

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HELLO

September



*A Cheerful
Heart is Good
Medicine*

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





Dementia and Shower (“Bath”) Time

By Micha Shalev

One of the challenges in caring for someone with Alzheimer’s disease or another kind of dementia can be bath (or shower) time. Although some people with dementia don’t mind it, others are fearful and extremely resistive.

When a person is combative or resistive with a bath or a shower, there can be many causes for her behavior. Here are a few possible ones:

- **Embarrassment** - If a person is concerned about privacy, bathing with someone else present could make him feel very uncomfortable and embarrassed.
- **Fear of Water** - Some people are afraid of water, whether it’s due to some traumatic incident or just increased anxiety. Others react negatively especially to a shower since they may have always grown up with the routine of a bath.
- **Lack of Understanding** - A person with middle or later stage dementia might not understand why you’re present, why you’re trying to take her clothes off or why she needs to be in the water and be washed. Understandably, this often causes significant resistance.

Occasionally, the person with dementia may become sexually inappropriate during bathing because he does not understand why you are assisting him. If he misinterprets your help, don’t yell at him. Simply explain: “Mr. Smith, I’m a nurses’ aide and I’m here to help you bathe today. Your wife will be here soon to visit you.”

Tips to Improve Bath Time for the Person with Dementia

1. **Prepare First**- Have the soap and shampoo ready, as well as a large, warm towel.
2. **Offer a Choice between a Bath or a Shower** - Some people might not have a strong preference, but for many, providing this choice (either to the person or to their family member who may be able to tell you what they have normally preferred) can improve the outcome. A lot of water in a tub may cause fear for some, while the spraying of a shower can make others anxious.

Dodge Park & Oasis at Dodge Park

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The Dodge Park Family of Care Services

Dodge Park Rest Home
www.dodgepark.com

The Oasis at Dodge Park
www.oasisatdodgepark.com

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

3. **Adjust the Time of Day** -If you don’t know the person’s typical routine, find out from the family if he liked to start his day out with a shower or enjoyed a bath before bed. That’s an important routine for many people, so honoring that for a person with dementia can go a long way toward a good outcome for both the person and the caregiver.

4. **Routine** - As much as possible, stick to a routine, both as it relates to the time of day for a shower and the steps you use when helping the person bathe. Using a consistent caregiver to maintain this routine can also be very helpful to both the caregiver and the person with dementia.

5. **Ensure a Warm Room Temperature** - Ensure that the room is warm enough. A cold room plus water does not equal a positive experience.

6. **Encourage Independence** - If the person is able, ask them to wash themselves. Independence can restore a little bit of the dignity that's lost when help is needed with bathing.

7. **Offer a Caregiver of the Same Sex to Provide the Bath** - If someone is embarrassed or becomes sexually inappropriate, offer a caregiver of the same sex to provide the shower.

8. **Large Bath Towels or Shower Capes** - Provide a large bath towel or a shower cape to offer some privacy and warmth.

9. **Music** - Use music in the bathroom to set the tone. Choose something the person with dementia enjoys and perhaps could join in the singing.

10. **Pain Relief** - Be aware of the possibility that your loved one is resistant to a shower because he's in pain. If that appears to be the case, speak to the physician about trying pain medication prior to his bath time.

11. **Anti-Anxiety Medications** - Some people experience so much anxiety that they might benefit from an anti-anxiety medication prior to their bath time. Be careful, however, that your goal is their comfort and that the medication would facilitate that comfort, rather than hasten your ability to cross a bath off your to-do list. A person with dementia still has the right to refuse a bath.

12. **Humor** - Don't forget to use humor. Humor is a great tool to reduce anxiety, increase comfort and distract from the task at hand.

13. **Spa-Like Atmosphere** - Create a pleasant setting. Rather than have the shower room look like a hospital, place some art on the walls, music in the air and invest in towel heater for comfort.

14. **Doctor's Orders** - Reminding a person who is resistant to bathing that the doctor wants them to take a bath might be helpful and temporarily direct his irritation toward the physician rather than you.

15. **Consider Using a No-Rinse Soap and Shampoo** - If a longer bath time increases anxiety, you can shorten the process by using no-rinse products.

16. **Use Different Words- "Let's Wash Up"** - Some people react to specific words such as "shower time." Try naming it "washing up" or "getting ready for the day."

17. **Hire an Experienced Home Health Care Aide** - Some people respond better to someone who is not a family member when it comes to an intimate task like bathing.

18. **Try a Different Family Member** - It's not unusual for different family members to receive different reactions. If your mother is extremely resistant to your help with a shower, perhaps your sister may have more success.

19. **Assist with Sponge Bathing if Necessary** - The ideal may be a shower or a bath, but you might still be able to accomplish the goal by sponge bathing. If bathing presents a constant battle, choose to set aside that battle and encourage your loved one to sponge bathe.

Safety Tips

- Offer a shower chair.
- Ensure that the water temperature is not too hot.
- Don't leave a person with dementia alone in a shower or a bath.
- Install grab bars.
- Place non-slip decals or mats in the tub and on the floor.
- Don't store cleaning products in the bathroom.

Micha Shalev MHA CDP CDCM CADDCT is the co-owner of The Oasis at Dodge Park, Dodge Park Residential Care and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is holding a master degree in health care management and a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com



Lock In Your Rate and Monthly Fees Never Increase



At Dodge Park, we know an individual's care needs can change daily. Some days you may need more help than other days. And when that happens you will never be charged more for the extra care or services.

That is why we have designed our "Rate Lock" – ensuring basic residency rates never go up once our residents move in.

At other facilities - when you need more care - they charge you more money. But not at Dodge Park. Our services are all inclusive and there is never an "up-charge" for any care or service our staff provides. This plan gives your loved ones peace of mind and makes it easy to plan your finances each month.

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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102 Randolph Road • Worcester, MA
508-853-8180 • OasisAtDodgePark.com

Making a difference in the lives of seniors and their families



Top-rated on Caring.com for 3 or more years

Dodge Park Rest Home and The Oasis at Dodge Park are “Caring Super Stars of 2024” for Service Excellence in Senior Living. Both facilities earned 5-star ratings (the highest possible score) as voted by family caregivers in the national survey.

Dodge Park and The Oasis at Dodge Park are two out of only three facilities in Massachusetts to win the prestigious “Super Star” award.

Two Communities – One Unparalleled Level of Care and Service

At both Dodge Park Rest Home and the Oasis at Dodge Park, we strive every day to deliver high quality care and services for our residents. On behalf of our community, staff and leadership, thank you to those who shared positive feedback about the services we offer, and to Caring.com for recognizing both of our facilities.

Dodge Park

 **OASIS**
AT DODGE PARK



I have to commend all the staff and all they do to help the residents. They go out of their way to see to their needs. They are all so friendly.

Most of all I want to say thank you again for everything all management is doing. It takes a special person to care so much for others. God bless!

The facility is always clean, well lighted and the food smell delicious.

My family members always looks forward to “healthy delicious meals”.. in her words.

Staff at Dodge Park is extremely attentive and always available to update me on any issues regarding my family member or to simply “listen.” They are very caring and I am at peace knowing my loved one is safe and content at Dodge Park.

Dodge Park is the best memory care in the Worcester area. We experience few other admissions with mom in past 3 years and assisted living, nursing home and rehab and no facility came close to the attention for care we got at Oasis. Staff are very caring, attentive and responsive.

The rooms are clean and comfortable.

My dad loves the food at Dodge Park. He’s never been a big eater and has always been skinny as a rail until now. He’s a healthy weight and raves about the food.

The people at Dodge Park truly care about the residents. It’s so good to not have to worry about the level of care he is getting.

Great facility. They provide everything for mom from day. Finally I have a peace of mind knowing that I don't have to run with mom to doctor office as all happening on site. I will vote for them 100 stars If I could. Everything promised to me prior to admission is followed up to the point. I am visited frequently and the place is spotless.

**Dear Micha and Staff,
Words cannot express the wonderful care you gave to
my dear sister. Kindness, caring, thoughtfulness and
love were shown to her everyday.
I always felt comfortable while she was in your care.
Your hearts reached out to her every day during the
5 years she was there.
Thank you for everything and also for the beautiful
flowers you sent. I have you all in my heart.**

**Love and God Bless,
Judy G.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymns & Rosary 1:30 - Manicures & Music 2:30 - Music W/ Tom G. 3:30 - September Trivia/Conversation Ball Throw 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - All About Labor Day 10:30 - My Hilarious job Stories 11:00 - Guess The Job 1:30 - Would You Rather? 2:30 - Exercise W/ Paula 3:30 - Unusual Jobs 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Back to School Scattergories 1:30 - All about Marigolds 2:30 - Music W/ PE James 3:30 - What am I? 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Strength & Stretch 11:00 - Back to School Pictionary 1:30 - Adult Coloring 2:00 - Music W/ Matt Y. 3:30 - ABC Easy as 123 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - Tabletop Bowling 11:00 - Remembering homework 1:30 - Creative Craft 2:30 - Exercise W/ Paula 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Chair Yoga W/ Bonnie 11:00 - Ring Toss 1:30 - Music of the 50's & 60's 2:30 - Music W/ Emma 3:30 - Back to School Bingo 7:00 - Classic TV Show	9:30 - Daily Chronicle 10:00 - Chair Exercises 11:00 - Connect 4 1:30 - Fall Poems 2:30 - Music W/ Paul B. 3:30 - Book Ends 7:00 - Comedy Movie
9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymns & Rosary 1:30 - The Origins of Grandparents Day 2:30 - Music W/ Bill M. 3:30 - Grandparents Day Unscramble the Words 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Church Service 11:00 - Back to School A-Z 1:30 - Guess The Celebrity 2:30 - Exercise W/ Paula 3:30 - Manicures & Music 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:15 - Art W/ Miss Bea 11:00 - Trivia 1:30 - Adult Coloring 2:30 - Music W/ Sean F. 3:30 - Reminisce Old School Days 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - Strength & Stretch 11:00 - Finish The Phrase 1:30 - Group Crossword/Find a Words 2:30 - Music W/ Sandy R. 3:30 - Tabletop Shuffleboard 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - What am I? 11:00 - Family Feud 1:30 - What Can you Build? 2:30 - Exercise W/ Paula 3:30 - Creative Craft 7:00 - Classic TV Show	9:30 - Daily Chronicle 10:00 - Chair Yoga W/ Bonnie 11:00 - Riddles 1:30 - Charades 2:30 - Music W/ Jodie R. 3:30 - Conversation Ball Throw 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - Chair Exercises 11:00 - Basketball Toss 1:30 - Jokes 2:30 - Music W/ Greg P. 3:30 - Bingo 7:00 - Western Movie
9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymns & Rosary 1:30 - Trivia 2:30 - Music W/ Paul B. 3:30 - Manicures & Music 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Etiquette Rules 11:00 - Adult Coloring 1:30 - Finish The Phrase 2:30 - Exercise W/ Paula 3:30 - Hot Potato 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - The one room schoolhouse 1:30 - Password 2:30 - Music W/ Sean F. 3:30 - Craft Class 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Strength & Stretch 11:00 - Hangman 1:30 - Can you Spell Misspell? 2:30 - Music W/ Heather R. 3:30 - Guess The TV Show 7:00 - Classic TV Show	9:30 - Daily Chronicle 10:00 - Songs of School Days 11:00 - Unscramble the Words 1:30 - Short Stories 2:30 - Exercise W/ Paula 2:45 - Alpaca Visit Outdoors 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - Chair Yoga W/ Bonnie 11:00 - Today in The News 1:30 - Who am I? 2:30 - Music W/ Heather R. 3:30 - Puzzle Time 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - All about Octoberfest 1:30 - What can you build? 2:30 - Music W/ Sandy R. 3:30 - Octoberfest Word Pairs 7:00 - Broadway Movie
9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymns & Rosary 1:30 - Finish The Phrase 2:30 - Music W/ Dave M. 3:30 - Manicures & Music 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - September Birthday Party 11:00 - Conversation Ball Toss 1:30 - Resident Council 2:30 - Exercise W/ Paula 3:30 - Painting Class 7:00 - Drama Movie	9:30 - Daily Chronicle 10:15 - Art W/ Miss Bea 11:00 - Back to School Trivia 1:30 - Adult Coloring 2:30 - Music W/ Heather R. 3:30 - LS Jeopardy 7:00 - Classic TV Show	9:30 - Daily Chronicle 10:00 - Chair Exercises 11:00 - Can you Picture this? 1:30 - Group Crossword/Find a Word 2:30 - Music W/ Doug U. 3:30 - Spelling Bee 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - What am I? 11:00 - Where is it? 1:30 - Pictionary 2:30 - Exercise W/ Paula 3:30 - Hot Potato 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Chair Yoga W/ Bonnie 11:00 - Famous Faces Bingo 1:30 - This or that? 2:30 - Music W/ Jim O. 3:30 - Tabletop Curling Game 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Chair Exercises 11:00 - Sing A Long 1:30 - Taboo 2:30 - Music W/ Paul B. 3:30 - Craft Class 7:00 - Action Movie
9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymns & Rosary 1:30 - Finish The Phrase 2:30 - Music W/ Bill M. 3:30 - Bean Bag Toss 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Stretch & Strength 11:00 - School Days 1:30 - Puzzle Time 2:30 - Exercise W/ Paula 3:30 - Jenga/Sensory Games 7:00 - Classic TV Show	 <h1 style="text-align: center;">SEPTEMBER 2024</h1>				

Dodge Park Rest Home 101 Randolph Rd. Worcester MA 01606 *All Activities are subject to change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise W/ Paula 2:15 - Music W/ Bill M. 3:30 - Back to School A-Z 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - All About Labor Day 10:30 - Exercise W/ Joe F. 1:30 - Unusual Jobs 2:15 - Music W/ Sean F. 3:30 - Guess the Celebrity Jobs/ Baking Class 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Finish The Phrase 10:30 - Exercise W/ Paula 11:30 - Art Class W/ Miss B. 2:15 - Music W/ Jodie R. 3:30 - What am I?/ Tabletop Bowling 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - Sept. Trivia 10:30 - Exercise W/ Joe F. 2:15 - Creative Craft/ Conversation Ball 3:00 - Music W/ Matt Y. 7:00 - Classic TV	9:30 - Daily Chronicle 10:00 - All about Marigolds 10:30 - Exercise W/ Paula 2:15 - Music W/ Bill M. 3:30 - Back to School Scattergories/ Bingo 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - Remembering Homework 10:30 - Exercise W/ Paula 2:15 - Music W/ Rusty G. 3:30 - Back to School Pictionary/Manicures & Music 7:00 - Western movie	9:30 - Daily Chronicle 10:00 - Fall Poems 10:45 - Exercise W/ Paula 2:15 - Music W/ Sandy R. 3:30 - Book Ends/ Cornhole 7:00 - Classic Game Show
9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise W/ Paula 2:15 - Music W/ Greg P. 3:30 - The Origins of Grand parents Day/ Noodle Hockey 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Unscramble the Words 10:30 - Exercise W/ Joe F. 2:15 - Music W/ Sean F. 3:30 - Creative Craft/ Baking class 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Would You Rather? 10:30 - Exercise W/ Paula 2:15 - Music W/ Paul B. 3:30 - Spelling Bee/ Puzzle Time 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - Music of the 50's & 60's 10:30 - Exercise W/ Joe F. 2:15 - Music W/ Sean F. 3:30 - Penny Ante/ Balloon Toss 7:00 - Classic TV	9:30 - Daily Chronicle 10:00 - School Lunches then & Now 10:30 - Exercise W/ Paula 2:15 - Music W/ Jim O. 3:30 - Charades/ Ring Toss 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - Finish The Phrase 10:30 - Exercise W/ Paula 2:15 - Music W/ Sean F. 3:30 - The One Room Schoolhouse/ Tabletop Shuffleboard 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Guess the Animal 10:45 - Exercise W/ Paula 2:15 - Music W/ Dave M. 3:30 - Bingo/ Manicures 7:00 - Classic Game Show
9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise W/ Paula 2:15 - Music W/ Sandy R. 3:30 - Hot Potato/ Creative Coloring 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Who am I? 10:30 - Exercise W/ Joe F. 2:15 - Music W/ Sean F. 3:30 - Baseball/ Baking Club 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Trivia 10:30 - Exercise W/ Paula 2:15 - Music W/ Rusty G. 3:30 - Songs of school Days/ Conversation ball 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - Reminisce Old school Days 10:30 - Exercise W/ Joe F. 2:15 - Music TBD 3:30 - All About Octoberfest/ Tabletop Curling Game 7:00 - Classic TV	9:30 - Daily Chronicle 10:00 - This or That? 10:30 - Exercise W/ Paula 2:15 - Alpaca Visit 3:30 - LMS Jeopardy/ Velcro Darts 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - ABC easy as 123 10:30 - Exercise W/ Paula 2:15 - Music W/ Sean F. 3:30 - September Birthday Party 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Hot Potato 10:45 - Exercise W/ Paula 2:15 - Music W/ Greg P. 3:30 - Pictionary/ Golf Putting 7:00 - Classic Game Show
9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise W/ Paula 2:15 - Music W/ Bill M. 3:30 - Bingo/ Manicures 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Finish The Phrase 10:30 - Exercise W/ Joe F. 2:15 - Music W/ Sean F. 3:30 - Etiquette Rules/ Baking Class 7:00 - Drama Movie	9:30 - Daily Chronicle 10:00 - Can you Spell Misspell? 10:30 - Exercise W/ Paula 2:15 - Music W/ Heather R. 3:30 - Conversation Ball/ Bingo 7:00 - Comedy Movie	9:30 - Daily Chronicle 10:00 - Book Ends 10:30 - Exercise W/ Joe F. 2:00 - Catholic Mass 2:00 - Greendale Men's Choir/ Outside 3:30 - Resident Council/ Card Games 7:00 - Classic TV	9:30 - Daily Chronicle 10:00 - Math Challenge 10:30 - Exercise W/ Paula 2:15 - Music W/ Paul B. 3:30 - Riddles/ Ring Toss 7:00 - Action Movie	9:30 - Daily Chronicle 10:00 - Guess the Celebrity 10:30 - Exercise W/ Paula 2:15 - Music W/ Sean F. 3:30 - Creative Craft/ Balloon Toss 7:00 - Western Movie	9:30 - Daily Chronicle 10:00 - Trivia 10:45 - Exercise W/ Paula 2:15 - Music W/ Doug U. 3:30 - Ice Cream Social 7:00 - Classic Game Show
9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise W/ Paula 2:15 - Music W/ Sandy R. 3:30 - Bingo/ Manicures 7:00 - Broadway Movie	9:30 - Daily Chronicle 10:00 - Math Challenge 10:30 - Exercise W/ Joe F. 2:15 - Music W/ Sean F. 3:30 - Baking Class/ Name 5 7:00 - Drama Movie	 <h1 style="text-align: center;">September 2024</h1>				

The Oasis at Dodge Park 102 Randolph Rd. Worcester MA (508-853-8180) *All activities are subject to change



Understanding the Difference Between Palliative Care and Hospice

When faced with serious illness, understanding the available care options is crucial. Two common terms you might encounter are palliative care and hospice. Though they share similarities, they serve distinct purposes.

Palliative Care: This type of care is designed to provide relief from the symptoms and stress of a serious illness. The goal is to improve the quality of life for both the patient and the family. Palliative care can be provided alongside curative treatments and is appropriate at any stage of a serious illness, regardless of the prognosis. It involves a multidisciplinary approach, including doctors, nurses, and other specialists, who work together to provide an extra layer of support.

Hospice Care: In contrast, hospice care is intended for patients who are nearing the end of life. Typically, hospice is considered when a patient is expected to live six months or less, and curative treatments are no longer pursued. The focus shifts entirely to comfort care, managing pain and other symptoms to ensure the patient's final months are as peaceful and meaningful as possible. Hospice care also provides emotional and spiritual support to both patients and their families, helping them navigate the complexities of end-of-life issues.

Key Differences:

Timing: Palliative care can begin at diagnosis and continue throughout the illness, whereas hospice care is reserved for the final months of life.

Treatment Goals: Palliative care can be combined with curative treatments, while hospice care focuses solely on comfort and quality of life without curative intent.

Eligibility: Any patient with a serious illness can receive palliative care, but hospice care is specifically for those with a life expectancy of six months or less.

Understanding these distinctions helps patients and families make informed decisions about the type of care that best meets their needs and preferences during challenging times.



Memory care at Dodge Park Rest Home and Oasis at Dodge Park:

Where everyone knows your name

Imagine a place where individuals suffering from Alzheimer’s and dementia feel right at home. Imagine a place where they can regain a sense of fulfillment. Dodge Park Rest Home and Oasis at Dodge Park on Randolph Road in Worcester are just such a setting. The facilities’ **N’efesh to N’efesh Memory Care Program** (from the Hebrew for “soul to soul”) strives to help those struggling with memory loss at any stage to build and maintain cognitive ability. Based on research from a variety of recent studies, Dodge Park Rest Home and Oasis’s specially designed program is comprised of six pillars of activities in which memory care residents and their families join in. These include Physical Exercise, Stress Reduction, Cognitive Exercise, Specialized Digital Programs, Purposeful Social Activities and Support Groups and Resident Council. Resident-centered care is at the cornerstone of the N’efesh to N’efesh Memory Care Program at Dodge Park and Oasis at Dodge Park. Caregivers, staff and the management team are specially

trained to focus on the strengths of each person and to understand a resident’s preferences, accomplishments and family ties. Each resident’s preferences and life story contribute to the individualized care plan and activities they take part in, from dining choices to daily activities and specialized care.

‘We feel so fortunate that we found the Oasis’

Judy Atkins Bath’s mother Nancy Atkins has been a resident at Oasis at Dodge Park since just after the facility opened in 2017 and is thriving in the environment due in large part to the N’efesh to N’efesh Memory Care Program. “What works best for my mom,” Ms. Bath said, “is the music that’s offered, which brings back memories of entertainers she enjoyed when she was younger: Tom Jones, Frank Sinatra, Dean Martin and Roger Whitaker. We have a little player in her room too. When the music starts, she is in the front row center and singing and very happy and engaged with it. When Bill McCarthy announced ‘this one’s for you, Nancy, and broke into Que Sera Sera (‘Que sera, sera/whatever will be, will be/the future’s not ours to see/Que sera, sera/what will be, will be’), she loved it. It is just wonderful for Oasis’s staff and (Activity Director) Amy Bustin to do this. Amy’s great, dancing and clapping with the residents. We feel so fortunate that we found the Oasis.”

‘Mom is doing fabulous at the Oasis’

Lisa Swalec’s mother Margaret Leroux—“Judy”—benefits immensely from the affection showered on her by an Oasis staff that is “compassionate and patient,” Ms. Swalec says. “She was at home with twenty four-hour care for two years. Oasis gives her more socialization than she was getting. My father was briefly at Dodge Park before he died. The amazing thing is the music, Saturday nights and Sunday afternoons. The whole facility is memory care and residents are allowed to move about; they are not confined to one wing.”

Oasis’s Activity Coordinator Amy Bustin says:

“One of my favorite activities at Oasis at Dodge Park is our Reminiscing Program. Here the residents and caregivers share their personal stories. We use this time to learn about each other and recall experiences from the past. A simple question of ‘where did you grow up?’ brought up old memories for one resident and we were soon talking about summers at ‘the World’s Fair’ in St. Louis. For residents, recalling the past is important as their disease can rob them of these moments. Caregivers in turn have been able to learn about the lives of the residents. Using these tools has seamlessly turned my residents from the people I assist to those who feel like family. I feel blessed to know each of them.



“In my experience, music has been one of the most powerful tools we have in the memory-care program. One resident could not recall how many children they had but was able to sing all of the words to ‘God Bless America’ with me. I have used sing-a-longs many times to redirect those that are upset. The familiarity of the music is comforting while sharing the song experience creates a bond between residents and the aides. A quiet room can quickly be filled with ‘Take Me Out to the Ball Game’ or ‘Grand Ol’ Flag.’ The variety of music programs we have each week is engaging—from drum circle to upbeat aerobics to quiet background music early in the morning. Music has become one of the best ways to make connections on a daily basis.”

www.oasisatdodgepark.com
877-363-4775

https://dodgepark.com
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SEPTEMBER OBSERVANCES

Monthly

Baby Safety Month. Keeping your baby safe is your No. 1 priority as a parent or caregiver. Whether you're expecting your first baby, adding to your family, or enjoying being a grandparent, now is the ideal time to take some simple steps to keep your baby healthy and safe.

Hunger Action Month. For tens of millions of people in America, a daily meal isn't a choice between different dishes. It's a choice between food and other crucial needs—like medicine, electricity, or child care. This September, join Feeding America for Hunger Action Month by choosing to stand against hunger.

National Happy, Healthy Cat Month. One of the easiest ways to make a cat happy is with a new toy. Not all toys have to be store bought. Paper sacks, wadded up paper, and empty boxes will entertain cats for hours.

Ovarian Cancer Awareness Month. Ovarian cancer is a leading cause of cancer-related death in American women, largely because early ovarian cancer often has no symptoms. Age and a family history of the disease are the strongest risk factors. Screening for ovarian cancer is difficult, but pelvic imaging and blood tests are currently the best tests for diagnosing ovarian cancer.

Weekly

National Suicide Prevention Week, Sept. 8–14.

People have become increasingly comfortable talking about their mental health in recent years. But the topic of suicide is still scary for many people to think about. It's time to deepen the conversation.

Chef Appreciation Week, Sept. 8–14.

Chef Appreciation Week is the opportunity for everyone in the community to say, "Thank you" for the meaningful contributions made by chefs and their teams.

National Indoor Plants Week, Sept. 15-21.

National Indoor Plant Week exists to "... promote and increase awareness of the importance of live plants in internal spaces". Those spaces can be your home, an office where you work, a hospital, or even an indoor shopping mall. Benefits to having indoor plants are they are a natural air cleaner, produce oxygen, help to reduce noise levels and are soothing, therapeutic, and stress relieving!

SPECIAL DAYS

- 1 Emma M. Nutt Day
- 1 National Cherry Popover Day
- 1 National Tofu Day (UK)
- 2 International Bacon Day
- 2 National Tailgating Day
- 2 VJ Day, WWII
- 2 World Beard Day – first Saturday of September
- 3 Skyscraper Day
- 4 Bring Your Manners to Work Day
- 4 Newspaper Carrier Day
- 5 Be Late for Something Day
- 5 Cheese Pizza Day
- 6 Fight Procrastination Day
- 6 Read a Book Day
- 7 National Salami Day
- 7 Neither Rain nor Snow Day
- 8 International Literacy Day
- 8 National Ampersand Day
- 8 National Date Nut Bread Day – or December 22!?
- 8 Pardon Day
- 9 Teddy Bear Day
- 10 Grandparent's Day – first Sunday after Labor Day
- 10 National Pet Memorial Day
- 10 Sewing Machine Day
- 10 Swap Ideas Day
- 11 911 Remembrance
- 11 Make Your Bed Day
- 11 No News is Good News Day
- 12 Chocolate Milk Shake Day
- 12 National Video Games Day
- 13 September 13
- 13 Defy Superstition Day
- 13 Fortune Cookie Day
- 13 National Peanut Day
- 13 Positive Thinking Day
- 13 Uncle Sam Day
- 14 International Crab Fest Day
- 14 National Cream-Filled Donut Day
- 15 Make a Hat Day
- 15 Felt Hat Day
- 15 Rosh Hashanah – begins at sundown, date varies
- 16 American Legion Day
- 16 Collect Rocks Day
- 16 International Red Panda Bear Day
- 16 Step Family Day

SPECIAL DAYS

16 Mayflower Day
16 Mexican Independence Day
16 National Play Doh Day
16 Oktoberfest begins in Germany – date varies
16 Working Parents Day
17 Citizenship Day
17 Constitution Day
17 National Apple Dumpling Day
17 National Women’s Friendship Day
17 Wife Appreciation Day
18 National Cheeseburger Day
19 International Talk Like A Pirate Day
19 National Butterscotch Pudding Day
19 National Dance Day
20 National Pepperoni Pizza Day
20 National Punch Day
21 International Peace Day
21 Miniature Golf Day
21 World Gratitude Day
22 Breakfast in Bed Day
22 Business Women’s Day
22 Elephant Appreciation Day
22 Hobbit Day
22 Native American Day – fourth Friday of the month
23 Autumn Equinox – Fall begins! – date varies
23 Checkers Day / Dogs in Politics Day
23 International Rabbit Day
23 National Hunting and Fishing Day
24 National Cherries Jubilee Day
25 National Comic Book Day
25 National Quesadilla Day
25 World Dream Day
26 Johnny Appleseed Day
27 Crush a Can Day
28 Ask a Stupid Question Day
28 National Good Neighbor Day
28 National Public Lands Day
29 Chinese Moon Festival – date varies
29 Confucius Day
30 National Mud Pack Day

Daily

Labor Day, Sept. 2. Celebrate the contributions of the American worker.

National Iguana Awareness Day, Sept. 8. Iguanas make great pets for people cramped for space or who don’t want to spend a lot of time looking after a pet. These cold-blooded reptiles can be amazing and affectionate pets for many decades if they are given proper care and attention.

National Sober Day, Sept. 14. Getting sober at any age is one of the hardest, messiest, happiest, and most exhilarating experiences a person can have.

National Public Lands Day, Sept. 28. Celebrated annually at public lands in the United States on the fourth Saturday of September. A signature event of the National Environmental Education Foundation, it promotes both popular enjoyment and volunteer conservation of public lands.

National Psychotherapy Day, Sept. 25. Therapy is an effective, economical, natural, and meaningful way to improve lives.



LABOR DAY



Tree of the Month – Willow

The willow tree is part of the genus *Salix*. They are *dioecious*, which means that each tree has either female or male flowers. Willows are resilient trees that thrive in wet boggy areas and are often planted near water. They have a deep symbolic association with water and the moon. Gorgeous and romantic, willows are prized for providing shade and ambiance. They are one of the fastest growing types of trees and typically reach between 35 and 50 feet tall, with some willow trees reaching over 65 feet. They have a wide canopy that begs to be picnicked under. Willow trees are also used for timber and planted for erosion control. They thrive in temperate climates across the world. Certain willow trees are a source of salicin (salicylic acid), an ingredient in some pain relievers. A very popular type of willow is the weeping willow, which is loved for its mysterious, ethereal charm.



Flower - Aster

The aster is a flower with brightly colored petals that unfold in the shape of a star. It should come as no surprise, then, that these blooms take their name from the Greek word for star. There are about 180 species of asters throughout North America and Eurasia, with colors ranging from purples and blues to reds, pinks, and whites. This flower's wide variety of shapes and colors makes it an ideal plant for residential gardens. Along with mums, asters are considered a classic autumnal flower.

Birthstone – Sapphire



It's fitting that this month's gemstone, the sapphire, is most commonly royal blue. The gem has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring for protection, and Russia's Ivan the Terrible adorned himself with sapphires because he believed they strengthened the body and fostered courage. Sapphires also symbolize loyalty, respect, and lasting affection. Princess Diana had a gorgeous sapphire engagement ring. The famous blue gem now adorns the hand of Catherine, Princess of Wales.

September Sports Highlights

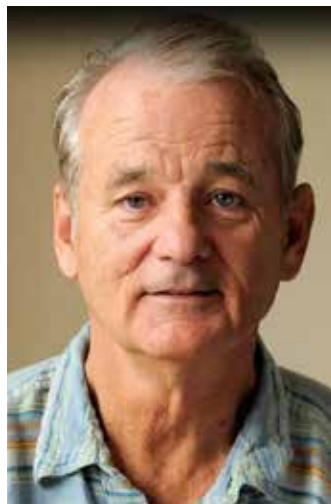
- The American Bowling Congress formed on September 9, 1895.
- Baseball season ended early due to World War I on September 1, 1918.
- The American Professional Football Association formed on September 17, 1920.
- Babe Ruth hit his 60th home run of the season on September 30, 1927.
- Arthur Ashe became the first African American to win the U.S. Open Tennis Championship on September 9, 1968.
- Gary Muhrcke was the first winner of the New York Marathon, which was held on September 13, 1970.
- Mark Spitz, U.S. swimmer, became the first athlete to win seven Olympic gold medals on September 4, 1972.
- Billie Jean King beat Bobby Riggs in a "Battle of the Sexes" match on September 20, 1973.
- Ethiopian runner Tigst Assefa set a new women's world record on September 24, 2023, at the BMW Berlin Marathon. She completed the race in 2:11:53.

SEPTEMBER FUN FACTS

September is the ninth month of the year in the Julian and Gregorian calendars and was the seventh month before January and February were added. It is considered the first month of autumn in the northern hemisphere, although the equinox does not take place until the end of the month. Because most farmers begin to reap their crops in autumn, September was called "harvest month" in Charlemagne's calendar.

September Birthdays

Lily Tomlin (comedienne) – September 1, 1939
Charlie Sheen (actor) – September 3, 1965
Buddy Holly (singer) – September 7, 1936
Angela Cartwright (actress) – September 9, 1952
Roald Dahl (writer) – September 13, 1916
Oliver Stone (director) – September 15, 1946
B. B. King (blues musician) – September 16, 1925
Sophia Loren (actress) – September 20, 1934
Bill Murray (actor) – September 21, 1950
Ray Charles (musician) – September 23, 1930
Jim Henson (Muppets creator) – September 24, 1936
Barbara Walters (journalist) – September 25, 1929
Jack LaLanne (fitness guru) – September 26, 1914
Greer Garson (actress) – September 29, 1904



Weather or Not

Summer ends and autumn begins on September 22, 2024, in the northern half of the world. However, September days can still be very warm and sunny. The average September temperature in Miami, Florida is 82°F/27°C. In Acapulco, Mexico, it is about 89°F/32°C in September. If you want a "cool" place to visit this month, Quebec City, Canada, on average, is 67°F/19°C, and Oslo, Norway, is a chilly 53°F/12°C.

What's Lucky in September?

Lucky Color: Yellow
Lucky Animal: Dolphin
Lucky Letters: K and S
Lucky Day: Wednesday
Lucky Plant: Corn



Mayflower Day

September 16 is Mayflower Day, a holiday to celebrate the ship that set sail for the New World from Plymouth, England, over 400 years ago on September 16, 1620. Millions are descended from the ship's 102 passengers.

September Zodiacs

Virgo (the Virgin) September 1–22

Libra (the Scales) September 23–30



A very
Happy Birthday to...



Dodge Park Residents

Anthony S.....Sept. 4
 William C.Sept. 5
 William C.Sept. 20
 Loretta M.Sept. 30

Oasis Residents

Jeremy H. Sept. 4
 Beverly K. Sept. 4
 Joan T. Sept. 10
 James T. Sept. 20
 Constance S. Sept. 22

Staff

Micha S.....Sept. 2
 Annabel P.Sept. 4
 Athalie A.Sept. 5
 Rachael G.....Sept. 5
 Betsy S.Sept. 8
 Deborah W.....Sept. 8
 Kiauana R.....Sept. 15
 Anabel C.....Sept. 24
 Carlene M.....Sept. 28

Dementia Warning Signs

- **Difficulty planning or problem solving**
- **Mixing up times, places, or images**
- **Problems with words (speaking or writing)**
- **Withdrawal from work or social activities**

Worried about a loved one with memory loss?

Call us to get help today.
508-853-8180



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ADULT DAY CLUB

at **Dodge Park**

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Affordable Program
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- you choose the hours
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in MA

*Minimum hours may apply. See management for details.

All applicants must be fully vaccinated for COVID and agree to take a COVID test prior to entering the program.

101 Randolph Road, Worcester, MA

Around Dodge Park & Oasis



Around Dodge Park & Oasis



Around Dodge Park & Oasis





Prevent injuries as your body ages

As our bodies grow older, the risk of musculoskeletal injuries increases. Falls are frequently the cause, especially for people over 55. The NextAvenue website offers these tips for preventing injuries as you inevitably age:

- **Check with your doctor.** Before you start on any exercise program, or if you're just concerned about potential injuries, talk to your primary care doctor, an orthopedist, or a physical therapist. They'll help you decide what kind of physical activity is safe. This is especially important if you're feeling pain anywhere.
- **Practice aerobic exercise.** Aerobic exercises like swimming, brisk walking, jogging, and bicycling improve heart health, blood flow and lung capacity. They also help your body release endorphins, which can improve your mood and general sense of well-being.
- **Manage your weight.** Extra weight is a strain on your heart, knees, hips, and even your fingers. Watch your diet and work with a nutritionist to develop healthy eating habits.
- **Avoid falls.** Remove tripping hazards like loose rugs. Don't let clutter build up on your floors. Install night lights in hallways and bathrooms so you can walk around safely at night. Wear shoes that support your feet. Always watch where you're walking, both at home and outside.
- **Check your medications.** Some medicines, including over-the-counter drugs, can make you dizzy or drowsy, increasing the risk of losing your balance and falling. Pay attention to their effect on your body, and talk to your doctor to find out what's safe.

Women: Protect yourself from stroke

Stroke is a danger to everyone, but women can face their own risks of suffering it during their lifetimes. Pregnancy, preeclampsia, and long-term stress can increase your chances of stroke, so follow this advice from the Sierra News Online website for staying healthy:

- **Watch your blood pressure.** High blood pressure is the top preventable cause of stroke, so keeping blood pressure under control is vital. Have it checked at least twice a year by your doctor, and more often at home when possible. You can decrease your blood pressure by maintaining a healthy weight, exercising, and avoiding alcohol and tobacco.
- **Plan your pregnancy.** High blood pressure, preeclampsia, gestational diabetes, and blood clots during pregnancy all increase stroke risk, both during pregnancy and immediately after. Talk to your doctor if you're rethinking about having a child to discuss what you can do to stay safe during those nine months and later.
- **Manage your mental health.** Chronic stress can contribute to high blood pressure and unhealthy decisions, like overeating or drinking too much. Carve out some time to relax every day. Exercise and meditations can help keep your stress levels low. A therapist can suggest strategies for coping with stress.
- **Recognize the warning signs.** Remember the word FAST to respond quickly to a stroke:
 - **Face.** Is one side of your face drooping? Do you have difficulty smiling evenly?
 - **Arms.** A suddenly weak or numb arm is a symptom of stroke, along with difficulty raising both arms above the head.
 - **Speech.** Are you slurring your words? Having trouble speaking or understanding other people? Try to repeat a simple sentence, like "The sky is blue."
 - **Time to call 911.** Any of these symptoms means you should get to a hospital immediately, even if they go away. Keep track of the time so you can tell doctors exactly when the symptoms first appeared.

Keep your family's budget under control

No one knows whether inflation will get better or worse, but it always pays to save money whenever you can. The Mama Mia website offers these smart budgeting tips for every family:

- **Track your spending.** Record every dollar you spend throughout the month, logging where it went. This will give you an idea of where your money is going and can help you identify places to cut back.
- **Shop secondhand.** Not everything has to be brand new. You can find clothes, tools, books, and other necessities in good condition at secondhand stores around your community. Many of them donate their proceeds to charity, so you'll be helping out people in need at the same time.
- **Search for bargains.** Don't buy anything without checking competing prices. Whether you're shopping in person or online, you can often find a better deal if you take a little extra time to look around.
- **Use social media.** Many people sell or give away items on Facebook and other social networks. Keep an eye open for deals and giveaways. Websites like Freecycle also allow people to give away unwanted but still usable goods.
- **Clean out your kitchen.** Go through your pantry and refrigerator for items you've forgotten about before you buy more. Get rid of anything that's spoiled. You'll be better able to see what you really need before you go to the store.
- **Use coupons.** Whether you clip from them the paper or gather them online, coupons and other discounts can save you lots of money. Make a habit of checking what's available and saving them where you won't forget about them when going shopping.
- **Just say no.** Train yourself to resist temptation before buying something you don't really need. Try the 24-hour rule: Wait 24 hours before purchasing anything that isn't a necessity like food or gasoline. Often you'll find that the impulse has faded because you realize you don't actually need it.

Be careful before taking any financial advice

Financial advice is easy to come by in the internet age, but not all of it is trustworthy or appropriate for everyone. Follow these tips from the Missoulian website for not getting steered the wrong way:

- **Work with professionals.** Don't take stock market tips from strangers. Look for certified financial planners or other qualified professionals who don't receive any commission from your financial decisions. Learn as much as you can from them so you can make informed choices about handling your money.
- **Consider your own situation.** You don't have to automatically follow any advice. Before acting, think about how it will affect you. You don't want to place all your money in an investment where you can't get at it in case of an emergency, for example, or move to a city where property is cheaper but where you don't have a job or any contacts.
- **Be skeptical.** Don't jump at advice that sounds too good to be true. Double-check everything before moving forward. Every financial decision carries some risk, so don't fall for "risk-free" promises or guarantees that don't hold up to close examination.



Quotes

"Investing should be more like watching paint dry or watching grass grow. If you want excitement, take \$800 and go to Las Vegas."

—Paul Samuelson

"What's keeping you from being rich? In most cases, it's simply a lack of belief. In order to become rich, you must believe you can do it, and you must take the actions necessary to achieve your goal."

—Suze Orman



Start on literacy when kids are little

You can start supporting literacy even when your children are too young to read on their own, and help their overall development as they grow. Follow this advice from the Toronto Star:

- **Build their sense of independence.** Teaching children to do basic tasks on their own helps them develop the self-confidence and organizational skills necessary to master reading when they're ready.
- **Get active.** Physical activity builds motor development, which experts say is closely connected to early literacy skills. Make up games with letters and numbers so they can start recognizing what they are. Show them how to draw letters so they get their hands and bodies involved in learning what they represent.
- **Visit the library.** Many libraries offer literacy programs for young children. Seeing all the books available will make them curious to look at them. When exploring books, ask children what the pictures mean or what they think will happen next in the story.
- **Get other senses involved.** Reading aloud helps children experience stories differently than just looking at pictures. They'll hear sounds and connect them with words, see how "green" (for example) represents the color green, and more.
- **Look around you.** When you take kids out, challenge them to recognize letters and numbers they see around them: The "S" in a Stop sign, numbers on prices in a store, colors on streetlights, and more. This trains their minds to start processing what they see in a meaningful way.

Get ready for the new school year

School starting in the fall is a transition for the whole family. Here's how to get through it smoothly, according to the Oprah Daily website:

- **Set up a family calendar.** Days get busy when school starts again, especially when multiple children have multiple extracurricular activities like soccer, band, and the like. A big, easy-to-read calendar will help everyone keep track of schedules and commitments all month long. Don't forget to include big tests so no one has an excuse for not studying.
- **Prep your meals.** Plan meals for the week on Sunday so you don't have to make any last-minute dashes to the store. Make multiple meals that you can freeze and thaw out to serve throughout the week. Double recipes so you have plenty of leftovers. All this will save you from having to whip up a fresh meal every night between band practice and play rehearsal.
- **Keep your kids' workspace organized.** Designate an area for children to do homework and work on projects. Make them responsible for keeping it neat and well stocked so you don't run out of paper, pens and pencils, ink for the printer, and other essentials.

Help children develop empathy

Empathy is important to a child's emotional development and maturity. The Make It website shares these tactics for teaching empathy to your kids as they grow:

- **Identify emotions.** Talk about the emotions you or your children are feeling: "You're happy!" or "I'm sad" or "Are you upset?"
- **Ask questions.** Questions like "How does that make you feel?" can help children learn that feelings are normal. "How do you think that makes him feel?" starts them on the path to understanding other people's feelings.
- **Share your feelings.** Tell children what you're experiencing so they understand that everyone has feelings. Explain what's making you feel a certain way to show the connection between actions and emotions: "I'm mad because I hit my knee on the table and it hurts."



What is Labor Day all about?

Labor Day is a yearly celebration of the American worker. Created by the labor movement, it's a national tribute to workers' contributions to the social and economic achievements of the United States.

There is some uncertainty about how Labor Day began. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first to suggest a day to honor those "who from rude nature have delved and carved all the grandeur we behold." Other sources suggest that machinist Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York.

The first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882, in New York City, in accordance with the plans of the Central Labor Union.

In 1884, the first Monday in September was selected as the official holiday.

The first governmental recognition of Labor Day came through municipal ordinances passed in 1885 and 1886. The State of Oregon passed the first law recognizing the Labor Day holiday on Feb. 21, 1887. Four more states—Colorado, Massachusetts, New Jersey, and New York—followed suit that same year.

On June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in all the states, the District of Columbia, and all U.S. territories.

What to know about September

It's September! Summer is over, school has started, and the leaves are starting to turn. As we're getting ready for fall and winter, remember these factoids about the ninth month of the year:

September was originally the seventh month, according to the ancient Roman calendar, and that's where it gets its name. It became the ninth month after the calendar changed in 451 B.C.

The Romans associated September with Vulcan, the god of fire, possibly because as the seventh month it was in the middle of the hot summer.

The Anglo-Saxons called September Gerst Monath, which meant "Barley Month," because barley was harvested at that time of year. The barley was also brewed as a popular beverage in celebration of the harvest.

In another calendar change, the British eliminated Sept. 2–14 in 1752 to bring the month in accordance with the Gregorian calendar, which replaced the Julian calendar.

Fall begins in the northern hemisphere on the equinox, which falls between Sept. 21–23. In the southern hemisphere, the equinox signifies the beginning of spring.



Quotes

"It is labor indeed that puts the difference on everything."

—John Locke



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

The Charcuterie Board Trend is Here to Stay

Out of the blue, it seems, a simple “cheese and crackers” tray got all fancy with its new name, the Charcuterie Board. The former cheddar cheese and Ritz crackers (maybe with some grapes thrown in there) has expanded to include all sorts of cheeses, meats, olives, jams, dried fruits, nuts, spreads, vegetables, breads, fruits, crackers, etc. It seems the options are endless. I’ve even seen some crackers with edible dried flowers baked right on top of them. Now that got my attention.

The trend has since evolved into “grazing boards” for every kind of theme, season, holiday and dietary need. S’mores boards, cookie boards, vegetarian boards, breakfast/brunch boards, taco boards, hot dog boards, seafood boards, BBQ boards, chocolate boards, Game Day boards, Spanish tapas boards, fondue boards, Candy Land boards and Mediterranean Mezzo boards (my personal favorite) are just some examples of how the trend has grown. There are even outside companies that will make these grazing boards for you. Some will even come into your home and lay the entire display directly on top of your kitchen island if you’re hosting a large party.

One aspect of the grazing board is the ability for guests to pick and choose which ingredients and food items they want to indulge in. This is a great opportunity for hosts to consider all their guests’ dietary needs. There is a place for nutritious foods to be part of the trend that is here to stay. Here are some ways to make your next grazing board a little bit more healthy:

- Fruits - Include a variety of fresh, seasonal fruits such as berries, grapes, sliced peaches, melon wedges, apple slices and pineapple cubes. Dried fruits are also a great way to get in the nutrients fresh fruits offer such as fiber, vitamin C and powerful antioxidants.
- Vegetables - Try artichokes, olives, mushrooms and cherry tomatoes will add color and nutrition, particularly vitamins A and C.

- Nuts - Cashews, almonds and pecans add protein and healthy fats to your diet and the crunchy texture makes them a nice addition to your grazing board.

- Dairy Foods - Most grocery stores have a specialty cheese counter where you can get a variety of cheeses. Some will even be locally-made. Many cheeses now have fruits in them such as cranberries or blueberries. Cheese is a high fat food but also provides calcium and protein. So choose wisely and know your portion limits. You can also add a yogurt dip to your grazing board to dip your fruits in. Choose low-fat yogurt for a more nutritious option.

- Whole Grains - Choose whole grains such as rye crisps, pretzels and whole wheat pita triangles. They offer more fiber and less fats than other crackers.



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.

Peach Cobbler Shake



Ingredients:

- 1 cup almond milk, unsweetened
- 1/2 frozen banana
- 1 scoop Vanilla Trulean Whey protein powder**
- 1 large, ripe unsweetened fresh (or frozen) peach
- 2 Tbsp rolled oats, dry
- 1/8 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 tsp creamy almond butter
- 1/2 tsp pure vanilla extract
- 1 cup ice

1
serving

332 Calories

30	40	7
P	C	F

Instructions:

Add all ingredients into a high-speed blender and serving blend until smooth.

Chocolate Peanut Butter Dream Smoothie



Ingredients:

1 cup almond milk, unsweetened

2 teaspoons natural peanut butter

1 scoop Chocolate Peanut Butter Cup Whey Protein Powder

½ frozen banana

6 ice cubes

Instructions:

Combine all of the ingredients and blend until smooth. Enjoy immediately!

What do you do when your sweet tooth demands a chocolate peanut butter cup? Do you cave in, eat the candy, and then regret it later?

OR do you blend up this insanely decadent Chocolate Peanut Butter Dream1 Smoothie and enjoy all of the flavors and sweetness that you crave with ZERO GUILT?!



Honey Coco Snack Mix

Makes 24 servings

Ingredients:

- 3 cups honey cereal (such as Honeycomb)
- 3 cups chocolate cereal (such as Cocoa

Pebbles)

- 3 cups pretzel sticks, broken into small pieces
- 3 cups white cheddar popcorn
- 1 (16 oz) package white chocolate chips

Directions:

1. Line a cookie sheet with parchment paper.
2. Toss honey cereal, chocolate cereal, pretzels, and popcorn in a large bowl. Set aside.
3. Melt chocolate chips in the microwave in a microwave-safe bowl for 2-3 minutes, stirring every 30 seconds. While hot, pour melted chocolate over cereal mixture. Toss to coat. Immediately pour mixture evenly onto prepared cookie sheet. Allow to cool completely, break into pieces, and serve.



Apple Crisp

Makes 12 servings

Ingredients:

- 10 cups all-purpose apples, peeled, cored and sliced
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- 3 tablespoons water
- 1 cup quick-cooking oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup butter, melted

Directions:

1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).
2. Place sliced apples in a 9x13-inch baking dish. Mix white sugar, 1 tablespoon flour, and cinnamon together; sprinkle over apples. Pour water evenly over apples.
3. Combine oats, 1 cup flour, brown sugar, baking powder, and baking soda in a large bowl. Add melted butter and mix with a fork until crumbly; sprinkle evenly over apple mixture.
4. Bake in the preheated oven until top is golden brown and apples are bubbling around the edges, about 45 minutes.



Classic Peanut Butter Cafeteria Bars

Makes 20 servings

Ingredients:

- Cooking Spray
- 1 1/8 cups sugar
- 1 1/8 cups brown sugar
- 1 cup plus 4 tablespoons unsalted butter, room temperature, divided
- 2 large eggs
- 3/4 cup plus 2 tablespoons peanut butter, divided
- 2 teaspoons vanilla, divided
- 2 cups flour
- 1 2/3 cups rolled oats
- 1 teaspoon baking soda
- 1 pinch salt
- 2 cups powdered sugar
- 2 tablespoons milk

Directions:

1. Preheat oven to 350° F. Spray a 15 x 10 inch baking pan with cooking spray.
2. Combine sugars, 1 cup butter, and eggs in a large bowl. Stir in peanut butter and 1 teaspoon vanilla. Stir in flour. Add oats, baking soda, and salt. Mix to combine well. Transfer to the prepared baking pan.
3. Bake 20 minutes. Allow to cool about 30 minutes.
4. Combine powdered sugar, milk, 4 tablespoons butter, 2 tablespoons peanut butter, and remaining vanilla in a small bowl. Frost the cooled bars with the frosting, spreading evenly. Cut into 20 equal pieces.

EASY EATS

Bumps on a Log

Makes 10 servings

Ingredients:

- 5 stalks celery
- 1/2 cup peanut butter
- 1/4 cup raisins

Directions:

1. Cut celery stalks in equal parts.
2. Fill each with peanut butter and sprinkle with raisins.



Worried about a loved one with memory loss?

Dementia Warning Signs

- Forgetting newly-learned information
- Challenges completing familiar tasks
- Misplacing things or unable to retrace steps
- Changes in personality, mood, or decisions



Call us to get help today.
508-853-8180

Durable Bookmark

Attach the provided pattern to a coloring page to make a bookmark.

To make one bookmark, you will need:

- Bookmark pattern printed on card stock
- Coloring page (uncolored)
- Thin ribbon or twine (8 inch long)
- Colored pencils or markers
- Glue stick
- Scissors or hold punch

Directions:

1. Cut out a bookmark pattern, leaving some extra paper outside the gray line.
2. Glue the pattern (print side up) to the back of the coloring page. Cut out the bookmark along the gray line.



3. Punch out holes where indicated and then fold the bookmark in half along the dashed line. Use a generous amount of glue to adhere the front and back panels together.

4. Color the image on the bookmark and then add ribbon or twine through the hole. To make a bookmark without ribbon, skip punching out the holes.

○

○

○

○

Cardboard Vases

Use a provided design to create a vase with pressed flowers. Select a vase design of your choice and glue it to a flattened cereal box. Color, cut, and assemble the vase. Add pressed flowers, taping the stems to the back.

To make one vase, you will need:

- Vase designs printed on copy paper
- Small pressed, dried flowers or small dollar store faux flowers
- 6" x 8" piece of flattened cereal box or similar
- Colored pencils or markers
- Glue stick, scotch tape, scissors

Directions:

1. Select a vase design, choose a vase with a decorative pattern, or a blank vase so you can create your own decorative touch. Using a generous amount of glue stick, attach the design (including the base) to a piece of flattened cereal box.

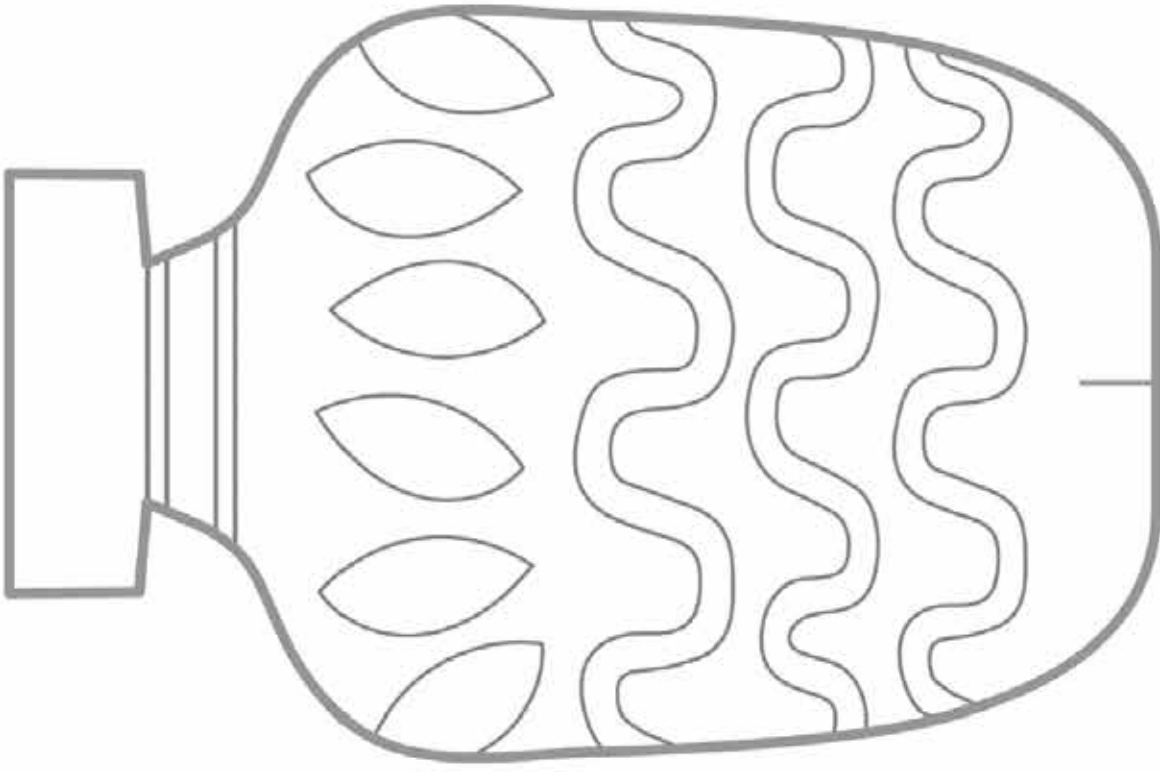
2. Color the design or create your own and add color.

3. Cut out the vase shape and the base. Also cut the 1/2" slit at the bottom of each piece.

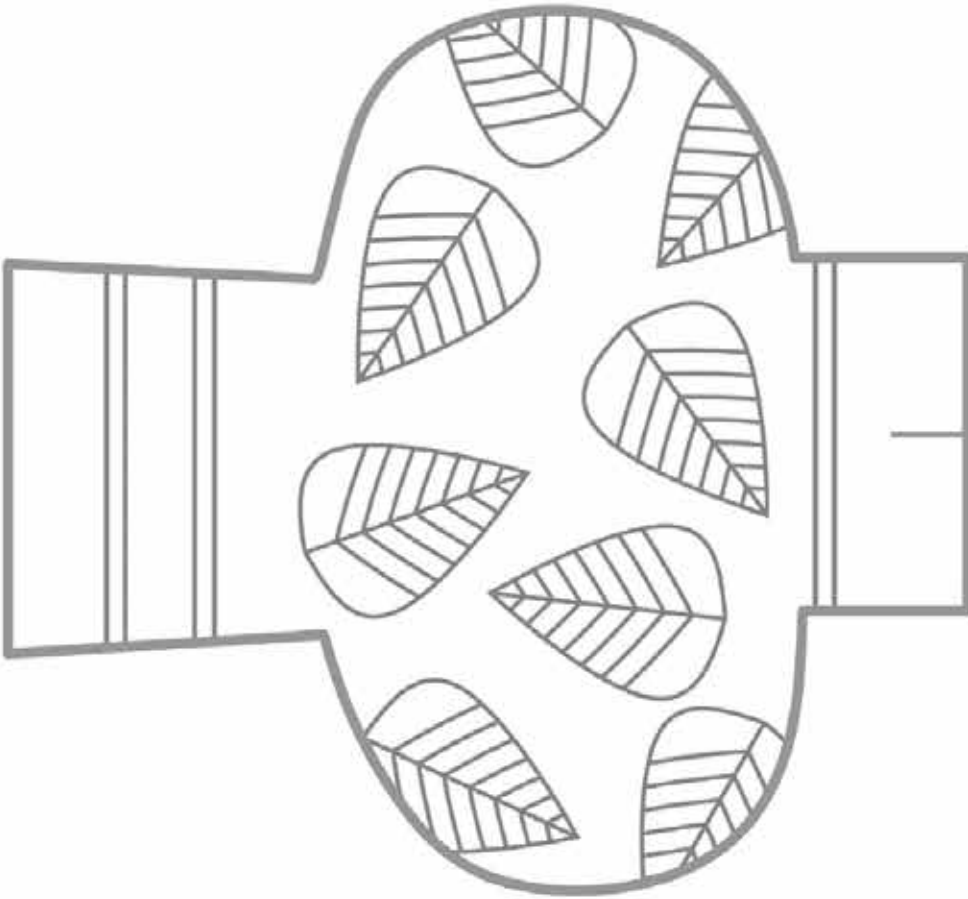
4. Turn the vase over and tape the stems of a few flowers to the back.

5. Attach the base, interlocking the 1/2" slits. Your vase is now ready to display.

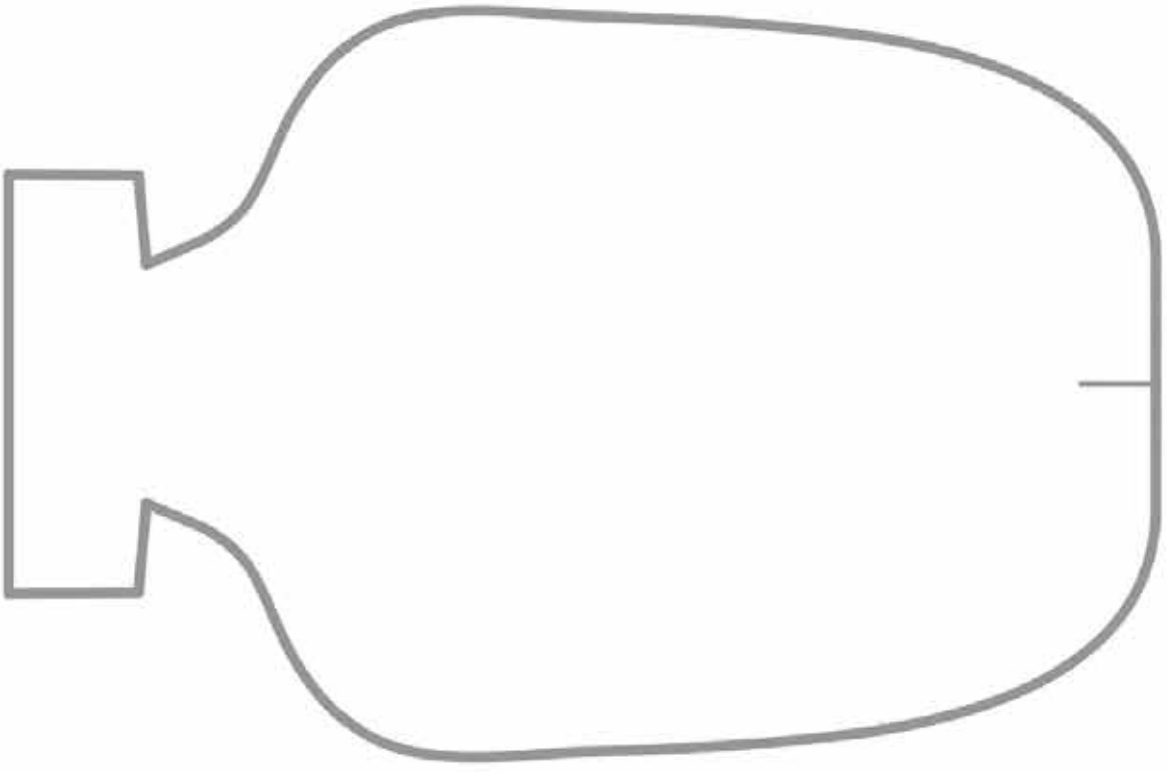




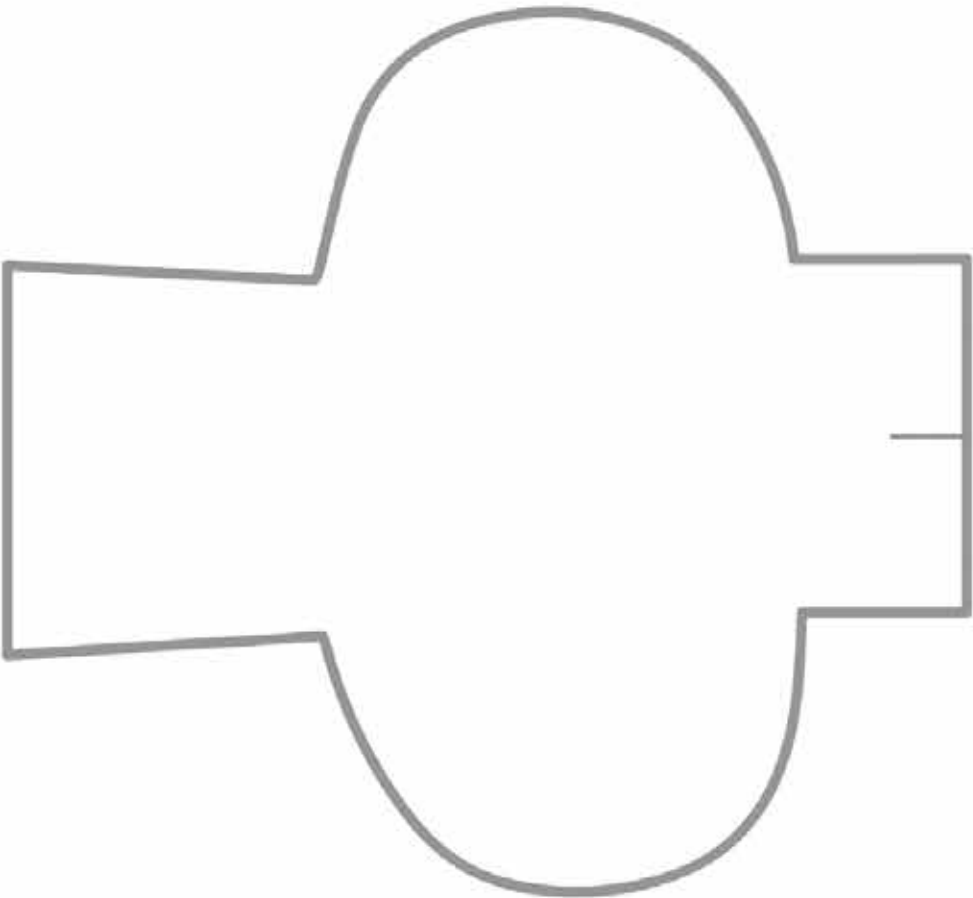
BASE



BASE

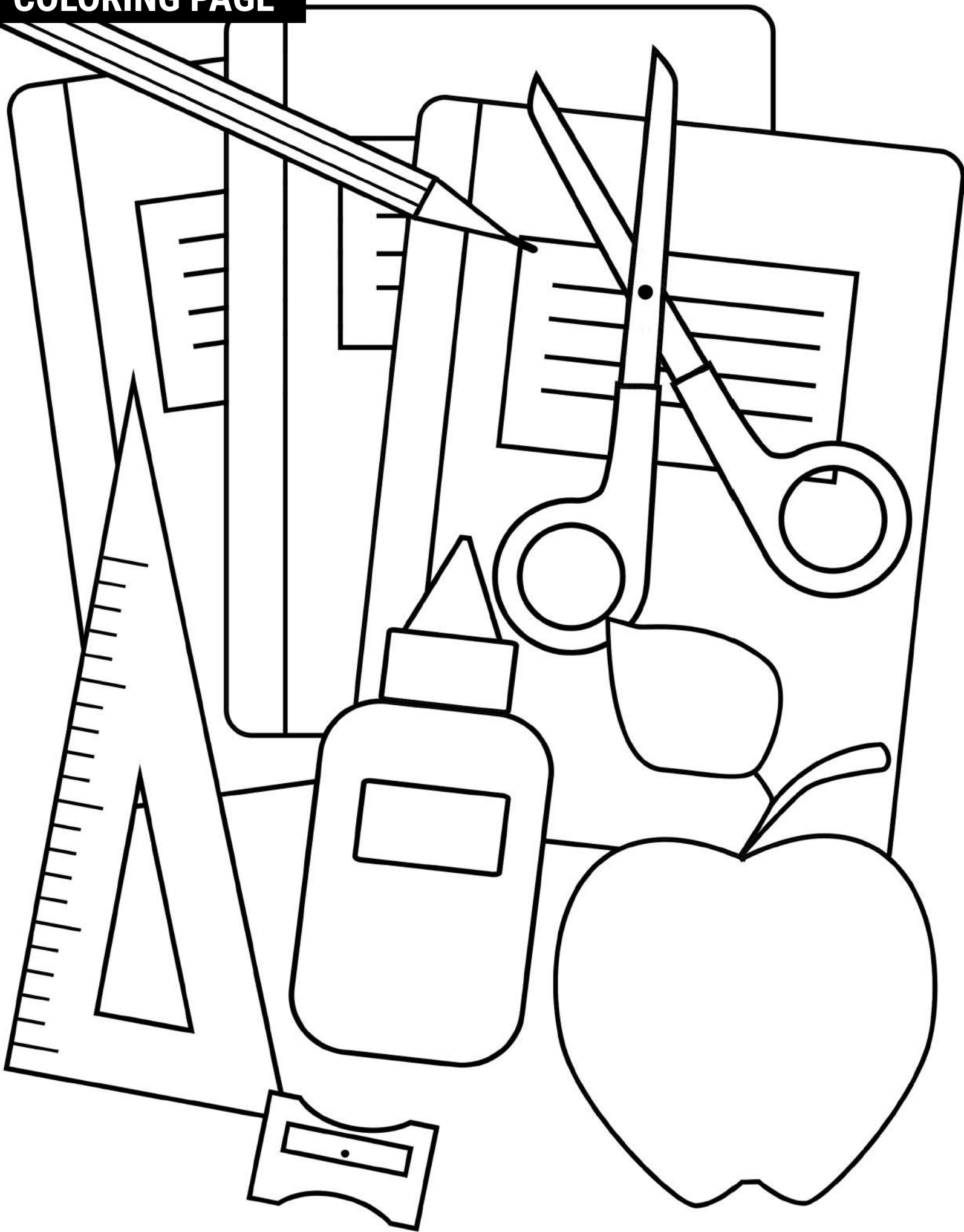


BASE



BASE

COLORING PAGE





COLORING PAGE



Dot Doodles #2

Duplicate the drawing using the blank sheet of dots.
Then fill in the colored areas.



Dot Doodles #2

Duplicate the drawing using the blank sheet of dots.
Then fill in the colored areas.



One-Room Schoolhouse

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

ARITHMETIC

LUNCH

STOVE

BELL

MARBLES

STRICT

BLACKBOARD

ONE-ROOM

STUDENTS

DISCIPLINE

READING

SUMMER

FLAG

RECESS

SWEEP

HOPSCOTCH

RECITATION

WINTER

JACKS

SINGING

WRITING

Classical Music Era

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



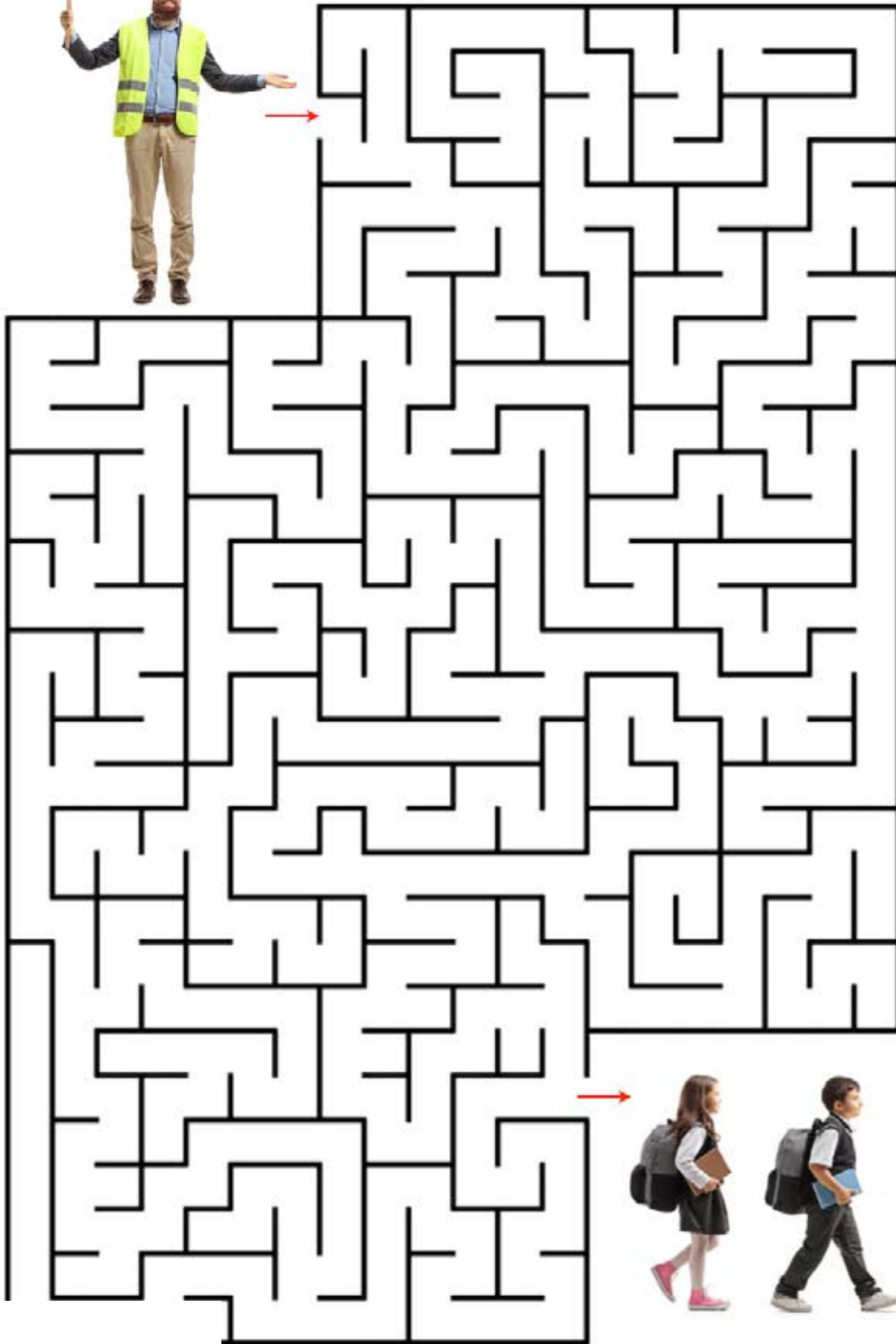
D	X	X	O	O	X	E	V	R	O	L	R	V	O	U
S	R	D	K	Z	W	V	J	M	B	E	B	I	N	N
S	R	O	M	A	N	T	I	C	S	R	O	V	A	E
N	C	G	H	F	A	F	F	O	A	V	G	A	I	V
A	L	H	I	C	A	I	P	H	B	B	P	L	P	O
H	T	J	U	M	I	M	M	C	D	R	X	D	A	H
H	C	A	K	B	O	S	N	C	O	K	A	I	F	T
X	O	A	N	C	E	C	P	A	C	M	R	S	X	E
N	L	J	B	O	L	R	B	R	G	R	P	K	S	E
S	C	I	B	Q	S	M	T	Y	A	R	B	L	M	B
P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

BACH
BEETHOVEN
BRAHMS
BRASS
CHOPIN
COMPLEX

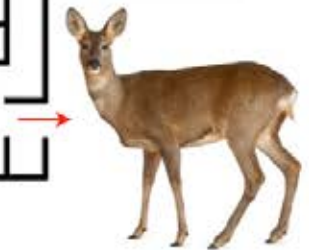
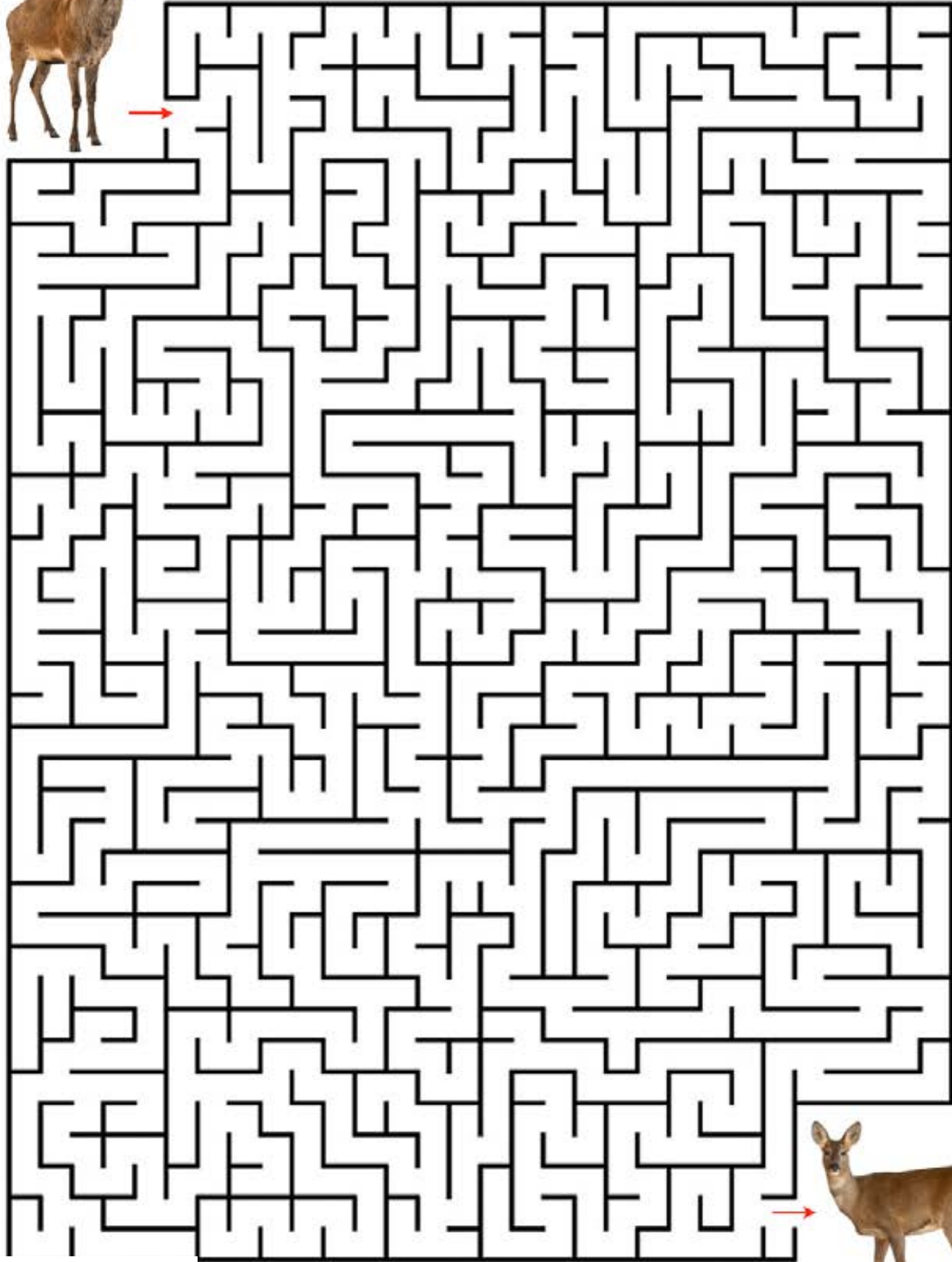
COMPOSER
CONDUCTOR
HARPSICHORD
INSTRUMENTS
ORGAN
PERCUSSION

PIANO
ROMANTIC
SCHUBERT
SONATA
VIVALDI
WOODWINDS

A-Mazing Crossing Guard

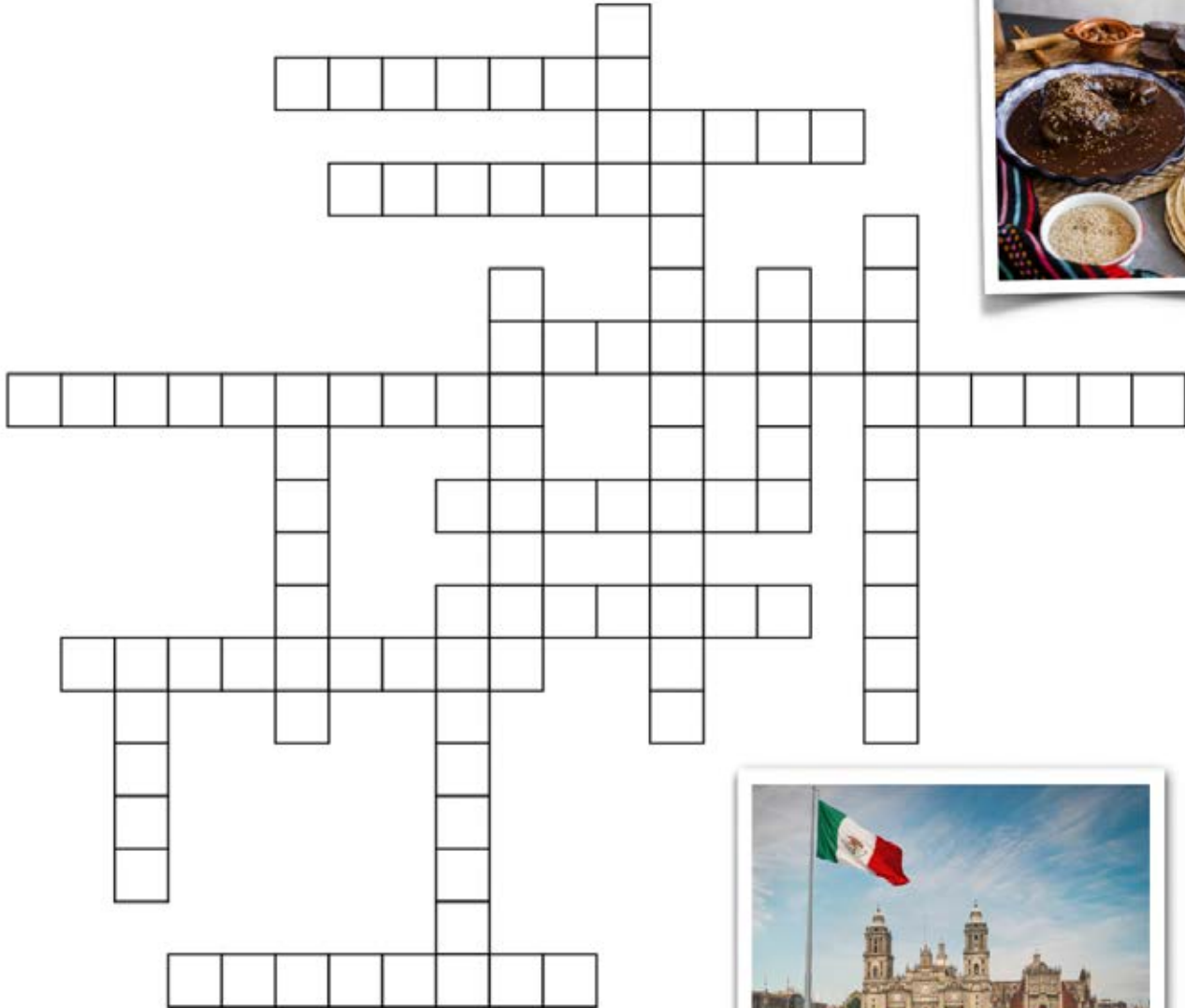


A-Mazing Deer



Mexico City

Fit the list of words into the puzzle.
Disregard spaces between words.



- | | | | |
|--------|---------|-----------|--------------|
| MOLE | AQUIFER | ALTITUDE | TACO STANDS |
| AZTEC | CHORIZO | BUSTLING | TRES LECHES |
| LARGE | PALACES | CASA AZUL | ARCHITECTURE |
| RUINS | MUSEUMS | MARIACHI | |
| SUBWAY | TEMPLES | CATHEDRAL | |



Famous September Birthdays

The following people were born in September. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Catharine **BEECHER**
- B. Terry **BRADSHAW**
- C. Al **CAPP**
- D. Agatha **CHRISTIE**
- E. T. S. **ELIOT**
- F. Gloria **ESTEFAN**
- G. Paul **HARVEY**
- H. Jim **HENSON**
- I. Michael **KEATON**
- J. B. B. **KING**
- K. Tommy **LASORDA**
- L. Walter **REED**

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

Bonus: Match the person to the correct clue.

- | | |
|--------------------------------|--------------------------------------|
| 1. Latin pop music singer ____ | 7. Mystery writer ____ |
| 2. Actor ____ | 8. Puppeteer ____ |
| 3. Army physician ____ | 9. <i>Li'l Abner</i> cartoonist ____ |
| 4. Educator ____ | 10. Blues singer ____ |
| 5. Poet ____ | 11. NFL quarterback ____ |
| 6. Radio personality ____ | 12. MLB baseball manager ____ |

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



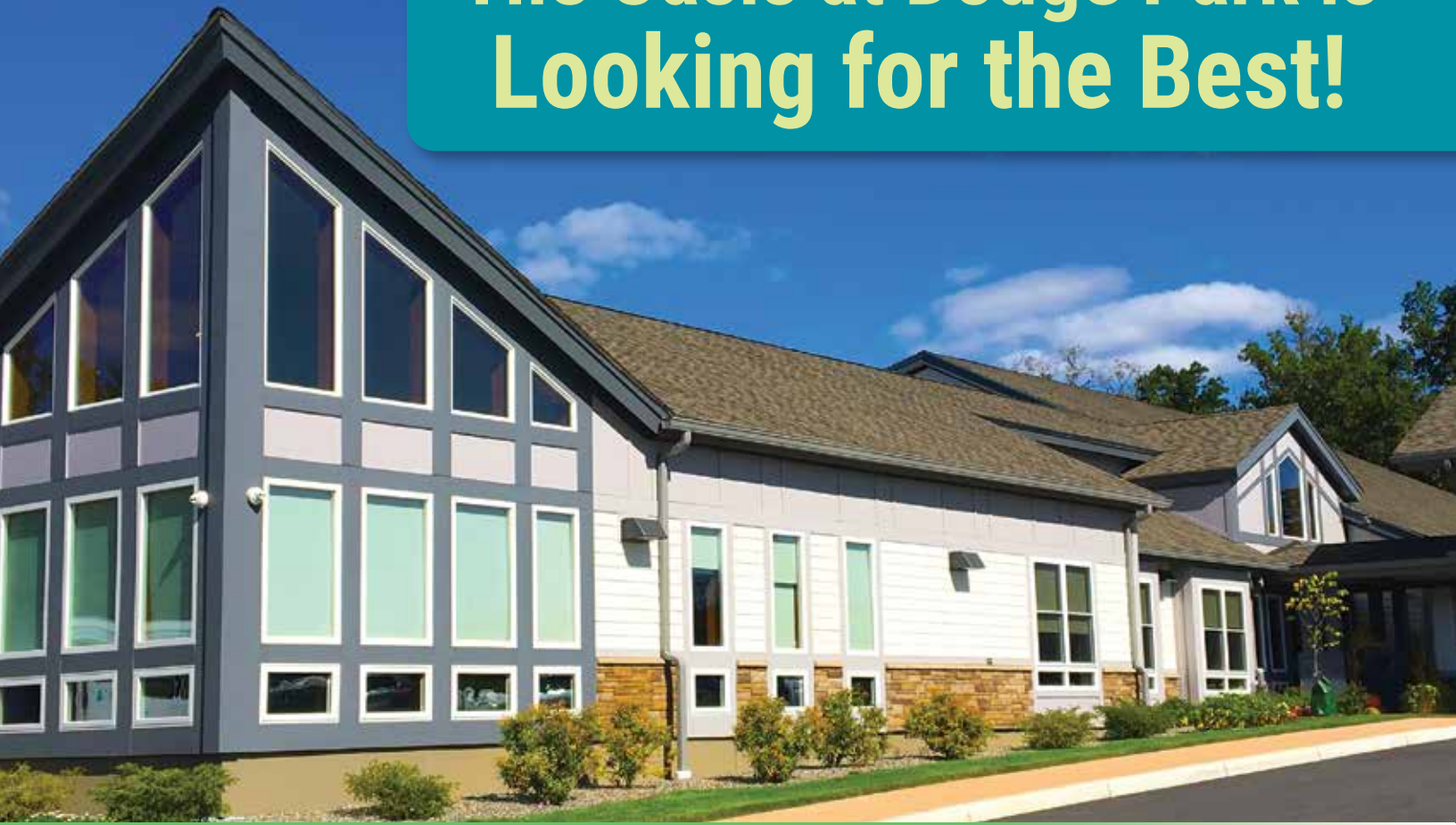
Y	L	B	C	F	U	O	J	E	F	N	C	S	K	T
K	A	P	G	A	B	Y	Z	B	A	I	Z	B	J	X
Q	T	D	E	L	N	F	P	C	P	N	A	O	Z	A
T	F	V	S	L	U	N	O	A	P	T	G	Z	V	R
G	L	N	Z	T	V	R	I	J	P	H	F	M	E	B
Y	A	D	E	C	N	E	D	N	E	P	E	D	N	I
J	U	N	W	S	J	E	C	R	G	O	L	Q	O	L
S	K	L	A	T	S	N	R	O	C	C	Q	E	W	U
S	A	P	P	H	I	R	E	A	L	K	O	G	S	F
P	X	B	Q	C	E	E	H	V	P	G	A	C	P	R
L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

ACORNS
 APPLES
 CANNING
 COLORFUL
 CORNSTALKS

GRANDPARENTS' DAY
 HARVEST MOON
 HIKING
 INDEPENDENCE DAY
 (Mexico)

LABOR DAY
 LIBRA
 NINTH
 OKTOBERFEST
 SAPPHIRE
 VIRGO

The Oasis at Dodge Park is Looking for the Best!



- **Caregivers 3-11, 11-7 shifts**
- **Housekeeping**
- **Activity Personnel**
- **LPN for 3pm-11pm shift**

All positions are full time or part time. If you have a big heart for the elderly, and want to be part of our great team, please email your resume to b.herlinger@dodgepark.com

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



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 may be eligible to stay when their money runs out!



**Schedule a Tour
& See Why We're
#1 on Caring.com
in MA**

DODGE PARK REST HOME
CELEBRATING **56** YEARS

Caring for our Community

DODGE PARK REST HOME

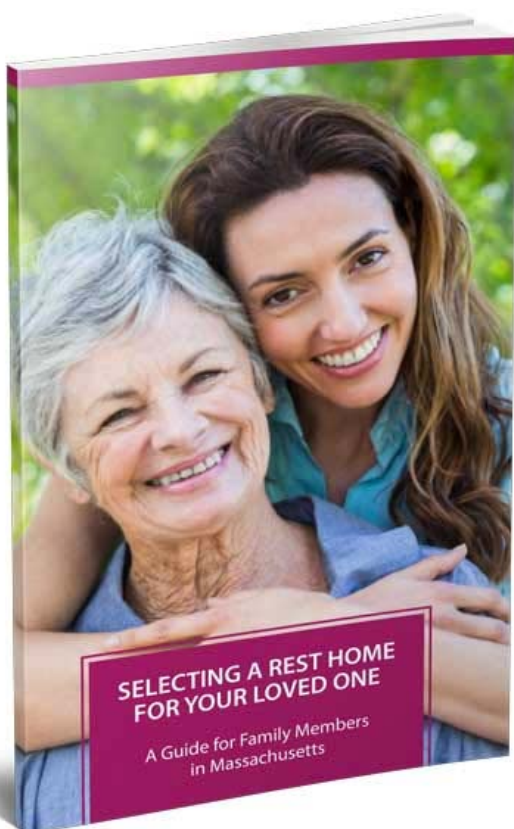
and
The Day Club

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

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

Memory Care Support Group



**Share, Support, and Learn
as You Care for a Loved
One with Memory Loss**

- Are you caring for someone with Alzheimer's or dementia?
- Dealing with behavior that is challenging, difficult or frustrating?
- Feeling anxious, depressed or stressed?

Caring for a loved one with some form of memory loss is a challenging and often overwhelming task. Our complimentary virtual support group is for caregivers and family members with loved ones suffering from Alzheimer's and dementia. It's a opportunity to share feelings and ideas, ask questions or just give/get encouragement.

We can help caregivers with support, education and strategies to help you learn more about the disease and how to deal with difficult situations. We brainstorm creative solutions for challenging caregiving situations and each meeting is facilitated by a professional trained in Alzheimer's and dementia care.

Meet Dennis Goguen

Dennis Goguen received a Masters of Social Work from the University of Connecticut as well as a Masters of Education from Boston University. He has practiced social work for over 40 years in the public healthcare system and for the past 25 years has worked at Clinton Hospital's Geriatric Medical Psychiatry Unit working with older adults who suffer from progressive cognitive disorders and late life mental health issues. He has also been a caregiver to a loved one with dementia.

Mr. Goguen has been specially trained to lead support groups, has lectured on the subject of memory loss, is a trained social work educator and now leads one of our monthly Caregivers Support Groups.

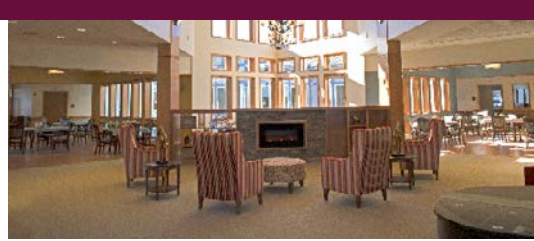
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

**Our Support Group Meets 3pm-5pm on the Third Wednesday of Each Month at
Dodge Park, 101 Randolph Road, Worcester, MA**

Dodge Park



**DodgePark.com | OasisAtDodgePark.com
508-853-8180**



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

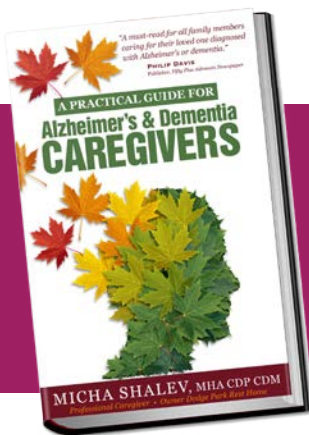
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

- Special trained direct care staff – best in the industry
- Luxurious accommodations / Homelike accommodations
- Private rooms/Semi private rooms
- Safe and secure 24/7
- License as DCSU-Dementia Care Special Unit
- RN/LPN 24/7 on site as well as DON
- Activity program from 7am-11pm



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



SCHEDULE A TOUR

And see why we're #1 on Caring.com
in Massachusetts 5 years in a row

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

The N'efesh to N'efesh™ Memory Care Program

**DODGE PARK
REST HOME**



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

**For more information
please click here**

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

Dodge Park



101 and 102 Randolph Road, Worcester, MA 01606
 Tel: 508-853-8180 Fax: 508-853-4515
 DodgePark.com • OasisAtDodgepark.com



SEPTEMBER 2024

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

Holidays and Observances: 2: Labor Day

Handmade