebra. Cadburys Animals are chocolate coated and feature crocodile, elephant, hippo, monkey, lion, tiger, and toucan.

Stauffer's Animals Crackers

Stauffer's animal crackers include an American bison, bear, camel, cow, cat, donkey, elephant, hippopotamus, horse, lion, mountain goat, rhinoceros, and tiger. They are made in plain (vanilla), chocolate graham, cinnamon graham, cotton candy and iced flavors, as well as "breakfast cookies" made with oats, almonds, cranberries, and pomegranate.

Manufacturers

Nabisco makes Barnum's Animal Crackers, with their distinctive package art of a circus wagon fitted out as a cage and animals within it. "Barnum" refers to the famous showman and circus entrepreneur P. T. Barnum, but Nabisco does not pay a licensing fee to Barnum and Bailey Circus. The product actually says "Barnum's Animals", subtitled "Crackers". Half of the wheels are printed on the large sides of the box but at one time the printed wheels continued to the bottom of the box, and were partially perforated along their outline, which allowed punching the wheels out and standing the wagon to stand on its wheels. Austin, a division of the Keebler Company, also makes a variety of animal crackers. Although not nearly as popular, the Austin variety has similar nutritional content and animal shapes. The Austin product is labeled under the name of the Kellogg Company, which acquired Keebler in 2001.

Stauffer Biscuit Company of York, Pennsylvania, also has a line of animal crackers, which are now distributed by several major discount retailers. Their use of the

spices nutmeg and mace give the basic animal cracker a slightly different character from the Nabisco crackers. The Borden corporation also produced a brand of animal crackers, until the late 1970s. They came in a red box, which featured the famous Elsie the Cow logo. Market Square Food Company Inc. in Illinois has also produced its own brand of animal crackers since 1982. Its animal crackers are distributed by several major retailers throughout the United States and internationally. In the UK, Cadburys produce a range simply called "Animals". As noted above, these biscuits (British usage) have a chocolate coating on one side.

Animal Crackers Recipe

Ingredients:

- 3/4 cup (12 tablespoons) soft butter
- 1/4 cup sugar
- 3 tablespoons honey
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon Princess Cake and Cookie Flavor, or flavor of your choice
- 1 1/2 cups King Arthur Unbleached All-Purpose Flour
- 1 cup oat flour or finely ground rolled oats

Directions:

1. Beat together the butter, sugar, honey, salt, baking soda, and flavor until well combined.
2. Add the flour and oat flour, mixing to combine.
3. Divide the dough in half, flattening each half slightly to make a disk, then wrap in plastic. Refrigerate for at least 1 hour.
4. Preheat the oven to 350°F. Lightly grease several baking sheets, or line them with parchment.
5. Take one piece of dough out of the refrigerator, and turn it out onto a lightly floured surface. Roll the dough 1/4" thick.
6. Dip animal cookie cutters in flour, then use them to cut the dough. Transfer the cookies to the prepared baking sheets.
7. Bake the cookies for 8 to 10 minutes, until lightly browned around the edges.
8. Remove the cookies from the oven, and let them cool on the baking sheet for several minutes, or until set.
9. Transfer the cookies on parchment to a rack to cool completely. Repeat with the remaining dough.
10. Yield: about 5 dozen cookies.

Suggestions:

- Freezing the cookies on the baking sheet for 15 minutes will help them retain their shape and imprint.
- For the most authentic animal cracker flavor, use Princess Cake and Cookie Flavor — it makes a difference.

Person Centered Care Planning – Creating Individualized Interventions

by Debbie Hommel, ACC/MC/EDU, CTRS

A therapeutic care plan includes identification of needs and concerns, specific goals to address those concerns or need and staff interventions to address the needs and concerns. Important aspects of basic care planning are to remember that the goal is always something the resident/client will do (action, response, behavior) and the interventions are actions the staff takes to assist the resident/client to achieve the defined goal. While every part of the care plan is important, defining specific and individualized staff interventions are crucial to the individualized nature of the care plan. Characteristics of care plan interventions include:

Specific – activity types and locations; specific adaptations and special approaches to meet special needs and limitations of individual residents; content of sensory approaches and content of room visits; specific materials to utilize, if using specific materials for a resident.

Individualized – The person's past interest and history should be reflected in the interventions. Specific types of music, hobbies, television shows, diversional tasks, routines, coping mechanisms, motivational approaches and leisure preferences should be noted. Relate to resident need and problem – The interventions should be specific to the problem, not generic additions to the care plan. A good hint to keep in mind is: Add what you are doing for this person that you are doing for no other.

Interventions are NOT:

- * Typical approaches that are standardized and offered to the general population.

- * Standard of practice approaches which are part of professional technique for all residents (i.e. "encourage attendance", "provide calendar", "and praise participation").

The activity professional can intervene in many interdisciplinary issues such as....

Communication: Adaptations for programming and 1-1 visits for activity communication; special ap



proaches we may use in activities to foster improved communication; specific adaptive tools that may be introduced to enhance communication.

Behavior: Participating in the process to understand what the behavior is trying to communicate; specific diversional tasks and activities that may assist in minimizing or diverting the behavior. If any activity or situation causes or contributes to a behavior, it should be included also, as something to avoid.

Falls: If the falls are occurring during daytime and in the program areas, involving the resident in activities for diversion and supervision. Specific tasks which could be offered to distract the resident during non-activity periods.

Cognitive: Specific types of activities that may provide needed routine and support; methods to adapt and approach the resident; how the activity needs to be broken down and adapted for success; signs to look for in determining cognitive or sensory overload.

Pain: Relaxation and soothing activities, diversional tasks and any activity that can distract the resident from chronic pain.

Ambulation and need to improve physical functioning: Physical activities to attend; define the area of the body that will be focused on and how the activity will be adapted to allow use of the body.

ADL functioning: Physical activities that may exercise the part of the body that needs strengthening; introducing ADL sensory approach to the more cognitively impaired; inviting to grooming activities; activities that

allow problem solving and decision making.

Mood and psycho-social wellbeing: Inviting to activities that will allow interaction and development of peer relationships; inviting to activities that allow accomplishment and expression.

Visual or hearing impairments: Adaptive tools and approaches to compensate for visual and hearing losses; specific communication techniques to enable greater success in programming.

While reviewing the care plan, it is helpful to look at every problem/need and think how activities services can assist with the goal, in any way to resolve the identified problem or need. The care planning process is a means to communicate with the interdisciplinary team. Person centered care planning is a team effort stressing interdisciplinary involvement in quality of life. The care plan is a means to involve and guide the team in person centered care.



April 6th is Hostess Twinkie Day

Twinkies were invented in Schiller Park, Illinois on April 6, 1930, by James Alexander Dewar, a baker for the Continental Baking Company. Realizing that several machines used to make cream-filled strawberry shortcake sat idle when strawberries were out of season, Dewar conceived a snack cake filled with banana cream, which he dubbed the Twinkie. Ritchy Koph said he came up with the name when he saw a billboard in St. Louis for "Twinkle Toe Shoes." During World War II, bananas were rationed, and the company was forced to switch to vanilla cream. This change proved popular, and banana-cream Twinkies were not widely re-introduced. The original flavor was occasionally found in limited-time promotions, but the company used vanilla cream for most Twinkies. In 1988, Fruit and Cream Twinkies were introduced with a strawberry filling swirled into the cream. The product was soon dropped. Vanilla's dominance over banana flavoring would be challenged in 2005, following a month-long promotion of the movie King Kong. Hostess saw its Twinkie sales rise 20 percent during the promotion, and in 2007 restored the banana-cream Twinkie to its snack lineup.

Start thinking green this spring

Most of us can do a lot better when it comes to being ecofriendly. Here are two areas where we can improve upon our good intentions while we lessen our negative impact on the environment:



- **Recycling.** It's great if you always throw your empty soda cans and water bottles in the recycle bin, but are there other items you are overlooking? If your municipality has a recycling program they probably have a set of guidelines posted online that explains what they accept and how you should prepare those items for disposal. Even though that peanut butter jar is marked as being recyclable, it might be considered garbage if traces of peanut butter are still in it. Find out what you need to know and make a commitment to recycle as much as possible, properly.
- **The brown bag lunch.** Embrace sustainability when you take your lunch to work by eliminating the amount of disposable products you use. Carry your lunch in a cloth sack, bento box, or small basket. Pack food in glass, metal, or some other kind of reusable containers. Swap out paper napkins with cloth napkins, and plastic straws with metal ones. Consider keeping a coffee mug and set of flatware at your desk in an effort to generate less waste.

A very *Happy Birthday* to...

Oasis Residents

Sally C. April 29th
Roberta A. April 30th

Dodge Park Residents

Leonor P. April 11th
Helen B. April 29th
Paul Y. April 30th

Staff

Kelvin T. April 6th
Agbornjan A. April 6th

Ian C. April 12th
Teone C. April 13th
Neftali I. April 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 April 19, 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.



Be wary of travel scams

If you're already planning your summer vacation, here's some advice from the good folks at the Consumer Information Center about how to avoid travel scams that will waste your money and ruin your holiday:

- Beware offers that are too good to be true. Be leery of "free" trips or ridiculously cheap prices. If you're offered a "two-for-one" deal, a "free stay," or such, make sure to find out what the deal really involves.
- Ask, and ask again. Get as many details as you can about each travel offer. Be sure you fully understand all the terms before agreeing to buy. Ask for specific names of airlines, hotels, restaurants, tour providers, or any other vendor mentioned as part of the package. Also ask whether there's a cancellation policy.
- Get all promises in writing. Consider trip insurance for additional protection, too.
- If you're asked to pay in advance, ask if you can pay a deposit. Using a credit card is safest because of your right to dispute the charges if the services were misrepresented or never delivered.

Burn and extinguish candles safely

Whether you enjoy candles for a romantic dinner or holiday celebration, you should handle them carefully. The National Candle Association says to properly put out a candle's flame, hold your finger in front of the flame and blow at it. The air will flow around the finger and extinguish the candle from both sides, preventing hot wax from splattering.

Other tips for candle keeping and use:

- Never leave a burning candle unattended.

- Keep lighted candles out of the reach of children and pets.
- Keep burning candles away from combustible materials like drapes.
- Store candles in a cool, dark, dry place.
- Before using, light and extinguish the candles so they burn better.
- Avoid drafts to prevent rapid, uneven burning or excessive dripping.
- Keep wicks trimmed to one-half inch.
- To remove wax from fabrics, scrape off excess and run boiling water through the material.
- Remove wax from holders by running hot water over them.
- Candles refrigerated before use will burn more slowly and evenly.
- Extinguish candles when they get within 2 inches of the bottom.

Don't fall prey to road rage

Anyone who commutes to and from work knows how easily traffic can turn into an exercise in frustration.

As tempting as it is to retaliate for rude driving, don't make a bad situation worse. Follow these safety rules:

- Don't escalate aggression. That means don't tailgate a driver who tailgated you first or flip the bird to a rude driver. Responding to the road bullies may only increase hostilities.
- Don't make eye contact. You really just want to let a driver know that he or she's been driving like an idiot, so as you pass the car, you give the driver a look that lets her know you're not happy. Remember that you don't know a thing about that driver or what frame of mind he or she's in. Don't risk a confrontation.
- If you're being followed by a hostile driver, don't go home. Drive instead to a public place like a gas station or restaurant. Better yet, head to a police station if one is nearby. If you have a cell phone, call the police and report the driver.
- Never get out of your car. A confrontation at a stoplight is not worth risking violence. The other driver may have some kind of weapon. If the driver gets out of the car, lock your doors and close your window. If you can drive away, do so. If you have a cell phone, call the police.
- Follow the golden rule. The best defense against road rage is to drive as you would have others drive.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutrition Spotlight...Eggs

Eggs have carried both a negative and a positive reputation throughout recent decades. In fact, there was a time when eggs were considered at the top of the “no” list if you were diagnosed with high cholesterol or heart disease. When compared to saturated fat and trans fat, dietary cholesterol may not have as big an impact on blood lipids as once believed. For individuals not experiencing high blood cholesterol, a regular consumption of eggs doesn’t necessarily pose any adverse health effects. In fact, people in good health may even be able to eat an egg each day.

The two main parts of an egg, the white and the yolk, can easily be separated. Since all of the cholesterol is found in the yolk, those desiring to eat less cholesterol can still enjoy all the health benefits eggs provide while removing this cholesterol. The white of the egg is completely cholesterol free so it’s even possible to enjoy several eggs, like in an omelet by using one whole egg and extra egg whites.

Registered Dietitians recommend consuming no more than 300 milligrams of dietary cholesterol per day. One whole egg contains 186 milligrams of cholesterol. However, one egg also contains 7 grams of protein and only 75 calories. Other important nutrients found in eggs are carotenoids. More specifically, eggs contain the carotenoids lutein and zeaxanthin. Carotenoids are known to reduce the risk of macular degeneration. Depending on what the egg-laying chickens are fed, eggs may also contain other excellent nutrients. Chickens whose feed is supplemented with omega-3 fatty acids pass those beneficial fatty acids on to the egg.

Another great feature of eggs is how easy they are to incorporate into any meal or snack. Eggs are easy to

prepare and versatile. Eggs can be poached, boiled, and even baked. Scrambled eggs and omelets are the perfect vehicle for adding other nutritious ingredients such as vegetables, cheese and meats. Hard-boiled eggs can be added to salads to add an excellent source of protein that helps us feel fuller longer. Make an egg-white omelet sandwich on whole wheat bread for a nutritious quick meal or pre-exercise snack. Round out the meal with fresh fruit and a glass of 1% or skim milk.

In addition to eating eggs in their natural state, eggs used in cooking and baking carry very important and unique properties. For example, egg whites are a leavening agent. They have a great ability to puff or inflate foods when air is allowed to be beaten into them. When a recipe calls for volume or stability, egg whites can often do the trick. Eggs can also be used as an emulsifier. Emulsifiers help blend two liquids that don’t want to go together. This can help make sauces smooth and creamy. Eggs are also used to bind ingredients together. A common example is in making meatloaf or meatballs. Adding eggs to ground meats and bread crumbs allows all the ingredients to blend well and stick together.

With good meal planning and healthy cooking methods, eggs can be a nutritious part of the diet. Know your heart disease risk when deciding how often egg yolks should be consumed. Be creative and enjoy eggs anytime of the day or night.



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.

YOU'RE A POET AND DIDN'T EVEN KNOW IT



April is National Poetry Month!

Let's embrace that by enjoying some poetry projects.

Shape Poems

We are visual creatures by nature. Print out sheets of paper with outlines of big images on them such as a bird, a house, a tree, a butterfly, a sunshine, etc. Then, encourage residents to write a poem within the shape that matches or describes the image. For example, a poem about a warm summer's day might go inside the sunshine shape. After the poem is complete, crayons or watercolors can be used to enhance their objects.

Poetry Pictures

For this idea, residents will each need 1 poem. They can write the poem themselves or, you can provide poems that are printed out on a white sheet of paper. Cut the poem out and glue onto the center of a sheet of cardstock. Now, surround the poem with pictures that go along with the poem. Pictures can be cut from old magazines and glued or taped onto the paper. Make each poem come alive!

Poetry Reading

Provide an afternoon of poems galore! Find a wide variety of styles and themes. Take turns reading them from the most serious poets such as Robert Frost to the silliest of poets like Dr. Seuss. Discuss technique, what the author might have been thinking, the time period the poem was written for, the meaning, what you like/dislike about the poem, would the poem be popular today? and so on...

Find the Word Poetry

On this one you will need newspapers, magazines, brochures, flashcards and/or anything you can cut words out of. Ask residents to cut out words they find promising or encouraging, help those who may need assistance cutting. Put all the words together in a basket. Then, each person will create a poem by using some of the words in the basket and gluing them onto a sheet of construction paper. Share each person's poem aloud.



Haiku Poetry

Teach each person how to write a haiku and then ask everyone to create at least one haiku about spring. Hang the creations on your facility bulletin board or, in your community room. The form of a Haiku is: Three Lines, 5 syllables in the first line, 7 syllables in the second line and 5 syllables in the third line.

MEDICARE



Navigating Medicare: 5 Allies Who Can Help

Enrolling in Medicare for the first time or starting coverage under a new plan? It might bring you back to that first day starting a new job. You knew some of the basics, but you also knew there was a lot more to learn. More than likely, you

got help from colleagues who have been around for a while and helped show you the ropes. Don't worry. With Medicare, you have the same kind of knowledgeable support. You've got a team on your side that can help make navigating the health care system easier. Goodbye hassles, hello helpers.

Here are five allies in your corner:

1. Your Primary Care Physician.

This physician is the “go-to” doctor who provides guidance on your health care needs, taking the time to really get to know you, your medical history and your health goals. Think of your Primary Care Physician as the “quarterback” of your medical team - someone who can take charge of knowing the ins and outs of your health status and help drive decisions to get you on the right track and keep you there.

2. A caregiver.

Perhaps the “unsung hero” of your health care team, caregivers are the ones you know you can count on - the ones you know are there to offer support and care for you, whenever you need it. Whether a family member, neighbor, friend or professional assistant, these are the people in your life who help you along

the way. Their assistance can span everything from bringing you to appointments or getting prescriptions filled to making meals or offering emotional support.

3. Your pharmacist.

This team member keeps an eye on the medications you take - prescription and over-the-counter - to make sure they work safely together. Your pharmacist is a great person to talk with about how medications are making you feel and answer any questions you have on topics including what side effects to expect, what to do if you miss a dose, or how to store your meds.

4. An insurance agent.

Original Medicare. Medicare Supplement. Part D. Medicare Advantage. There are many options and decisions to make when it comes to your Medicare coverage, and a licensed insurance agent can help you find the right plan, or plans, for you. Once

you've selected a plan, you can also always call your agent to ask questions if your health or coverage needs change or if your plan changes from year to year.

5. Your insurance company.

Within your insurance company, there are more people than you likely realize who are working hard on your behalf to ensure you get the medical care and support you need. Insurers can offer tools, resources and support that can help you live a healthier life.

For more information to help you navigate Medicare, visit **Medicare- MadeClear.com**.

A 401(k) plan is one of the most popular tools for retirement planning...

A 401(k) plan is one of the most popular tools for retirement planning. But many of us make simple mistakes that could cost thousands of dollars needed for a more comfortable retirement. Talk to a financial planner, and avoid these mistakes in managing your plan:

- **Not rolling your balance into another plan or an IRA when you switch employers.** You can lose tax-deferred savings if you don't leave the money in the plan, roll the balance into a new company's plan, or start an IRA.
- **Borrowing from the plan.** You should borrow money from your 401(k) only in an extreme emergency. Otherwise, you're simply drawing down the balance of your retirement fund.

- **Being too conservative.** If you have more than 10 years to go before you retire, put a high proportion of your investments in equities. You'll get a larger return in stocks, and the risk of loss in the equities market declines over time.



- **Not being conservative enough.** If you're within 10 years of retirement, protect your money by moving more investments out of the stock market. A good rule is to calculate the amount of money you'll take from the plan for living expenses in the next five years and keep that stash out of stocks.
- **Too much company stock.** Confidence in your employer's success is admirable, but you could be risking your retirement savings with blind faith. Experts suggest that you should have no more than 25 percent of your 401(k) assets in company stock.

Buying a used car? Be sure to get your money's worth



Here are a few tips for making sure you're on the right road...

A car is a big investment, even if it's a used vehicle instead of a brand-new one. You want to avoid buying a lemon that will break down and leave you stranded a block from the lot (or the seller's house). Here are a few tips for making sure you're on the right road:

- **Hire a mechanic.** Have the vehicle checked out by a reliable mechanic before putting any money down.
- **Order the car's title history.** This may take a little time, but it can be worth it. It will show you where the car has been and who's owned it. If it's been in a flood zone, for example, you'll have a better idea of its condition.
- **Ask for the service history.** The owner should be able to give you a record of the maintenance that's been performed on the vehicle over the years.
- **Inspect the car.** Look for signs of major damage and repairs: mismatched paint, doors that don't line up or close securely, and so forth.



What's in a name? Ask the Puritans



Rock stars and other celebrities may not have much in common with our Puritan ancestors, but one trait they seem to share is a penchant for giving their children unusual names. Many Puritans of the 16th and 17th centuries found traditional names too worldly, and instead saddled their children with names meant to symbolize virtues and religious beliefs. From Charles Bardsley's 1888 book, *Curiosities of Puritan Nomenclature*, come these names you aren't likely to run across today:

- Dancell-Dallphebo-Mark-Anthony-Gallery- Cesar
- Job-raked-out-of-the-ashes
- Wrestling
- Joy-in-Sorrow
- Humiliation
- Sorry-for-Sin
- Silence
- Dust
- Freegift
- Jolly



When you're sorry, say the right thing

We all make mistakes, and sometimes we have to apologize for them. Apologizing doesn't signify weakness, but honesty—and a desire to make things right. When you need to say, "I'm sorry," follow these guidelines:

- **Emphasize the 3 R's—responsibility, regret, and remedy.** Acknowledge your role in causing the problem; express how sorry you are; and explain what you can do to fix the problem or avoid repeating it.
- **Be brief.** Don't go on and on about how sorry you are. When people apologize too profusely, they just seem insincere.
- **Don't make excuses.** Saying, "I'm sorry, but this isn't really my fault" can render your apology meaningless. Don't try to duck responsibility for your actions.
- **Express some empathy.** Saying (sincerely) that you understand the other person's anger or frustration can help defuse the situation and lead to a calm discussion of possible solutions.

KITCHEN

- ☐ Clean stove
- ☐ Clean oven
- ☐ Clean microwave
- ☐ Clean dishwasher
- ☐ Clean fridge
- ☐ Clear kitchen counters
- ☐ Clean kitchen cupboards
- ☐ Clean kitchen drawers
- ☐ Clean pantry
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards, walls & floor

BATHROOM

- ☐ Clean bathtub
- ☐ Clean sink
- ☐ Clean toilet
- ☐ Clean vanity
- ☐ Replace shower curtain liner
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards, wall & floor

MASTER BEDROOM

- ☐ Dust dressers
- ☐ Clean & organize closet
- ☐ Flip mattress
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards and walls
- ☐ Vacuum floor

KIDS' BEDROOMS

- ☐ Clean dressers
- ☐ Clean & organize closet
- ☐ Flip mattress
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards and walls
- ☐ Vacuum floor

LIVING ROOM

- ☐ Vacuum furniture
- ☐ Wash throws and pillows
- ☐ Dust furniture & electronics
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards and walls
- ☐ Wash/vacuum floor

FAMILY ROOM

- ☐ Vacuum furniture
- ☐ Wash throws and pillows
- ☐ Dust furniture & electronics
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards and walls
- ☐ Wash/vacuum floor

LAUNDRY ROOM

- ☐ Clean washing machine
- ☐ Clean dryer
- ☐ Organize laundry supplies
- ☐ Clean windows
- ☐ Clean light fixtures
- ☐ Wash baseboards and walls
- ☐ Wash floor

FOYER

- ☐ Clean & organize closet
- ☐ Wash mat
- ☐ Clean light fixtures
- ☐ Wash baseboards and walls
- ☐ Wash floor
- ☐ Wipe down door

OTHER TASKS

- ☐ Clean & organize linen closet
- ☐ Wash trash cans
- ☐ Clean mirrors
- ☐ Dust computers & printers



Music Appreciation

Music therapy has often shown to be beneficial to those with memory loss. I have worked with residents who had forgotten basic daily living skills but would still tap their toes to a waltz or, sing a familiar tune word for word. Here are some different themes to allow you to incorporate music appreciation into your regime.

Christmas Carols

These aren't just for Christmastime. You can enjoy them any time of year. Santa hats, cocoa, or candy canes can also enhance the sensation. Consider making jingle bracelets for everyone out of pipe cleaners and jingle bells (just be careful with small parts as a hazard).

Nursery Rhymes

Bring back those Mother Goose classics! Many will remember rhymes sung to them or rhymes they sang to their children or grandchildren or, they may remember rhymes from school. Check out a big book of nursery rhymes from your local library, sit in a circle and start the fun. You could also act out some of the rhymes with simple hand puppets made out of felt.

Musicals

Play some different soundtracks from the classics. You may be surprised how many chime in. You could follow up by watching a musical together inspired by one of your songs.

TV Show Themes

Green Acres, The Mickey Mouse Club, The Flintstones, The Patty Duke Show. The internet has an endless list of ideas. YouTube provides some good videos. You can also hum themes such as Leave it to Beaver, Bonanza, The Waltons or The Dick Van Dyke Show. Reminisce about favorite characters or actors in some of the shows.

Hymns

Familiar standards such as Amazing Grace or He's Got the Whole World in his Hands can trigger a response. You could borrow a few hymnals from a local church to get you started. Invite an accompanist or maybe one of your residents or staff members would like to play the piano for the gathering.

Music Era

Try singing only songs from a certain time period such as the 1930s, 1940s or 1950s. You might learn a dance or two from that time period as well. Print out some pictures from the internet to hang up of famous singers/bands from the era.

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 **50** YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Ted Powers 4:00 Easter Egg Roll 7:00 Easter Stories 8:00 Sunday Night Movie <i>All Fools' Day</i> <i>Easter Sunday</i>	9:30 Daily Chronicle 10:00 Exercise with Paula 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/Poetry	9:30 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Or Parachute 7:00 Tuesday Night Trivia 8:00 I Love Lucy	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Parachute Game 2:30 The Paint Project Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation	10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bingo with Friends Table Games 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV	10:00 Daily Chronicle 10:00 Baking with Laura 10:30 Movement Group 11:15 Game Circle 2:30 Manicures and Music Creative Arts 3:00 Happy Hour! 4:00 Musical Memories 7:00 Friday Night Movie	10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Paul Belanger
10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Circle Games Inspirational Stories and Songs 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Exercise with Paula 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/Poetry	9:30 Daily Chronicle 10:00 Music Therapy 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Or Parachute 7:00 Tuesday Night Trivia 8:00 I Love Lucy	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Parachute Game 2:30 The Paint Project Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation	10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bingo with Friends Table Games 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV	10:00 Daily Chronicle 10:00 Mary Kay 10:30 Movement Group 11:15 Game Circle 2:30 Manicures and Music Creative Arts 3:00 Ice Cream Soda Social 4:00 Musical Memories 7:00 Friday Night Movie	10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: John Grundstrom
10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Circle Games Inspirational Stories and Songs 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Exercise with Paula 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/Poetry	9:30 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Or Parachute 7:00 Tuesday Night Trivia 8:00 I Love Lucy	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Parachute Game 2:30 The Paint Project Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation	10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bingo with Friends Table Games 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV	10:00 Daily Chronicle 10:00 Baking with Laura 10:30 Movement Group 11:15 Game Circle 2:30 Manicures and Music Creative Arts 3:00 Happy Hour! 4:00 Musical Memories 7:00 Friday Night Movie	10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Glenn Hillard
10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Dave Cuddy 4:00 Earth Day Discussion Inspirational Stories and Songs 8:00 Sunday Night Movie <i>Earth Day</i>	9:30 Daily Chronicle 10:00 Exercise with Paula 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/Poetry	9:30 Daily Chronicle 10:00 Music Therapy 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Or Parachute 7:00 Tuesday Night Trivia 8:00 I Love Lucy	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Parachute Game 2:30 The Paint Project Sensory Group 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation	10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Resident Council 2:30 Bingo with Friends Table Games 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV	10:00 Daily Chronicle 10:00 Mary Kay 10:30 What is Arbor Day? 11:15 Tree Dot Painting 2:30 Birthday Party with Johnny Vincent 4:00 Musical Memories 7:00 Friday Night Movie <i>Arbor Day</i>	10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Cameron Supphin
10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Circle Games Inspirational Stories and Songs 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Exercise with Paula 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/Poetry					

April 2018

Dodge Park Rest Home and Day Club

Dodge Park Rest Home and Day Club 101 Randolph Road Worcester MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar is subject to change



Honoring the Latest Additions to our 10 Years of Service Club

Join us at our Great Family BBQ Party to honor our long time employees, who have reached a unique milestone, and acknowledge their **10 years of service** to the residents of Dodge Park Rest Home and the Oasis at Dodge Park.

We will have a special acknowledgement for those who have reached this milestone.

Dodge Park  **OASIS**
AT DODGE PARK Bringing LIFE to those we serve

Join us for a BBQ style dinner, music with Bill McCarthy and a lot of fun to celebrate together this unique milestone.

May 31, 2018 • 6-8pm

Oasis at Dodge Park Courtyard

Please RSVP with Erin at
e.lemoine@dodgepark.com



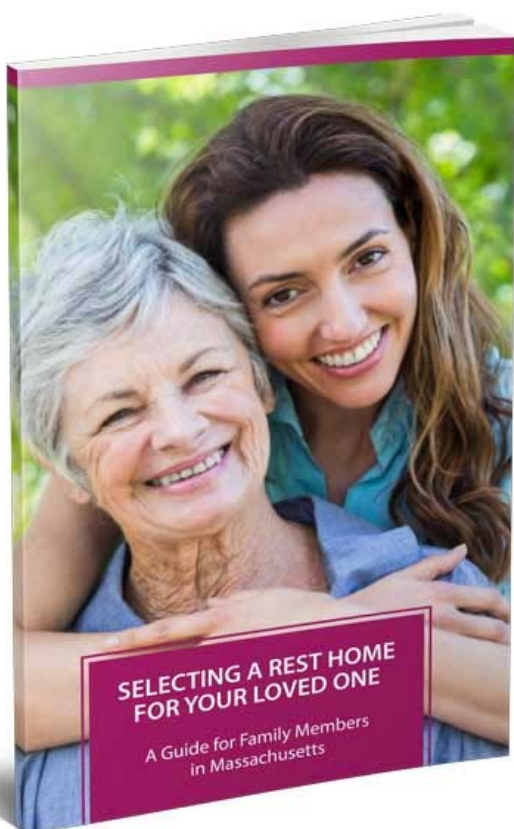
- **Carrie Lindberg**
- **Angel Berry**
- **Rene Maynard**
- **Deborah Anderson**

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 to look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

CLICK TO GET INSTANT ACCESS

GET INSTANT ACCESS TO THE GUIDE FOR **FREE**
A \$29 VALUE

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**

Spring Word Search

How many words can you find?



B	X	Y	T	B	O	X	S	F	Y	B	L	T	X	W
K	L	R	V	Y	J	N	D	K	R	V	V	J	R	Q
P	X	I	J	I	D	C	B	E	P	U	E	W	E	L
A	F	O	R	E	K	S	H	Q	Q	O	V	U	T	L
S	Y	R	H	P	T	T	F	L	O	W	E	R	S	V
H	M	A	B	F	A	M	A	R	C	H	B	I	A	J
O	G	R	M	E	J	B	E	Z	R	A	L	C	E	N
W	G	T	W	X	D	T	F	S	R	J	O	H	F	C
E	W	I	P	W	U	L	M	U	Q	W	S	N	A	G
R	G	L	E	S	Y	L	I	N	L	B	S	E	C	J
S	G	E	K	O	H	S	M	S	Z	Z	O	E	W	V
R	F	U	D	L	V	B	H	H	H	L	M	R	K	B
Y	C	B	L	O	O	M	S	I	V	Q	S	G	A	V
G	N	I	R	P	S	D	B	N	M	T	C	L	I	H
V	G	F	Z	U	Q	R	L	E	G	V	J	B	K	X

FLOWERS

SPRING

SUNSHINE

GREEN

EASTER

MARCH

APRIL

MAY

SHOWERS

BLOSSOM

BLOOMS

WEATHER



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

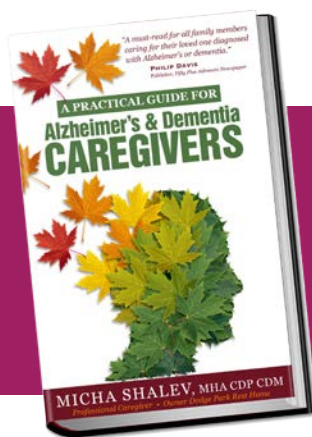
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

- Special trained direct care staff – best in the industry
- Luxurious accommodations / Homelike accommodations
- 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



We're so passionate about cognitive care that we wrote a book on it.
We have a copy for you when you visit.

Schedule a Tour and discover the difference
508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



- is diagnosed with dementia
- 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.

Download at dodgepark.com



SCHEDULE A TOUR

And see why we're #1 on Caring.com
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.

A Higher Level of Care than Assisted Living and more affordable than a Nursing Home

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

Around Dodge Park



Around Dodge Park



Around Dodge Park



The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



**N’fesh to N’fesh –
from the Hebrew for
“soul to soul,” is Dodge Park
and Oasis at Dodge Park
specially designed program
to help individuals during all
stages of dementia, helping to
build and maintain cognitive
ability. Based on research and
recent studies, the program
is comprised of six pillars of
activities in which memory
care residents and guests
will participate.**

**For more information
please click here**

**101-102 Randolph Road, Worcester, MA 01606
Tel: 508-853-8180 • Fax: 508-459-6176
Toll Free: 1-877-363-4775
www.DodgePark.com
www.OasisAtDodgePark.com**

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



april

2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month.

ADULT DAY CARE

Care for your parent or spouse while you're at work or just when you need a break.

- Transportation available
- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment, special events and outings
- Hot meals and snacks
- Extended hours and weekends to fit caregivers schedules
- Available 7am - 7pm, seven days a week - you choose the hours

— The Most Affordable Program in Central MA —



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#1 On Caring.com in MA
5 YEARS IN A ROW

DODGE PARK REST HOME



The Day Club

DODGE PARK REST HOME
CELEBRATING **50** YEARS

Caring for our Community



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schedule a
FREE DAY
today!

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