

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

welcome
March



*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





After the Diagnosis of Alzheimer's Disease – So What Now!!

By Micha Shalev

Are you kidding me, I have what!! It can't be true. It has to be a mistake. You are really "angry". It's normal to have these feelings but the important thing is to find ways to cope, and continue to "have fun and laugh". What you must understand first and foremost is that you or loved one will lose short term memory but retain some long term memory.

There are several methods and diagnostic tools to help determine fairly accurately whether an individual with memory problems has "possible Alzheimer's disease," "probable Alzheimer's disease," or some other memory or neurological problem. "Possible Alzheimer's disease" is defined as a dementia that could be due to another condition. "Probable Alzheimer's disease" means there are no other causes for the symptoms that can be found. Some individuals with memory problems have a condition called amnesic mild cognitive impairment (MCI) that often precedes AD. Individuals with MCI have more memory problems than normal for individuals their age, but their symptoms are not as severe as those seen in AD. Importantly, not all individuals with MCI develop AD. At this time, a definitive diagnosis of Alzheimer's disease can only be determined by an autopsy of the brain after death. However, at specialized centers, doctors can diagnose AD in a living person correctly up to 90 percent of the time.

A physician will diagnose Alzheimer's in a living person by:

- Asking questions about an individual's overall health, past medical history, ability to perform daily activities, and changes in behavior and personality
- Conducting memory tests, problem solving, attention, counting, language skills and other abilities related to brain functioning
- Carrying out medical tests of blood, urine, or spinal fluid
- Collecting information provided by family members or other caregivers about changes in a person's day-to-day function and behavior which my help in diagnosis
- Performing brain scans, such as magnetic resonance imaging (MRI), positron emission tomography (PET) scan or a computed tomography (CT) scan

A complete diagnostic workup for AD is lengthy and costly and may take as long as a year or more before a final diagnosis is made. After the diagnosis is made, the family and patient may need considerable guidance and counseling. Family members often wonder whether they should tell their loved one of the diagnosis. While it is devastating to learn that your loved one has AD, it is frequently more stressful to be aware of the signs and symptoms and yet have no answer for the problem. The family and the patient should agree before the diagnosis is made so appropriate actions are taken. Not knowing always presents the risk of the person finding out accidentally. Open and honest communications are usually the best, but some families have their own reasons for choosing a different path. Families often look to healthcare professionals for guidance, and it is important to respect their decisions; however, physicians are advised to disclose the diagnosis to their patient.

Dodge Park & Oasis at Dodge Park

Micha Shalev MHA Executive Director/Owner
m.shalev@DodgePark.com

Ben Herlinger Administrator/Owner
b.herlinger@DodgePark.com

Carrie Lindberg RN, BSN Director of Nurses
c.lindberg@DodgePark.com

**Renee Kublbeck RN, BSN
Assistant Director of Nurses**
r.kublbeck@dodgepark.com

**Courteney Lindberg, MSN, APRN, FNP-C
Assistant Director of Nurses**
c.lindberg1@dodgepark.com

101 Randolph Road, Worcester, MA 01606

102 Randolph Road, Worcester, MA 01606

Phone: 508.853.8180 Fax: 508.853.4545

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

The American Psychiatric Association (APA) recommends advising Alzheimer's disease patients and their families of the need for

financial and legal planning due to the patient's eventual incapacity (e.g., power of attorney for medical and financial decisions, an up-to-date will, and the cost of long-term care).

Micha Shalev MHA CDP CDCM CADDCT is the owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is 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 or view more information online at www.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



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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.





My Mom had dementia and was a resident at Dodge Park, our experience there was excellent right from the start. They are very caring people and took wonderful care of my Mother. I had heard good things about Dodge Park and then when I read the excellent reviews, I knew this was the best place for my Mom. I met Micha first and he was so very caring in every way. I met with Carrie and nurse Sue who I would soon find out they were loving care givers. They kept Mom clean, safe and well cared for. I spoke to my Mom on Easter Sunday and she told me how good the food was there and how she felt loved there. The staff there took the time to know Mom and would talk to about her parents and her growing up in England. Mom told me many times she felt loved there. As a former Business Manager, I was so very impressed working with Cindy in the business office. She was wonderful to work with, just like the rest of the people at Dodge Park. May God Bless the owners and staff there, they are very special people.

My mother has been a resident of Dodge Park for 7 years. From the first day I can honestly say that she is cared for like family. They have activities for everyone from morning till night. The caregivers, nurses, kitchen staff and cleaning staff are the most patient, caring people one would hope to meet. The rooms are white glove clean. The food is first class. We've had dinner with Mom several times. Mom likes bingo and word games. She also enjoys the exercise classes and the entertainment people that come and play all the old songs from her younger years and sings right along with them! I cannot say enough wonderful things about Dodge Park and their staff. Mom is safe, well cared for and most importantly, she's happy!

Oasis at Dodge Park makes me feel extremely settled knowing my mom is in very good hands. I am in constant communication with the nurses and staff there, and I always know how she is doing and what the update for her is. Her room is always clean and I love that when I come to visit her everyone knows who I am and is so excited to see that she has visitors come. I don't live very close to the home, so it is a comfort to know that she is taken care of by such trustworthy people and with the best intentions for her. Oasis nurses and staff keep my mom safe, comfortable and constantly cared for and feeling loved. I couldn't recommend Oasis more.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>March 2025</h2>						
9:30- Daily Chronicle 10:00- Catholic Mass & Rosary 10:30- Color Me Celtic 2:30- Live Music With Tom G. 3:30- Dr. Seuss Social 3:30- 30 Favorite Seussisms 6:30- Evening Stretches 7:00- The Cat in the Hat Movie	9:30- Daily Chronicle 10:30- Catholic Mass w/ Father E. 11:00- Wildlife Live Camera 2:30- Exercise with Paula S. 3:30- Women in History: Marie Curie 4:00- I Spy Detective Work 7:00- Resident Interviews	9:30- Daily Chronicle 10:00- Dodge Park Jazz Parade 11:00- Live from New Orleans! 2:30- Live Music With Sean F. 3:30- Mardi Gras Facts & Trivia 4:00- Photo Opportunities 6:00- Men's Group Discussion 7:30- Scrapbooking Committee	9:30- Daily Chronicle 10:00- Yoga Session with Bonnie D. 10:30- Ash Distribution w/ Father E. 2:30- Live Music With Sandy R. 3:30- Alphabetical Vocabulary 4:00- Irish Traditions 7:00- Stained Glass Craft Workshop 7:30- Card Shark Board Games	9:30- Daily Chronicle 10:00- Day Club Baking Class Noodle Hockey 2:30- Exercise with Paula S. 3:30- Whiteboard Scattegories 4:00- Cranium Crunches Worksheet 6:30- Tai Chi Circle 7:00- Reflect & Reminisce Topics	9:30 Daily Chronicle 10:00- Bowling League 10:30- Art Therapy with Lynda S. 11:00- World Travel Tours 2:30- Live Music With Bill M. 4:00- Table Top Sensory Bins 6:30- "Make a Lap" Walking Club 7:00- Floral Centerpiece Workshop	9:30- Daily Chronicle 10:00- Move & Groove Exercise 10:30- A Wee Bit O' Bingo 11:00- Lucky Letter Hangman 2:30- Live Music with Arizona Doug 3:30- Who, What, Where Am I? 6:30- Dodge Park Book Club 7:00- Saturday Night Films
9:30- Daily Chronicle 10:00- Catholic Mass & Rosary 10:30- Color Me Celtic 2:30- Live Music With Rusty G. 3:30- Brain Game Teasers 4:00- Chorus Sing-A-Long 6:30- Evening Stretches 7:00- Aromatherapy Session	9:30- Daily Chronicle 10:30- Catholic Mass w/ Father E. 11:00- Wildlife Live Camera 2:30- Exercise with Paula S. 3:30- Women in History: Ella Fitzgerald 4:00- I Spy Detective Work 7:00- Resident Interviews	9:30- Daily Chronicle 10:00- Resistance Band Movements 10:30- Irish Crafting Station 2:30- Live Music With Sean F. 3:30- Famous Art History 4:00- Seasonal Sing-A-Long 6:00- Men's Group Discussion 7:30- Scrapbooking Committee	9:30- Daily Chronicle 10:00- Yoga Session with Bonnie D. 10:30- Linked Senior Game Show 2:30- Live Music With Greg P. 3:30- Alphabetical Vocabulary 4:00- Irish Traditions 7:00- Stained Glass Craft Workshop 7:30- Card Shark Board Games	9:30- Daily Chronicle 10:00- Day Club Baking Class Noodle Hockey 2:30- Exercise with Paula S. 3:30- Shamrock Shake Social 4:00- Cranium Crunches Worksheet 6:30- Tai Chi Circle 7:00- Reflect & Reminisce Topics	9:30- Daily Chronicle 10:00- Bowling League 10:30- Art Therapy with Lynda S. Bible Study Group 2:30- Live Music With Sean F. 4:00- Table Top Sensory Bins 6:30- "Make a Lap" Walking Club 7:00- Floral Centerpiece Workshop	9:30- Daily Chronicle 10:00- Move & Groove Exercise 10:30- A Wee Bit O' Bingo 11:00- Lucky Letter Hangman 2:30- Live Music with Rusty G. 3:30- Who, What, Where Am I? 6:30- Dodge Park Book Club 7:00- Saturday Night Films
9:30- Daily Chronicle 10:00- Catholic Mass & Rosary 10:30- Color Me Celtic 2:30- Live Music With Gary L. 3:30- Brain Game Teasers 4:00- Chorus Sing-A-Long 6:30- Evening Stretches 7:00- Aromatherapy Session	9:30- Daily Chronicle 10:30- Catholic Mass w/ Father E. 11:00- Celtic Women Virtual Concert 2:00- Saint Patrick's Jokes & Trivia 2:30- Exercise with Paula S. 4:00- Traditional Irish Phrases 6:00- Leprechaun Folklore 7:00- The Luck of the Irish Movie	9:30- Daily Chronicle 10:00- Resistance Band Movements 10:30- Irish Crafting Station 2:30- Live Music With Sean F. 3:30- Famous Art History 4:00- Seasonal Sing-A-Long 6:00- Men's Group Discussion 7:30- Scrapbooking Committee	9:30- Daily Chronicle 10:00- Yoga Session with Bonnie D. 10:30- Linked Senior Game Show 2:30- Live Music With Sandy R. 3:30- Alphabetical Vocabulary 4:00- Irish Traditions 7:00- Stained Glass Craft Workshop 7:30- Card Shark Board Games	9:30- Daily Chronicle 10:00- Green Thumb Gardening On The Patio Conversations 2:30- Exercise with Paula S. 3:30- Whiteboard Scattegories 4:00- Cranium Crunches Worksheet 6:30- Tai Chi Circle 7:00- Reflect & Reminisce Topics	9:30- Daily Chronicle 10:00- Bowling League 10:30- Art Therapy with Lynda S. Bible Study Group 2:30- Live Music With Arizona Doug 4:00- Table Top Sensory Bins 6:30- "Make a Lap" Walking Club 7:00- Floral Centerpiece Workshop	9:30- Daily Chronicle 10:00- Move & Groove Exercise 10:30- A Wee Bit O' Bingo 11:00- Lucky Letter Hangman 2:30- Live Music with Lenny Z. 3:30- Who, What, Where Am I? 6:30- Dodge Park Book Club 7:00- Saturday Night Films
9:30- Daily Chronicle 10:00- Catholic Mass & Rosary 10:30- Color Me Celtic 2:30- Live Music With Jim O. 3:30- Brain Game Teasers 4:00- Chorus Sing-A-Long 6:30- Evening Stretches 7:00- Aromatherapy Session	9:30- Daily Chronicle 10:30- Catholic Mass w/ Father E. 11:00- Wildlife Live Camera 2:30- Exercise with Paula S. 3:30- Women in History: Rosie the Riveter 4:00- I Spy Detective Work 7:00- Resident Interviews	9:30- Daily Chronicle 10:00- Resistance Band Movements 10:30- Irish Crafting Station 2:30- Birthday Party With Sandy R. 3:30- Famous Art History 4:00- Seasonal Sing-A-Long 6:00- Men's Group Discussion 7:30- Scrapbooking Committee	9:30- Daily Chronicle 10:00- Yoga Session with Bonnie D. 10:30- Resident Council 2:30- Live Music With Paul B. 3:30- Alphabetical Vocabulary 4:00- Irish Traditions 7:00- Stained Glass Craft Workshop 7:30- Card Shark Board Games	9:30- Daily Chronicle 10:00- Day Club Baking Class Noodle Hockey 2:30- Exercise with Paula S. 3:30- Whiteboard Scattegories 4:00- Cranium Crunches Worksheet 6:30- Tai Chi Circle 7:00- Reflect & Reminisce Topics	9:30- Daily Chronicle 10:00- Bowling League 10:30- Art Therapy with Lynda S. 11:00- World Travel Tours 2:30- Live Music With Rusty G. 4:00- Table Top Sensory Bins 6:30- "Make a Lap" Walking Club 7:00- Floral Centerpiece Workshop	9:30- Daily Chronicle 10:00- Move & Groove Exercise 10:30- A Wee Bit O' Bingo 11:00- Lucky Letter Hangman 2:30- Live Music with Rusty G. 3:30- Who, What, Where Am I? 6:30- Dodge Park Book Club 7:00- Saturday Night Films
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Dodge Park Rest Home & Day Club

Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, Ma Amy Laba Activity Director (508) 853-8180 Ex. 117 *All Activities Are Subject To Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>March 2025</h2>						
9:30- Daily Chronicle 10:00- Sunday Rosary & Prayers 10:30- Dr. Seuss Quotes & Trivia 10:45- Exercise with Paula S. 2:15- Live Music with Rusty G. 4:00- Read Along: The Lorax 7:00- Seated Tai Chi 7:30- The Cat in The Hat Movie	9:30- Daily Chronicle 10:00- March's Classic Symbols 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 2:30- Live Music with Rusty G. 4:00- Golden Thimble Sewers 4:30- Men's Group Discussion 6:30- Tours Throughout Ireland	9:30- Daily Chronicle 10:00- Live From New Orleans! 10:30- Art Therapy with Lynda S. 2:30- Live Music with Greg P. 4:00- Oasis Fat Tuesday Parade King's Cake Social 6:00- Game Show Network	10:30- Exercise with Joe F. 10:30- Bible Study 11:20- Ash Distribution with Priest 2:30- Live Music With Sean F. 4:00- A Wee Bit O' Bingo King Pin Bowling League 7:00- Golden Age of Hollywood Film	9:30- Daily Chronicle 10:00- Drum Circle Percussions 10:30- Exercise with Paula S. 2:30- Live Music with Rusty G. 4:00- Green Thumbs Gardening Club 4:30- Lucky Letter Hangman 6:30- Hand Massages & Manicures 7:00- Fireside Celtic Folktales	9:30- Daily Chronicle 10:00- Kindred Hearts Sensory 10:30- Exercise with Paula S. 1:30- Shabbat Service 2:30- Live Music with Tom G. 3:30- Friday Happy Hour 4:00- Scrapbooking Committee 7:00- Namaste at Night	9:30- Daily Chronicle 10:00- A Pinch of Trivia 10:30- Discuss the Decades 2:15- Live Music with Sandy R. 4:00- A Wee Bit O' Bingo 6:30- Aromatherapy Session 7:00- Guided Meditations
9:30- Daily Chronicle 10:00- Sunday Rosary & Prayers 10:45- Exercise with Paula S. 2:15- Live Music with Bill M. 4:00- Linked Senior Game Show 4:30- Table Top Word Puzzles 7:00- Seated Tai Chi 7:30- Turner Classic Movies	9:30- Daily Chronicle 10:00- March's Classic Symbols 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 2:30- Live Music with Sean F. 4:00- Golden Thimble Sewers 4:30- Men's Group Discussion 6:30- Tours Throughout Ireland	9:30- Daily Chronicle 10:00- Question of the Day 10:30- Exercise with Paula S. 10:30- Art Therapy with Lynda S. 2:30- Live Music with Paul B. 4:00- Small Group Circles Oasis Book Club 6:30- Game Show Network	9:30- Daily Chronicle 10:00- Linked Senior Slide Show 10:30- Exercise with Joe F. 2:30- Live Music With Sean F. 4:00- A Wee Bit O' Bingo King Pin Bowling League 6:30- Resident Interviews 7:00- Golden Age of Hollywood Film	9:30- Daily Chronicle 10:00- Learning About Purim 10:30- Exercise with Paula S. 2:30- Live Music with Arizona Doug 4:00- Green Thumbs Gardening Club 4:30- Lucky Letter Hangman 6:30- Hand Massages & Manicures 7:00- Fireside Celtic Folktales	9:30- Daily Chronicle 10:00- Kindred Hearts Sensory 10:30- Exercise with Paula S. 1:30- Shabbat Service 2:30- Live Music with Sean F. 3:30- Friday Happy Hour 4:00- Scrapbooking Committee 7:00- Namaste at Night	9:30- Daily Chronicle 10:00- A Pinch of Trivia 10:30- Discuss the Decades 10:45- Exercise with Paula S. 2:15- Live Music with Sandy R. 4:00- A Wee Bit O' Bingo 6:30- Aromatherapy Session 7:00- Guided Meditations
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The Oasis at Dodge Park

The Oasis at Dodge Park 102 Randolph Road Worcester, Ma Amy Laba Activity Director (508) 853-8180 Ex. 117 *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

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

‘We feel so fortunate that we found the Oasis’

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

‘Mom is doing fabulous at the Oasis’

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

Oasis’s Activity Coordinator Amy Bustin says:

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



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

www.oasisatdodgepark.com
877-363-4775

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

MARCH OBSERVANCES

Monthly

Brain Injury Awareness Month. More than 5.3 million adults and children are living with a permanent brain injury-related disability in the United States. If you know someone who is living with a brain injury, or if you have one yourself, join the #MoreThanMyBrain-Injury campaign to help educate people about what it's like to live with a brain injury.

Red Cross Month. Red Cross Month has been an annual tradition since 1943, when President Franklin D. Roosevelt issued the first Red Cross Month proclamation. Join the Red Cross mission by volunteering, donating blood, learning lifesaving skills, or making a financial contribution.

Social Work Month. The theme for Social Work Month 2022 is "The Time is Right for Social Work." During Social Work Month, take time to learn more about the positive contributions of the profession and celebrate the social workers you know.

Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating March "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

Save Your Vision Month. Few realize how many people lose their sight every year. Many forms of blindness can be cured if discovered soon enough, and many people blinded by accident could have kept their sight had they taken minor eye safety precautions. Our eyesight and the eyesight of our children should be paramount on our list of personal responsibilities. Money can't buy it, but a checkup and early care can preserve it.

Weekly

National Consumer Protection Week, March 2-8. National Consumer Protection Week (NCPW) is a time to help people understand their consumer rights and make well-informed decisions about money.

National Poison Prevention Week (NPPW), March 16-22. The third full week in March each year is National Poison Prevention Week (NPPW), a week dedicated to raising awareness of poison prevention and safety and the Poison Help line (1-800-222-1222).

SPECIAL DAYS

- 1 National Pig Day
- 1 Peace Corps Day
- 1 Peanut Butter Lovers' Day
- 1 Plan a Solo Vacation Day
- 1 Ramadan – This Islamic holy day begins at sundown.
- 1 World Compliment Day
- 2 Namesake Day – The first Sunday in March.
- 2 Old Stuff Day
- 2 Oscar Night – The date varies.
- 2 Reuben Grill Day
- 3 Caregiver Appreciation Day
- 3 I Want You to Be Happy Day
- 3 If Pets Had Thumbs Day
- 3 National Anthem Day
- 3 Peach Blossom Day
- 4 Holy Experiment Day
- 4 Hug a GI Day
- 4 Mardi Gras / Fat Tuesday – The date varies.
- 4 National Snack Day
- 5 Ash Wednesday – The date varies.
- 5 National Cheese Doodle Day
- 5 Multiple Personality Day
- 6 Dentist's Day
- 6 National Frozen Food Day
- 6 National Oreo Cookie Day
- 7 Crown Roast of Pork Day
- 7 Employee Appreciation Day
- 7 National Cereal Day
- 7 National Salesperson Day
- 7 Plant Power Day
- 7 World Day of Prayer – The first Friday of the month.
- 8 Be Nasty Day
- 8 Genealogy Day – The second Saturday of the month.
- 8 International (Working) Women's Day
- 8 National Proofreading Day
- 9 Daylight Savings begins at 2:00 a.m.
- 9 Barbie Day
- 9 Get Over It Day
- 9 Panic Day
- 10 International Day of Awesomeness
- 10 International Find a Pay Phone Booth Day
- 10 Middle Name Pride Day
- 11 Johnny Appleseed Day
- 11 Worship of Tools Day
- 12 Girl Scouts Day
- 12 Plant a Flower Day
- 13 Ear Muff Day
- 13 Jewel Day
- 13 Popcorn Lover's Day
- 13 Smart & Sexy Day
- 14 National Potato Chip Day
- 14 National Pi Day

SPECIAL DAYS

15 Buzzards Day
 15 Corn Dog Day – The third Saturday in March.
 15 Dumbstruck Day
 15 Everything You Think Is Wrong Day
 15 Ides of March
 15 International Sports Car Racing Day
 15 National Quilting Day
 15 National / World Agriculture Day – The date varies.
 16 Everything You Do is Right Day
 16 Freedom of Information Day
 16 Giant Panda Bear Day
 16 Corned Beef and Cabbage Day
 17 Corned Beef and Cabbage Day
 17 Submarine Day
 17 Saint Patrick's Day – Everyone's a little Irish today.
 18 Awkward Moments Day
 18 Goddess of Fertility Day
 18 Supreme Sacrifice Day
 18 Tea for Two Tuesday – The third Tuesday in March.
 19 Let's Laugh Day
 19 Poultry Day
 20 Earth Day
 20 Extraterrestrial Abductions Day
 20 International Day of Happiness
 20 International Earth Day
 20 Proposal Day
 20 Spring (Vernal) Equinox – The date varies.
 20 World Sparrow Day
 21 Credit Card Reduction Day
 21 World Poetry Day
 22 As Young As You Feel Day
 22 National Goof Off Day
 23 Chip and Dip Day
 23 National Puppy Day
 23 Near Miss Day
 24 National Cheesesteak Day
 24 National Chocolate Covered Raisin Day
 25 Feast of the Annunciation
 25 Pecan Day
 25 International Waffle Day
 26 Live Long and Prosper Day
 26 National Spinach Day
 27 National "Joe" Day
 28 Something on a Stick Day
 29 National Mom and Pop Business Owners Day
 29 Smoke and Mirrors Day
 29 World Piano Day
 30 I am in Control Day
 30 National Doctor's Day
 30 Take a Walk in the Park Day
 31 National Clam on the Half Shell Day
 31 National Crayon Day

Weekly

National Agriculture Week, March 16-22. National Agriculture Week is celebrated every year in March on dates announced by the Agriculture Council of America. The week celebrates and acknowledges the agricultural industry and the role it plays in stabilizing the economy. The holiday gives thanks to the industry as a whole for being a source of abundant food, fiber, and renewable products. It also provides millions with stable jobs and careers. It also emphasizes the efforts made by those involved in agriculture for providing us with necessities that most of us take for granted.

Daily

World Wildlife Day, March 3. This year's theme, "Recovering key species for ecosystem restoration," seeks to draw attention to the status of some of the most endangered species of wild fauna and flora, and to drive discussions towards imagining and implementing solutions to conserve them.

Pi Day, March 14. Divide any circle's circumference by its diameter and the answer is always approximately 3.14. Keep calculating, as mathematicians have been doing for 4,000 years, and you'll discover it goes on with no pattern literally forever.

St. Patrick's Day, March 17. The luck of the Irish be with you!

World Storytelling Day, March 20. A global celebration of the art of oral storytelling, celebrated every year on the March equinox.

National Ag Day, March 19. This year's theme: "Growing a Climate for Tomorrow."





Plant of the Month – Peace Lily

Peace lilies are a popular, low-maintenance houseplant that typically bloom in the spring and sometimes in the fall. This lovely decorative indoor plant wows with its snowy white petals and bright green leaves. Despite its name, the peace lily is not a true lily. Instead, it is part of the Araceae family, which also includes calla lilies. In addition to their beauty, peace lilies function as natural air purifiers, absorbing toxic substances from the air like carbon monoxide and formaldehyde. They can also absorb some excess air moisture, which may contribute to reducing mold. Adaptable and hardy, the peace lily thrives in low light and requires watering when the soil feels dry. Its blooms symbolize peace, solace, and remembrance and are often given to people in times of struggle or grief. Due to its tranquil, calming qualities, placing a peace lily in your bedroom can create a restful environment.

Flower - Daffodil

With its bright yellow petals breaking through the melting snow, the daffodil is a sure sign of spring's return. Also known as narcissus or jonquil, the sunny flower represents love, hope, joy, and respect. But when gifting, be sure to present them in a bunch—the gift of a single daffodil is a sign of misfortune. In many cultures, the daffodil symbolizes rebirth and prosperity. Its reemergence each spring reminds us that great beauty can follow the coldest winter or most difficult struggle.



Birthstone – Aquamarine



The name *aquamarine* comes from Latin, meaning “water of the sea.” Aquamarine was the stone of the sea goddesses; sailors carried the stones believing they would ensure safe travels. Aquamarine exists in many shades, from pale to deep blue. Some are tinged with green. The gem owes its color to the presence of iron and belongs to the same family of stones as the emerald. Much of the world's supply comes from Brazil, in particular the vivid blue variety called Santa Maria. They are also found in Siberia, Myanmar, and parts of the U.S.

Celebrate the Arrival of Spring

The vernal equinox falls on March 20 this year. It is a day when daylight and darkness are approximately equal in length. On this day, the sun crosses the celestial equator—the “line” in the sky above Earth's midline. It marks the end of winter and the start of spring in the northern hemisphere and the end of summer and the start of fall in the southern hemisphere.

The Chinese have celebrated the equinox with feats of egg balancing, where an unbroken egg, a symbol of fertility, is said to bring good luck and prosperity for the rest of the season. Early equinox celebrations in Germanic countries centered around Ostara, the Germanic goddess of spring. In Persia, the Achaemenid dynasty celebrated the equinox with the festival of Nowruz, meaning “new day.” And finally, in Central America, the Mayans celebrated this day for centuries with a viewing of the sun as it sets on the El Castillo pyramid in Mexico.

MARCH FUN FACTS

March gets its name from Mars, the Roman god of war. The name seemed like a logical choice to Romans because with the gradually warming weather, military campaigns could begin again. The Finnish call March *maaliskuu*, which means “earthly month.” That also makes sense, for as the snow melts, you can once again see the ground. March is also a good time to begin planting gardens. *März* is German for March. In Spanish, it is *marzo*. In French, it is *mars*.

March Birthdays

Ron Howard (director) – March 1, 1954
Desi Arnaz (actor) – March 2, 1917
Howard Pyle (illustrator) – March 5, 1853
Ina Boyle (composer) – March 8, 1889
Agathe von Trapp (singer) – March 12, 1913
Hank Ketcham (cartoonist) – March 14, 1920
Anna Atkins (photographer) – March 16, 1799
Mia Hamm (soccer player) – March 17, 1972
Bruce Willis (actor) – March 19, 1955
Marcel Marceau (mime) – March 22, 1923
Dorothy Height (activist) – March 24, 1912
Sarah Vaughan (jazz singer) – March 27, 1924
Jerry Lucas (NBA center) – March 30, 1940
Liz Claiborne (fashion designer) – March 31, 1929



Punny Spring

Spring is the ideal time to turn over a new leaf.

Q: How do you tell someone winter is over?

A: You spring it on them!

Q: What did the florist say when it was springtime?

A: Business is blooming!



What's Lucky in March?

Lucky Color: Green

Lucky Animal: Rabbit

Lucky Letters: Z and E

Lucky Day: Saturday

Lucky Plant: Fuchsia



March's Full Moon

The full moon of March is known by a few names. Some Native American tribes call it the worm moon because, as the temperature warms and the ground begins to thaw, earthworms appear, which brings the return of the robins. Others call it the full crow moon because the cawing of crows signals the end of winter. The full moon that occurs after March 21 is called the paschal moon and is used to determine the date of Easter.

March Zodiacs

Pisces (The Fish) March 1–20

Aries (The Ram) March 21–31



A very
Happy Birthday to...



Dodge Park Residents	Staff
March 4..... Clare B.	March 1..... Michael K.
March 11..... Donald G.	March 3..... Padmore A.
March 14 Austin L.	March 8..... Luz G.
March 19 Debra M.	March 8..... Vigeline N.
March 29..... Laura P.	March 12..... Jessica L.
March 31..... Roberta B.	March 12..... Amy T.
	March 15..... Ellen B.
	March 15..... Kwabena B.
	March 17..... David M.
Oasis Residents	March 18 Becky H.
March 1 Barbara V.	March 19 Joanna M.
March 8 Frank B.	March 22..... Denise S.
March 18 Judy K.	March 24..... Jessica O.
	March 25..... Kwabena A.

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**

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101 Randolph Road, Worcester, MA



The Delicious Classic Cookie

No matter how you eat it, the Oreo has become a familiar 20th-century cultural icon. Since its inception at Nabisco in 1912, it is the bestselling cookie, with total sales in excess of 500 billion, and it is even recorded in the Guinness World Records.

Oreos are enjoyed in more than 100 countries; in fact, if every Oreo ever made were to be stacked on top of each other, the pile would reach to the moon and back more than six times.

What is an Oreo?

An Oreo is a sandwich cookie. White creamy frosting is flanked between two crispy chocolate round cookies. The chocolate rounds are made from typical chocolate cookie ingredients like flour, cocoa, and sugar. Apparently, the frosting ingredients are a company secret. Do you blame them?

There have been more than 85 different flavors of Oreos over the years, including Jelly Donut, Kettle Corn, PB&J, and even Hot & Spicy Cinnamon flavor. Here are 10 from the list that really sound interesting. Take a poll of which ones participants would like to try or to avoid:

- Banana Split Oreo
- Berry Ice Cream Oreo
- Birthday Cake Oreo
- Cookie Dough Oreo
- Lemon Twist Oreo
- Fried Chicken Oreo
- Swedish Fish Oreo
- Hot & Spicy Cinnamon Oreo
- Wasabi Oreo
- Game of Thrones Oreo

Discussion Starters

- Have Oreos always been a part of your life? Or do you remember the first time you tasted one? How old were you?
- Do you enjoy eating Oreos? Is there a particular flavor you prefer?
- What do you think of dunking Oreos in liquids such as milk? Is there another way you prefer to eat your Oreos?
- Growing up, did cookies live in a designated cookie jar? There are so many kinds of cookie jars out there. What did yours look like?

How to Eat an Oreo

Plain or twisted? Dipped or dunked? Even though Oreos are delicious on their own, you can't help but want to pay tribute to this iconic cookie's tradition of dunking it in milk. In fact, one of Oreo's taglines reads, "Milk's Favorite Cookie." Some say milk is the only way to go. Then there's the question of how to dunk. To keep from getting messy, one may stick a fork in the creme filling to dunk the cookie into the milk. But according to Oreo's U.S. marketing director, there is a proper way to eat and dunk the classic cookie. The tried-and-true approach is the twist, lick, and dunk method. First twist each half apart, next have a little bite of the creme filling, then dunk the Oreo in milk.

Playing with Our Food

Some fun interactive ideas to try:

- Bingo – Use Oreo Minis as bingo markers. Make sure to cover bingo cards in cling wrap. Enjoy them as a sweet treat when done playing.
- Minute-to-Win-It Games:
 - Crazy Cookie Contest – Put a plate of cookies in the middle of the table between four players. Give everyone a spoon and a bowl. When play starts, everyone gets one minute to try to use their spoons to get cookies from the plate into their bowl. The person with the most cookies at the end is the winner. (Obviously, they have the most cookies!)
 - Stacking Challenge – See who can make the tallest tower of Oreos in less than one minute.

Caravan of Camels



Early Camels

If you could time-travel back millions of years to see ancient camels, you might think you'd need to set your destination to Africa or the Middle East. But would you believe that camels first evolved in North America? Forty-four million years ago, camels first roamed the continent. Around four million years ago, an early camel ancestor called a *Camelops* lived as far south as Mexico and as far north as Alaska, according to the fossil record. These early camels were a foot taller than modern camels. They migrated over the Bering Land Bridge and escaped extinction during the Ice Age.

Afterward, camels continued evolving into sturdy and resilient animals that could survive harsh desert environments. They developed humps and split into two families:

- *Dromedary* camels have one hump. About 90 percent of the world's camel population are domesticated dromedaries. These camels still live in the Middle East, India, and Africa. Australia also has a population of wild dromedaries that are descendants of camels originally brought to the continent for transportation.

- *Bactrian* camels have two humps, are adapted for colder climates, and live mainly in China and Mongolia's mountainous and remote areas. Many of these camels still live in the wild. The hump, probably the camel's most famous feature, is a unique adaptation. Unlike what many people think, a camel's hump isn't full of water—it's mostly fat. This fat is a critical energy reserve, allowing camels to go long periods without food. When resources are scarce, the hump deflates as the fat is used up and recharges when the camel can re-

fuel. This makes camels perfect for life in environments where food and water are often in short supply.

Walking First-Aid Kits

Camels' ability to conserve and maximize water usage is truly fascinating. They can drink 30 gallons of water in one sitting. Most mammals lose water through sweat, but camels' fur shields them from the sun, and their undercoat keeps them insulated from heat, so they rarely sweat. You might think that fur coats would be too hot for the desert, but camels that have been shaved sweat far more without their coats.

Camels also regulate their internal temperature. Their body temperatures rise as high as 106°F (41°C) during the day; at night, they conserve energy by lowering their body temperature to around 93°F (34°C). Camels' kidneys expand to store water and prevent it from escaping through urine—which is not to say they don't excrete waste. When nature calls, camels excrete small amounts of syrup-like urine and very dry feces, again conserving all the water they can. They can lose up to 25 percent of their body weight through dehydration and bounce back quickly after rehydrating.

Camels are like a walking Swiss army knife. But that's not the end of their amazing adaptations. Camels' long legs also help them stay cool by keeping their bodies farther from the hot ground. To top it all off, camel eyes have a third eyelid and two rows of thick eyelashes to protect against sand and intense sunlight.

Q: How do you think you would survive in the desert? Do you have any special skills or knowledge that might be helpful?





The Symbolic Fleur-de-Lis

Of the many symbols associated with New Orleans and Mardi Gras, the fleur-de-lis (French for “flower of the lily”) is one of the most important. Join us as we learn more about this iconic image.

History

The fleur-de-lis, closely tied to New Orleans and Mardi Gras, has roots in French history. Adopted by the French monarchy in the 1100s, it remained a royal symbol until the French Revolution in 1789. However, its history extends further back, with possible origins in ancient Babylonia and Egypt. In Egypt, an early symbol for the asp (the snake associated with Cleopatra’s death) may have served as a prototype for the modern fleur-de-lis. In Roman legend, it represented fidelity.

The familiar image became prominent around 1062 AD, as France emerged from the Dark Ages. Clovis, the first Christian king of the Franks and founder of the Merovingian dynasty, reportedly received the fleur-de-lis as a divine gift. In the 12th century, King Louis VII adopted it as a royal emblem. Initially, the three petals symbolized the Christian Trinity: the Father, the Son, and the Holy Spirit. Soon, it adorned flags, shields, and crowns of the House of Bourbon, who later ruled France. Over time, it spread throughout Europe as a symbol of royalty. In England, the Prince of Wales’ badge includes three feathers and a gold coronet with two fleurs-de-lis. Hundreds of versions of the fleur have since emerged, appearing in art, architecture, textiles, and jewelry. Debate exists about whether the flower depicted is a lily or an iris, as it more closely resembles the *Iris pseudacorus*. Nevertheless, its name remains unchanged.

Did You Know?

- A common variant spelling of lis is lys. The plural form is fleurs-de-lis.
- Joan of Arc carried a banner bearing a fleur-de-lis when leading French troops to victory over the British.
- The fleur-de-lis is also a symbol in the Roman Catholic Church, representing both the Holy Trinity and the Virgin Mary.
- It has long been regarded as a sign of purity.
- The fleur-de-lis appears on the logo of the Scouts, symbolizing the three-fold scouting promise: Duty to God, responsibility for self, and service to others.
- During Mardi Gras, krewe members on floats toss items known as “throws” to the crowd, often including beaded necklaces with a fleur-de-lis, which are prized as souvenirs.
- In 2008, Governor Bobby Jindal declared the fleur-de-lis Louisiana’s official symbol.
- The cities of Baton Rouge, New Orleans, and Lafayette display the fleur-de-lis on their flags.
- People sometimes use the fleur-de-lis emoji to add a touch of elegance to their messages.

Discussion Starters

- Have you or your children been involved in scouting? If so, are you familiar with the fleur-de-lis on its logo?
- Have you attended Mardi Gras in New Orleans? If so, did you notice the fleur-de-lis in decorations or parade throws?
- Do you use emojis in text messages? If so, have you ever used a fleur-de-lis emoji?





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

FDA's Ban on Red Dye Number 3



The United States has a safe food supply, one of the safest in the world, in fact. However as scientific research evolves and reveals more evidence, what we once believed to be safe may be overturned. Such is the case with food additives, most recently with a widely used food dye commonly known as FD&C Red No. 3 (also known as Red 3). This food dye was approved by the Food & Drug Administration (FDA) in 1969 but on January 15, 2025 an order was issued by the FDA banning the use of Red No. 3 in food and ingested drugs.

Recent research links the food dye to health risks, specifically its cancer-causing effects in animal studies. Male lab rats were exposed to the dye in high amounts and the effect was cancer. No studies have yet shown the same effect in humans or even other animals. Male rats have a specific hormonal mechanism working in their bodies, thus the cause and effect with Red No. 3. The Delaney Clause of the Federal Food, Drug & Cosmetic Act (FD&C Act) enacted in 1960 “prohibits authorization of a food additive or color additive if it has been found to cause cancer in humans or animals.”

The food industry has been using food additives for as long as the manufacturing of foods has been around. The earliest additives were natural substances used to preserve and/or enhance flavor, such as salt or smoke. Thousands of years ago, Egyptians used saffron, found in the stamen of crocus flowers, to give foods an interesting, exotic flavor and yellow to orange color. After the Industrial Revolution, the use of food additives dramatically increased. Synthetic food dyes became popular in the packaged food industry because of the attractive qualities they provided. In the case of Red No. 3, gave certain foods and beverages a bright, cherry-red color. Examples of where this is evident is in candy, cakes, cookies, frozen desserts, frostings and medications. It wasn't until the mid-20th century that the use of certain additives became concerning amongst health professionals, such as artificial sweeteners and trans-fats.

Food and drug manufacturers that have been using Red No. 3 must reformulate their product recipes by January 15, 2027 (foods) and January 18, 2028 (drugs). Manufacturers already have to list the dye on food labels. Look for “Red 3”, “FD&C Red No. 3”, “FD&C Red # 3” or “erythrosine”. Erythrosine can be seen in use in Canada and Europe.

As we learn more and more about the safety of artificial food additives the trend and recommendation by Registered Dietitians is to consume more fresh, whole, natural foods and less foods that are processed and contain potentially harmful additives.

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.



Citrus Pudding Mix Cookies

Makes 1 1/2 dozen

Ingredients:

- 1 3/4 cups flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon orange zest
- 4 tablespoons butter, melted and cooled
- 2 large eggs
- 1 tablespoon vanilla extract
- 3/4 cup plus 2 tablespoons sugar
- 1 (1-ounce) box sugar-free lemon pudding mix

Directions:

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. Combine flour, baking powder, salt, and zest in a medium bowl. Set aside.
3. Combine butter, eggs, and vanilla in another medium bowl. Stir in sugar and pudding mix until well incorporated.
4. Gradually add flour mixture to butter mixture, stirring until just incorporated.
5. Drop dough by tablespoonful onto the prepared baking sheets.
6. Bake 10 minutes.



St. Patty's Cookie Bark

Makes 16 servings

Ingredients:

- 1 (16-ounce) package Candiquick Vanilla Baking Bar
- 3/4 cup crumbled mint chocolate sandwich cookies (such as Oreo Cookies), divided
- Green sprinkles

Directions:

1. Line a 9 X 13-inch baking pan with parchment paper.
2. Place baking bar in a microwave-safe bowl and microwave 10–12 minutes, stirring every minute.
3. Stir in 1/2 cup crumbled cookies. Spread mixture into prepared pan.
4. Sprinkle remaining crumbled cookies and desired amount of sprinkles on top of mixture.
5. Cover and chill until firm.
6. Remove from pan, break into pieces, and serve.



Creamy Roasted Red Pepper Dip

Makes 8–10 servings | A diabetic-friendly recipe

Ingredients:

- 8 ounces soft cream cheese
- 1/2 cup chopped roasted red pepper
- 1 teaspoon garlic powder
- Crackers or cut vegetables of choice

Directions:

1. Combine cream cheese, garlic powder, and red pepper in food processor until smooth.
2. Serve with crackers or cut vegetables.

Cooking Tidbit

If you are making a dip or sauce and are finding it a little thick, simply add a little water or broth (if savory). If it's a little too thin, add a little plain Greek yogurt. Remember to add in very small amounts until desired consistency forms.

EASY EATS

Lemon Mint Tea

Makes 4 servings

Ingredients:

- 4 cups chilled green tea
- 1/4 cup green mint syrup
- 1/4 cup fresh lemon juice
- Ice
- Fresh mint and lemon slices (optional)

Directions:

1. Combine tea, syrup, and lemon juice in a large pitcher.
2. Fill 4 drinking glasses with ice.
3. Pour tea mixture evenly into each glass and garnish with fresh mint and lemon slices.



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

Stained Glass Butterfly Art

Make faux stained glass using a provided design, frame, markers, and crumpled foil.

Create butterfly art to celebrate National Learn About Butterflies Day on March 14.

You will need:

- Butterfly designs printed on copy paper
- 8" X 10" dollar store picture frame
- Black acrylic paint marker
- Sharpie markers in assorted colors
- 10" X 12" piece of aluminum foil
- Two 8 1/2" X 11" sheets of scrap paper
- Scissors and painter's tape or masking tape



Directions:

1. Select a butterfly design. Cut it out following the gray outline.
2. Disassemble the picture frame. Set the glass on top of the printed side of the design. Use 4 pieces of tape to secure the paper to the glass. Be sure the tape doesn't cover any of the black linework on the design.
3. Draw the design onto the glass using a black paint marker. To keep the glass surface clean while tracing the design, rest your writing hand on a piece of scrap paper, moving it over when needed. Allow the traced design to dry for 20 minutes.



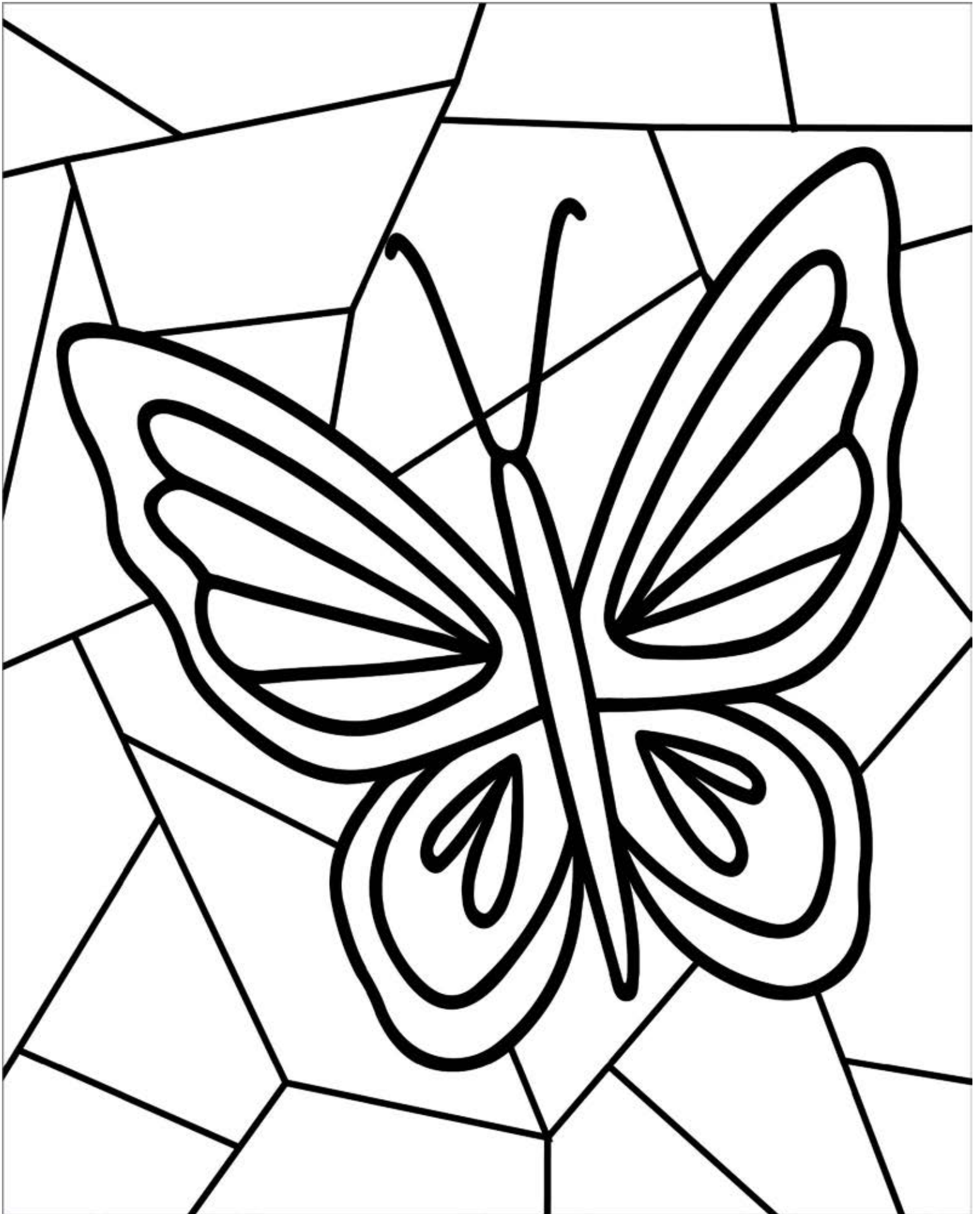
4. Remove the tape and the printed design from the glass. Place the glass on the second piece of scrap paper so the traced black linework is face down.

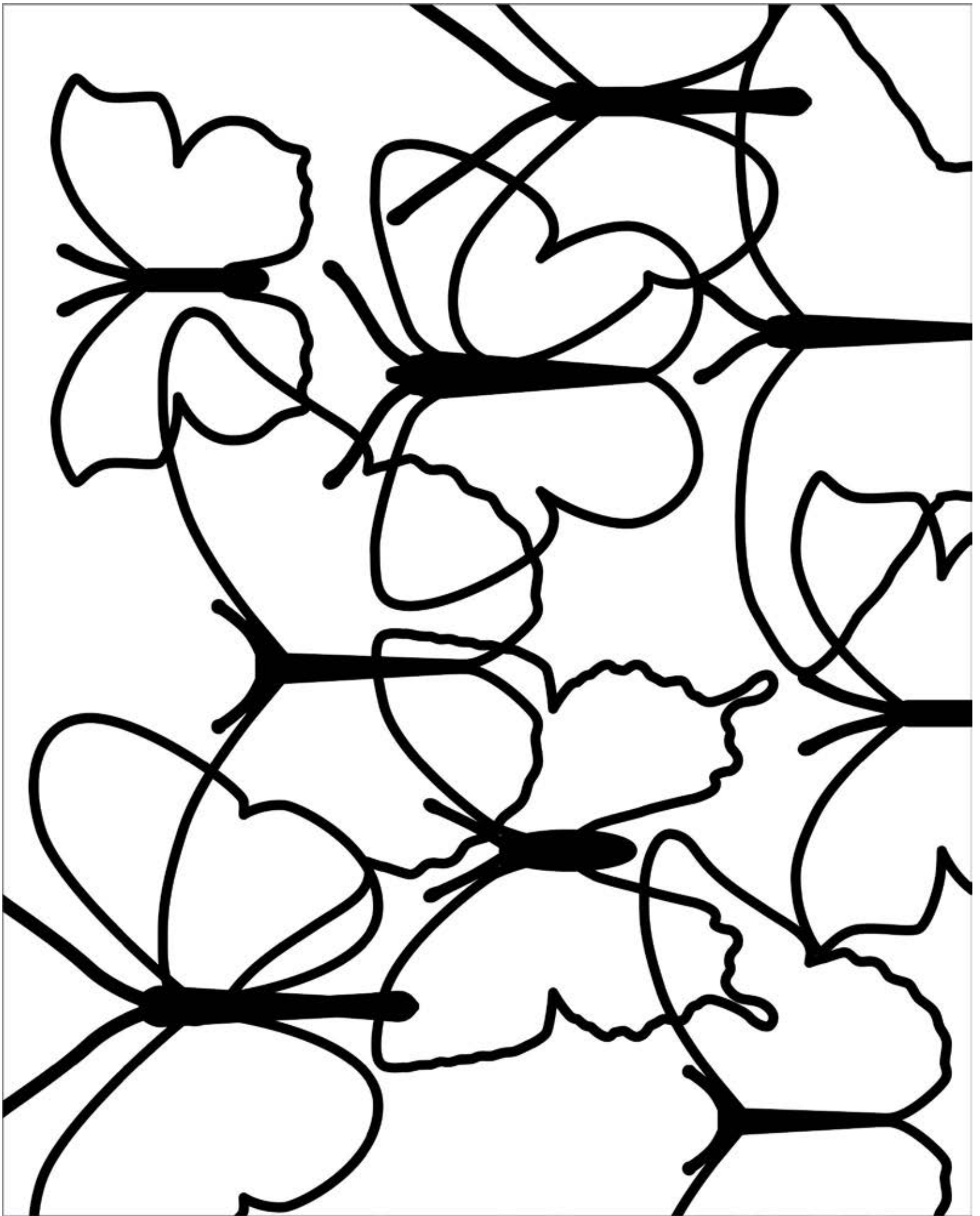
5. Color the back of the glass with Sharpie markers. Don't worry if the colored areas look streaky. The final effect in the next step will make imperfections disappear.

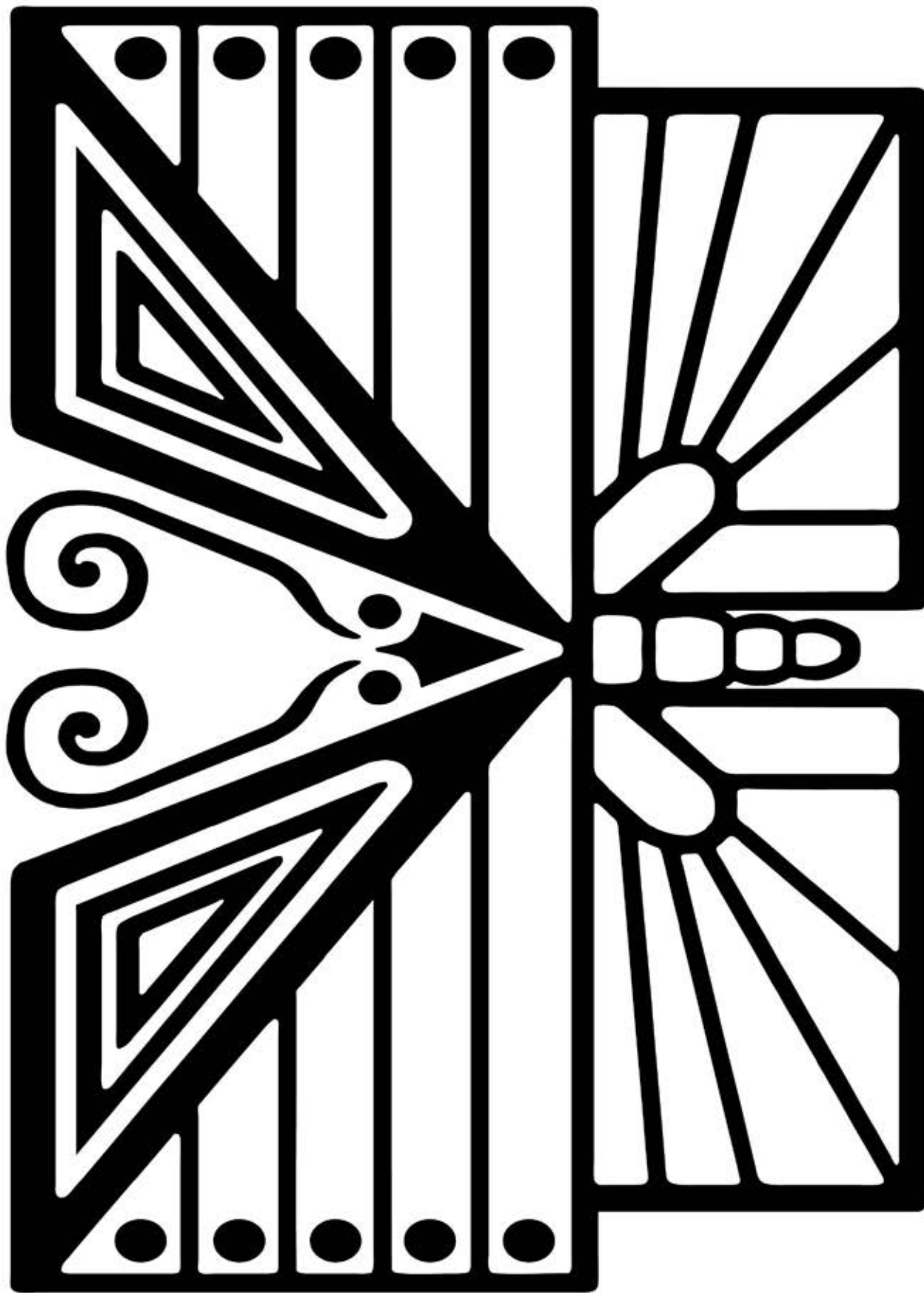
6. Crumple and then uncrumple the sheet of foil. Then wrap the frame's backing with the foil, folding the excess over the edges and onto the back as shown.

7. Reassemble the frame, positioning the glass so the traced black linework is facing out. Your spectacular stained glass butterfly is ready to display!









Lil' Leprechaun Pin

Make a leprechaun pin using orange yarn, a wooden bead, and glittery craft foam. Add a pin clasp to the back and wear it for St. Patrick's Day.

You will need:

- 1 1/2" metal book ring
- Orange yarn (fifteen 8" strands, and one 14" strand)
- Wooden bead (1/4" to 1/2")
- 1 1/2" self-adhesive pin clasp
- Glittery gold self-adhesive craft foam (1/4" X 2 1/2")
- Glittery green self-adhesive craft foam (2 1/2" X 5" rectangle and two 1/2" X 2 1/2" strips)
- Small brush (nail brush or toothbrush)
- Scissors, hole punch, Scotch tape, and embroidery needle

Directions:

1. Fold the 14" strand of yarn in half. Wrap it around the book ring by pulling the ends through the loop created by the fold. Then thread the needle with the ends of the yarn. Use this to slide the wooden bead onto both strands.



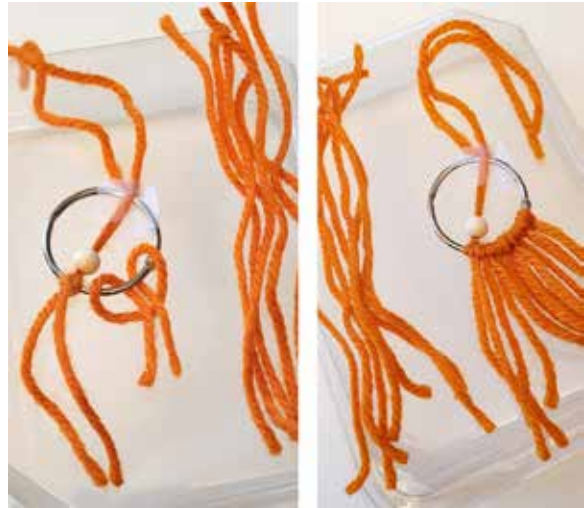
2. Remove the needle. Then fold an 8" strand of yarn in half. Pull the folded end through the two strands of the long piece of yarn as shown in the center photo on the previous page. Bring the ends of the short strand through the loop created by the fold as shown in the last photo on the previous page.

3. Slide the bead down to the knot. Stretch the ends of the long strand to the book ring's center top portion. Tie the ends together with a knot on the outside of the ring to hold the yarn in place. To keep the yarn from sliding, use a little Scotch tape to temporarily secure it in place while you complete the leprechaun's beard.

4. To make the beard, fold a short strand of yarn in half. Starting just right of the bead, wrap it around the book ring by pulling the ends through the loop created by the fold. Repeat to add a total of 7 strands.

5. Repeat Step 4 on the left side of the ring. When the beard is complete, remove the Scotch tape.

6. To add the hat, fold the rectangle of green craft foam in half. Keeping the foam folded, punch out a half circle in the center.



7. Unfold and remove the backing from the foam. With the sticky side facing up, bring the long strands of yarn through the hole. Position half the ring onto the foam as shown above. Fold the foam in half, sandwiching the ring between the front and back of the green glitter craft foam.

8. Cut thin triangles off the sides of the craft foam to make a tapered top hat shape. Then remove the backing from the strips of craft foam. Add one to the back and the other to the front to make a hat brim.

9. Remove the backing from the gold foam to add a hat band. Trim as needed.

10. Trim the beard, making it about an inch long. Use a small brush to make the beard fluffy.

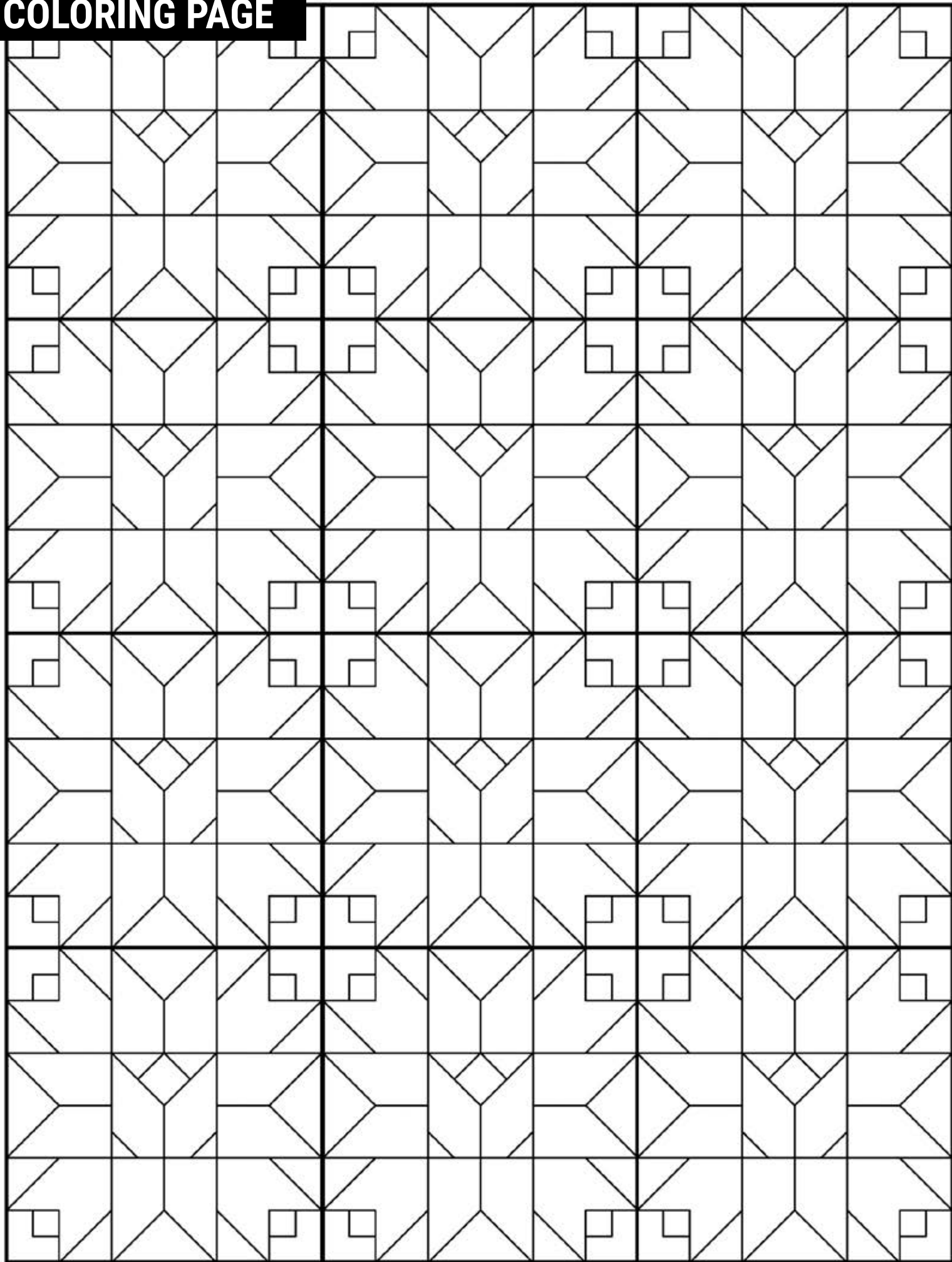
11. Add a self-adhesive pin clasp to the back. Then trim the top of the hat to remove the yarn.



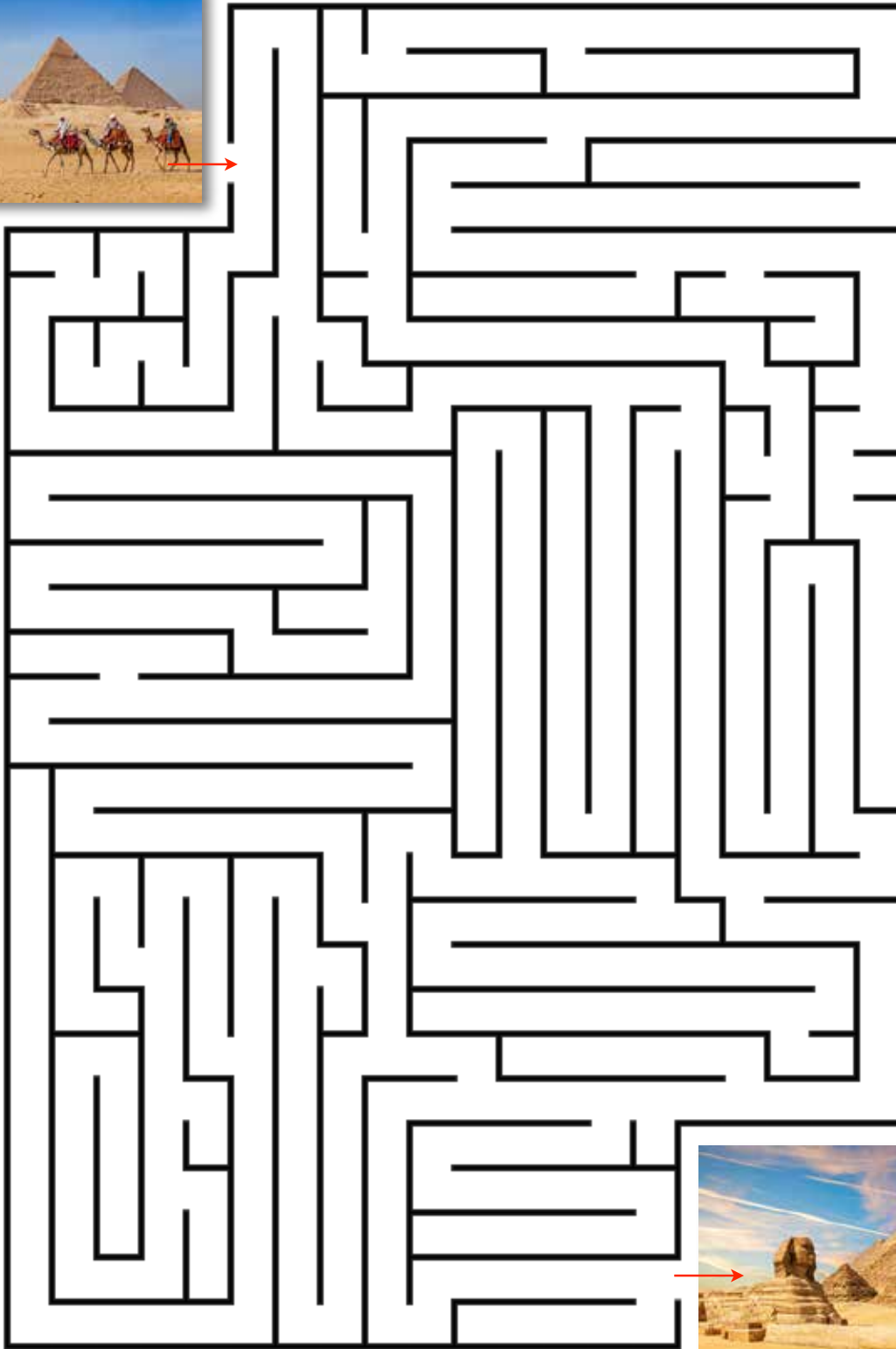
Variation: Instead of making a pin, skip adding the clasp and leave the yarn at the top of the hat to make a cute St. Patrick's Day ornament.



COLORING PAGE



A-Mazing Pyramids



Mixed-Up Movie Titles

Unscramble the letters to reveal words that are movie titles.

1. ETH OTHAFGDRE _____
2. CABLNCASAA _____
3. UKCD UOSP _____
4. NEGO ITHW HET DIWN _____
5. HET AIRDZW FO ZO _____
6. NO TEH AEFNTWOTRR _____
7. EARWNLEC FO RAIAB _____
8. SIT A UNLEDFORW EFLI _____
9. OT ILLK A IMINBOGDCKR _____
10. SNUTES EABODVLUR _____
11. SEOM KIEL TI OHT _____
12. HET REUDAGTA _____
13. TEH EGPASR FO TWRHA _____
14. NORHT YB EHSTNTOWR _____
15. RERA IWNDWO _____
16. GHHI OONN _____
17. GAESTACOHC _____
18. WSET SEID RSTOY _____



Searching for March

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



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

AQUAMARINE

DAFFODIL

PURIM

ARIES

DAYLIGHT SAVING

RENEWAL

BASKETBALL

EQUINOX

SHAMROCK

BIRDS

HOLI

SPRING

BLOSSOMS

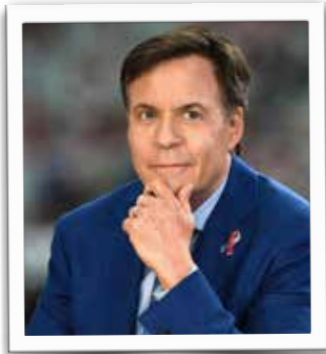
MARDI GRAS

STORMS

CLOUDS

PISCES

ST. PATRICK'S DAY



Famous March Birthdays

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

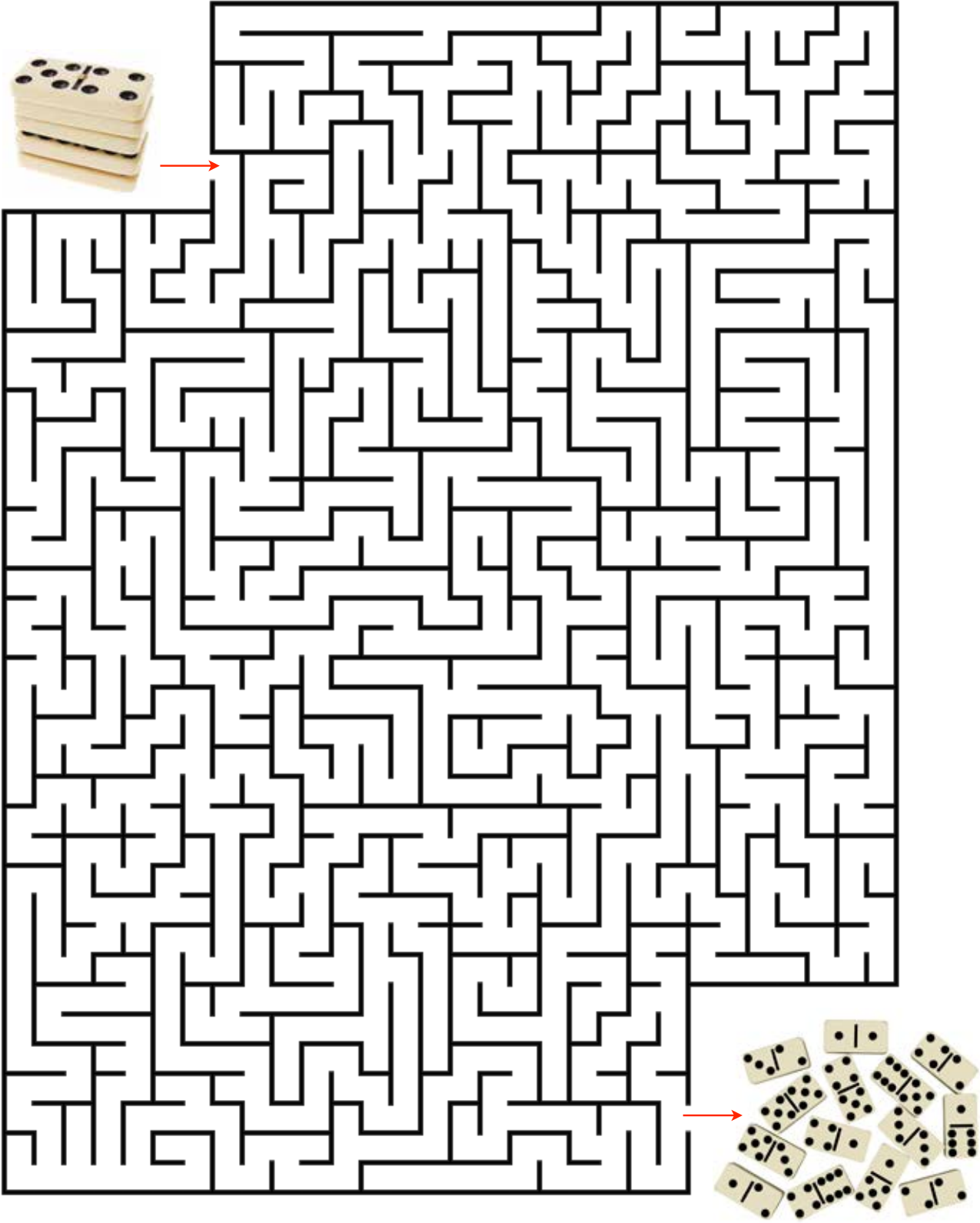
- A. Alexander Graham **BELL**
- B. Grover **CLEVELAND**
- C. Bob **COSTAS**
- D. Lou **COSTELLO**
- E. Sam **DONALDSON**
- F. Harry **HOUDINI**
- G. Marcel **MARCEAU**
- H. Reba **MCENTIRE**
- I. Liza **MINNELLI**
- J. Rob **REINER**
- K. Vincent **VAN GOGH**
- L. Tennessee **WILLIAMS**

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

Bonus: Match the person to the correct clue.

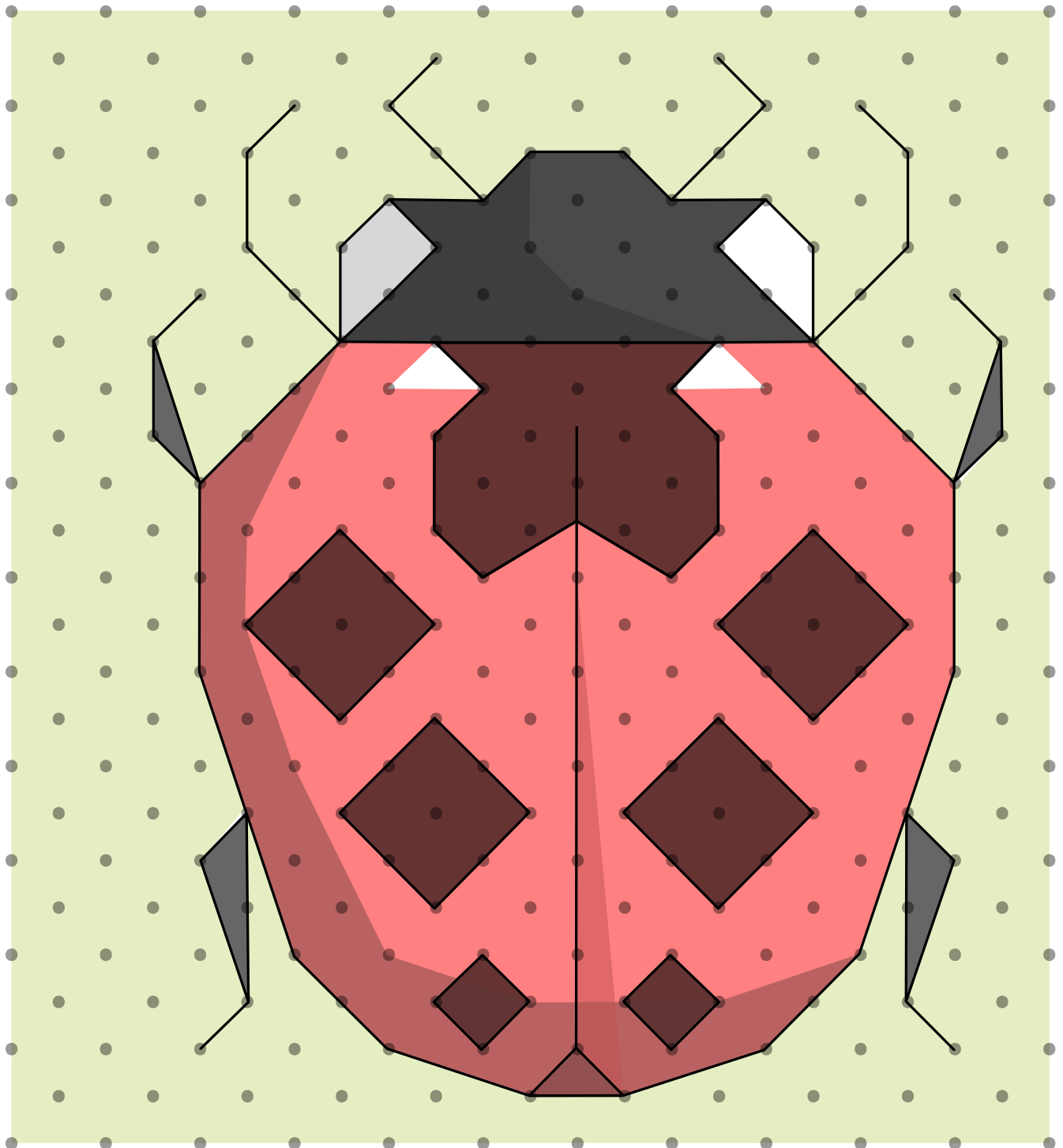
- | | |
|---------------------------------|--------------------------|
| 1. Playwright _____ | 7. U. S. president _____ |
| 2. Sportscaster _____ | 8. Dutch painter _____ |
| 3. Well-known mime _____ | 9. TV journalist _____ |
| 4. Country western singer _____ | 10. Comedian _____ |
| 5. Actor/director _____ | 11. Magician _____ |
| 6. Actress/singer _____ | 12. Inventor _____ |

A-Mazing Game of Dominoes



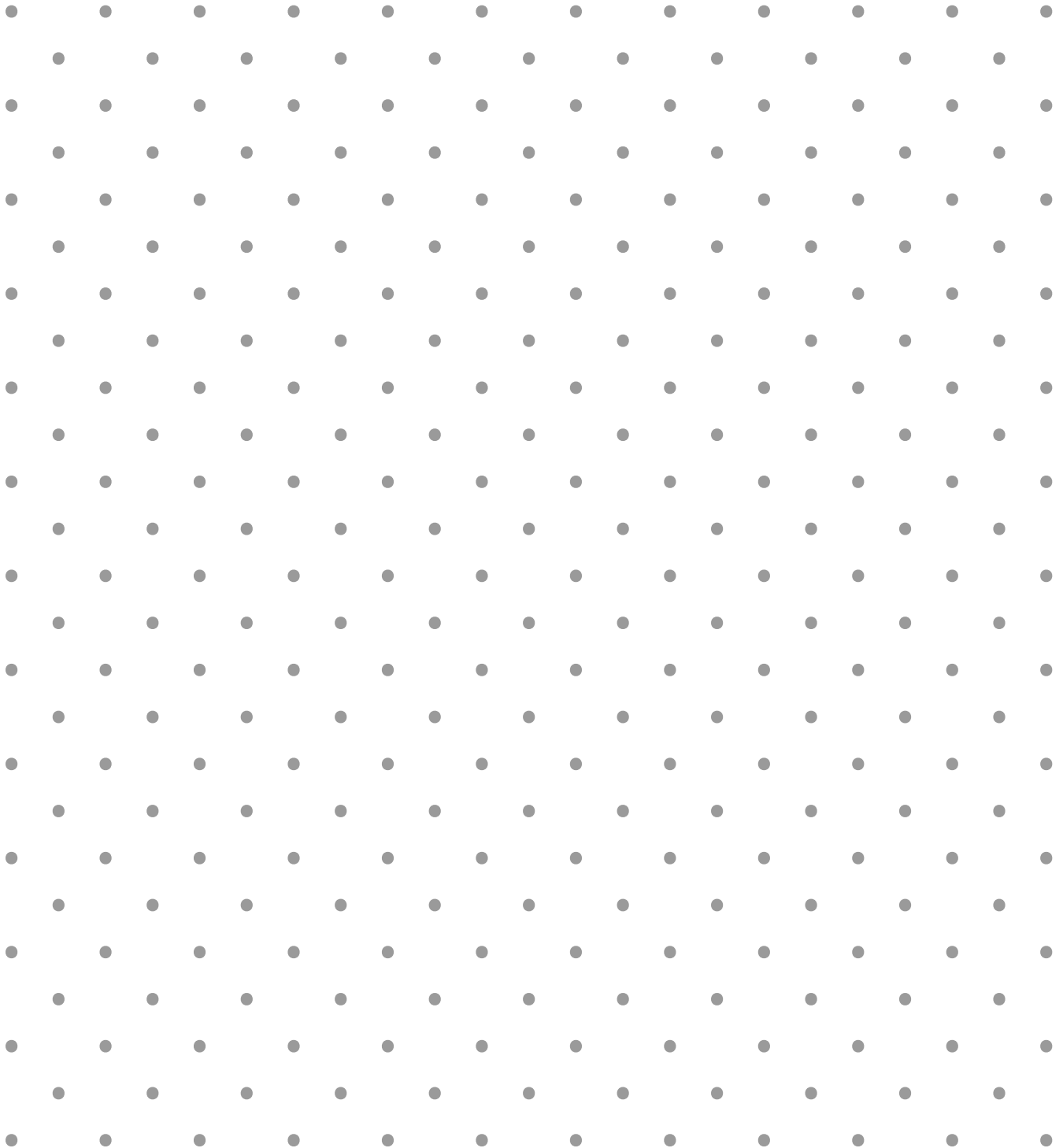
Dot Doodles #1

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

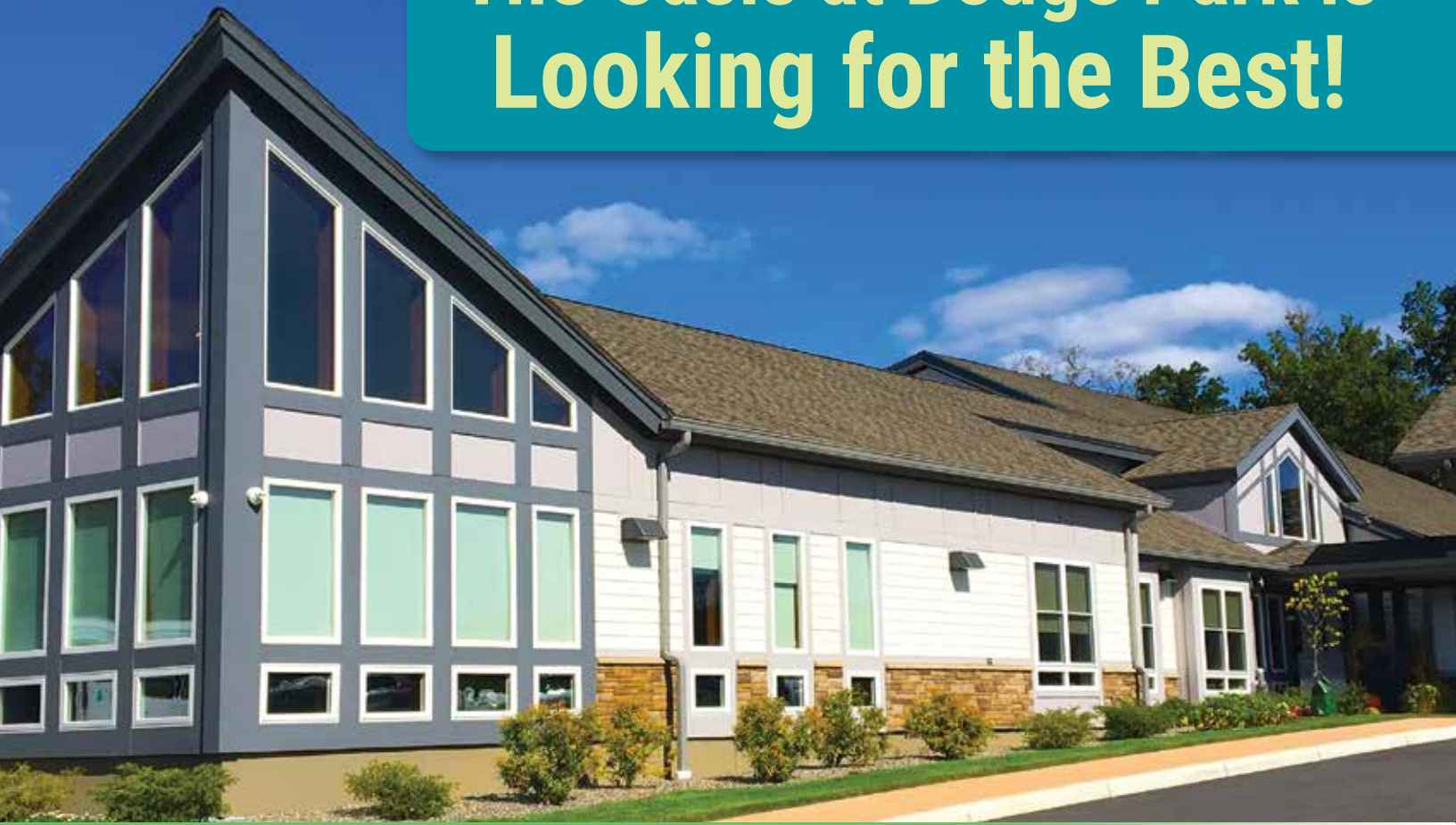


Dot Doodles #1

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



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

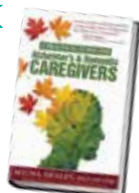
Worcester's Premier Senior Residential Care Facility



- 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 **58** YEARS

Caring for our Community

DODGE PARK REST HOME

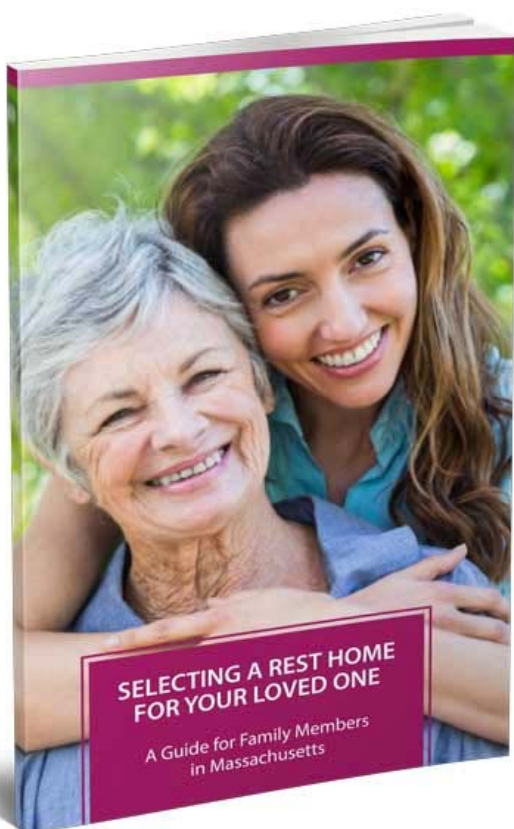
and
The Day Club

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

Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.

How do you choose the right place for your loved one?
How do you know they will be safe, secure and live with dignity?



In this guide, you'll learn:

- ➔ The difference between and Rest Home & Assisted Living
- ➔ The difference between a Rest Home & Nursing Home
- ➔ The qualities that define an exceptional Rest Home
- ➔ Why you **MUST** visit a potential Rest Home
- ➔ What do look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

CLICK TO GET INSTANT ACCESS

GET INSTANT ACCESS TO THE GUIDE FOR **FREE**
A \$29 VALUE

Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

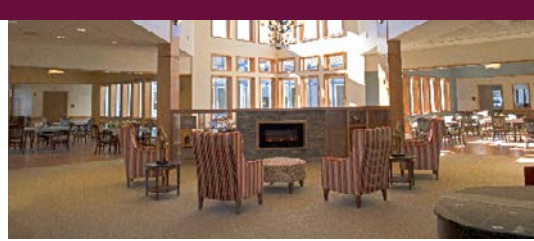
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

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

Dodge Park



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508-853-8180**



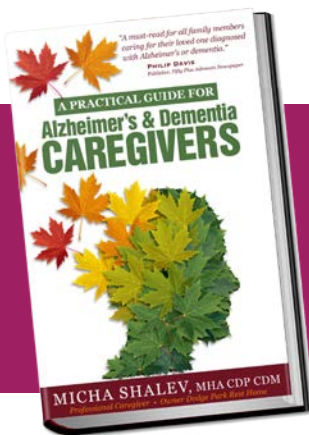
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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.



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**

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Toll Free: 1-877-363-4775
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MARCH 2025



S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	 17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MARCH 17, 2025 - ST. PATRICK'S DAY

FREE CALENDAR BY SHININGMOM.COM