

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER



HAPPY
February

*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



Preventing Elopement in Dementia Residents: Safety Tips for Home Care

Elopement, or wandering away from a safe environment, is a significant concern for individuals with dementia. It can happen quickly and often without warning, leading to dangerous situations. Families caring for a loved one with dementia at home can take proactive steps to reduce the risk of elopement and ensure their loved one's safety while preserving their dignity and quality of life.

Why Do Dementia Residents Wander?

Understanding the reasons behind wandering can help caregivers address the root cause.

Common reasons include:

- **Confusion:** The individual may forget where they are or believe they need to return to a previous home or job.
- **Searching for Something:** They may feel the need to find a person, place, or object.
- **Restlessness:** Physical discomfort or boredom may lead to a desire to move around.
- **Anxiety or Stress:** Crowded or noisy environments can trigger a need to escape.
- **Routine Disruption:** Changes in daily schedules can lead to disorientation and wandering.

Steps to Prevent Elopement

1. Secure the Home

- Install locks or alarms on doors and windows, ensuring they are out of the individual's line of sight.
- Use motion detectors or door sensors to alert caregivers when exits are being accessed.
- Place signs or visual cues on doors, such as STOP signs, to discourage exit attempts.

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

2. Maintain a Predictable Routine

- A consistent daily schedule can reduce restlessness and confusion.
- Engage your loved one in structured activities to provide physical and mental stimulation.

3. Provide Identification

- Have your loved one wear a medical ID bracelet with their name, a contact number, and a note about their condition.
- Consider using GPS tracking devices or wearable technology designed for dementia patients.



4. Create a Safe Environment

- Keep the home well-lit and free of clutter to minimize disorientation.
- Block off unsafe areas, such as staircases or the kitchen, with childproof gates or other barriers.

5. Address Emotional Needs

- Identify triggers that may lead to wandering, such as stress, boredom, or unmet needs.
- Provide reassurance if your loved one seems agitated or anxious.
- Offer distractions, such as conversation, a favorite activity, or a soothing walk in a safe area.

6. Communicate with Neighbors

- Inform trusted neighbors about your loved one's condition and the possibility of wandering.
- Provide them with your contact information and ask them to alert you if they see your loved one outside alone.

7. Use Technology Wisely

- Consider installing surveillance cameras to monitor your loved one's movements.
- Utilize apps and devices that track location, providing peace of mind in case of an emergency.

8. Prepare for Emergencies

- Keep a recent photo and description of your loved one on hand to share with authorities if needed.
- Develop a response plan with local law enforcement or community support groups.

Encourage Independence While Ensuring Safety

While safety is the priority, it's also important to allow your loved one some independence and freedom. Supervised outdoor walks or activities in enclosed spaces, such as a garden, can provide them with a sense of autonomy while minimizing risks.

Conclusion

Preventing elopement requires a proactive approach, thoughtful planning, and the use of available resources. By understanding the unique challenges of dementia care and implementing these strategies, you can create a secure and supportive environment for your loved one at home.

For more resources, information or assistance, contact Micha Shalev 508-853-8180 or email him at mshalev@dodgepark.com.



Understanding the Connection Between Parkinson's Disease and Dementia

Parkinson's disease (PD) is widely recognized as a movement disorder, but it can also affect cognitive function over time. Many individuals with Parkinson's disease may experience dementia as the condition progresses, presenting unique challenges for individuals and their caregivers. In this article, we'll explore the relationship between Parkinson's and dementia, as well as strategies for managing these conditions.

What Is Parkinson's Disease?

Parkinson's disease is a progressive neurological disorder that primarily affects movement. Common symptoms include tremors, stiffness, slow movement, and balance difficulties. The condition is caused by the degeneration of dopamine-producing neurons in the brain.

While Parkinson's is often associated with motor symptoms, up to 50-80% of individuals with Parkinson's may develop Parkinson's disease dementia (PDD) over time.

Parkinson's Disease Dementia vs. Other Dementias

Parkinson's disease dementia is distinct from other types of dementia, such as Alzheimer's. While memory loss can occur, early symptoms of PDD typically include:

- Difficulty with attention and problem-solving.
- Visual hallucinations.
- Slow thinking and reduced mental flexibility.
- Changes in mood or behavior, such as apathy or depression.

These cognitive changes are thought to result from the spread of Parkinson's pathology to areas of the brain involved in thinking and memory.

Risk Factors for Dementia in Parkinson's Disease

Certain factors increase the likelihood of developing dementia in individuals with Parkinson's, including:

- Older age at the onset of Parkinson's symptoms.
- Longer disease duration.
- Presence of visual hallucinations.
- More severe motor symptoms.

Managing Parkinson's and Dementia

Caring for a loved one with Parkinson's disease and dementia can be challenging, but several strategies can help manage symptoms and improve quality of life:

1. Medication Management:

Certain medications, such as cholinesterase inhibitors, may help improve cognitive symptoms. It's essential to work closely with a healthcare provider to optimize treatment.

2. Structured Routines:

Establishing daily routines can provide a sense of stability and reduce confusion. Use visual cues and simple instructions to support memory and focus.

3. Cognitive Stimulation:

Engage in activities that stimulate the mind, such as puzzles, games, or reminiscing with family photos. These activities can help maintain cognitive function.

4. Exercise and Physical Therapy:

Regular physical activity can improve motor symptoms and overall well-being. Consider Parkinson's-specific exercise programs or physical therapy to address balance and mobility issues.

5. Support for Caregivers:

Caring for someone with Parkinson's and dementia can be emotionally and physically demanding. Join support groups, seek respite care, and prioritize self-care to maintain your well-being.

The Importance of Early Detection

Early recognition of cognitive changes in Parkinson's is crucial for developing an effective care plan. If you notice changes in memory, attention, or behavior in a loved one with Parkinson's, consult a healthcare provider for evaluation and support.

Conclusion

While the connection between Parkinson's disease and dementia presents challenges, understanding the condition and implementing supportive strategies can make a significant difference. By focusing on compassionate care, routine, and a holistic approach, individuals with Parkinson's and their caregivers can navigate the journey with resilience and dignity.

For more resources or support, reach out to Micha Shalev 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

The Oasis at Dodge Park is a “Caring Super Star of 2025” for Service Excellence in Senior Living. It earned a 5-star rating (the highest possible score) as voted by family caregivers in the national survey.

The Oasis at Dodge Park is one of the only facilities in Massachusetts to win the prestigious “Super Star” award.

Unparalleled Level of Care and Service

At 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 our facility.





Very happy with the care my mom is getting. She seem very happy during our visits. We are very impress with the infection control; the facility are doing and the extensive testing they do to all visitors of the facility before each visit. Mom always looks very sharp, clean, her hair well set (very important to our mom). I highly endorsed this facility to anyone who is lucky enough to secure a bed there. The staff are amazing and very responsive.

Dodge park is a great place for a person who has Alzheimer's. My mom has been there over 4 years and it feels like home. The staff are phenomenal. They are friendly, professional, and kind to all. There are so many activities for the residents. They have music performers, animal supports dogs and exercise people who come in and engage the residents. The rooms are very spacious and clean. I can't say enough about Dodge it's like a home away from home. The overall atmosphere is great and the residents love the staff and are always engaged. It's a wonderful place to have a loved one who has Alzheimer's there very experiences and knowledgeable I'm so thankful I found such a wonderful place for my mom to live.

When I first determined that my husband had dementia and needed to be taken care of, I looked around the city for an adult day facility. I went to visit them and some of them were in basement of churches and people just sat around the table. Some of them didn't start til 9 o'clock and I work and needed to be at work by 7am. When I went to Dodge Park, it was very homey. It felt like you were going into someone's livng room. The adults that were there were playing games and working on projects. I saw a big difference in other adult day facilities. The activities were varied. They do some active things like yoga and bowling. They have sculpturing and painting. They also have word games and card games in the afternoon and singalongs. I like it there because there's a good variety of things. Some of the things my husband would say he doesn't like but then something would come up that would catch his interest. I really like that. The staff is very helpful in letting me know what I could do to help make my husband be comfortable and for him to have a good experience there.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="color: #e91e63;">February 2025</h2> <p>Dodge Park Rest Home & Day Club</p>						<p>9:30 - Daily Chronicle 10:00 - Seated Stretches 10:30 - Table Top Puzzlers 11:00 - February Storytelling 2:30 - Live Music with Jim O. 3:30 - Trivia Pursuit 6:30 - Chorus Rehearsal 7:00 - Happily Ever After Tales</p>
<p>Groundhog Day 2</p> <p>9:30- Daily Chronicle 10:00- Catholic Mass 10:30- Groundhog Craft 1:30- Punxsutawney Trivia 2:30 - Live Music with Paul B. 4:00- Follow that Shadow! 7:00- Groundhog Day Movie</p>	<p>9:30 - Daily Chronicle 10:00- Flower Boutique 10:30 - Catholic Mass w/ Father 11:00- Cupid Stretches 1:30 - A-Z White Board Games 2:30 - Exercise with Paula S. 3:30- Virtual Tour of Paris 7:00- The Newlywed Game</p>	<p>9:30- Daily Chronicle 10:00- Morning Affirmations 10:30- Parachute Circle 11:00- Finish the Quote 1:30- Famous Couples 2:30 - Live Music with Sean F. 4:00- February Scattegories 7:00- Rom-Com Rewind</p>	<p>9:30- Daily Chronicle 10:00- Birdwatchers Club 10:30 - Yoga with Bonnie 11:00- Balloon Toss Up 1:30- Winter Walking Group 2:30 - Live Music with Paul B. 3:30- Riddle Me This 7:00- Featured Musicals</p>	<p>9:30- Daily Chronicle 10:00- Slideshow Discussion 10:30- Valentine Bingo 1:30- Music Appreciation 2:30 - Exercise with Paula S. 3:30- Let's Play Hangman 4:00- Chocolate Factory Tour 7:00- Classic Game Shows</p>	<p>Wear Red Day 7</p> <p>9:30- Daily Chronicle 10:00- Photo Opportunity 10:30 - Art Therapy w. Lynda S. 2:30 - Live Music with Tom G. 3:30- Heart Healthy Movements 4:00- Wheel of Fortune 6:30- Men's Group Discussion 7:00 - I Love Lucy</p>	<p>9:30 - Daily Chronicle 10:00 - Seated Stretches 10:30 - Table Top Puzzlers 11:00 - February Storytelling 2:30 - Live Music with Rusty G. 3:30 - Trivia Pursuit 6:30 - Chorus Rehearsal 7:00 - Happily Ever After Tales</p>
<p>Superbowl Sunday 9</p> <p>9:30- Daily Chronicle 10:00- Catholic Mass 10:30- Halftime Stretches 11:00- Favorite Commercials 2:30 - Live Music with Bill M. 3:30- Tailgate Social 4:00- Football Trivia & Facts 6:30- Superbowl Live!</p>	<p>9:30 - Daily Chronicle 10:00- Flower Boutique 10:30 - Catholic Mass w/ Father 11:00- Cupid Stretches 1:30 - A-Z White Board Games 2:30 - Exercise with Paula S. 3:30- Virtual Museum Tours 7:00- The Newlywed Game</p>	<p>9:30- Daily Chronicle 10:00- Morning Affirmations 10:30- Parachute Circle 11:00- Finish the Quote 1:30- Famous Couples 2:30 - Live Music with Sean F. 4:00- February Scattegories 7:00- Rom-Com Rewind</p>	<p>9:30- Daily Chronicle 10:00- Birdwatchers Club 10:30 - Yoga with Bonnie 1:30- Winter Walking Group 2:30 - Live Music with Sandy R. 3:30- Balloon Toss Up 7:00- Featured Musicals</p> <p style="text-align: center;">Tu B'Shevat Begins</p>	<p>9:30- Daily Chronicle 10:00- Slideshow Discussion 10:30- Valentine Bingo 1:30- Music Appreciation 2:30 - Exercise with Paula S. 3:30- Let's Play Hangman 4:00- Chocolate Factory Tour 7:00- Classic Game Shows</p>	<p>Valentines Day 14</p> <p>9:30- Daily Chronicle 10:00- Valentine Exchange 10:30 - Art Therapy w. Lynda S. 2:30 - Bible Study 2:30 - Live Music with Arizona D. 3:30- Sweetheart Social 7:00 - I Love Lucy</p> <p style="text-align: center;">Valentine's Day</p>	<p>9:30 - Daily Chronicle 10:00 - Seated Stretches 10:30 - Table Top Puzzlers 11:00 - February Storytelling 2:30 - Live Music with Rusty G. 3:30 - Trivia Pursuit 6:30 - Chorus Rehearsal 7:00 - Happily Ever After Tales</p>
<p>9:30- Daily Chronicle 10:00- Catholic Mass 10:30- Noodle Hockey 11:00- Table Top Crosswords 2:30 - Live Music with Lenny Z. 3:30- Afternoon Aerobics 4:00- Perfect Pairs 6:30- Manicure Stations</p>	<p>President's Day 17</p> <p>10:00- President Facts & Trivia 10:30 - Catholic Mass w/ Father 11:00- Cupid Stretches 1:30 - A-Z White Board Games 2:30 - Exercise with Paula S. 3:30- Virtual Tour of Washington 4:00- Name the Presidents 7:00- The Newlywed Game</p>	<p>9:30- Daily Chronicle 10:00- Morning Affirmations 10:30- Parachute Circle 11:00- Finish the Quote 1:30- Famous Couples 2:30 - Live Music with Paul B. 4:00- February Scattegories 7:00- Rom-Com Rewind</p>	<p>9:30- Daily Chronicle 10:00- Birdwatchers Club 10:30 - Yoga with Bonnie 11:00- Riddle Me This 1:30- Winter Walking Group 2:30 - Live Music with John M. 3:30- Balloon Toss Up 7:00- Featured Musicals</p>	<p>9:30- Daily Chronicle 10:00- Slideshow Discussion 10:30- Valentine Bingo 1:30- Music Appreciation 2:30 - Exercise with Paula S. 3:30- Let's Play Hangman 4:00- Chocolate Factory Tour 7:00- Classic Game Shows</p>	<p>9:30- Daily Chronicle 10:00- Photo Opportunity 10:30 - Art Therapy w. Lynda S. 2:30 - Bible Study 2:30 - Live Music with Greg P. 3:30- Heart Healthy Movements 4:00- Wheel of Fortune 7:00 - I Love Lucy</p>	<p>9:30 - Daily Chronicle 10:00 - Seated Stretches 10:30 - Table Top Puzzlers 11:00 - February Storytelling 2:30 - Live Music with Jeff T. 3:30 - Trivia Pursuit 6:30 - Chorus Rehearsal 7:00 - Happily Ever After Tales</p>
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Dodge Park Rest Home & DayClub 101 Randolph Road, Worcester, Ma Activity Director 508-853-8180 Calendar is Subject to Change

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<h2 style="color: #e91e63;">February 2025</h2> <p>The Oasis at Dodge Park</p> 						<p>9:30- Daily Chronicle 10:00- Finish the Phrase 10:45 - Exercise with Paula S. 1:45 - Live Music with Jim O. 3:00- Scrapbook Committee 4:00- World Travelers: Paris 6:30- Evening Stretches 7:00- Favorite Fairy Tales</p>
<p>Groundhog Day 2</p> <p>9:30- Daily Chronicle 10:00- Phil's Predictions 10:45 - Exercise with Paula S. 2:15 - Live Music with Bill M. 3:30- Punxsutawney Trivia Groundhog Craft 4:00- Follow that Shadow 7:00- Groundhog Day Movie</p>	<p>9:30- Daily Chronicle 10:00- Valentine's Day Symbols 10:30 - Exercise with Joe F. 11:15 - Catholic Mass w/ Father 2:15 - Live Music with Sean F. 3:30- Bouquet Creations 4:00- Corner Piece Puzzle Group 7:00- I Love Lucy</p>	<p>9:30- Daily Chronicle 10:00- February A to Z 10:30 - Exercise with Paula S. Art Therapy with Lynda S. 11:30- Candy Factory Tours 2:15 - Live Music with Paul B. 3:30- Noodle Hockey 7:00- Happily Ever After Stories</p>	<p>9:30- Daily Chronicle 10:30 - Exercise with Joe F. Bible Study Group Kindred Hearts Sensory 2:15 - Live Music with Sean F. 3:30- Parachute Circle 4:00- Linked Senior Game Show 7:00- Romantic Comedy Rewind</p>	<p>9:30- Daily Chronicle 10:00- Birdwatching Club 10:30 - Exercise with Paula S. 2:15 - Live Music with Arizona Doug 3:30- Group Walk February Crafters Circle 6:30- Manicure Stations 7:00- Musical Presentation</p>	<p>Wear Red Day 7</p> <p>9:30- Daily Chronicle 10:00- Red Photo Opportunity 10:30 - Exercise with Paula S. 11:30- Heart Health Awareness 2:15 - Live Music with Sean F. 3:00 - Shabbat Service 3:30- Balloon Toss Up 4:00- Table Top Word Search</p>	<p>9:30 - Daily Chronicle 10:00 - Finish the Phrase 10:45 - Exercise with Paula S. 2:15 - Live Music with Sandy R. 3:00- Scrapbook Committee 4:00- World Travelers: Paris 6:30- Evening Stretches 7:00- Favorite Fairy Tales</p>
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<p>9:30- Daily Chronicle 10:00- Catholic Mass Service 10:45 - Exercise with Paula S. 11:00- Famous Couples 2:15 - Live Music with Lenny Z. 4:00- Sunday Walking Club Men's Group Discussion 7:00- Turner Classic Movies</p>	<p>President's Day 17</p> <p>10:00- All About President's Day 10:30 - Exercise with Joe F. 11:15 - Catholic Mass w/ Father 2:00- Name the Presidents 2:15 - Live Music with Tom G. 3:30- Virtual Tour of Washington 4:00- Corner Piece Puzzle Group 7:00- I Love Lucy</p>	<p>9:30- Daily Chronicle 10:00- February A to Z 10:30 - Exercise with Paula S. Art Therapy with Lynda S. 11:30- Candy Factory Tours 2:15 - Live Music with Bill M. 3:30- Noodle Hockey 7:00- Happily Ever After Stories</p>	<p>9:30- Daily Chronicle 10:30 - Exercise with Joe F. Kindred Hearts Sensory 11:30- Love Song Reminiscence 2:15 - Live Music with Tom G. 3:30- Parachute Circle 4:00- Linked Senior Game Show 7:00- Romantic Comedy Rewind</p>	<p>9:30- Daily Chronicle 10:00- Birdwatching Club 10:30 - Exercise with Paula S. 2:15 - Live Music with Bill M. 3:30- Group Walk February Crafters Circle 6:30- Manicure Stations 7:00- Musical Presentation</p>	<p>10:00- Slideshow Discussions 10:30 - Exercise with Paula S. 11:30- Things That Are Red 2:15 - Live Music with Sean F. 3:00 - Shabbat Service 3:30- February Bingo 6:30- Poetry Corner 7:00- Hallmark Movies</p>	<p>9:30 - Daily Chronicle 10:00 - Finish the Phrase 10:45 - Exercise with Paula S. 2:15 - Live Music with Sandy R. 3:00- Scrapbook Committee 4:00- World Travelers: Paris 6:30- Evening Stretches 7:00- Favorite Fairy Tales</p>
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The Oasis at Dodge Park 102 Randolph Rd. Worcester, MA. Activity Director 508-853-8180 Calendar is 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
877-363-4775

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

FEBRUARY OBSERVANCES

Monthly

Black History Month. During Black History Month, Americans reflect on more than 400 years of Black history and heritage in communities and national parks across the country. Use this month to find special places, historic moments, and personal journeys that contribute to conversations about Black representation, identity, and diversity in our nation's history and today.

National Embroidery Month. No one is quite sure how this celebration of the art of embroidery got started, but it remains an opportunity for embroiderers everywhere to share their love of the craft. Many museums or local stores have events during this month.

National Time Management Month. During February, the National Association of Productivity and Organizing Professionals emphasizes the importance of improving time management to achieve a more balanced life.

Teen Dating Violence Awareness and Prevention Month. This campaign strives to follow the wisdom of young people as they work to prevent teen dating violence, advocate for healthy relationships, heal from trauma, and engage in social justice.

Weekly

Women's Heart Week, Feb 1-7. Heart disease is the No. 1 killer of American women. Recognizing symptoms and risks, making lifestyle changes, and getting timely care can save a woman's life. Women's Heart Week is a national outreach campaign aimed at improving women's outcomes from this deadly disease.

Children's Mental Health Week, Feb. 3-9. This year's theme is "Growing Together," encouraging children (and adults) to consider how they have grown and how they can help others to grow.

National Entrepreneurship Week, Feb 15-22. Celebrating America's entrepreneurship ecosystem, National Entrepreneurship Week is a nonpartisan, congressionally chartered initiative founded in 2006 that takes place the third week of February annually.

SPECIAL DAYS

- 1 National Freedom Day
- 1 No Politics Day
- 1 Spunky Old Broads Day
- 2 Bubble Gum Day – first Friday of the month
- 2 Candlemas
- 2 Ground Hog Day
- 3 Eat Ice Cream for Breakfast Day
- 3 Feed the Birds Day
- 3 The Day the Music Died – Buddy Holly, Richie Valens, and the Big Bopper died in a plane crash in 1959.
- 3 National Carrot Cake Day
- 4 Mardi Gras
- 4 Create a Vacuum Day
- 4 Stuffed Mushroom Day
- 4 Thank a Mailman Day
- 5 Ash Wednesday
- 5 National Shower with a Friend Day
- 5 National Weatherman's Day
- 6 International Frozen Yogurt Day
- 6 Lame Duck Day
- 6 National Chopsticks Day
- 7 Send a Card to a Friend Day
- 7 Wave All Your Fingers at Your Neighbor Day
- 8 Boy Scout Day
- 8 Kite Flying Day – in the middle of winter!?!)
- 8 Paczki Day in Poland
- 9 National Pizza Day
- 9 Toothache Day
- 9 Superbowl Sunday
- 10 Umbrella Day
- 11 Don't Cry over Spilled Milk Day
- 11 Make a Friend Day
- 11 National Inventors Day
- 11 White T-Shirt Day
- 12 Abraham Lincoln's Birthday
- 12 Clean out Your Computer Day
- 12 National Lost Penny Day
- 12 Plum Pudding Day
- 13 Get a Different Name Day
- 13 National Wingman Day

SPECIAL DAYS

14 Ferris Wheel Day
14 National Organ Donor Day
14 Valentine's Day
15 Candlemas – on the Julian Calendar
15 National Gum Drop Day
15 Singles Awareness Day
15 Susan B Anthony Day
16 Do a Grouch a Favor Day
17 Random Acts of Kindness Day
17 Spice Up Your Life Day
17 President's Day
18 National Battery Day
18 National Drink Wine Day
19 National Chocolate Mint Day
20 Cherry Pie Day
20 Hoodie Hoo Day
20 Love Your Pet Day
21 Card Reading Day
22 George Washington's Birthday
22 International World Thinking Day
22 National Chili Day
22 National Margarita Day
22 Walking the Dog Day
23 International Dog Biscuit Appreciation Day
23 Tennis Day
24 Open That Bottle Night
24 National Tortilla Chip Day
24 World Bartender Day
25 Pistol Patent Day
26 Carnival Day
26 Carpe Diem Day
26 National Pistachio Day
26 Tell a Fairy Tale Day
27 Polar Bear Day
27 No Brainer Day
28 Floral Design Day
28 Public Sleeping Day
28 National Tooth Fairy Day

Weekly

National Eating Disorders Week, Feb. 26 - Mar. 2.
An annual campaign to educate the public about the realities of eating disorders, and to provide hope, support, and visibility to individuals and families affected by them.

Daily

Groundhog Day, Feb 2. Will the groundhog see its shadow?

Feed the Birds Day, Feb. 3. Early February is when your backyard birds need your help the most. The seeds in your feeder provide energy and strength to help birds make it through the rest of winter.

Autism Sunday, Feb. 9. Also known as the International Day of Prayer for autism spectrum disorders, this event is observed annually on the second Sunday of February.

Valentine's Day, Feb. 14. Spend the day with someone you love.

President's Day, Feb. 17. The day honors George Washington (born Feb. 22), and Abraham Lincoln (born Feb. 12) and all U.S. presidents.





Plant of the Month – Jasmine

Jasmine is a flowering plant that belongs to the olive family. This strong, sweet-smelling plant is revered the world over for its intoxicating scent. Jasmine thrives in tropical and warm temperate climates and is native to parts of Asia and Africa. Most jasmine plants are shrubs that grow 10 to 15 feet tall. There are also varieties in the form of flowering vines.

Jasmine typically first blooms in spring. Each flower lasts only a few days, but the plant will remain covered in new batches of blossoms until late fall if it receives regular sunlight and water. Jasmine is a popular ingredient in perfumes, lotions, soaps, shampoo, candles, and other products. The essence of jasmine is also used to flavor desserts, beverages, candy, and puddings. These gorgeous, white, bell-shaped blooms symbolize sensuality, love, purity, grace, and the divine. Jasmine is also a girl name that means “gift from God” in Persian.



Flower - Violet

Most people think the rose is the traditional Valentine’s Day flower, but it’s time to set the record straight—it’s actually the violet! As the legend goes, the Christian priest St. Valentine, while imprisoned by the Romans, used ink made from crushed violets that grew outside his prison cell to write notes of love and friendship. According to folklore, if you dream of violets, you will be successful and advance in life. Today, violets symbolize faithfulness and the return of affection.

Birthstone – Amethyst



For thousands of years, the amethyst, the most striking gem in the quartz family, has been a coveted jewel. Supernatural powers have been attributed to the stone since early Biblical times. Some believed the amethyst offered protection against drunkenness, for in the Greek language, amethyst means “not intoxicated.” In the Middle Ages, it was said to protect crops against tempests and locusts, bring good fortune in war and in the hunt, drive out evil spirits, and inspire the intellect.

The Animal in You: Birthday Critters

February 1–6: Dog

You are an extremely lovable, active person with a passion for life and a quick wit. You can be shy, but your curiosity and sense of humor know no bounds. You love to explore new things, but sometimes all you want is a little quiet time.

February 7–14: Dove

Your happy-go-lucky approach keeps you centered. Even when times get tough, you are upbeat and spread cheer wherever you go. You are a very good listener and are known to give good advice.

February 15–21: Turtle

A kindhearted individual, you make an effort to treat others with care and respect. You are a very generous person and expect nothing in return for your good deeds. You are also a superb host who loves making celebrations special.

February 22–28: Panther

You are mysterious, calm, and easygoing, even when under pressure. You strive to do your best and always make lemonade out of lemons. Your friends know they can always rely on you to help them out.

FEBRUARY FUN FACTS

February is the second month of the year in the Julian and Gregorian calendars. With 28 days in common years and 29 days in leap years, it is the shortest month of the year. This month is also the only month with fewer than 30 days. February gets its name from the Latin word *februum*, which means “to purify.” The Romans purified themselves in February during *Februa*, a monthlong festival and ritual undertaken in preparation for the annual arrival of spring.

February Birthdays

Clark Gable (actor) – February 1, 1901
Ayn Rand (writer) – February 2, 1905
Charles Lindbergh (pilot) – February 4, 1902
Mary Leakey (archaeologist) – February 6, 1913
Elizabeth Bishop (poet) – February 8, 1911
Thomas Edison (inventor) – February 11, 1847
Anna Pavlova (ballerina) – February 12, 1881
Jack Benny (comedian) – February 14, 1894
Michael Jordan (athlete) – February 17, 1963
Toni Morrison (author) – February 18, 1931
Amy Tan (author) – February 19, 1952
Helen Octavia Dickens (doctor) – February 21, 1909
Elston Howard (catcher) – February 23, 1929
Levi Strauss (inventor) – February 26, 1829

Weather or Not

Legend has it that if the weather is fair and mild in January and at the beginning of February, there is more winter ahead than behind. “If the cat lies in the sun in February, she will creep behind the stove in March.”
~ Weather folklore

What’s Lucky in February?

Lucky Color: Yellow
Lucky Animal: Cheetah
Lucky Letters: C and M
Lucky Day: Tuesday
Lucky Plant: Rose

Honor Black History

February is Black History Month, a time to celebrate Black Americans and learn more about their accomplishments. From historical abolitionists Frederick Douglass, Sojourner Truth, and Harriet Tubman to modern greats Langston Hughes, Oprah Winfrey, and Jean-Michel Basquiat, take time to read a biography of some of the great Black Americans who have made our country great.

February Zodiacs

Aquarius (The Water Bearer) February 1–18
Pisces (The Fish) February 19–28



A very
Happy Birthday to...



Dodge Park Residents	Staff
Marie-Louise B. Feb. 3	Natalia A. Feb. 1
Winifrid B. Feb. 5	Leah G. Feb. 4
Diane B. Feb. 11	Diana J. Feb. 8
Wendy S. Feb. 25	Debra D. Feb. 10
Rose T. Feb. 27	Karen S. Feb. 12
	Sara S. Feb. 12
Oasis Residents	Noemi C. Feb. 19
Betty Jo D. Feb. 8	Roselyn C. Feb. 23
Kathleen K. Feb. 10	Casandra S. Feb. 23
Jean T. Feb. 19	
Carl K. Feb. 22	
Anil J. Feb. 28	

Dementia Warning Signs

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

Worried about a loved one with memory loss?

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Not all cats are easygoing, and dealing with the ups and downs of pet ownership leads prisoners to seek education and offer one another compassionate support. Being incarcerated can often diminish a person's empathy and sense of belonging to society. However, cats seem to bridge this gap, becoming a common bond between incarcerated individuals and the outside world. This shared love for the feline companions fosters community and empathy, leading to earlier releases due to reduced conflicts.

Cats Behind Bars

In Santiago, Chile, the main prison, which is close to 200 years old, has long been the unofficial home of hundreds of stray cats. The cats wander in seeking food and shelter, multiplying over the years. Often, the cats aren't in good health. They also have many litters of kittens and die from various illnesses and lack of care.

Inmates at the prison began unofficially adopting and caring for the cats, and in 2016, the program became official. Since then, the health of the cats and the incarcerated people has improved, and the cats get more medical care and regular access to food and water. The inmates dote over the cats and find them to be comforting companions. Studies have found that inmates who become pet owners are less likely to commit crimes after release.

Many judicial systems in the United States have started programs to find homes for stray or unadopted felines in prisons, with positive outcomes similar to the results in Chile. Cats can live comfortably indoors, especially with adequate love and playtime. Inmates tend to have the time and space to accommodate cats and save unadopted cats from being euthanized.

The most noticeable effect of cats in jails is the improved mental health of inmates. Caring for animals who show unconditional love gives incarcerated people a sense of purpose and a source of affection. Prisoners who adopt cats are less likely to return to jail, so the program has a rehabilitative aspect.

The cats also seem to thrive in this atypical environment. They get to go into open spaces to exercise, are provided for, and generally get more exercise and attention than house cats "on the outside." Of course, both the cats and offenders are vetted carefully before they are matched, for the well-being of both. The cats are housed in specially designed prison areas, with access to outdoor spaces and regular veterinary care. Most of the cats remain up for adoption to the public, so they are officially being fostered, not adopted, by the inmates.



Conversation Starter

Q: Have you ever taken in a stray animal or adopted a pet? What was the experience like?

Renaissance Art from the Dump

Everyone loves a good thrift store find. But most people miscalculate what will be worth a “fortune.” Even cheaper than thrifting is finding things for free. Mat Winter grew up in Southern England and loved to poke around at the local dump, looking for interesting “treasures.” When he was 10 or 11, a woman pulled up to the dump to drop off things from her home, including a piece of artwork. The art caught Winter’s eye, and he scooped it up. The art ended up in a cupboard for the next 13 years.

In 2024, Winter was organizing his belongings and came across the piece of art. Now in his 20s, Winter still found the artwork intriguing and sent it to be appraised by Jim Spencer.

Spencer, a rare book specialist and auctioneer, was dubious after speaking to Winter. He agreed to look at the artwork if Winter would send it to him. When Spencer opened the package, he instantly noticed how skilled the engraving was and could date the paper to the 1500s.

Spencer quickly decided it looked like the work of Albrecht Dürer (1471–1528), a prominent German artist. Spencer had only seen original works by Dürer in museums. He knew that many later artists copied the master engraver, but the age of the paper and other experts determined Mat Winter had found a Dürer at his local dump.

Dürer is considered one of the most technically masterful artists of all time. He was a Renaissance contemporary of Leonardo da Vinci and a court artist employed by Holy Roman Emperor Maximilian I.

Winter’s find was one of three paper prints from Dürer’s engraving *Knight, Death, and the Devil*. The print depicts a knight riding a muscular horse, accompanied by a sickly figure holding an hourglass and a goat-like devil.

Winter put the artwork up for auction. It was sold to a private German collector for 44,000 euros, roughly \$47,000 USD. This price reflects the rarity and historical significance of the artwork.

You can also see *Knight, Death, and the Devil* at the Metropolitan Museum of Art, where it is considered a significant piece in the collection of Renaissance art.

Women’s Basketball Leaps Forward

During the 2024 WNBA draft, Iowa college star Caitlyn Clark was picked first by the Indiana Fever. An hour later, her jerseys were completely sold out, a clear sign of the excitement and support for women’s basketball. This was just one sign that it would be a special year for women’s basketball and a testament to the growing popularity and success of the sport.

In May 2024, the Woman’s National Basketball Association had the biggest crowds and largest television viewership since it was formed 28 years ago. WNBA games have sold out or reached a very high capacity all season. The WNBA league pass to watch streaming games increased membership by over 300 percent.

WNBA team owners have spent millions of dollars in the past few years to promote the league. The players have become more visible and increasingly photographed, sporting stylish clothes. Well-known collegiate stars entered the WNBA as rookies, bringing NCAA fans into the fold. Celebrities and NBA players have been seen at WNBA games for the past two seasons, giving the league further exposure.

The 2024 WNBA finals between the Minnesota Lynx and New York Liberty drew at least a million television viewers a game. Game five of the series between the Lynx and Liberty sold out at the Barclays Center in Brooklyn (where the Brooklyn Nets also play), with Spike Lee, a courtside fixture at New York Knicks games, in the front row rooting for the New York Liberty.

There is still a huge disparity between the total profits and salaries of the WNBA and the NBA.

Male basketball players make an average of \$10 million a year compared to the \$150,000 average salary of a WNBA player. During the 2024 season, WNBA players began to demand private flights to games instead of flying commercial airlines. Next, WNBA players are expected to negotiate for higher salaries to match the league’s growing profits.

The WNBA is growing in more ways than sales. In 2025 and 2026, they are adding three new teams: San Francisco/Oakland, California; Toronto, Canada; and Portland, Oregon.

Celebrating Custodians and Janitors

Consider a high school cafeteria when all the students are done with lunch or a gym after a crowded basketball game—let alone the locker rooms. A high school janitor has a daunting job that isn't always acknowledged.

Francis Apraku moved to the United States from Ghana over 10 years ago. Apraku became the janitor at James Madison High School in Virginia. Besides keeping the school clean, Apraku enjoys talking to students and lending an empathetic ear. Freshmen at James Madison who are adjusting to their new school especially appreciate how Apraku makes them feel welcome and comfortable in high school.

Apraku sometimes joked about buying a Jeep Wrangler. Realistically, he knew he wouldn't have the financial means to buy a vehicle for some time, especially since he sent part of his salary to relatives in Ghana. When first-year students discovered Apraku's birthday was coming up, they cooked up the idea of getting their janitor his dream car. They secretly organized a GoFundMe account and donated what they could. They also asked their families and local businesses for assistance.

The freshman raised over \$20,000 to purchase Apraku a candy-apple red Jeep Wrangler. Apraku was stunned when the car arrived in the school parking lot. Tears streamed down the janitor's face, and he knelt in shock. The students were thrilled they could give something back to their janitor, who was truly blown away.

Meanwhile, in Missouri, a K-8 school board brainstormed a new name for the school building. The goal was to name the school after an inspiring person from Missouri. After much deliberation, they came up with the perfect honoree. The school board unanimously chose Claudene Wilson, their longtime school custodian. The 64-year-old works at the school district as a "jack of all trades": plumber, landscaper, cafeteria worker, and bus driver. Wilson regularly puts in 13-hour days and is a beloved and familiar face to current and past students. When asked by CBS News why she has worked so long and hard, Wilson answered, "The kids!" Missouri's Swedenborg District III is now the proud home of the Claudene Wilson Learning Center.

Over 100 Years of Female Governors

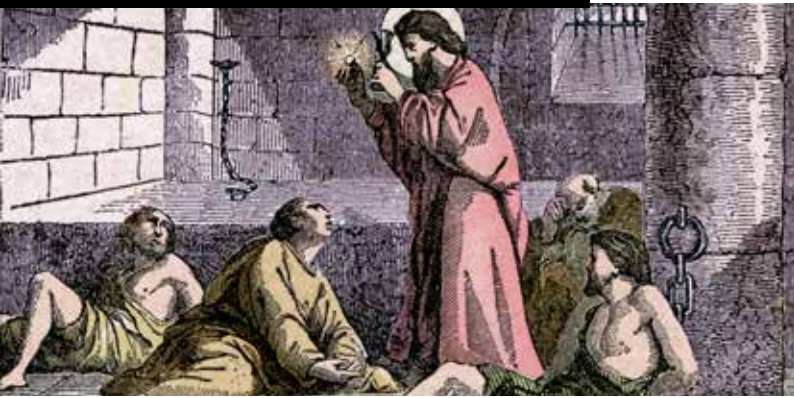
In 1909, Carolyn B. Shelton, a secretary at the Oregon State Capital, was appointed governor of Oregon for a weekend while the outgoing governor was traveling and the incoming governor was ill.

In 1925, Nellie Tayloe Ross of Wyoming was voted into office as governor of Wyoming after her husband, Governor William B. Ross, died. Later that same year, Miriam A. Ferguson of Texas was sworn into office. She also won a special election after her husband, Governor James Edward Ferguson, was impeached for using his office to fire adversaries from their positions at the University of Texas. After impeachment, he ran his wife's campaign (and likely the governor's office).

The first woman to win a gubernatorial election without the influence of her husband was Ella Grasso of Connecticut. Grasso served as an assistant director of research for Connecticut during World War II and was Connecticut's secretary of state from 1959 to 1970. She became governor in 1975. Grasso was reelected to a second term as governor but resigned early due to illness.

Fast forward to 2025, one hundred years after Nellie Tayloe Ross was voted into office to replace her late husband in Wyoming. Today, there are 13 female governors—a new record. In recent polls, female governors Kay Ivey of Alabama and Maura Healey of Massachusetts were rated among the top 10 current governors with the highest approval ratings.





The History of Valentine's Day

Who Was Valentine?

One reason that Valentine's Day may be associated with secret admirers is that the saint behind the holiday is a mystery. We know that a man named Valentine existed and that he died around 270 AD. However, at least two people named Valentine lived at that time, and either—or neither—might be the holiday's namesake.

The first person who may have been the famous Valentine is a priest who lived during the third century in Rome. During this time, Emperor Claudius II made a decree that young men could not be married because he wanted them to be single-minded while they served in his military. However, Valentine felt the decree was wrong, so he secretly continued to marry young men and women. When the emperor discovered what Valentine was doing, he had the priest beheaded.

The second person who is purported to be the holiday's namesake is St. Valentine of Terni, a bishop in the third century. He was also beheaded by Claudius II. He was said to have helped Christians who were imprisoned, beaten, and often executed for their faith. Valentine assisted them in escaping the jails. Eventually, Valentine was caught and imprisoned himself. In one telling of this story, Valentine fell in love with the jailor's daughter, who often visited him. He sent her a letter signed, "from your Valentine." This is credited as being the first valentine greeting. Some stories add that she was blind and that Valentine restored her sight. In this version, the judge and his entire household converted to Christianity.

Some believe that the two men were one and the same, but we have no way of knowing because there is very little factual information about Valentine, other than the approximate year of his death. Questions about Valentine's true identity were raised as early as 496 AD by Pope Gelasius I, who said that facts about the martyr and his actions were "known only to God."

Origins of Valentine's Day

Valentine's Day has been celebrated in February for more than 1,500 years. It may have been placed in February to commemorate the anniversary of Valentine's death, or it may have been placed to coincide with (and replace) the Roman celebration of Lupercalia, a rowdy celebration of fertility and planting.

Lupercalia dates all the way back to the founding of Rome. According to folklore, Rome was founded by Romulus and Remus, twin nephews of an ancient king who ordered the small boys drowned. But a servant took pity on them and instead placed them in a water-tight basket in the river, where they were carried downstream and became caught in a wild fig tree.

A she-wolf found and cared for them in a cave at the base of Palatine Hill, where Rome was founded. The boys named the cave Lupercal, and the celebration of Lupercalia was meant to honor the she-wolf and the god Lupercus, who was the god of farmers, harvest, and packs of animals.

Like festivals of other ancient religions, including Judaism, the Lupercalia celebration began with a ritual sacrifice. In this case, a goat and a dog were sacrificed to the god Lupercus. Next, two priests' foreheads were smeared with sacrificial blood, and then they were wiped clean with a cloth soaked in milk. After this, the feasting began. Legend has it that another part of the festival celebration included a temporary "coupling," in which single men would draw a name of a single woman from the jar, and these couples were considered "married" until the end of the festival. Some of them stayed together until the start of the following year's festival. And some fell in love and actually got married!



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Food Myths Debunked

Misinformation can spread like wildfire, especially through the internet and social media. Remember, if it sounds too good to be true, it probably is. Myths about food and diet are no exception. Here are some common food myths and the real truth behind them.

Myth: All Fats are Bad For You

Truth: Fats provide some benefits to the body, in fact, some fats are necessary to sustain life. Fats promote growth and development in babies and children. Fats make up cell membranes and protect the organs in our body. Some fats are required for certain vitamins to be absorbed. But not all fats are created equal. Heart-healthy fats (unsaturated fats) are found in avocados, nuts and olive and canola oils. Harmful fats (saturated fats) are typically found in butter, cream, whole milk, poultry skin and fatty meats. Trans fats are also harmful to the body and in the past, these were found in products that had processed a more healthy unsaturated fat into a solid unhealthy fat. The FDA (Food and Drug Administration) banned trans fats in 2018 but foods made in other countries may still contain trans fats.

Myth: Eggs Cause High Cholesterol

Truth: In the 80s and 90s it was very common for doctors and other medical professionals to tell patients to avoid eating eggs if they had high cholesterol. Modern scientists have concluded that because most of the cholesterol in our bodies is made by our own livers, eating a moderate number of eggs is not harmful. In fact, anything that has a liver (all animals) will contain a certain amount of cholesterol. That includes beef, chicken, fish, shrimp, dairy products and eggs. Studies have shown that eating unhealthy saturated fats is more harmful to the cardiovascular system than eating foods containing cholesterol. It's also important to know that using butter to cook your eggs and serving them alongside some ba-

con is not recommended in a heart-healthy diet as these foods are high in saturated fat and will trigger the body to make more cholesterol.

Myth: Carbohydrates are Bad For You

Truth: Carbohydrates are found in so many foods. Fad diets that eliminate all carbohydrates can lead to excluding vital nutrients and thus, causing harm to the body. Carbohydrates are found in grains, fruits and vegetables. And just like fats, there are different types of carbohydrates, some of which are important for good health. Whole grains such as whole wheat, oats, brown rice, barley and farro provide excellent sources of nutrients and dietary fiber. Foods made from whole grains such as certain cereals, breads and crackers will also give you these nutrients. A diet high in fiber is beneficial for cardiac health, digestive health, blood sugar control and weight management. Fruits and vegetables are primarily made up of carbohydrates. These foods contain important vitamins, minerals, fiber and phytochemicals that are necessary for good health. Carbohydrates that tend to cause harm to the body are the simple sugars and sweet foods. Reducing the amount of sugar in our diets is a good practice to improve one's health.

Myth: Certain Acidic or Spicy Foods Burn Fat

Truth: Unfortunately, foods don't burn fat. Apple cider vinegar and grapefruit are not magical foods that attack fat cells and increase one's metabolism to the degree that leads to pounds shed. Research studies have proven consistently that these foods do not work the way some people or groups are promising but rather they are preying on society in an attempt to make money. If people are experiencing weight loss while trying one of these fad diets it is more likely that the severe calorie restriction that accompanies the addition of these acidic and spicy foods is the real truth behind weight loss. However, like so many restrictive diets, it is not a sustainable way of life and thus weight gain may result once the diet is no longer followed.

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.



Apple & Apricots Bread Pudding

Makes 8 servings | A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 8 slices whole wheat bread
- 1 1/2 tablespoons butter, room temperature
- 1/3 cup chopped dried apricots
- 1 large apple, cored, peeled, and diced
- 1/4 cup raisins
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 3/4 cup egg substitute

Directions:

1. Preheat oven to 350° F. Spray a 2-quart casserole dish with cooking spray.
2. Lightly butter one side of each slice of bread. Trim off crust and cut each slice into quarters. Set aside.
3. Combine apricots, apple, and raisins in a small bowl. Sprinkle half into prepared casserole dish.
4. Combine sugar and cinnamon in another small bowl and sprinkle 1/3 evenly in the dish.
5. Place half of the bread pieces in an even layer in the dish, and then top with remaining fruit and half of the remaining sugar mixture. Top with an even layer of bread pieces, butter side up.
6. Combine egg substitute and milk with a whisk in a small bowl. Pour evenly over bread and sprinkle with remaining sugar mixture.
7. Bake 35–40 minutes. Allow to cool for 10 minutes before serving.



Banana Yogurt Pops

Makes 4 servings

Ingredients:

- 1/4 cup granola
- 1/4 cup miniature chocolate chips, shredded coconut, or raisins
- 4 Popsicle sticks
- 2 bananas, peeled and cut in half
- 1/4 cup yogurt

Directions:

1. Combine granola and mini chocolate chips, coconut, or raisins together in a shallow dish. Set aside.
2. Insert one Popsicle stick into the cut end of each banana.
3. Dip each banana in yogurt and roll in granola mixture.
4. Serve immediately or place on a baking sheet lined with parchment paper and freeze before serving.



Peppermint Patty Brownies

Makes 16 servings

Ingredients:

- 1 recipe prepared brownie batter (homemade or packaged)
- 12 miniature peppermint patties

Directions:

1. Preheat oven to 350° F. Line an 8 X 8-inch baking pan with foil.
2. Spread half of the batter evenly into the prepared baking pan.
3. Top batter with a single layer of peppermint patties.
4. Spread the remaining batter evenly over the patties.
5. Bake according to the brownie recipe or package directions.
6. Allow to cool before serving.

EASY EATS

Tantalizing Tortellini Salad

Makes 5 servings

Ingredients:

- 1 1/2 pounds fresh cheese tortellini, cooked according to directions
- 1/2 cup pesto
- 8 pieces sun-dried tomatoes, chopped
- 1/2 cup crumbled feta cheese

Directions:

Toss all ingredients until evenly coated.
Serve warm or cold.



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



Funny Little Valentine Cards

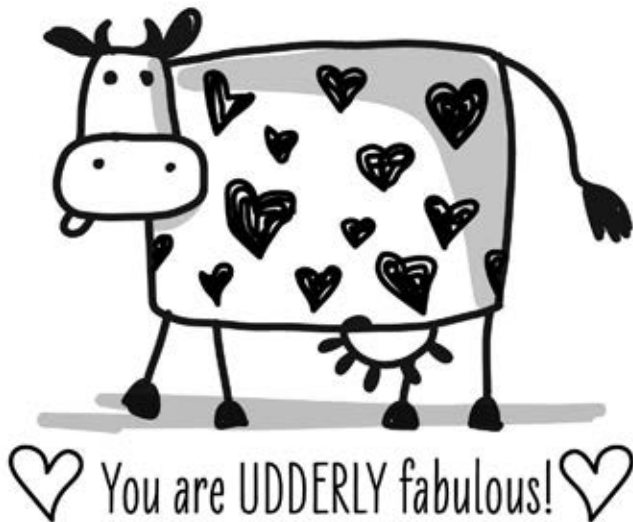
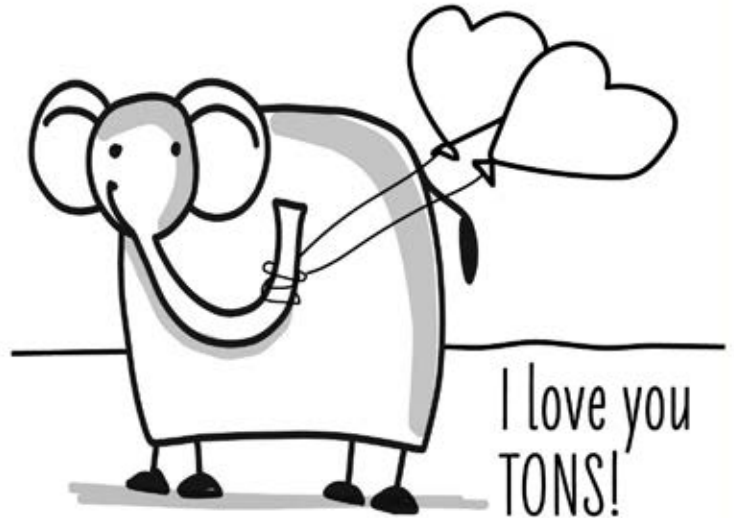
Cut, color, and write a sweet message on the provided card designs.

You will need:

- Valentine cards printed on card stock (See next page)
- Markers or colored pencils
- Scissors

Directions:

Cut apart the card designs following the gray outlines. Color your cards and then write a sweet message on the back. Hand them out to family and friends on Valentine's Day



A-door-able Décor

Wrap an embroidery hoop with twine and use clothespins to display things you love. Use the provided blank conversation hearts to write messages or the names of family and friends.

You will need:

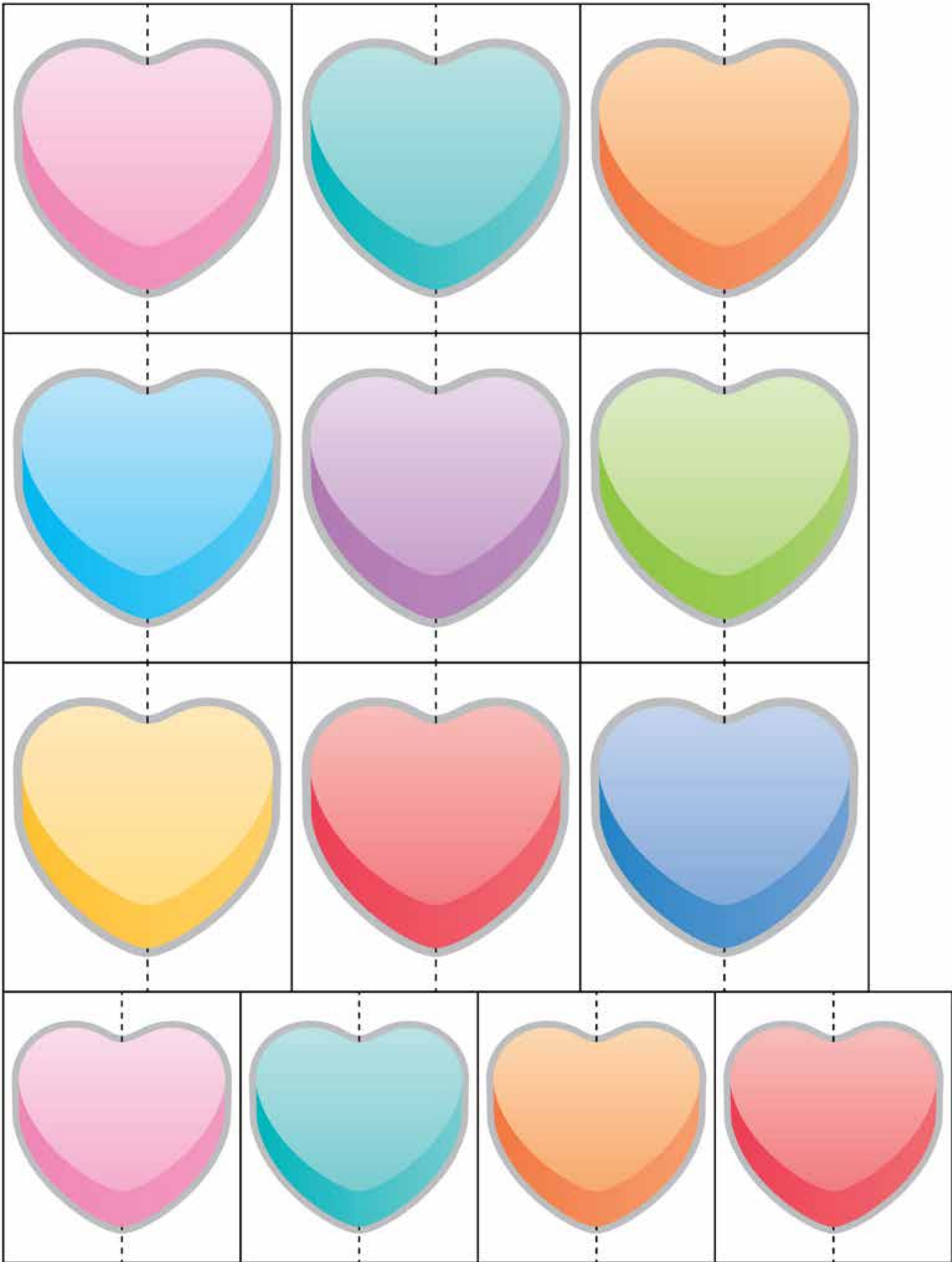
- Heart designs printed in color on card stock
- 2" red clothespins (4 to 7)
- 8" to 10" embroidery hoop
- 2 1/2 yards twine or yarn
- Ribbon or raffia
- Small items representing things or people you love (photos, cards, faux flowers, etc.)
- Scissors, markers, and Glue Dots (permanent tack)
- Mounting putty or masking tape



Directions:

1. Wrap twine around an embroidery hoop, randomly crisscrossing it as shown. Secure the twine in place by tying the ends to the base of the metal hardware on the hoop.
2. Tie a ribbon or raffia bow. Attach it to the hardware using a Glue Dot.
3. Cut out a conversation heart following the black rectangular outline. Fold it in half along the dashed line, and then cut out the heart following the gray outline. Unfold the heart and write a message, name of a person, or a guilty pleasure you love. Repeat to make additional conversation hearts.
4. Attach the conversation hearts and other small items representing things you love to the twine using red clothespins. Display the hoop on a wall or door using mounting putty or rolled pieces of masking tape.





Heartwarming Handwarmers

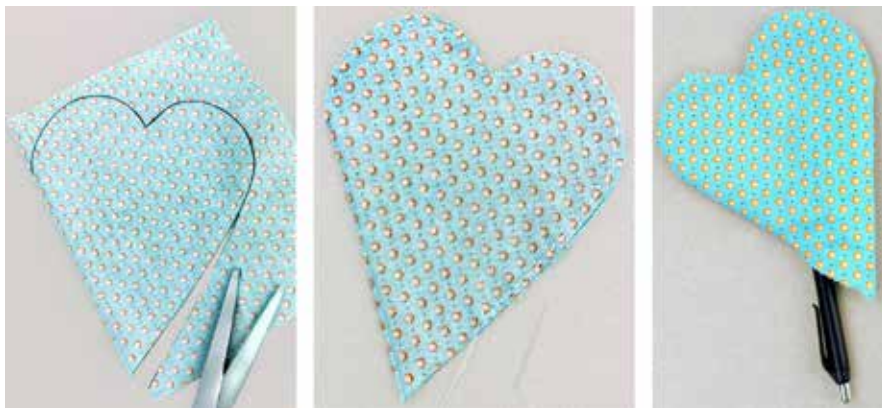
Slow-stitch heart-shaped handwarmers using scrap fabric. Fill them with rice and then pop them in the microwave to make them warm.

You will need:

- Heart pattern printed on card stock
- 8" x 10" piece of 100% cotton fabric
- 3/4 cup of uncooked rice
- Needle and thread
- Small funnel
- Pen
- Scissors

Directions:

1. Cut out a heart pattern. Then fold the fabric in half widthwise. The back of the fabric should be facing out.



2. Place the heart pattern on top, aligning the edge with the dashed line along the fold. Trace the pattern with a pen and then cut it out.

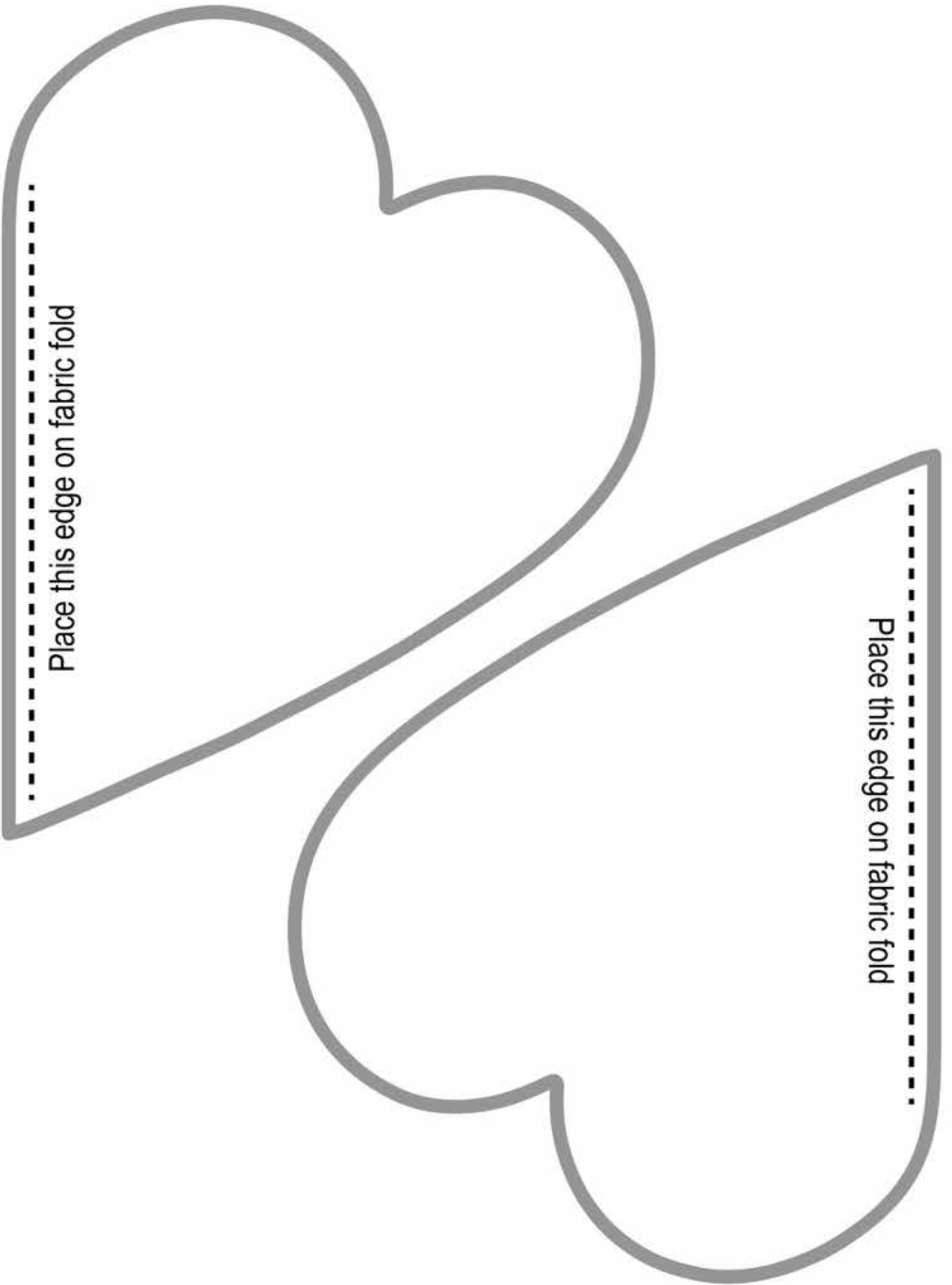
3. Keeping the fabric folded, sew a simple running stitch around the edge of the heart, leaving about an inch of the pointed end unsewn.

4. Invert the heart so the front of the fabric is on the outside. Use a pen inserted inside the heart as shown to help form the heart shape.

5. Use a funnel to fill the heart with rice. Sew the opening closed.

6. Heat your handwarmer in a microwave for 2 minutes to warm it up. Use it to warm your hands or to soothe sore muscles.

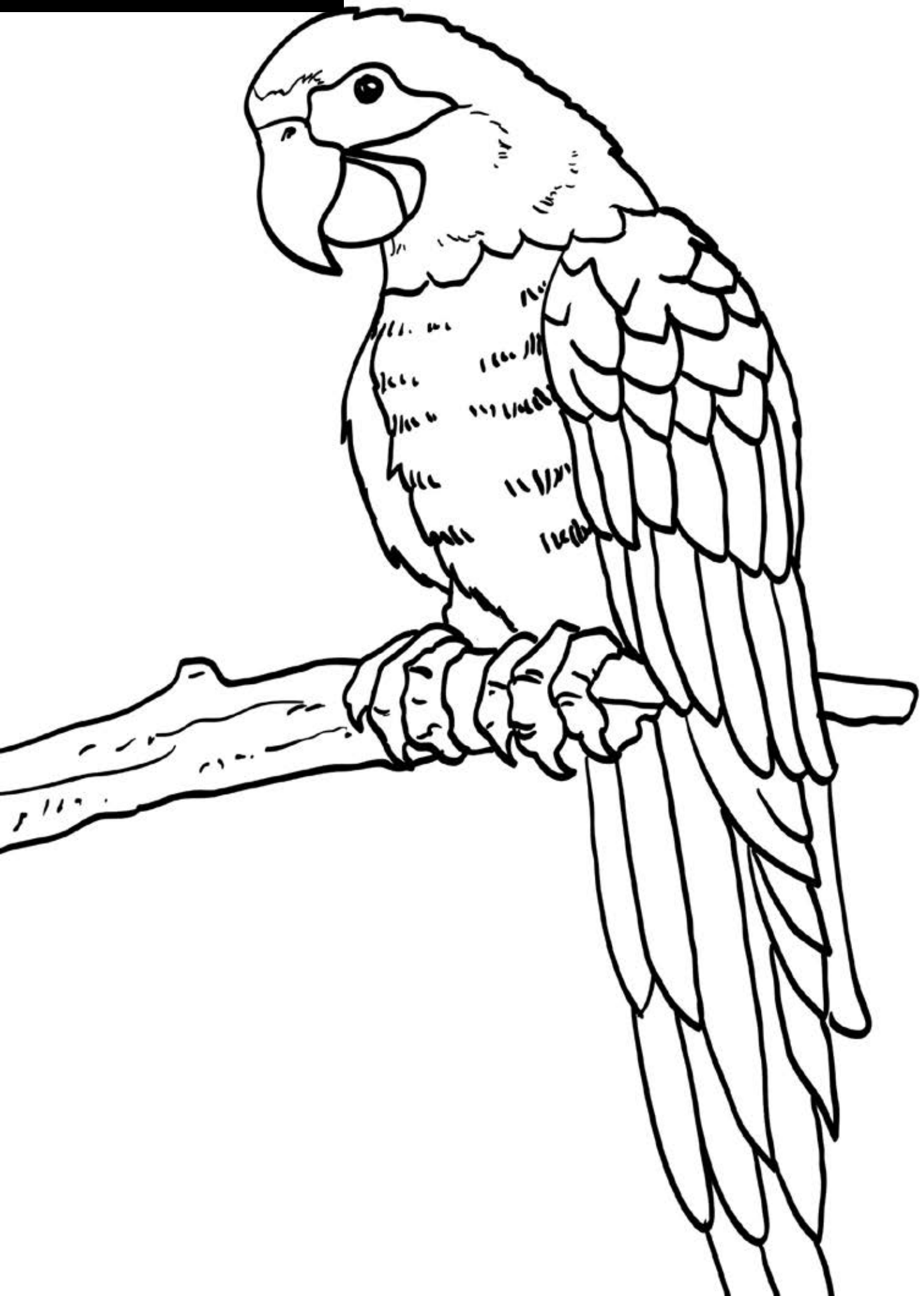


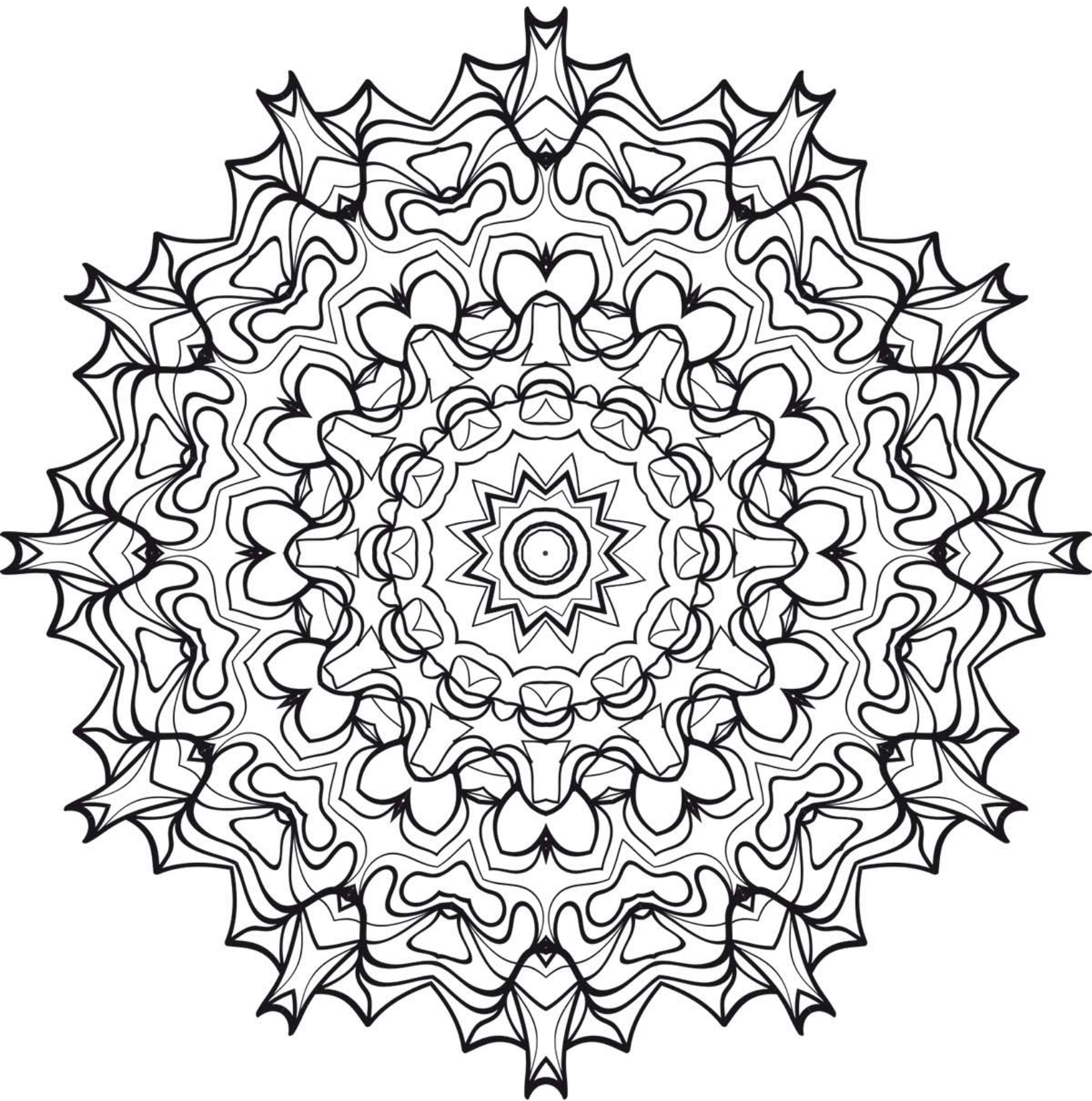


Place this edge on fabric fold

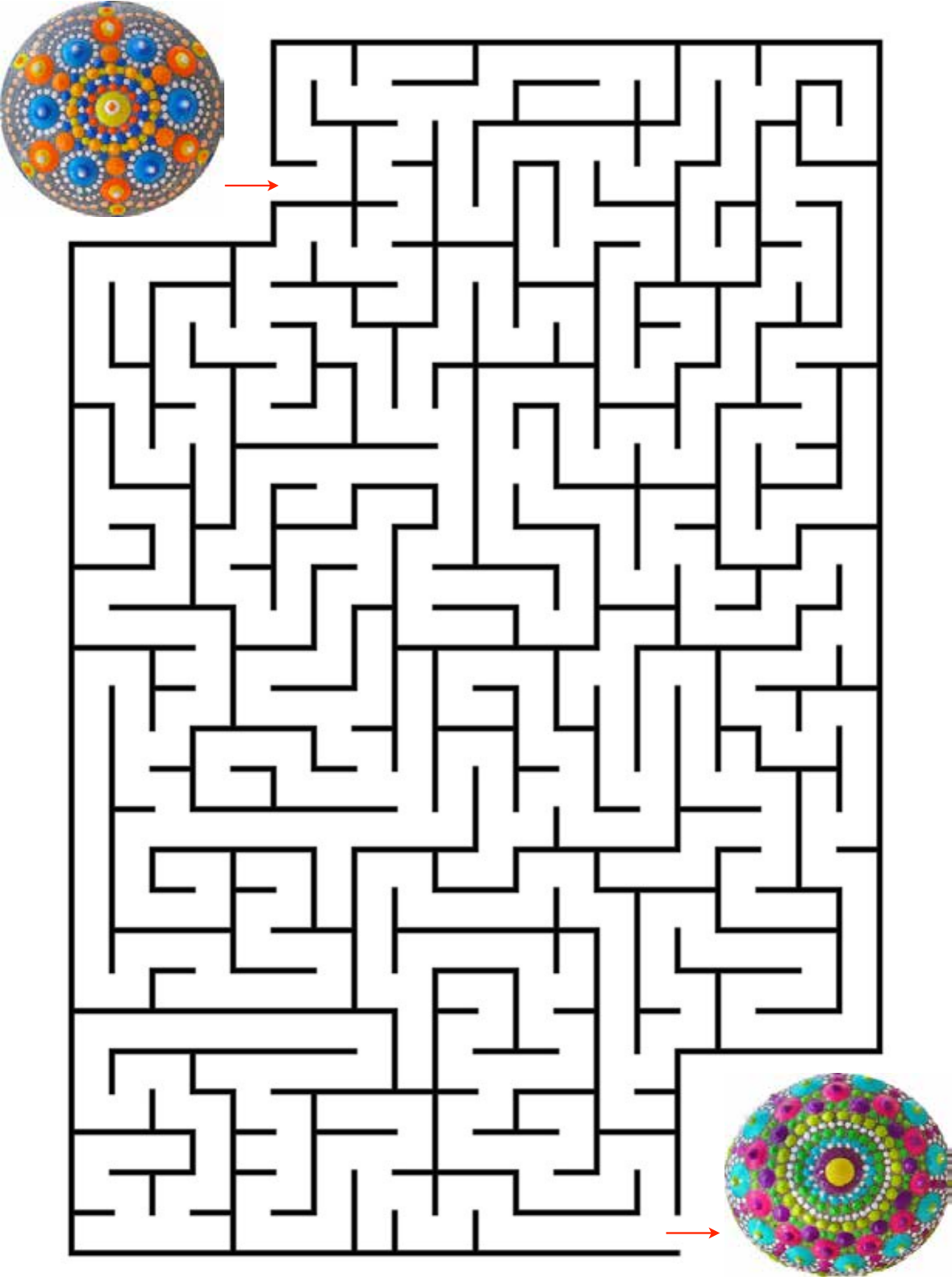
Place this edge on fabric fold

COLORING PAGE





A-Mazing Mandala



Super Bowl Detective

Search for the items in bold.

The football event of the year would soon be underway, and Stewart Black was ready.
He was holding a Super Bowl party for friends, along with his best bud Teddy.
He'd rented a 98-inch big-screen TV and **3 remote controls** just for the occasion
And asked his wife to spend the day elsewhere, a request requiring no persuasion.

Stu and Teddy bought **scissors**, a **streamer**, **4 pennants**, and a **roll of string** so handy,
Along with **3 rolls of tape**, a **can opener**, a **stapler**, and **2 balloons** so dandy.
Pizza and beer, wings, **hot dogs**, **3 Cokes**, and a **can of chili** were chosen for their eats,
Along with **3 bags of chips**, spicy dip, and **7 gold foil chocolate coins** for treats.

A **spoon**, **bottle opener**, and **3 plastic plates** were gathered and put in place,
With a **roll of paper towels** on standby for cleaning up spills, just in case.
Stu found his **lighter** and puffed on his **pipe** as the game commenced on TV;
He was feeling good about his party until the Parker brothers became rowdy.

They started squirting each other with **2 squeeze bottles** of ketchup and mustard,
Then threw the **football** around the room, tipping over a bowl of chocolate custard.
Stu's wife returned home in the middle of the chaos and quickly pulled him aside.
"From now on, my dear," she said, "any parties that you have will be held outside!"



Super Bowl LVII Mining

See how many words you can make with the letters in:

SUPER BOWL LVII

Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



- | | |
|-----------|-----------|
| 1. _____ | 21. _____ |
| 2. _____ | 22. _____ |
| 3. _____ | 23. _____ |
| 4. _____ | 24. _____ |
| 5. _____ | 25. _____ |
| 6. _____ | 26. _____ |
| 7. _____ | 27. _____ |
| 8. _____ | 28. _____ |
| 9. _____ | 29. _____ |
| 10. _____ | 30. _____ |
| 11. _____ | 31. _____ |
| 12. _____ | 32. _____ |
| 13. _____ | 33. _____ |
| 14. _____ | 34. _____ |
| 15. _____ | 35. _____ |
| 16. _____ | 36. _____ |
| 17. _____ | 37. _____ |
| 18. _____ | 38. _____ |
| 19. _____ | 39. _____ |
| 20. _____ | 40. _____ |

Goody Goody Gumdrops

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



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

- | | | |
|------------|----------|------------|
| CANDY | FRUIT | MINT |
| CHERRY | GELATIN | ORANGE |
| CINNAMON | JELLY | SPICED |
| COLORS | LEMON | STRAWBERRY |
| DECORATION | LICORICE | SUGARY |
| DOMED | LIME | SWEET |

Mixed-Up Muffins

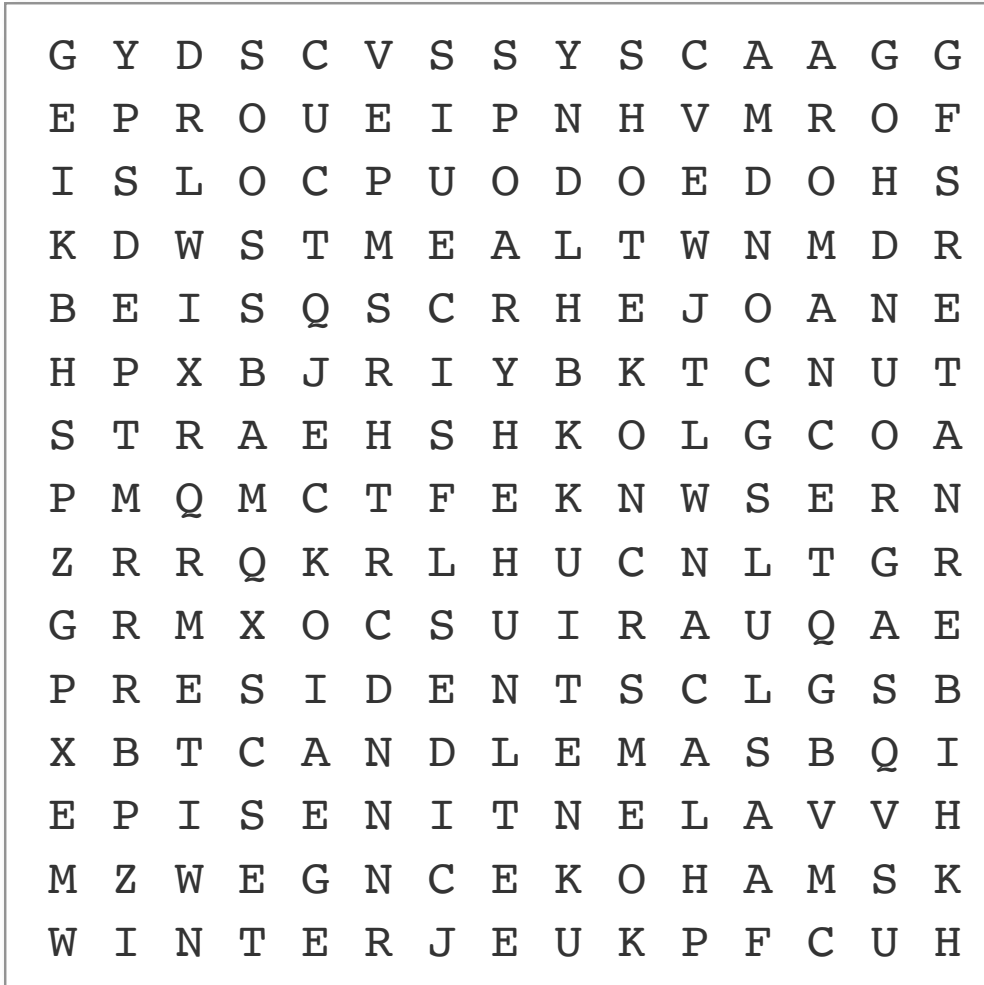
Unscramble the letters to reveal words associated with muffins.

1. L E Y R R B B E U _____
2. R S H F E A E D K B _____
3. N B N A A A T N U _____
4. B R M C Y U L _____
5. O T C C O N U _____
6. M K N U P P I _____
7. S R T E B A K F A _____
8. L D O U S E I I C _____
9. A H T O L C O C E H C I P _____
10. I C Z I U C N H _____
11. O A R R C T _____
12. Y S A R R P R E B _____
13. A N M C N N O I _____
14. E P E L P U A C S A _____
15. C N R B E O D A R _____
16. R A B R E R C N Y _____
17. P P Y P O D S E E _____
18. M A L E O T A _____



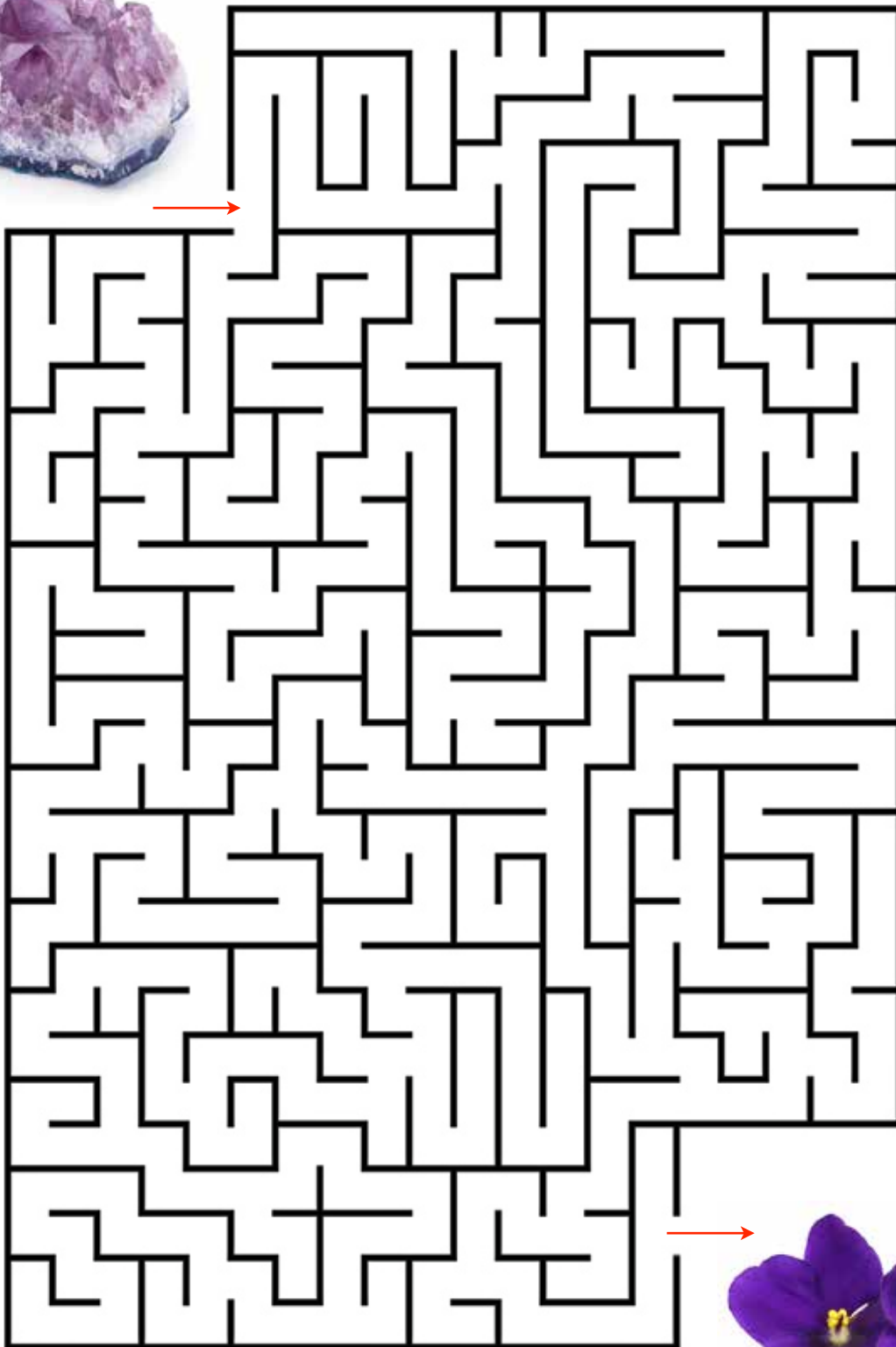
Searching for February

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



- | | | |
|-----------------------|-------------------|-------------------|
| AMETHYST | GROUNDHOG (Day) | ROMANCE |
| AQUARIUS | HEARTS | SNOW |
| BLACK HISTORY (Month) | HIBERNATE | SUPER BOWL |
| CANDLEMAS | ICICLE | VALENTINE'S (Day) |
| COLD | PISCES | VIOLET |
| FROST | PRESIDENTS' (Day) | WINTER |

A-Mazing Amethyst and Violets



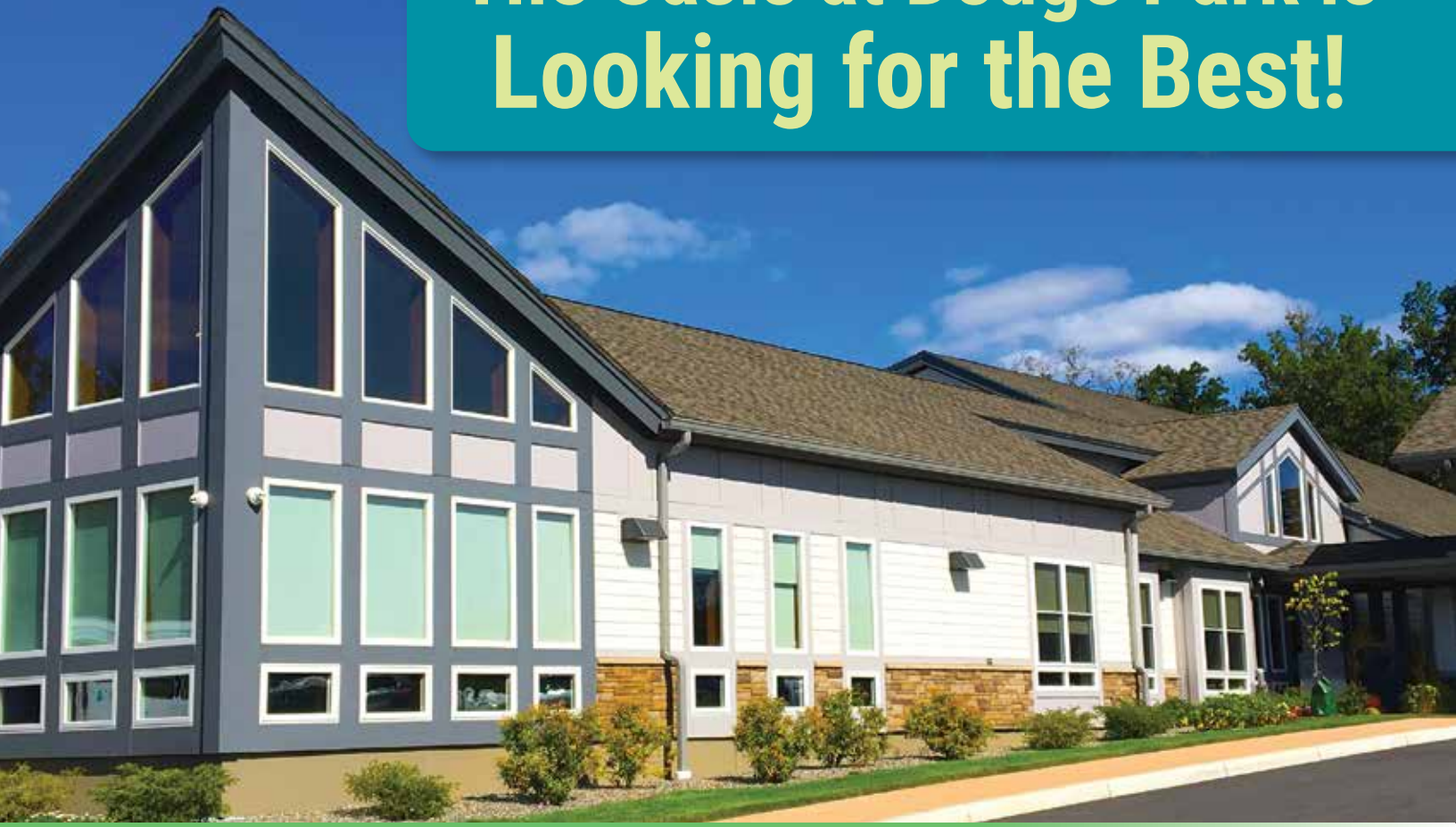
“Chew” on This

Use the clues to determine words that rhyme with *chew*.

1. Elmer’s product _____
2. Witch’s concoction _____
3. Rowing team _____
4. Produced a picture by hand _____
5. Mother sheep _____
6. Footwear _____
7. Church bench _____
8. Piglet’s pal _____
9. Gumbo _____
10. Factual _____
11. Drops on the grass _____
12. Helpful hint _____
13. Took to the skies _____
14. Increased in size _____
15. Hefner or Grant _____
16. Sky color _____
17. Bovine sound _____
18. What Horton heard _____



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

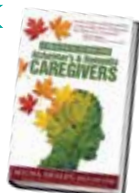
Worcester's Premier Senior Residential Care Facility



- 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
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- Fully licensed by the State of Massachusetts
- Private rooms available
- Daily activities programs



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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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DODGE PARK REST HOME
CELEBRATING **58** YEARS

Caring for our Community

DODGE PARK REST HOME

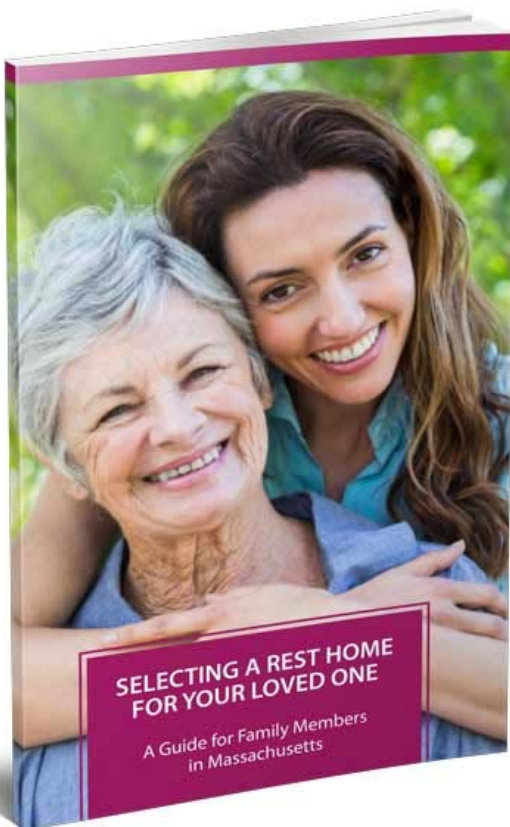
and
The Day Club

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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

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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.

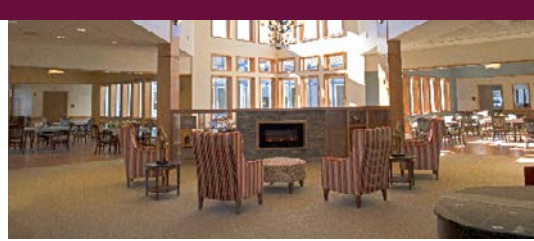
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

**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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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

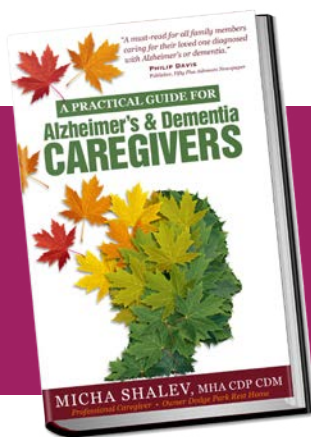
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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

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

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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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FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	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	1

HOLIDAYS AND OBSERVANCES: 14: VALENTINE'S DAY, 17: PRESIDENTS' DAY