

NEIGHBORHOOD C O N N E C T I O N

Dodge Park and the Oasis at Dodge Park Community Newsletter

July 2018

Happy
4th of
July



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.



How Do I Choose The Right Adult Day Care Program?

By Micha Shalev

No matter how efficiently and effortlessly you have adapted your life to the role of caregiver; eventually you are going to need a break. Occasional breaks are essential not only to your emotional well-being, but to the well-being of your relationships with your family, friends, and the person you are caring for. Taking an occasional break is also essential to maintaining your capability as a caregiver. For some caregivers a nearby family member can step in and provide the care, but for other caregivers that option is not available. In those cases, adult day care is one of a better option.

The role of adult day care is gaining increased attention as the nation prepares for the large cohort of baby boomers entering their later years. Many boomers are aging with physical and cognitive impairments, including Alzheimer's disease and related dementias. Moreover, these boomers have a strong preference to age in place in their communities. It is estimated that 70% of persons with dementia and Alzheimer's disease, reside at home while receiving care from family members.

Life, liberty, and the pursuit of happiness are central ideals in American society. Health and aging issues in the United States are shaped by "independence, autonomy, the application of principles, and a preeminent concern for individual rights". In the United States, the National Adult Day Services (ADS) Association provides leadership in all areas of ADS. The most current definition for ADS in the United States comes from the NADSA Standards and Guidelines for ADS:

"Adult day services are community-based group programs designed to meet the needs of adults with impairments through individual plans of care. These structured, comprehensive, residential programs provide a variety of health, social, and related support services in a protective setting. By supporting families and other caregivers, adult day services enable participants to live in the community. Adult day services assess the needs of participants and offer services to meet those needs. Participants attend on a planned basis"

The Components of A Quality Program

Family members must do some research to determine whether the adult day care center is right for their loved ones. The components of a quality adult day care program should include the following:

- Conducts an individual needs assessment before admission to determine the person's range of abilities and needs;
- Provides an active program that meets the daily social and recreational needs of the person in care;
- Develops an individualized treatment plan for participants and monitors it regularly, adjusting the plan as necessary;

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 Kublbeck RN, BSN

Assistant Director of Nurses

r.kublbeck@dodgepark.com

101 Randolph Road, Worcester, MA 01606

102 Randolph Road, Worcester, MA 01606

Phone: 508.853.8180 Fax: 508.853.4545

The Dodge Park Family of Care Services

Dodge Park Rest Home

www.dodgepark.com

The Oasis at Dodge Park

www.oasisatdodgepark.com

The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

- Has clear criteria for service and guidelines for termination based on the functional status of the person in care;
- Provides a full range of in-house services, which may include transportation, meals, health screening and monitoring, educational programs and counseling;
- Provides a safe, secure (lock if needed) environment;
- Provide transportation;

Be sure to ask each program you are considering which services are included, and whether or not supplemental services may be purchased to complement the specific care and services required.

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



Testimonial about Dodge Park

The one thing that impresses you most when you enter Dodge Park is that it is NOT a hospital setting nursing home. The main entrance brings you into the old Heald Mansion. They have maintained the old charm of this mansion and you feel as if you've stepped back in time. The resident rooms are clean, large and very well kept. I was impressed with their activity board and the number of activities they provide the residents. Staff was wonderful with residents being very attentive and responsive to their needs. They provide respite care, memory care and offer an Adult Day Program, which I thought was great for those that didn't need a full time living situation but could benefit from the social setting. I was able to walk the dining room during lunch time and the quality of the food looked terrific.

To know that my Mom is safe every day means the world to me. She has been a resident at Dodge Park for just over a year now and the difference in her is amazing. She is very happy living there and she appreciates how much the staff do for her day in and day out. She tells me all the time she feels lucky to have made so many friends including the residents and staff. The entire staff continue to go above and beyond every day with her care. Her room is immaculate, her clothes are always clean, the dining hall is spotless, kudos to the staff for the upkeep of such a large facility. I had the privilege of participating in one of the day hab programs on Patriots Day with Mom and very impressed by the structure of the activities planned surrounding that holiday. Ben & Michal's knowledge of dementia attributes to the well being of all the residents, the monthly newsletter is full of facts that are very helpful to anyone who has a friend/relative with dementia. Every Saturday I visit so Mom and I can participate with Jorge doing aerobics, the smiles he puts on the residents face is priceless, such a caring gentlemen. I would highly recommend Dodge Park Rest Home.

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.



Testimonials about Oasis at Dodge Park

Great Facility. Care is superb. We are very happy with overall staffing, level of care and activity. Mom doing very well at the facility. A one of a kind.

24 hr care for mother. All employees give great respect and love for our mom. I cannot say enough good things about this facility.

Everyone seemed generally friendly, the facilities were clean and well kept, the staff seemed to have a good grip on everything that was going on. When I visited I was promptly brought to my grand parent. He very much enjoyed his stay there and said that it was one of the better homes that he has seen.



Monthly

National Blueberry Month. This yummy fruit is packed with antioxidants and in season during July. They're great in muffins, pancakes, and pies, or on their own as a low-calorie snack. Head to a farmer's market or you-pick, and take some home today.

National Cell Phone Courtesy Month. For the next 31 days, exercise common sense when it comes to cell phone use. Keep your phone turned off when you're having dinner, taking a yoga class, or at the theater. If you are in a workplace or public setting, move to a more private location if you need to take a call.

National Recreation and Parks Month. There are 417 parks in the National Park System, as well as a multitude of historic landmarks and places, rivers, trails, and heritage areas. Go to NPS.org and find one for camping, hiking, and exploration.

Social Wellness Month. Now is the time to take stock of your quality of life. Develop daily practices that support your health and well-being. Commit to having loving and supportive relationship with family, friends, and colleagues. Make your home a clean, organized, and peaceful environment.

Weekly

Everybody Deserves a Massage Week, July 15-21. The third week of July has been designated to promote the benefits of therapeutic massage and bodywork. Find a licensed professional, and book your next appointment.

Comic-Con International (San Diego), July 19-22. Since 1970, comic book lovers have gathered in California to celebrate comics, anime, science fiction/fantasy, and games. Will you be among the more than 100,000 attendees expected this year?

Quilt Odyssey Week (Pennsylvania), July 19-22. Quilters from across the country will gather to learn techniques from the pros, network, and show off their creations.

RAGBRAI, July 22-28. What started out as a challenge among a few staff members at the Des Moines Register in 1973 has become an annual event for those who love cycling. RAGBRAI, the Register's Annual Great Bike Ride Across Iowa, will cover about 468 miles over the course of a week.

Daily

JULY Observances

- 1 Build A Scarecrow Day - first Sunday in month
- 1 Canada Day / Dominion Day
- 1 Creative Ice Cream Flavors Day
- 1 International Chicken Wing Day
- 1 International Joke Day
- 2 I Forgot Day
- 2 World UFO Day
- 3 Compliment Your Mirror Day
- 3 Disobedience Day
- 3 Eat Beans Day
- 3 Stay out of the Sun Day
- 4 Independence Day (U.S.)
- 4 National Country Music Day
- 4 Sidewalk Egg Frying Day- Hmmm, I wonder why!?!
- 5 National Apple Turnover Day
- 5 National Bikini Day
- 5 Work-a-holics Day - even though everyone is on holiday
- 6 International Kissing Day
- 6 National Fried Chicken Day
- 7 Chocolate Day
- 7 International Cherry Pit Spitting Day - first Saturday of month
- 7 National Strawberry Sundae Day
- 8 Body Painting Day
- 8 National Blueberry Day
- 8 Video Games Day
- 9 National Sugar Cookie Day
- 10 Pick Blueberries Day
- 10 Teddy Bear Picnic Day
- 11 Cheer up the Lonely Day
- 11 National Blueberry Muffins Day
- 11 World Population Day
- 12 Different Colored Eyes Day
- 12 Pecan Pie Day
- 13 Barbershop Music Appreciation Day
- 13 Embrace Your Geekness Day
- 13 Fool's Paradise Day
- 13 Friday the 13th
- 13 National French Fries Day
- 14 Bastille Day
- 14 Pandemonium Day
- 14 National Nude Day
- 14 Shark Awareness Day
- 15 Be a Dork Day

JULY Observances

15 Cow Appreciation Day- Go out and give a cow a hug
 15 National Ice Cream Day - third Sunday of the month
 15 Tapioca Pudding Day
 16 Fresh Spinach Day
 16 Global Hug Your Kids Day - third Monday of the month
 16 World Snake Day
 17 Peach Ice Cream Day
 17 World Emoji Day
 17 Yellow Pig Day
 18 National Caviar Day- something's fishy here
 18 National Hot Dog Day - third Wednesday in July
 19 National Daiquiri Day
 19 National Raspberry Cake Day
 20 National Ice Cream Soda Day
 20 National Lollipop Day
 20 Moon Day
 20 Ugly Truck Day- it's a "guy" thing
 21 National Junk Food Day
 22 Hammock Day
 22 Parent's Day - fourth Sunday in July
 22 Ratcatcher's Day
 23 Vanilla Ice Cream Day
 24 Amelia Earhart Day
 24 Cousins Day
 24 National Tequila Day
 24 Tell an Old Joke Day
 25 Culinarians Day
 25 Threading the Needle Day
 26 All or Nothing Day
 26 Aunt and Uncle Day
 27 System Administrator Appreciation Day - last Friday in July
 27 Take Your Houseplants for a Walk
 27 Take Your Pants for a Walk Day
 28 National Day of the Cowboy - fourth Saturday in July
 28 National Milk Chocolate Day
 29 International Tiger Day
 29 National Chicken Wing Day
 29 National Lasagna Day
 30 National Cheesecake Day
 30 Father-in-Law Day
 30 International Day of Friendship
 31 Mutt's Day

International Plastic Bag Free Day, July 3. Only 1 percent of the 100 billion plastic bags Americans consume are recycled during the year. The rest add to the pollution of our planet and threaten all sorts of ecosystems. Let today be the day you become part of the solution to ending the waste.

National Fried Chicken Day, July 6. We will never agree on which fast-food joint does it right, but one thing is certain: Anyone who loves fried chicken will tell you that "momma" makes the best. If you're lucky, she's in the kitchen right now and the cast iron skillet is on the stove.

Simplicity Day, July 12. Celebrated on the birthday of Henry David Thoreau, this day is observed to raise awareness regarding the need for sustainable living. Find ways to live in harmony with your environment and reduce your ecological footprint.

Toss Away the Could Have's and Should Have's Day, July 21. The third Saturday of July will be the start of new beginnings. Today is the day to put the failures and regrets of the past behind you, root yourself in the here and now, and live each day to the fullest.



Why you need a daily multi-vitamin?



It's a medical fact that good nutrition is the basis for wellness, and usually translates into a stronger immune system and better health. An important aspect of good nutrition is vitamins and minerals. They play a central role in converting food into energy, as well as building and repairing tissues and DNA. They also manufacture neurotransmitters and hormones, and maintain growth, reproduction and health. According to research by the USDA, the American diet is lacking micronutrients which include vitamins and minerals. In fact, nine out of ten Americans are missing key nutrients. Common culprits may include food-production and storage techniques, poor food choices and nutrient-depleting preparation methods. Most people know that they should eat whole, natural foods, reduce refined sugars and increase their intake of fresh fruits and vegetables. Yet the Standard American Diet, or SAD, is rich in empty calories in the form of soft drinks, fast foods and snacks.

Only about 10 percent of people heed the advice of the National Cancer Institute to eat five or more servings of vegetables and fruits daily. The body requires more than 40 nutrients to function properly. One crucial task of vitamins and minerals is to act as coenzymes, which means they kick-start substances that drive all energy production processes in the body.

When choosing a Daily Multi-vitamin you need to consider the following:

1. Are the vitamins hypoallergenic and in an activated form
2. Is folic acid present in the bioactive Folate like 5-MTHF form
3. Are the minerals in Albion TRAACS chelated form

I use Daily Multi-vitamins for all my clients, which I formulated. It is available for any consumer on my clinic's website www.DrQwellness.com.

This Daily Multi-vitamins is:

Support Detoxification
Supports Antioxidant Protection
Supports Those with Stressful Lifestyles
A Basic "Insurance " Formula for Wellness
Supports Those who want to maintain their Wellness



Be an empathic friend to those in need

Parents grieving over the death of a son or daughter are more likely to experience depression, illness, and marital issues resulting in divorce. Because of this, July has been designated Bereaved Parents Awareness Month.

Often, friends don't know what to do or say to those coping with such a loss. Here are a few things you can do any time of the year to reach out to a family in mourning.

Show your support. There is no timeline for grief, but the weeks and months following a funeral or memorial service are when your friends will need your love and support most. Holidays and birthdays will be challenging times as well. Volunteer to cook a meal, do the grocery shopping, or handle an errand.

- **Share happy memories.** Whenever appropriate, help your friends remember the good times by sharing positive memories you have of their loved one.

- **Be empathetic.** Even if you have experienced a similar loss, grief is a unique experience shaped by the relationship of the parties involved. There is no way you can know what your friends are feeling. Still, people need a safe space to laugh, cry, vent, and make sense of things. Be available to listen without judgment or interjecting your opinion.

In time, the heartache this family is experiencing will not be such an overwhelming force in their lives. Let your love and support give them the strength to believe that better days are ahead.

Focus on the basics for kindergarten

July is “Get Ready for kindergarten Month.” If you have children starting school soon, make sure you are working with them to establish basic skills that will allow them to grow into productive students. You can determine how prepared your little one is for class—and how much work you have to do—by giving consideration to the following areas:

- **Independence.** Your children should be able to get dressed and handle their bathroom visits without your assistance; spend time away from you; engage in independent play; and communicate their name, home address, and phone number.

- **Behavior.** Does your son or daughter have the ability to communicate his or her feelings and understand when someone else is sad, happy, or angry? Can he or she play and function in a small group or one on one with a peer? Is your kid willing to share, or prone to tantrums?

- **Foundation for learning.** Children should know some of the letters of the alphabet and how to count to 10; possess the ability to spell and write their name; use basic art and writing materials; listen to a story or lesson without interrupting; follow directions; identify objects, primary colors, shapes; and speak in complete sentences.

Keep in mind that you are your children's first teacher. Everything you do and say plays a crucial role in their development. Each new day offers teachable moments. To make the most of them and learn more about preparing your child for kindergarten, visit the website for the National Association for the Education of Young Children at <https://www.naeyc.org/our-work/families/school-readiness>.



Developing Guiding Statements

by Debbie Hommel, ACC/MC/EDU, CTRS

John Lennon once said “How can I go forward if I don’t know which way I am facing?”. This is a profound thought on many levels. The activity profession is a fast paced profession. Once we have one activity planned, we are quickly on to the next. It is easy to lose our direction, let alone to be mindful of which way we are facing. A solution would be to have clearly defined professional goals to keep our department focused and on the right path. If we do not define our own path, we may end up where someone else feels we belong. I would rather drive my own destiny, personally and professionally.

Many communities and corporations have facility wide vision, mission and philosophy statements which are often displayed in the lobby or elevators. These statements communicate to others the intent and values of the organization. Does your activity/life enrichment departments have their own statements; statements which individualize these visionary philosophies to our activity specific services? If so, are you using them to their best advantage? It is good practice for your department to have these guiding lights or statements, to assist departmental staff in remaining focused on what is important. Having department specific statements can be used in initial orientation of staff, reminders during monthly staff meetings and communicating to others the value of our service.

What is a vision, mission or philosophy statement? Are they one and the same or distinct statements? They are three different statements with various characteristics, defining different aspects of a similar message.

Vision Statement: The Vision Statement projects to the future, defining a future state of the organization or department. Visionary thinking is difficult to master as it is seeing things as they could be, not as the currently are. Visionary thinking is “out of the box” thinking and some people may call the vision statement unrealistic or unattainable. Belva Davis once said “Don’t be afraid of the space between your dreams and reality. If you can dream it, you can make it so.” Or, we are reminded by the movie “Field of Dreams” where the common theme was “If you build it, they will come.”

Mission Statement: As opposed to the Vision Statement which projects forward and defines a future state of the



organization, the Mission Statement defines why the organization exists. Each health care professional should be made aware of the organization’s mission when they apply for their paid position. When they accept the job, technically they are choosing to accept the mission or purpose of the organization.

Philosophy Statement: Many people equate philosophy with deep thoughts and big words. The word philosophy is a combination of two Greek words: philo (love) and sophia (wisdom) which combines into “love of wisdom”. Establishing a work or personal philosophy could be viewed as a “quest for truth”. Departmental Philosophy Statements often include beliefs and standards associated with the service, as well as values and principles supporting the purpose of the service.

If you have your Vision/Mission/Philosophy statements printed and framed in your office, it will be a constant reminder to staff, families and anyone who visits the activity/recreation office, of what drives the department. If you do not have such statements, develop a plan to create them. Creating meaningful and relevant guiding statements requires a collaborative effort of professionals dedicated to the service. This is something that can be achieved at a corporate activity professional meeting or activity department meeting. Once created, sharing the guiding statement with departmental staff during their initial orientation will provide them with a concrete guide as to why they do what they do. If departmental staff understand the guiding statements and embody the meaning of the words in their day to day tasks, they will be able to make better therapeutic decisions regarding care and treatment of those served. If the staff believes in what they do, inevitably the elders in their care will receive the best care possible.

A very

Happy Birthday to...



Oasis Residents

Marie W. July 10th
 Thomas D. July 28th
 Roberta D. July 30th
 Glad S. July 30th

Dodge Park Residents

Rita D. July 2nd
 George B. July 3rd
 Laura L. July 4th
 Thaddeus B. July 14th
 Nancy B. July 18th
 Dennis S. July 18th
 Jeannine C. July 28th

Staff

Christina H. July 7th
 Joseph C. July 9th
 Angela G. July 13th
 Arthur M. July 16th

Lynnette A. July 25th
 Laura J. July 27th
 Nikita M. July 27th
 Edwin C. July 28th

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 July 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.





Safety at work depends on these factors

A safe workplace is the result of careful planning. To create a culture of safety that is as free of accidents and injuries as possible, build your strategy around these three elements:

- **Environment.** Pay attention to such issues as equipment, housekeeping, exits, and other physical issues. Are machines kept in good condition, and do they receive regular maintenance? Are floors clean and free of obstacles and other dangers, such as cords or standing water? Are emergency exits clearly marked and easily accessible?
- **Personal.** Employees should be trained in safety procedures and must have a proper respect for workplace security and protection. If they ignore precautions, managers must point out the possible consequences. The wrong attitude can lead to serious injuries.
- **Behavior.** Training in safety procedures is only the beginning. Pay attention to how employees do such tasks as lifting, cleaning up spills, and properly performing maintenance tasks. Hold them accountable for creating a safe workplace.

Can you drink the water?

Worries about clean water are all over the news lately. Before you shell out the bucks for bottled water, though, try these steps first to protect you and your

family from exposure to bacteria, lead, or disinfection products in tap water:

1. **Let water run for at least 30 seconds.** Water sitting in pipes and just out of the faucet can pick up lead if it's been sitting for several hours, so run your tap briefly before drinking or getting water for cooking.
2. **Don't use hot water.** Hot water leaches lead from pipes faster than cold, so don't use it for drinking or cooking.
3. **Test it.** If your water smells funny, leaves stains in your sink or laundry, or is cloudy, test it. In general, be aware lead can get into tap water for a variety of different reasons.

Take cover from summer storms

There's nothing like the great outdoors in summertime, but if you're outside when a sudden storm hits, you may feel unsafe. Here are tips on weathering a sudden lightning storm:

- **Get to shelter.** Choose a building or structure to duck into as the storm passes. If you can't find such shelter, it's best to get into a car with a hard roof and keep the windows closed.
- **Find a low-lying open place.** If you're in the open, hunker down against the storm in a low-lying spot that is a safe distance from trees, poles or metal objects.





Reduce arthritis pain without surgery

Arthritis is the leading cause of disability among U.S. adults over 55, in many cases requiring surgery to replace troubled joints. You don't have to resort to joint replacement all at once, though. These simple steps from Dr. Victor Romano, an orthopedist and author of *Finding The Source: Maximizing Your Results—With and Without Orthopaedic Surgery*, can help you deal with arthritis before surgery becomes necessary:

- **Wear good shoes with arch supports.** Over time, the arches in feet tend to fail. Arch supports can help with the alignment of your feet and improve the alignment of your knees, letting your feet better serve as shock absorbers for the knees.
- **Exercise daily.** Try at least a 20-minute program that includes stretching, aerobic activity, strength training, and balance.
- **Wear a hinged knee brace for better support.** You don't have to wear it all the time, but it can help during sports or other strenuous activity.
- **Watch your weight.** Lower weight decreases the stress on your joints and helps with mobility. Eat nutritious foods and cut your intake of sugar, which can cause inflammation of your arteries and joints.
- **Take care of your bones.** Calcium, vitamin D, and weight-bearing exercises can reduce arthritis pain and build up your bone density. Should you need replacement surgery, greater bone density will help your artificial joint last longer.

Staying up late may damage your health

Benjamin Franklin's advice, "Early to bed and early to rise makes a man healthy, wealthy, and wise," turns out to be true—at least the "healthy" part. A British study of genes and health that analyzed surveys of more than 400,000 people found that night owls have a 10 percent higher risk of death over a 6½-year period than early risers, according to an article on the NBC News website.

The negative impact of burning the midnight oil doesn't depend on how much sleep you actually get—both night owls and early risers reported getting the same amount—but on the fact that it throws the body's natural rhythms off track. Also, the study found that people who stay up late tend to eat fattier foods, drink more alcohol, and use recreational drugs. In addition, staying up late at night has been shown to increase depression and mood disorders, especially among people 50 and older.

Life expectancy, state by state

The impact of disease varies from state to state, and where you're born and live can have a big effect on how long you live. The CNN website reports that a study in the journal *JAMA* shows how wide those differences can be.

Looking at data from 1990-2016, the study found that Hawaii has the highest life expectancy at birth in the United States—78.5 years for people born in 1990—followed by Utah (77.9 years) and Minnesota (77.8 years).

On the other side, the data indicate that Mississippi has the lowest rate of life expectancy, 73.1 years. It's followed by Louisiana (73.3 years) and South Carolina (73.7 years.) The study also included the District of Columbia, which had the lowest rate of all—68.4 years. Risk factors such as diet, obesity, elevated blood pressure, tobacco use, and physical inactivity all explain the differences in lifespan across the states, researchers say.

Get more when selling your home

Selling a home is a big project. Whether you're looking to upgrade or cut back, here are some tips for making the best deal you can:

- **Choose the right agent.** Do some research on potential agents. Don't rely solely on referrals from friends, and talk to more than one or two agents before making your choice. Ask about their experience with selling houses like yours, check out their online marketing, and ask for references from previous home sellers.
- **Use social media.** Post a video to YouTube featuring your house and neighborhood. Explain what you love about both so potential buyers can visualize themselves enjoying your home and community.
- **Get your neighbors involved.** Tell folks in your neighborhood that you're selling. Invite them to your open house and make it a party, not just a sales event. The more people who know you're moving, the better your chances of getting competitive bids.
- **Leave something behind.** Don't empty out your entire house. Offer to leave behind some furniture or appliances. That will make your home more attractive to would-be buyers.
- **Choose the right timing.** Spring isn't necessarily the only good time to put your house on the market. In warmer climates, fall can be better because the weather is more comfortable. Do some research into when most sales take place so you can reach people when they're ready to look and buy.
- **Fix up your house.** The better condition your home is in, the more money you'll get for it. Even small repairs—fixing a sticky doorknob or patching nicks and scratches in a wall—can enhance the value of your residence. Spruce up the outside, too, so buyers can imagine themselves enjoying the backyard or the view of their new home from the street.

Put your money in the right charity

You don't have to be rich to spread the wealth. Just be discerning when you give to philanthropic organizations. Ask these questions before you write your check:

- **Do principles match actions?** Does the organization have people who are totally committed to doing good in the world? Organizations and people can give away a lot of money, but if their personal or professional actions don't reflect higher values, it will eventually undermine their causes.
- **Is the organization original and imaginative?** If an idea makes you say, "Wow!" or makes you laugh, it's probably a good candidate for your support.
- **Does the organization take a long view?** Find organizations that take a strategic view of what they do based on the past and the future.
- **What's the organization's profile?** Some of the best organizations don't get much attention because they're smaller and less likely to be influenced by other groups, or dominated by people who give them big money. They can still do good work, though. Don't let the big organizations get all your donations.



Quotes

"The glow of one warm thought is to me worth more than money."
—Thomas Jefferson

"The most beautiful things are not associated with money; they are memories and moments. If you don't celebrate those, they can pass you by."
—Alek Wek

Here's what renters look for

What do renters want in their apartments? A study of more than 1,000 U.S. renters from Entrata asked, and here are renters' top priorities:

1. Basic technology package, including high-speed internet and cable TV
2. In-home laundry
3. Online rent payment
4. Secure access
5. Gym/fitness center
6. Smart home features like keyless entry or a smart thermostat
7. Video surveillance
8. Onsite child care
9. Swimming pool
10. Automated maintenance request system

Millennials and health care

If your health care organization is targeting millennials, you should know what they're looking for. PNC Healthcare surveyed more than 5,000 consumers, including millennials, Gen Xers, Baby Boomers, and older seniors, to find out.

Thirty-four percent of millennials prefer retail clinics, and 25 percent favor acute care clinics. On the other hand, retail clinics are the preference of just 17 percent of Boomers, and acute care clinics are the choice of 14 percent.

Eighty-five percent of seniors, however, along with 80 percent of Boomers, rely on their primary care physicians, but only 61 percent of millennials do the same. Millennials expect faster and more convenient services, especially in a digital age—when they're paying more out of pocket for their medical costs.

Consumers nervous about online data

If you're worried about how well businesses are protecting the data they collect from you, you're far from

alone. A survey from IBM found that 77 percent of consumers say that an organization's ability to keep their personal data secure is a factor in their buying decisions—and only 20 percent say they "completely trust" businesses to ensure their privacy.

The survey also found that 75 percent of buyers refuse to purchase from organizations they don't trust, regardless of the quality of their products. Another finding: Almost three-fourths of consumers believe that sellers are more concerned about profits than about privacy and data protection.

Minimum wage: What should it be?

Debates about the minimum wage have been heating up for years. To find out what Americans think it should be, CreditLoan surveyed 2,669 people across the country. The results? People in every state said it should be higher than the current federal level of \$7.25 an hour. On average, Americans support a minimum wage of \$11.56 an hour, allowing employees working 40 hours a week 52 weeks a year to earn \$24,044 for the year.

Most Americans, though, don't even know what the minimum wage is. Just 35.5 percent identified the actual amount correctly. The average estimate was \$8.09 an hour.

Retirement: Golden years or a fading dream?

Americans these days are worried about their retirement—and whether they'll even be able to retire. A Willis Towers Watson survey of approximately 5,000 U.S. workers found that 37 percent expect to keep working to age 70 or longer, up from 30 percent two years ago. Only 26 percent believe they'll be able to retire before they're 65, a drop from 29 percent in 2015.



Does practice make perfect?

There's a theory that it takes 10,000 hours of practice in any given subject to develop one's expertise in that area, regardless of familiarity with it.

The theory intrigued Dan McLaughlin, so he decided to put it to the test. In April 2010, at age 30, McLaughlin quit his job and devoted his time to learning how to play golf—a sport for which he had no interest or aptitude.

He practiced for hours each day and soon realized time was just one of many factors that would aid in his development. The quality of the time spent in practice was equally important, as was his strategy for learning the fundamentals of the sport.

This prompted his correspondence with some of the leading researchers in the field of cognitive psychology and neuroscience. Their advice guided him to fine-tune his practice methods. It turns out that the most effective manner of learning requires you to work with material in a certain way and also challenge yourself with it.

After seven years and 6,003 hours of high-quality practice, McLaughlin achieved a handicap of 2.6. According to the United States Golf Association, fewer than 6 percent of golfers have attained this level of mastery in the sport. Not bad, considering that the guys who win the green jackets and tour the pro circuit are part of an exclusive group that accounts for an even smaller percentage of players, albeit ones who have been playing the game a lot longer.

Unfortunately, we will never know if McLaughlin could've developed the skills to be a pro golfer. Beset by back injuries, he abandoned his experiment. Still, the progress he made is encouraging. It is proof that a certain level of success is possible if you commit wholeheartedly to an objective, develop a solid plan, and put in the work.



Fun factoids for a festive Fourth

Do you know your U.S. history? Here are some Fourth of July facts to ponder and share:

- Three presidents died on July 4: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July 4 as a state celebration, in 1781.
- The first recorded use of the name "Independence Day" occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.
- The Declaration of Independence was approved in a closed session of the Second Continental Congress on July 2, 1776, but most of the delegates didn't sign it until Aug. 2. Although John Adams expected Americans would celebrate July 2, the date on the publicized copies of the document was July 4, which became the day Americans have commonly observed.





Tips for talking about Alzheimer's with a family member

It's a conversation no family wants to have, but one that can be vitally important - talking to a loved one about memory loss or cognitive decline. Mary Foss of Eagan, Minnesota, said she knew it was time to broach this sensitive topic with her husband Darrell when she noticed he was having difficulty doing the home improvement projects he had enjoyed all his life.

"Darrell would spend hours building and fixing things around the house - it was his hobby," Mary said. "But it got to point where he was having trouble doing even routine tasks. He would get frustrated and soon began doing less and less. I knew something was wrong, but dismissed it for a while."

As Darrell's retreat from activities he once loved grew, so did Mary's concern. Eventually, Mary and the couple's adult daughter, Michele, decided to share their concerns.

"We just told him that something is not right and you need to see a doctor and figure out what it is," Foss said. "I thought maybe he had a mini-stroke or a brain tumor. We were shocked when the diagnosis came back as mild cognitive impairment, possibly Alzheimer's."

The Fosses' story is not uncommon. Talking about memory or cognition problems with a family member can be daunting for many families. Denial, fear and difficulty initiating conversations about this sensitive subject are common barriers.

"Alzheimer's disease is challenging, but talking about it doesn't have to be," said Ruth Drew, director of Information and Support Services at the Alzheimer's Association. "Family members are typically the first to notice when something is not quite right and it's important to discuss these concerns and follow up with your doctor."

During Alzheimer's & Brain Awareness Month the Alzheimer's Association is offering these six tips to help families facilitate conversations about Alzheimer's and other dementias:

1. Have the conversation as early as possible - Addressing memory or cognition problems early offers an opportunity to identify the cause and take action before a crisis situation occurs.
2. Think about who's best suited to initiate the conversation - If there is a family member, close friend or trusted adviser who holds sway, include them in the conversation.
3. Practice conversation starters - Be thoughtful in your approach. For example, consider an openended question such as, "I've noticed a few changes in your behavior lately, and I wanted to see if you've noticed these changes as well?"
4. Offer your support and companionship - Let your family member or friend know that you're willing to accompany them to the doctor and offer your continuous support throughout the diagnosis process.
5. Anticipate gaps in self-awareness - Someone experiencing cognitive decline may be unaware of problems. Be prepared to navigate confusion, denial and withdrawal, as people may not want to acknowledge their mental functioning is declining.
6. Recognize the conversation may not go as planned - A family member may not be open to discussion. They may get angry, upset or simply refuse to engage. Unless it's a crisis situation, don't force the conversation. Take a step back, regroup and revisit the subject in a week or two.

While receiving the diagnosis was difficult, Mary Foss said it also provided a path forward. "As difficult as it was to receive Darrell's diagnosis, it provided an answer to what we're facing," Foss said. "We took a few days to grieve, but then we focused our attention on getting educated about the disease and what we can do to fight it. We are staying active and focusing on the things that are most important to us."

A story about loss and luck

There once lived a farmer who took pride in only two things in life: his son and his horse.

One day his horse kicked out the stall door of the stable and ran off. When the neighbors heard of what happened they said to the man, "What a loss," and, "What bad luck."

The man contemplated these words and asked the question, "How do we know this is a loss or bad luck?"

Most people were confused by this response until a few days later. The horse returned, at that time, trailed by a dozen wild stallions. The man now had 13 magnificent horses.

"What good luck you have," the neighbors remarked.

To which the man said, "How do we know this is good luck?"

No sooner had the neighbors began to mutter about this strange remark when the man's son was trampled while attempting to corral one of the wild stallions. His injuries were severe, but not fatal. The young man would need surgery and a long recovery. In time he could resume his life.

"How horrible," the neighbors said. "Such bad luck."

"How do we know it's bad luck?" asked the man.

By now the neighbors were beginning to grumble. The son was the star player football team at the local university. He was expected to go pro after graduation. Now he'd have to create a new future for himself.

Though the man never thought of his son's injuries in terms of loss or luck, the prevailing opinion was otherwise.

Until ...

There was a horrible accident on the interstate involving the bus carrying the members of the university football team. No one on board survived. It was a tragedy mourned by the entire town.

The man sat at his son's bedside. The young man grew stronger with each new day while his father felt grateful for the mysteries of life and also its blessings.



Getting unstuck

Three men were driving in the woods in a pickup truck when they became stuck in the mud.

The driver became angry and began to shout and curse. He pounded on the steering wheel and then sat fuming about their bad luck.

The second man climbed out of the truck and took refuge under the shade of a large tree. "I'm going to hang out here until someone comes along who can tow us out," he said.

The third man retrieved an ax and a saw and found a felled tree. He cut pieces to wedge under the tires so the truck could drive out of the mud.

We all get "stuck in the mud" at times while we are traveling down life's road. Will you melt down, walk away, and do nothing? Or will you embark on a course of action for getting unstuck?

Lincoln settles a problem

Abraham Lincoln ran a legal practice, but he never encouraged litigation that was unnecessary. One day, as Lincoln was working at his practice, a man entered the establishment in an impassioned state. He pleaded with Lincoln to bring suit against a man who was impoverished and in debt.

The man wanted to sue the debtor for \$2.50. Lincoln tried to reason with the man, but he was set on getting his revenge. When Lincoln saw that he could not talk the man out of bringing the lawsuit against the debtor, he slyly asked for \$10 in legal fees to head up the lawsuit. The man paid the money to Lincoln.

Lincoln then hunted down the debtor and gave him half of the legal fee. The debtor used part of the money to pay off the man who brought the lawsuit against him. In this way, the man who brought the suit was completely satisfied that justice had been done, the debtor got out of debt, and Lincoln probably had a good laugh about it all.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Eat Local

Farmers markets are working hard to offer you the freshest produce available. Eating foods grown locally has many benefits, including nutritional value.

Local crops tend to have the highest flavor profiles because they are picked at peak ripeness and are immediately available to the local consumer. In comparison, foods grown elsewhere need to be picked early in order to accommodate for transportation time. Additionally, the long transportation required to get foods across the country and even beyond increases the amount of energy used which is not environmentally friendly.

Local foods are seasonal foods. The world's food supply makes it possible to eat all kinds of foods all year long. Strawberries, for example, are grown in warm climates and shipped thousands of miles internationally but the flavor of a locally-grown strawberry, especially one you picked yourself, is second to none. And there's no mistaking the flavor of a locally-grown tomato compared to one bought in a grocery store during the winter months.

Nutritionally, local foods score high. The shorter the time between harvest and your plate, the more nutrients are preserved. Additionally local foods tend to pose a lower risk with regards to food safety. The fewer hands that handle the foods between farmer and the consumer, the less opportunity for harmful pathogens to contaminate our food supply.

Dollars spent on local businesses, including local farms, benefits the entire community and environment. Clean, well-maintained open spaces make your local area more attractive and create a viable community in which to live and raise a family. Local farms also provide educational opportunities for area schools and jobs. Money spent locally, stays locally longer which strengthens the economy in your own community.

There's nothing more local than your own backyard. Consider starting your own vegetable garden. If you already have one, try expanding it this year to include a bigger variety of delicious and nutritious foods. Try growing strawberries in window boxes. Plant a blueberry shrub and reap the benefits year after year. Indoor herb gardens are easy to start and maintain and they add a wealth of flavor and nutrition to your meals.

For a list of local farmers markets visit the National Farmers Market Directory website at nfm.org



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.



How to Make the Best of Any Situation

It is summer, a perfect time to think of how you are going to make the best of any situation?

Whether you are an activity professional, a family member, a CNA or another caregiver, dealing with a person who has dementia can be challenging at times.

Here are ways to make things as good as they can be: First no matter who you are, you need to have a positive attitude and be smiling and upbeat. Leave your problems at the door.

A person with dementia takes cues from you so if you are happy and upbeat, there is a good chance so will he or she.

Besides smiling you can be complimentary. All people tend to be in a better mood if you say something nice about them.

Remember its all about feelings when interacting with a person who has dementia. In the early stages, these individuals often realize that something is wrong.

Compliments make them feel better.

In the later stages emotions may be the only thing that they have left because feelings are the last thing to go in a person with dementia.

There are times when some people with dementia become agitated and display other unwanted behaviors. Make sure to nip these behaviors in the bud. If you do not, the behaviors will escalate and medication may be the only way to calm the person down.

Also separate this person from other residents he may be around because one person's agitated behavior can easily spread to others.

Communication among caregivers is key. Family members and the staff need to be on the same page.

All staff members need to communicate what they know about each resident so other staff do not need to discover things about the resident that were known by other staff members.

This is especially important when dealing with problem behaviors. Everyone needs to know what the triggers are that set someone off, and try to avoid doing these things if possible.

One way to minimize problem behaviors is to refocus and redirect residents. How can you successfully refocus and redirect them?

You must know as much as you can about this individual. That is know the abilities she has left.

Have adapted and modified activities they used to enjoy ready should you need to use them, or have some activities available that most people with dementia seem to enjoy.

These activities include singing, ball games, simple word games, household chore activities, like folding towels, setting the table, sorting silverware or other objects just to name a few, raveling or unraveling yarn, reading a simple book, playing an easy card game, arranging flowers, or taking a walk. This is a short list. I am sure you can come up with more.

Going along with this is something called chaining, (Have all but one or two steps of a project completed ahead of time), then ask the memory impaired person to finish the task. Perhaps you could have a higher functioning resident help with a project like this.

A person with dementia can feel sad. Allow him to express his feelings. Sometimes he just needs a hug to make him feel better.

Make sure you ask the person with dementia for her help. Most want to be needed. Asking for her help is a good redirecting strategy. The person is so focused on how she can help that she will often forget what got her angry in the first place. Plus it will make her feel good knowing that she was able to help.

The truth is that it is not easy. There is no magic bullet. Using these strategies will provide you with the best possible outcome. However, it can be challenging every single day. What works one day may not work the next.



Feeling Blue

July is National Blueberry Month! July was proclaimed National Blueberry Month by the United States Department of Agriculture on May 8th, 1999. Blueberries are grown in 35 states in the US, and the United States produces over 90% of all of the blueberries in the world. They have been used in soups, stews and more, for centuries.

Sautauhig - Blueberry Cornmeal Mush

Ingredients:

- 1 1/2 cups water
- 1 1/2 cups milk
- 3/4 cup cornmeal or quick cooking grits
- 1/2 teaspoon salt
- 3 tablespoons maple syrup or honey
- 2 cups fresh, frozen or canned blueberries or 1/2 cup dried blueberries (see note)

Directions:

In a 2-quart saucepan heat water and milk until bubbles form around edge of pan. Stirring constantly, slowly add cornmeal or grits and salt until well combined. Reduce heat to low. Cover and simmer, until thickened, about 10 minutes, stirring occasionally. Stir in maple syrup or honey until well combined. Gently stir in blueberries.

Yield: about 6 regular servings or 12 tasting-sized servings (about 4 3/4 cups)

Best Ever Blueberry Muffins

Sugar Topping:

- 1/3 cup (2 1/3 ounces) sugar
- 1 1/2 teaspoons finely grated zest from 1 lemon

Streusel Topping:

- 3 T white sugar
- 3 T brown sugar
- 1/3 cup flour
- 5 T melted butter

Muffins Ingredients:

- 2 cups fresh blueberries, picked over
- 1 1/8 cups plus 1 teaspoon sugar
- 1 tablespoon water
- 2 1/2 cups unbleached all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon table salt
- 2 large eggs
- 4 tablespoons (1/2 stick) unsalted butter, melted and cooled slightly
- 1/4 cup vegetable oil
- 1 cup buttermilk
- 2 teaspoons vanilla extract

Directions: If topping with lemon sugar, stir together sugar and lemon zest in small bowl until combined; set aside. If topping the muffins with streusel, combine ingredients until it is the size of peas and set aside. Adjust oven rack to middle position and heat oven to 425 degrees. If your oven cooks on the hot side normally, reduce the heat.

Prepare standard muffin tins with nonstick cooking spray or liners. Bring 1 cup blueberries, water, and 1 teaspoon sugar to simmer in small saucepan over medium heat. Cook, mashing the berries with your potato masher or fork several times and stirring frequently, until berries have broken down and mixture is thickened and reduced by about half. This will take about 6 minutes. Transfer to small bowl and cool to room temperature, 10 to 15 minutes.

Whisk flour, baking powder, and salt together in large



bowl. Whisk remaining sugar and eggs together in medium bowl until thick and well combined. Slowly mix in butter and oil until combined. Whisk in buttermilk and vanilla. Using rubber spatula, fold egg mixture and remaining cup blueberries into flour mixture until just moistened. (Batter will be very lumpy with few spots of dry flour; do not over mix.)

Using a cookie scoop or large spoon, divide batter equally among prepared muffin cups (batter should completely fill cups and mound slightly). Spoon teaspoon of cooked berry mixture into center of each mound of batter. Using chopstick or skewer, gently swirl berry filling into batter using figure-eight motion. Sprinkle lemon sugar or streusel evenly over muffins.

Bake until muffin tops are golden and just firm, 17 to 19 minutes. Cool muffins in muffin tin for 5 minutes, then transfer to wire rack and cool 5 minutes before serving.

Painting with Blueberries

What You Need for Berry Painting:

- Paper: card stock, watercolor paper, or plain white paper
- Blueberries: frozen or fresh
- (Optional): A plastic tablecloth or newspaper to cover your work surface
- (Optional): Smock or old t-shirt
- Make a Berry Painting:
- Protect work surface with newspaper or a plastic tablecloth.

Directions:

1. Give each participant a piece of paper. Card stock in white or light colors is a good choice, or textured

watercolor paper makes a great surface. You can also use plain white copy paper.

2. Bring on the berries. Artists can hold a berry like a marker and “draw” with it. Participants can also use the juice and a paintbrush to create their masterpiece.

3. Allow to dry and display your artwork!



Physical Exercise

Exercise is beneficial for physical and mental health and may improve the quality of life for people in all stages of Alzheimer's disease. Physical activity creates valuable opportunities to socialize with others, and can help improve and maintain a person's independence. Engaging in physical activities can also improve self-esteem and mood. If someone experiences pain or feels unwell while taking part, or after increasing their activity levels, they should stop the exercise and seek medical advice.

Exercise Routine for Dementia Patients

The instructions should be given slowly, clearly and calmly. It is advisable to start with 3-4 exercises repeating them 10 times. Slowly the program can be broadened. Music can also be added to make the exercises more enjoyable.

1. Spread your arms- breathe in; arms down, breathe out.
2. Left shoulder up- breathe in; shoulder down, breathe out. Do the same with your right shoulder. Both shoulders up, breathe in; down, breathe out.
3. Tilt your head back- breathe in; tilt it forward, breathe out. Turn your head to the left, breathe in; turn it to the right : breathe out.
4. Bend your upper body to the sides- breathe in, breathe out; bend it to the front, breathe in - breathe out; Turn your upper body to the left and right: breathe in - breathe out.
5. Sittng march- Lift your right knee up, breathe in; put your foot down, breathe out; lift your left knee up, breathe in; down, breathe out.
6. Stretch your legs out- Left leg, breathe in -breathe out; right leg, breathe in - breathe out: Both legs, breathe in - breathe out.
7. Exercise your feet- Cross your legs; rotate your foot: to the left - to the right.
8. Exercise your hands: Rubbing, massaging, pressing, bending your fingers; rotate your wrists. 9. Take a deep breath in, then a long and slow breath out. Take a deep breath in, then a quick and forceful breath out.
10. Stand on your tip-toes- breathe in; bend your knees until you are squatting: breathe out.



Ribbon Dancing: How to Make a Ribbon Wand

Supplies:

- Ribbon 9' long X 7/8" wide
- Wooden Dowel Rod 5/16" X 36"
- Wooden Bead 1" with 3/8" hole
- Spray Paint (optional)
- dowel rod with a color of your choice.

Directions:

1. If desired, you may spray paint your bead and
2. Place ribbon about 1-2 inches over the top of the wooden dowel.
3. Place bead on top securing the ribbon. Make sure the bead is on snug (add another layer of ribbon if necessary).

How to Ribbon Dance

1. Listen to the beat of the music. Your goal is to make your ribbon move and flow with the music.
2. Make large, smooth movements with your arms when the beat of the music is slow. The ribbon will flow slowly and gracefully through the air. As the beat speeds up, make quicker movements with your arms. The ribbon will shake and flutter to match the increased tempo.
3. Use the ribbon to create large circles and spirals throughout the ribbon dance. Let the music cue the size and speed of your movements.
4. Try to keep the ribbon off the floor and free of knots throughout the ribbon dance. Remember to move your lower body, too. You can dance and move around as you twirl the ribbon to the music. Decide whether to perform alone or as a group. Group performances are often quite dramatic, as the appearance of multiple ribbons moving to the music is very beautiful.



July 13th is National Beans & Franks Day

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

Slow-Baked Beans and Franks Meal

- 1/2 cup chopped onion
- 1/2 cup ketchup
- 1/4 cup molasses
- 2 tablespoons brown sugar
- 1 tablespoon mustard
- 1/2 teaspoon Worcestershire sauce
- 2 cans (16 ounces each) baked pork and beans in tomato sauce (about 5 cups)
- 6 Hot dogs

How to Make It:

1. Mix together onion, ketchup, molasses, brown sugar, mustard, and Worcestershire sauce. Add beans and stir to blend.
2. Spoon the seasoned bean mixture into a 2-quart casserole and bake at 300 for 1 1/2 to 2 hours.
3. Arrange the franks on the beans and bake for 30 minutes longer.

Variations Add 1/4 to 1/2 cup of chopped cooked bacon to the beans along with the seasonings.

Chili Dog Sauce with Ground Beef

Ingredients:

- 3 to 4 tablespoons vegetable oil
- 2 pounds ground beef (or use half ground pork)
- 2 medium garlic cloves (finely minced)
- 1/4 cup tomato paste
- 1 onion (finely chopped)
- 2 cups beef broth
- 5 tablespoons chili powder
- 6 tablespoons corn meal (or masa harina)
- 2 teaspoons sugar
- 2 teaspoons salt
- 1 teaspoon ground cumin
- 1 bay leaves

Directions:

1. Heat oil and saute garlic and onion until light golden, about 7 to 9 minutes.
2. Add chili powder, sugar and cumin. Continue cooking, stirring constantly, for 2 minutes.
3. Add ground beef and cook, stirring, until evenly browned. Stir in remaining ingredients; reduce heat to low and simmer until very thick, 15 to 20 minutes.
4. Discard bay leaf.



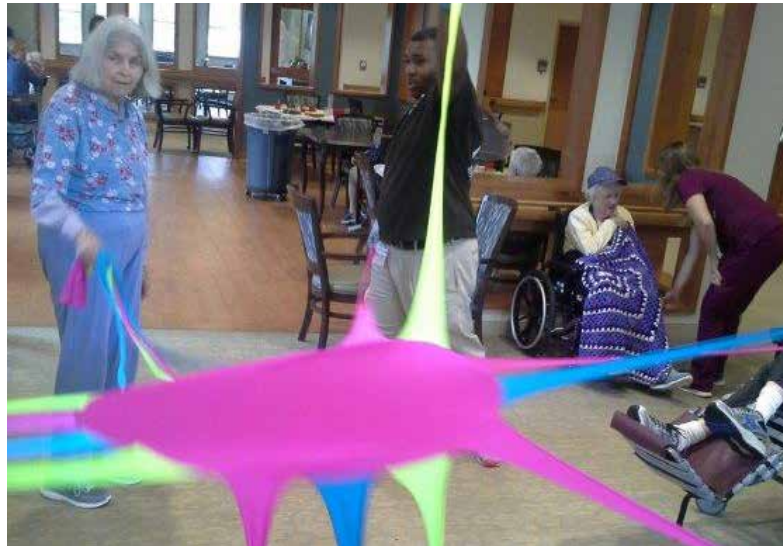
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7:30 Sunday Night Movie 9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Game Circle 6:30 Inspirational Stories and Songs	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Did You Know? 2:30 Outdoor Adventures Summer Fun 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Classic TV	9:30 Daily Chronicle 10:00 Music Therapy 11:00 Ball Toss 11:15 Tai Chi 2:30 Entertainment: Devin Ferreira 4:00 Circle Games 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Movie Classics	9:30 Daily Chronicle 10:30 Yoga with Nancy 11:15 Word Games 2:30 The Paint Project: Sensory Group 4:00 Circle Games 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV	9:30 Daily Chronicle 10:00 Music & Movement 10:30 Congregational Church Service 11:15 Resident Council 2:30 Birthday Party with Heather Ralston 4:00 Musical Memories 7:00 Friday Night at the Movies	9:30 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Sandy Robinson 8:00 Movie Choice
7:30 Sunday Night Movie 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 Inspirational Stories and Songs	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Did You Know? 2:30 Outdoor Adventures Summer Fun 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Classic TV	9:30 Daily Chronicle 10:00 Music Therapy 11:00 Ball Toss 11:15 Tai Chi 2:30 Entertainment: Devin Ferreira 4:00 Circle Games 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Movie Classics	9:30 Daily Chronicle 10:30 Yoga with Nancy 11:15 Word Games 2:30 The Paint Project: Sensory Group 4:00 Circle Games 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV	9:30 Daily Chronicle 10:00 Music & Movement 10:30 Congregational Church Service 11:15 Resident Council 2:30 Birthday Party with Heather Ralston 4:00 Musical Memories 7:00 Friday Night at the Movies	9:30 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Marilyou Ferrante 8:00 Movie Choice
7:30 Sunday Night Movie 9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Sean Fullerton 4:00 Game Circle 6:30 Inspirational Stories and Songs	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Did You Know? 2:30 Outdoor Adventures Summer Says 4:00 Game Circle Bucket Ball 7:00 Meditation and Music 8:00 Classic TV	9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Movie Classics	9:30 Daily Chronicle 10:30 Yoga with Nancy 11:15 Word Games 2:30 The Paint Project: Sensory Group 4:00 Circle Games 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV	9:30 Daily Chronicle 10:00 Music & Movement 10:30 Congregational Church Service 11:15 Resident Council 2:30 Birthday Party with Heather Ralston 4:00 Musical Memories 7:00 Friday Night at the Movies	9:30 Daily Chronicle 10:30 Ball Toss 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Marilyou Ferrante 8:00 Movie Choice

July 2018

Dodge Park Rest Home & Day Club

Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, MA 01606 Erin Lemoine, Activity Director 508-853-8180 X147 Calendar is subject to change

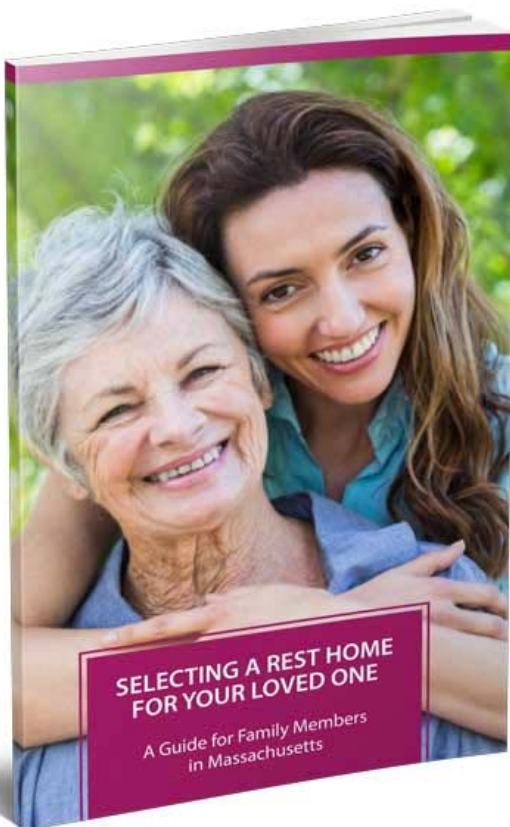
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 All About Canada Day 11:45 Maple Leaf Toss 2:30 Entertainment: Chris Carter 4:00 The Great Canadian Flag Debate 7:00 Meditation and Music Canada Day</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Making Patriotic Crowns Board/Table Games 3:00 Group Game Show 4:00 Balloon Game 4:30 Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Alphabetics 10:30 Tai Chi 11:15 White Board Word Games 2:00 Painting Fireworks 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 4th of July Trivia 10:30 Opposites Attract 11:00 Exercise with Paula 2:00 Shaving Crème Fireworks 3:00 Beach Ball 4:00 Patriotic Musical Memory 7:00 Patriotic Movie Independence Day</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Yoga with Nancy 2:00 The Paint Project Table Games 3:30 The Man Cave 4:00 Remember When 7:00 Hand Massage and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Fun with Fitness 11:00 Drum Circle 11:30 Shabbat Service Walk and Roll 3:00 Patriotic 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 Bingo/Table Games Sensory Group 3:00 Chicken Soup for the Soul Stories 4:15 Chrs on the Piano 6:30 Entertainment: John Gundstrom</p>	
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Ted Powers 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 Decorate Sugar Cookies Board/Table Games 3:00 Group Game Show 4:00 Balloon Game 4:30 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 Entertainment: Opera Kadabra 3:30 Outdoor Adventures 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 A Guessing Game 10:45 Opposites Attract 11:30 Music Therapy 2:30 Exercise with Paula 3:30 Outdoor Games and Fun 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 Jesse Luke 7:00 Hand Massage & Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Fun with Fitness 11:00 Drum Circle 11:30 Shabbat Service 2:00 Lollipop Craft Walk and Roll 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 Bingo/Table Games Sensory Group 3:00 Chicken Soup for the Soul Stories 4:15 Chrs on the Piano 6:30 Entertainment: Duane Sullivan</p>	
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Dave Cuddy 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 3:00 Group Game Show 4:00 Balloon Game 4:30 Sing-A-Long 7:00 Meditation and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Alphabetics 10:30 Tai Chi 11:15 White Board Games 2:00 All About Amelia 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<p>9:30 Daily Chronicle 10:00 A Guessing Game 10:45 Game Circle 11:30 Music Therapy 2:30 Exercise with Paula 3:30 Outdoor Games & Fun 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 The Baking Beauties 11:15 Yoga with Nancy 2:00 Adventures in Art Puzzles and Pondering 3:30 The Man Cave 4:00 Reminiscing 7:00 Hand Massage and Music 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Fun with Fitness 11:00 Drum Circle 11:30 Shabbat Service 2:00 Birthday Party with Rob Marona 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 "Starry Nights" Senior Prom with QCC and Phi Theta Kappa 4:15 Chrs on the Piano 6:30 Entertainment: Johnny Vincent</p>	
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Paul Belanger 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 Board/Table Games 3:00 Group Game Show 4:00 Balloon Game 4:30 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</p>	<p>9:30 Daily Chronicle 10:00 Tuesday Trivia 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories</p>	<div style="text-align: center;">  <p>July 2018</p> <p>The Oasis at Dodge Park</p> </div>			<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 "Starry Nights" Senior Prom with QCC and Phi Theta Kappa 4:15 Chrs on the Piano 6:30 Entertainment: Johnny Vincent</p>
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The 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 words associated with the human body.



AIXDPENP

TOJIN

DNKEIY

IRSB

PNCRAASE

RTARYE

DLOBO

ENSOB

LERIV

NTGAEMLI

PSIEN

CAMOHTS

SSTLION

VNEI

SONE

NVERSE

MESULC

NUSGL

HATRE

NGADLS

ANSWERS: appendix, joint, kidney,
ribs, pancreas, artery, blood, bones,
liver, ligament, spine, stomach, tonsils,
vein, nose, nerves, muscle, lungs,
heart, glands

Missing Letters

Fill in the missing letters to identify these words associated with The 4th of July.

B _ R _ _ C _ E

_ A _ I L _

F _ U R _ H

H _ T

_ U _ Y

P _ T R _ _ T _ C

S _ _ R S

_ _ M M _ R

_ L _ E

F _ R _ W O _ _ S

F _ E E _ _ M

H _ T _ _ G S (2 wds)

_ A T _ _ N

R _ D

S _ A T _ S

_ N _ T _ D

C _ L _ B _ _ T I _ _

F _ _ G

_ O L _ _ A Y

I _ D _ P _ N D _ _ C _

P _ R _ _ E

_ P _ R K _ _ R _

S T _ _ P _ _

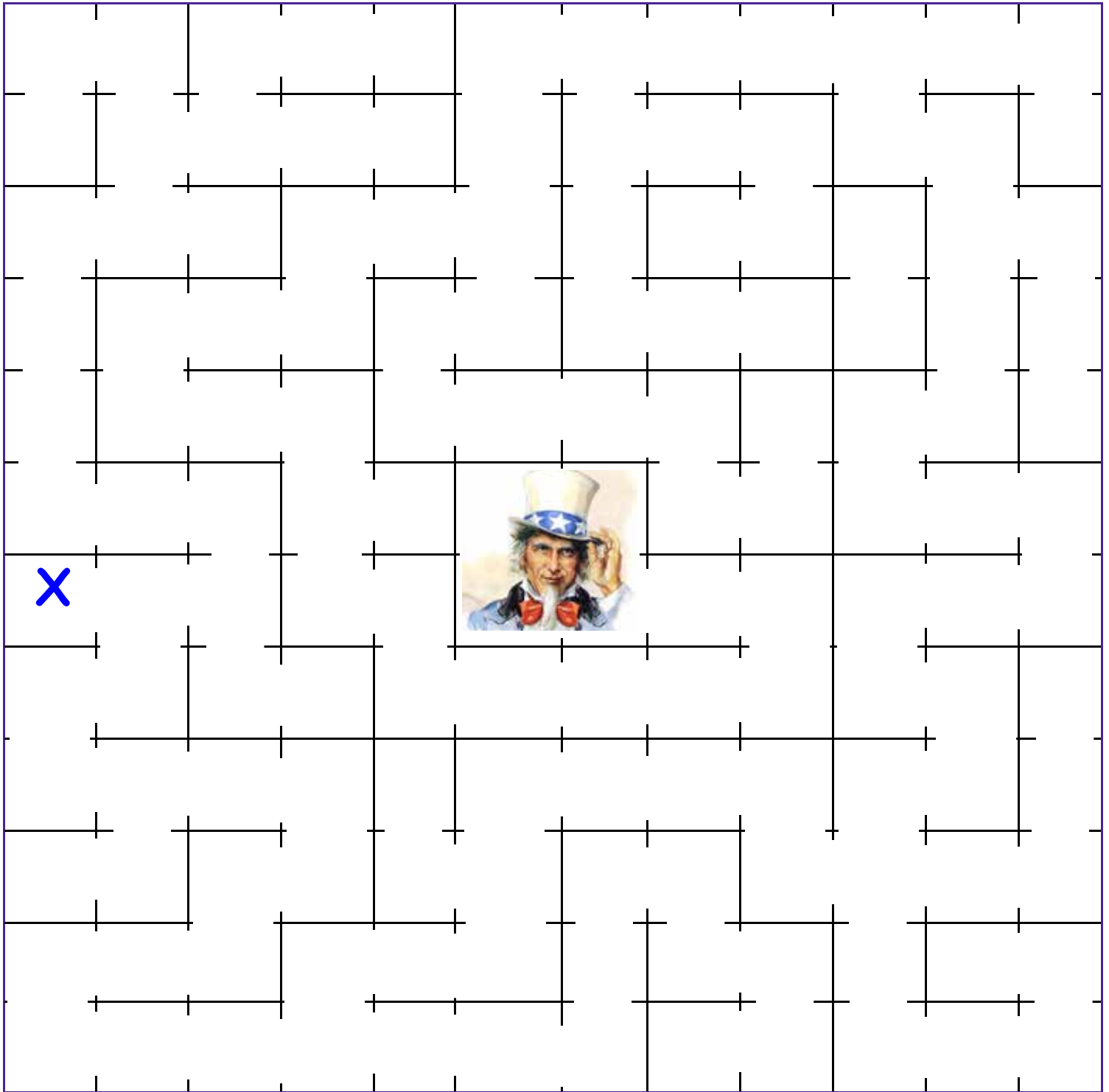
_ H _ T E

C _ L O _ _ E _



ANSWERS: barbecue, family, fourth, hot, ju-ly, patriotic, stars, summer, blue, fireworks, freedom, hot dogs, nation, red, states, uni-ed, celebration, flag, holiday, independence, parade, sparklers, stripes, white, colonies

“Find Uncle Sam”



**Start at the “X to find your way to Uncle Sam.
Good Luck!!!**

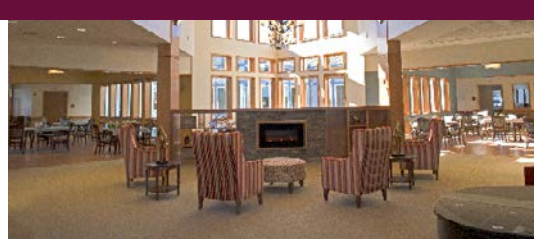
God Bless the U.S.A.

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

barbecue
fireworks
flag
Freedom

hotdogs
independence
parade
Patriotic

sparklers
states
Stripes
colonies



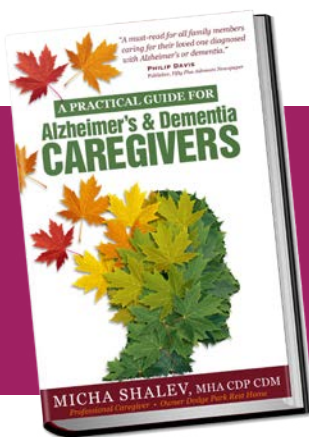
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Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care,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



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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

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



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



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- 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



DODGE PARK REST HOME
 CELEBRATING **50** YEARS
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**Call and
 schedule a
 FREE DAY
 today!**

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