

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

October



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





What is a Alzheimer's/ Dementia Support Group?

By Micha Shalev

Caring for someone with Alzheimer's disease impacts every aspect of daily life. As Alzheimer's patients lose one ability after another, caregivers face tests of stamina, problem-solving, and resiliency. During this long and difficult journey, communication diminishes, rewards decrease, and without strong support, caretakers face challenges to their own well-being.

Maintaining emotional and physical fitness is crucial. Preparing and protecting yourself, working to understand your loved one's experience, and embracing help from others can minimize the hazards and enhance the joys of your caregiving experience.

The purpose of an Alzheimer's support group is to offer individuals support and information that is specific to dementia. Some Alzheimer's Association chapters have specialized support groups, such as: early stage groups, groups for adolescents, male care partners, adult children caring for a parent, and care partners dealing with late stage issues.

An Alzheimer's Association affiliated support group can be made up of care partners, family members, and loved ones of those with Alzheimer's disease or a related dementia. Although these people begin as strangers, they quickly become friends and, in a sense, a family. The support group leaders may be a community member and/or a health care professional. The meeting may focus on emotional support and sharing experiences, or it may focus on education, with expert speaking on topics such as legal issues, nutrition, caregiving techniques and community resources.

The number of participants will vary, in some cases depending on the format. For instance, educational groups are usually larger. However, the ideal size for a support group is 6 to 24 members.

Support groups that are sponsored by the Alzheimer's Association are open to the public and free of charge. These support groups depend on the chapters they are affiliated with to provide resources such as literature, updates on legislation and research, and newsletters. Alzheimer's Association chapters serve larger areas than the support groups and they provide resources to the community as well.

Alzheimer's Association support groups encourage members to share information, give and receive mutual support and exchange coping skills with one another. Support group members share practical suggestions for caring based on their caregiving experiences. Caring for an Individual with dementia requires different techniques than those needed to care for someone who is not cognitively impaired.

Experienced care partners have found that some methods of providing care, ideas that may not be found in books or articles, can make caregiving easier. Sharing those ideas in a support group can prevent care partners from having to "re-invent the wheel."

Attending a support group is often difficult at first. It takes time to feel comfortable sharing your problems with people you do not know. However, the experience of many individuals is that once they open up, they find that their problems are not so different from those of other support group members. Suddenly, the people they were sharing with were not strangers at all, and by sharing with others in the same situation they felt less alone.

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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

If you are having difficulty talking to family or friends about your feelings, you may find that it is easier to express yourself in a support group, where you can be honest with others who are facing similar problems. Through participation in a support group, you will be better prepared and perhaps feel less devastated as your loved one's condition becomes worse. You also may be able to find some hope, from seeing that others who have been caring longer have survived the caregiving experience.

Remember that if you attend a group(s) and they don't feel right for you, you can always try another group.

Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. The facility is holding two FREE support group meetings a month for spouses and children of individuals with dementia and/or Alzheimer's disease. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com.



Happy Rosh Hashanah

We would like to wish our customers, family members, employees, readers and the many friends and supporters of Dodge Park Rest Home and The Oasis At Dodge Park, who celebrate the Jewish New Year holiday season,

"Le-shana Tova tikatavu -May you all be inscribed for a good year".

What's in a greeting? When we pass an acquaintance on the way to work or school we may nod and mutter a casual "Good Morning." If we see a friend at the grocery store we exclaim "Hey, what's going on?" When we run into someone we have not seen for a while, we may cry out, "Where have you been?"

We often greet one another based on our relationship with that person. Judaism, however, takes the art of greeting one step further. Here I am not just referring to the generous offers that often accompany a Jewish greeting, like, "would you like something to eat?" Jewish greetings reflect the nature of our relationships and relate to our Jewish context. Jewish holidays come with greetings attached to them to help convey the meaning of the day. For example, on Shabbat we wish one another "Shabbat Shalom," a "Peaceful Shabbat." More than just a "hello," this greeting communicates one of the fundamental meanings of Shabbat - a wish for peace.

The prevalent practice among Ashkenazi Jews is "L'Shana Tova Ti'kateivu v'Tekhateimu," "You should

be written and sealed for a good year." This is often shortened to simply "Shana Tova," "a good year." This greeting expresses a basic hope we all have on Rosh Hashanah - that we be inscribed in the Book of Life for another good year. Other greeting customs also use the metaphor of the Book of Life to convey the essence of the holiday, but use it in a different way.

Similar to the Ashkenazi custom, Kurdish Jews greet each other with a variation on this theme, saying: "T'kateiv b'sefer chaim tovim," "You should be written in the book of good life." Instead of focusing on a "good year," the Kurdish greeting emphasizes a "good life."

Many Sephardic Jews greet each other with "L'shana Tova Ti'kateiv, Tizku l'shanim rabbot," "You should be written for a good year, and you should merit many years."

Sephardim who use this phrase do not limit their blessing to one year, but rather wish each other many good years to come. The response to this greeting is



"Tizke v'Tikhye v'Taarikh Yamim," "You should merit, and you should live, and you should lengthen days." In other words, "right back at you!"

An inscription in the Book of Life is not enough for the Jews of Yemen, they want to be written in the Book of Remembrance as well. "Tay'khateiv b'sefer ha'chaim v'basefer ha'zikaron," "May you be written in the Book of Life and the Book of Remembrance." Yemenite Jews want to make sure to cover all their bases.

While our diverse Jewish world may phrase Rosh Hashanah greetings differently, we are united by the main idea behind all of them: That God should grant us a healthy and happy new year. Amen!

Rosh Hashanah is the time in which we reflect on the past year and renew our spiritual attachment. We also renew our commitments to our families, friends, community and our synagogue.

Perhaps the most often repeated word in the Torah and for sure in the prayer book is the word "blessed." During these Days of Awe we will take stock of our blessings and our challenges both as individuals and as members of the health care community in Worcester. Permit me to identify some of our blessings.

We are blessed by having the most dedicated and caring staff, that work day and night to provide a unique living experience to those diagnosed with dementia and Alzheimer's disease.

We are blessed by all of our residents and their family members who support our program to allow us to sustain our community growth. We never take this trust for granted. We are working day and night to keep improve our service and commitment to care at a very challenging time for our industry.

On behalf of the managers of Dodge Park Rest Home and The Oasis At Dodge Park, we would like to wish all of our customers, employees, friends and supporters a year of health, happiness and prosperity, and that it is a year of peace and security and most important a year of getting back to normal life.

Micha Shalev and Ben Herlinger
Dodge Park Rest Home
The Oasis At Dodge Park



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



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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



My Mom has been at Dodge Park for a few years. Every time we visit with her she is so alert, happy and so focused. She has improved so much in the time that she has been there. They keep her busy and active. We love the staff. The staff takes such good care of her and every one. They call me with every little update she has. She is kept clean and we can tell that she is truly happy there. This is the best place for your loved ones.

Staff were friendly and helpful - greeted us (visitors) in a professional and friendly manner, helped fill our flower vase with water, responded quickly to resident requests during our visit, and were patient with our relative who has constant needs and requests. The library is a nice little room with a “fireplace” and gorgeous woodwork. I was impressed that I saw air purifiers in every room I visited. The atmosphere is calm , quiet, and organized. The only thing I found a bit lacking was some humor and personal connection between staff and residents. The staff seemed very serious and not socially interactive, but they have a tough job and are busy. When my Dad was in a nursing home in North Carolina, he interacted with at least one staff member when she came to help. He was a very quiet guy, but we know that he waited for her shift to start before he took his final breath. Keep up the good work!!!!

We went to visit my Mom yesterday, she was happy and so excited to see us. The staff is always very pleasant. I can see that she is well cared for. She talks about her daily activities. These activities keep her mind active and she enjoys them alot. I am very happy with the care my Mom gets here. I feel confident that my Mom is in good hands. Thank you all for making my Mom so happy!

The owners and staff at Dodge Park Rest Home are the most patient, caring and kind people one would ever like to meet. My mother is a resident at Dodge Park and I can honestly say that from day one, I have had peace of mind. Dodge Park is like home. Should you need a memory care facility for your loved one... Dodge Park and Oasis at Dodge Park should be first on your list to visit! You won't be disappointed.

The background features a light beige color with a decorative border of autumn leaves in shades of orange, red, and purple, and green vine-like patterns. Several pumpkins with different faces are scattered around the text.

Pumpkin Painting Contest

Tuesday, Oct. 15
at 3:30pm

Paint a pumpkin and enter
it into the contest!

Winner will be chosen on:
10/29

The background features several pumpkins with different faces: a smiling one on the left, a sad one at the top right, a surprised one on the right, a happy one at the bottom right, and a surprised one at the bottom left. There are also decorative autumn leaves in shades of orange, red, and purple, and green vine-like elements with leaves.

Pumpkin Painting Contest

Wednesday, Oct. 23
at 3:30pm

Paint a pumpkin and enter
it into the contest!

Winner will be chosen on:
10/29

A vibrant Halloween-themed poster with a dark grey background. The central focus is a large, textured orange circle containing the text 'HALLOWEEN PARTY' in a bold, black, hand-drawn font. Surrounding this central circle are various Halloween icons: a black bat with wings spread at the top left, a white ghost with large black eyes at the top right, a white ghost with a black hat and a black knife at the middle left, a black bat with wings spread at the middle right, a white ghost with a black hat and a black scythe at the bottom left, a black crow perched on an orange jack-o'-lantern at the bottom left, a mummy mask with a screaming mouth at the bottom center, a white hand with red-painted nails at the bottom center, a black cat at the bottom center, a white cross with two red spiders on it at the bottom right, and a witch with a red hat and a large eye on her forehead at the bottom right.

HALLOWEEN PARTY



Tuesday, Oct. 29th
starting at 2:30pm

Music, Costume party,
Games & Goodies





HALLOWEEN PARTY

**Friday, Oct.31
starting at 2:15pm
Music, Costume party,
Games & Goodies**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|---|
|  | | 9:30 - Daily Chronicle 10:00 - Chair Exercises 11:00 - October Trivia 1:30 - Candy Quiz 2:30 - Music w/ Sean Fullerton 3:30 - Star of the month/ Conversation Ball 7:00 - Movie- Hocus Pocus | 1 9:30 - Daily Chronicle 10:00 - Strength & Stretch 11:00 - Halloween Bingo 1:30 - Unscramble the Words 2:30 - Music w/ PE James 3:30 - Manicures/Creative Craft 7:00 - Movie- Comedy | 2 9:30 - Daily Chronicle 10:00 - Halloween Bingo 11:00 - Tabletop Bowling 1:30 - Would You Rather? 2:30 - Exercise w/ Paula Sheehan 3:30 - Scattergories/ Balloon Toss 7:00 - Movie- Western | 3 9:30 - Daily Chronicle 10:00 - Yoga w/ Mandy 11:00 - Finish The Phrase 1:30 - Hot Potato 2:30 - Music w/ Bill M. 3:30 - Molding w/ Clay/Halloween Coloring 7:00 - Movie- The Haunted Mansion | 4 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Halloween Secret Code 1:30 - Can you picture this? 2:30 - Music w/ Tom G. 3:30 - Parachute Fun 7:00 -Movie- Classic |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymn Sing a Long 1:30 - 10 Clues what is it? 2:30 - Music w/ Cameron S. 3:30 - Halloween Family Feud 7:00 - Classic TV | 6 9:30 - Daily Chronicle 10:00 - Halloween Trivia 11:00 - Tabletop Shuffleboard 1:30 - Reminiscence 2:30 - Exercise w/ Paula Sheehan 3:30 - Roll a Pumpkin/Halloween Coloring 7:00 - Movie- Casper | 7 9:30 - Daily Chronicle 10:00 - Chair Exercises 11:00 - Name 5 1:30 - Ghoulish Riddles 2:30 - Music w/ Sean F. 3:30 - Left to right/ Creative craft 7:00 - Classic Game shows | Rosh Hashanah Begins 8 9:30 - Daily Chronicle 10:00 - Stretch & Strength 11:00 - What is it? 1:30 - October Funnies 2:30 - Music w/ Heather R. 3:30 - Halloween Mini Golf/Short Stories 7:00 - Movie- Comedy | 9 9:30 - Daily Chronicle 10:00 - Superstitions 11:00 - Conversation Ball 1:30 - Fact or Fiction? 2:30 - Exercise w/ Paula Sheehan 3:30 - October Birthday Party 7:00 - Movie- Western | 10 9:30 - Daily Chronicle 10:00 - Yoga w/ Mandy 11:00 - Finish The Phrase 1:30 - Halloween Coloring 2:30 - Music w/ Jim O'Neil 3:30 - Halloween A-Z/ Balloon Toss 7:00 - Movie- Spooky Buddies | 11 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Guess the TV show 1:30 - Ring Toss 2:30 - Music w/ Paul Belanger 3:30 - The History of the Jack Lantern 7:00 - Movie- Classic |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymn Sing a Long 1:30 - Which word doesn't belong? 2:30 - Music w/ Sandy R. 3:30 - Tabletop Curling Game 7:00 - Classic TV | 13 9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - All about Columbus Day 1:30 - Columbus Day Trivia 2:30 - Exercise w/ Paula Sheehan 3:30 - Creative Craft/ Math Challenge 7:00 - Movie- Halloween town | 14 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Pictionary 1:30 - Fall Poems 2:30 - Music w/ Sean Fullerton 3:30 - Paint a Pumpkin/ Spelling Bee 7:00 - Classic Game Shows | 15 9:30 - Daily Chronicle 10:00 - Stretch & Strength 11:00 - What are the lyrics? 1:30 - Name 3 2:30 - Music w/ Bill M. 3:30 - Manicures/ Connect 5 7:00 - Movie- Comedy | 16 9:30 - Daily Chronicle 10:00 - Trivia 11:00 - What's that noise? 1:30 - Hot Potato 2:30 - Exercise w/ Paula Sheehan 3:30 - Bingo/ Creative Craft 7:00 - Movie- Western | 17 9:30 - Daily Chronicle 10:00 - Yoga w/ Mandy 11:00 - Adult Coloring 1:30 - Would you ever? 2:30 - Music w/ Rusty G. 3:30 - Halloween Word Games worksheets/ Ring Toss 7:00 - Movie- Into The Woods | 18 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Famous Faces Bingo 1:30 - LMS Jeopardy 2:30 - Music w/ Dave M. 3:30 - Parachute Fun 7:00 - Movie- Classic |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymn Sing a Long 1:30 - What animal is it? 2:30 - Music w/ Rusty G. 3:30 - Molding w/ Clay 7:00 - Classic TV | 20 9:30 - Daily Chronicle 10:00 - Finish The phrase 11:00 - Current Events 1:30 - Monster Mash 2:30 - Exercise w/ Paula Sheehan 3:30 - Painting/Conversation Ball 7:00 - Movie- Ghostbusters | 21 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Sing a Long 1:30 - Music w/ Sean F. 3:30 - Tabletop Bowling/ The history of classic Monster Movies 7:00 - Classic Game Shows | 22 9:30 - Daily Chronicle 10:00 - Stretch & Strength 11:00 - Fall Trivia 1:30 - Halloween Junk Drawer detective 2:30 - Music w/ Sandy R. 3:30 - Halloween Mini Golf/Creative Craft 7:00 - Movie- Comedy | 23 9:30 - Daily Chronicle 10:00 - Halloween Bingo 11:00 - Adult Coloring 1:30 - Finish The Phrase 2:30 - Exercise w/ Paula Sheehan 3:30 - Manicures/ Ring Toss 7:00 - Movie- Western | 24 9:30 - Daily Chronicle 10:00 - Yoga w/ Mandy 11:00 - Memory Matching 1:30 - Fact or Fiction? 2:30 - Music w/ Paul Belanger 3:30 - Resident Council 7:00 - Movie- Bedknobs & Broomsticks | 25 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Halloween Movie Quiz 1:30 - Balloon Toss 2:30 - Music w/ Tom G. 3:30 - Card Games 7:00 - Movie- Classic |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 11:00 - Hymn Sing a Long 1:30 - Drawing class 2:30 - Music w/ Bill McCarthy 3:30 - Parachute Fun 7:00 - Classic TV | 27 9:30 - Daily Chronicle 10:00 - What's My Job? 11:00 - Boggle 1:30 - How candies got their names 2:30 - Exercise w/ Paula Sheehan 3:30 - Creative Craft/Word Worksheets 7:00 - Movie- Gremlins | 28 9:30 - Daily Chronicle 10:00 - Chair Exercise 11:00 - Remembering Halloween Costumes 1:30 - Wheel Of fortune 2:30 - Music w/ Sean Fullerton 3:30 - Halloween Party 7:00 - Classic Game Shows | 29 9:30 - Daily Chronicle 10:00 - Halloween Detective 1:30 - LMS Jeopardy 2:15 - Music w/ Sean Fullerton 3:30 - Creative Craft/Halloween Family Feud 7:00 - Movie- Comedy | 30 9:30 - Daily Chronicle 10:00 - Halloween Detective 1:30 - LMS Jeopardy 2:15 - Music w/ Sean Fullerton 3:30 - Creative Craft/Halloween Family Feud 7:00 - Movie- Comedy | 31 9:30 - Daily Chronicle 10:00 - Fascinating facts about Halloween 1:30 - Dead, Alive or Fictional? 1:30 - Adult Coloring 2:30 - Music w/ Rusty G. 3:30 - Murder Mystery Play/Manicures 7:00 - Movie- Comedy | Halloween  |

Dodge Park 101 Randolph Rd. Worcester MA (877-363-4775)(*All Activities are subject to change)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
|  | | 9:30 - Daily Chronicle 10:00 - October Trivia 10:30 - Exercise w/ Paula Sheehan 1:30 - Can you picture this? 2:15 - Music w/ Ukulele J 3:30 - Baking Club/ Roll a pumpkin 7:00 - Movie- The Worst Witch | 1 9:30 - Daily Chronicle 10:00 - Finish The Phrase 10:30 - Exercise w/ Joe Fish 1:30 - Would you rather? 2:15 - Music w/ Sean Fullerton 3:30 - Halloween Craft/Unscramble the Halloween words 7:00 - Movie- Comedy | 2 9:30 - Daily Chronicle 10:00 - What is it? 10:30 - Exercise w/ Paula Sheehan 1:30 - What candy is it? 2:15 - Music w/ Paul Belanger 3:30 - Halloween Pictionary/Star of the month 7:00 - Movie- Western | 3 9:30 - Daily Chronicle 10:00 - October Funnies 1:30 - Fact or fiction? 2:15 - Music w/ Sean Fullerton 3:30 - Yoga Class/Short Stories 7:00 - Movie- Hocus Pocus | 4 9:30 - Daily Chronicle 10:00 - October Funnies 1:30 - Fact or fiction? 2:15 - Music w/ Sean Fullerton 3:30 - Yoga Class/Short Stories 7:00 - Movie- Hocus Pocus |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise w/ Paula Sheehan 2:15 - Music w/ Bill McCarthy 3:30 - Manicures/Coloring 7:00 - Movie-Broadway Musical | 6 9:30 - Daily Chronicle 10:00 - Halloween hangman 10:30 - Exercise w/ Joe Fish 2:15 - Music w/ Sean Fullerton 3:30 - Conversation ball toss/Halloween Bingo 7:00 - Movie-Ghostbusters | 7 9:30 - Daily Chronicle 10:00 - Name 5 10:30 - Exercise w/ Paula Sheehan 1:30 - October Birthday Party 2:15 - Music w/ Paul Belanger 3:30 - Baking Club/Tabletop Bowling 7:00 - Classic TV | Rosh Hashanah Begins 8 9:30 - Daily Chronicle 10:00 - Halloween Detective 10:30 - Exercise w/ Joe Fish 1:30 - LMS Jeopardy 2:15 - Music w/ Sean Fullerton 3:30 - Creative Craft/Halloween Family Feud 7:00 - Movie- Comedy | 9 9:30 - Daily Chronicle 10:00 - Halloween A-Z 10:30 - Exercise w/ Paula Sheehan 1:30 - Who am I? 2:15 - Music w/ Arizona Doug 3:30 - Molding w/ Clay/Drum Circle 7:00 - Movie- Western | 10 9:30 - Daily Chronicle 10:00 - October Conversation Cards 10:30 - Exercise w/ Paula Sheehan 1:30 - What is making that noise? 2:15 - Music w/ Sean Fullerton 3:30 - Yoga class/Scattergories 7:00 - Movie- A series of Unfortunate Events | 11 9:30 - Daily Chronicle 10:00 - Hot Potato 10:45 - Exercise w/ Paula Sheehan 1:30 - Fall Trivia 2:15 - Music w/ Dave Mindell 3:30 - Tabletop shuffleboard/Leave Craft 7:00 - Movie- Drama |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise w/ Paula Sheehan 2:15 - Music w/ Greg Peters 3:30 - Manicures/Guess The Celebrity 7:00 - Movie- Broadway Musical | 13 9:30 - Daily Chronicle 10:00 - All about Columbus Day 10:30 - Exercise w/ Joe Fish 2:15 - Music w/ Sean Fullerton 3:30 - Columbus Day Trivia/In door baseball 7:00 - Movie- Scaredy Cats | 14 9:30 - Daily Chronicle 10:00 - Finish The Phrase 10:30 - Exercise w/ Paula Sheehan 1:30 - What word is spelled wrong? 2:15 - Music w/ Bill McCarthy 3:30 - Murder Mystery Play/Name that Halloween Tune 7:00 - Classic TV | 15 9:30 - Daily Chronicle 10:00 - Halloween Detective 1:30 - LMS Jeopardy 2:15 - Music w/ Sean Fullerton 3:30 - Baking Club/Whack a Mole 7:00 - Movie- Comedy | 16 9:30 - Daily Chronicle 10:00 - Math Quiz 10:30 - Exercise w/ Paula Sheehan 1:30 - Boggle 2:15 - Music w/ Matt York 3:30 - Creative Craft/ Bingo 7:00 - Movie- Western | 17 9:30 - Daily Chronicle 10:00 - Fascinating Facts about Halloween 10:30 - Exercise w/ Paula Sheehan 1:30 - Color a Pumpkin 2:15 - Music w/ Sean Fullerton 3:30 - Yoga Class/Drum Circle 7:00 - Movie- The curse of Bridge Hollow | 18 9:30 - Daily Chronicle 10:00 - Words from a word 10:45 - Exercise w/ Paula Sheehan 1:30 - Halloween Jokes 2:15 - Music w/ Paul Belanger 3:30 - Molding w/ Clay/Shooting Game 7:00 - Movie- Drama |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise w/ Paula Sheehan 2:15 - Music w/ Greg Peters 3:30 - Manicures/Ring Toss 7:00 - Movie- Broadway Musical | 20 9:30 - Daily Chronicle 10:00 - Alphabetical Order 10:30 - Exercise w/ Joe Fish 2:15 - Music w/ Sean Fullerton 3:30 - Creative Craft/Tabletop Curling 7:00 - Movie- The Munsters | 21 9:30 - Daily Chronicle 10:00 - Halloween Trivia 10:30 - Exercise w/ Paula Sheehan 1:30 - Halloween Pictionary 2:15 - Music w/ Heather Ralston 3:30 - Resident Council/Painting Class 7:00 - Classic TV | Sukkot Begins 22 9:30 - Daily Chronicle 10:00 - Guess the Halloween Character 10:30 - Exercise w/ Joe Fish 1:30 - Hot Potato 2:15 - Music w/ Sean Fullerton 3:30 - Paint a pumpkin/Throw a tic tac toe 7:00 - Movie- Comedy | 23 9:30 - Daily Chronicle 10:00 - Finish The Phrase 10:30 - Exercise w/ Paula Sheehan 1:30 - Card Games 2:15 - Music w/ Arizona Doug 3:30 - Baking Club/Conversation Ball 7:00 - Movie- Western | 24 9:30 - Daily Chronicle 10:00 - Current Events 10:30 - Exercise w/ Paula Sheehan 1:30 - Color a Halloween Picture 2:15 - Music w/ Sean Fullerton 3:30 - The history of classic Monster Movies/Puzzles 7:00 - Movie- Casper The friendly Ghost | 25 9:30 - Daily Chronicle 10:00 - Secret Halloween Code 10:45 - Exercise w/ Paula Sheehan 1:30 - Guess the TV show 2:15 - Music w/ Sandy Robinson 3:30 - Card Games/Mini Golf 7:00 - Movie- Drama |
| 9:30 - Daily Chronicle 10:00 - Catholic Mass 10:45 - Exercise w/ Paula Sheehan 1:30 - LMS Jeopardy 2:15 - Yoga Class/Drum Class 7:00 - Movie- Broadway Musical | 27 9:30 - Daily Chronicle 10:00 - 10 Clues What is it? 10:30 - Exercise w/ Joe Fish 1:30 - Name 3 2:15 - Music w/ Sean Fullerton 3:30 - Creative Craft/Molding w/ Clay 7:00 - Movie- The Addams Family | 28 9:30 - Daily Chronicle 10:00 - Monster Mash 10:30 - Exercise w/ Paula Sheehan 1:30 - How these candies got their names 2:15 - Music w/ Jimmy O'Neil 3:30 - Baking Club/Balloon Toss 7:00 - Classic TV | 29 9:30 - Daily Chronicle 10:00 - What animal is it? 10:30 - Exercise w/ Joe Fish 1:30 - Spelling Bee 2:00 - Catholic Mass 2:15 - Music w/ Sean Fullerton 3:30 - Social Circle/Manicures 7:00 - Movie- Comedy | 30 9:30 - Daily Chronicle 10:00 - History of the Jack o Lantern 10:30 - Exercise w/ Paula Sheehan 1:30 - Dead, Alive or Fictional? 2:15 - Halloween Party w/ Greg Peters 3:30 - Costume Contest, Games and Goodies 7:00 - Show- It's the Great Pumpkin Charlie Brown Halloween | 31 9:30 - Daily Chronicle 10:00 - History of the Jack o Lantern 10:30 - Exercise w/ Paula Sheehan 1:30 - Dead, Alive or Fictional? 2:15 - Halloween Party w/ Greg Peters 3:30 - Costume Contest, Games and Goodies 7:00 - Show- It's the Great Pumpkin Charlie Brown Halloween |  |

The Oasis at Dodge Park 102 Randolph Road Worcester MA (*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

‘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.”

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.

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. Care-



givers 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
508-853-8180**

OCTOBER OBSERVANCES

Monthly

American Pharmacists Month. The role pharmacists play in our health, our communities, and our lives has never been more crucial. Take a moment to reflect on their work, appreciate their efforts, and spread the word about the valuable services pharmacists provide.

Cybersecurity Awareness Month. This year's theme, "See Yourself in Cyber," will focus on the "people" part of cybersecurity, providing information and resources to help educate the public and ensure all individuals and organizations make smart decisions, whether on the job, at home, or at school, now and in the future.

Down Syndrome Awareness Month. According to the Centers for Disease Control and Prevention, approximately one in every 772 babies in the United States is born with Down syndrome, making Down syndrome the most common chromosomal condition. About 5,100 babies with Down syndrome are born in the United States each year.

National Substance Abuse Prevention Month. Millions of Americans suffer from substance abuse, which includes underage drinking, alcohol dependency, nonmedical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Early intervention helps prevent substance abuse and reduce the negative consequences of addiction before they occur.

Weekly

National Midwifery Week, Oct. 6–12. The midwifery model's focus on listening to people, respecting their insights, and recognizing them as experts in their own health can serve as an accessible solution to improved maternal health and the growing problem of health inequity.

Earth Science Week, Oct. 13–19. This year's theme, "Earth Science for a Sustainable World," will emphasize the essential role of Earth science in helping people make decisions that maintain and strengthen the planet's ability to support thriving life.

Fire Prevention Week, Oct. 6–12. Take the time today to make sure your home is equipped with all the appropriate fire prevention equipment, such as smoke detectors.

SPECIAL DAYS

- 1 International Coffee Day
- 1 International Day for the Elderly
- 1 National Homemade Cookies Day
- 1 World Vegetarian Day
- 2 National Custodial Worker Day
- 2 Name Your Car Day
- 2 National Kale Day – The first Wednesday of October.
- 2 Rosh Hashanah begins at sundown, date varies
- 2 World Farm Animals Day
- 3 National Boyfriends Day
- 3 Techies Day
- 3 Virus Appreciation Day
- 4 Frappe Day
- 4 National Golf Day
- 4 World Smile Day – The first Friday of the month
- 5 Do Something Nice Day
- 5 International Frugal Fun Day
- 5 World Card Making Day – first Saturday of the month
- 5 World Teacher's Day
- 6 Come and Take it Day
- 6 Mad Hatter Day
- 6 Oktoberfest in Germany ends, date varies.
- 6 Physician Assistant Day
- 7 Bald and Free Day
- 7 International Walk to School Day
- 7 National Forgiveness Day
- 8 American Touch Tag Day
- 9 Curious Events Day
- 9 Emergency Nurses Day
- 9 Fire Prevention Day
- 9 Leif Erikson Day
- 9 Moldy Cheese Day
- 9 Take Your Teddy Bear to Work Day
- 10 International Newspaper Carrier Day
- 10 National Angel Food Cake Day
- 10 Fall Leaves Turning Point Park
- 11 International Day of the Girl Child
- 11 It's My Party Day
- 11 World Egg Day – The second Friday of the month.
- 12 Cookbook Launch Day
- 12 Old Farmer's Day
- 12 Moment of Frustration Day
- 12 National Gumbo Day
- 12 National Motorcycle Ride Day
- 12 Tender Loving Care Day
- 13 Friday the 13th
- 13 International Skeptics Day
- 14 Be Bald and Free Day
- 14 Canadian Thanksgiving Day
- 14 Columbus Day – the second Monday of the month
- 14 Indigenous People Day
- 14 National Dessert Day – Take an extra helping, or two.

SPECIAL DAYS

15 White Cane Safety Day
16 Bosses Day – Weekday closest to October 16
16 Dictionary Day
16 National Fossil Day – date varies
16 National Take Your Parents to Lunch Day – date varies
16 World Food Day
17 National Pasta Day
17 Wear Something Gaudy Day
18 National Meatloaf Appreciation Day
18 No Beard Day
19 Evaluate Your Life Day
19 Sweetest Day -The third Saturday of the month.
20 Brandied Fruit Day
20 International Chefs Day
20 U.K. National Waiters Day
21 Babbling Day
21 Count Your Buttons Day
21 International Nacho Day
21 Pumpkin Cheesecake Day
22 National Nut Day
22 Smart is Cool Day
23 National Mole Day
23 TV Talk Show Host Day
24 National Bologna Day
24 United Nations Day
25 Frankenstein Friday – The last Friday in October.
25 Howl at the Moon Night
25 International Artist Day
25 Punk for a Day Day
25 World Opera Day
25 World Pasta Day
26 National Mincemeat Day
26 National Pumpkin Day
27 Black Cat Day
27 Mother-In-Law Day – The fourth Sunday in October.
27 National Tell a Story Day – in Scotland and the U.K.
27 Navy Day
28 Make a Difference Day
28 Plush Animal Lover's Day
29 Hermit Day
29 National Cat Day
29 National Frankenstein Day
30 National Candy Corn Day
30 Mischief Night
31 Carve a Pumpkin Day – There's no surprise here.
31 Hindu Diwali Day – the date varies
31 Halloween
31 Increase Your Psychic Powers Day

Weekly

National Health Education Week, Oct. 21–25.

National Health Education Week activities increase awareness of major public health issues and promote a better understanding of the role of health education and health promotion.

Daily

International Coffee Day, Oct. 1. A celebration of coffee, launched in Milan in 2015, this day also is used to promote fair trade coffee and raise awareness of the plight of the coffee growers.

World Teacher's Day, Oct. 5. Established in 1994, World Teachers' Day is devoted to “appreciating, assessing, and improving the educators of the world” and providing an opportunity to consider issues related to teachers and teaching.

Indigenous People's Day, Oct. 14. Celebrated on the second Monday of October to honor the cultures and histories of the Native American people.

Columbus Day, Oct. 14. Date Italian explorer Christopher Columbus reached the Americas in 1492. (Observed on Oct. 10 in the U.S.)

Conflict Resolution Day, Oct. 17. Promoting awareness of mediation, arbitration, and other creative, peaceful means of resolving conflict in schools, families, businesses, communities, governments, and the legal system.





Tree of the Month – Maple

There are over 120 species of maple trees and shrubs in a wide array of shapes, sizes, and leaf formation. Maples thrive in temperate climates around the world, including in the United States and Canada.

The tree is so important to Canadian culture that the maple leaf is on the Canadian flag and the country's coat of arms. These gorgeous trees are a popular choice for backyards, parks, and city streets, as they provide both beauty and shade. While they are stunning year-round, maple trees are particularly striking during autumn. They put on vibrant displays as their leaves change color and then drop to blanket the ground in swaths of red, yellow, orange, and brown. Maples are also prized for the delicious maple syrup some varieties provide. Vermont is known for their outstanding maple syrup. Other types of maples yield hard, dense wood that's used for furniture and other building projects.



Flower - Calendula

Calendula officinalis, or the pot marigold, is a member of the daisy family. These lovely flowers are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage

made from a mixture of calendula blossoms in wine was said to soothe indigestion.

Birthstone – Opal



Those with October birthdays have a birthstone that sparkles as it changes color! Opals diffract light and are found in a number of different hues—from reds and yellows to blues and purples and more. The most common color for opals is opaque, milky white, giving them a beautifully unique appearance that led to the coining of the term opalescent, meaning “showing varying colors as an opal does.” It is said that opals have healing powers and even enable the wearer to find true love.

The Perfect Pretzel

Harvest festivals with a Germanic tradition are called Oktoberfests, fun celebrations that often include big, soft pretzels. These fall festivities honor the bounty of the autumn season. They are typically held on October weekends in communities across the United States and other parts of the world. Oktoberfests are renowned for their beer halls, music, and other entertainment. But also they are hard to beat for the delicious German food that's typically served—sausages, wienerschnitzel, spatzle, sauerkraut, German potato salad, and most iconic of all, Bavarian pretzels. Interestingly, the first pretzel is thought to date back to AD 610, when an Italian monk created the twisted shape of soft bread to symbolize hands crossed in prayer across the chest. The name *pretzel* comes from the Latin word *bracellae*, which means “little arms.” *Bracellae* became *bretzel* in German until it morphed into today's term, pretzel. Pretzels are also associated with love. In the 1600s, Swiss noblemen began the tradition of breaking a pretzel with their brides on their wedding day—a possible origin of the idiom tying the knot.

OCTOBER FUN FACTS

October is the tenth month of the year in the Gregorian calendar, though its name stems from the Latin *octo*, meaning “eight.” In early Roman times, October was the eighth month of the calendar until January and February were added, making it the tenth. In Old England it was called *Winmonath*, meaning “wine month,” as October’s temperatures were ideal for making wine and cider. They also called it *Winterfylleth*, or “winter full moon,” because it marked and celebrated the beginning of winter.

October Birthdays

Julie Andrews (actress) – October 1, 1935
Sting (rock star) – October 2, 1951
Thomas Wolfe (author) – October 3, 1900
Ray Kroc (entrepreneur) – October 5, 1902
Helen Hayes (actress) – October 10, 1900
Angela Lansbury (actress) – October 16, 1925
Mae Jemison (astronaut) – October 17, 1956
Chuck Berry (singer) – October 18, 1926
Tom Petty (musician) – October 20, 1950
Judge Judy Sheindlin (TV host) – October 21, 1942
Mahalia Jackson (singer) – October 26, 1911
Dylan Thomas (poet) – October 27, 1914
Julia Roberts (actress) – October 28, 1967
John Keats (poet) – October 31, 1795



Turnip Carving?

While pumpkins are carved today to make jack-o'-lanterns, other foods have been used throughout history to create makeshift lanterns. In the British Isles in the 19th century, potatoes and turnips were carved for portable lighting.

What's Lucky in October?

Lucky Color: Yellow
Lucky Animal: Crow
Lucky Letters: Wand E
Lucky Day: Tuesday
Lucky Plant: Squash

Halloween Around the World

In America and Canada, children go door to door in costume on Halloween night asking for candy treats. France has recently started celebrating Halloween with costume parties. Meanwhile, in the Czech Republic, people place chairs by the fireside, one for each living family member and one for each family member who has passed on. In Germany, people hide their knives to ensure the safety of the returning spirits and themselves.

October Zodiacs

Libra (the Scales) October 1–22
Scorpio (the Scorpion) October 23–31



A very
Happy Birthday to...



| Dodge Park Residents | Staff |
|------------------------|---------------------------|
| Nancy K..... Oct. 9 | Milliangle M..... Oct. 1 |
| Dawn R..... Oct.14 | Glenda M..... Oct. 2 |
| Nancy M..... Oct. 20 | Natalia R..... Oct. 4 |
| Roger A..... Oct. 23 | Alien C..... Oct. 6 |
| Carolyn C..... Oct. 24 | Koko K..... Oct. 6 |
| Richard O..... Oct. 28 | Mandy C..... Oct. 7 |
| | Eric D..... Oct. 10 |
| Oasis Residents | Reina S..... Oct. 13 |
| Deborah P..... Oct. 1 | Carrie L..... Oct. 14 |
| Jane M..... Oct. 2 | Edwin S..... Oct. 21 |
| Iris S..... Oct. 6 | Odeline E..... Oct. 22 |
| Maureen T..... Oct. 7 | Ben H..... Oct. 23 |
| Tom G..... Oct. 11 | Sarah Kate J..... Oct. 28 |
| Sharon W..... Oct. 21 | Shalyn J..... Oct. 29 |
| Tomoko K..... Oct. 23 | |

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?

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Halloween is here—are you ready?

Trick or treating is about to commence. Here are some fun facts to share while you're handing out candy:

- The word “witch” comes from an Old English word, “wicce,” meaning “wise woman.”
- Black and orange are associated with Halloween because they're signs of autumn. Orange signifies harvest, and black alludes to darkness coming earlier.
- Jack-o-lanterns are Irish. In an Irish folktale, a man named Stingy Jack fooled the devil and was punished by being forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. “Jack of the Lantern” became “Jack-o-lantern.”
- Trick-or-treating has a long history. In medieval times, children would go door to door on All Souls Day, asking for food in exchange for prayers for the inhabitants' deceased family members.
- The most popular kids' Halloween costume is Spider-man. According to the National Retail Federation, it's followed by princesses, Batman, witch, ghost, pumpkin, Superman, zombie, and Avengers hero.

Conversation starters—or stoppers

Do you ever find yourself at a loss for words? Maybe one of these random comments can add some spice to your conversations:

- As the prophecy foretold.
- But at what cost?
- So let it be written; so let it be done.
- So it has come to this.
- Is this why fate brought us together?
- Just like in my dream.
- Be that as it may, still may it be as it may be.
- There is no escape from destiny.
- Wise words by wise men write wise deeds in wise pen.
- In this economy?
- And then the wolves came.

Winter is coming: Prepare your home

Before the weather gets too cold, it's wise to check your house for vulnerabilities to the coming winter. Some areas to examine:

Roof

- Look for missing shingles, cracked flashings, and broken overhanging tree limbs.
- Check the chimney for mortar deterioration and loose bricks.
- Inspect the underside of the roof, from the attic, for any signs of leakage.

Exterior

- Check at the foundation for cracks in the concrete, and low spots in the soil where water can accumulate against the foundation.
- Look at the caulking in the siding and around the window and door trims.

Heating system

- Turn on the heating system to ensure that the heat is being delivered to all outlets.
- Check your filter and change it if necessary. Buy some extra filters so you can change them easily during the winter season.

Don't let pet care expenses land you in the doghouse

You can't put a price on a pet's companionship or love, but food and medical care don't come for free. The Money.com website has these recommendations for taking care of your dog, cat, boa constructor, or what have you without spending more money than you have to:

- **Food and accessories.** Shop around. Look for sales, discounts, and online coupons. Compare brand names with store brands for better deals. You don't have to buy the most expensive toys for your pet, either—they'll be just as happy with a knockoff.

- **Insurance.** Consider your options. The typical pet insurance policy runs about \$50 a month for dogs and \$30 for cats, but most plans don't cover routine needs like vaccinations or tooth care. Insurance can pay off if your pet develops a serious illness, though, so decide how much you're willing to spend.

- **Wellness plans.** Some veterinarians offer wellness plans for pets. For a monthly fee of \$30-\$50, routine and preventative services are covered, and sometimes things like nutrition advice and dental treatments. You'll have to look around for a clinic that offers such a plan, and if you don't use all the services available, the cost might not be worth it.

- **Medications.** Again, shop around and look for bargains. Ask your vet if a generic version of a prescription is available. Do some research to determine whether it's cheaper to buy from your vet or another source.

Tough advice, but listen anyway

Some financial advice is hard to take, but you should listen to it anyway. Pay attention to these possibly unwelcome tips from the Insider website:

- **Make a budget.** This doesn't have to be painful, but it is necessary. Calculate your monthly expenses, compare it to your monthly income, and plan accordingly. You'll find that this saves you a lot of stress caused by overspending.

- **Risk isn't always good.** We're encouraged to take risks, especially when we're young, but not all risks are smart. Quitting your job to start your own business without a clear plan for success may not be a good move. "Sure thing" investments don't always pay off. Don't avoid risk entirely, but do your homework before making the leap.

- **Doing nothing is sometimes best.** Don't make any sudden decisions in the wake of a job loss, breakup, or any other major life change. Take the time to calm down and examine your situation objectively so you don't lurch into a bad decision.



Quotes

"A man wants to earn money in order to be happy, and his whole effort and the best of a life are devoted to the earning of that money. Happiness is forgotten; the means are taken for the end."
—Albert Camus

"It's not what you earn, it's what you spend."
—Paul Clitheroe



Find the right balance in your life

Being a full-time parent while working a full-time job is challenging. Ease the stress by keeping these pointers from the Entrepreneur website in mind:

- **Don't expect perfection.** There's no perfect balance between work and life. Sometimes work will come first, and other times your family will be the priority in your life. Understand this and explain it to your loved ones so they can keep their expectations realistic.
- **Use technology.** Most parents worry about their kids having too much screen time, but you can use tech tools and social media to stay in touch and strengthen your relationship with your family. Check in with your kids via text; send them a funny meme every once in a while. Tell your partner "I love you" in an email. Make use of the tools you have.
- **Eat dinner together.** Make a rule that the entire family must eat dinner together, no phones allowed. Sharing at least one meal every day gives everyone a chance to talk, ask questions, share what's going on in their lives, and feel connected on a personal level.

Keep children safe in and around your car

You rely on your car for transportation, but you also want it to be safe, especially when your children are around. The AutoGuide website shares this essential advice for safety in and around your vehicle:

- **Don't play around parked cars.** Never let your children run around or play in a parking lot. In your driveway, make sure your car's motor is off before letting children out. Always check around your car before starting up to leave.
- **Practice basic safety.** Hold their hands in parking lots and crossing the street. Make sure they know to stop and look both ways before stepping forward into the street.
- **Be careful with locks and windows.** Automatic locks can trap children inside your car. Power windows can cause injuries.
- **Don't leave kids in hot cars.** Cars can heat up quickly in any weather. Don't leave your kids alone in a parked car for any reason.



Quotes

"If people are patient and kind, that's a lot— something of the spirit is at work. The result of grace. It doesn't come naturally."

—Anne Lamott



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutritious Foods This Fall

With autumn in full swing, it's time to take advantage of the local produce being harvested. Here are a few nutrition powerhouses to serve up this fall.

Pumpkin - The bright orange color tells us that its rich in the antioxidant, beta-carotene, which converts to vitamin A in the body. This nutrients is beneficial for healthy skin and eyes. Just one cup of pumpkin supplies nearly 2 1/2 times the recommended daily intake of vitamin A. Scientific research suggests that vitamin A may reduce the risk of certain types of cancer, may protect against heart disease and may decrease the risk of macular degeneration.

Beets - Both red and golden beets are available in most supermarkets. Beets are good for a healthy blood pressure due to the high nitrate content. Beets also have anti-inflammatory properties which may improve cardiovascular health. Both the beet and its leaves are edible. Beets are low in calories and high in phytonutrients, healthy compounds produced by plants. Eating both red and golden beets gives the body a wider variety of these healthy compounds.

Spaghetti Squash - The strands of flesh inside this fall squash makes it a great substitution for pasta, as the name suggests. Like other squashes, spaghetti squash is high in vitamins A and C and fiber. It is also a good source of antioxidants, which combat damage done to the body by such things as pollutants in the air. Spaghetti squash is low in calories and carbohydrates so it won't adversely affect blood sugar which makes it a great option for people with diabetes.

Kale - Kale is a hearty autumn plant with loads of nutrients. One cup of kale has only eight calories but is very high in vitamins A, C and K. Use kale by itself or in combination with lettuce in your salads. Kale leaves tenderize with the addition of salad dressing so feel free to dress your kale salad ahead of time. Kale is also great

in soups.

How to Cook Spaghetti Squash

If the squash is too hard to cut into with a knife, heat it briefly (5 minutes) whole in the microwave to soften it slightly. After the squash is softened, slice the squash in half lengthwise and scoop out the seeds.

Roasted

Place both squash halves, flesh-side up on a baking sheet. Lightly drizzle the flesh with olive oil and season lightly with salt and pepper. Roast in a 400-degree oven for 40 minutes. Remove from oven and once cool enough to touch, scrape the flesh with a fork to remove the spaghetti-like strands of squash. Add additional seasoning if desired.

Microwaved

Place cleaned out squash halves flesh-side down in a 13x9-inch baking pan. Add enough water to pan to fill 1/2 inch. Microwave on high for 15 minutes. Remove squash from pan and allow to cool till it's able to be handled. Scrape the flesh with a fork to remove the spaghetti-like strands of squash. Season squash as desired. Try serving it with a drizzle of olive oil and seasoned with salt, pepper and Parmesan cheese.



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.



Mediterranean White Bean Dip

Makes 16 servings

Ingredients:

- 1 (15.5-ounce) can white beans, drained and rinsed

- 1 cup plain yogurt
- 2 plum tomatoes, diced
- 1 cup chopped fresh arugula or spinach
- 1/2 cup chopped Kalamata olives
- Salt and pepper to taste
- 1 loaf Italian bread, sliced

Directions:

1. Mash beans with a fork or potato masher in a large bowl .
2. Stir in yogurt, tomatoes, arugula or spinach, olives, salt, and pepper .
3. Allow to stand for 20 minutes. Serve with bread slices.



Spiced Apple Pumpkin Bread

Makes 16 servings

Ingredients:

- Cooking spray
- 1 cup milk

Directions:

1. Spray the bread pan with cooking spray
2. In the following order, add milk, butter, sugar, spice, salt, flour, and yeast to the bread pan
3. Select "quick" bread cycle and "light crust" setting. Press "start."
4. Add apple at the bread machine's first beeps
5. Remove the bread pan from the machine when baking is complete
6. Remove bread from the bread pan and allow to cool slightly before serving

- 2 tablespoons butter, melted
- 2 tablespoons sugar
- 1 teaspoon pumpkin pie spice
- 1 1/2 teaspoons salt
- 3 cups flour
- 2 1/2 teaspoons yeast
- 1 large apple, diced



Spiced Coconut Oat Bites

Makes about 30 balls

Ingredients:

- 1/2 cup natural peanut butter
- 1/4 cup nonfat dry milk powder

- 1/4 cup unsweetened flaked coconut
- 1/3 cup rolled oats
- 1/2 teaspoon ground cinnamon
- 1/4 cup wheat germ
- 1/4 cup unsweetened apple juice concentrate, thawed

Directions:

1. Stir together peanut butter, milk powder, and coconut in a large bowl. Add oats, cinnamon, wheat germ, and apple juice concentrate until combined.
2. Roll into 1-inch balls. Cover and chill before serving.

Around Dodge Park & Oasis



Around Dodge Park & Oasis



Around Dodge Park & Oasis



Creepy Crusty Pretzel Bark

Makes 8 servings

Ingredients:

- 1/2 pound white chocolate, chopped
- 1 cup miniature pretzels
- 1/2 cup candy corn
- 1/3 cup dried cranberries

Directions:

1. Line an 8 x 8-inch baking pan with parchment paper.
2. Place white chocolate in a medium microwave-safe bowl. Microwave for 3-4 minutes, stirring every 30 seconds until completely melted.
3. Spread the melted chocolate in the baking pan. Sprinkle with pretzels, candy corn, and dried cranberries.
4. Cover and chill for one hour or until firm.
5. Remove from pan and break into pieces for serving.



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



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ACTIVITY IDEAS

Columbus Day Cocktail

Celebrate Columbus Day with a special blue cocktail topped with an orange wedge boat and sail.

You will need:

- 9-oz. plastic cocktail glass
- Blue Kool-Aid, Gatorade, or other blue beverage
- Large orange (about 3" to 3 1/5" in diameter)
- Skewer
- Straw or wooden skewer (cut to 5" long)
- Paper sails printed in color
- Peppermint Life Saver
- String (about 3" long)
- Scissors
- Hole punch



Directions:

1. Cut out a paper sail and punch two holes where indicated. If using a straw for the mast, you might need to make the holes slightly larger.
2. Cut the orange into six wedges. Using a skewer, pierce the center of a wedge to make a hole for the sail mast.
3. Fill the glass half-full with blue beverage.
4. Cut the sail mast (straw or skewer) to 5" long. Push it through the orange until about 1 1/2" extends past the bottom of the wedge.
5. Using string, tie the Life Saver to the mast, allowing the Life Saver to rest on the orange as shown.
6. Slide the sail on the straw and stick your boat in the glass, adjusting the orange until it rests just on top of the blue "ocean."

Variation:

Instead of a drink, make a dessert using blue Jell-O.

Columbus Day Cocktail Sails



ACTIVITY IDEAS

Eee-resist-able Web

Explore a "magical" resist technique using school glue and watercolor paint.

You will need:

- White school glue
- 12" wooden skewer
- Watercolor paper (8" X 10" or larger)
- Cardboard (10" X 12" or larger)
- Watercolor paints, brushes, water, paper towels
- Painter's tape and pencil

Directions:

1. Tape the edges of the watercolor paper to the cardboard.
2. Use a pencil to mark the paper with a slightly off-center dot. Lightly draw circles around the dot. The circles shouldn't be perfect.
3. Apply glue over the pencil drawing.
4. Use the skewer to drag glue from the circles out to the edges of the paper to make radiating lines.
5. Set the project aside to dry for several hours or overnight.
6. Paint a simple watercolor landscape that covers the paper, painting right over the glue. Or, paint a more abstract background. Allow your painting to dry completely.
7. Use a damp brush or paper towel to wipe excess paint off the dried glue. Your spider-web art is now ready to display.



Falling Leaves Suncatchers

Color, cut, and assemble a provided leaf design. Apply baby oil to make the colorful image translucent, add a pipe cleaner stem, and then attach it to a window with rolled pieces of Scotch tape.

You will need:

- Black and gray leaf design printed on card stock
- Black and white design printed on copy paper
- Colored markers or pencils
- Baby oil and cotton swab
- 2" piece of black pipe cleaner
- Glue stick, Scotch tape, Glue Dots, and scissors

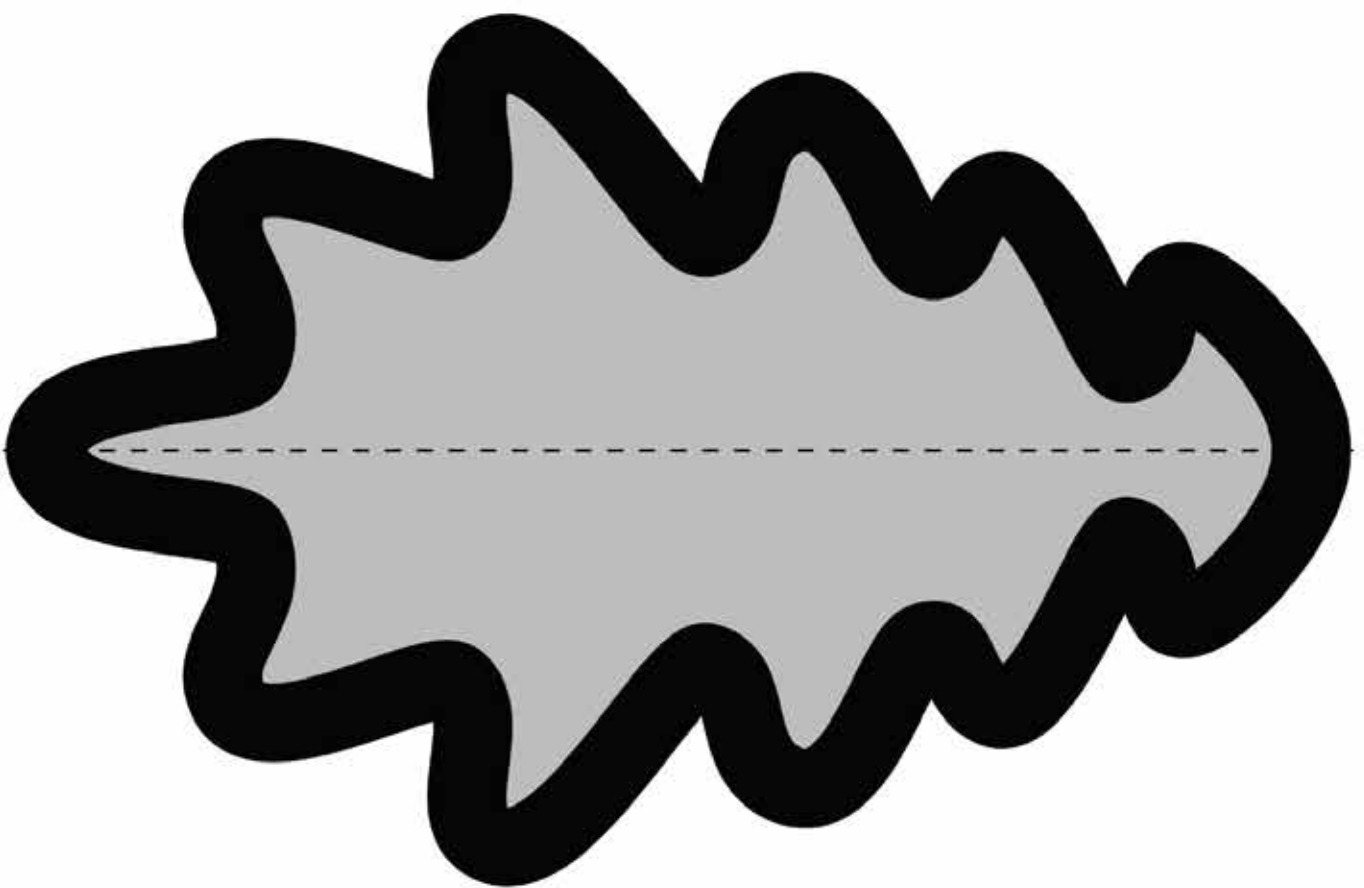
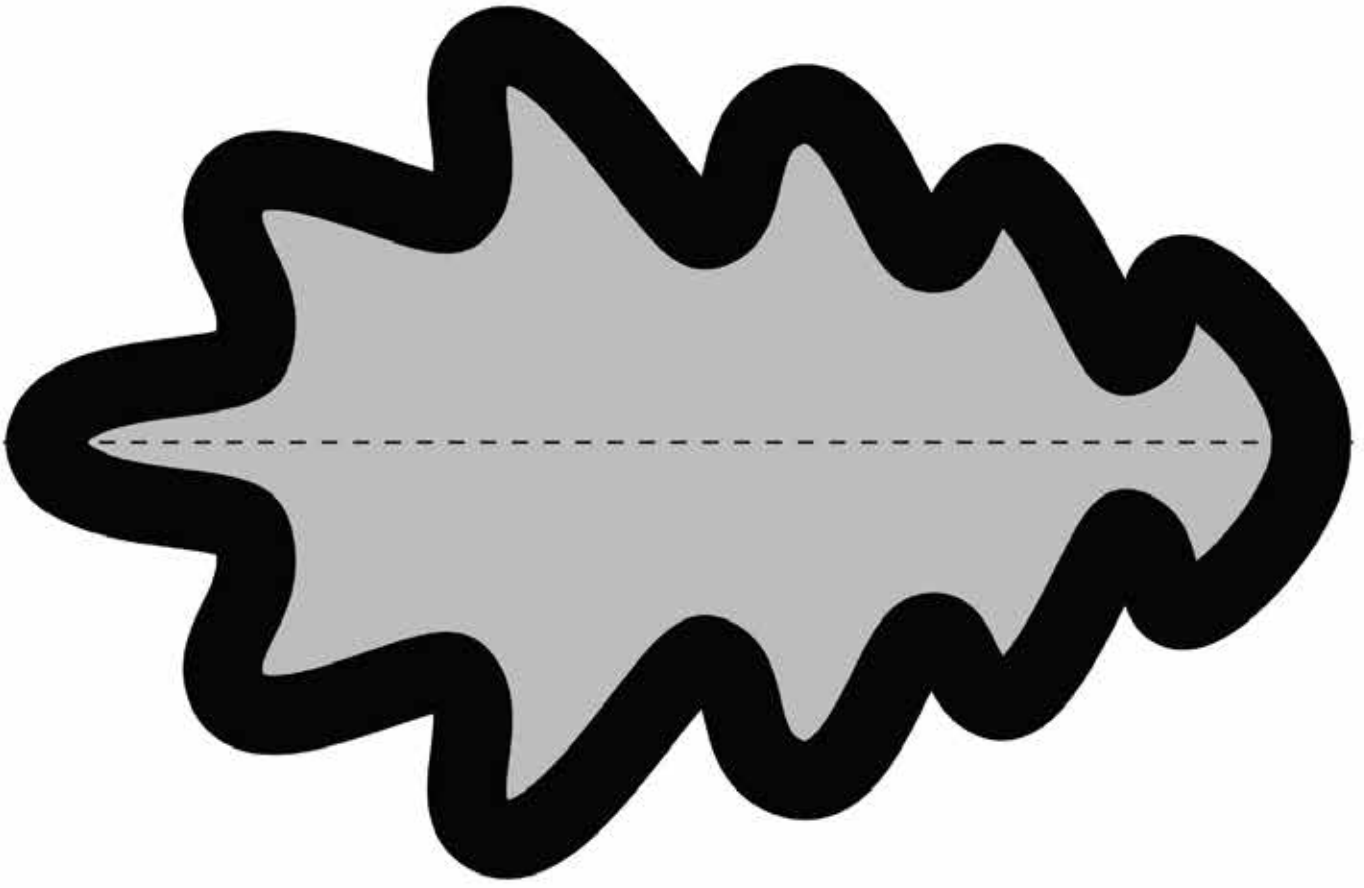
Directions:

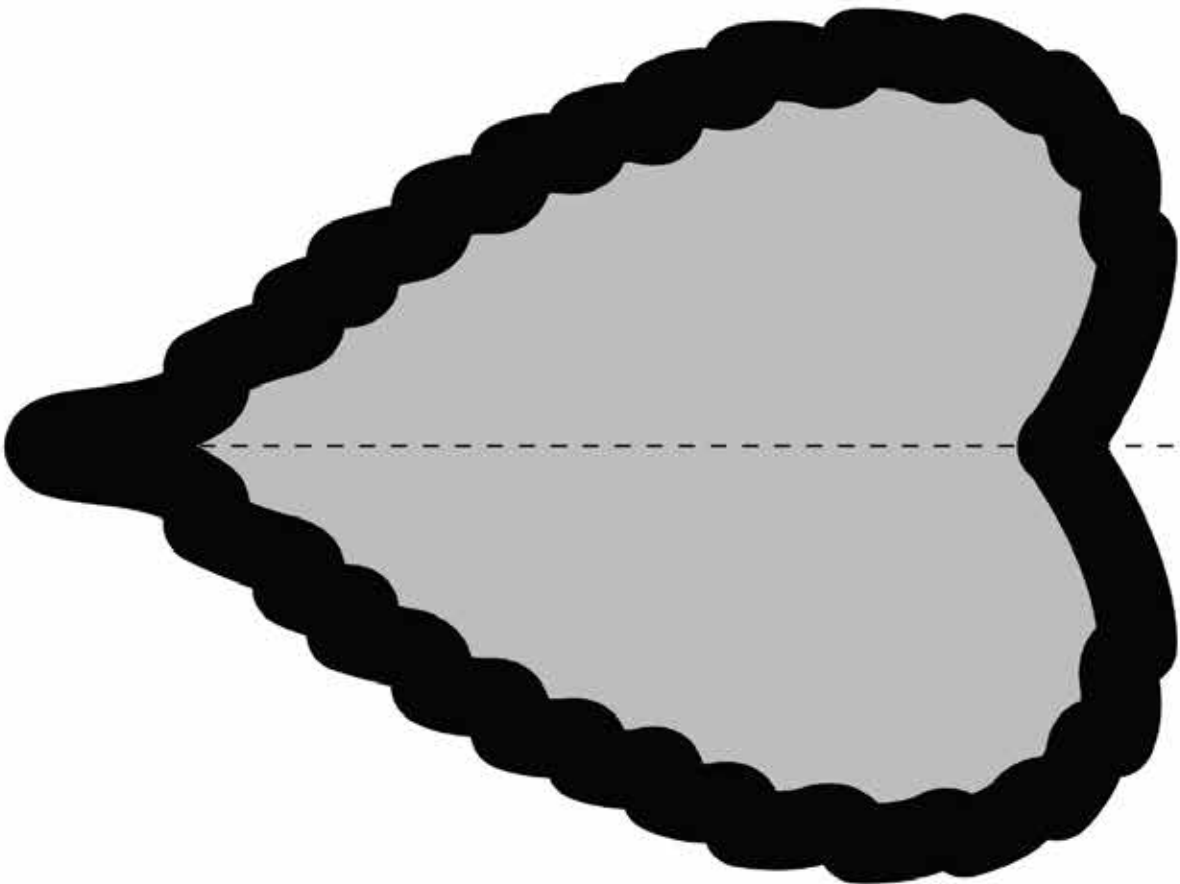
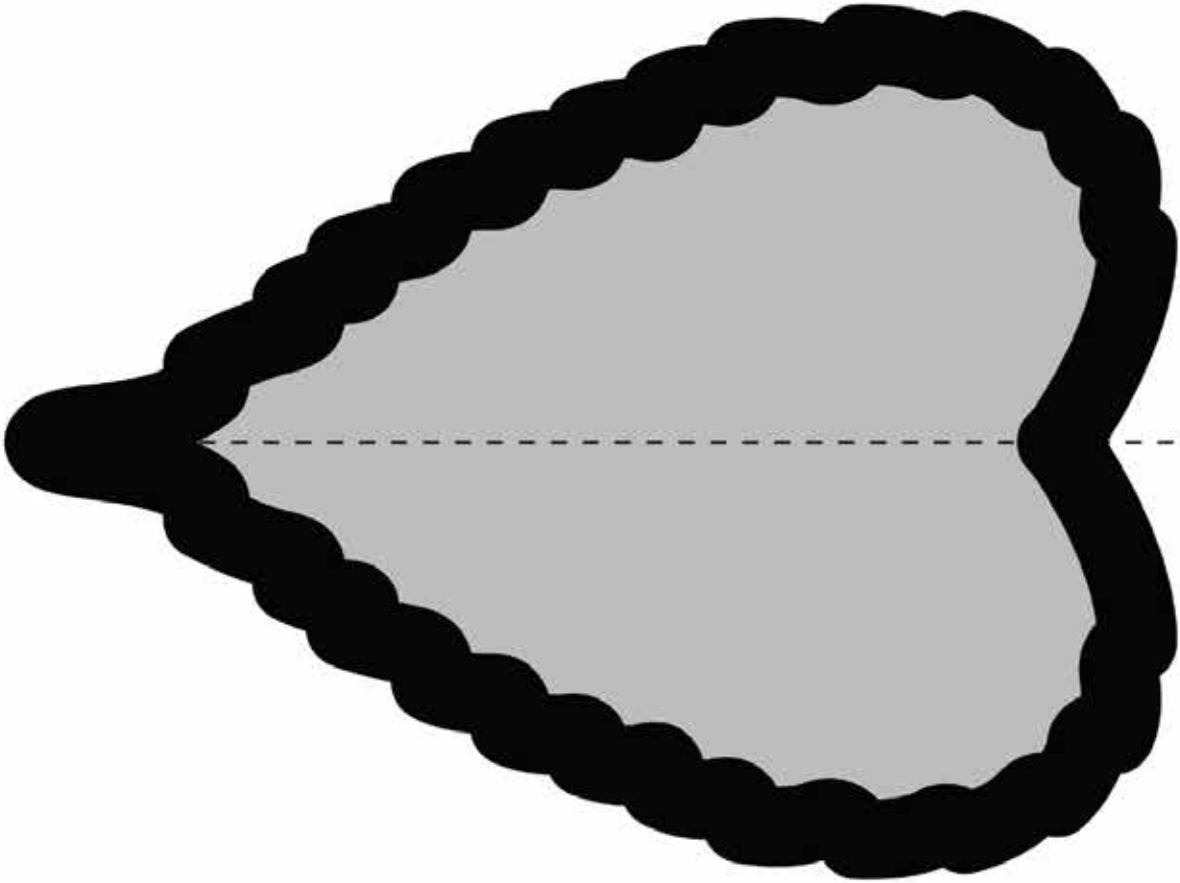
1. Select a black and white design to color. Cut the design out following the thin black outline. Color it in and then set it aside.
2. Select a black and gray leaf design. Fold the center dashed line and then unfold it.

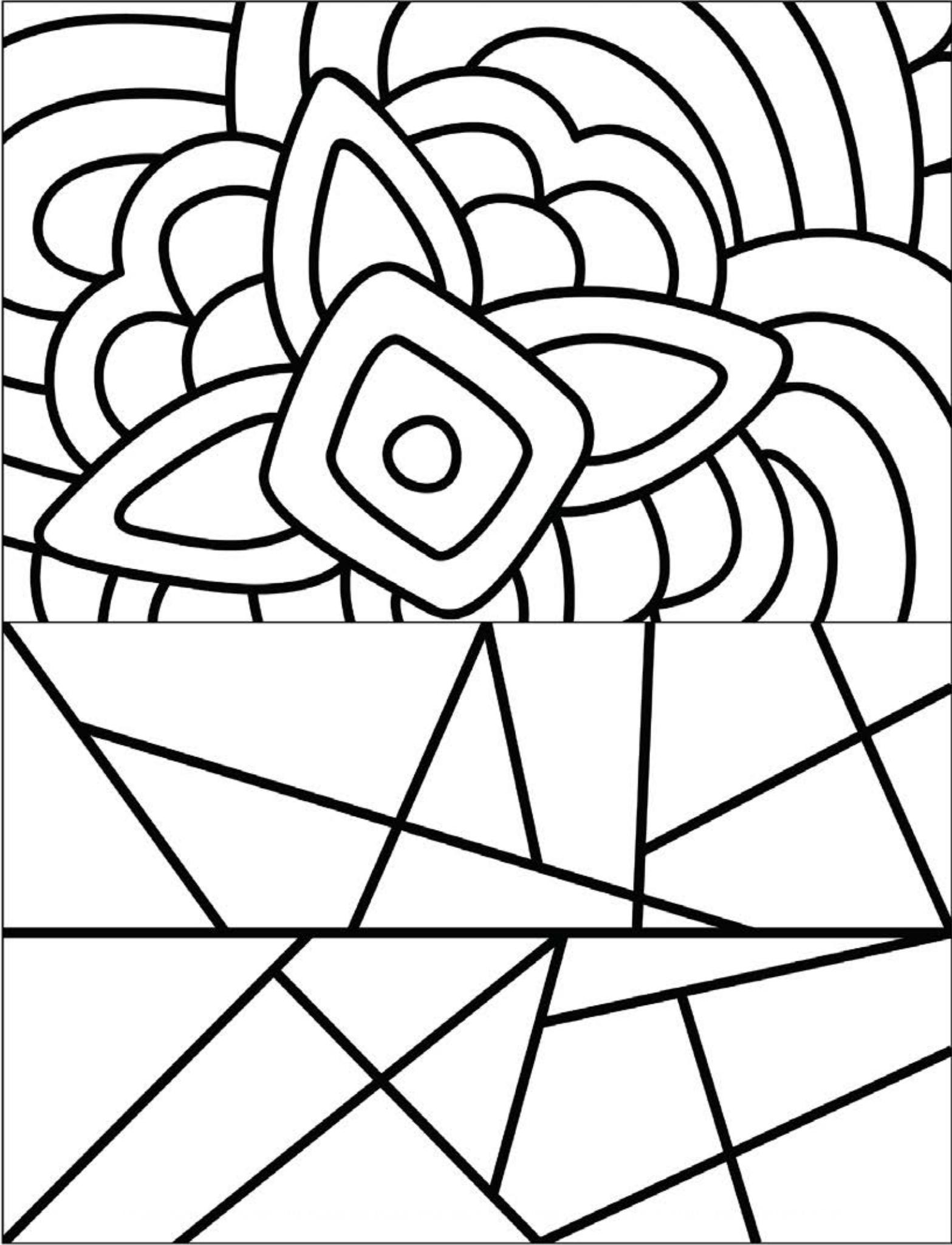


3. Fold one of the leaves in half following the dashed line. Then cut the gray center out of the leaf design. Repeat to cut out the other gray leaf on the opposite end.
4. Trim just below the bottom end of the leaves, around the thick black outline as shown in the second picture above.
5. Turn the project over, print side facedown. Attach the end of the pipe cleaner stem to the bottom of one of the leaves.
6. Apply glue to the panel with the stem. Then attach the colored design. Add glue to the other panel, and then close the project like a greeting card so the colored design is sandwiched between the front and back panels.
7. Using a cotton swab, apply a thin coat of baby oil to the front of the colored design. Allow the oil to absorb into the paper for about 10 minutes.
8. Cut out the leaf shape around the thick black outline. Attach it to a window using a couple of rolled pieces of Scotch tape.

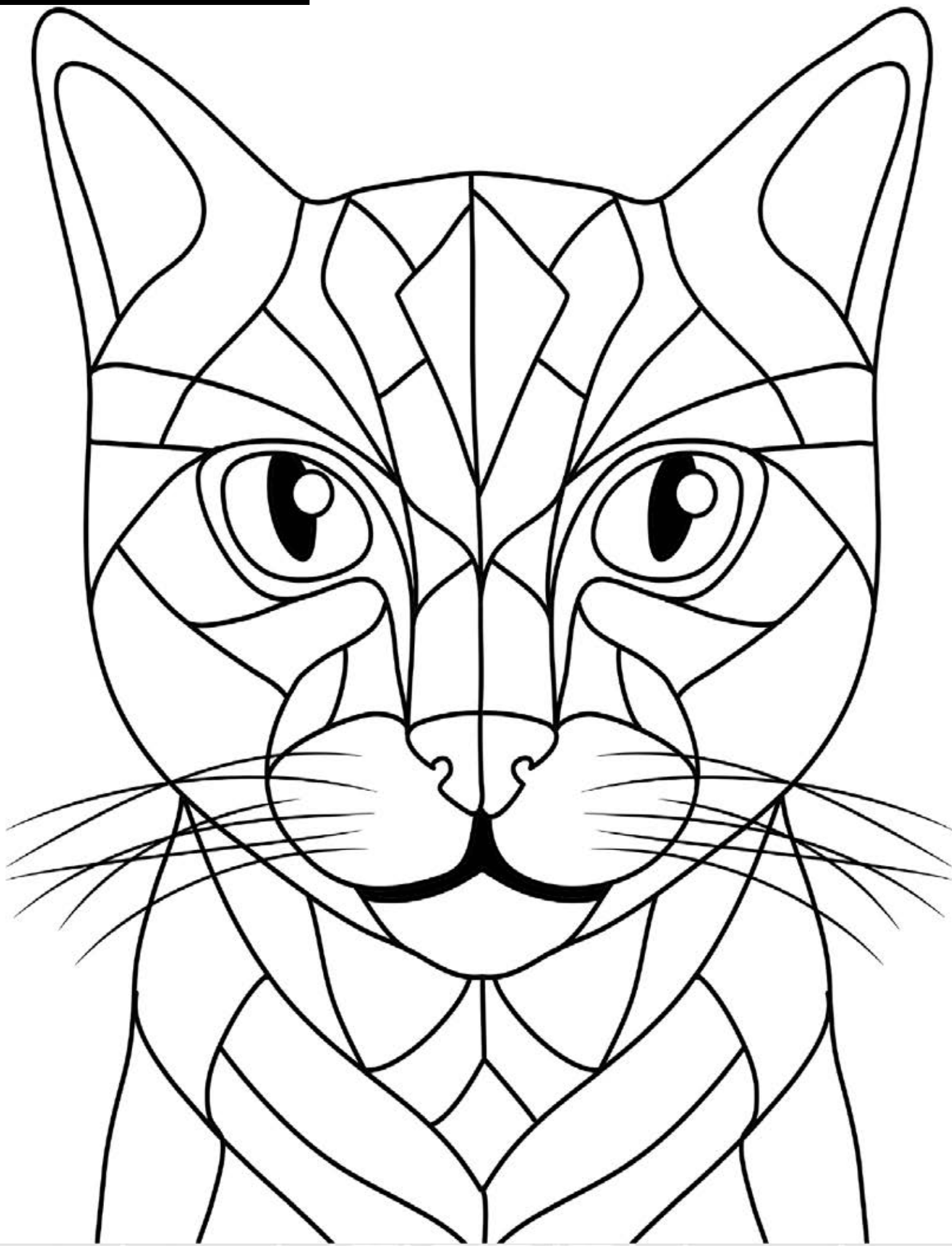
Tip: For an added touch, cut out the heart-shaped leaf using pinking shears.

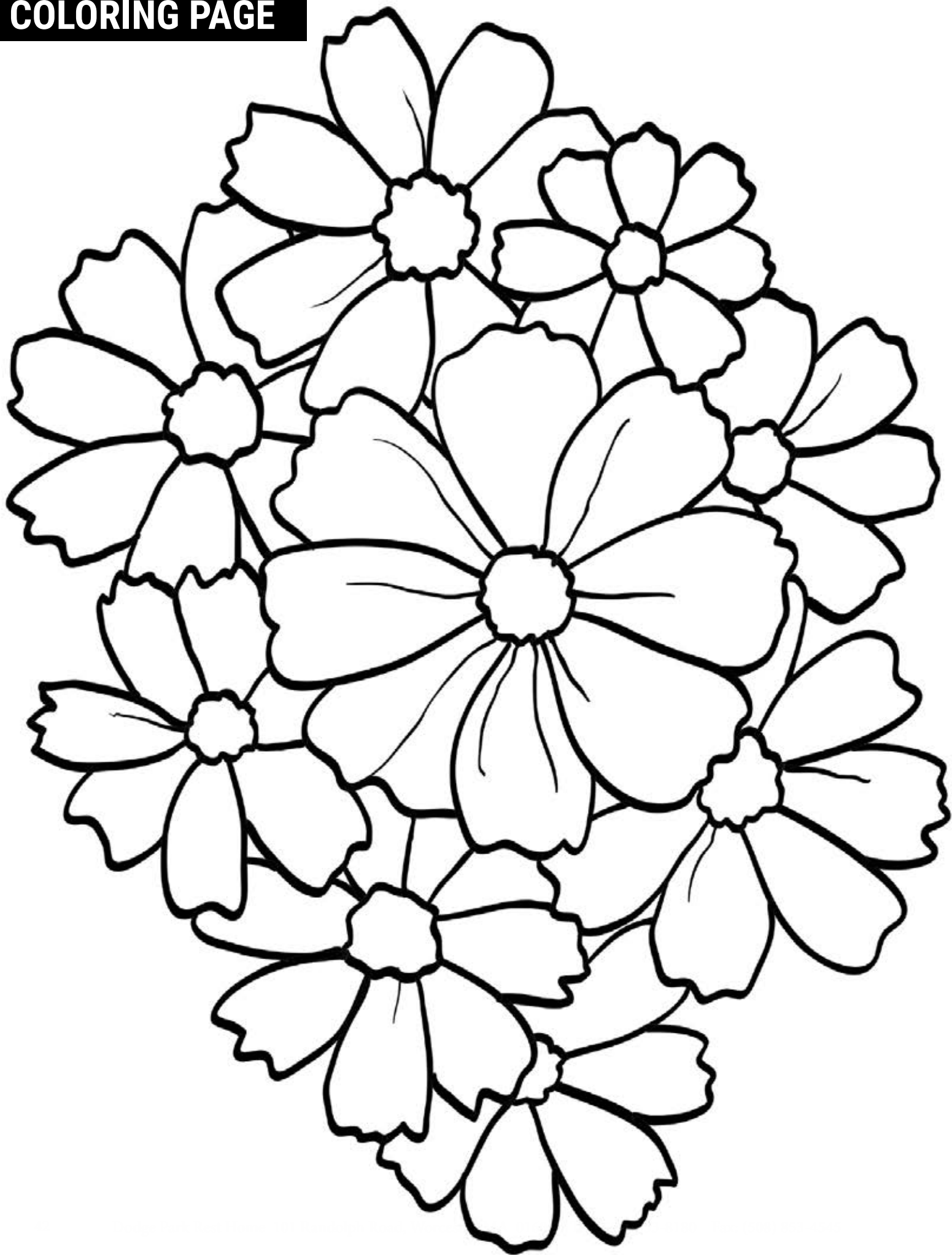






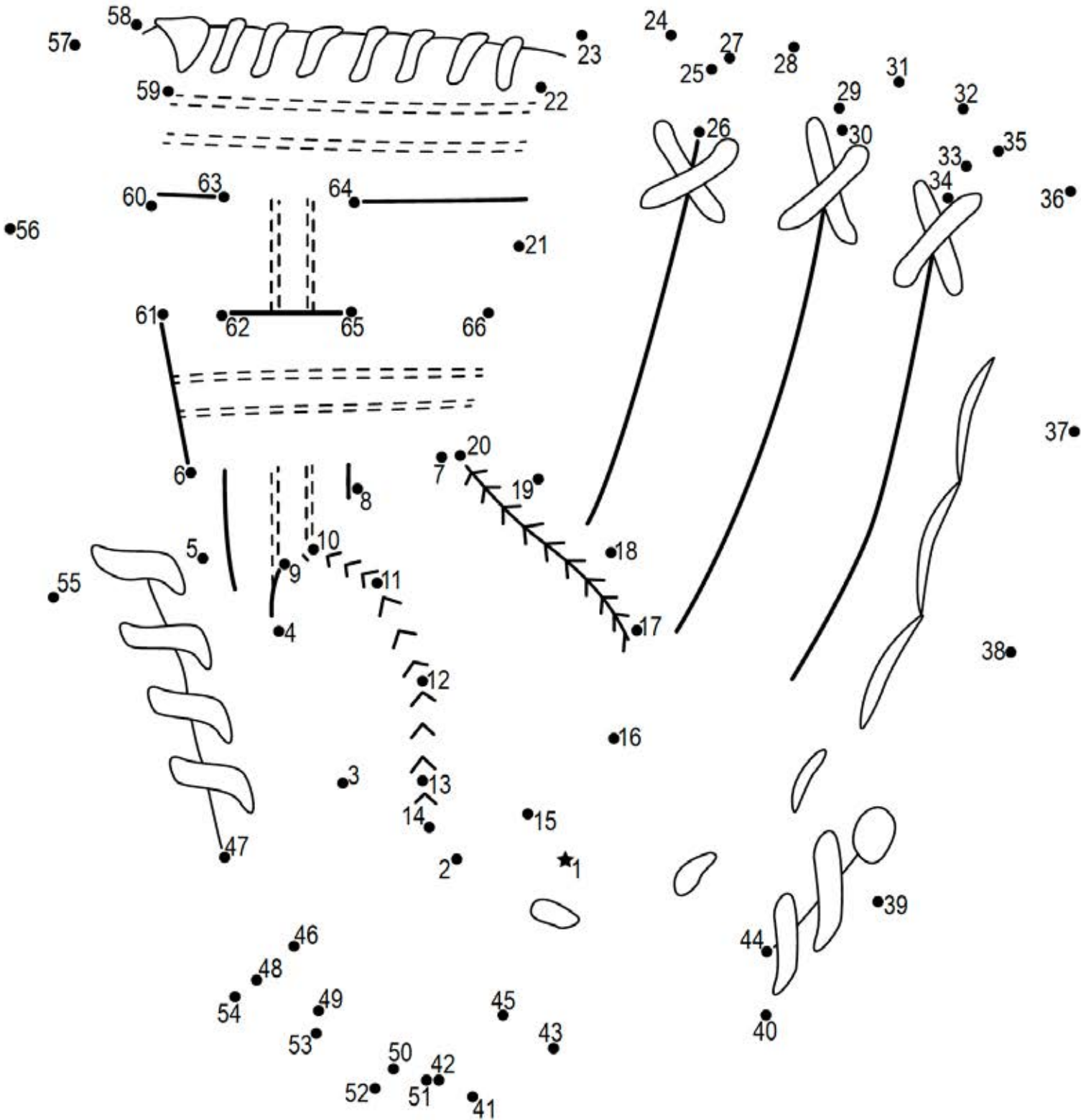






Dot-to-dot #1

Connect the numbered dots 1-66.



Dot-to-dot #2

Connect the numbered dots 1-132.



Groucho Marx

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



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

ACTOR

ANIMAL CRACKERS

BROTHERS

AT THE **CIRCUS**

COMEDIAN

A **DAY** AT THE **RACES**

DUCK SOUP

MUSTACHE

A **NIGHT** AT THE OPERA

RADIO

SINGER

TELEVISION

VAUDEVILLE

WRITER

Look It Up

Match the clues to the words that are associated with a dictionary.

- | | |
|---|------------------|
| 1. Expresses action or state of being _____ | A. syllables |
| 2. Word that modifies a noun _____ | B. verb |
| 3. Nearly the same word _____ | C. prefix |
| 4. Exact meaning of _____ | D. Webster |
| 5. Writing rules _____ | E. slang |
| 6. Word ending _____ | F. adjective |
| 7. Person, place, or thing _____ | G. pronunciation |
| 8. B, C, D, or F _____ | H. definition |
| 9. Pertaining to more than one _____ | I. consonant |
| 10. A, I, or U _____ | J. antonym |
| 11. Informal talk _____ | K. grammar |
| 12. The way a word is said _____ | L. synonym |
| 13. A word opposite in meaning _____ | M. suffix |
| 14. Word starter _____ | N. origin |
| 15. Starting point _____ | O. sentence |
| 16. Part of a paragraph _____ | P. vowel |
| 17. Word units _____ | Q. plural |
| 18. Merriam-_____ | R. noun |





Famous October Birthdays

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

- A. Michael **CRICHTON**
- B. E. E. **CUMMINGS**
- C. Helen **HAYES**
- D. Evander **HOLYFIELD**
- E. Jesse **JACKSON**
- F. Natalie **MERCHANT**
- G. Marie **OSMOND**
- H. Luciano **PAVAROTTI**
- I. Dan **RATHER**
- J. Julia **ROBERTS**
- K. Eleanor **ROOSEVELT**
- L. Margaret **THATCHER**

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

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------------|--|
| 1. Former first lady ____ | 7. Poet ____ |
| 2. TV news anchor ____ | 8. Civil rights activist ____ |
| 3. Novelist ____ | 9. "First Lady of American Theater" ____ |
| 4. Opera singer ____ | 10. American singer ____ |
| 5. <i>Pretty Woman</i> actress ____ | 11. Donny's sister ____ |
| 6. Former prime minister ____ | 12. Heavyweight boxer ____ |

Searching for October

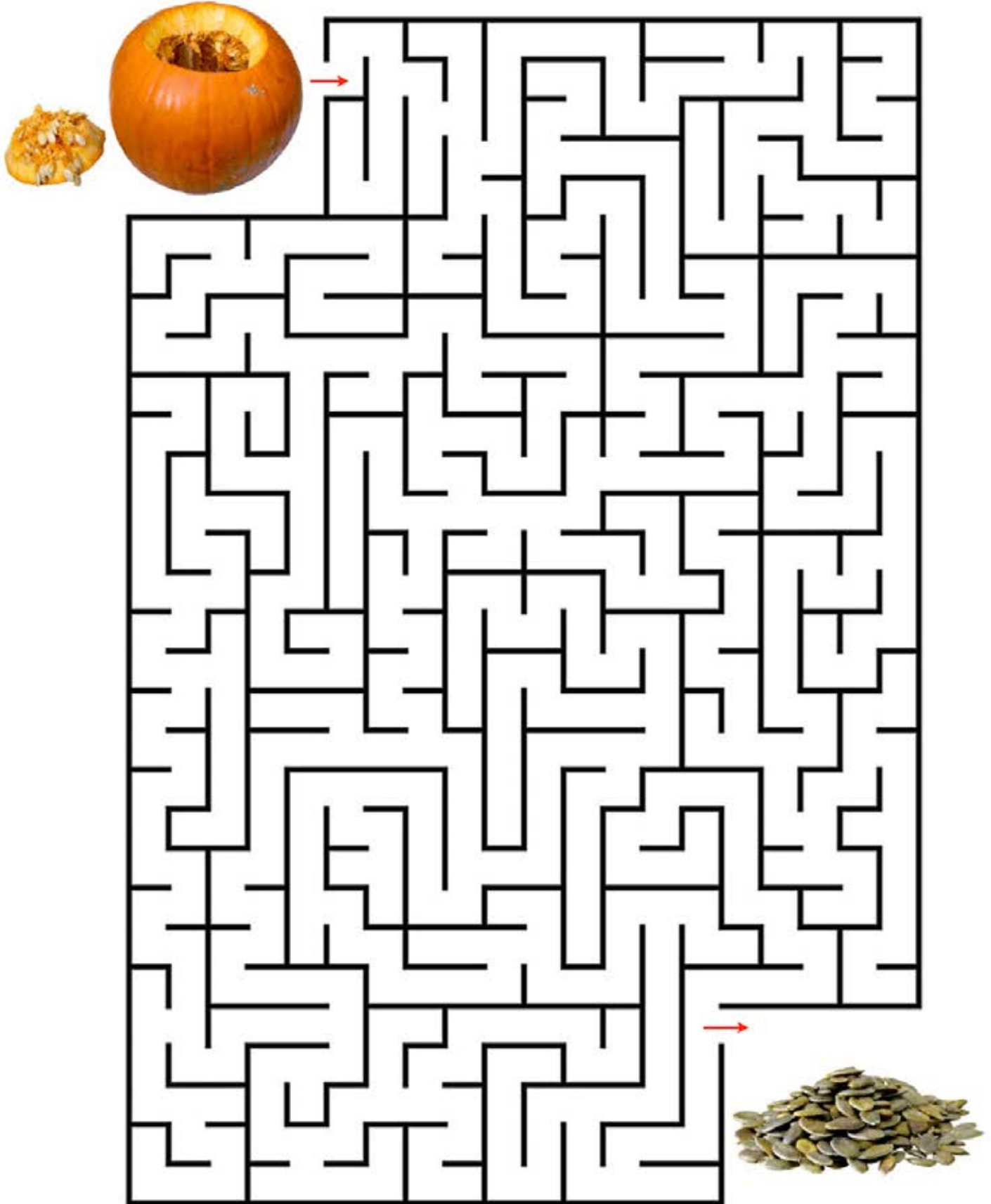
The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

- | | | |
|----------------|------------------------------|--------------------------|
| BONFIRE | HALLOWEEN | SCARECROW |
| BOSS'S (Day) | INDIGENOUS (Peoples' Day) | SCORPIO |
| CANDY | LIBRA | SWEETEST (Day) |
| COLUMBUS (Day) | OPAL | THANKSGIVING (Canada) |
| GOURDS | RAKE | WORLD SERIES |
| | ROSH HASHANAH | YOM KIPPUR |

A-Mazing Pumpkin Seeds



Rascally Raccoons

The words listed below can be found vertically and horizontally.

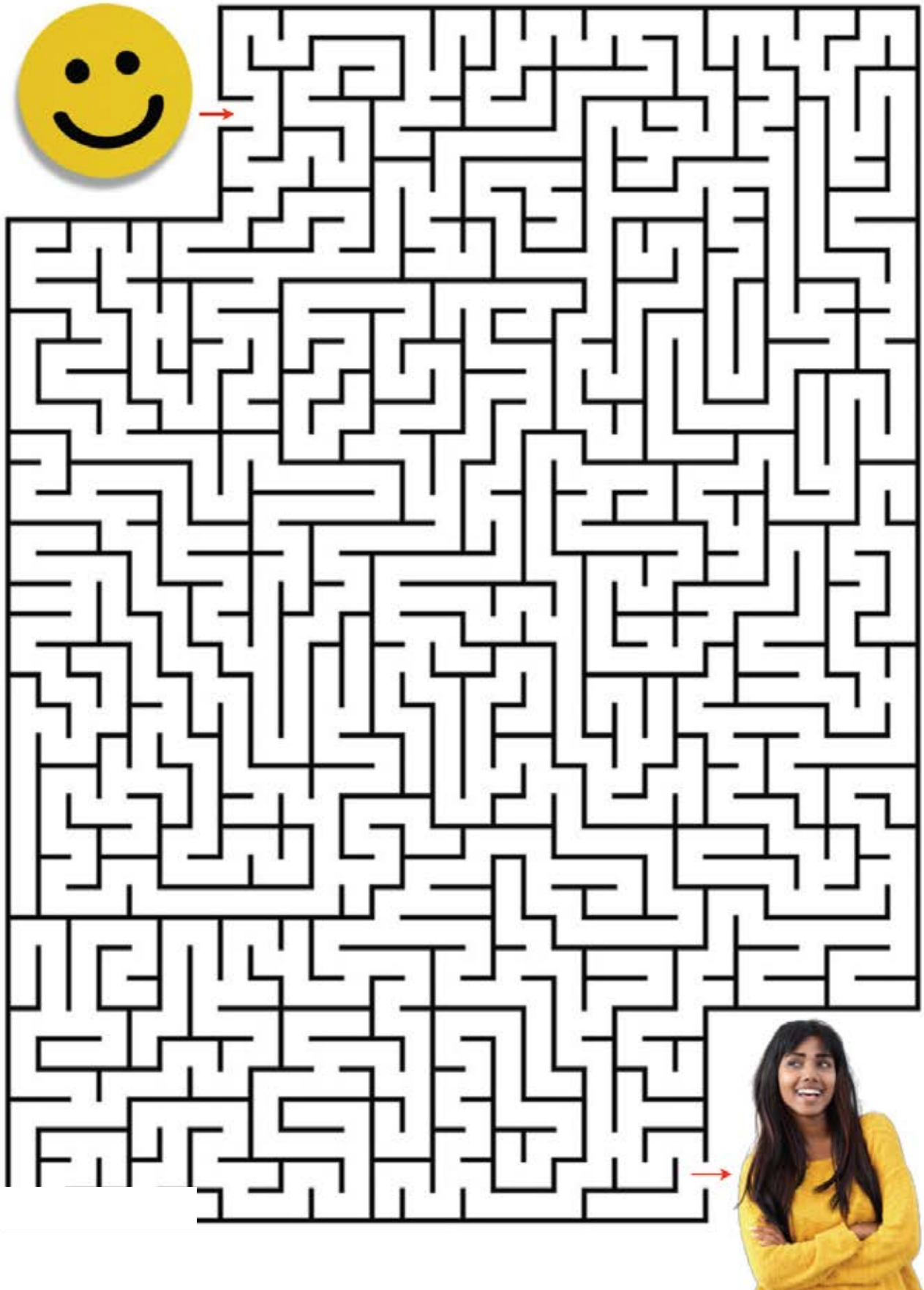


BANDIT
CUTE
FRUIT
GARBAGE
MASK

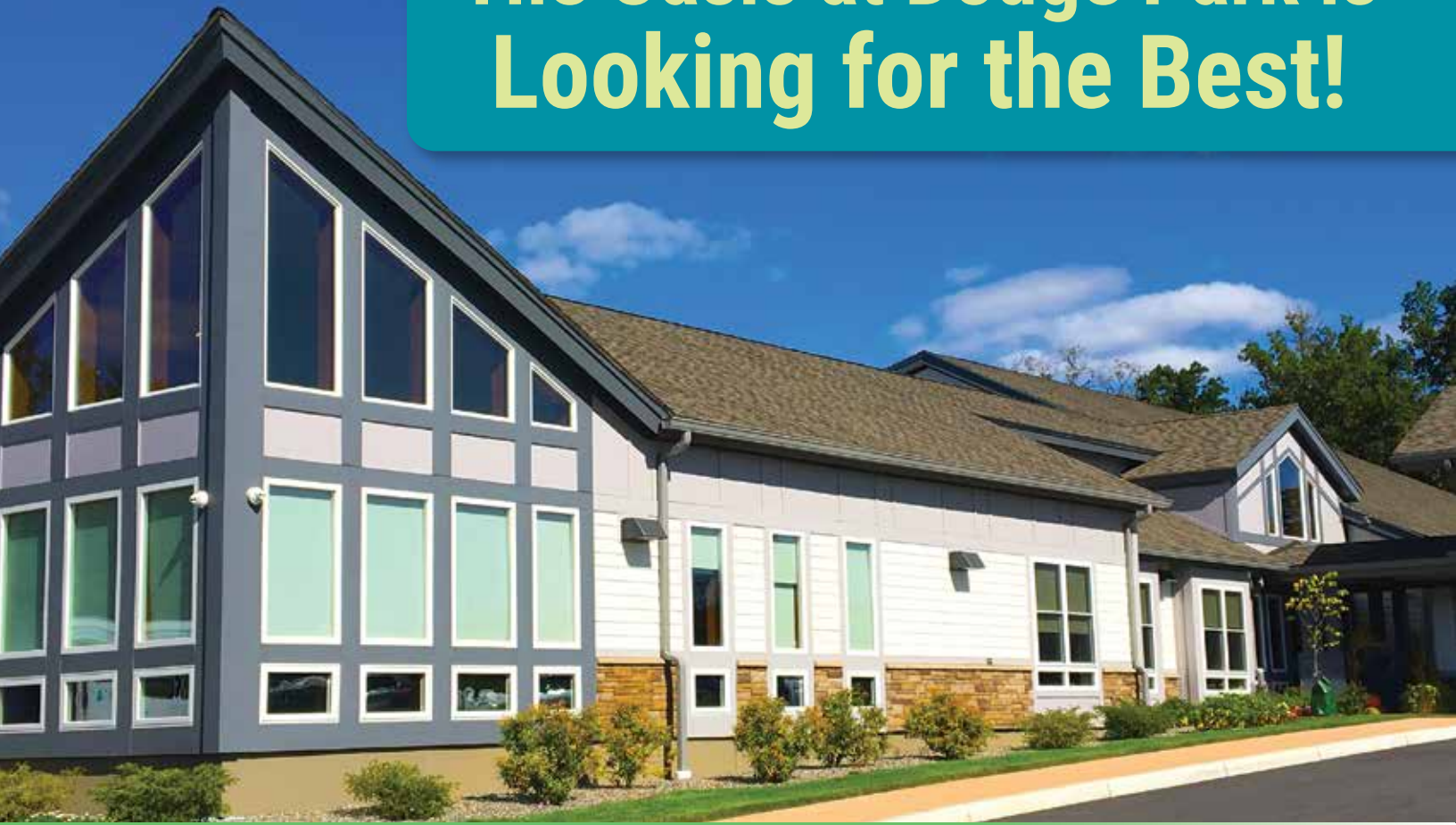


NOCTURNAL
NUTS
RINSE
SMART
TAIL

A-Mazing Smiles



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

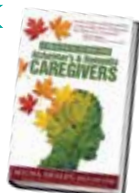
Worcester's Premier Senior Residential Care Facility



- 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



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and receive our **FREE** book



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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!



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in MA**

DODGE PARK REST HOME
CELEBRATING **56** YEARS

Caring for our Community

DODGE PARK REST HOME

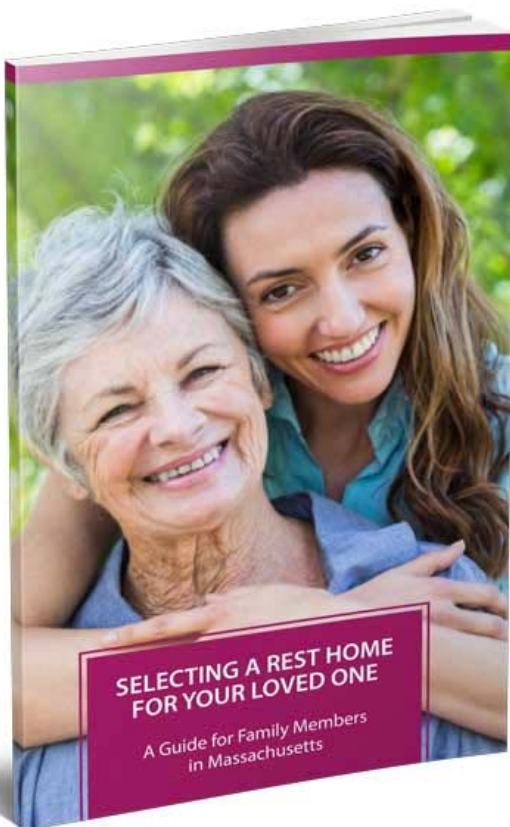
and
The Day Club

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.

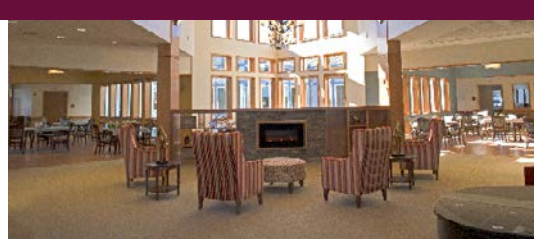
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

**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**



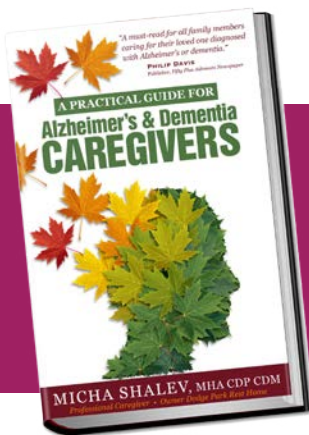
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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.



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.**

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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**

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Tel: 508-853-8180 • Fax: 508-459-6176
Toll Free: 1-877-363-4775
www.DodgePark.com
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Dodge Park



101 and 102 Randolph Road, Worcester, MA 01606
 Tel: 508-853-8180 Fax: 508-853-4515
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OCTOBER 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 29 | 30 | 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 | 31 | 1 | 2 |

Holidays and Observances: 14: Columbus Day, 31: Halloween

Homemade