

NEIGHBORHOOD CONNECTION

Dodge Park and the Oasis at Dodge Park Community Newsletter

June 2018

HAPPY
FATHER'S
DAY



Memories
are made at Dodge Park & Oasis

*A Cheerful
Heart is Good
Medicine*

Dodge Park Rest Home (since 1967) and the Oasis at Dodge Park (Since 2017) has been serving the Worcester area 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



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.



Tips for effective communication with Memory Impaired Loved Ones

By Micha Shalev

Both family and paid caregivers may overlook various barriers to effective communication with impaired older adults and consequently misinterpret verbal and behavioral messages.

When someone has Alzheimer's disease, or any other form of memory impairment, communication can become more difficult. Their understanding of what you are saying and their ability to make you understand their world can be highly variable and each person will react to different stimuli in different ways. This means we have to be sensitive to the way we present ourselves and how we give information when we talk with someone with Alzheimer's or other forms of dementia.

For the most effective way to talk and communicate with someone who has Alzheimer's it is important to remember a few simple rules.

Body language, communication and Alzheimer's

Your facial expression, your body language, the tone of your voice become extra important when talking and communicating to someone with neurological problems. If a person with dementia feels threatened, undermined or confused by your communication with them they may react in a negative way to your interventions. i.e. conversation or information can increase agitation, undermine their confidence, increase their feelings of isolation.

Environmental awareness aids communication

Is the lighting sufficient to aid communication? In conversation we usually look at the face and body of the person talking to us. It helps us to understand content and intent. Make sure you have some light on your face. Be aware about communication in a dark room through the night.

Identify yourself and address the person by name

This helps someone with Alzheimer's to orientate.

Does the person with dementia have hearing or sight difficulties?

Make allowances for visual and hearing deficits. Look into getting a medical evaluation and aids to assist communication.

Make sure you have the person's attention

Speak slowly, calmly and distinctly.

For effective communication you need to balance distinctive speech without treating the person with dementia as a child, without shouting or becoming angry with them if they do not understand. Shouting also affects the tone of your voice and makes understanding more difficult. Do not get angry even if you find yourself becoming frustrated. We will all have seen people talking too loudly at people with dementia, it's not nice and it really does not help themselves respect and confidence.

Use simple, direct statements and information

- Use words the person can understand.

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 Nurses

c.lindberg@DodgePark.com

**Renee Kubbeck RN, BSN
Assistant Director of Nurses**

r.kubbeck@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

- Do not give more than one instruction at a time.
- Do not press for an answer if that worries or confuses them.
- Ask questions that require a "yes" or "no" response if that aids conversation and understanding

If you do not understand the content of their conversation

If you do not understand what they have said you can ask them to repeat it. Sometimes conversing with individuals with Alzheimer's is not necessarily about understanding; it is about showing care, concern, inclusion and love towards them.

Correcting wrong information

It is not necessary to constantly correct the validity of the person's statements if it includes wrong information.

Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. He can be reached at **508-853-8180** or by e-mail at **m.shalev@dodgepark.com** or view more information online at **www.dodgepark.com**.

A TRIBUTE TO KAY DAGLE

Micah and Ben,

On behalf of my entire family, please know that we are extremely grateful to you and your team for the love and support provided our Mom during her stay at your facility. You and your Staff's loving assistance throughout her stay and at the very end of Mom's life will remain with us always. Your team's dedicated participation in Mom's services was very meaningful and totally unexpected (unbelievable show of love and support). For those unable to attend Mom's Mass, I have attached one of the eulogies that was presented during the Mass, acknowledging your love and support. Please share this information with your staff and thank you again for everything. OASIS was a very special place for all of us this past year, due in large part to the caring, dedicated and professional actions displayed by you and your staff (24/7).

May God continue to Bless you, your staff and your patients.

Sincerely,
Michael Dagle

KATHLEEN "KAY" DAGLE (HEHIR)

09/27/38 to 05/18/18

Thank you all for coming to Mom's service.

Your presence today is a testament to the loving and supportive person our Mom was to all of us. She touched so many people in so many positive ways throughout her lifetime. Mom was a blessing to all those fortunate enough to cross life's path with her.

For the past year, Oasis was a place Mom and Dad called home and with Dad by her side every day, Mom's caregivers quickly became a loving extension of our immediate family. Please know that the loving care that Mom experienced at Oasis will remain in our hearts always.

On behalf of my Dad, friends and family members, we want to thank all of Mom's Caregivers for their dedicated service and loving care. We will always love you for how you treated and cared for our Mom.

As a Tribute to our Mom – I have a short poem I would like to share with you

Gone From Us ...

Gone from us that smiling face,
The cheerful pleasant ways,
The heart that won so many friends,
In bygone, happy days.

A life made beautiful by kindly deeds,
A helping hand for others' needs.
To a beautiful life,
Comes a happy end,
She died as she lived,
Everyone's friend.

Author Unknown

Michael Dagle

5/21/18





MAY 2, 2018

Posted by Judywsings

Relationship: I am a friend or relative of a current/past resident

Rating: 5 / 5 Stars

My 93-year old mother became a resident of Oasis at Dodge Park six weeks ago. Her dementia had been significantly increasing, and the assisted living facility she was at previously could no longer manage her care - i.e. incontinence, combative behavior, not sleeping at night, challenges with ADLs. Within three weeks, the outstanding staff and resources at the Oasis figured out what was causing my mom's behavior [UTI, medication issues], and now my mom is clean, groomed, happy, eating, sleeping, and participating in a wide variety of activities. And she's playing their baby grand piano! She's always happy to see me, and I am extremely grateful to Micha, Ben, Carrie, Renee and the amazing staff at the Oasis!

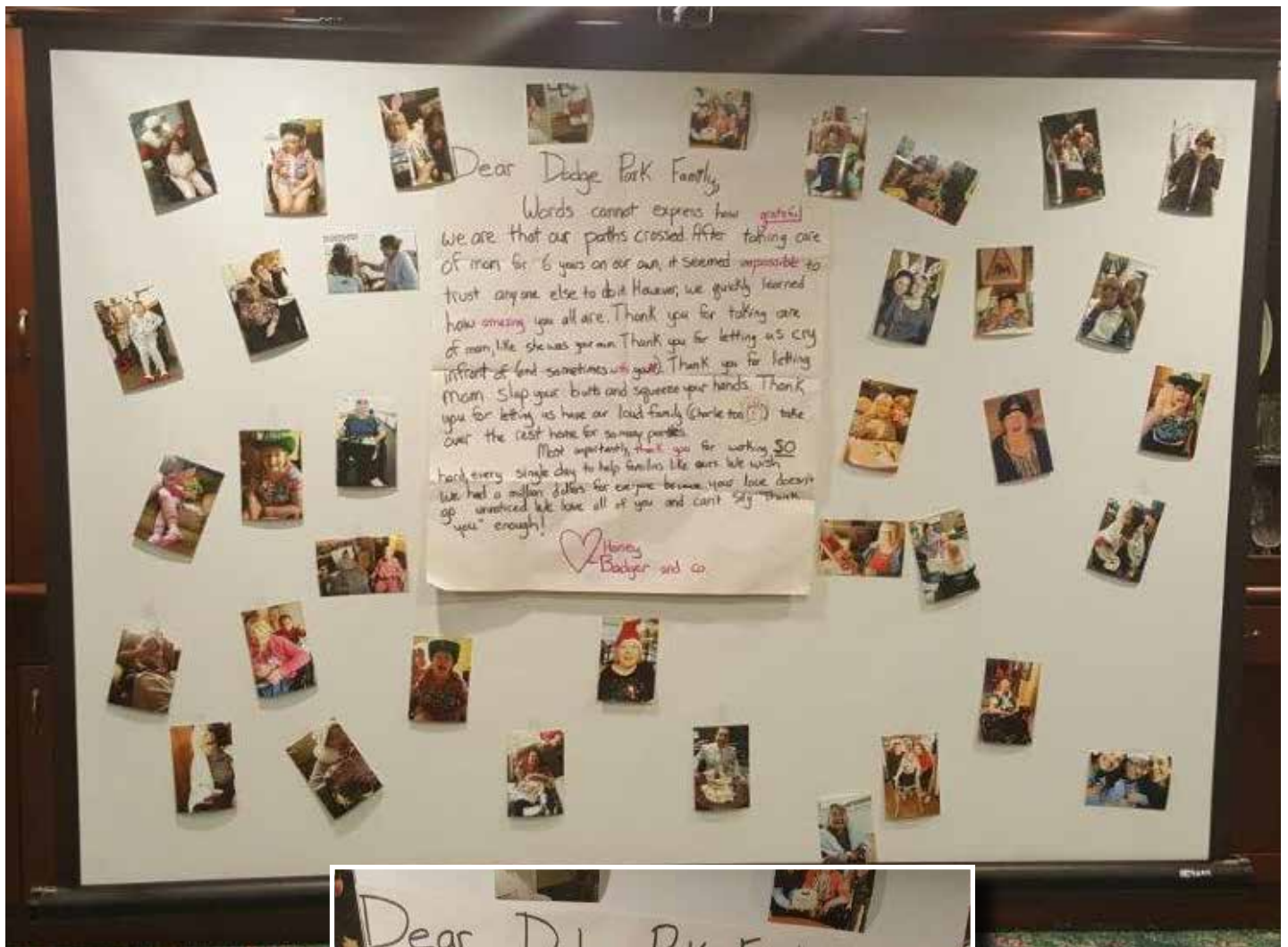
MAY 3, 2018

Posted by Crab

Relationship: I am a friend or relative of a current/past resident

Rating: 5 / 5 Stars

My mother has been a resident at Dodge Park Rest Home for about 3 years. I have to say that all employees, from housekeeping to the owners, care for all the residents as if they are family. The programs and activities keep the residents engaged. I am truly blessed to have found such a wonderful facility that deals with her dementia.



Dear Dodge Park Family,

Words cannot express how grateful we are that our paths crossed. After taking care of mom for 6 years on our own, it seemed impossible to trust anyone else to do it. However, we quickly learned how amazing you all are. Thank you for taking care of mom, like she was your own. Thank you for letting us cry in front of (and sometimes with you). Thank you for letting Mom slap your butts and squeeze your hands. Thank you for letting us have our loud family (Charlie too) take over the rest home for so many parties.

Most importantly, thank you for working SO hard every single day to help families like ours. We wish we had a million dollars for everyone because your love doesn't go unnoticed. We love all of you and can't say "Thank you" enough!

♥ Honey Badger and co.

Aquarium Month
Candy Month
Dairy Month
Fight the Filthy Fly Month
National Gardening Week - First full week of month
Gay Pride Month
National Accordion Awareness Month
National Adopt a Cat Month
National Fresh Fruit and Vegetables Month
Rose Month
Turkey Lovers Month

Weekly Events:

Fishing Week, Week 1
Email Week, Week 2
Lightning Safety Week - Last full week of Month

June 2nd: National Rocky Road Day

While this iconic ice cream flavor is generally associated with feelings of happiness and pleasure, its inception was the result of some pretty dire times. Recognizing the “rocky road” ahead for Americans after the Stock Market Crash of 1929, ice cream purveyor William Dreyer dreamed up this recipe as a temporary salve to the economic ills in the United States. Though some naysayers contest whether the credit for this cream-marshmallow-almond-chocolate chip recipe belongs 100% to Dreyer, few people will contest that Rocky Road ice cream is 100% delicious.

June 6th: National Yo-Yo Day

Donald F. Duncan had more to celebrate about his life than an amazing name; he helped popularize the Yo-Yo. Though technically invented by a man named Pedro Flores in the late 1920's, the Yo-Yo didn't hit the mainstream until an entrepreneurial Duncan purchased Flores' Yo-Yo Toy Company, mass-produced this circular piece of plastic and string, and introduced it to the world. June 6th is believed to be Duncan's birthday.

June 8th: Name Your Poison Day

Although this holiday is widely open to interpretation, we recommend no one take it literally. Instead, muster up the courage to boldly acknowledge the one vice in your life that you simply cannot resist no matter how terrible it may be for you. Unless said “poison” happens to be arsenic.

June 10th: Ballpoint Pen Day

Put away your quills, fountains, and felts, for today we honor the gravity-dependent ink dispenser we know as the ballpoint pen. It may not have the panache of a gel writing utensil, or the precision of a roller ball. But when it comes to getting ink onto paper and the bottoms of shirt pockets, ballpoints certainly get the job done.

JUNE Observances

1 Dare Day
1 Flip a Coin Day
1 National Doughnut Day always the first Friday in June
2 National Bubba Day
2 National Rocky Road Day
2 National Trails Day First Saturday in June
3 Repeat Day (I said “Repeat Day”)
4 Applesauce Cake Day
4 Hug Your Cat Day
4 National Cheese Day
4 Old Maid's Day
5 Hot Air Balloon Day
5 World Environment Day
6 D-Day, WWII
6 National Gardening Exercise Day-
Get out and exercise with your plants.
6 National Yo-Yo Day
7 National Chocolate Ice Cream Day
7 VCR Day
8 Best Friends Day
8 Name Your Poison Day
8 World Ocean Day
9 Donald Duck Day
9 National Strawberry Rhubarb Pie Day
10 Ball Point Pen Day
10 Herb and Spices Day
10 Iced Tea Day
11 National Corn on the Cob Day
12 National Jerky Day
12 National Peanut Butter Cookie Day
12 Red Rose Day
13 National Weed Your Garden Day
13 Sewing Machine Day
14 Flag Day
14 Monkey Around Day
15 National Nature Photography Day
15 Smile Power Day
15 Global Wind Day
16 Fresh Veggies Day
16 National Hollerin' Contest Day -
third Saturday in June

JUNE Observances

16 World Juggler's Day -
Saturday closest to June 17th

TBD Nursing Assistants Day - First day of
National Nursing Assistants Week

17 Eat Your Vegetables Day

17 Father's Day - third Sunday

18 Go Fishing Day

18 International Panic Day

18 International Picnic Day

18 International Sushi Day

18 National Splurge Day - Oh yeah!!

19 Juneteenth

19 National Kissing Day

19 World Sauntering Day

20 Ice Cream Soda Day

20 National Bald Eagle Day

21 Go Skate Day

21 International Yoga Day

21 National Selfie Day

21 Finally Summer Day / Summer Solstice -
date varies

22 National Chocolate Eclair Day

22 Take Your Dog to Work Day -
Friday after Father's Day

23 National Columnists Day

23 National Pink Day

24 Swim a Lap Day

25 Log Cabin Day

25 National Catfish Day

26 Beautician's Day

26 Forgiveness Day

26 National Canoe Day

27 Sun Glasses Day

28 Insurance Awareness Day -
Now who do you think invented that!?!

28 International Body Piercing Day

28 Paul Bunyan Day

29 Camera Day

29 Hug Holiday

29 International Mud Day

29 Waffle Iron Day

30 Meteor Day

June 17th: National Eat Your Vegetables Day

We are unsure whether PETA or the PTA is more responsible for this holiday, but you better be prepared to finish those Brussels sprouts today if you know what's good for you! Like Brussels sprouts, for example. They're a great source of dietary fiber and vitamin C.

June 18th: International Picnic Day

Since it falls during the workweek this year, IPD may also have to stand for International Personal Day. But a basketful of goodies, domestic or international, and a nice patch of grass will definitely be worth calling in with a mysterious "summer cold."

June 21st: World Handshake Day

PURELL could have a field day with this one, but don't let germs stop you from reaching out and touching a stranger's hand. Let the subsequent uncomfortable look on their face be your true guide.

June 22nd: National Onion Rings Day

National Onion Rings Day: for those of you who like your holidays deep-fried.

June 24th: International Fairy Day

A relatively young holiday for a relatively old mythical creature, International Fairy Day was created by artist Jessica Galbreth for "believers, collectors, and the young at heart to celebrate all that is Fae and reconnect with their imagination and child-like wonder."

June 25th: National Color TV Day

While everyone is declaring the end of traditional television as we know it, take a moment today to reflect on the advent of color TV in our lives. Then marvel at the fact that it has only been 62 years since the first color television broadcast ever. On June 25th, 1951, CBS aired a variety show that was only available on color-ready TV's. According to Geek Book of Days, black and white TVs missed the party entirely, not technologically savvy enough to even receive the show.

June 25th: National Columnists Day

This holiday was intended to extol those hardworking newspaper folks who keep us abreast of all the news in a serialized format. But in light of recent technological advancements, we think we can extend the honors to online columnists as well. Such as the ones who bring you great daily trivia and interesting facts. You know, like offbeat holidays. For example.

June 28th: Insurance Awareness Day

Do you have insurance? If you answered that question, you just observed this holiday.



2 Ways to Maintain Your Brain Health

When people talk about 'healthy lifestyle', conversations inevitably turn to weight loss, dieting or exercise programs. As important as these may be to maximize health, how often do we consider a healthy lifestyle for our brains? According to the American Academy of Neurology, disorders of the brain and nervous system which include Dementia, Alzheimer's Disease, Parkinsons, Multiple Sclerosis, Traumatic Brain Injury, Stroke, ALS, are on the rise. Alzheimer's Disease is ranked as the sixth leading cause of death in the United States. Because brain health dictates our overall health, here are 2 ways for you to maintain brain health.



21 West Street
Worcester, MA 01609, Tel 508-753-0006
www.DrQWellness.com
www.DrQProbiotics.com

1. The Gut-Brain Connection:

Our gut is innervated by over 300 million neurons that monitor and inform the brain about our 'internal metabolic state'. The gut microbiome plays an important role in normal central nervous system development, but it also influences systems associated with stress response, anxiety and memory. A study using magnetic resonance to highlight brain activity showed far more robust brain activity in the regions that control emotions and sensation in those who were given probiotics. Our intestinal microbes have such a profound effect on us, the human host, that some researchers say that we are no longer even autonomous beings, but 'holobionts'. Holobionts are defined as a combined entity of host and microbiota/good bacteria. This means our experience is shared, and influenced, by these good bacteria. Gut health matters, and its connection to the brain is profound and intimate. What's good for your gut is also good for your brain.

2. Some Fats Love Your Brain:

Omega 3 fatty acids, which include eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA), have always been considered tried and true 'brain nutrients'. Physicians, dieticians and researchers understand that the Standard American Diet (SAD) has a very little amount of omega 3 fatty acids and has increased the risk of inflammatory diseases, including debilitating our brain function. A recent study showed that patients with Alzheimer's Disease had lower levels of DHA in their brain. Also EPA and DHA which are part of Omega 3's were found to increase the degradation of amyloid-b by effecting the insulin-degradation enzyme, and therefore, increasing plaque turnover. Alzheimer's disease is linked with the overproduction and accumulation of this amyloid B plaque build-up in the brain, so to influence this key enzyme which lessens that plaque accumulation is noteworthy for brain health. The biggest myth is that eating the SAD diet or even adding salmon to our diet can provide enough Omega 3's. This is not accurate. Supplementing our diet with at least 1000 mg of EPA and 600mg of DHA is essential for maintaining brain health. I have formulated my 'Dr Qutab's Pure Omega 3' with this ratio. It's available on my online store (www.DrQWellness.com) and Amazon. I recommend taking a minimum of two capsules a day for healthy brain support.

Dr Abbas Qutab

CASEY AT THE BAT DAY - JUNE 1ST

In June, there is one special day you will want to celebrate with your residents' that you may not know about. I suggest you celebrate Casey at the Bat Day because June 1 is Casey at the Bat Day. You can start with the reading of Casey at the Bat. Most residents whether they have dementia or not as well as many others in long term care love to listen to this poem.

In fact you can read it all baseball season long. Go to <http://activitiesdirector.blogspot.com/2018/04/casey-at-bat-day.html> for the poem.

You may want to reenact the poem. You can assign parts to the group members or you can let them decide what part they want to play. They could even change things in or about the poem.

They could change the name of the team to match the residents; favorite team. If there is more than one favorite, then have a vote or survey to see which team is the most popular.

Another idea is to change the name of the players to match the names of persons on the chosen team. An alternative would be to use the names of the residents, or the group can just make up names.

A good idea might be to change the ending to make the poem more upbeat. You may have to help the residents rewrite the poem. This is a good mind-stimulating activity.

They could also rename the poem to reflect the changes made to it.

You could send the revised poem to the media. Or you could have residents draw pictures of their interpretation of the poem.

In addition, you could distribute nicely made print copies of the revised poem to the staff or to family members at a special event.

Why not have a Casey at the Bat party with all the fixins' found at baseball games. Higher functioning residents could make invitations to the event.

You can have the residents do these things with other poems as well.

Here are some other ideas. Have some kind of a baseball game. I suggest you use a beach ball as the ball and an inflatable bat. I suggest these things because a beach ball is much easier to see and when hit if it happens to unintentionally hit another person, there should not be any injuries. The same goes for the bat.

Another idea is to have a trivia game but instead of the residents just answering a question, make a baseball game out of it.

You can make it simple or somewhat elaborate. For a simple game for lower functioning residents, just ask questions. Give each participant a turn at bat. That is they are up at bat when they answer a question.

When it is his/her turn, he/she is the one who should be answering the trivia question.

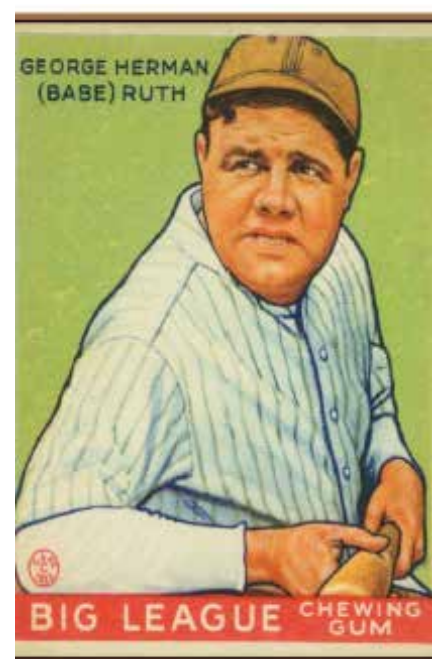
As you know, often some of the participants just shout out the answer. That is OK. You can now ask the person at bat the question again.

Even if he/she did not know the answer, he/she could hear what others have said. If not, you can ask the rest of the audience to help out again. If the batter still is having trouble, you can repeat the answer and ask the batter if he/she agrees with it. Continue until everyone has had a turn or the allotted time is up.

It is extremely important that you act like a broadcaster of the game. You can make comments to make the game exciting. If you need help on how to do this, go to <http://activitiesdirector.blogspot.com> and leave a question in the comment section. This works for other sports as well if you have residents who are sports fans.

Another idea related to baseball is to discuss its history and some famous baseball legends.

Here is some useful information about baseball legends <http://xroads.virginia.edu/~UG02/yeung/Baberuth/change.html>



The Montessori Approach

by Debbie Hommel, ACC/MC/EDU, CTRS

The Montessori approach in early childhood education has been practiced for decades. Recently, the Montessori principles have been applied to engaging individuals who have dementia. The Montessori principles of enabling independence, focusing on building one's self esteem, and creating meaning within one's environment lend themselves well to dementia care. The concepts of creating structure and order, matching activities and roles to the person, introducing activities that have meaning, establishing familiar routines and treating individuals with dignity and respect are welcomed approaches within memory care relationships.

The Montessori approach is not a program that the activity professional schedules onto the calendar. The Montessori approach is a way of understanding the individuals with dementia and accepting that person as a whole person. Montessori is a philosophy of care that the entire care community can adopt. All staff can benefit, along with the older adult, when taking the time to understand the person with dementia, adopt more effective communication strategies and introduce care in a manner that the person can understand and process.

Montessori and person centered care go hand in hand. Autonomy, meaningful relationships, and creating an environment where elders can not only flourish but function independently without stress is the foundation of Montessori as well as culture transformation and person centered care. The following are some of the concepts related to Montessori:

Environment: The surroundings should be arranged to maximize the older person's capacity and function which includes appropriate lighting, signs and cues, personalized space, and minimized noise and glare.

Communication: All staff should have knowledge of dementia and its impact upon the person. There are several dementia sub-types with varying symptoms. Understanding will enable more effective communication. All staff should have knowledge of understanding behavioral expressions and appropriate ways to respond. Poor communication can contribute to the older person withdrawing from the social setting and increased negative behaviors.



Space Retrieval: This is a process whereby the individual practices recalling information over progressively longer periods of time. The Montessori training will provide the individual with specific techniques that can be used by all staff which may improve overall retention of information and skills. Ultimately, it will improve the quality of life for the older adult and better relationships.

Creativity: The ability to remain creative stays with individuals who have dementia long after they have lost other skills. The activity professional has often seen reduced stress, improved mood and awakened memories through engagement in the creative process.

There is increased emphasis on engagement with our older adults, specifically those who have cognitive loss. Forcing a person to join a program or do a task is not engagement but we may have more success adopting a more person centered approach such as Montessori. The National Certification Council of Activity Professionals has partnered with Brush Development Company to offer health care professional a Montessori for Dementia Engagement Certification (MDEC). This certification is appropriate for all health care staff who works with older adults who have dementia.

The certification process includes:

- Successful completion of the "From Can't to Can Do!: Using the Montessori Approach" curriculum and exam.
- Activity Experience of 4000 hours over 2 years engaging with people living with dementia. (Note: any current NCCAP Certification qualifies for this Activity Experience).
- Continuing Education (CE). 20 hours of CE on dementia-related topics from the NCCAP Body of Knowledge.

A very

Happy Birthday to...



Oasis Residents

Joanne A. June 2nd
 Charles P..... June 2nd
 Margaret L. (Judy) June 23rd
 June C..... June 24th

Dodge Park Residents

June F..... June 8th
 Margaret G..... June 18th

Staff

Jaime M. June 4th
 Lena R. June 5th
 Jeffrey C. June 5th
 Anthony M. June 5th
 Courteney L. June 6th
 Jody G..... June 11th
 Elizabeth P..... June 12th
 Deymary N..... June 14th
 Cassandra Z. June 17th

Patricia B..... June 17th
 Margarita V. June 18th
 Theresa S. June 20th
 Joel M. June 20th
 Cheryl M. June 21st
 Summer S..... June 24th
 Kevin Q..... June 28th
 Kerry G. June 28th
 Melony T. June 29th

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 June 21, 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.



Maintaining a safe, dementia-friendly environment

The home is an important place for everyone. For the person with dementia, a familiar environment can help her connect with the past and maintain a sense of who she is. However, some practical changes may need to be made to keep the home “dementia-friendly.”

When modifying your home environment, keep it familiar, striking a balance between safety and independence. Too many restrictions can make it difficult for her to take part in daily activities, and can seriously affect her self-esteem.

Keep in mind some of the changes that occur with dementia: decreased balance and reaction time; visual-perceptual problems; physical limitations that make it more difficult to walk; memory; judgment; and insight. Also keep in mind that you are more likely to be tired, and feel under pressure, making it more difficult for you to anticipate risk and prevent accidents.

Adapt the task to the person’s current abilities. For example, a person who enjoyed wood-working may no longer be able to use power tools but may still be able to nail, sand and paint in the workroom. Be aware of changes as they happen and re-evaluate the need to make further changes to adapt to his abilities.

Some areas of a home may have more risks than others. Pay extra attention in the garage, work room, basement and outdoor areas.

Take a few minutes to complete the following checklist on home safety. Keep in mind that, as the disease progresses, you may need to update your responses.

Home safety checklist

Do I need to store the scatter rugs and secure the carpet to prevent falls? **Yes No**

Are the stairways safe for the person I am caring for? **Yes No**

Is the person with Alzheimer’s disease able to use the electrical appliances in the kitchen and bathroom safely? **Yes No**



Should the hot water heater temperature be lowered? **Yes No**

Are there any medications, cleaning substances or gardening chemicals that should be locked away? **Yes No**

Do I need to be there when the person with Alzheimer’s disease has a cigarette or should I hide the lighter and matches? **Yes No**

Should I lock some of the doors or do I need to change where on the doors the locks are? **Yes No**

Should I consider installing some safety equipment in the bathroom (e.g., grab bars, elevated toilet seat, non-slip mat)? **Yes No**

Does the lighting sufficiently eliminate shadows that may cause confusion? **Yes No**

Are there items that confuse the person with Alzheimer’s disease (e.g., pictures, mirrors)? **Yes No**

This information is taken from the *Alzheimer Journey, Module 2: On the Road*. You can get a copy from your local Alzheimer Society.

Safety tips

- Make sure to keep fire extinguishers, smoke detectors and carbon monoxide detectors in the house and test them regularly to make sure they are working.
- Lock any hazard areas or cover the doors or locks so that they are disguised. Place locks either high or low on doors to make them less obvious.
- Remove locks in bathrooms or bedrooms so he cannot get locked inside.
- Use child-proof locks and doorknob covers on drawers



and cupboards that have dangerous materials inside, such as knives, cleaning liquids and appliances.

- Consider registering the person with the disease with our MedicAlert® Safely Home® program to assist emergency responders to identify the person who is lost and bring the family back together.

- Use appliances that have an automatic shut-off feature, and keep appliances away from sinks and other sources of water.

- If you are concerned about the person using the stove, install a hidden gas valve or circuit breaker that prevents it from being turned on. Or consider removing the knobs from the burners.

- Store dangerous tools, such as grills, lawn mowers, any power tools, knives and firearms, in a secure place.

- Remove any toxic plants or decorative fruits that she might mistakenly try to eat.

- Remove any medications or other substances from open areas such as the kitchen table and counters. This might include vitamins, prescription drugs, or even sugar, sugar substitutes or seasonings. Keep medications in a locked area.

- Supervise him when using tobacco or alcohol as both may have harmful side effects and may interact with certain drugs. Always supervise him when smoking as he may forget a burning cigarette and start a fire.

- Check the temperature of water and food, as she may have difficulty telling the difference. This applies to water temperature in a bath, for example, and the temperature of hot food.

- Install safety equipment in the bathroom, such as grab bars, to prevent falls.

- Add non-slip stickers to slippery surfaces such as tile floors and loose rugs. Or remove rugs completely.

- Use contrasting colours to make steps and transitions (e.g. the beginning of a staircase) easier to see. Avoid dark rugs as they may appear to be a hole.

- Use good lighting at entries, outside landings, between rooms, on stairways and in bathrooms.

- Keep emergency numbers by the phone for quick access.

- Remember that symbols lose meaning (skull, crossbones, “toxic”, “poison”, etc.)

- Consult an occupational therapist for advice on safety, and adapting the home to make it as safe and accommodating as possible.



The Artful Skill of Reminiscence

Anthony F. Vicari EdS, ACC/EDU, AC~BC, CADDCT, CDP

“There were so many of these moments that could never be captured accurately, even in the camcorder, only in the heart.” ~Phyllis Reynolds Naylor, *Now I’ll Tell You Everything*

Every single person has a distinct need and desire to pass down lifetime memories to the next generation. Memorable moments and experiences have always been strong connectors between people. This article will present the value and importance for reminiscence as part of a resident’s daily recreational programming. Reminiscence is both an art and skill that is readily available to all healthcare professionals. It is also an effective program that helps fellow team members provide and build upon person-centered Quality of Life standards and services. Masterful Recreation/ Activity Professionals understand the importance of reminiscence and its dual role of excellent conversation and active listening. These two distinct roles work in concert; however, conversation and listening don’t always come naturally to all team members. As Quality of Life champions, our specific roles and responsibilities are held to high standards. We are truly ‘Persons of Influence’ in our individual healthcare communities. With that said, learning, practicing and teaching the art of reminiscence to our fellow colleagues is necessary if we wish to remain actively engaged with our residents’ lifetime memories and experiences.

Initiating reminiscence programs takes careful, diligent practice. It serves little to no purpose to have Recreation/ Activity team members lead reminiscence programs without the appropriate strategies and skill set needed for positive resident satisfaction. So, where do we begin?

One of the first stepping stones to a successful and effective reminiscence program is gaining accurate background information of each resident. Attention to detail is key and utilizing all resources in the data-gathering process, including family members and your community team members is important. Input and knowledge from as many resources as possible ensures a successful



Annette Funicello...
Every young boy had a crush on her. Every girl wanted to be her.

outcome. The process of reminiscence provides a varied, creative and absorbing means of communicating with individuals. It establishes communication links that are based on recalling the past, while bringing meaning, congruence, and enjoyment to elders in the present (Ann Rainbow, 2003). Concentrating on each resident’s individual history, personality and needs further enhances the communicative process between team member and resident. Think of the following analogy: a coconut has both an outer and inner shell just like us. The outer shell can sometimes be ‘a bit tough’ protecting the precious inner shell. The inner shell is filled with magical memories, moments and special experiences. Once you reach the inner shell, which I like to call the ‘heart of the matter’ you have reached the very best part; an oasis of lifetime stories filled with rich and vibrant moments! Jolene Brackey refers to this as Remember Their Greatness (Brackey, *Creating Moments of Joy*, 2007, p.36). It is our job as Recreation/Activity Professionals to know what sparks that magic twinkle in their eye; what makes that smile stretch wide from ear to ear; and, what makes the resident not be able to stop talking about their passion.

Following the data-gathering process, begin collecting a sampling of mementos that are unique and person-specific. These mementos will act as positive triggers for

true reminiscence with the resident. Once again, an important factor to remember is that the more specific and personal the memento, the greater the opportunity for good conversation and resident satisfaction.

Throughout this section of the building process, family members and friends become active participants with you and join “your” team sharing and supporting the resident’s Quality of Life. Next, the planning for evaluation and feedback is essential to the entire process. Discard anything that will hinder or cause the resident discomfort or frustration. They may not understand the words that come out of your mouth, but they might understand what you put in their hands. We need to give them their stuff back!

(Brackey, Creating Moments of Joy, 2007, p. 38).

Finally, the Recreation/Activity Professional delivers the reminiscence program. Integrate the following factors throughout the reminiscence program:

- Wear a smiling face – always!
- Use listening ears – showing care, support and encouragement
- Willingly serve each resident with an open heart
- Speak up for the resident that cannot speak for him/herself
- Put the resident’s stories and memories before yours

Take time to make reminiscence a priority in your daily program. Reminiscence is much more than a five-minute room visit or a “walk-by” conversation with a resident in the dining room. Many residents anxiously await that special time spent between the Recreation/Activity Team and themselves; time to share and rekindle memories that bring them joy and happiness. Reminiscence is like our fingerprints. Each person has his/her very own imprint. These imprints are solely that person’s unique marking and nobody else can ever leave that mark on the world!

My wife and I continue to enjoy sitting in our family room after the evening meal and reminisc-ing about the day’s happenings. One evening, she made a comment about my work in recreation/activity programming and education, specifically related to the topic of remi-

niscence. She innocently said, “We are all just old skin stretched over the kid inside.”

I sat there for a moment not really understanding what she said or what she was referring to in our conversation. Then it hit me! We really are just kids inside, no matter how ‘old’ we get! Our emotions, memories, experiences and stories truly last forever; in all of us!

Red River Valley

From this valley they say you are leaving
We shall miss your bright eyes and sweet smile
For you take with you all of the sunshine
That has brightened our pathway a while.
Then come sit by my side if you love me
Do not hasten to bid me adieu
Just remember the Red River Valley
And the cowboy that’s loved you so true
For a long time, my darlin’, I’ve waited
For the sweet words you never would say
Now at last all my fond hopes have vanished.
For they say that you’re going away
Then come sit by my side if you love me
Do not hasten to bid me adieu
Just remember the Red River Valley
And the cowboy that’s loved you so true
~ Red River Valley, Marty Robbins

Let’s always remember the individuals we serve; the smiles that we exchange; and the conversations that take place. And, yes, sharing reminiscence along their way. These are the things that make memories come to life!





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

What's All the Buzz About Caffeine?

Coffee has always been a regular part of a morning routine but in recent years, coffee shops have made an art form out of mastering that perfect cup of joe. Tea shops are popping up in malls across America and the countless varieties of lattes, cappuccinos, frappuccinos, cold brews and iced varieties can make your head buzz.

Caffeine is a stimulant. It is naturally found in coffee, tea and cacao, the plant where we get chocolate from. It is also added to some sodas and energy-promoting drinks. Once caffeine is ingested, it quickly enters the bloodstream. Within 20 minutes it begins to block the substance that causes relaxation and sleepiness called adenosine. In simple terms, this is precisely why caffeine perks up the consumer.

People all over the world consume many varieties of coffee or tea, and when used reasonably, doesn't appear to pose health concerns. But how much caffeine is too much? An 8-ounce cup of coffee contains approximately 100 milligrams of caffeine on average. However, the method in which coffee is prepared has an effect on how much caffeine it ultimately contains. For example, that same 8 ounces of espresso can contain between 240-720 milligrams of caffeine.

While there is no recommended daily limit for caffeine, health experts generally agree to limit daily intake to 400 milligrams. While caffeine isn't considered an addictive substance in the same way certain drugs and medications can be, some people do experience withdrawal symptoms for a few days if they are a regular caffeine consumer and stop abruptly. The most common withdrawal symptoms include headache, fatigue and irritability. Because of caffeine's stimulant

properties, insomnia sufferers should avoid caffeine later in the day as it takes several hours for the stimulating effects of caffeine to diminish. Since everyone's metabolism is slightly different, some people are more sensitive to the effects of caffeine and how long those effects last. In general, it is recommended to avoid caffeine six hours before wanting to fall asleep but that varies from person to person.

Much research is being done to study the effects caffeine has on bone density. Because many studies results contradict each other, Registered Dietitians recommend including plenty of calcium and vitamin D food sources such as fortified dairy products in one's diet to protect bones from osteoporosis, especially in those who have a higher daily intake of caffeine.

If you feel your caffeine intake is higher than you'd like it to be, wean off your usual daily intake slowly to avoid any drastic side effects. Choose herbal tea or decaf coffee and tea. Shortening the brewing time on tea also reduces the caffeine content.



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.

First-time home buyer? Remember this advice

Buying your first home is a major step. Make sure you're ready by checking out NerdWallet's list of things to think about:

- Know how much you can afford. Look at your finances so you can decide how big a down payment you can make and how much you can afford in mortgage costs.
- Check your credit. Make sure you have a solid credit score before you start shopping for a house. Don't apply for a new credit card or a loan while you're looking for a mortgage—a lender's hard inquiry can make your credit score drop.
- Remember closing costs. Closing expenses can add up to 5 percent to your home purchase. Shop around to find the rate you can afford, and include that in your budget.
- Save money for ancillary expenses. Once you've bought a house, you'll undoubtedly have to pay for movers, new furnishings or appliances, painting, or any other changes you want to make before and after you move in.
- Think long term. If you're planning to start a family, choose a home with that in mind so you have the space and accommodations you need. You don't want to have to move just a few years after buying your first house.

Take these steps to plan your budget

A budget is an essential tool for your financial stability. If you don't have one, the U.S. News and World Report website offers these basic steps for getting started:

- Review the previous year. Take a look at your cash flow to see where problems arose. Go through your checkbook and credit card bills in detail to find out where your money went and where you could cut back.
- Look ahead. Think about the coming months and next year. What expenses can you predict? Will your income change? Are you planning a vacation or a major purchase?
- Set some goals. If you want to buy a house, decide how much you need for a down payment and start saving. You might set up a savings account for each major goal.
- Plan your spending. With your income, expenses and goals laid out in black and white, is your budget realistic? If not, look for areas where you can trim spending or increase your income. Be prepared to adjust goals to meet reality.
- Prepare for contingencies. Unexpected expenses can hit at any time. Be sure you have enough money set aside for emergencies, changes in the tax code, or other unpredictable events.

Financial tips for thirtysomethings

Most people in their thirties have a lot of decisions to make about their lives and careers. One perennial issue, of course, is money. On the Business Insider website, a financial planner offers this advice to thirtysomethings for spending and saving:

- Live below your means. No matter how well you're doing financially, make a commitment to not spend every dollar you earn. Start setting some money aside for savings and investment right away so it becomes a lifelong habit.
- Save a percentage, not a dollar amount. A good way to ensure that your savings keep pace with your salary is to earmark a specific percentage of your paycheck for savings, not a set dollar amount. That way your savings will increase as your compensation does.
- Keep track of your money. At least once a year, look at your income and expenses to make sure they're both where they should be. Review your financial goals so you're on top of what you have to save to achieve them. Look ahead to potential expenses so you're not just reacting to emergencies and unexpected events.
- Spend on quality. Buying a cheap car doesn't save you money if you end up buying a new car in just a few years. Do your research so you buy items that will last, even if they're a little more expensive.



Quotes

“There is a gigantic difference between earning a great deal of money and being rich.”
—Marlene Dietrich

“Money is usually attracted, not pursued.”
—Jim Rohn



5 Steps to the Perfect Fishing Trip with Dad

When you were a kid and needed to learn something new, you went to Dad, right? He's the one who taught you how to ride a bike and drive a car. He's also the one who taught you how to bait your hook for the first time.

You've never forgotten these skills and now is a great time to say thank you to the man who helped you learn and grow by taking him out for a day of fishing. You might even teach him a thing or two.

Whether it's for Father's Day or his birthday, this is a great time of year to surprise him with can't-miss gifts he'll enjoy while sharing his favorite pastime with you. So don't delay. The weather's great and the boat is ready. Make the most of it with this list of tips guaranteed to show Dad a fishing trip he won't forget.

* Surprise him with the perfect invitation. If your dad can't say no to helping with a project, surprising him with a fishing trip will be easy. Ask for his help on something you can't do yourself. You can even poke at him about how hard the project will be, just don't go too far or he won't show up. And then, when he arrives, show him the car packed and ready to hit his favorite honey hole. He'll be so happy he may just forgive you for the trick.

* Plan to the last detail. On a good fishing trip, the drive is half the fun, so don't race through it. Take Dad to his favorite restaurant for breakfast, play his favorite tunes in the car and have a steaming cup of his favorite coffee waiting for him when you hit the open road.

* Surprise him with the right gear. Help dear old Dad up his angling acumen by giving a few thoughtful gifts throughout the day. Start the surprise by setting up his favorite rod and reel, before picking him up, with Sufix 832 Advanced Superline. A go-to fishing line for the world's best anglers, this braided line has the strength and durability to ward against line breaks and will ensure Dad's next big catch makes it all the way to the boat. And at the end of this line you can tie on the dynamic Rapala Ripstop. An innovative new lure, the bait features a unique hard-plastic-boot tail that creates a hard-rolling, slashing action to mimic live-minnow movement, perfect for drawing plenty of attention. Then after a morning of catching fish on the water, hand Dad the Rapala Lithium Ion Cordless Fillet to make quick work of even the most intimidating filleting chore. Its lithium-ion battery provides continuous, full-power operation for 80 minutes, and will have the two of you enjoying a delicious shore lunch in no time.

* Cap the day off right. When the sun starts to set and the day of fishing is finally done, cap the day off with a drink at his favorite spot or sit around the fire telling stories. Just don't be surprised if the size of Dad's catch has grown considerably by then - it is a fish story after all.

* Sit back and enjoy the ride. All of your planning has come to make this day as special for you as it is for your father, so don't miss a moment of it. Put the phone away and unplug while engaging in conversation. You may just learn a thing or two about your dad that you never knew before and the memories you'll get from your trip together will last a life-time.



Stop and Smell the Roses

June is Rose Month! Celebrate by trying one of the following rose themed activities!

Sugared Rose Petals Recipe

Ingredients:

- 1 large egg white at room temperature
- Pinch of kosher salt
- 1 cup sugar divided
- 1 1/2 cups loosely packed, dry, small to medium rose petals, preferably in a mix of colors

Directions:

1. In a small bowl, whisk egg white with salt and a pinch of sugar until frothy and well blended. Put remaining sugar in a second bowl.
2. Using a small pastry brush with fine bristles, brush a rose petal all over with a thin, sheer coat of egg white. Working over bowl, sprinkle petal all over with sugar and shake off excess. Set on a fine-mesh cooling rack and repeat with more petals. Every so often, rub your hands together (not over bowl) to remove clumped sugar on them.
3. Let petals stand uncovered at room temperature until crisp and completely dry, 1 to 2 days. Use as an edible garnish on your favorite desert recipe.

Simple Paper Roses

Materials:

- Paper
- Scissors
- CD or circle to draw around

Instructions:

1. Draw a circle on some colored paper and then using scissors, create a spiral with it.
2. You may also draw the spiral in pencil and advise residents to follow the line and cut it.
3. Once cut, start rolling the spiral from the outside in. To secure, use a glue dot or a glue gun.
4. You can make the flowers fancier by cutting the outside edge with a pair of paper edgers.

Forget Me Nots

(rose-flavored meringue cookies)

Ingredients:

- 2 egg whites, room temperature
- ½ teaspoon Cream of Tartar
- 2/3 cup Granulated Sugar
- ¾ teaspoon Rose Extract
- Pink food coloring

Instructions:

1. Preheat the oven to 350 degrees. Line one to two baking sheets with parchment paper; set aside.
2. Using a hand mixer or free-standing mixer with whisk attachment, beat egg whites until foamy, approximately 3 minutes.
3. Add the Cream of Tartar, food coloring (to your preferred depth of color) and rose extract. While beating the mixture, slowly add sugar while beating egg whites until stiff.
4. Fit a pastry bag with a large to extra-large Drop Flower or Open Star tip. Add the meringue to the pastry bag and pipe small dollops, each one inch wide at the base.
5. Turn off the oven. Place cookies in the oven, and leave for 2 hours or until morning. Meringues are ready when they are dry and crunchy.

Making Fidget Boxes

Fidget Boxes are an effective way to reduce anxiety, calm nerves, and provide comfort. Simple touch-based activities can help someone with Alzheimer's keep hands busy in safe, soothing ways. Here are some different ideas on how you can put together some fidget boxes for your facility.

Random Fidget Box: Get a container and fill it with some inexpensive odds and ends including things in a variety of colors and textures, like:

- Things with zippers or velcro closures
- Little toys that wind up
- Stress balls for squeezing
- Brightly colored plastic springs (like a Slinky)
- Mini stuffed animals
- A row of buttons sewn firmly onto a ribbon
- A piece of soft fleece or faux fur
- Old keys on a keyring

Ball Fidget Box: Fill a large plastic box with balls in different textures; rubber, plastic, fabric, squishy, baby (with bell inside), porcupine balls, massage balls, glow in the dark balls. Any type of exercise ball or tactile ball is suitable.

Occupation Fidget Box: Check your resident's profile and collect items according to his/her previous profession or occupation. Place items in a box and present it to the resident for a "feel, touch & explore".

Beach Fidget Box: Pour an inch or two of sand in the bottom of a shallow box. On top of that put seashells and stones, dried starfish, some dried kelp or seaweed, or anything else you might find at the beach.

Baby Care Fidget Box: In this box, include a baby doll, clothes, bottle, pacifier, rattle or other related items.



Yarn Fidget Box: Include yarn balls of different sizes, loose yarn and a plastic crochet hook and/or plastic needle.

Tool Fidget Box: with realistic looking plastic tools, wing nuts, a folding wooden rule, brightly colored plastic wall plugs, etc.

Fabric Fidget Box: Provide a large box with dozens of pieces of assorted fabric inside it; silk, lace, felt, velvet, acrylic and wool.





National Donut Day is the First Friday in June.

Here is a simple recipe that can easily be made with your residents.

Cake Doughnuts

Ingredients:

- 2 1/2 cups all-purpose flour
- 1/2 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup milk
- 1 egg, beaten
- 1/4 cup butter, melted and cooled
- 2 teaspoons vanilla extract
- 2 quarts oil for deep frying
- 1/2 teaspoon ground cinnamon
- 1/2 cup white sugar

Directions:

1. In a large bowl, stir together the flour, 1/2 cup sugar, baking powder, salt, 1 teaspoon of cinnamon and nutmeg. Make a well in the center and pour in the milk, egg, butter, and vanilla. Mix until well blended. Cover and refrigerate for 1 hour.

2. Heat oil in a deep heavy skillet or deep-fryer to 370 degrees F (185 degrees C). On a floured board, roll chilled dough out to 1/2 inch thickness. Use a 3 inch round cutter to cut out doughnuts. Use a smaller cutter to cut holes from center. If you do not have a small cutter, use the mouth of a bottle.

3. Fry doughnuts in hot oil until golden brown, turning once. Remove from oil to drain on paper plates. Combine the remaining 1/2 teaspoon cinnamon and 1/2 cup sugar in a large resealable bag. Place a few warm donuts into the bag at a time, seal and shake to coat.

National Ice Cream Soda Day is June 20th

OLD-FASHIONED ICE CREAM SODAS RECIPE

Yield: 4 servings.

Ingredients:

- 3/4 cup chocolate syrup
- 1 cup milk
- 4 cups carbonated water, chilled
- 8 scoops chocolate ice cream (about 2-2/3 cups), divided
- Whipped cream in a can, optional

Directions:

Place 3 tablespoons chocolate syrup in each of four 16-oz. glasses. Add 1/4 cup milk and 1 cup carbonated water to each; stir until foamy. Add two scoops of ice cream to each glass. Top with whipped cream if desired.



Around The Oasis



Around The Oasis



SUMMER BBQS ARE BACK!!!

DODGE PARK
& the OASIS

HOSTING BY BEN & MICHA

Join Us on the Outdoor Patio for our Summer BBQs
Featuring Live Entertainment, Dinner and Dessert.



ENJOY A RELAXING
& FUN EVENING!

SAVE THE
DATES!!!

Thursdays
5:30 - 7:00

DODGE	OASIS
June 14	June 21
July 12	July 19
Aug 9	Aug 16
Sept 13	Sept 20

FRIENDS & FAMILY ARE WELCOME. **COME & HAVE FUN!**



Your Loved Ones Deserve the Best

Worcester's Premier Senior Residential Care Facility

- Safe, secure, state-of-the-art facility
- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
- Beauty salon, spa, library
- Residency rates never go up
- Fully licensed by the State of Massachusetts
- Private rooms available
- Daily activities programs

 **OASIS**
AT DODGE PARK

Schedule a no-obligation tour
and receive our **FREE** book



(508) 853-8180 • OasisAtDodgePark.com

The Oasis at Dodge Park is more affordable than you think and provides a higher level of care than traditional assisted living.

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

**JOIN THE
FIGHT FOR
ALZHEIMER'S
FIRST SURVIVOR.**



Worcester County Walk To End Alzheimer's

Sunday, September 23, 2018
Quinsigamond Community College
Worcester, MA

NATIONAL PRESENTING SPONSOR

Edward Jones

alz.org/walk



**To Join Us As We Walk,
Please Call (508) 853-8180**



TEAM FUNDRAISING OPPORTUNITY AT A BRAVEHEARTS BASEBALL GAME

Worcester County Walk to End Alzheimer's Teams come together for an evening of fundraising, baseball and fun! It's also Bark in the Park night, so bring along your furry friends.

Tickets \$10.00 each

\$5.00 of each ticket goes right towards your team goal

Dogs \$3.00 each (no advance purchase)

The Worcester County Walk to End Alzheimer's will also be the recipient of the 50/50 raffle that night and have a table on the Braveheart's concourse to raise awareness throughout the stands. The team with the highest fundraising by June 6th will have the opportunity to throw a first pitch!

For tickets and Bravehearts questions please email Sherry Callahan at sherry@worcesterbravehearts.com

For Walk specific questions please email Catherine Leary at caleary@alz.org



SAVE THE DATE

What:

Bravehearts Game

June 11, 2018

6:30 PM Game

Bravehearts vs. Brockton Rox

Where

Worcester Bravehearts

Fitton Field

College of the Holy Cross

1 College Street

Worcester, MA



39 JOLMA ROAD • WORCESTER, MA 01604
p: 508.438.3773 • f:508.799.2071 • worcesterbaseball.com

Dodge Park Rest Home and Day Club
JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Game Circle 6:30 Sunday Game Night 8:00 Movie Choice</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:15 Catholic Mass 2:30 Outdoor Adventures "Summer Says" 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game Noodle Hockey 7:00 Tuesday Night Trivia 8:00 Laugh A Little</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 2:30 Color Craze Sensory Table 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Movie Classics</p>	<p>10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Word Games 2:30 Bingo with Friends Table Games 4:00 Sentimental Singing 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 Manicures and Music Arts and Crafts 3:00 Happy Hour! 4:00 Musical Memories 7:00 Friday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Ted Powers 8:00 Classic TV</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Joe Sarasin 3:30 Root Beer Floats! 6:30 Sunday Game Night 8:00 Movie Choice</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:15 Catholic Mass 2:30 Outdoor Adventures "Summer Says" 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 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 8:00 Laugh A Little</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 2:30 Color Craze Sensory Table 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Movie Classics</p>	<p>10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Word Games 2:30 Bingo with Friends Table Games 4:00 Sentimental Singing 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:00 Mary Kay 11:15 Game Circle 2:30 Manicures and Music Arts and Crafts 3:00 Ice Cream Social 4:00 Musical Memories Reminiscing 7:00 Friday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: John Grundstrom 8:00 Classic TV</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Dave Cuddy 4:00 Game Circle 6:30 Sunday Game Night 8:00 Movie Choice</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:15 Catholic Mass 2:30 Outdoor Adventures "Summer Says" 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 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 8:00 Laugh A Little</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 2:30 Color Craze Sensory Table 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Movie Classics</p>	<p>10:00 Daily Chronicle 10:30 Yoga with Nancy 11:15 Word Games 2:30 Bingo with Friends Table Games 4:00 Sentimental Singing 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:00 Baking with Laura 11:15 Game Circle 2:30 Manicures and Music Arts and Crafts 3:00 Happy Hour! 4:00 Musical Memories Reminiscing 7:00 Friday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Cameron Sutphin 8:00 Classic TV</p>

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

Oasis at Dodge Park
JUNE 2018

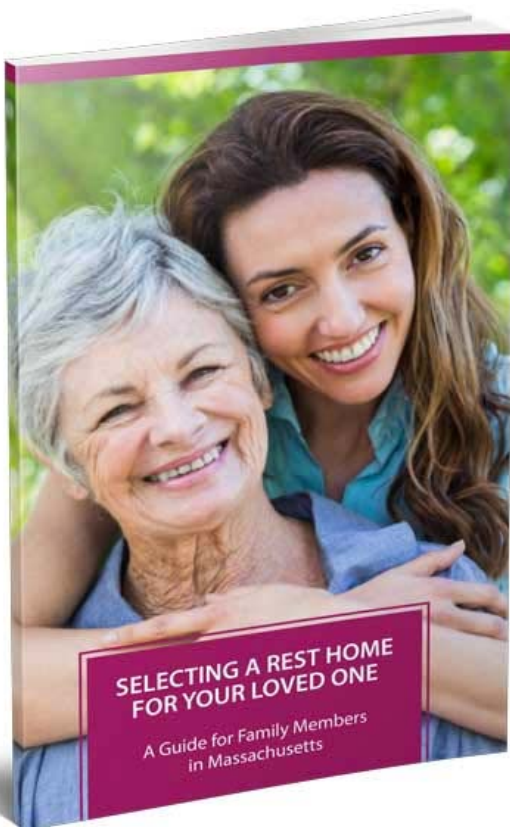
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Game Circle 2:30 Entertainment: Duane Sullivan 4:00 Inspirational Stories 7:00 Meditation & Music 8:00 Sunday Night at the Movies</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner Group Game Show 3:00 Ballon Hockey 4:00 Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Finish the Phrase 10:30 Tai Chi 11:15 White Board Word Games 2:30 Entertainment: Devin Ferreira 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 Move and Groove 10:45 Name "10" Game 11:30 Music Therapy 2:30 Exercise with Paula 3:30 Outdoor Games 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p>	<p>6 National Chocolate Ice Cream Day 10:00 Circle Games 11:15 Yoga with Nancy 2:00 Artful Adventures 3:00 Ice Cream Social 3:30 The Man Cave 4:00 Remember When 7:00 Hand Massage and Music</p>	<p>9:30 Daily Chronicle 10:00 Music & Movement 11:00 Drum Circle w/Tim 11:30 Shabbat Service 2:00 Manicures and Music Ring Toss 3:00 Happy Hour! 4:00 Brain Games 7:00 Entertainment: Marie Pascale</p>	<p>1 National Bubby Day 2 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bubble Blowing and Outdoor Fun 3:00 Balloon Toss 4:15 Chrs on the Piano 6:30 Entertainment: Jim Porcella</p>
<p>9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories 7:00 Meditation & Music 8:00 Sunday Night at the Movies</p>	<p>10 National Making Life Beautiful Day 9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner 3:00 Positivity Project 4:00 What Makes Your Life Beautiful? 7:00 Poetry in Bloom</p>	<p>9:30 Daily Chronicle 10:00 Name "10" Game 10:30 Tai Chi 11:15 White Board Word Games 2:30 Entertainment: The Jesse Luke Show 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 Move and Groove 10:45 Name "10" Game 11:30 Music Therapy 2:30 Exercise with Paula 3:30 Outdoor Games 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Flag Day Trivia 11:15 Yoga with Nancy 2:00 Flag Day Art Project 3:00 Flag Day Social 4:00 Patriotic Sing-A-Long 7:00 Hand Massage and Music 8:00 Movie Choice</p>	<p>9:30 Daily Chronicle 10:00 Music & Movement 11:00 Drum Circle w/Tim 11:30 Shabbat Service 2:00 Manicures and Music Ring Toss 3:00 Happy Hour! 4:00 Brain Games 7:00 Entertainment: Marie Pascale</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bubble Blowing and Outdoor Fun 3:00 Chicken Soup for the Soul Stories 4:15 Chrs on the Piano 6:30 Entertainment: Sandy Robinson</p>
<p>17 National Root Beer Day 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Game Circle 2:30 Entertainment: Glenn Hillard 3:30 Root Beer Float Social 4:00 Fathers Day Stories</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner Group Game Show 3:00 Ballon Hockey 4:00 Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Finish the Phrase 10:30 Tai Chi 11:15 White Board Word Games 2:00 Tuesday Trivia 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 Move and Groove 10:45 Name "10" Game 11:30 Music Therapy 2:30 Exercise with Paula 3:30 Outdoor Games 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Yoga with Nancy 2:00 Congregational Church Service 4:00 Remember When 5:30 Oasis Family Cookout with Mike and Beth 7:30 Hand Massage & Music</p>	<p>7:00 Movie "Blue Hawaii"</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bubble Blowing and Outdoor Fun 3:00 Chicken Soup for the Soul Stories 4:15 Chrs on the Piano 6:30 Entertainment: Sean Fullerton</p>
<p>9:30 Meditation/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Sing-A-Long 11:45 Game Circle 2:30 Entertainment: Wayne Page 4:00 Inspirational Stories 7:00 Meditation & Music 8:00 Sunday Night at the Movies</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner Group Game Show 3:00 Ballon Hockey 4:00 Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Name "10" Game 10:30 Tai Chi 11:15 White Board Word Games 2:00 Tuesday Trivia 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 Move and Groove 10:45 Name "10" Game 11:30 Music Therapy 2:30 Exercise with Paula 3:30 Outdoor Games 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Yoga with Nancy 2:00 Congregational Church Service 4:00 Remember When 5:30 Oasis Family Cookout with Mike and Beth 7:30 Hand Massage & Music</p>	<p>9:30 Daily Chronicle 10:00 Music & Movement 11:30 Shabbat Service 2:00 Manicures and Music Ring Toss 3:00 Happy Hour! 4:00 Brain Games 7:00 Entertainment: Marie Pascale</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bubble Blowing and Outdoor Fun 3:00 Chicken Soup for the Soul Stories 4:15 Chrs on the Piano 6:30 Entertainment: Paul Belanger</p>

Oasis at Dodge Park 102 Randolph 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

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**

Scrambled Words



Unscramble the following
baby related words.

F T S O

D P E R O W

T L O B T E

G S E N L G U

E G R P A N N T

I F A P C I R E

A C W L R

T A E R T L

B R I C

O B R A L

G I E G L G

I M S L E

A S I D R P E

B T E K A L N

O I S N E E

U C E T

M Y M O M

L I R G

D Y D A D

Y B O

ANSWERS: soft, powder, bottle,
snuggle, pregnant, pacifier,
crawl, rattle, crib, labor, giggle,
smile, diapers, blanket, onesie,
cute, mommy, girl, daddy, boy

Missing Letters

Fill in the missing letters to identify these words associated with summer.

B _ _ C H

_ O O _

F _ M _ _ Y

_ A _ B _ R _ _ R

P I _ _ I _

W _ T _ R _ _ L _ N

_ A S _ _ A L L

C _ M _ _ N _

_ A C _ Y _ _ D

B _ R _ E C _ _

S _ N _ _ I N _

_ I S _ I _ G

B _ _ _ Y C _ _

_ R _ S B _ _

F _ R _ W _ _ K _

P _ P _ _ C L _ _

_ U _ G _ A _ S _ S

S _ _ D A _ _

G _ A _ S

_ _ O R _ S

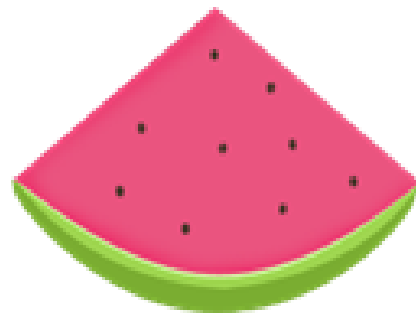
B _ G _

F _ _ W _ R _

_ W _ M _ _ I T

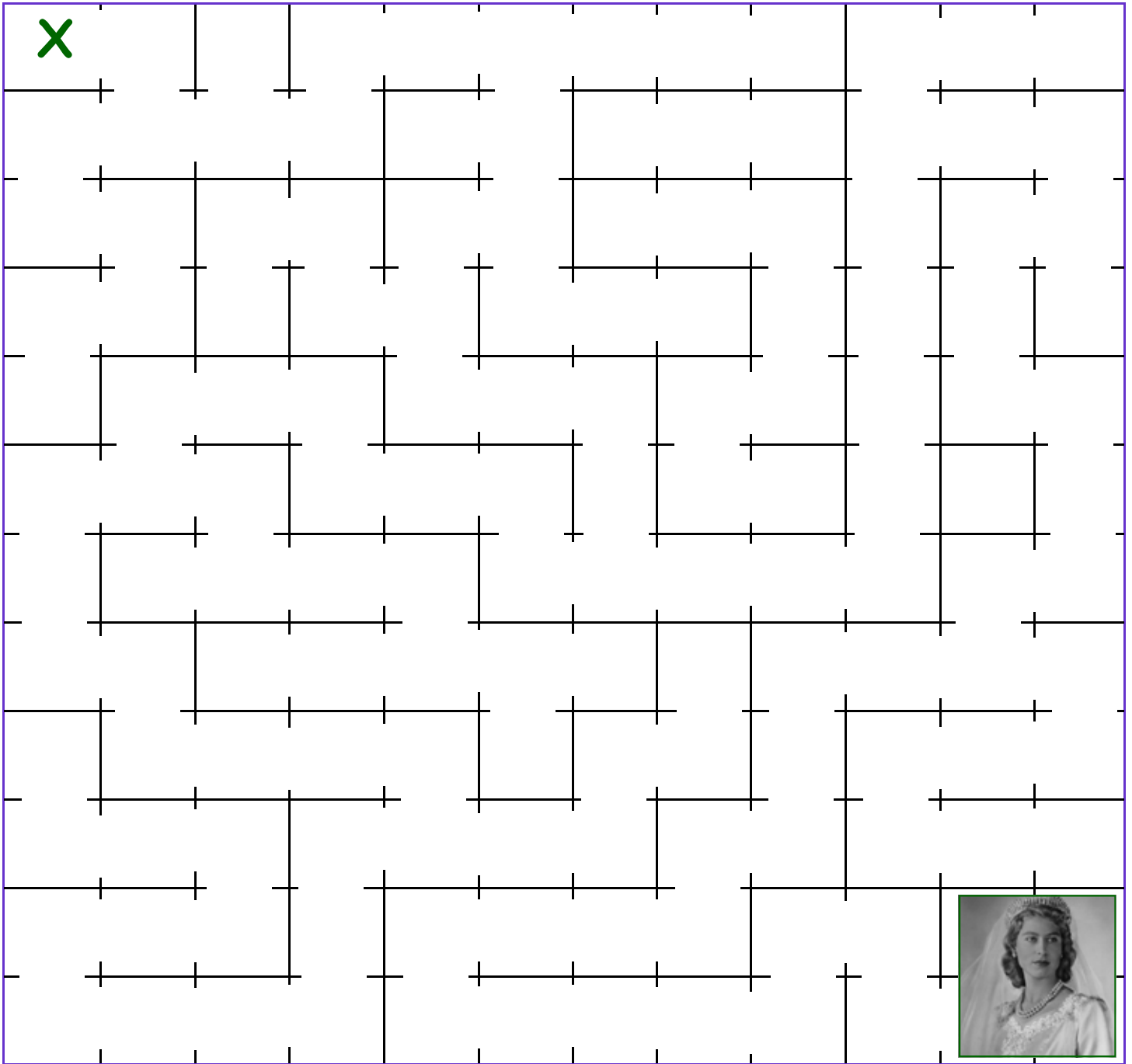
_ C _ _ C _ E _ M (2 WDS)

V _ C _ T _ _ N



ANSWERS: beach, pool, family, hamburger, picnic, watermelon, baseball, camping, backyard, barbecue, sun-shine, fishing, bicycle, frisbee, fireworks, popsicles, sunglasses, sandals, grass, shorts, bugs, flowers, swimsuit, ice cream, vacation

Visit the Queen Bride



Start at the "X"
Find your way to the bride
Good Luck!!!

The bride is
Queen Elizabeth II

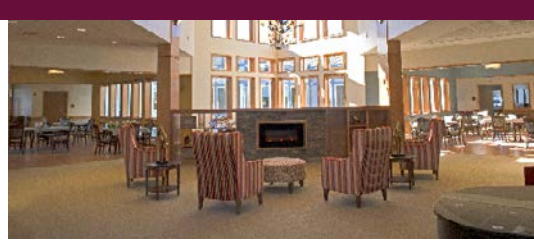
In the Good Old Summer Time

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

barbecue
baseball
bicycle
family

fishing
flowers
ice cream
picnic

pool
shorts
sunglasses
vacation



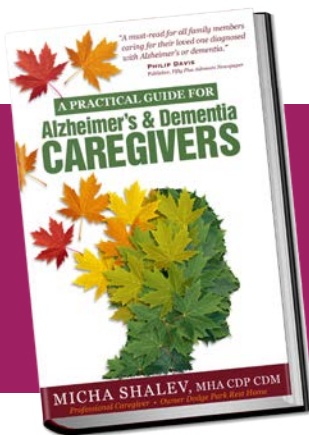
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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.



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.

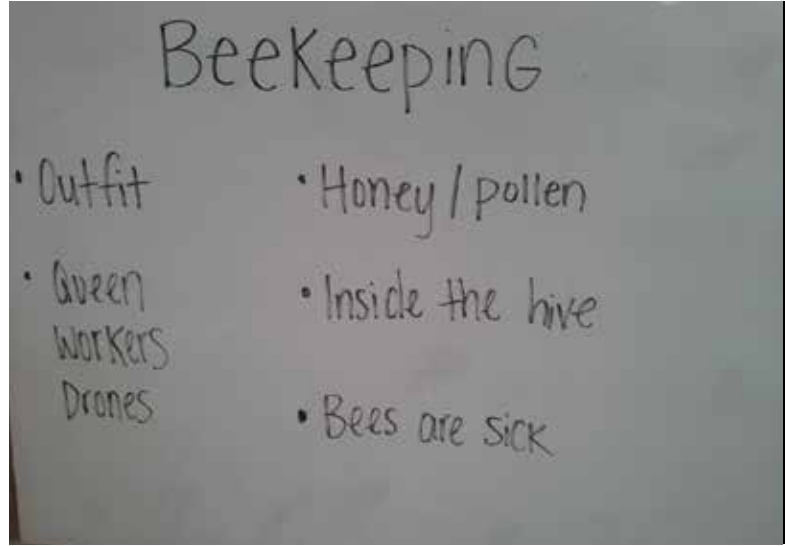
A Higher Level of Care than Assisted Living and more affordable than a Nursing Home

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

Around Dodge Park



Around Dodge Park & Oasis



The N'efesh to N'efesh™ 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



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 —



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

DODGE PARK REST HOME



DODGE PARK REST HOME
CELEBRATING **50** YEARS
Caring for our Community



Call and schedule a FREE DAY today!

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