

NEIGHBORHOOD C O N N E C T I O N

Dodge Park and the Oasis at Dodge Park Community Newsletter

August 2018



Memories
are made at Dodge Park & Oasis

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.



Battle the Bath with Dementia Resident

By Micha Shalev

I take care of my mother who has dementia. With bath, It's always a battle! I try to convince her that she needs a bath but she resists. She can't bathe herself anymore and we can't afford to bring someone in to do it. I need some tips.

For people with the advanced stages of Alzheimer's disease and related dementia (ADRD)—many of whom living in long term care facilities—being bathed by caregivers who they may not recognize can be upsetting or confusing. People who feel vulnerable or attacked during bathing routines may scream, cry, or lash out at their caregivers. There is evidence that caregivers can alleviate agitation by tailoring bathing techniques to the person's particular needs and attending to their comfort.

Although bathing individuals with dementia has been addressed in the literature, there are few instances of empirically tested interventions to guide those looking for best practice. Based on a limited number of RCTs, a variety of case series articles or expert opinion, and the authors own clinical experiences, the following guidelines regarding bathing those with dementia are suggested.

- Caregivers should be aware of the likes and dislikes of the individual and modify the bathing experience to best meet their needs.
- Communication is key. Allow the individual to participate as much as possible using simple commands. A sense of control should reduce anxiety and unwanted behaviors. Break down tasks into smaller subtasks for ease of understanding.
- Be flexible and creative. Keep bathing options open, including bathing techniques and time of day. Consider towel bathing instead of showering or tub bathing.
- Allow enough time for bathing so that the individual or caregiver doesn't feel rushed; this should reduce anxiety levels for both parties.
- Ensure the individual's modesty; not only will the individual stay warm and more comfortable, but conscious or unconscious feelings of embarrassment will be reduced.
- Set up a safe, secure, private, and calming environment. Use soothing music, limit aural and visual distracters, use a calming voice, keep lighting soft, and add home-like touches to the room.
- Keep the individual gravitationally secure. Use equipment such as grab bars, shower chairs or benches and non skid mats to ensure safe transfers into and out of the tub or shower.

Coping with resistance to bathing

If you meet with difficulty or resistance while you are bathing, you

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The Dodge Park Family of Care Services

Dodge Park Rest Home

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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

might simply be able to change the subject or refocus their attention on the task at hand. If there is still resistance, you can try scheduling the bath for later on when s/he is in a better mood. It is not necessary that they will have a bath every day. However, it is important that his or her hands, face, and private areas are washed every day for health and well-being. Even if he or she refuses to take a bath, encourage him or her or ask if you can assist in washing these areas.

Person-centered showering approach, also demonstrated a significant decrease in aggressive behavior and increase in comfort as compared to a control group who received their usual care. Person-centered showering approach involves individualizing the experience for the client by providing a wide variety of choices. In this bathing approach, negative behaviors are viewed as the client's means of expressing discomfort, fear, or anxiety which cue the caregiver to an unfulfilled need.

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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.

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 & Michael'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 gentleman.

7/11/18

To the Management and Staff of Dodge Park—

Our Mother—Ellie Benoit—was a resident at your Facility for about 4 years (2014-2018). When she first arrived, she was walking with a cane/walker— and mostly stayed in her room—much to our dismay. But as frustrated as we all became with her, your staff was always so kind and patient with her. We were all so impressed when we saw how

caring and loving every employee (from housekeeping and maintenance to kitchen and nursing) was with all of your residents— not just our Mom.

As time went on, her health declined to the point where she couldn't walk ~~or~~ be left alone anymore— and she became angry and difficult. But she still received the same compassionate care as she always had. We often left there saying it takes a special kind of person to do that job— and felt blessed knowing that our Mother was in the

hands of such a warm-hearted, caring group of people. We want to express our heartfelt gratitude to you all for the exceptional care you provided for our Mom— Ellie Benoit.

God Bless You All—
The Benoit Family

THE BAPTISTRY. The marble font went through both the 1874 and 1932 fires.



THE BAPTISTRY
ALL SAINTS' CHURCH
WORCESTER, MASS.

Monthly

American Adventures Month. This is your last chance to get away before summer ends and school starts. Take a road trip, go camping for a weekend, or visit tourist attractions in your home state or a neighboring one. Whatever you do, don't let the season end before you and your family have had an adventure.

Happiness Happens Month. Of all the random things that can happen in your life, choosing happiness can have a powerful influence on your quality of life. Embrace joy, smile more, choose kindness, and let the good vibrations flow.

National Peach Month. Once again peaches are in season. If that's not something to be happy about, then what is? Because some of the best tasting peaches have been grown in western Colorado for over 125 years, consider attending the 50th Palisade Peach Festival this month. To learn more, visit <https://palisadepeachfest.com/>.

National Water Quality Month. How can you reduce pollution and help protect natural sources of water in your community, and the world at large? Use environmentally friendly household cleaners; dispose of waste, pharmaceuticals, and hazardous chemicals properly; and manage the gray water and debris flowing into your storm drains.

Weekly

Simplify Your Life Week, Aug. 1–7. It's not at all complicated. If it doesn't serve a purpose, isn't working, and can't be fixed, get rid of it.

Exercise with Your Child Week, Aug. 5–11. Do your part to prevent obesity, improve bone density, and contribute to the overall health and welfare of younger generations. Help your children develop a habit of regular physical exercise and activity. Walk your talk this week and beyond.

Safe and Sound Week, Aug. 13–19. Workplace and employee safety take center stage this week. Visit <https://www.osha.gov/safeandsoundweek/> for ideas and activities.

AUGUST Observances

- 1 National Girlfriends Day
- 1 National Mountain Climbing Day
- 1 National Raspberry Cream Pie Day
- 2 National Ice Cream Sandwich Day
- 3 Grab Some Nuts Day
- 3 International Beer Day - First Friday in August
- 3 National Watermelon Day
- 4 Campfire Day - First Saturday in August
- 4 International Hangover Day - First Saturday in August
- 4 National Chocolate Chip Cookie Day
- 4 U.S. Coast Guard Day
- 4 National Clown Day - Saturday during International Clown Week
- 4 National Mustard Day first Saturday
- 5 Friendship Day - First Sunday in August
- 5 International Forgiveness Day - First Sunday in August
- 5 National Underwear Day
- 5 Sisters Day - First Sunday in August
- 5 Work Like a Dog Day
- 6 Wiggle Your Toes Day
- 7 National Lighthouse Day
- 8 Sneak Some Zucchini onto Your Neighbor's Porch Day - now that's nasty!
- 9 Book Lover's Day
- 10 Lazy Day
- 10 National S'mores Day
- 11 Presidential Joke Day
- 11 Son and Daughter Day
- 12 Middle Child's Day
- 13 Left Hander's Day
- 14 National Creamsicle Day

AUGUST Observances

- 14/15 V-J Day - which date do you celebrate as the end of WWII?
- 15 Relaxation Day - now this one's for me!
- 16 National Tell a Joke Day
- 17 Chinese Valentine's Day/Daughter's Day - 7th day of 7th Lunar Month
- 17 National Thriftshop Day
- 18 Bad Poetry Day
- 18 National Honey Bee Awareness Day - Third Saturday
- 19 Aviation Day
- 19 National Potato Day
- 20 National Radio Day
- 20 World Mosquito Day
- 21 National Spumoni Day
- 21 Senior Citizen's Day
- 22 Be an Angel Day
- 22 National Tooth Fairy Day - and/or February 28
- 23 Ride the Wind Day
- 24 Vesuvius Day
- 25 Kiss and Make Up Day
- 26 National Dog Day
- 26 Women's Equality Day
- 27 Global Forgiveness Day
- 27 Just Because Day
- 28 Race Your Mouse Day - but we are not sure what kind of "mouse"
- 29 More Herbs, Less Salt Day
- 30 Frankenstein Day
- 30 Toasted Marshmallow Day
- 31 National Eat Outside Day
- 31 National Trail Mix Day

Be Kind to Humankind Week, Aug. 25–31. What the world needs now is for people to show more kindness to each other. This week, allow courtesy, respect, and mindfulness to shape your conversations and actions.

Daily

National Girlfriends Day, Aug. 1. The world would be a lonely place without your BFFs. Hang with your gal pals today and celebrate the bonds of friendship.

National Watermelon Day, Aug. 3. Healthy, refreshing, and at least 92 percent water. With over 300 varieties grown in North America alone, it's the perfect summer fruit, snack, or dessert.

National Night Out, Aug. 7. The first Tuesday of the first whole week of August promotes the partnership between communities and local law enforcement. Let's work together to keep our neighborhoods safe. Visit <https://natw.org/> to learn more.

Navajo Code Talkers Day, Aug. 14. This day honors the 400 Navajo who served in the U.S. Marine Corps during World War II. These brave men and teens transmitted top secret messages in the Navajo language during battles and along the frontlines. This indecipherable code gave the United States a strategic communications advantage.

National Relaxation Day, Aug. 15. Put your feet up. Take a load off. Chillax. This is your day to take it easy.

Be an Angel Day, Aug. 22. Let every ounce of goodness within you shine through. Be generous, be nice, be a blessing to those around you.



A GOLDEN GEM FOR BRAIN HEALTH



In today's work force we are constantly stressed with deadlines and pressured to produce tasks faster and with more efficiency. Our mental clarity plays a major role in delivering quality work.

Practices you can do to help think more clearly may include better sleep, controlled anxiety and brain supplements. One such brain supplement with research bragging rights is curcumin, the active ingredient found in turmeric. Turmeric is a powerful herb which can also improve cognition and mood. One particular group that has seen a significant benefit is the elderly population.

According to the Journal of Pharmacology, curcumin contains many components that counteract age-related cognitive decline and mood disorders. It boosts brain-derived neurotrophic factors that help to increase the growth of new brain cells to improve memory and learning.

Another study on the efficacy of curcumin was published in the Journal of Clinical Psychopharmacology. A randomized double-blinded and placebo-controlled trial with 60 subjects experiencing stress-related anxiety and fatigue received time released curcumin or placebo for 30 days. The results indicated a better quality of life, and reduce stress/fatigue for those receiving curcumin.

My favorite study which was published in The American Journal of Geriatric Psychiatry indicated that curcumin can improve visual memory and attention as well. It also showed curcumin improved neuroplasticity, which helps the brain to transform and strengthens versus decline with aging.

Based on these studies, I have designed and formulated a time released curcumin called "CurcuMaxx-TR" which is available online at www.DrQWellness.com. I recommend to my patients who are looking to:

1. Improve concentration
2. Enhance cognition
3. Protect memory function
4. Boost mental Clarity
5. Improve Mood

The bottom line is that time released curcumin is a hidden gem for brain health



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Self-control can be taught

We've heard of the Marshmallow Test, that famous—or infamous—study that “tested” impulse control in a group of young children. The conclusion for many years was that the children who displayed impulse control had better grades and were more successful in life.

However, this research ignored an individual's inherent predisposition toward impulsive or self-regulated behavior. It also ignored the ability to learn impulse control. Will power, discipline, or self-control is a skill you can teach your children.

Here are three ways you can start:

- **Be a role model.** Don't hold your children to a higher standard than the one you've established for yourself. If your behavior is impulsive or your children are always in an environment where self-control fails to garner positive rewards, they'll find little reason to practice restraint. Use positive reinforcements that will mean something to your child when you are coaching them toward a specific outcome. Try something such as, “If you can sit quietly and color while mommy takes this important phone call, we can go to the park and play when I'm finished.”

- **Provide reminders.** You might think your children understand the benefits of proper handwashing—and you've explained it to them time and again—but that knowledge takes a back seat to their empty bellies when they're hungry and find a spread of their favorite food in the kitchen. Children are impulsive, so provide gentle reminders like, “I know you're hungry, but please wash your hands before you sit down to eat.” This will help them refocus their attention away from their emotional response to what is expected of them.

- **Disrupt habit.** Researchers believe one of the best ways to teach self-regulation is to provoke a child's

ability to resist their impulses. An easy way to do this is by occasionally changing the rules when playing games that have children follow a specific set of directions. In the game “Red light, green light,” for example, children are allowed to move about when they hear, “green light,” and they must stop moving when they hear, “red light.” When you change the rules so that red means “go” and green means “stop,” you teach your children to ignore an impulse, go against habit, and fulfill new expectations.

Just part of growing up

Your little one has just started kindergarten and is being exposed to all sorts of new exciting things. Children begin to notice toys, books, and other items their classmates have and realize they want these things too.

One day you're going through your child's school bag and discover a bounty of other children's belongings. Gasp! You're the parent of thief!

Relax. This is not altogether an uncommon stage of development for some 5- and 6-year-olds. However, you shouldn't ignore what's happening. It is a serious issue. What should you do?

Talk to them. They're just little kids. They're impulsive and don't fully realize the implications of their actions—until you teach them right from wrong.

The best way to do that is with a calm but firm demeanor. Let your child know that when they take something that doesn't belong to them, without permission, it is considered stealing. Explain to them that stealing is wrong and a serious offense. The child should return the item to its owner and apologize to them for taking it.

It may happen a few more times. When it does, your response needs to remain consistent. Children must always be reminded that such actions are unacceptable, and be held accountable for what they've done. They must always apologize to those they've victimized, no matter how embarrassing or untimely it may be.

Children will eventually begin to understand right from wrong. When they do, this behavior will come to an end.

Understanding Bullying Behavior in Older Adults

by Debbie Hommel, ACC/MC/EDU, CTRS

When one thinks of the typical bully, the mean kid in the schoolyard that everyone fears comes to mind. However, many activity professionals have witnessed older adults demonstrating similar “mean” behavior to their peers. Adult bullying behavior is being noted as an increasing problem amongst older adults living in communal settings. Sometimes the behavior is just written off as an unfortunate condition of institutional living, with the facility doing nothing to understand and address the behavior. Sometimes, the person is accepted as the “grumpy” mean person and everyone tiptoes around them hoping for the best. The number of reported bullying behaviors in older adults and care communities is increasing. This requires the facility to develop effective strategies, not only for the wellbeing of all the folks who live in the community, but to also address the unspoken needs of the person demonstrating bullying behavior.

According to Wikipedia, bullying is defined as “the use of force, threat, or coercion to abuse, intimidate or aggressively dominates others. The behavior is often repeated and habitual.” An imbalance of power or a power struggle is a contributing factor in bullying behavior. The bully is trying to dominate others through verbal or physical attack. There are several types of bullies defined and motivating factors behind bullying behavior. All behavior is driven by an unmet need and bullying behavior is no different. In older adults living in care communities, it is suggested that difficulty adjusting to the care environment may manifest itself in bullying behavior.

- Individuals who suddenly find themselves in a long term care setting, surrounded by individuals with various physical and cognitive deficits, find it difficult to accept they are now a part of this group of people. In response, they make fun or disparage others with physical or cognitive deficits. It is their way of saying they are better than these individuals and do not belong in the setting.

- There are those who are not used to sharing their living space with others and are accustomed to living alone and doing what they want, when they want. Entering a common area and taking over the television without consideration to others or forcing peers to leave “their” seat or table may be examples of territoriality and striving to regain control over their environment.

Care communities are seeing different types of bullying behavior such as:

- Verbal bullying which includes verbal abuse, name calling, taunting, unwanted teasing, sarcastic remarks and even threats.

- Relational Bullying which includes ignoring, spreading gossip or untrue information about a person so others don't like them and encouraging others to shun the individual.

- Physical bullying which includes actual hitting, slapping or shoving a person but also destroying or stealing an individual's property.



Bullying behavior has negative effects on the care community. It creates a feeling of unrest amongst the entire population, especially when it is observed that nothing is done to protect those being bullied. Many facilities are developing formal policies and strategies to respond to this growing problem.

- The first strategy is to ensure all residents living in the community feel free to report such behavior and a means to do so in a private way.

- Criteria for what is bullying behavior needs to be defined and shared with staff and residents, to ensure the behavior is identified and addressed.

- Meeting privately with the individual who is demonstrating bullying behavior to identify possible causes for the bullying behavior is an important step. If it is self-esteem or adjustment issues, additional support should be provided with alternate coping mechanisms introduced.

- Providing the rest of the population with support in responding to the bullying behavior is also necessary. Introducing the notion that bystanders who observe bullying behavior can diffuse a situation in appropriate ways is helpful. Means to support those being bullied as opposed to passively watching the bullying behavior can be suggested. Support groups to introduce specific verbal responses and role play to facilitate practice are helpful.

- Positive team building activities can be introduced throughout the community focusing on embracing diversity, empathy and creating a caring environment can be introduced to both staff and residents.

This article is barely the tip of the iceberg when it comes to information on adult bullying. The main point remains that adult bullying is something that cannot be ignored and communities need to develop relevant policies, strategies and trainings. If no bullying behavior is being reported, it is suggested to look deeper because the vast majority of bullying behavior is not reported until it becomes a crisis. For more information, a Google search of “adult bullying in nursing homes” brings up many articles. Information in this article was taken from “Bullying Among Older Adults: How to Recognize and Address an Unseen Epidemic” a book written by Robin P. Bonifas.



The Surprising Health Benefits of Decluttering

Getting your house in order can be a struggle, especially as we age. Sorting through decades of belongings is often emotional and stressful, as questions and decisions pile up: Is this jewelry valuable? What should I do with all these tools I no longer use? Will this china set have sentimental value to my children?

But while it can be exhausting, this effort to declutter and simplify can be worthwhile, not only for our homes but also for our health.

The advantages of decluttering

Getting rid of things you no longer need or want may have a positive effect on mental health and can also make for a safer environment. It's a sobering fact that every 12 seconds, according to the CDC, someone over age 64 will fall and end up in the emergency room. Decluttering can help keep paths clear and obstacles to a minimum.

A study at Indiana University showed that people with clean houses are healthier than people with messy houses. Regular household chores like vacuuming and washing windows can be great physical activity. A tidy home can also mean we're more likely to invite people over - prompting interactions that can help alleviate feelings of depression and isolation that can accompany aging.

Tips to get started:

With these tips, decluttering doesn't need to be a dreaded task:

- Don't judge yourself. It's harder to decide what to do with items that have been in the family for generations than it might be for millennials to decide what to do with items from their college years.

- Take it one room at a time. According to a study by Moen, the most-cluttered areas of a home are the garage, kitchen and home office. The kitchen is a good place to start the decluttering process, because throwing away chipped dishes and expired spices isn't as taxing as wading through boxes of potentially important paperwork or personal items. Take everything out of the fridge and cupboards and spread it all out on a counter or table so it's easy to review. Give shelves a good wipe-down and restock them with the necessities, putting go-to things within easy reach, and donating or storing appliances and dishes that are used less often.

Once you feel good about your progress in the kitchen, move on to tackle the garage, office and other spaces where belongings tend to pile up. Like closets!

- Keep only what you wear the most. Pick a handful of favorite outfits for everyday wear, social outings and special occasions, seasonal wear and wardrobe staples, and donate the rest. If it's hard to part with handmade or other sentimental items, consider finding creative ways to remember them, such as making a memory quilt of old T-shirts or photographing special items for an album and then letting them go.

- Stop the build-up before it begins. Keep a recycling bin handy for unwanted credit card offers and coupon packs before they enter the house, and unsubscribe from magazines and newspapers if they pile up unread. Eco-Cycle has some tips to cull the tide of junk mail, and mobile apps like Evernote can help collect and digitize recipes, warranties, instruction manuals and memorabilia to clear away more piles of paper.

At the end of the day, it's OK to hang on to belongings that are near and dear to you. But for items that don't hold sentimental or functional value, kick-start a decluttering mission today so you can enjoy a tidier, safer home tomorrow.

A very

Happy Birthday to...

Oasis Residents

Donald A. August 3rd
Pamela B. August 23rd

Dodge Park Residents

Robert M. August 1st
Virginia T. August 8th
Frank O. August 17th
Larry B. August 24th
Satish S. August 26th
Satpal K. August 31st
William L. August 31st

Staff

Amy B. August 1st
Karen R. August 5th
Kelley F. August 6th
Fatima F. August 7th
Cynthia A. August 11th

Griselda M. August 12th
Karla G. August 16th
Marta E. August 25th
Kevin A. August 28th
David R. August 29th
Amaya D. August 30th



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 August 16, 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.





Please join us for a
HAWAIIAN
LUAAU
at **Dodge Park**

Friday, August 24th

Steel Drum Performance by Brian: 10:30am

Hula Dance by Sarah: 2:30pm

Refreshments will be provided.

All residents and family members are invited to attend.

Please RSVP to Erin or Debbie

(508)-853-8180

101 Randolph Road • Worcester, MA 01606



Keep your dog safe in hot weather

Dogs are often like members of the family, so you will want to treat them with care during hot weather. Here are a few tips to keep your four-legged friends happy and healthy:

- **Never leave your dog—or any animal—in the car during hot or even warm weather.** The interior temperature of your car can easily soar to 120 degrees in just minutes. The only way dogs can cool down is by panting and through the pads of their feet. Many animals die every year because their owners leave them in cars. Even if you leave the windows partially down, the temperatures can soar to dangerously high levels.
- **Don't let your dog ride in the bed of a pickup truck.** Serious eye injuries can occur from debris hitting their eyes at up to 70 miles per hour. The dog could also be thrown into oncoming traffic or could fall underneath the truck and be injured. Serious injury or death can also occur when a driver hits the brakes suddenly, swerves, or is hit by another vehicle.
- **Keep your dog away from fertilizers, plant foods, and insecticides.** They can be fatal if your pet ingests them. Don't let your pet walk or play on a treated lawn.
- **Make sure your pet always wears an ID tag.** Even if your dog has an embedded identification chip, you'll still want to make sure it has a tag so that he can be returned quickly to you if it is found. It's also a good idea to keep a current picture of your pet with you. That way, if it disappears or wanders off, you have a photo to show to people when you ask them if they've seen your dog.

- **Give your dog prescribed heartworm medicine on a regular basis.** It is also a good practice to use only flea and tick medications prescribed by your dog's veterinarian.
- **Make sure your pet has plenty of water and shade outdoors.** You'll also want to make sure your dog isn't walking on hot asphalt when the heat is high, because it can burn its paws.

Make a commitment to safety in the workplace

Your employees' safety is a paramount concern, but you can't protect them all by yourself. They should assume some responsibility for taking care of themselves. Here's how to motivate employees to create a safe workplace:

- **Make safety an organizational value.** Emphasize safety from Day One. Include it in your employee handbook. Address it on a regular basis. Showing your commitment to safety will help employees take it seriously.
- **Involve upper management.** Make sure the CEO supports employee safety in a visible way—by talking about it, listening to employees' concerns, and following safety procedures him- or herself.
- **Involve your workforce.** Don't just hand down rules and procedures from on high. Ask employees for their input. What problems do they see? What works, and what doesn't? Listen to and act on their opinions.
- **Set high expectations.** Don't settle for the bare minimum when it comes to safety. Let employees know they're expected to follow procedures without exception. Work with them on setting goals that protect them fully.

Quotes

"The danger which is least expected soonest comes to us." —Voltaire

"We must never forget that the highest appreciation is not to utter words, but to live by them."
—John F. Kennedy



Watch your magnesium when you take vitamin D

If you're taking vitamin D, you might want to pay attention to how much magnesium you're getting as well. The Health News website reports that scientists say vitamin D can't metabolize effectively without sufficient amounts of magnesium, which transforms the vitamin into usable form inside a human body. Magnesium helps the liver and kidneys convert vitamin D into an active form and is necessary for transmitting the vitamin through the bloodstream.

Men should get 420 milligrams of magnesium per day, according to the recommended daily allowance, and women should take 310 milligrams.

Symptoms of a magnesium deficiency include:

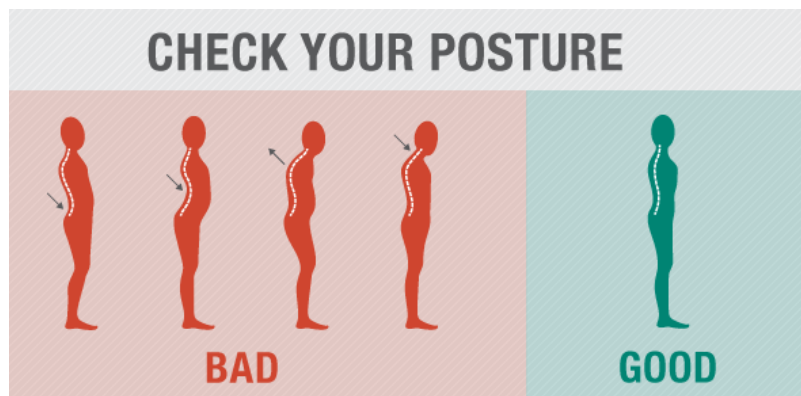
- Lack of sleep
- Muscle spasm
- Eye twitching
- Irregular heartbeat

Better posture leads to better health

Poor posture can have a negative effect on your physical and mental health, doctors say. An article on the Health website suggests that getting up and moving can have these healthy benefits for your body and your mind:

- **More energy.** Research suggests that poor posture, whether you're standing and sitting, can cause fatigue and stress. Sitting upright in a comfortable position—not slumped over—has been seen to improve people's moods in clinical studies.
- **More confidence.** You'll appear more self-confident by standing and walking upright, creating a self-fulfilling prophecy. People respond positively to people who exude confidence through their posture and physical behavior.

- **More openness.** Slouching in a chair or while walking tends to make you more guarded. People will be reluctant to interrupt you or chat with you. An open posture invites people in, giving you the opportunity to talk with and learn from them.



Quotes

“Good health is not something we can buy. However, it can be an extremely valuable savings account.” —Anne Wilson Schaefer

“But the real secret to lifelong good health is actually the opposite: Let your body take care of you.” —Deepak Chopra



Don't let loneliness consume your life

Long-term loneliness can have a significant impact on your health and mental well-being, experts say. If you feel lonely most of the time, try these suggestions from the CNN website for making connections:

- **Chat with cashiers and other workers.** You don't have to engage in a lengthy conversation. Just ask, "How's it going?" or, "Nice weather, isn't it?" Even a short interaction can bring a smile to other people's faces and yours.
- **Learn to enjoy your own company.** Being alone doesn't have to be lonely. Try meditation, yoga, or listening to TED talks to take your mind off your loneliness. Try keeping a "gratitude journal," listing and writing about the people and things you encounter each day that make you cheerful.
- **Take your time making friends.** Remember that most friendships don't spring up overnight. Join clubs or take classes to meet people, but don't expect an instant connection. Let relationships develop naturally instead of trying to force them.
- **Understand why you're lonely.** You may be nervous talking in groups or gun-shy because of past relationships that didn't work out. If you uncover the source of your loneliness—on your own or with the help of a therapist—you'll be able to develop strategies for getting past it.

Study on eggs has positive news

Good news for egg lovers: A recent study has found that eating up to a dozen eggs a week doesn't contribute to heart disease. The U.S. News & World Report website reports that an extended study monitored 128 people for more than a year and found that eating eggs—as part of an overall healthy diet—doesn't appear to raise cholesterol, blood sugar, or blood pressure, which are all cardiovascular risk factors for people with pre-diabetes or Type 2 diabetes. The study also found that eggs seem to be helpful in losing weight. Fried, poached, or scrambled, have an egg today.



Shopping: How to save money at the store

You've got to buy food, but you don't have to spend wildly on it. Smart shopping can save you a bundle. For instance, if you save just \$20 a month on groceries, you've banked more than \$200 over the year. Here are some strategies to save on your food bill:

- **Plan your shopping carefully.** Look through your refrigerator and pantry to see what you need on a regular basis. This lets you look for sales and buy those products in bulk.
- **Cut back on convenience foods.** Don't buy things like packaged salads or pre-cut celery. You're paying big for a small convenience.
- **Use coupons.** If you find that you buy some name-brand foods regularly, then start clipping the coupons for them. Otherwise, generic foods are comparable in quality and content, and usually less expensive.
- **Check out different stores.** You may find as much as a 10-15 percent difference on identical products at different stores, depending on the neighborhood and demographic factors. Shop at the store that is the cheapest overall.

Guard against these money scams

If you, or especially your elderly relatives or friends, are getting phone calls from government agencies demanding money, be skeptical. Experts say such scams are on the rise. The ATT.net website spotlights two recent examples:

- **The county clerk.** In this scam, the caller says he or she is from the local country clerk's office and has been trying to reach you regarding a court case, or because you missed jury duty. They threaten you with arrest unless you immediately pay a fine over the phone.
- **Unpaid parking tickets.** In a similar scenario, callers from the "sheriff's office" will say you have outstanding

parking tickets that have to be paid immediately to avoid jail time.

Neither agency operates in this way. If you or a loved one receives such a call, the best option is to hang up and report it—and never give out your credit information to someone you don't know.



Financial advice for young people

Getting a head start on financial security is a good idea no matter how young you are. If you're just starting out in life—or you know someone who is—these tips can lead to stability going forward:

- **Learn how to budget.** Whether you use an Excel spreadsheet or a pencil and paper, learn to keep track of how much money you're spending and what you're spending it on. This will help you make better decisions about money and saving.
- **Set financial goals.** Saving up for a car or a spring break trip can teach discipline and financial awareness. Keep your goals realistic—most of us won't have saved a million dollars by the time we're 30—and stay focused on them as you decide what to spend on other things.
- **Educate yourself.** Learn about interest rates, credit card fees, the impact of late payments, and even the stock market. The more you know, the better you'll be able to protect yourself and your money.

Quotes

"You think money can solve any problem, but all it's good for is buying the things it can, and leaving you free to pursue the things it can't." —Ann Herendeen

"Get to know two things about a man. How he earns his money and how he spends it. You will then have the clue to his character. You will have a searchlight that shows up the inmost recesses of his soul. You know all you need to know about his standards, his motives, his driving desires, his real religion." —Robert J. McCracken



The cost of dry cleaning around the world

Have you ever wondered how much dry-cleaning a suit costs around the world? Maybe not, but the online dry cleaning service Zipjet did, and it looked at 100 cities around the world to find the answer.

The most expensive city for dry cleaning a two- or three-piece suit is Oslo, Norway, where the cost is \$52.03 in U.S. dollars. The cheapest is Jakarta, Malaysia, at \$2.20. Chicago ranks 53rd, with a cost of \$12.72.

Russia is the biggest user of dry cleaning services, spending \$3,265,888,189 annually. The United States comes in second, at \$3,029,470,494, followed by Brazil in third place, at \$1,065,702,298. Of 10 countries surveyed, Canada spends the least— \$500,834,651.

If you're intrigued, you can check out more information at the study at <https://www.zipjet.co.uk/2018-global-dry-cleaning-index#USD>.

Discarded tech adds up

Chances are you've got a few old cell phones sitting around your house that you haven't used in years. A recent survey by Decluttr.com found that Americans have some \$33 billion worth of discarded technology lying around, with the average U.S. home hanging onto \$264 worth of unused tech. That includes:

- Almost 60 percent of U.S. homes with more than two unused cell phones (Apple and Samsung, mostly).



- Thirty percent of people who say they keep their old phones for backup, and 30 percent who don't want to risk losing control of their personal information.

- Other devices, such as cameras (40 percent), PCs (25 percent), consoles (10 percent), and iPods, tablets and more (10 percent).

iPhones top among teens

All the cool kids have iPhones, according to an article on the USA Today website—or at least most of them do. Citing a survey by Piper Jaffray, USA Today reports that 81 percent of teenagers own the Apple devices, despite the fact that they're more expensive than other smartphones. The average age of teen iPhone users is 16.4, and more than 84 percent of them expect their next phone to be an iPhone as well.

Teens are also growing interested in the Apple Watch. Piper Jaffray's survey found that 20 percent plan to buy one in the next six months, up from 17 percent in 2017.





Facebook stands strong despite data scandal

Facebook took a hit in the Cambridge Analytica scandal, but it seems to still be going strong. Among 2,000 social media users in a Reuters/Ipsos survey, 74 percent indicated that they still visit Facebook at least once a day, and 26 go there even more often, while 49 percent say the controversy hasn't changed how they use Facebook at all.

Still, 44 percent of Facebook users said they'd changed their privacy settings in the aftermath of the scandal, although 63 percent hadn't and 3 percent said they didn't know how.

And the most popular dream car is ...

Is there a car you dream of owning? A Ferrari, a Porsche, or even the Batmobile? Gold Eagle, an automotive lubricant conglomerate, recently surveyed Americans to identify their dream car. The winner? The Ford Mustang, followed by the Tesla Model S, the Jeep Wrangler, the Corvette, and the Camaro. Here's how the findings shake out by gender:

| | Men | Women |
|---------------|------------|------------|
| Mustang | 39 percent | 61 percent |
| Tesla Model S | 63 percent | 37 percent |
| Wrangler | 19 percent | 81 percent |
| Corvette | 59 percent | 41 percent |
| Camaro | 48 percent | 52 percent |



Quotes

“Computers are better than we are at arithmetic, not because computers are so good at it, but because we are so bad at it.”
—Isaac Asimov

“I compare arithmetic with a tree that unfolds upwards in a multitude of techniques and theorems while the root drives into the depths.”
—Gottlob Frege



Your kindness can cure a world of hurt

Since 1988 the last seven days of August have been designated as “Be Kind to Humankind Week.” This observance was created by Lorraine Jara, who was inspired to do something kind after reading a tragic story in her local paper. To help others find ways to engage in kind and civil behavior, Jara created the following themes for each day of this week:

- Sacrifice Our Wants for Others’ Needs Sunday
- Motorist Consideration Monday
- Touch A Heart Tuesday
- Willing to Lend a Hand Wednesday
- Thoughtful Thursday
- Forgive Your Foe Friday
- Speak Kind Words Saturday

Imagine how much nicer the world would be if each one of us committed to adhering to these concepts during this week and every week thereafter.

For more information about Be Kind to Humankind Week, visit <http://bk2hk.org/week/>

What will you leave behind?

As most of us get older we begin to think about the things we will leave our loved ones after we depart this earthly plane. Money, property, and heirlooms occupy most of our considerations in this matter. Yet we often overlook many priceless treasures that we possess and have inherited from others.

Do you share your father’s work ethic, your mother’s tenaciousness, your grandmother’s loving spirit, and your grandfather’s resilience? How we live our daily lives, the choices we make, and our values are influ-

enced by the examples passed down to us from our ancestors. These are the legacies that shape our identity and interactions with others.

In August we observe What Will Be Your Legacy? Month. There’s no time like the present to start thinking about the footprints we leave behind during this journey through life.

Grab a peach

Here are a few random facts to consider about this yummy fruit:

- Peaches are native to China and are a symbol of longevity, protection, and luck. There is evidence they have been cultivated there since 6000 B. C.
- They were transported to the New World by Spanish explorers who planted the first orchard in Florida in 1565.
- Although Georgia is nicknamed the Peach State, 50 percent of the peaches sold throughout the U.S. are grown in California, while 50 percent of the peaches sold throughout the world are exported from China.
- Researchers believe the phenolic compounds in peaches have anti-inflammatory and antiobesity properties.
- The fruit is also a good source of both vitamins A and C, and other minerals.
- Freestone or clingstone are the two main varieties and describe whether or not the fruit clings to the pit in the center of the fruit.
- Peaches are in season June through August.



Quotes

“People need people; it’s as simple as that! In order to have the power to make the world a better place, we must first change our attitudes for the better. We can create our own good news if we choose to do so!”

—Lorraine Jara

“Carve your name on hearts, not tombstones. A legacy is etched into the minds of the others and the stories they share about you.”

—Shannon L. Alder



Whales on the comeback in Antarctic waters

Humpback whales were hunted to near extinction in the 19th and 20th centuries, but now, after international treaties were signed to protect them, they seem on the verge of a comeback.

The New York Times reports that humpbacks who lives and breed in Antarctic waters are having a baby boom. Whale researchers took skin and blubber samples from male and female whales near the Western Antarctic Peninsula for a six-year period. They found high progesterone levels in the blubber of 60 percent of the female whales, which indicated that they were pregnant—an increase from earlier years.

Other whale species are also reproducing more, but the humpbacks seem to be doing best due to the fact that they mature more quickly and have a shorter period between pregnancies. They also have centralized breeding grounds, unlike other species that mate in open water and thus have a harder time finding a partner.

Second-century wall featured bloodthirsty images

Taunting your enemies isn't a new tactic. The Fox News website reports that ancient Romans in Britain painted bloodthirsty warnings in vibrant red and yellow paint on the Antonine Wall separating them from rebel tribes in Scotland. Archeologists discovered that slabs placed along a rampart in the wall, now plain gray, were once decorated with pictures of Roman eagles, their beaks stained with blood, and decapitated bodies of their enemies.

The wall was built in the second century during the reign of Emperor Antoninus Pius. The paint came

from natural red and yellow ochre, along with a red mineral called realgar, a red plant dye, the yellow mineral orpiment, and white lead. The images were apparently intended to remind the rebellious Scots that the Roman Empire would not tolerate any challenge to its authority.

Ancient humans stalked giant sloths, fossils show

Fossilized footprints show that Ice Age humans hunted giant sloths tens of thousands of years ago, according to the Sci-News website. A team of researchers studied footprints of adults and children found at the White Sands National Monument in New Mexico and found that the human footprints were inside the footprints of a giant ground sloth, which became extinct at the end of the Ice Age.

The fossils show that humans deliberately followed the sloth, deliberately stepping in its footprints as others kept their distance, distracting the creature and drawing it in a desired direction. The tracks indicate that the sloth turned and attacked its stalker, presumably allowing the other humans to move forward and deliver a killing blow.

New initiative in the hunt for E.T.

The search for extraterrestrial life is moving to a new, more ambitious phase, reports an article on the Independent website. Up until now, scientists have been restricted to surveying a relatively small area of the sky, studying stars only a few light-years from Earth. A new project, called Breakthrough Listen, will use new technology at the Parkes telescope in Australia to scan a much wider area of the sky more quickly than before.

The Parkes telescope and others will gather 1,500 hours of data in 2018, then analyze it for any phenomena that appear artificial—while ruling out activity from Earth. The project is one of several from Breakthrough, one of which includes a plan to send small spacecraft on deep-space missions far from Earth.

Choose your friends wisely

A Gullah folktale offers insight into an unlikely friendship between a snail and a crab. Though the two were very different, they often played together and considered themselves to be best buddies.

One day the crab suggested they go hang out at the beach.

“My mom warned me never to go there,” the snail said. “She says it’s too dangerous and that the gulls will attack me and have me for a meal.”

“Dangerous? No way!” the crab replied. “The beach is fun.” The crab promised to look after the snail and assured him there was nothing to worry about. He said, “I’m your best friend. I won’t let any gull get close to you.”

The snail ignored his better judgment and gave in.

Once they arrived at the beach the snail was excited and overwhelmed by the world he saw before him. He turned to say something to the crab, but noticed his friend some distance away, hanging out with a group of crabs. Just then a gull swooped down and carried away the little snail.

When the crab saw his friend being snatched up by the gull, he buried himself in the sand and stayed hidden for most of the day. He emerged at nightfall and slowly made his way toward home. He created and rehearsed the lie he would tell the snail’s parents.

He stood outside the door to the snail family home for a long time before knocking on the door. When the door opened the crab was speechless as his young snail friend stood before him, safe and unharmed.

“But—the gull,” the crab stammered.

“Yeah, he got me,” the snail replied. He went on to tell how the gull carried him to a field not far from home. Once there, the gull placed the snail in the grass and then scolded him for being out of his element at that beach. “Don’t you know how dangerous it is there?”

“When I told him that I was there with you, the gull warned me to think twice about who I consider to be a friend. After all, where were you when I needed you?” the snail asked.

Before the crab could answer, the snail added, “Go



home. It’s late.”

After that night the snail and the crab were no longer the best of friends. In fact, the snail realized they never had been.

A reminder to be kinder

Two friends were out in a rowboat when it overturned. Luckily, two young women were nearby in another boat and came to their aid. Unfortunately, the women had neither a radio nor a motor on their boat. They were a long way from shore, and the two young men needed medical attention.

The young women screamed for help at each passing motorboat on the waterway. Their pleas were ignored by many. By the time they were finally able to secure help, one of the young men had perished from his injuries.

This was the story Lorraine Jara read in her local paper one day, more than 30 years ago. Though Jara did not know any of the young people involved in this tragedy, it touched her so deeply that she had to do something. In 1988 Jara created Be Kind to Human Kind Week, Aug. 25–31.

The smallest act of kindness can have a significant impact on a person’s life. Knowing this, what will you do to make the world a better place for humanity?

Quotes

“Time doesn’t take away from friendship, nor does separation.” —Tennessee Williams

“How beautiful a day can be when kindness touches it?” —George Elliston



Don't let boredom cramp your creativity

You can't be creative if you're bored out of your skull. We all feel jaded and restless from time to time, but if you're suffering from a complete lack of stimulation, try these tricks for snapping out of it:

- **Read something new.** Pick a book by an author you've never read, or one that covers a foreign subject.
- **Talk to people.** Pick someone you don't know very well, and find out all you can about him or her.
- **Explore your surroundings.** Stop ignoring the sights on your way to work, or at work. Pay attention to all you see—look for something different and original.
- **Rearrange your space.** Sometimes shifting things around at home or at work can force you to look at your surroundings, and your life, in a new light.
- **Try a new recipe.** Get out of the rut in your kitchen. Pick a challenging recipe for dinner, or stop making the same old sandwiches for your lunch.

Crash through barriers to creative thinking

You can't turn creativity on and off like a light switch. You can, however, pave the way to innovative thinking by clearing out some of the more common obstacles to creative solutions. Eliminate these roadblocks:

- **Defining problems too narrowly.** Look at the situation from many different angles before deciding on what kind of solution you're looking for.
- **Judging ideas prematurely.** Instead of discarding ideas that seem impractical or unsuitable at first glance, ask, "What's good about this idea?" By withholding judgment, you may find useful ideas embedded within aspects of otherwise unworkable concepts.

- **Stopping with the first good idea.** Even when an idea sounds promising, don't stop coming up with alternatives too quickly. Often the best, most creative ideas don't appear until after the initial flash of brainstorming activity has been exhausted.

- **Obeying "rules" too rigidly.** What assumptions are you making about the situation? They may not be valid. Often, we ignore good ideas because they don't seem to fit the rules we've always followed. If you begin questioning those rules, you may find out that you can change them.

Follow these steps to creative solutions

Whatever challenge you're facing, don't get so caught up in trying to find creative solutions that you end up running around in circles and accomplishing nothing. Apply a little logic to the task by following these steps:

- **Clarify the problem.** Begin by making sure you understand the problem. Consider what you want to accomplish until you can frame your goal in a brief, simple statement.
- **Consider the data.** Remember the reporters' five Ws: who, what, when, where, why. Research the answers to see whether you can come up with enough information to help you figure out the next question: how.
- **Generate the ideas.** Ask open-ended questions to encourage creative thinking. Don't think you have to find just one solution. No matter how good your first idea is, continuing to explore may help you come up with something better.
- **Set clear goals.** Create action steps that will lead to the fulfillment of your mission statement.
- **Do the work.** Turn your vision into reality by following through on your decisions until you've achieved your solution.



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 nfmd.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.



Just Peachy

August is National Peach Month! In China the peach is a symbol of longevity and good luck. 1565 is the starting date of the first peach orchard in Florida. “Free Stone” peach just refers to how the flesh of the peach separates from the pit. Peaches are a good source of Vitamins A, B and C. A medium peach contains only 37 calories.

Fresh Peach Ice Cream

Ingredients

- 2 cups heavy cream (1 pint)
- 1 tablespoon vanilla
- 1 (14 oz) can sweetened condensed milk
- 3-4 large ripe peaches, peeled and roughly chopped

Instructions

1. Add chopped peaches to a sauce pan and turn the heat to medium. Cook peaches for just a few minutes or until they become soft.
2. Remove from heat and let cool.
3. Add the heavy cream and vanilla to the bowl of a stand mixer.
4. (Or pour into a large bowl and use an electric mixer).
5. Whip heavy cream and vanilla together a few minutes until stiff peaks form.
6. Add in the sweetened condensed milk and whisk until combined.
7. Stir in peaches.
8. Spoon mixture into a loaf pan.
9. Freeze for several hours or overnight until frozen.

Peach Stone Game

Peach Stone This game is played during certain ceremonies, Mid - winter, Seed ceremony and the Harvest ceremony. It's played as an amusement to the Creator and as a decision maker for the people. The two players (one from each team/side of the longhouse) take turns hitting a wooden bowl with a flat bottom against the floor or bench. When played during mid - winter, we split the clans into two teams. The bear and turtle clans vs. the wolf clan. During the seed ceremony, we play men vs. the women. Whoever is determined the winner will not have to plant the garden for that season. Inside the bowl are six peach pits which are called stones that are blackened on one side. The stones are counted like dice depending on how many colored sides are showing after every hit of the bowl.

Players place bets using their own valuables with the winner or winning side taking all. The Peach stone game comes from the Iroquois; the game originates from our creation story. The game re-enacts one of the contests between the good twin (Sapling) and the evil twin (Flint) as they struggled for dominance as the first men on earth. The importance of the Peach stone game in Haudenosaunee rituals, helps us to understand the attitude toward gambling. Games of chance are considered to be sacred, played only in honor of the Creator. “The message you send back to the Creator is that you are grateful for what you have and willing to share it with others.”

The Way the Game is Played When playing, 101 beans are used as counters (score keepers), all beans are put aside (“in the bank”), between each player/team to start. The one extra bean is said that the one bean belongs to the creator, because he is the one who determines the outcome of the game (the winners).



Night

at **Dodge Park**

In partnership with



WPI

**Tuesday, September 18th
at 7:30pm**

Light refreshments will be served.

Please RSVP to Erin or Debbie: 508-853-8180

101 Randolph Road • Worcester, MA 01606



Each player starts out with 5 beans taken from the pile of the 101. (continue to do this for every players turn until all beans are exerted. The beans act as the players “lives” in each turn.)

Note: There are no limits of how many people you have per team, just as long you have 2 teams. Each team will need a counters and a bean holder. A counters job is to hold the five beans of the playing player and to keep track of how many lost and when the players turn is finished.

When one of the players have collected all five beans of the other opponent, the player with no “lives” left is done their turn and the next team player is up to play, receiving another five beans. A player plays until all their five beans are lost. Holders never count beans but only collect beans that have been won and taken from the other team.

After all beans have been exerted from the bank the holders job is the take from the winnings to give to the counter as their next players lives and continue to pay from holders pile of beans. The holder should have a hanky/ cup or pocket to hold the beans so no one can see how many beans each team has keeping competition strong.

To start playing the game you shake the bowl with the peach pits inside the bowl, then you set the bowl down. If you shake 5 black pits and 1 natural pit or vice versa, you win 1 bean from the other side, and are able to continue your turn until you stop winning points. (turns will vary per person)

If you shake all 6 black or all 6 the natural color then you win 5 beans at once and the player you are playing against is out, letting someone else from the opposing team to play. The game starts back up with the remaining player starring the next turn by shaking

and hitting the bowl down and passing back and forth as the plays play out. If one get a win of all 5 one color after also winning a couple of 1 pointer from the same opponent then the holder will have to give the difference to the counter to pay up pulse 5 more beans for the next player...so on and so forth.

If near the end and you find that there is not enough to make the full 5 beans for one of the last players then you simply play with what's left and that is the amount of lives the player is left to play with until more beans have been won or the game is finished by victory!

You play this game until all beans are gone from one team. Once one team has no beans left to play with, they are the team that loses. This game can be played for a time of 30 minutes to 5 days!



Reminiscing

Talking and thinking about the past can be comforting to most people, whether they suffer from Alzheimer's or not. Reminiscing about lifeme milestones or special celebrations is a great way to offer opportunities to create new memories from "walking through the past."



List of Possible Topics to Discuss:

- Science and technology changes through their years
- The price of milk/hamburger/gasoline/movies
- Ration stamps during WWII
- When the women in the group were first allowed to wear something that wasn't a skirt to school
- First me they had pizza or spaghetti or tacos
- First jobs
- Favorite songs/dances. Favorite games as kids
- Funny/favorite pet stories
- Places they once lived, why they left, how the places have changed
- Neighbor people, especially of different cultures, who befriended them as children
- School experiences
- Technological innovations like their first television
- Earliest movie they remember seeing
- Favorite comic strip
- Schooling experiences, what they remember about teachers, etc.
- Major music stars of the day: Doris Day (50's) Judy Garland (40's) Andrews Sisters (40's). The first big pop idol: Frank Sinatra (40's). As big in his day as the Beatles in the 60s, or the current run of popular singer stars.
- How they learned to cook, or any other adult skill they were expected to pick up the sorts of food they remember from childhood (favorite foods or things they didn't like!)
- Methods of transportation (e.g. train travel)
- Gardening, time spent in nature
- Where were they when: Kennedy was shot, we landed on the moon, FDR died
- What they did for holidays

The Slinky

The Slinky was invented and developed by BTS Richard T. James in 1943 and demonstrated at Gimbels department store in Philadelphia in November 1945. The toy was a hit, selling its entire inventory of 400 units in ninety minutes. James and his wife Betty formed James Industries in Clifton Heights, Pennsylvania to manufacture Slinky and several related toys such as the Slinky Dog and Suzie, the Slinky Worm. In 1960, James's wife Betty became president of James Industries, and, in 1964, moved the operation back to Hollidaysburg, Pennsylvania. In 1998, Betty James sold the company to Poof Products, Inc.

Slinky was originally priced at \$1, but many paid much more due to price increases of spring steel throughout the state of Pennsylvania; it has, however, remained modestly priced throughout its history because of Betty James' concern about the toy's affordability for poor customers. Slinky has been used other than as a toy in the playroom: it has appeared in the classroom as a teaching tool, in wartime as a radio antenna, and in physics experiments with NASA.

Slinky was inducted into the National Toy Hall of Fame at The Strong in Rochester, New York, in 2000. In 2002, Slinky became Pennsylvania's official state toy, and, in 2003, was named to the Toy Industry Association's "Century of Toys List." In its first 60 years Slinky sold 300 million units.



Music Activities for August

Music Memories Run Deep in Those with Dementia

Experts agree that music and music activities are of great benefit to those with Alzheimer's disease and related dementias.

It is not only good for the lungs, but it makes you feel good. It can also elicit fond memories. It taps into parts of the brain that are still intact in a person with dementia.

Martha Tierney of the Alzheimer's Association says that music speaks to a person's feelings, so it is a sensory and not intellectual experience. She and other experts think that this partly why it works so well with those who have dementia and others in long term care.

There is no pressure to understand it. People with Alzheimer's disease, related dementias, and others can just experience it.

Another expert, Petr Janata, associate professor of psychology at UC Davis' Center for Mind and Brain, thinks the region of the brain where memories of our past are supported and retrieved, also serves as a hub that links familiar music, memories and emotion.

Concetta Tomaino, DA, a certified music therapist says that we at least know music is processed on many levels at once.

"Why it's so positive is that we process music with almost every part of our brain," she says. "Music that has personal significance to someone or relates to historical events is a strong stimulus to engage responses in people, even in late stages of dementia.

"Even if they're not necessarily able to tell you what the song is, they are able to be moved and feel the associations."

With this in mind, you should try to engage your loved one, clients, or residents with dementia or other long-term care persons, in musical activities every day in August and other times throughout the year.

There are many kinds of musical activities that are of great benefit. First it is necessary to know the person or people you are dealing with. It is important to know their interests, past and present, and their skill level.



However, there are several musical activities that most people with dementia enjoy. Simply listening to their favorite tunes will bring a smile to their faces and may get their hands and feet tapping especially if you are listening and moving with them.

Remember folks with dementia take their cue from you. If you are upbeat and excited, they probably will be too.

Another idea is to watch a movie, or play a sing a long DVD that has a lot of music and dancing in it. Sometimes you may have to watch the video in short segments because the attention span of those with dementia can be short especially as their disease progresses.

An old fashioned sing a long is also a good idea for an activity. First you need to devise a list of familiar songs. You may want to do this as an activity, or you can get lists online.

Here <http://activitiesdirector.blogspot.com/2018/06/summer-songs-that-people-with-dementia.html> is a list of summer songs that those with dementia of different age groups will probably enjoy. There are words to the suggested songs as well.

Here <http://barbarasmithoccupationaltherapist.com/sarah-songs.html> is a list with more general older songs with lyrics that could be used for this activity.

You can start out with this thought. Let's sing a song now. Then bring out the suggested lists or a list you devised that has your individual or group favorites. Be animated and excited about singing the songs getting everyone in your group involved. You may want the participants to take turns being the song leaders. Remember to compliment the participants often.



August 14th is Creamsicle Day.

Here are a couple simple recipes that you may want to use to celebrate the day.

Jell-O Popsicles Recipe

Slow drip popsicles made using Jell-O.
Less mess and oh so yummy.

- 3 oz package of Jell-O
- 4 cups of water
- 1/3 cup granulated sugar (optional)

Instructions:

1. Bring 2 cups of water to a boil. In a medium bowl mix sugar and Jell-O powder. Stir in boiling water, stirring constantly until Jell-O and sugar are completely dissolved (about 2 minutes).
2. Stir 2 cups of cold water into bowl and then pour mixture into popsicle molds.
3. Put the popsicles into the freezer until completely frozen.

NOTES:

- This made about 40 ounces with 8 ounces left after filling a 10-slot popsicle mold. Instead of a mold you can use an ice cube tray.
- To make Creamsicle use orange Jell-O and add vanilla ice-cream

No-Bake Creamsicle Pie

Yield: one 9-inch pie

Ingredients:

- 1 1/2 cups heavy whipping cream
- 2 tablespoons confectioners powdered sugar
- 1 teaspoon vanilla extract
- 1/4 cup water
- 1 (3 oz) package orange Jell-O mix
- 2 (6 oz) containers orange flavored yogurt
- 1 9-inch graham cracker crust

Directions:

1. Pour heavy whipping cream, powdered sugar, and vanilla extract into a large bowl.
2. Whisk using a large balloon whisk for approximately 5 minutes, until cream reaches soft peaks. Set aside.
3. Place water in a large microwave safe bowl. Heat for 1 minute, or until it's just beginning to boil. Immediately whisk in orange Jell-O mix, stirring until dissolved.
4. Stir in orange yogurt. Fold in whipped cream until well mixed. Pour into graham cracker pie crust.
5. Refrigerate for 1 hour, or until set. Top with additional whipped cream and orange sprinkles for serving, if desired.





PLEASE JOIN US FOR
COUNTRY WESTERN DAY

AT

Dodge Park

AND



OASIS
AT DODGE PARK

FRIDAY, SEPTEMBER 21ST

BBQ - GAMES - PHOTO BOOTH

**LIVE COUNTRY MUSIC PERFORMANCE
BY TIM BARRETT**

PLEASE RSVP TO ERIN OR DEBBIE: (508) 853-8180



101 & 102 RANDOLPH ROAD • WORCESTER, MA 01606



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



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**



Dodge Park Rest Home & Day Club

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| <p>9:30 Daily Chronicle Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Circle Games 6:30 Inspirational Stories and Songs 7:30 Sunday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 White Board Word Games 11:15 Catholic Mass 2:30 Ball Toss 3:00 Music Therapy 4:00 Game Circle 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 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics</p> | <p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Alphabetics 2:30 Color Me Happy 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Lauda A Little</p> | <p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:15 Finishing Lines 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 5:30 Dodge Park Family Cookout w/Jesse Luke 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Music & Movement 10:00 Baking with Laura 11:00 Parachute Game 2:30 Fancy Fingers Arts & Crafts 3:00 Ice Cream Social 4:00 Musical Memories 7:00 Friday Night Movie 8:00 Friday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Balloon Game 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Paul Belanger 8:00 Movie & Munchies</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 Circle Games 6:30 Inspirational Stories and Songs 7:30 Sunday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 White Board Word Games 11:15 Catholic Mass 2:30 Ball Toss 3:00 Music Therapy 4:00 Game Circle 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 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics</p> | <p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Alphabetics 2:30 Color Me Happy Sensory Group 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Lauda A Little</p> | <p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:15 Word Games 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 5:30 Dodge Park Family Cookout w/Jesse Luke 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Music & Movement 10:00 Baking with Laura 11:00 Parachute Game 2:30 Fancy Fingers Arts & Crafts 3:00 Ice Cream Social 4:00 Musical Memories 7:00 Friday Night Movie 8:00 Friday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Balloon Game 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Joe Sarasin 8:00 Movie & Munchies</p> |
| <p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Ted Powers 4:00 Circle Games 6:30 Inspirational Stories and Songs 7:30 Sunday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 White Board Word Games 11:15 Catholic Mass 2:30 Outdoor Adventures Summer Fun 4:00 Game Circle 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 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics</p> | <p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Alphabetics 2:30 Color Me Happy Sensory Group 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Lauda A Little</p> | <p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:15 Word Games 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 5:30 Dodge Park Family Cookout w/Jesse Luke 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Music & Movement 10:00 Baking with Laura 11:00 Parachute Game 2:30 Fancy Fingers Arts & Crafts 3:00 Ice Cream Soda Social 4:00 Musical Memories 7:00 Friday Night Movie 8:00 Friday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Balloon Game 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Joe Sarasin 8:00 Movie & Munchies</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 Circle Games 6:30 Inspirational Stories and Songs 7:30 Sunday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 White Board Word Games 11:15 Catholic Mass 2:30 Ball Toss 3:00 Music Therapy 4:00 Game Circle 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 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Movie Classics</p> | <p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Bible Study w/Tom 11:15 Alphabetics 2:30 Color Me Happy Sensory Group 4:00 Sing-A-Long 7:00 Reminiscing and Relaxation 8:00 Lauda A Little</p> | <p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:15 Word Games 2:30 Color Craze Sensory Group 4:00 Sing-A-Long 5:30 Dodge Park Family Cookout w/Jesse Luke 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Music & Movement 10:00 Baking with Laura 11:00 Parachute Game 2:30 Fancy Fingers Arts & Crafts 3:00 Ice Cream Soda Social 4:00 Musical Memories 7:00 Friday Night Movie 8:00 Friday Night Movie</p> | <p>9:30 Daily Chronicle 10:00 Balloon Game 11:00 Aerobics with Jorge 2:30 Sing-A-Long 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Joe Sarasin 8:00 Movie & Munchies</p> |

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

August 2018

Oasis at Dodge Park

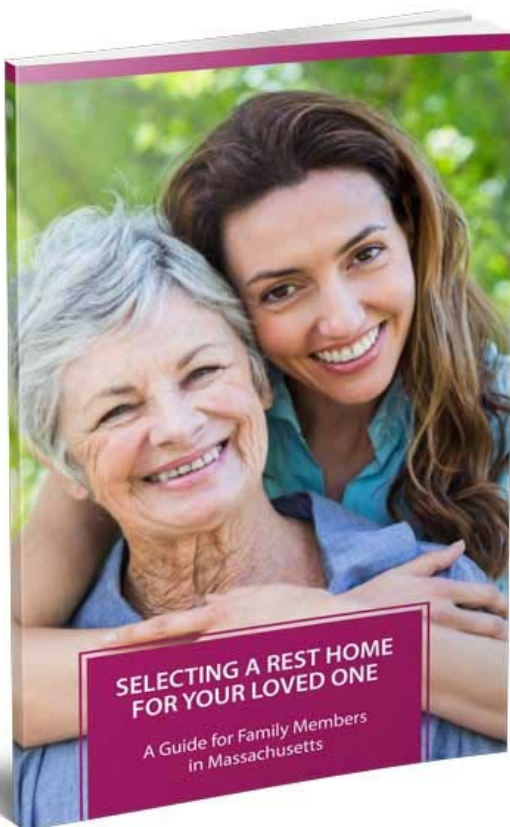
| | | | | | | |
|--|---|--|---|--|--|---|
| <p>9:30 Daily Chronicle 10:00 Aerobics w/Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Heather Ralston 4:00 Inspirational Stories 7:00 Meditation & Music 8:00 Sunday Night at the Movies</p> | <p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 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>6 National Lighthouse Day 7 10:00 Finish the Phrase 10:30 Tai Chi 11:15 White Board Word Games 2:00 Lighthouses in New England 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup Stories 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Guess Who 10:00 Mary Kay 10:45 Opposites Attract 11:30 Music Therapy 2:30 Outdoor Games & Fun 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p> | <p>8:00 Lauch A Little 9:30 Daily Chronicle 10:00 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</p> | <p>9:30 Daily Chronicle 10:00 Fun with Fitness 11:00 Drum Circle 11:30 Shabbat Service 2:00 Manicures and Music Walk and Roll 3:00 Happy Hour! 4:00 Brain Games 7:00 Entertainment: Marie Pascale</p> | <p>9:30 Daily Chronicle 10:00 Aerobics w/Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories or Poetry Readings 4:15 Chris on the Piano 6:30 Entertainment: Jim Porcella</p> |
| <p>9:30 Daily Chronicle 10:00 Aerobics w/Jorge 11:00 Did You Know? 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 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 Tuesday Trivia 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Guess Who 10:45 Opposites Attract 11:30 Music Therapy 2:30 Outdoor Games & Fun 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p> | <p>8:00 Lauch A Little 9:30 Daily Chronicle 10:00 Who's on First 10:00 Baking Beauties 11:15 Yoga with Nancy 2:00 Red Sox vs Indians 3:30 The Man Cave 4:00 Red Sox Trivia 7:00 Hand Massage and Music</p> | <p>9:30 Daily Chronicle 10:00 Fun with Fitness 11:00 Drum Circle 11:30 Shabbat Service 2:00 Manicures and Music Walk and Roll 3:00 Happy Hour! 4:00 Brain Games 7:00 Entertainment: Marie Pascale</p> | <p>9:30 Daily Chronicle 10:00 Aerobics w/Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories or Poetry Readings 4:15 Chris on the Piano 6:30 Entertainment: Paul Balanar</p> |
| <p>9:30 Daily Chronicle 10:00 Aerobics w/Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Sean Fullerton 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 2:30 Entertainment: Devin Ferreira 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 Tuesday Trivia 3:00 Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV</p> | <p>9:30 Daily Chronicle 10:00 Guess Who 10:45 Opposites Attract 11:30 Music Therapy 2:30 Birthday Party with Alexandria Bianco 4:00 Musical Memories 7:00 Poetry Reading 8:00 Classic TV</p> | <p>8:00 Lauch A Little 9:30 Daily Chronicle 10:00 Circle Games 11:15 Yoga with Nancy 2:00 Toasted Marshmallows and Campfire Stories 3:30 The Man Cave 4:00 Reminiscing 7:00 Hand Massage</p> | <p>9:30 Daily Chronicle 10:00 Fun with Fitness 11:00 Drum Circle 11:30 Shabbat Service 2:00 Manicures and Music Walk and Roll 3:00 Ice Cream Soda Social 4:00 Brain Games 7:00 Entertainment: Marie Pascale</p> | <p>9:30 Daily Chronicle 10:00 Aerobics w/Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories or Poetry Readings 4:15 Chris on the Piano 6:30 Entertainment: Paul Balanar</p> |

Oasis at Dodge Park 102 Randolph Road Worcester, MA 01606 Elin 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 naming types of Flowers.

NIZINA



STRAE

ATHYIRSO F

CSHUSIBI

PLTUI

OTLUS

ERSO

NGDRIEAA

LOVTIE

SEAG

WSRUNFLEO

ALLCI

MSJEIAN

LYIL

BONTENBLUE

TCCASU

DLIAHA

RSII

NEPOY

IHODCR

ANSWERS: zinnia, aster, forsythia, hi-
biscus, tulip, lotus, rose, gardenia, vio-
let, sage, sunflower, lilac, jasmine, lily,
bluebonnet, cactus, dahlia, iris, peony,
orchid

Missing Letters

Fill in the missing letters to identify these words associated with a Wedding Day.



A _ _ A R E

_ I _ E N _ E

L _ M _ _ S I _

_ E _ L S

B _ U Q _ _ T

M _ N _ Y

_ _ I E _ T

B _ I D _

R _ C _ _ T _ _ N

_ A K _

_ H _ R C _

R _ _ G

U _ _ E R

T _ A S _

_ _ N F _ T _ I

_ A N C _

D _ _ M _ _ D

V _ W _

_ E _ E M _ _ Y

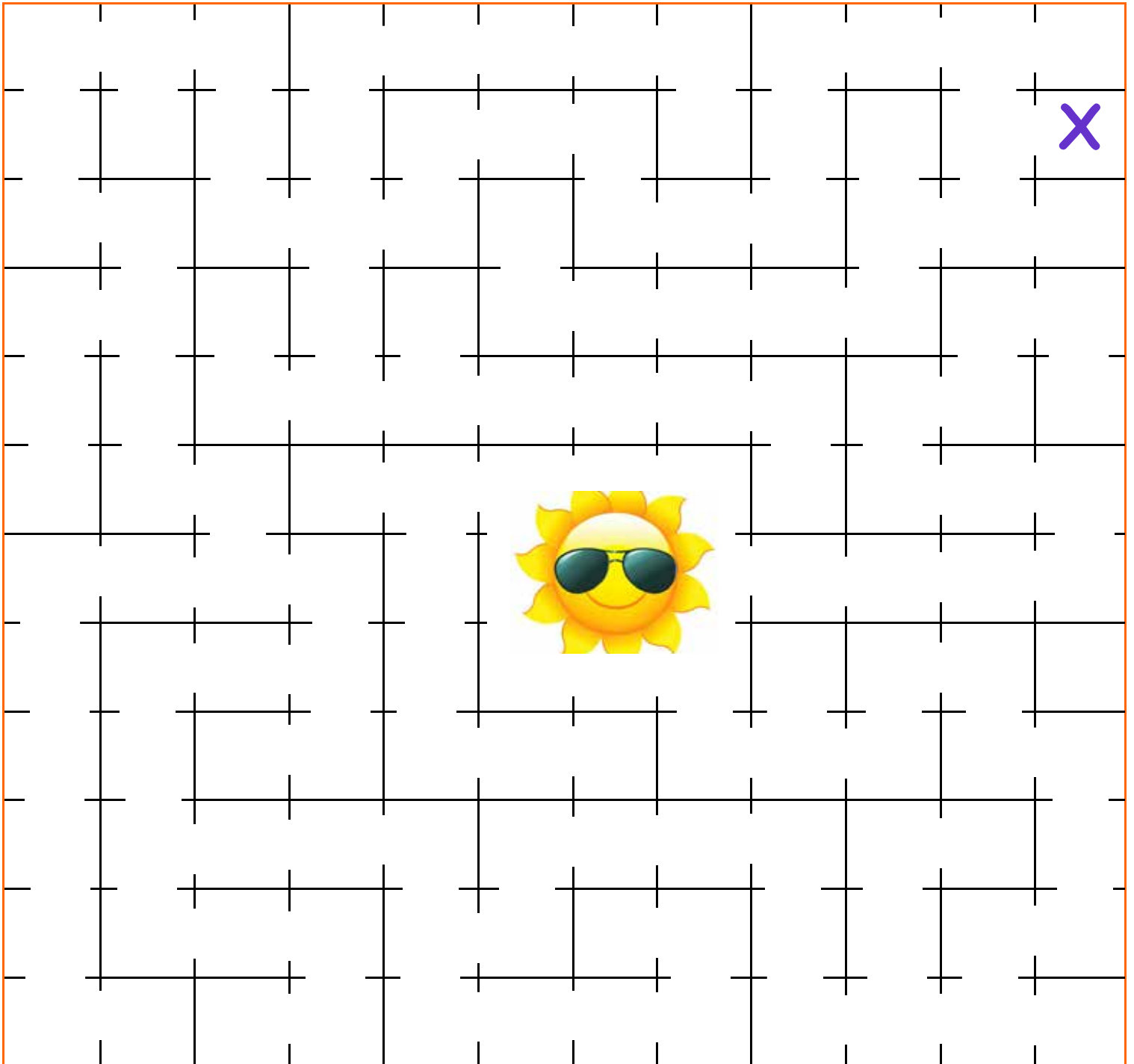
G _ R _ _ R

_ _ F T _

_ I N _

ANSWERS: altar, license, limousine, bells, bouquet, money, priest, bride, reception, cake, church, ring, usher, toast, confetti, dance, diamond, vows, ceremony, garter, gifts, wine

AUGUST MAZE



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

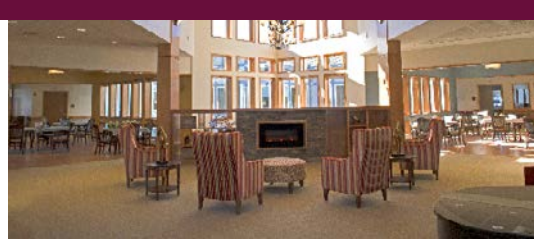
Stop & Smell the Flowers

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

zinnia
 aster
 forsythia
 hibiscus
 tulip
 lotus

gardenia
 violet
 sage
 sunflower
 lilac
 jasmine

bluebonnet
 cactus
 dahlia
 iris
 peony
 orchid



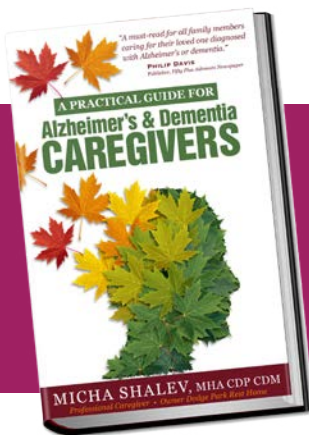
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



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

**For more information
please click here**

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

**DODGE PARK
 REST HOME**



The Day Club

101 Randolph Road, Worcester, MA 01606
 102 Randolph Road, Worcester, MA 01606

Tel: (508) 853-8180 Fax: (598) 853-4545



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.

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