

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER



HAPPY
November

*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





10 Common Mistakes People Make When Selecting a Long Term Care Facilities for Loved One Diagnosed with Dementia and/or Alzheimer's Disease

By Micha Shalev MHA CDP

When families and seniors select an long term care community, it's a momentous, life changing decision. You want to get it right the first time. It can be such an intimidating choice that many families come down with "analysis paralysis" and indefinitely postpone a decision out of fear of making the wrong choice. Fortunately, the decision becomes easier as you expand your knowledge. Here are ten common mistakes that families make during the process of selecting a senior community:

1. Not Being Realistic About Current or Future Needs

It's important to balance optimism with a dose of realism. Be realistic about you or your loved one's current care needs as well as their anticipated care needs. Ideally, you will choose a community that is equipped to provide care now, and in the future as your loved one ages. For example, if your loved one has Alzheimer's disease, it may be prudent to choose a community where dedicated memory care is available, even if it's not necessary at the moment. Moving a loved one from facility to facility is not only burdensome and costly on your long term financial planning to your family, it can also be emotionally and physically detrimental to the senior, particularly a loved one is affected dementia, which makes adapting to changes especially difficult.

2. Judging the Book by its Cover

People provide care, not facilities. Lavish features are not necessarily an indicator of quality care. Sometimes families assume a community is right for their loved one because it has lavish features, but later realize fancy furniture and beautifully landscaping are not telltale indicators of quality care. They often find that they need move their loved one another community, one that's, perhaps, less shiny but more appropriate in terms of care or atmosphere. Luxury senior living does not necessarily equate to quality senior care. A beautiful, modern, and upscale facility is just as prone to oversights and errors as a community that looks a little dated or tired, or that has more modest features and amenities than its opulent competitor. Quality of care is not something you can discern just by driving past a community to see how green the lawn is, or by poking your head in the lobby-door to gauge the ambiance and whether or not it smells nice. Yes, comfort is important and some seniors appreciate a posh lifestyle, but try to look beyond the overstuffed pillows and other trappings of luxury

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

to get more balanced view of communities that you are considering. Most important check the facility reviews online and see what other family members has to say.

3. Choosing a Community to Match Your Tastes Instead of Your Parent's

Often the adult child chooses the place that they like most instead of thinking about what their loved one likes – for example, new chandeliers and a wonderful heated pool when Mom's house is homey and she never liked swimming." Obviously, we encourage families to get their older loved ones as involved as possible in the decisions making process, but if your loved one is too frail or too afflicted with memory loss to participate in the decision making process or to visit communities with you, carefully consider his or her personality and preferences rather than your own as you weigh the options.

4. Overplaying the Importance of Proximity

Another mistake that families make is overemphasizing the importance of finding the closest community possible. Sometimes the adult child chooses the nearest community based on the intention of visiting their parent everyday even though another community 10 or 20 miles further away may be a much better fit. Remember that your parent will be engaged in many activities at the community and that visiting every day is usually an unrealistic expectation to put on yourself. Go with the best fit.

5. Making a Decision Too Quickly

In the introduction we noted that some families become so overwhelmed with the choice that they need to make that they don't make a decision at all. But sometimes families do the opposite. They are in such a rush to resolve a difficult crisis that they choose the very first open room they find in the very first facility they visit, which is probably even less effective than choosing randomly. While delaying necessary care is obviously dangerous, choosing too quickly is also problematic.

6. Choosing a Community Appropriate for the Parent of Yesteryear Instead of the Parent of Today

The problem with many family well-meaning plan was that they are making arrangements for the mom or dad that they used to know, and not who she had become.

7. Not Reading the Fine Print

Facility contracts are generally relatively straightforward, at least compared to other kinds of legal documents, but they still can contain confusing legalese, or involve additional fees that aren't completely apparent. Some families are caught unprepared by fees or price increases that they would have been aware of had they reviewed their contract. Some communities charge individually for each service ("à la carte pricing") while other communities may rank the level of care that a resident needs on a scale (for example, one a 1 to 5 scale), with care costs based on the level of care the nursing staff determines is needed. Some communities don't charge a care fee at all, but instead opt to provide an "all inclusive" pricing model whereby resident's fees do not depend at all on care needed. At a community with all inclusive pricing, a very frail resident who requires a high level of care has the same fees as a resident who is mostly or even entirely independent (assuming they are in comparably priced apartments), and this is your best choice for future financial planning.

8. Going It Alone

There's no need struggle through the search alone, risking costly mistakes or dangerous blunders.

Many people pride themselves on their independent spirit, but when making a decision this big, it's usually wise to gather multiple perspectives on your senior housing options. Get feedback from as many people as possible: friends who have gone through the process, your care management team of loved ones', a geriatric

care manager and a Senior Living Advisor . This kind of professional can help save you hours of time and stress by narrowing your choices to the places that meet your specific needs. They help families evaluate issues such as care requirements, finances, and amenity preferences."

If you do find that your loved one is living in an inappropriate senior community, don't be afraid to admit that you may have made the wrong decision. Then pivot and make a change quickly rather than digging into a situation that isn't going to work out in the long run.

9. Fail to interview

Many children are not asking for references. Ask to speak with current residents and or their responsible party. You will be able to get the real picture of a life at the community.

Ask to review the most recent state survey and talk with the facility licensing agency. In most state it is a public record.

Contact the ombudsman office who is in charge of the facility.

Most Ombudsman program visiting the facility on a regular base, sometimes on a weekly base. They can provide you an insight as well.

10. Long Term Financial Planning.

Always think about the end game. Many consumers are moving into assisted living and when money run out, they asked to leave the community. Make sure that any facility you will go, there is a plan in place to ensure that your loved one will be able to stay at the facility. I have been personally witnessed to cases where residents asked to leave outside of assisted living communities after paying for 3, 4 and 5 years of private pay, and when money run out so their options to find a decent communities.

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



We highly recommend the Oasis at Dodge Park. The owners and staff treated our mother like family. Our BIG regret is that we did not start at the Oasis. We tried another memory care facility prior to her arrival and admittance at the Oasis.

Their main concern is the welfare of their "family". We are so thankful for people who are dedicated the way they were to our family.

This was the best environment of all for my husband after visiting many places in many towns surrounding Marlborough. Staff knew how to relate with him, and there was much for him to do.

He was shown respect, his care was great, and he enjoyed all the attention he was given.

We are very grateful for The Oasis at Dodge Park.

The staff here at Dodge Park make everyone feel like family, from the second you walk in. It's hard to find a work environment that you feel is your second home. The residents are so well cared for and I couldn't have picked a better place to work.

This is a beautiful facility, one of the nicest I've seen in all of New England. The ownership and people involved at the Oasis are extremely honorable and caring. They implement state of the art cleaning and disinfection protocols and technology throughout their facility. As beautiful as the facility is it's the focus on family values and providing a homey atmosphere through activities and the terrific environment everyone brings to the table for the residents and families. Great place!



Dear Ben & Micha,

Thank you for the excellent care you gave Mom during her last year. You gave me the gift of precious moments with my mother. A shared smile, a glimpse of her spunk and peace of mind she was safe when I could not be with her. I treasure each visit.



I am eternally grateful for the work you do and Mom was a part of the Oasis Family.

God bless you!

Kathy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 2em; margin: 0;">November 2024</h1>						
9:30- Daily Chronicle 10:00-Catholic Mass 1:30-Name 3 2:30- Music w/ Dave Mindell 3:30- Manicures/Tales from a Southern Settee 7:00- Comedy Movie Daylight Saving Time Ends	9:30-Daily Chronicle 10:00- All about Chrysanthemums 1:30-Who'd you rather? 2:30- Exercise w/ Paula S. 3:30-Tabletop Bowling/Adult Coloring 7:00- Action Movie	9:30- Daily Chronicle 10:00- Junk Drawer Detective 1:30-Boggle 2:30- Music w/ Sean F. 3:30-Pictionary/Match The Song 7:00- Sing A Long	9:30- Daily Chronicle 10:00-Orange Color Quiz 1:30-Can you Picture this? 2:30- Music w/ Jim O'Neil 3:30-Creative Craft/Family Feud 7:00- Classic Game Show	9:30- Daily Chronicle 10:00-Remembering American Bandstand 1:30-True or False? 2:30- Exercise w/ Paula S. 3:30-Shooting Game/Tabletalk Tidbits 7:00- Drama Movie	9:30- Daily Chronicle 10:00-Scattergories 10:30-Bible Study 10:30- Art Therapy 1:30-Mad Libs 2:30- Music w/ Ukulele J 3:30- Travel to Cleveland Ohio/ Balloon Toss 7:00- Broadway Movie	9:30- Daily Chronicle 10:00-Card Game 1:30-Finish the Phrase 2:30- Music w/ Paul Belanger 3:30-Tabletop Shuffleboard/Do you know Goldie Hawn? 7:00- Residents Choice
9:30- Daily Chronicle 10:00-Catholic Mass 1:30- Church Hymns 2:30- Music w/ Bill M. 3:30- Military Battles that changed the world/Ring Toss 7:00- Western Movie	9:30- Daily Chronicle 10:00- Catholic Mass 1:30-Secret Quote 2:30- Exercise w/ Paula S. 3:30- Honoring our Veterans 7:00-Classic TV Veterans Day Remembrance Day (Canada)	9:30- Daily Chronicle 10:00-Veterans day Discussion 1:30-Unscramble the Words 2:30- Music w/ Sean F. 3:30-I'm Thankful A-Z/Parachute fun 7:00-Comedy Movie	9:30- Daily Chronicle 10:00-November do you know? 1:30-Adult Coloring 2:30- Music w/ Sean F. 3:30-Roll a Turkey/Car racing 7:00- Action Movie	9:30- Daily Chronicle 10:00-Sports Figure: Ted Williams 1:30-Password 2:30- Exercise w/ Paula S. 3:30-Hangman/The Soundtrack of Cinema 7:00- Sing A Long	9:30- Daily Chronicle 10:00-Wheel Of Fortune 10:30-Bible Study 10:30-Art Therapy 1:30-Riddles 2:30- November Birthday Party 3:30-Birthday Word Games 7:00- Classic Game Show	9:30-Daily Chronicle 10:00-The number 11 Trivia 1:30-Let's Pack! 2:30- Music w/ Sandy R. 3:30- Car Racing/Short Story/The Train trip 7:00- Drama Movie
9:30- Daily Chronicle 10:00-Catholic Mass 1:30-What am I? 2:30- Music w/ Arizona Doug 3:30-Manicures/Name that Rock Tune 7:00-Broadway Movie	9:30- Daily Chronicle 10:00-Words from a Word 1:30-Charades 2:30- Exercise w/ Paula S. 3:30-Squash That Bug/Ping Pong 7:00- Residents choice	9:30- Daily Chronicle 10:00-Thanksgiving Bingo 1:30-Crosswords 2:30- Music w/ Sean F. 3:30-Creative Craft/Turkey Hunting 7:00- Western Movie	9:30- Daily Chronicle 10:00-Who said it? 1:30-Balloon Toss 2:30- Music w/ Paul Belanger 3:30- Resident Council/Men's Group 7:00- Classic TV	9:30- Daily Chronicle 10:00-Tablet Jeopardy 1:30-Let it Ride! 2:30- Exercise w/ Paula S. 3:30-Molding w/ Clay/Kick the Ball 7:00- Comedy Movie	9:30- Daily Chronicle 10:00-All about Black Friday 10:30-Art Therapy 1:30- Adult Coloring 2:30- Music w/ PE James 3:30-Parachute Fun/Short Stories: Unexplained Blessings 7:00-Action Movie	9:30- Daily Chronicle 10:00-Words from a Word 1:30-Pictionary 2:30- Music w/ Greg Peters 3:30-Reminisce about Thanksgiving/Tabletop Bowling 7:00- Sing A Long
9:30- Daily Chronicle 10:00-Catholic Mass 1:30- Jokes 2:30- Music w/ Bill M. 3:30-Shopper in Training/Creative Craft 7:00- Classic Game Show	9:30- Daily Chronicle 10:00-Finish The Phrase 1:30-Boggle 2:15- Music w/ Paula S. 3:30-Travel through the Fall Foliage video/ Roll The Dice Game 7:00-Drama Movie	9:30-Daily Chronicle 10:00-Current Events 1:30-Charades 2:30- Music w/ Sean F. 3:30-Twister/Balloon Toss 7:00-Broadway Movie	9:30- Daily Chronicle 10:00-What can you build? 1:30-Puzzle Time 2:30- Music w/ Paul Belanger 3:30- Allabout the Macy's Thanksgiving Parade 7:00- Residents Choice	9:30- Daily Chronicle 10:00-Turkey Day Trivia 1:30-Balloon Detective 2:30- Exercise w/ Paula S. 7:00- Western Movie Thanksgiving	9:30- Daily Chronicle 10:00-20 Questions 10:30- Art Therapy 1:30- Which word doesn't belong? 2:30- Music w/ Jeff Thomas 3:30- Campfire Tales/Ping Pong 7:00-Classic TV	9:30- Daily Chronicle 10:00- Spelling Bee 10:30- What animal is it? 2:30- Music w/ Sandy R. 3:30- Conversation Ball/Spa Day 7:00- Comedy Movie

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 2em; margin: 0;">November 2024</h1>						
9:30- Daily Chronicle 10:00- Catholic Mass 10:45- Exercise w/ Paula 2:15- Music w/ Dave Mindell 3:30-Tabletop Bowling/Travel to Cleveland Ohio 7:00- Classic TV Daylight Saving Time Ends	9:30- Daily Chronicle 10:00- Unscramble the Words 10:30- Exercise w/ Joe Fish 2:15- Music w/ Sean F. 3:30-Family Feud/Molding w/ Clay 7:00- Broadway Movie	9:30- Daily Chronicle 10:00- All about Chrysanthemums 10:30- Exercise w/ Paula 2:15- Music w/ Ukulele J 3:30-Pictionary/ Roll a Turkey 7:00- Action Movie	9:30- Daily Chronicle 10:00-Can you Picture this? 10:00- Bible Study 10:30- Exercise w/ Joe Fish 2:15- Music w/ Sean F. 3:30-Short Story The Train Trip/Shooting Game 7:00- Sing a Long	9:30- Daily Chronicle 10:00-Who am I? 10:30- Exercise w/ Paula 2:15- Music w/ Jim O'Neil 2:15- Music w/ Sean F. 3:30-Basketball 7:00-Drama Movie November Birthday Party	9:30- Daily Chronicle 10:00-Junk Drawer Detective 10:30- Exercise w/ Paula 2:15- Music w/ Sean F. 3:30-Basketball 7:00- Residents choice	9:30- Daily Chronicle 10:00- Easy Riddles 10:45- Exercise w/ Paula 2:15- Music w/ Dave Mindell 3:30-Men's Group/ Military Battles that changed the world/ Conversation Ball 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- What am I?/Velcro Darts 7:00- Comedy Movie	Veteran's Day 9:30- Daily Chronicle 10:00-Veteran's Day discussion 10:30- Exercise w/ Joe Fish 2:15- Music w/ Sean F. 3:30- Honoring our Veterans 7:00- Western Movie Remembrance Day (Canada)	9:30- Daily Chronicle 10:00-Orange Trivia 10:30- Exercise w/ Paula 2:15- Music w/ Paul Belanger 3:30-All about Ted Williams/Baking 7:00-Classic TV	9:30- Daily Chronicle 10:00-Name that Rock Tune 10:30- Exercise w/ Joe Fish 2:15- Exercise w/ Paula 3:30-Find the Bug/Tabletop Shuffleboard 7:00- Broadway Movie	9:30-Daily Chronicle 10:00-Let's Pack! 10:30- Exercise w/ Paula 2:15- Music w/ Arizona Doug 3:30-Travel to see the Fall Foliage in New England/Short stories Unexplained Blessings 7:00- Action Movie	9:30- Daily Chronicle 10:00-True or False? 10:30- Exercise w/ Paula 2:15- Music w/ Sean F. 3:30- Creative Craft/Would you rather? 7:00-Sing A Long	9:30- Daily Chronicle 10:00-Guess my Job? 10:45- Exercise w/ Paula 2:15- Music w/ Tom G. 3:30-Bingo/Manicures 7:00- Residents choice
9:30- Daily chronicle 10:00-Catholic Mass 10:30- Exercise w/ Paula 2:15- Music w/ Sandy R. 3:30-The soundtrack of Cinema/Hit the Baseball 7:00- Drama Movie	9:30- Daily Chronicle 10:00-The number 11 Trivia 10:30- Exercise w/ Paula 2:15- Music w/ Sean F. 3:30-Tabletalk Tidbits/Balloon Toss 7:00- Western Movie	9:30- Daily Chronicle 10:00-Shopper in Training 10:30- Exercise w/ Paula 2:15- Music w/ Greg Peters 3:30-Baking/Turkey Hunting 7:00-Classic Game show	9:30-Daily Chronicle 10:00-Finish The Song 10:30- Exercise w/ Joe Fish 2:15- Music w/ Sean F. 3:30-Butterball Detective/Molding w/ Clay 7:00-Comedy Movie	9:30- Daily Chronicle 10:00-Nov. Did you know? 10:30- Exercise w/ Paula 2:15- Music w/ Heather Ralston 3:30-Ring Toss/Do you know Goldie Hawn? 7:00-Action Movie	9:30- Daily Chronicle 10:00-What am I? 10:45- Exercise w/ Paula 2:15- Music w/ Rusty Guertin 3:30-All about Black Friday/Reminisce about Thanksgiving 7:00- Sing A Long	9:30- Daily Chronicle 10:00-Words from a word 10:45- Exercise w/ Paula 2:15- Music w/ Paul Belanger 3:30- Football Toss/Roll the Dice 7:00- Residents choice
9:30- Daily Chronicle 10:00-Catholic Mass 10:30- Exercise w/ Paula 2:15- Music w/ Greg Peters 3:30-Short Story-Tales from a Southern Settee 7:00-Classic TV	9:30- Daily Chronicle 10:00-Let it ride! 10:30- Exercise w/ Paula 2:15- Music w/ Sean F. 3:30-Conversation Ball/Penny Ante 7:00-Drama Movie	9:30-Daily Chronicle 10:00-Secret Quote 10:30- Exercise w/ Paula 2:15- Music w/ Matt York 3:30-All about The Macy's Thanksgiving Parade/Adult Coloring 7:00- Western Movie	9:30- Dily Chronicle 10:00-Bible Study 10:30- Exercise w/ Joe Fish 2:15- Music w/ Sean F. 3:30- The real story of Thanksgiving/ Resident Council 7:00- Classic Game Show	Thanksgiving Day 9:30- Daily Chronicle 10:00-Turkey Day Trivia 10:30- Exercise w/ Paula 2:15-Thanksgiving Bingo 3:30- Scattergories/Thanksgiving Foods 7:00-Residents choice	9:30- Daily Chronicle 10:00-Hangman 10:30- Exercise w/ Paula 2:15- Music w/ Sean F. 3:30-Match the Song/Mini Golf 7:00-Comedy Movie	9:30- Daily Chronicle 10:00-Boggle 10:45- Exercise w/ Paula 2:15-Crossword/Find A Words 3:30-Creative Craft/Wheel Of Fortune 7:00-Sing A Long

The Oasis 102 Randolph Rd. Worcester MA (* All activities are subject to change)



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. 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
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https://dodgepark.com
508-853-8180

NOVEMBER OBSERVANCES

Monthly

American Diabetes Month. For the millions of people at risk for diabetes, November is a time to get educated, find resources, and make sure everyone is aware of their risk. And for the millions of people living with diabetes, it's a chance to tell their stories and awaken the world.

National Epilepsy Awareness Month. One in 10 people will have a seizure in life, and one in 26 will develop epilepsy during their lifetime. Emotional health is important for people with epilepsy, along with their family members, caregivers, and friends. With the power of community, we can bring hope to everyone experiencing the challenges of epilepsy.

National Native American Heritage Month. What started at the turn of the century as an effort to win a day of recognition for the first Americans and the significant contributions they made to the establishment and growth of the United States has resulted in a whole month dedicated to that purpose.

National Runaway Prevention Month. National Runaway Prevention Month is a public awareness campaign designed to spotlight the experiences of runaway and homeless youth who too often remain invisible, and to highlight the resources available to support youth in crisis around the nation.

Weekly

National Animal Shelter Appreciation Week, Nov. 3-9. There are approximately 3,500 animal shelters across the United States, housing the estimated 6-8 million homeless animals that seek refuge each year—only half of which are adopted. National Animal Shelter Appreciation Week is a perfect opportunity for you, your family, and your community to become acquainted with your local shelter and help homeless pets.

Hunger and Homelessness Awareness Week, Nov. 18-26. Hunger and Homelessness Awareness Week is an annual program where people come together to draw attention to the problems of hunger and homelessness. Participating groups spend the week holding a series of educational, service, fundraising, and advocacy events.

SPECIAL DAYS

- 1 All Saint's Day
- 1 Dios Los Muertos
- 1 National Author's Day
- 1 World Vegan Day
- 2 All Soul's Day
- 2 Book Lovers Day – The first Saturday of the month.
- 2 Deviled Egg Day
- 2 Look for Circles Day
- 2 National Bison Day – The first Saturday in November.
- 2 Plan Your Epitaph Day
- 2 Pumpkin Destruction Day
- 3 Cliché Day
- 3 Daylight Savings Time ends at 2:00 a.m. – date varies
- 3 Housewife's Day
- 3 Sandwich Day
- 4 King Tut Day
- 4 Check Your Blood Pressure Day
- 4 Use Your Common Sense Day
- 5 Gunpowder Day
- 5 Guy Fawkes Day
- 5 U.S. General Election Day
- 6 Marooned without a Compass Day
- 6 National Nacho Day
- 6 Saxophone Day
- 7 Bittersweet Chocolate with Almonds Day
- 7 International Merlot Day
- 7 Men Make Dinner Day
- 8 Cook Something Bold Day
- 8 Dunce Day
- 9 Chaos Never Dies Day – you've got that right
- 9 World Freedom Day
- 10 Forget-Me-Not Day
- 10 USMC Day
- 10 Pilgrim and Turkey
- 11 Veteran's Day
- 11 World Origami Day
- 12 Chicken Soup for the Soul Day
- 12 National French Dip Day
- 12 World Pneumonia Day
- 12 Young Readers Day
- 13 Caregiver Appreciation Day
- 13 National Indian Pudding Day
- 13 Sadie Hawkins Day
- 13 World Kindness Day
- 14 Loosen Up Day
- 14 National Pickle Day
- 14 Operating Room Nurse Day
- 14 World Diabetes Day

SPECIAL DAYS

15 America Recycles Day
15 Clean Your Refrigerator Day
15 National Philanthropy Day
16 Button Day
16 Have a Party With Your Bear Day
16 International Tolerance Day
16 National Fast Food Day
17 Electronic Greeting Card Day
17 Homemade Bread Day
17 Take A Hike Day
17 World Peace Day
18 Occult Day
19 Have a Bad Day Day
19 Play Monopoly Day
20 Absurdity Day
20 Beautiful Day
20 Universal Children's Day
21 False Confession Day
21 Great American Smokeout
21 World Hello Day
22 Go For a Ride Day
22 Love Your Freckles Day
23 Eat a Cranberry Day
23 Adoption Day – The Saturday before Thanksgiving.
23 National Cashew Day
23 National Espresso Day
24 All Our Uncles Are Monkeys Day
24 Evolution Day
25 National Parfait Day
26 Shopping Reminder Day
27 National Jukebox Day – The day before Thanksgiving.
27 National Tie One On Day
28 French Toast Day
28 Make Your Own Head Day
28 Red Planet Day
28 Thanksgiving –
29 Black Friday – The Friday after Thanksgiving.
29 Buy Nothing Day
29 Chia Pet Day
29 Square Dance Day
29 You're Welcome Day – The day after Thanksgiving.
30 National Mason Jar Day
30 Small Business Saturday
30 Stay At Home Because You Are Well Day

Weekly

National Nurse Practitioner Week, Nov. 10-16.

National Nurse Practitioner Week is held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so nurse practitioners will be allowed to use the full extent of their experience and education.

Daily

Fountain Pen Day, Nov. 1. Celebrated by enthusiasts worldwide as a time to embrace, promote, and share the use of fountain pens.

Armistice Day, Nov. 11. Also called Veterans Day in the United States, the date of the signing of the armistice that ended World War I.

National Check Your Wipers Day, Nov. 16. The change of seasons and start of holiday travel is the perfect time to start thinking about the condition of your vehicle's wiper blades.

International Survivors of Suicide Loss Day, Nov. 23. An event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

Thanksgiving, Nov. 28. Enjoy some turkey while spending time and giving thanks with your family and friends.





Tree of the Month – Cedar

Cedar trees are tall ornamental conifers native to the Himalayas and the Mediterranean region. They are often used in landscape design due to their beauty. Cedars are evergreen, meaning they keep their leaves year-round. Some popular types include the northern white cedar, Alaska cedar, incense cedar, Lebanon cedar, and Cyprian cedar. They thrive in temperate climates, prefer direct sunlight, have a spicy scent, and grow needle-like leaves that are arranged in a spiral pattern. Male cedar trees produce flowers and pollen, while the female trees produce seeds and berries. The seeds contain a foul-tasting resin to deter squirrels from eating them. Cedar is a frequent choice for building closets, as the oil and wood of cedar trees are a natural moth repellent. Over a third of conifer trees like cedars face extinction due to issues like habitat loss and climate change.



Flower - Chrysanthemum

November's birth flower is the chrysanthemum, a beautiful perennial and a favorite of many gardeners and flower enthusiasts. Chryso is Greek for "gold." Although mums can be found in a rainbow of colors today, their wild ancestors were limited to a fine, golden-yellow hue. Beautiful as they are, this flower is more than just a pretty face. In fact, mums are used in a variety of products, such as teas, wine, and a medicine that helps ward off the flu. Additionally, NASA discovered that mums planted indoors can remove air pollutants.

Birthstone – Yellow Topaz



Yellow topaz, known as "precious topaz," is one of November's birthstones. Topaz was named for the ancient Red Sea island Topasos, now called St. John.

Topaz is most commonly found in shades of yellow and gold. However, it also comes in blue, pink, red, orange, green, brown, and even black. In the ancient world, yellow topaz was the symbol of Ra, the Egyptian sun god, because of its golden glow. A gift of a yellow topaz symbolizes friendship and is said to give the wearer strength and smarts.

Birthday Critters

November 1–7: Fox

You're sly, stylish, and quick—and always up for a night on the town. You are a fan of adventures of all kinds, from trying a new dish to visiting a new city. Friends routinely rely on you for emotional support and guidance.

November 8–16: Crow

Your mind is as sharp as your tongue. You are known for your quick wit, cheerful demeanor, and contagious laugh. Organization, leadership, and diplomacy are some of your many talents. You are extremely thoughtful.

November 17–23: Turtle

You are warm and caring but tend to be tight-lipped with your feelings, except with your closest pals. You are a reliable, empathetic friend who loves a party and always remembers birthdays, anniversaries, and other special occasions.

November 24–30: Squirrel

You're agile, energetic, and hilarious. Always there for your friends and family, you sometimes forget to give yourself enough rest—but you wouldn't have it any other way! You're a social animal who thrives in community.

NOVEMBER FUN FACTS

November is the eleventh month of the Gregorian calendar, but before January and February were added to the calendar, November was the ninth month. November is a precursor to the holiday season, but it's also widely considered a month dedicated to remembering deceased ancestors and loved ones. The Roman Catholic holiday All Souls' Day, Mexico's Día de los Muertos (Day of the Dead), United States' Veterans Day, and Canada's Remembrance Day are all celebrated in November.

November Birthdays

Lyle Lovett (singer) – November 1, 1957
Burt Lancaster (actor) – November 2, 1913
Kate Capshaw (actress) – November 3, 1953
Roy Rogers (actor) – November 5, 1911
Ana Ivanovic (tennis player) – November 6, 1987
Bonnie Raitt (singer) – November 8, 1949
Hedy Lamarr (actress) – November 9, 1914
Demi Moore (actress) – November 11, 1962
Whoopi Goldberg (comedian) – November 13, 1955
Petula Clark (singer) – November 15, 1932
Danny DeVito (actor) – November 17, 1944
Ken Griffey Jr. (baseball player) – November 21, 1969
Boris Karloff (actor) – November 23, 1887
Bill Nye (scientist) – November 27, 1955



Toot Toot

Get out your conductor hats! November is Model Railroad Month. This popular pastime gained even more fans during the pandemic and is dubbed “the greatest hobby in the world” by model train enthusiasts.

What's Lucky in November?

Lucky Color: Teal
Lucky Animal: Panther
Lucky Letters: T and B
Lucky Day: Friday
Lucky Plant: Aster



Fill Up on Turkey Trivia

- A turkey typically has about 70 percent white meat and 30 percent dark meat.
- Americans eat about 690 million pounds of turkey on Thanksgiving.
- Astronauts eat turkey dinner on Thanksgiving, too.
- The process of deep-frying turkeys for Thanksgiving originated in Louisiana.

November Zodiacs

Scorpio (the Scorpion) November 1–21
Sagittarius (the Archer) November 22–30



A very
Happy Birthday to...



Dodge Park Residents	Staff
Paul B..... Nov. 26	Lori J..... Nov. 4
Joseph D. Nov. 27	Michael C..... Nov. 5
Susan R..... Nov. 3	Tarence W..... Nov. 6
Barbara S. Nov. 24	Gabrielle R..... Nov. 9
Robert W..... Nov. 3	Peter T. Nov. 9
	Adrianna P. Nov. 10
Oasis Residents	Marie I..... Nov. 15
Fay B. Nov. 8	Jessica G..... Nov. 18
Evelyn F..... Nov. 13	Valeria G..... Nov. 22
Dr. Charles K. Nov. 24	Rebecca L. Nov. 22
Helen R..... Nov. 29	Michelle C..... Nov. 25
	Merline V..... Nov. 27
	Kassee C..... Nov. 28
	Stephanie B..... Nov. 29

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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at **Dodge Park**

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Affordable Program
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Care for your parent or spouse while you're at work or just when you need a break.

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- you choose the hours
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and brighten the spirit
- Entertainment and special events
- Lunch and snacks provided
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- Professionally supervised

Spaces are Limited,
Call Today for your Reservations!

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or visit DodgePark.com



**#1 On
Caring.com
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



The Armistice Day Blizzard rocked the nation

Nov. 11 is Armistice Day (called Veterans Day in the United States), the date in 1918 that marked the end of World War I. It's also the date of one of the biggest snowstorms ever to hit the U.S.—the Armistice Day Blizzard of 1940, which killed 150 people and thousands of livestock in the Midwest.

According to the National Weather Service website, a strong weather system originating in the Pacific Northwest destroyed the Tacoma Narrows Bridge on Nov. 7, and moved across Colorado by Nov. 10, headed for the central states. In Minnesota and western Iowa, Nov. 11 started out with temperatures in the 50s, prompting many duck hunters to head out in search of game. At first these hunters were pleased with the number of ducks and waterfowl flying overhead, not realizing they were fleeing the oncoming storm. When temperatures dipped rapidly, falling rain turned to sleet and snow, and hunters in boats encountered 15-foot swells and winds of 70-80 mph. Hundreds lost their boats, and many drowned or froze to death when the early moderate temperatures dropped below freezing.

The storm created drifts of snow up to 20 feet high across the Midwest, burying cars and stranding passenger trains. Three large ships in the Great Lakes sank, with a loss of 58 sailors. Iowa's apple industry was devastated by the storm, causing farmers to shift from orchards to fields of corn and soybeans.

The storm forced the National Weather Service to revise its forecasting procedures. Instead of being directed by the Chicago office, forecasting responsibilities shifted to regional centers that could offer more timely and accurate weather predictions.

On the scene at the first Thanksgiving

We all know the story of the first Thanksgiving—how the pilgrims who settled in Plymouth, Massachusetts, were aided by a Pawtuxet native named Squanto who taught them how to cultivate corn, catch fish, avoid poisonous plants, and other necessary skills for survival.

After the pilgrims' first successful corn harvest in November of 1621, Governor William Bradford invited the Native Americans living around the colony to a feast of celebration. Here's how one Pilgrim, Edward Winslow, recorded the event:

“Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together, after we had gathered the fruits of our labors; they four in one day killed as much fowl, as with a little help beside, served the Company almost a week, at which time amongst other Recreations, we exercised our Arms, many of the Indians coming amongst us, and amongst the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five Deer, which they brought to the Plantation and bestowed on our Governor, and upon the Captain and others. And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty.”

And that's what Thanksgiving is all about.



Don't take financial advice from TikTok

The internet is full of advice on all kinds of different subjects, including money and finance. Just remember that you can't always trust everything you hear on TikTok or any other social media platform. The Ascent website cautions users to consider these factors before following any advice:

- **Consider the source.** Anyone can post a video, whether or not they're qualified to give advice. Check out anyone telling you what to do with your money. Where have they worked? Do they have any professional certifications? How much experience do they have? Are they trying to sell you something? Be wary before acting on anything you hear.

- **Beware of wild claims.** People will make incredible promises to attract viewers. If they claim they can make you a millionaire in 12 months, or offer secrets that no one else knows, steer clear. If they tout a particular stock, for example, they may be trying to drive up the price so they can sell their own shares before you make a profit.

- **Watch out for incomplete information.** The person may be well-intentioned, but not have all the facts. Someone advising you to refinance your house to pay off your credit card debt, for example, may not understand that fees and closing costs for refinancing can add up to more than the interest on your card.

- **One size doesn't fit all.** Nobody on the internet knows about your own financial situation. Even legitimate advice may not be right for someone in your situation. Before making any decisions, talk to someone you trust who understands the details and nuances, and who can send you in the right direction.

Stay ahead of inflation

You never know when inflation will rear its head to devour your savings. You may not be able to avoid it, but you can prepare for its impact with these tips from the CNBC website:

- **Track your expenses.**

You can use an Excel spreadsheet or just a sheet of paper, but get a good view of where your money is going. Some smartphone apps can sync your credit cards and bank accounts for an in-depth look at your spending in real time. Whatever you use, track your expenses closely.

- **Cut spending where possible.** The data will help you see where you can reduce your monthly expenses. Even small cuts can help—buying store brands instead of name brands at the grocery store, for example, or cutting back on some streaming services.

- **Pay down your debt.** If interest rates rise along with inflation, your variable-rate debt will grow as well. Pay it down or off completely, or shift it to fixed-rate debt to counteract the negative effects on inflation.

- **Look at the long term.** Don't hustle for short-term payoffs in your investment strategy. The stock market rises and falls, but over the long haul, you'll make money with a patient, steady plan that keeps up with inflation. Be sure to take full advantage of any retirement benefits your employer offers, making the maximum possible contribution.

- **Expand your skills.** Invest in your career potential by mastering skills that enhance your earning power. Look for degrees, professional certifications, and training that will make you more attractive to an employer—and worth more as well.



Quotes

"Being rich is having money; being wealthy is having time."

—Margaret Bonanno



Help your child—and you—get enough sleep

Exhausted new parents suffer when their babies won't go to sleep, or stay asleep through the night. Is there any hope? The Forbes Health website offers these tips for helping parents and babies get the rest they need:

- **Make their bedroom welcoming for sleep.** Use shades or blackout curtains to keep the room dark. Set your thermostat to a comfortable temperature. Get a noise machine that makes soothing sounds.
- **Keep small babies swaddled.** This gives newborns a sense of security. You can stop swaddling their arms once they begin to turn over, but keep them in an age-appropriate sleep sack until they're older.
- **Create a routine.** A regular schedule helps babies adjust. Even at a young age, a bedtime routine can ease your child into sleep—a bath, a bottle or snack, and a bedtime story at the same time every evening.
- **Give them enough sleep.** Don't keep your baby up late hoping they'll sleep better or longer. An overtired baby doesn't sleep well. If the baby doesn't nap well during the day, put him or her to bed earlier.
- **Feed them adequately.** Make sure they get enough to eat throughout the day. Regular nursings, meals, and snacks will keep them full and satisfied when bedtime comes. Don't automatically feed or nurse them if they wake up at night, or they'll expect it every night.
- **Wait a minute.** Don't immediately rush to their room if they start crying at night. Leave them alone for a few

minutes to see if they go back to sleep on their own. If they keep crying, or seem in obvious distress, then go in to check on them. Keep your visit brief so they can get back to sleep easily.

Manage your anger with children

Being a parent is challenging and sometimes frustrating, but taking your anger out on your children isn't good for either of you. Manage your anger better with this advice from the Medical News Today website:

- **Recognize the warning signs.** Anger can erupt unexpectedly. Be aware of your feelings. Are you irritated or tense? Are you tensing your muscles unconsciously? A racing heart, a tight or churning stomach, sweating, and fast breathing can be signs that you're close to exploding.
- **Talk to your child.** Explain that you're starting to feel angry and you need to take a break. If it's safe to leave your child alone, go into another room or outside for a few minutes.
- **Breathe.** Take some deep breaths and count to 10 to calm yourself. Repeat as necessary.
- **Do some exercise.** Stretch, run in place, or find something else physical to do to relieve the tension in your body.
- **Reflect.** Once you're calm and the situation is resolved, think about what triggered it. Maybe you can identify some strategies for keeping your temper in the future.

Quotes

"A happy family is but an earlier heaven."
—George Bernard Shaw

"We must take care of our families wherever we find them."
—Elizabeth Gilbert



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Healthier Holiday Eating

Holiday season is just around the corner and as customary, a lot of these days include delicious meals and desserts. Weight gain is not uncommon during this time of year. Additionally, many people exercise less either due to weather complications or the busy time of year. This is exactly why we need to adopt more mindful and balanced eating traditions. But instead of focusing on foods to avoid, let's start shifting to foods to eat more of, such as fruits and vegetables, lean proteins and whole grains. Portion control is always going to be a major factor in weight management.

A traditional Thanksgiving meal focuses on a lean protein...turkey. Choosing the white meat over the dark meat is a step in the healthier direction. Leave the skin behind, no matter how crispy it is. When planning the meal, be sure you have plenty of vegetable side dishes. Fill your plate with squash, green beans, broccoli, Brussels sprouts but prepare them more mindfully. When mashing squash, for example, use less butter and really enjoy the vegetable's natural flavor. Steam the green beans for a bright color and for nutrient retention. Roast the broccoli and Brussels sprouts and enjoy the crunch texture. Instead of mashed potatoes, which typically are made with lots of cream and butter, opt for a baked potato or steamed fingerling potatoes. If you can't skip the stuffing, gravy or cranberry sauce, here's where portion control can keep things from going over the edge. Limit yourself to 1/2 cup of stuffing and a couple of tablespoons of gravy and cranberry sauce. While it's true that cranberries are loaded with antioxidants, cranberry sauce is very high in sugar. Try eating a fresh cranberry and you'll know why.

With a plate full of the healthier options you won't feel like you've deprived yourself. Start the holiday meal with a garden salad full of fresh, healthy ingredients and just go easy on the dressing. The holiday meal is just that... one meal. Don't let the season take you on a path of unhealthy eating for several weeks.

Roasted Brussels Sprouts

- 1 pound fresh Brussels sprouts
- Olive oil
- Salt and pepper

Preheat oven to 425 degrees. Line a baking sheet with parchment paper. Trim the stems of the Brussels sprouts and slice them in half or quarters, depending on the size. In a medium bowl, toss the sprouts with a drizzle of olive oil and salt and pepper to taste. Spread on parchment lined baking sheet. Roast for 20-30 minutes, until tender and golden brown on edges. Remove from oven. If desired, toss roasted Brussels sprouts in fresh parsley, red pepper flakes or 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.



Easy Pudding Pumpkin Pie

Makes 8–10 servings

A diabetic-friendly recipe

Ingredients:

- 1 envelope Dream Whip
- 1 cup canned pumpkin

- 2/3 cup milk
- 1 package sugar-free vanilla instant pudding
- 1/4 to 1/2 teaspoon nutmeg
- 1/4 to 1/2 teaspoon ginger
- 1/4 to 1/2 teaspoon cinnamon
- 1 baked pie shell

Directions:

1. Prepare Dream Whip as directed on envelope. Set aside 1 cup for garnish.
2. Add pumpkin, milk, pudding, and spices to remaining 1 cup Dream Whip.
3. Slowly mix with beater, just until blended, about 1 minute.
4. Pour into piecrust.
5. Chill at least two hours. Garnish with topping.



Cozy Cinnamon Orange Punch

Makes 16–20 servings

Ingredients:

- 1 1/2 cups sugar
- 8 whole cloves

Directions:

1. Combine sugar, cloves, water, and cinnamon sticks in a saucepan. Boil mixture for 10 minutes, stirring occasionally.
2. Remove from heat. Cover and allow mixture to cool for one hour.
3. Add orange juice, lemon juice, and apple juice, and stir well.
4. Boil for 10 minutes. Remove and discard cloves and cinnamon sticks before serving. Serve warm.

- 3 cups water
- 3 cinnamon sticks
- 1 1/2 cups orange juice
- 1 cup lemon juice
- 1 gallon apple juice



Everything Thanksgiving Sandwich

Makes 1 serving

Ingredients:

- 1 bakery fresh croissant, split
- 3 slices roast turkey
- 1/2 cup prepared stuffing
- Softened butter or mayonnaise to taste

Directions:

1. Spread the inside of the split croissant with softened butter or mayonnaise.
2. Heat turkey and stuffing in the microwave on HIGH for 30 seconds.
3. Layer half of croissant with hot turkey and stuffing, cranberry sauce, and lettuce. Top with the other half of croissant.
4. Serve immediately.

- 2 tablespoons cranberry sauce (whole or jellied)
- Red leaf lettuce (or other leafy lettuce), washed and dried

Around Dodge Park & Oasis



Around Dodge Park & Oasis



Around Dodge Park & Oasis



EASY EATS

Savory Pumpkin Seeds

Makes 8 servings

Ingredients:

- 2 cups fresh pumpkin seeds
- 1/4 cup butter, melted
- 1/2 teaspoon garlic salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon Worcestershire sauce

Directions:

1. Preheat oven to 250°F.
2. Combine all ingredients in a medium bowl. Spread mixture onto a baking sheet.
3. Bake 45–50 minutes, stirring occasionally.
4. Allow to cool before 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**



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

Rockin' Record Door Décor

Use the provided designs to make a record.

Attach the designs to a black paper party plate, and then, for an added touch, create your own band name for the record label using the provided band name generator.

You will need:

- Vinyl record design printed on printer paper
- Record labels printed in color on printer paper
- Band Name Generator printed on printer paper
- 9" black paper party plate
- Black marker, glue stick, and scissors
- Mounting putty or masking tape
- (Optional) Full-size sheets of label paper



Directions:

1. Cut out a vinyl record. Then cut out a record label of choice. You can use one with a funny band name already printed on it or use a blank label.
2. Glue the vinyl record to the center of a black paper plate. Glue a label in the center of the vinyl record.
3. If using a blank label, use the Band Name Generator to create your funny band name. Write your band name on the blank label using a black marker.
4. Attach the record to a door or wall using mounting putty or rolled pieces of masking tape.

Band Name Generator

Use the name generator below to find your band's name!

Select the initial of your first name.
A. Rockin'
B. Slick
C. Gray
D. Smokey
E. Sir/Lady
F. Spinning
G. Heavy
H. Smooth
I. Golden
J. Punk
K. Doctor
L. Rollin'
M. Shouting
N. Seasoned
O. Flying
P. Shuffle
Q. Ruckus
R. Frantic
S. Captain
T. Foggy
U. Tepid
V. Hot
W. Cool
X. Electric
Y. Pierced
Z. Snappin'

Select the initial of your last name.
A. Metal
B. Rebel
C. Fella/Gal
D. Haze
E. Sound
F. Tune
G. Deep
H. Vibrance
I. Galactic
J. Universe
K. Sunrise
L. Beat
M. Thunder
N. Roots
O. Hussle
P. Journey
Q. Time
R. Walker
S. Wailings
T. Twist
U. Bebop
V. Boy/Gal
W. Rocker
X. Energy
Y. Feet
Z. Flash

Select your birthday month.
January: Machine
February: Posse
March: Warriors
April: Brothers/Sisters
May: Rock Orchestra
June: Band
July: Squad
August: Gang
September: Pack
October: Masters
November: Crew
December: Troop

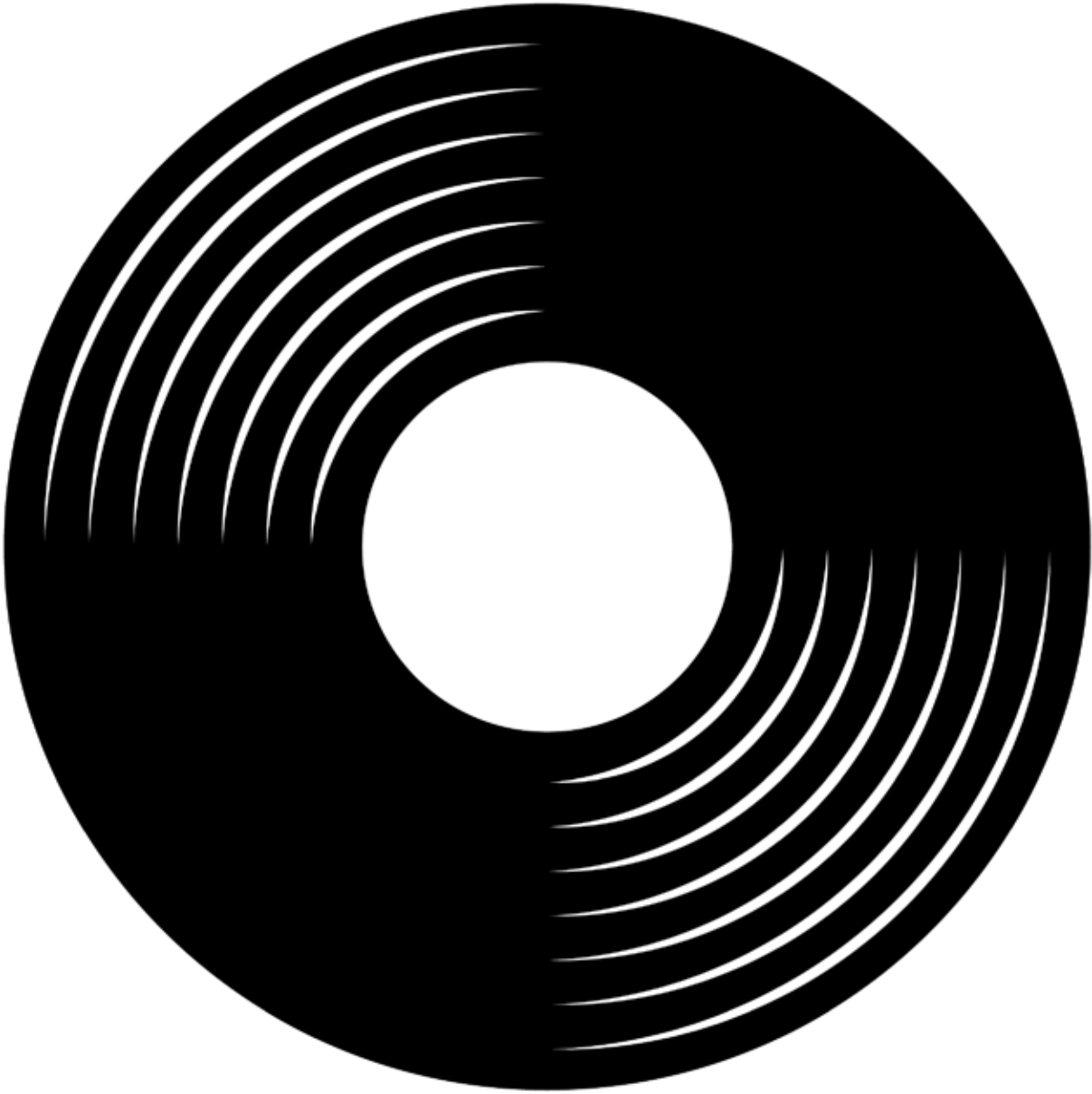




Table Turkey Napkin Rings

Use a cardboard tube to make a turkey napkin ring. Add colorful cupcake liner tail feathers, twine legs, and a paper beak and wattle.

- Toilet tissue tube
- 3 paper cupcake liners (each a different color)
- Red and yellow paper (1" square each)
- 2 red beads (wooden or plastic pony beads)
- 8" strand of twine
- Glue Dots, masking tape, black marker, and scissors
- (Optional) Additional twine for "feathers" on top of the head



Directions:

1. Fold each cupcake liner in half. Stack them so the middle and top liners are shifted down a bit to show the colored liner behind each layer. Use Glue Dots to attach them together to make "tail feathers."



2. Fold the sides inward as shown to give the tail feathers more dimension.

3. Cut the cardboard tube as shown on the previous page. The tall side is the front of the turkey.

4. Attach the tail feathers to the back of the turkey using a Glue Dot.

5. Cut a wiggly wattle shape out of red paper. Fold the yellow paper in half, and then cut out a kite shape for the beak.



6. Using Glue Dots, center the wattle on the front of the turkey and attach it. Add the beak as shown, keeping the center fold slightly raised.

7. Draw simple eyes using a black marker.

8. To add legs, tie a knot in the middle of the 8" strand of twine. Slide a bead onto one end, and then tie a double knot to keep it from sliding off. Repeat to complete the other leg. Attach the center knot to the front inside of the tube using masking tape.

9. Style some twine "hair" for an added touch. Tie a knot in the middle of a 3" piece of twine. With the ends of the twine extending out of the top, tape the knot to the inside of the turkey. Fray the twine and trim it if needed.

ACTIVITY IDEAS

Fall Favorites Centerpiece

Arrange faux fall foliage in a clear vase of dried beans.

You will need:

- Glass vase, pilsner glass, or tall clear jar
- 1 to 2 cups of dried beans (black, kidney, pinto, navy, etc.)
- 3 to 5 stems of fall foliage
- Wheat stalk
- Raffia
- Wire cutters and scissors



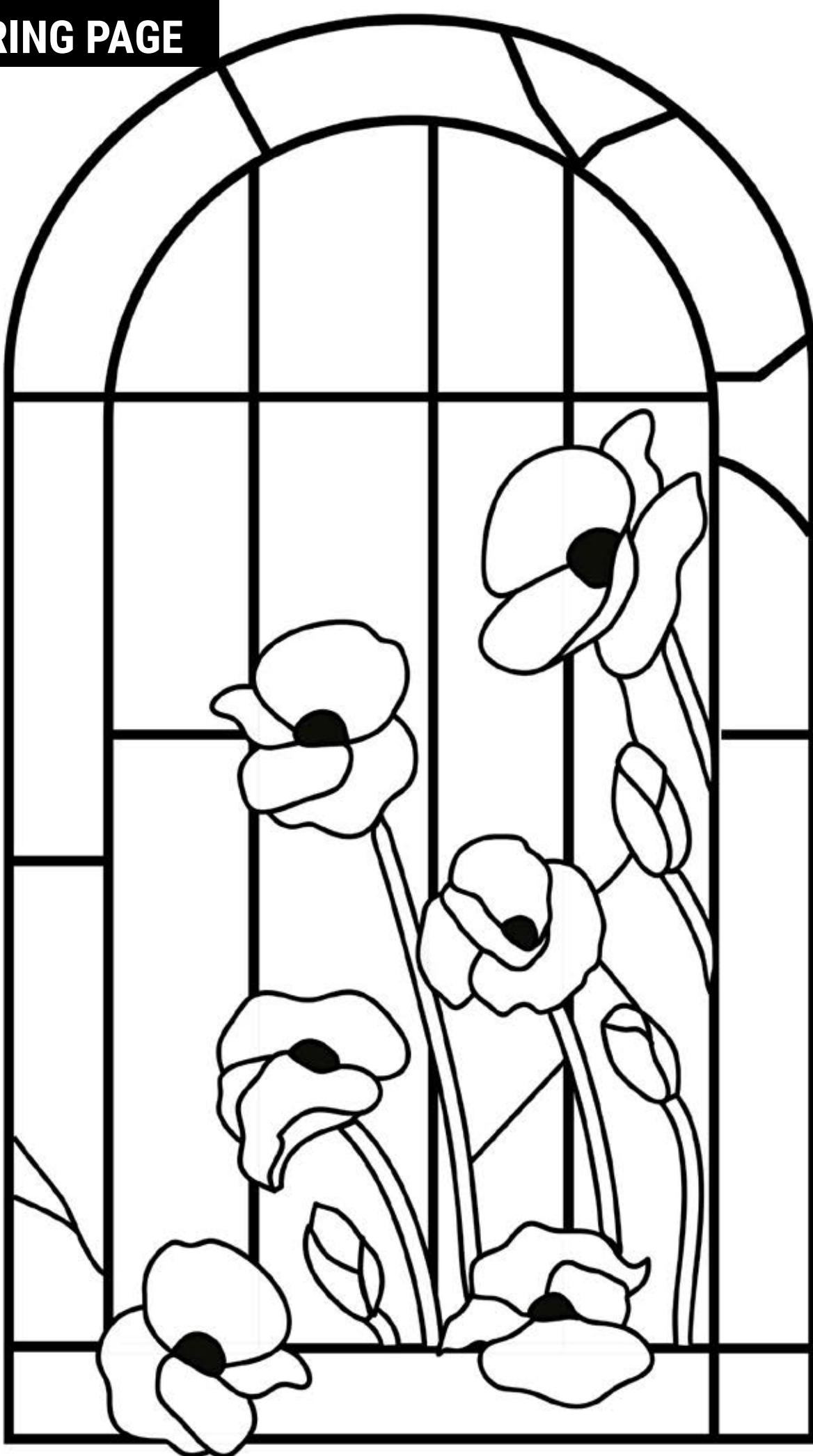
Directions:

1. Tie raffia around the base of the vase and cut off the excess. Break the long stem off the wheat and then slip the top portion of the stalk behind the wrapped raffia.
2. Fill the vase with dried beans.
3. Arrange the flowers in the vase. Use wire cutters to trim the stems shorter if needed. Your Fall Favorites Centerpiece is ready to display.

Variation: Use different colored beans to fill the vase. Create bands of color by alternating bean colors.

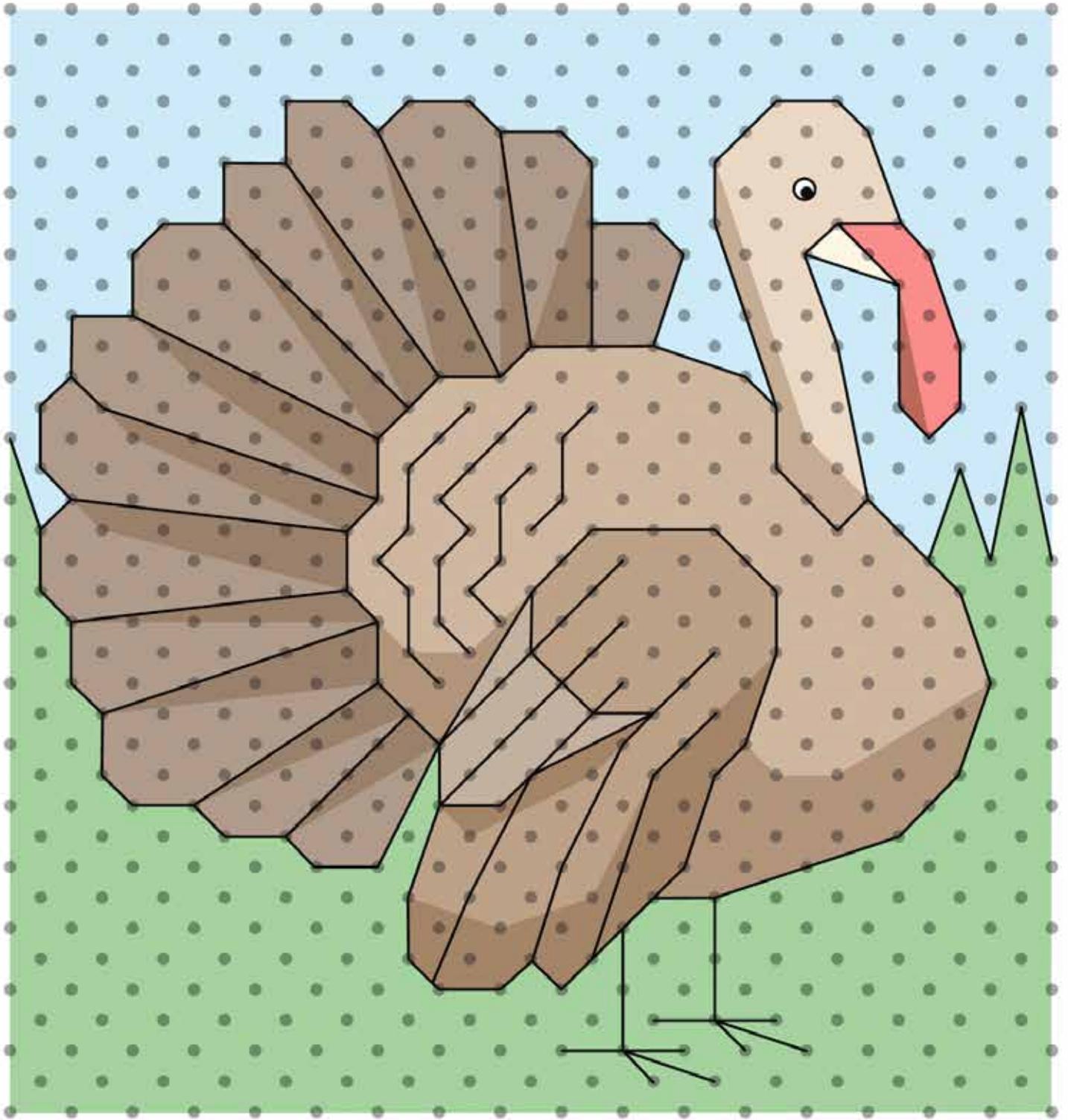
COLORING PAGE





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.



Deviled Eggs

The words listed below can be found vertically and horizontally.



APPETIZER

BOILED

CREAMY

MAYONNAISE

MUSTARD



PAPRIKA

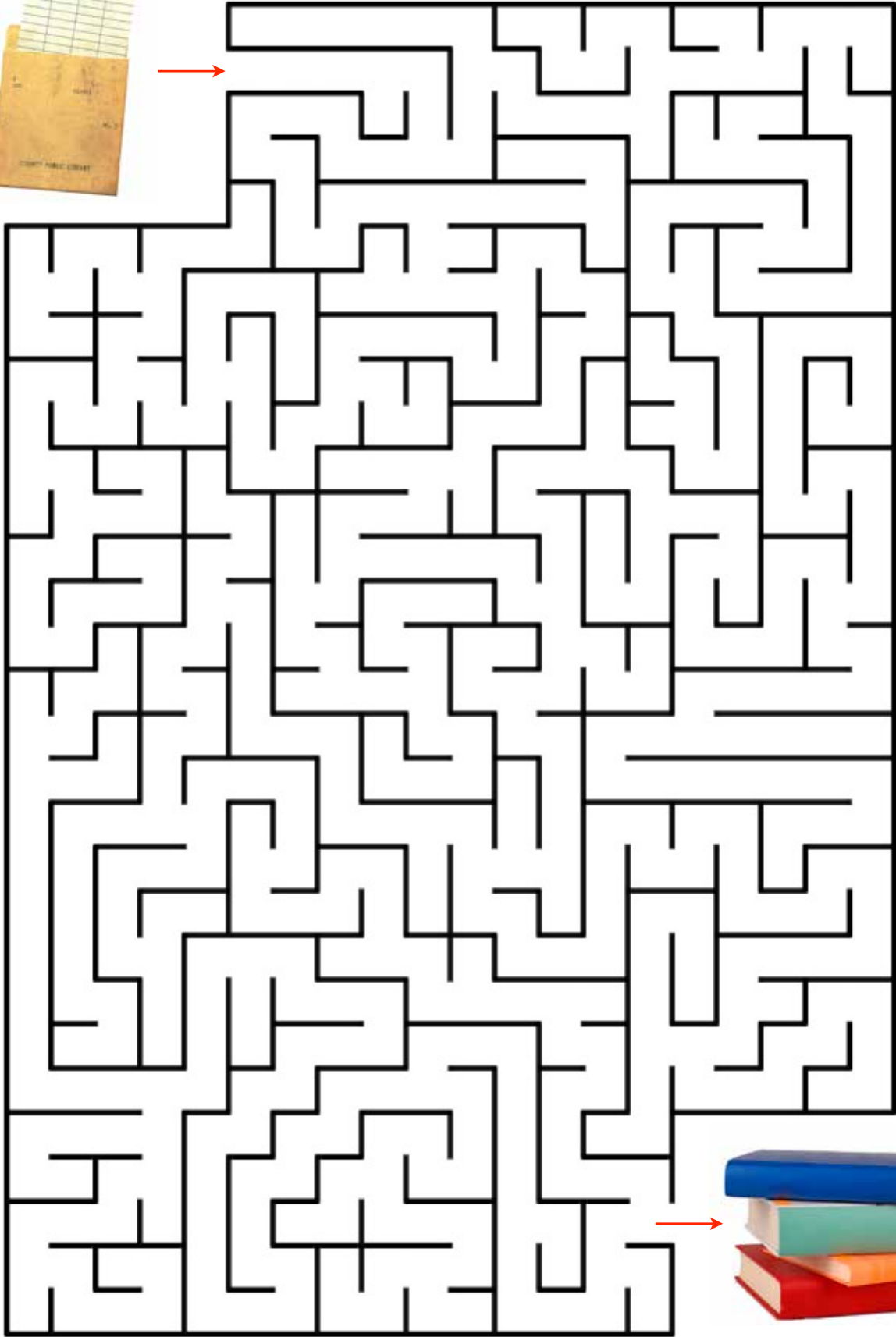
PEPPER

SALT

STUFFED

YOLKS

A-Mazing Library Books





Famous November Birthdays

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

- A. William **BONNEY**
- B. Petula **CLARK**
- C. Walter **CRONKITE**
- D. Sally **FIELD**
- E. Indira **GANDHI**
- F. Billie Jean **KING**
- G. Burt **LANCASTER**
- H. "Lucky" **LUCIANO**
- I. Mickey **MOUSE**
- J. Will **ROGERS**
- K. Ted **TURNER**
- L. Fernando **VALENZUELA**

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

Bonus: Match the person to the correct clue.

- | | |
|---------------------------------|-----------------------------------|
| 1. MLB baseball player _____ | 7. Cartoon character _____ |
| 2. Cowboy/actor _____ | 8. Wild West outlaw _____ |
| 3. Actress _____ | 9. Actor _____ |
| 4. Gangster _____ | 10. Prime minister of India _____ |
| 5. Beloved TV journalist _____ | 11. Singer _____ |
| 6. Champion tennis player _____ | 12. Television producer _____ |

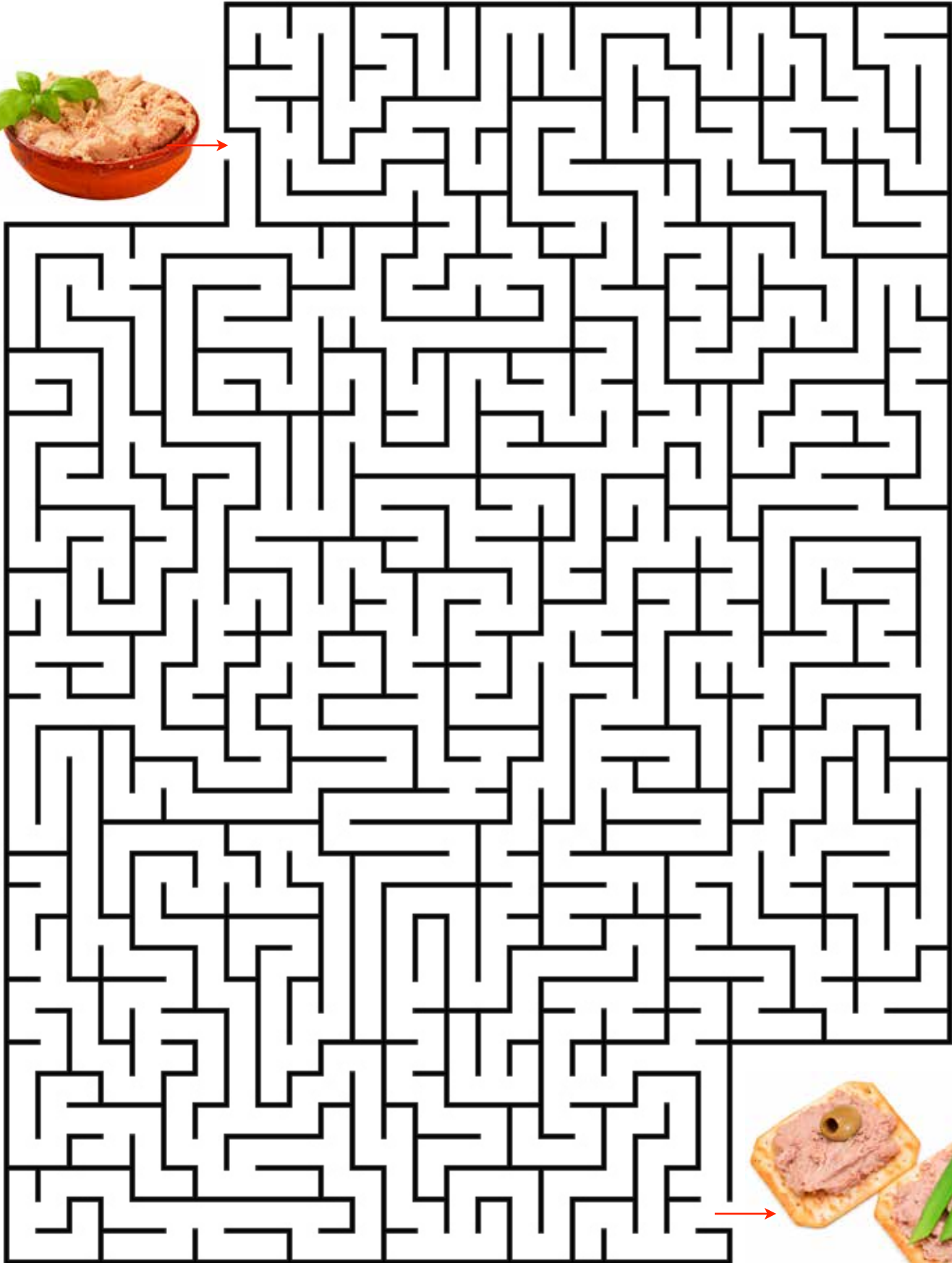
Mixed-Up Mountains and Hiking

Unscramble the letters to reveal words associated with mountains and hiking.

1. UOMNTANI NEAGRS _____
2. PACBCAKK _____
3. TMNO ALCBN _____
4. TUNARE _____
5. FSRIT DIA TKI _____
6. NREOSIO _____
7. AWTSCBHCIK _____
8. RETVSEE _____
9. OIPNSO YIV _____
10. PIIACFC TSREC _____
11. AUTETLID _____
12. AEBS ITGEHW _____
13. PLACAIPAAHN RAITL _____
14. AWTER LBOTTE _____
15. AIALNMOIJRK _____
16. LNDWLIHO _____
17. TERHONRMAT _____
18. KKTINGRE _____



A-Mazing Pâté



Searching for November

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



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

- | | | |
|-------------------|-------------------|----------------|
| APPLE CIDER | FAMILY | SCARF |
| AUTUMN | FOOTBALL | SCORPIO |
| (Black) FRIDAY | MIGRATION | SQUIRRELS |
| CORNUCOPIA | MUMS | THANKSGIVING |
| DAYLIGHT (Saving) | REMEMBRANCE (Day) | TOPAZ |
| ELECTION (Day) | SAGITTARIUS | VETERANS (Day) |

Rock Songs

Match the popular rock song to the singer or band.

- | | |
|---|---------------------------------|
| 1. "Louie Louie" _____ | A. The Who |
| 2. "My Generation" _____ | B. Little Richard |
| 3. "Jailhouse Rock" _____ | C. Jimi Hendrix |
| 4. "Light My Fire" _____ | D. Lynyrd Skynyrd |
| 5. "Purple Haze" _____ | E. The Kingsmen |
| 6. "Chantilly Lace" _____ | F. Chuck Berry |
| 7. "Good Vibrations" _____ | G. Elvis |
| 8. "Great Balls of Fire" _____ | H. Led Zeppelin |
| 9. "Crocodile Rock" _____ | I. Steppenwolf |
| 10. "Whole Lotta Love" _____ | J. The Doors |
| 11. "We Will Rock You" _____ | K. Queen |
| 12. "Bad Moon Rising" _____ | L. The Beach Boys |
| 13. "Roll Over Beethoven" _____ | M. Elton John |
| 14. "(I Can't Get No) Satisfaction" _____ | N. The Big Bopper |
| 15. "Tutti Frutti" _____ | O. The Rolling Stones |
| 16. "Born to Be Wild" _____ | P. Jerry Lee Lewis |
| 17. "Free Bird" _____ | Q. Creedence Clearwater Revival |



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

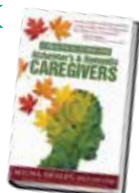
Worcester's Premier Senior Residential Care Facility



- 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

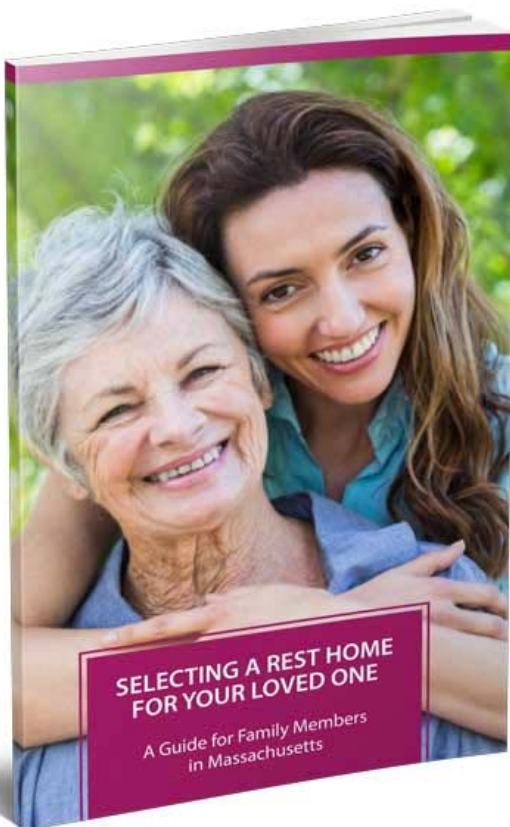
and
The Day Club

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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.

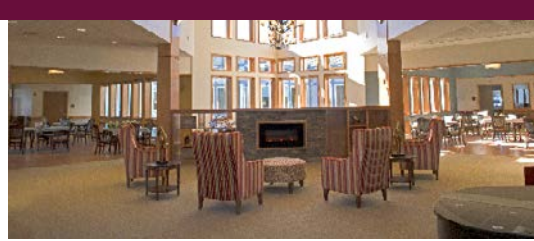
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

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

Dodge Park



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508-853-8180**



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

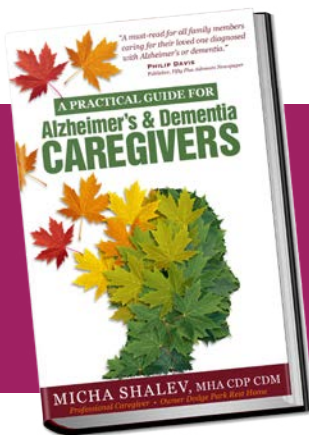
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory 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
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Toll Free: 1-877-363-4775
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NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	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

Holidays and Observances: 5: Election Day, 11: Veterans Day, 28: Thanksgiving Day, 29: Black Friday

Handmade