

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

hello
May

*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



Bringing LIFE to Those We Serve

Wandering and Sundowning at Individuals with Dementia and Long Term Facilities

By Micha Shalev MHA

Wandering may be a response to restlessness, agitation, fear, boredom, or physical discomfort. It may be a continued expression of a life-long habit of walking in a work situation or leisure-time pursuit. Wandering in some cases may be viewed as a positive activity when contained in a hazard free environment.

Sundowning describes increasing confusion or agitation in late afternoon or early evening. The causes are unknown. Possibly, the individual becomes exhausted and unable or unwilling to cope with minimal demands.

Problem:

Other residents or caregivers at home are annoyed by person wandering in around.

Staff and/or caregivers needs to be hyper-alert for resident intent on leaving the area.

Resident insists on "going home."

Resident is suspicious, disoriented, and sometimes hallucinates in the early evening.

Resident paces aimlessly and continuously.

Resident has sore or swollen legs and feet from prolonged pacing.

Goal:

Provide safe, hazard-free environment for resident to explore (in some instances, wandering may provide good exercise and stimulation).

Provide familiar, secure environment where individual needs are met, and thus, reduce the need for wandering.

Suggested Approach:

Provide activities that encourage use of excess physical energy, example: walking in an enclosed area, exercise classes, yoga, stretching, gardening and sweeping.

Attend to the feelings that prompt wandering such as

boredom, worry, hunger, pain, need to use the bathroom.

Provide personal identification such as medical alert

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

bracelet should the patient get away. Keep a photo and a

piece of unwashed clothing of the resident in a plastic bag to assist in the search if he wanders away from the home or the facility.

Provide structure so that resident feels safe and knows what is expected.

Help resident make sense of his environment to reduce feelings of anxiety and "searching behavior".

Provide needed assistance to prevent frustration. Be sure activity fits the individual. If it is too simple, it may prove demeaning; if it is too difficult, it creates frustration.

Check with family members about the individual's history.



Wandering may be an outgrowth of his work which involved a pattern of walking, i.e. mail man, meter counter, factory supervisor, etc.

Label clearly areas such as bathrooms, dining room, and resident's own room.

Decrease noise, clutter, and activity which can add to confusion and anxiety.

Distract when possible with another activity.

Do not restrain the individual. This may provoke a catastrophic reaction.

Do not argue or rationalize with the patient. Reassure.

Prolonged pacing expends tremendous energy. The residents may lose weight. Check with nurse or physician. Prolonged pacing may also cause loss of fluid. This can be serious if dehydration leads to physical complications and increased confusion.

Observe resident's pattern and time of wandering. Are there triggering incidents including staff behavior which can be avoided?

Judicious use of medication may be useful in controlling agitated or fearful behaviors.

Provide articles or activities which provide comfort or security for the individual, i.e., a favorite blanket or doll, soothing, familiar music, or a quiet task "folding towels".

Provide a night light.

Micha Shalev MHA CDP CDCM CADDCT is the owner of Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 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. The programs at Dodge Park Rest Home specialized in providing care for individuals with dementia and Alzheimer's disease. The facility is holding a FREE monthly support group meeting on the 2nd Tuesday of each month for spouses and children of individuals with dementia and/or Alzheimer's disease. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com



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

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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 family and I are very thankful for the excellent care that my father in law received. We believe that Dodge park- Oasis is an excellent facility with staff that has exceeded our expectations. Micha, Ben, Renee, Carrie, Diana, Debbie, and many more are very caring and giving individuals. We would recommend the Dodge Park Oasis facility to everyone.

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.

The staff at Dodge part are very caring and attentive. Whenever I want to talk to my brother they are very helpful, and whenever there is an issue they contact me immediately. I enjoy being able to visit on the patio when possible. My brother has made a very good adjustment since he has been there and continues to be more comfortable each week.

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.

Dear Ben, Micha and Staff;

I want to thank you and your entire staff for the compassionate care you provided for my wife, from the moment she arrived at the Oasis until the night she passed.

René, Kristie and Carlos went above and beyond to get her to eat and to take her meds. The food was very good and the chef sat with her on numerous occasions to encourage her to eat.

The staff was as concerned about me as they were about my wife and arranged for me to eat with her on numerous occasions.

My wife loved music and I tried to be there to share it with her.

I don't know the names of all the women and men on the staff, but they all went above and beyond to care for her. On the night that she passed, the entire shift came to her room to say goodbye before going home. One Nightingale came in and sang "You Are My Sunshine" to her. I still tear up when I think of this.

So many things come to mind; holding the room for her for 10 days when she caught Covid at the hospital, flowers in her room on arrival, the tree planted in Israel and her name entered into the Park of Life and flowers at her funeral. Truly you are all devoted to your patients.

God bless all of you.

You are in my prayers.

With Love,

Alden S.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
<div><div>May 2025</div><div>Dodge Park Rest Home & Day Club</div></div>														
				May Day 1	2	Kentucky Derby 3								
				10:00- Daily Chronicle 10:30- May Day Basket Craft Table Top Sensory Bins 11:00- Linked Senior Games 2:30- Exercise with Paula S. 3:30- "Name 10" Categories 6:00- Small Group Discussion 7:30- Rat Pack Concert	10:00- Daily Chronicle Women's Small Group 10:30- Art Therapy w/ Lynda Floral Arrangements 11:00- Tourist Attractions 2:00- Seasonal Hangman 2:30- Live Music w/ Bill M. 6:30- Linked Senior Slideshow	10:00- Photo Opportunity 10:30- Men's Group B.I.N.G.O Callers 11:00- Crossword Puzzles 2:00- Mint Julep Social 2:30- Music w/ Arizona Doug 3:30- Derby Facts & Trivia 6:00- Live from Kentucky!								
10:00- Daily Chronicle 10:30- Guided Rosary Prayer Dodge's Walking Club 11:00- Sunday Mass 2:30- Live Music w/ Gary L. 3:30- Balloon Toss Up 4:00- Local Poetry Reads 6:30- Manicure Stations	4	Cinco De Mayo 5	10:00- Daily Chronicle 10:30- Jewelry Making Springtime Art Work 11:00- Old Time Radio Show 2:30- Live Music w/ Sean F. 3:30- Pictionary 6:30- Famous Faces 7:00- Sounds of Spring	6	10:00- Yoga W/ Bonnie 7	10:00- Daily Chronicle 10:30- Parachute Circle Photo Reminiscing 11:00- "How To" Tutorials 2:00- Finish the Song Lyrics 2:30- Live Music w/ Sandy R. 4:00- Words that Rhyme 7:00- Card Games	8	10:00- Daily Chronicle 10:30- Tasty Treats Baking Table Top Sensory Bins 11:00- Linked Senior Games 2:30- Exercise with Paula S. 3:30- Name the 50 States 6:00- Small Group Discussion 7:30- Rat Pack Concert	9	10:00- Daily Chronicle Women's Small Group 10:30- Art Therapy w/ Lynda Floral Arrangements 11:00- Tourist Attractions 2:00- Seasonal Hangman 2:30- Live Music w/ Paul B. 6:30- Linked Senior Slideshow	10:00- Daily Chronicle 10:30- Men's Group B.I.N.G.O Callers 11:00- Crossword Puzzles 2:00- Animal Trivia 3:00- Magic Show 3:30- Act It Out Charades 6:30- Decade Reminisc			
Mother's Day 11	10:00- Honoring Mothers 10:30- Guided Rosary Prayer Photo Opportunities 11:00- Sunday Mass 2:00- Mother's Day Social 2:30- Live Music w/ Rusty G. 4:00- Local Poetry Reads 6:30- Manicure Stations	10:00- Daily Chronicle 10:30- Catholic Mass Conversations on the Patio 2:30- Exercise with Paula S. 3:00- Room Visits 4:00- Famous Lighthouses 7:00- Magazine Reads 7:30- Guided Yoga Circle	12	10:00- Daily Chronicle 10:30- Jewelry Making Springtime Art Work 11:00- Old Time Radio Show 2:30- Live Music w/ Sean F. 3:30- Pictionary 6:30- Famous Faces 7:00- Sounds of Spring	13	10:00- Yoga W/ Bonnie 14	10:00- Daily Chronicle 10:30- Parachute Circle Photo Reminiscing 11:00- "How To" Tutorials 2:00- Finish the Song Lyrics 2:30- Live Music w/ John M. 4:00- Words that Rhyme 7:00- Card Games	15	10:00- Daily Chronicle 10:30- Scrapbook Memories Table Top Sensory Bins 11:00- Linked Senior Games 2:30- Exercise with Paula S. 3:30- Name the Presidents 6:00- Small Group Discussion 7:30- Rat Pack Concert	16	10:00- Daily Chronicle Women's Small Group 10:30- Art Therapy w/ Lynda Floral Arrangements 11:00- Tourist Attractions 2:00- Seasonal Hangman 2:30- Music w/ Arizona Doug 6:30- Linked Senior Slideshow	17	10:00- Daily Chronicle 10:30- Men's Group B.I.N.G.O Callers 11:00- Crossword Puzzles 2:00- Animal Trivia 2:30- Live Music w/ Paul B. 3:30- Act It Out Charades 6:30- Decade Reminisc	
10:00- Daily Chronicle 10:30- Guided Rosary Prayer Dodge's Walking Club 11:00- Sunday Mass 3:30- Live Music w/ Lenny Z. 3:30- Balloon Toss Up 4:00- Local Poetry Reads 6:30- Manicure Stations	18	10:00- Daily Chronicle 10:30- Catholic Mass Conversations on the Patio 2:30- Exercise with Paula S. 3:00- Room Visits 4:00- USA Attractions 7:00- Magazine Reads 7:30- Guided Yoga Circle	19	10:00- Daily Chronicle 10:30- Jewelry Making Springtime Art Work 11:00- Old Time Radio Show 2:30- Live Music w/ Sean F. 3:30- Pictionary 6:30- Famous Faces 7:00- Sounds of Spring	20	10:00- Yoga W/ Bonnie 21	10:00- Daily Chronicle 10:30- Parachute Circle Photo Reminiscing 11:00- "How To" Tutorials 2:00- Finish the Song Lyrics 2:30- Live Music w/ Sandy R. 4:00- Words that Rhyme 7:00- Card Games	22	Resident Council 10:30- Tasty Treats Baking Table Top Sensory Bins 11:00- Linked Senior Games 2:30- Exercise with Paula S. 3:30- "Name 10" Categories 6:00- Small Group Discussion 7:30- Rat Pack Concert	23	10:00- Daily Chronicle Women's Small Group 10:30- Art Therapy w/ Lynda Floral Arrangements 11:00- Tourist Attractions 2:00- Seasonal Hangman 2:30- Live Music w/ Bill M. 6:30- Linked Senior Slideshow	24	10:00- Daily Chronicle 10:30- Men's Group B.I.N.G.O Callers 11:00- Crossword Puzzles 2:00- Animal Trivia 2:30- Live Music w/ Paul B. 3:30- Act It Out Charades 6:30- Decade Reminisc	
10:00- Daily Chronicle 10:30- Guided Rosary Prayer Dodge's Walking Club 11:00- Sunday Mass 2:30- Live Music w/ Jordan G 3:30- Balloon Toss Up 4:00- Local Poetry Reads 6:30- Manicure Stations	25	Memorial Day 26	10:00- Passing of the Poppies 10:30- Catholic Mass Conversations on the Patio 2:30- Exercise with Paula S. 3:30- In Flanders Field Poem 4:00- Memorial Day Service 7:00- Magazine Reads 7:30- Guided Yoga Circle	27	10:00- Daily Chronicle 10:30- Jewelry Making Springtime Art Work 11:00- Old Time Radio Show 2:30- Live Music w/ Sean F. 3:30- Pictionary 6:30- Famous Faces 7:00- Sounds of Spring	28	10:00- Yoga W/ Bonnie 29	10:00- Daily Chronicle 10:30- Parachute Circle Photo Reminiscing 11:00- "How To" Tutorials 2:00- May Birthday Party 2:30- Live Music w/ Greg P. 4:00- Words that Rhyme 7:00- Card Games	30	10:00- Daily Chronicle 10:30- Scrapbook Memories Table Top Sensory Bins 11:00- Linked Senior Games 2:30- Exercise with Paula S. 3:30- "Name 10" Categories 6:00- Small Group Discussion 7:30- Rat Pack Concert	31	10:00- Daily Chronicle Women's Small Group 10:30- Art Therapy w/ Lynda Floral Arrangements 11:00- Tourist Attractions 2:00- Seasonal Hangman 2:30- Live Music w/ Rusty G. 6:30- Linked Senior Slideshow	32	10:00- Daily Chronicle 10:30- Men's Group B.I.N.G.O Callers 11:00- Crossword Puzzles 2:00- Animal Trivia 2:30- Live Music w/ Tom G. 3:30- Act It Out Charades 6:30- Decade Reminisc

Dodge Park Rest Home & Day Club	101 Randolph Road	Worcester, Ma 01606	Amy Laba, Activity Director (508) - 853 - 8180 x117
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">May 2025</h1> <h2 style="text-align: center;">The Oasis at Dodge Park</h2>						
10:00- Slide Show Discussion 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Puzzling Word Games 2:30- Live Music w/ Bill M. 4:00- Men's Group Meetup Manicure Stations 7:00- Shirley Temple Classics	Cinco De Mayo 10:00- History of the Holiday 10:30- Exercise with Joe F. 11:15- Catholic Mass 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Let's Have A Fiesta! 4:00- Octoband Stretches 7:00- Resident Interviews	10:00- Interactive Jeopardy 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S 11:30- Daily Chronicle 2:15- Live Music w/ Paul B. 4:00- Picture Match-Up B.I.N.G.O. Callers 6:30- Aquarium Visits	10:00- Musical Memories 10:30- Exercise with Joe F. 11:30- Daily Chronicle 1:30- Simon Says Stretch 2:15- Live Music w/ Sean F. 4:00- Pet Therapy with Ivy Audio Sensory Circle 7:00- Fireside Book Club	May Day 10:00- Balloon Toss Up 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Culinary Delights Class 2:15- Live Music w/ Paul B. 4:00- Courtyard Walking Club May Flower Baskets 6:30- Mindful Meditations	10:00- Whiteboard Stories 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Tom G. 3:30- TGIF Happy Hour 4:00- Flower Arrangements Arts & Crafts Station 7:00- Ed Sullivan Show	Kentucky Derby 10:00- Linked Senior Trivia 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Derby History & Photos 2:30- Live Music w/ Sandy R. 3:30- Mint Julep Social Hour 4:00- Place Your Bets Races 6:00- Kentucky Derby Race!
Mother's Day 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Honoring Mothers 2:30- Live Music w/ TBD 4:00- Men's Group Meetup Manicure Stations 7:00- Shirley Temple Classics	10:00- Ballroom Dancing 10:30- Exercise with Joe F. 11:15- Catholic Mass 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 4:00- At the Farmer's Market Octoband Stretches 7:00- Resident Interviews	10:00- Interactive Jeopardy 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S 11:30- Daily Chronicle 2:15- Music with Rusty G. 4:00- Picture Match-Up B.I.N.G.O. Callers 6:30- Aquarium Visits	10:00- Musical Memories 10:30- Exercise with Joe F. 11:30- Daily Chronicle 1:30- Simon Says Stretch 2:15- Live Music w/ Sean F. 4:00- Pet Therapy with Ivy Audio Sensory Circle 7:00- Fireside Book Club	10:00- Balloon Toss Up 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- B.I.N.G.O. Callers 2:15- Music w/ Heather R. 4:00- Courtyard Walking Club Lucky Strike Bowling 6:30- Mindful Meditations	10:00- Whiteboard Stories 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- TGIF Happy Hour 4:00- Flower Arrangements Arts & Crafts Station 7:00- Ed Sullivan Show	10:00- Linked Senior Trivia 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- A to Z Alphabetics 2:30- Live Music w/ Sandy R. 4:00- Photo Reminisce: Famous Couples 7:00- I Love Lucy!
10:00- Slide Show Discussion 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Puzzling Word Games 2:00- Live Music w/ Lenny Z. 4:00- Men's Group Meetup Manicure Stations 7:00- Shirley Temple Classics	10:00- Ballroom Dancing 10:30- Exercise with Joe F. 11:15- Catholic Mass 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 4:00- At the Farmer's Market Octoband Stretches 7:00- Resident Interviews	10:00- Interactive Jeopardy 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S 11:30- Daily Chronicle 2:15- Music with Rusty G. 4:00- Picture Match-Up B.I.N.G.O. Callers 6:30- Aquarium Visits	10:00- Musical Memories 10:30- Exercise with Joe F. 11:30- Daily Chronicle 1:30- Simon Says Stretch 2:15- Live Music w/ Sean F. 4:00- Pet Therapy with Ivy Audio Sensory Circle 7:00- Fireside Book Club	10:00- Balloon Toss Up 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Finish the Phrase 2:15- Music w/ Arizona Doug 4:00- Resident Council Lucky Strike Bowling 6:30- Mindful Meditations	10:00- Whiteboard Stories 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- TGIF Happy Hour 4:00- Drum Circle Rhythms Arts & Crafts Station 7:00- Ed Sullivan Show	10:00- Linked Senior Trivia 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- A to Z Alphabetics 2:30- Live Music w/ Gary L. 4:00- Photo Reminisce: Country Western Outlaws 7:00- I Love Lucy!
10:00- Slide Show Discussion 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Puzzling Word Games 2:30- Live Music w/ Paul B. 4:00- Men's Group Meetup Manicure Stations 7:00- Shirley Temple Classics	Memorial Day 10:00- Passing of the Poppies 10:30- Exercise with Joe F. 11:15- Catholic Mass 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 4:00- Memorial Day Service 4:30- Patriotic Sing-A-Long 7:00- Resident Interviews	10:00- Interactive Jeopardy 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S 11:30- Daily Chronicle 2:15- Music with Bill M. 3:30- May Birthday Party 4:00- B.I.N.G.O. Callers 6:30- Aquarium Visits	10:00- Musical Memories 10:30- Exercise with Joe F. 11:30- Daily Chronicle 1:30- Simon Says Stretch 2:15- Live Music w/ Sean F. 4:00- Pet Therapy with Ivy Audio Sensory Circle 7:00- Fireside Book Club	10:00- Balloon Toss Up 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Culinary Delights Class 2:15- Live Music w/ Rusty G. 4:00- Courtyard Walking Club Lucky Strike Bowling 6:30- Mindful Meditations	10:00- Whiteboard Stories 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- TGIF Happy Hour 4:00- Flower Arrangements Arts & Crafts Station 7:00- Ed Sullivan Show	10:00- Linked Senior Trivia 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- A to Z Alphabetics 2:30- Live Music w/ Sandy R. 4:00- Photo Reminisce: Bird Lovers 7:00- I Love Lucy!

Oasis At Dodge Park	102 Randolph Road	Worcester, Ma	01606	Amy Laba, Activity Director	508-853-8180 X117
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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."

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MAY OBSERVANCES

Monthly

ALS Awareness Month. Numerous organizations and communities get together to spread awareness of amyotrophic lateral sclerosis (ALS), a rare neurological disease affecting nerve cells that control voluntary muscle movement. Though there is no cure for ALS, early detection can help in improving the quality of life of those with the disease.

Lupus Awareness Month. An opportunity for the lupus community to join together across the country to raise funds and awareness of the physical, emotional, and economic impact of lupus. There are many ways to help make lupus visible in May, from sharing your story on social media to starting a fundraiser or making a donation.

Military Appreciation Month. Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show its appreciation for troops past and present. May was chosen because it has many individual days marked to note the military's achievements.

National Inventors Month. National Inventors Month was started in 1998 to help promote a positive image of inventors and the contributions they give to this world. "We want to recognize those talented, brave individuals who dare to be blatantly creative, and therefore different, and whose accomplishments affect every facet of our lives," says Joanne Hayes-Rines, editor of *Inventors' Digest* and a sponsor of National Inventors Month.

Weekly

Be Kind to Animals Week, May 4–10. The American Humane Association created Be Kind to Animals Week in 1915 to encourage humanity towards animals. Each year, animal shelters all over the country hold special events to raise awareness about animals in their communities.

EMS (Emergency Medical Services) Week, May 18–24. The 2022 EMS Week theme is "EMS: Rising to the Challenge." This theme reminds people that every day, EMS workers are faced with new challenges, and yet they still respond, support, and care for the needs of their communities.

SPECIAL DAYS

- 1 Hawaiian Lei Day
- 1 Loyalty Day
- 1 May Day
- 1 Mother Goose Day
- 1 National Day of Prayer – The first Thursday in May.
- 1 Save the Rhino Day
- 2 Baby Day
- 2 Brothers and Sisters Day
- 2 International Tuba Day – The first Friday in May.
- 2 Space Day – The first Friday in May.
- 3 Free Comic Book Day – The first Saturday in May.
- 3 Garden Meditation Day
- 3 Herb Day – The first Saturday in May.
- 3 Kentucky Derby Day – The first Saturday in May.
- 3 Lumpy Rug Day
- 3 National Fitness Day – The first Saturday in May.
- 3 World Press Freedom Day
- 4 Bird Day
- 4 National Candied Orange Peel Day
- 4 Renewal Day
- 4 Star Wars Day
- 5 Cartoonist Day
- 5 Cinco de Mayo
- 5 National Hoagie Day
- 5 Oyster Day
- 6 Beverage Day
- 6 National Teacher's Day – The Tuesday of the first full week of May.
- 6 National Nurses Day
- 6 No Diet Day
- 6 Tourist Appreciation Day
- 7 Bike to School Day – The first Wednesday in May.
- 7 National Paste Up Day
- 7 School Nurses Day – The Wednesday during Nurse's Week.
- 7 Tourism Day
- 8 Iris Day
- 8 No Socks Day
- 8 V-E Day
- 8 World Red Cross Day / World Red Crescent Day
- 9 Child Care Provider Day or Daycare Provider Day
- 9 Lost Sock Memorial Day
- 9 Military Spouses Day – The Friday before Mother's Day.
- 9 Tear the Tags of the Mattress Day
- 10 Birth Mother's Day – The Saturday before Mother's Day.
- 10 Clean up Your Room Day
- 10 Hanging Flower Baskets Day – The Saturday before Mother's Day.
- 10 International Migratory Bird Day – The second Saturday in May.
- 10 National Babysitters Day – The Saturday before Mother's Day.
- 10 National Train Day – The Saturday closest to May 10th.
- 10 Windmill Day – The second Saturday in May.
- 11 Eat What You Want Day
- 11 Lilac Sunday – The second Sunday in May.
- 11 Mother's Day – The second Sunday in May.
- 11 Twilight Zone Day
- 12 Fatigue Syndrome Day
- 12 International Nurses Day
- 12 Limerick Day
- 13 Frog Jumping Day
- 13 International Hummus Day
- 13 Leprechaun Day
- 13 National Apple Pie Day
- 14 Dance Like a Chicken Day
- 14 National Buttermilk Biscuit Day

SPECIAL DAYS

14 National Receptionist Day – The second Wednesday in May.
 15 National Chocolate Chip Day
 15 National Slider Day
 15 Police Officer's Memorial Day
 16 Endangered Species Day – The third Friday in May.
 16 Love a Tree Day
 16 National Bike to Work Day – The third Friday of the month.
 16 National Mimosa Day
 16 Wear Purple for Peace Day
 16 Sea Monkey Day
 17 Armed Forces Day – The third Saturday of the month.
 17 National Walnut Day
 17 Pack Rat Day
 18 International Museum Day
 18 No Dirty Dishes Day
 18 Visit Your Relatives Day
 18 World Baking Day – The third Sunday in May.
 19 Boy's Club Day
 19 National Devil's Food Cake Day
 19 World Plant a Vegetable Garden Day
 19 Victoria Day (Canada) – The Monday preceding the 25th of May.
 20 Amelia Earhart Day
 20 Be a Millionaire Day – Now, we all can go for that.
 20 Pick Strawberries Day
 21 National Memo Day
 21 National Waiters and Waitresses Day
 22 Buy a Musical Instrument Day
 22 National Maritime Day
 22 World Goth Day
 23 Don't Fry Friday – The Friday before Memorial Day.
 23 Lucky Penny Day
 23 National Taffy Day
 23 World Turtle Day
 24 International Tiara Day
 24 National Escargot Day
 25 Brown Bag It Day
 25 Missing Children's Day
 25 National Towel Day – in the UK
 25 National Wine Day
 25 Tap Dance Day
 26 Blueberry Cheesecake Day
 26 Memorial Day – The last Monday of the month.
 26 National Paper Airplane Day
 26 Sally Ride Day
 27 National Cellophane Tape Day
 27 Sun Screen Day
 28 Amnesty International Day
 28 National Hamburger Day
 28 World Hunger Day
 28 World Otter Day – The last Wednesday in May.
 29 Learn About Composting Day
 29 National Paperclip Day
 30 Flip Flop Day – The Friday after Memorial Day.
 30 International Jazz Day – May International holidays are a musical treat.
 30 International Space Day – The last Friday in May.
 30 Mint Julep Day
 30 Water a Flower Day
 31 Chinese Dragon Boat Festival – The date varies.
 31 National Macaroon Day
 31 Save Your Hearing Day
 31 World No Tobacco Day

Weekly

Bike to Work Week, May 12-16. Forty percent of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get around.

American Craft Beer Week, May 12-28. Head over to your local brewpub or taproom and enjoy a pint, or grab a sixer or growler to go. Here's to American craft beer!

Daily

Star Wars Day, May 4. May the fourth be with you today.

Mother's Day, May 11. Don't forget to give your mother a gift, send a card, or buy her some nice flowers to show her how special she is.

Endangered Species Day, May 16. Wildlife refuges, zoos, aquariums, gardens, schools, libraries, museums, community groups, nonprofits, and individuals hold special programs or events celebrating species at risk of extinction.

Memorial Day, May 26. A holiday in the United States honoring U.S. military personnel who have died while serving in the United States armed forces.





Plant of the Month – Lily of the Valley

Lily of the valley is a fragrant, sweet-smelling plant with delicate, white, bell-shaped flowers and oval-shaped leaves. The plant is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. These blooms are associated with luck in love, which is why they're often used in wedding bouquets. In the language of flowers, the lily of the valley means sweetness, humility, and perfect purity. It also signifies the return of happiness. Lily of the valley is native to Europe and Asia. It got its name from early Christian monks. The flower's Latin name, *Convallaria majalis*, means "valley" (*Convallaria*) and "the month of May" (*majalis*), which refers to where it thrives and when it blooms.



Flower - Hawthorn

Hawthorn is a lovely family of small trees and thorny shrubs often cultivated for their decorative qualities. The sturdy plant has beautiful flowers that bloom in white, red, or pink. Its edible, apple-like fruit comes in a variety of colors, and it ranges in flavor and texture. They are sometimes used as an herbal medicine supplement, which some people believe helps with heart disease, high blood pressure, and high cholesterol.

Birthstone – Emerald

The emerald is the birthstone for May. This stone's name was derived from the Greek word *smaragdus*, which is a term that was applied to several kinds of green stones. In the Middle Ages, the stone was thought to foretell the future. It was also believed to cure epilepsy and fever and to protect the wearer from panic. Emeralds frequently occur inside shale, a fine-grained sedimentary rock. They are found in many parts of the world, but Colombia is known to mine the largest and highest-quality emeralds.



Show Your Birthday Colors

May 1–6: Pink

You are well-known for your kindness and sweet demeanor. You are the first to offer a hug or shoulder to cry on and know how to make anyone smile. You've also got a wicked sense of humor.

May 7–15: Blue

You are very artistic, and others admire your creativity. You are noble and honest, and your family and friends know they can trust and confide in you. You exercise patience when handling difficult situations.

May 16–24: Gold

You have a happy-go-lucky spirit and spread cheer wherever you go. You are always there for others, and you cheer up your friends and family after a bad day. Making new friends is a breeze for you with your outgoing personality.

May 25–31: Red

You have a competitive streak and love a good challenge, but you are always a good sport, win or lose. It can take time for you to warm up to new friends, but once you do, they are your friends for life. You are sincere.

MAY FUN FACTS

May is the fifth month of the year and the third month of spring. There are several theories about how the month of May got its name. The most widely accepted explanation is that it was named for Maia, the goddess of spring and growth. The Roman poet Ovid, however, provides a second etymology, in which he says that the month of May is named for the maiores, Latin for “elders” or “ancestors,” who were also celebrated during this month.

May Birthdays

Wes Anderson (director) – May 1, 1969
Benjamin Spock (doctor) – May 2, 1903
Sugar Ray Robinson (boxer) – May 3, 1921
Adele (singer) – May 5, 1988
George Clooney (actor) – May 6, 1961
Enrique Iglesias (singer) – May 8, 1975
Martha Graham (dancer) – May 11, 1894
Katharine Hepburn (actress) – May 12, 1907
Maxine Sullivan (jazz singer) – May 13, 1911
George Lucas (filmmaker) – May 14, 1944
Adrienne Rich (writer) – May 16, 1929
Priscilla Presley (actress) – May 24, 1945
Rachel Carson (marine biologist) – May 27, 1907
Walt Whitman (poet) – May 31, 1819



May Feasts

May is a great one for food lovers, as it's the month to celebrate a variety of culinary delights. Not only is it the month of barbecue, hamburgers, and salad but May 13 is Apple Pie Day. Even better: May 6 is No Diet Day!



What's Lucky in May?

Lucky Color: Orange
Lucky Animal: Cat
Lucky Letters: N and W
Lucky Day: Friday
Lucky Plant: Lavender



Did You Know?

The term mayday is often used as a distress signal for ships and planes. But what does May Day, the celebration on the first day of the month, have to do with the well-known phrase for asking for help? Actually, the answer is not much! The distress term is a mispronunciation of the French phrase m'aider, which simply means “Come help me!”

April Zodiacs

Taurus (The Bull) May 1–20
Gemini (The Twin) May 21–31



A very *Happy Birthday* to...

Dodge Park Residents

May 1.....Mary R.
May 4.....Marjorie B.
May 10.....Elenora D.
May 10.....Sheila F.
May 15.....Eva A.

Oasis Residents

May 5.....Ann L.
May 26.....John C.
May 27.....Edwina R.
May 31.....Morgan M.

Staff

May 5.....Rita O.
May 8.....Ammielle C.
May 14.....Meghan J.
May 18.....Sophora I.
May 25.....Jamama E.



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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CINCO DE MAYO



Let's Celebrate Cinco de Mayo!

The fifth of May is when Americans celebrate an important battle in Mexican history with so much food and music and fun that the real story behind the holiday is often overlooked. While Cinco de Mayo is often thought of as a celebration of Mexican independence, it is not. Mexican independence, also called the Cry of Dolores, is celebrated on September 16 and occurred about 50 years before the Battle of Puebla.

That's right, all the festivities and fun those in North America have on May 5 is to celebrate a single battle. However, don't let that singularity fool you; it was an important and epic battle that lifted the spirits of the nation and affected the future for more than just Mexico.

Unique Celebrations

- In the Cayman Islands in the Caribbean, they celebrate Cinco de Mayo with an air guitar competition.
- In Vancouver, British Columbia, Canada, they celebrate with a skydiving event.
- In Chandler, Arizona, they celebrate with Chihuahua races and the crowning of a dog king and queen.
- In Denver, Colorado, the Cinco de Mayo Festival specializes in all types of Mexican music and lasts for two days.
- The world's largest Cinco de Mayo celebration is held in Los Angeles, California. More than

600,000 people attend the Fiesta Broadway and celebrate with Mexican food and music.

The Battle of Puebla

After the Mexican-American War (1846–1848) and the Mexican Reform War (1858–1861), the Mexican government was almost bankrupt. In 1861, Mexican President Benito Juárez issued a two-year moratorium on payment of foreign debt. Mexico's largest creditors—Spain, England, and France—sent ships to the port of Veracruz to demand payment. Mexico negotiated with England and Spain, and their ships went home.

However, French Emperor Napoleon III decided to leverage this opportunity to increase French power in the New World. Napoleon III sent a heavily armed fleet to Veracruz and forced President Juárez and his government into retreat. The French force of more than 8,000 pushed on from Veracruz toward Mexico City, with their troops more than double that of Mexico's. Napoleon expected an easy win and to easily overthrow Juárez. To his dismay, this was not the case. Even with only 4,500 troops, the Mexican army, led by Ignacio Zaragoza Seguín, was able to defeat the much bigger, better armed, and better trained French force. At Puebla, a mere 70 miles from Mexico City, the French waved the white flag. Four days later, in a frenzy of patriotism, a holiday was declared.





Memorial Day: Take time to remember

A few solemn thoughts to ponder and share this Memorial Day:

- **Daniel Webster:** “Although no sculptured marble should rise to their memory, nor engraved stone bear record of their deeds, yet will their remembrance be as lasting as the land they honored.”
- **W.J. Cameron:** “Perform, then, this one act of remembrance before this day passes: Remember there is an army of defense and advance that never dies and never surrenders, but is increasingly recruited from the eternal sources of the American spirit and from the generations of American youth.”
- **Benjamin Harrison:** “I have never been able to think of the day as one of mourning; I have never quite been able to feel that half-masted flags were appropriate on Decoration Day. I have rather felt that the flag should be at the peak, because those whose dying we commemorate rejoiced in seeing it where their valor placed it. We honor them in a joyous, thankful, triumphant commemoration of what they did.”
- **Robert G. Ingersoll:** “These heroes are dead. They died for liberty—they died for us. They are at rest. They sleep in the land they made free, under the flag they rendered stainless, under the solemn pines, the sad hemlocks, the tearful willows, and the embracing vines. They sleep beneath the shadows of the clouds, careless alike of sunshine or of storm, each in the windowless place of rest. Earth may run red with other wars— they are at peace. In the midst of battle, in the

roar of conflict, they found the serenity of death. I have one sentiment for soldiers living and dead: cheers for the living; tears for the dead.”

Conversation starters for Mother's Day

If you're trying to make conversation at Mother's Day dinner this year, try sprinkling some of these facts into the discussion:

- One of the earliest celebrations of mothers in recorded history comes from ancient Greece, when a spring festival was dedicated to Rhea, the mother of the gods.
- A Russian woman in the 18th century is said to have given birth to the most children. She was the wife of Feodor Vassilyev, and she produced a total of 69 children, including 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. Of those, 67 are said to have survived infancy.
- The first woman to give birth in the White House was Martha Randolph, daughter of President Thomas Jefferson, on Jan. 17, 1806.
- The first woman to give birth in an airplane was Mrs. T.W. Evans on Oct. 28, 1929, over Miami.
- In 340 B.C., Aristotle observed that dolphins gave birth to live young that were attached to their mothers by umbilical cords. For this reason, he considered dolphins and related creatures to be mammals. Biologists agreed with him—24 centuries later.
- Eileithyia was the Greek goddess of childbirth and the divine helper of women in labor (in other words, the goddess of labor pain).





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Hybrid Fruits & Vegetables - What are they and are they good For us?

Hybrid fruits and vegetables are created by cross-breeding different types of plants in a very traditional pollination method. Unlike GMOs (Genetically Modified Organisms) where scientists alter the natural DNA of the plant to introduce a specific trait they want into the newly created plant, hybrid fruits and vegetables are naturally made.

Hybrid fruits and vegetables are made so that desirable, specific traits are produced. These traits include improved flavor, texture and nutritional profile. These traits are often more enhanced than their parent variety. Hybridization can also result in fruits and vegetables that are more resistant to diseases and pests. They can often result in foods more uniform in size and farmers and home growers can achieve a good crop yield.

Hybrid fruits and vegetables are not that hard to find as they are all around us and available in most grocery stores. In fact, most bananas are hybrids as they are a result from cross-breeding two other wild banana species. One of the traits achieved is they are always seedless as opposed to wild bananas which contain large black seeds, making wild bananas more difficult to eat and enjoy. Other examples of hybrid fruits and vegetables are pluots (plum + apricot), tangors (tangerine + orange), limequats (lime + kumquat), broccolini (broccoli + Chinese broccoli) and broccoflower (broccoli + cauliflower).

One major disadvantage to hybridizing fruits and vegetables is that the seeds from a hybrid plant are unstable and even if planted they may not produce a replica of the parent hybridized plant. It takes about 7 generations to produce stable seeds, thus making hybrid seeds more costly. Additionally, growing conditions must be perfect for a successful outcome.

If you choose to eat organically do not count out hybrid fruits and vegetables. Just like other fruits and vegetables, many hybrid varieties may be organic. GMOs however, are never organic.

If you are starting a home garden from seed this year and you are concerned your efforts will not produce a good crop, choose some hybrid seeds as they are bred to be more productive and resistant to disease. They also keep producing if you are not able to tend to your garden full time. A good example of a highly producing plant that's easy to grow is the Big Beef Tomato. The result is a lot of red, round, delicious and nutritious tomatoes that won't take forever to grow. They are also resistant to a lot of diseases so your efforts will be rewarded.

Eating lots of fruits and vegetables and including a wide variety is very important to a healthy lifestyle. Whether the fruits and vegetables you choose are organic or not, hybrid or not, the daily inclusion of these foods is what's most important.

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.



Cheese Enchiladas with Red Sauce

Serves 4

Ingredients:

- 8 corn tortillas
- 2 cups shredded cheese (cheddar or Monterey Jack)
- 1 ½ cups enchilada sauce (store-bought or homemade)
- 1 tablespoon vegetable oil
- Optional: Diced onions, sliced olives, chopped cilantro

Directions:

1. Preheat the oven to 375°F (190°C). Grease a baking dish with oil.
2. Heat the tortillas in a skillet with a little oil to soften them.

3. Spread a thin layer of enchilada sauce on the bottom of the baking dish.
4. Place cheese and optional fillings in the center of each tortilla. Roll them tightly and place seam-side down in the dish.
5. Pour the remaining sauce over the enchiladas and sprinkle with additional cheese.
6. Bake for 20 minutes, or until the cheese is melted and bubbly.
7. Garnish with cilantro and serve with rice and beans.



Soft Vanilla Pudding Cookies

Makes about 24 cookies

Ingredients:

2 1/4 cups all-purpose flour

- 1 teaspoon baking soda

- 1/4 teaspoon salt

- 1 cup unsalted butter, softened

- 3/4 cup brown sugar, packed

- 1/4 cup sugar

- 1 (3.4-ounce) package instant vanilla pudding mix

- 2 large eggs

- 1 teaspoon vanilla extract

- 2 cups semi-sweet chocolate chips

Directions:

1. Preheat the oven to 350°F and line baking sheets with parchment paper.

2. In a bowl, whisk together the flour, baking soda, and salt. In a separate bowl, beat the butter, brown sugar, and granulated sugar until creamy. Add the pudding mix, eggs, and vanilla extract, and mix until smooth. Gradually stir in the dry ingredients until combined, then fold in the chocolate chips.

3. Drop spoonfuls of dough onto the prepared baking sheets, spacing them 2 inches apart.

4. Bake for 10–12 minutes or until the edges are lightly golden. Let the cookies cool on the baking sheet for 2 minutes before transferring to a wire rack.



Chocolate Truffles

Makes about 20 truffles

Ingredients:

- 1/2 cup heavy cream
- 1 (8-ounce) package semi-sweet chocolate chips
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened cocoa powder, for rolling
- (Optional) 1/4 cup powdered sugar or finely chopped nuts, for rolling

Directions:

1. Heat the heavy cream in a small saucepan over medium heat until it begins to simmer, then pour it over the chocolate chips in a heatproof bowl. Let it sit for 2 minutes, then stir until smooth and glossy.
2. Mix in the vanilla extract and refrigerate the mixture for 1–2 hours, or until firm.
3. Scoop small portions of the chilled mixture with a spoon or melon baller and roll into bite-sized balls. Roll the truffles in cocoa powder, powdered sugar, or chopped nuts, if desired. Serve immediately or store in the refrigerator for up to a week.

Basic Tuna Salad

Makes 4 servings | A No-Bake Recipe

Ingredients:

- 2 (5-ounce) cans tuna, drained
- 1/3 cup mayonnaise
- 1 tablespoon Dijon mustard
- 2 tablespoons lemon juice
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped red onion
- (Optional) 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

Directions:

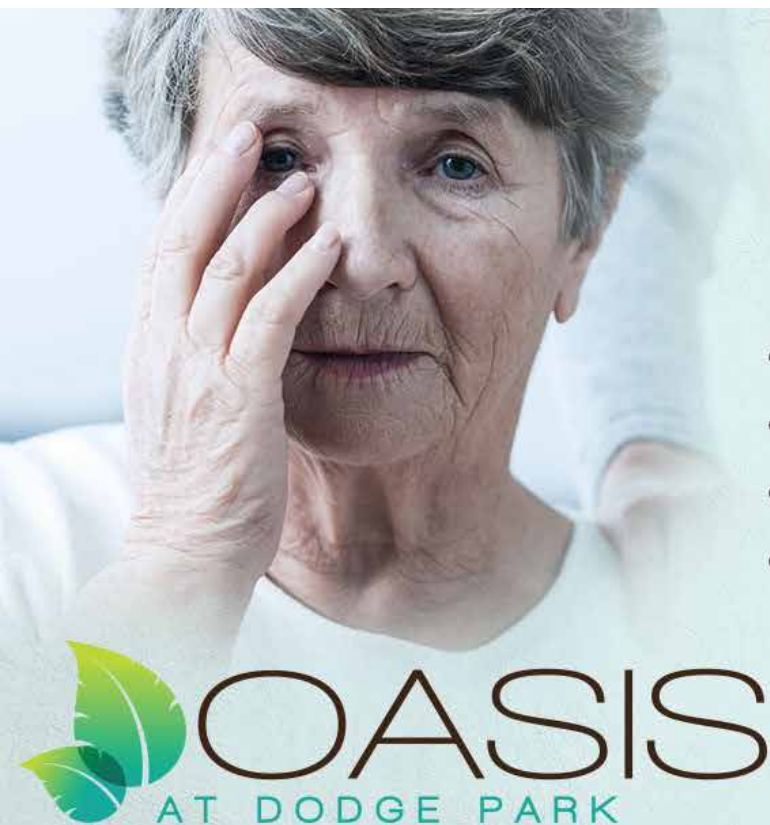
1. Combine the tuna, mayonnaise, Dijon mustard, and lemon juice in a medium bowl, mixing until smooth.
2. Stir in the celery, red onion, and parsley. Season with salt and pepper to taste.
3. Serve immediately or refrigerate for up to 3 days.



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**

Pretty Paper Roses

Craft pretty roses out of coiled paper attached to paper straws. Make a colorful bouquet using colors of the rainbow to celebrate both National Rose Month and Pride Month.

To make one rose, you will need:

- Printer paper (bright color of choice)
- Three 2" squares of green printer paper
- Decorative green paper straw
- 5" to 7" circle template (plate, coffee can lid, paper plate, bowl, etc.)
- Aleene's tacky glue
- Scissors, pinking shears, pencil

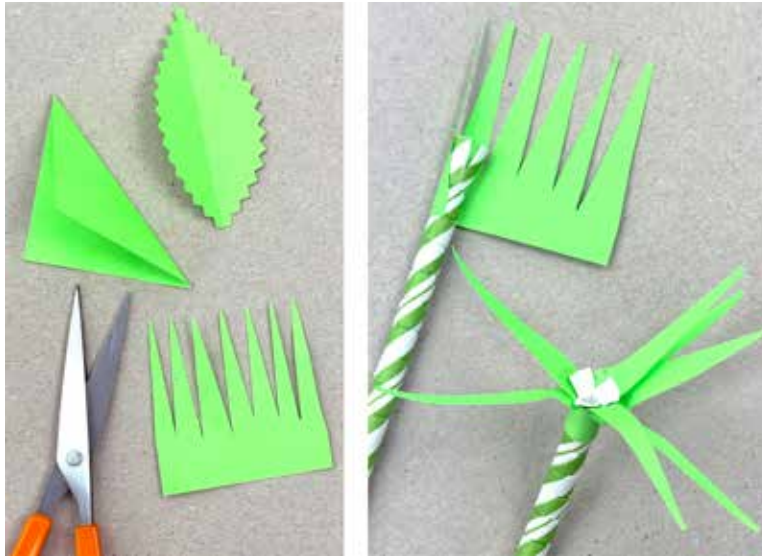
Directions:

1. Use a pencil to trace a circle template such as a plate, onto a sheet of colored paper. Cut out the circle.
2. Draw a 1" circle in the center and then draw a spiral, spacing the radial lines about 1" apart. (The center circle and spiral lines don't have to be perfect.)



3. Following the pencil line, cut out the spiral.

4. Working from the outside edge in, roll the paper as shown, creating coiled paper that looks like “rose petals.” Let the coil loosen a bit to allow the rose “bloom” to open.
5. Glue the bottom of the coiled bloom to the center 1" circle you drew in step 2.



6. To make leaves, diagonally fold a green paper square in half. Cut out a leaf shape using pinking shears. Repeat to make a second leaf.
7. To make the pointy leaves that go under the rose blossom, cut thin wedges out of the last green square of paper as shown.
8. Cut four 1/2" slits at the end of a paper straw, making 4 tabs that are about the same size. Then wrap and glue the straight edge of the pointy leaves around the straw, positioning the straight edge just below the slits in the straw.
9. Bend down the tabs and the pointy leaves and then glue the rose on top.
10. Glue the remaining two leaves onto the paper straw stem to complete your pretty paper rose.

ACTIVITY IDEAS

Jiffy Maraca

Make a festive maraca with a leftover plastic Easter egg.

To make one maraca, you will need:

- Large plastic Easter egg
- 2 plastic spoons
- Electrical tape in a bright color
- 2 differently colored balloons
- 1 to 2 tablespoons of dried popcorn, beans, or rice
- Scissors

Directions:

1. Open the egg and add your filling of choice—dried popcorn, beans, or rice. Start with about a tablespoon of filling and then adjust the amount to your preference.

2. Tape the two spoons together with electrical tape so they look like tongs.

3. Reinforce the egg's seam with tape. Place the egg in between the spoons and tape around the other end of the spoon handles.

4. Cut a few bands from the balloons and pull them over the spoons and egg to decorate and strengthen the maraca.



Poppy Field Collage

Cut out poppies and glue the flowers and strips of green paper onto card stock to make a lovely collage..

You will need:

- Color printout of poppies
- Green scrapbook paper (2 or 3 shades of green)
- 8 1/2" X 11" card stock
- Glue stick
- Scissors

Directions:

1. Cut out some blooms and buds, leaving a thin white edge around the flowers as shown in the first photo below.



2. Cut different shades of green paper into strips (approximately 12" long and 1/4" to 1/2" wide). Cut some with pointed ends like blades of grass. Make the blades slightly wavy to add motion to the collage.

3. Glue two or three full blooms near the top of the paper. Glue strips leading down from the flowers to make the stems.

4. Add more green strips and flowers, overlapping when possible as shown. The ends of the strips can extend off the bottom of the card stock.

5. Continue adding flowers and stems and random blades of grass. Trim off the excess ends of the stems.

6. Sign your masterpiece and frame.





Luring Gummy Gifts

Use the provided designs to make punny gift tags for gifts of gummy treats.

You will need:

- Fishing lure designs printed on card stock
- Colorful craft feather (color of choice)
- Self-adhesive googly eye (1/4" X 1/2")
- 8" strand of embroidery floss (color of choice)
- Thin ribbon
- Scissors, hole punch, and Glue Dots (permanent tack)
- Box or snack bag filled with gummy worms or Swedish fish

Directions:

1. Select a lure design and cut it out. Then punch a hole near the mouth.
2. Fold the embroidery floss in half. Bring the folded end through the hole and then bring the ends of the floss through the loop created by the fold. Tighten the floss and tie the ends together with a knot.
3. Add a feather to the tail of the lure by using a Glue Dot to attach it to the back of the design. Then add a googly eye where indicated. Your gift tag is now ready.

Write a message or who your gift is for on the back.

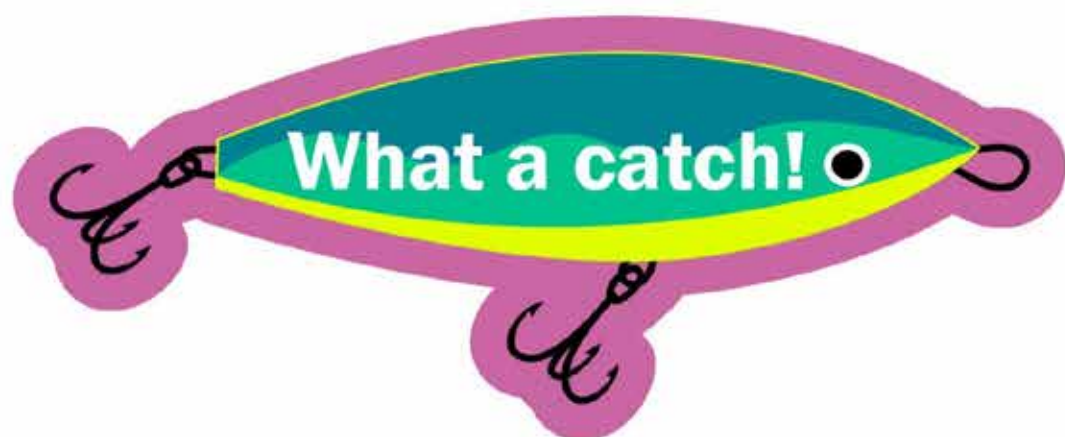
4. Secure the tag's embroidery floss to a snack bag of gummy treats using thin ribbon tied in a bow. As an alternative, simply tape the embroidery floss to the snack bag or box of treats.

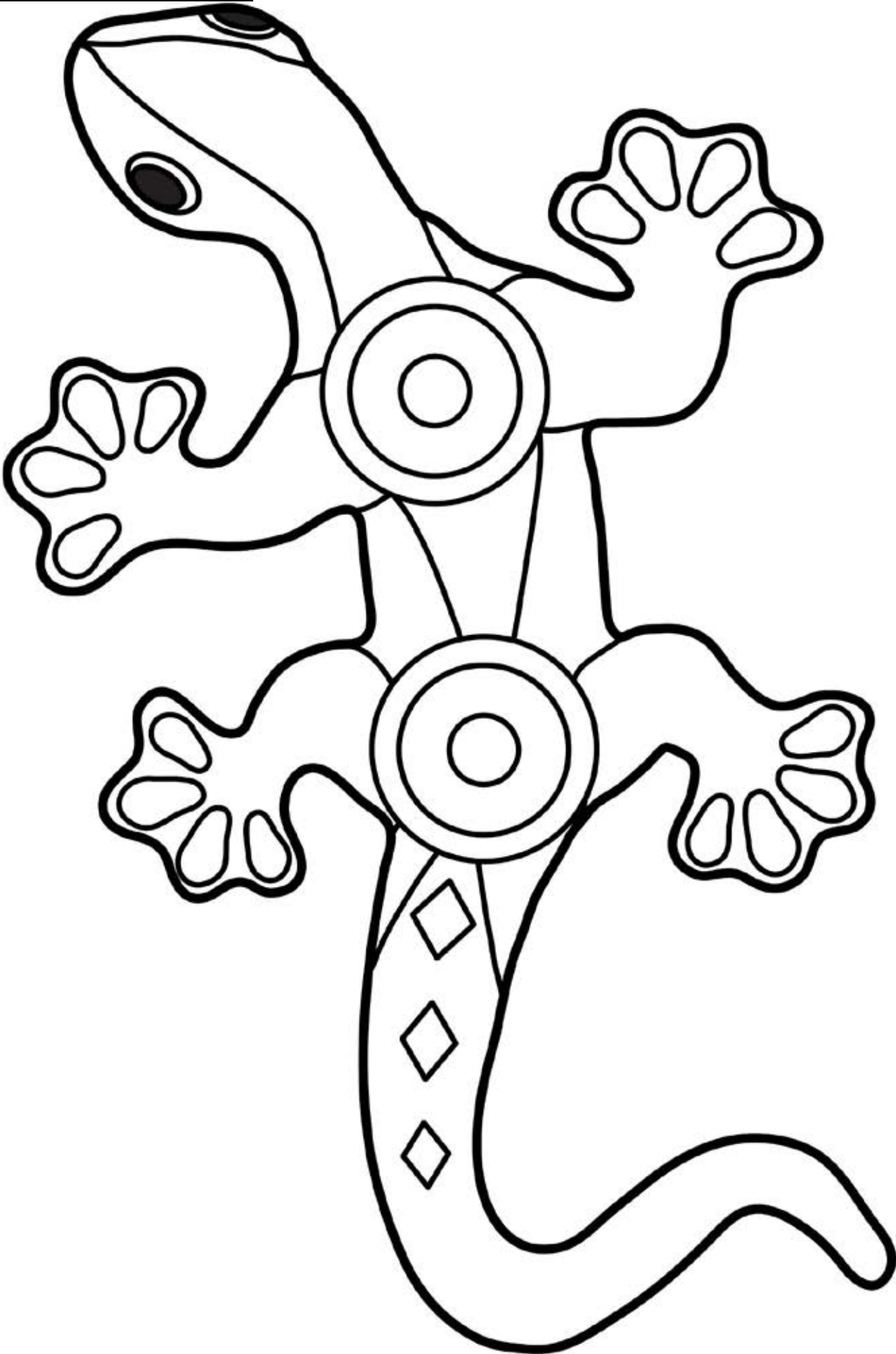
Uses:

- Make tasty party favors.
- Give as gifts to family and friends or use just the gift tags for other wrapped gifts, especially for the fishermen in your life.
- Sell assembled gummy gifts at a craft fair or sell the gift tags in bundles of 4 or more.

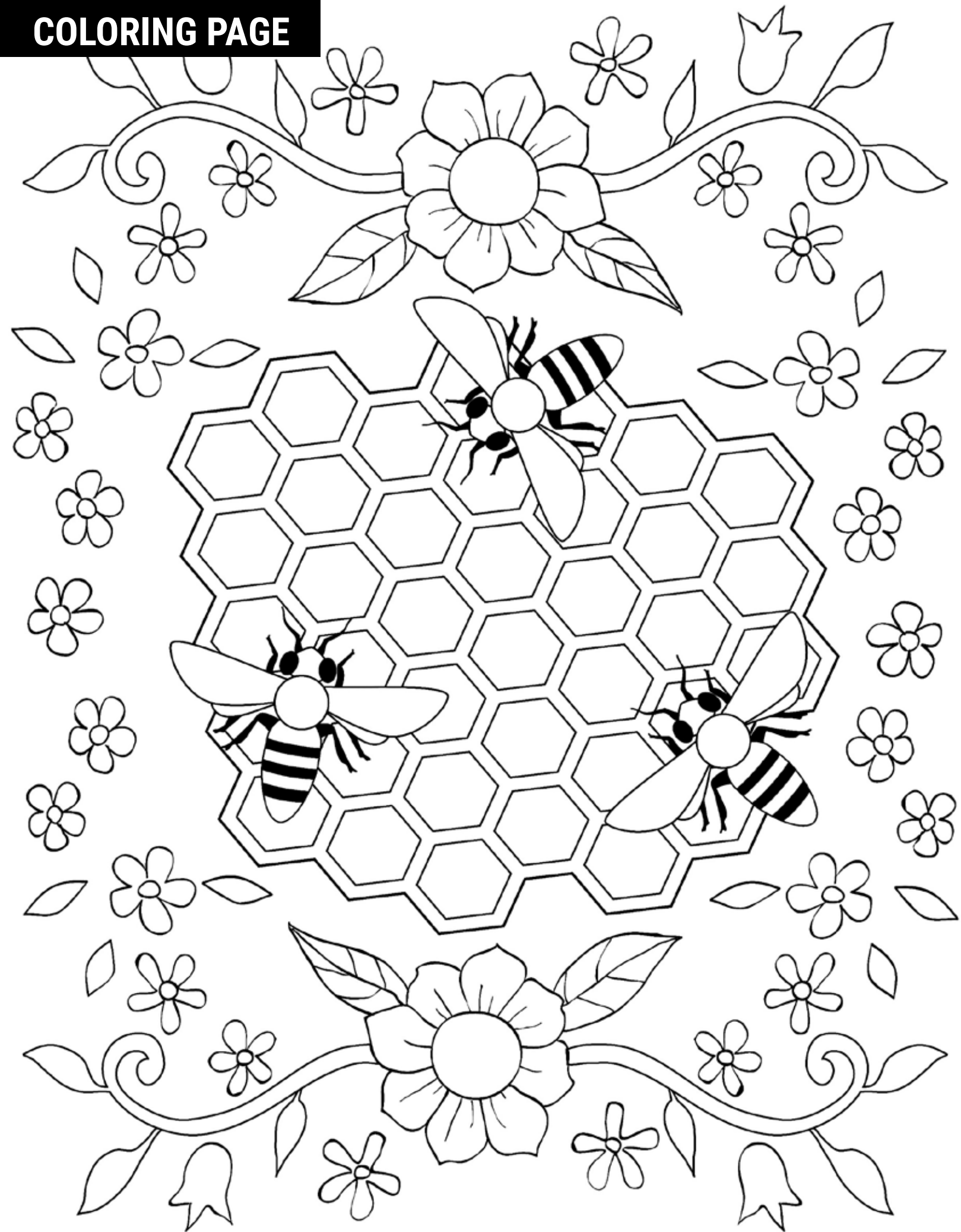




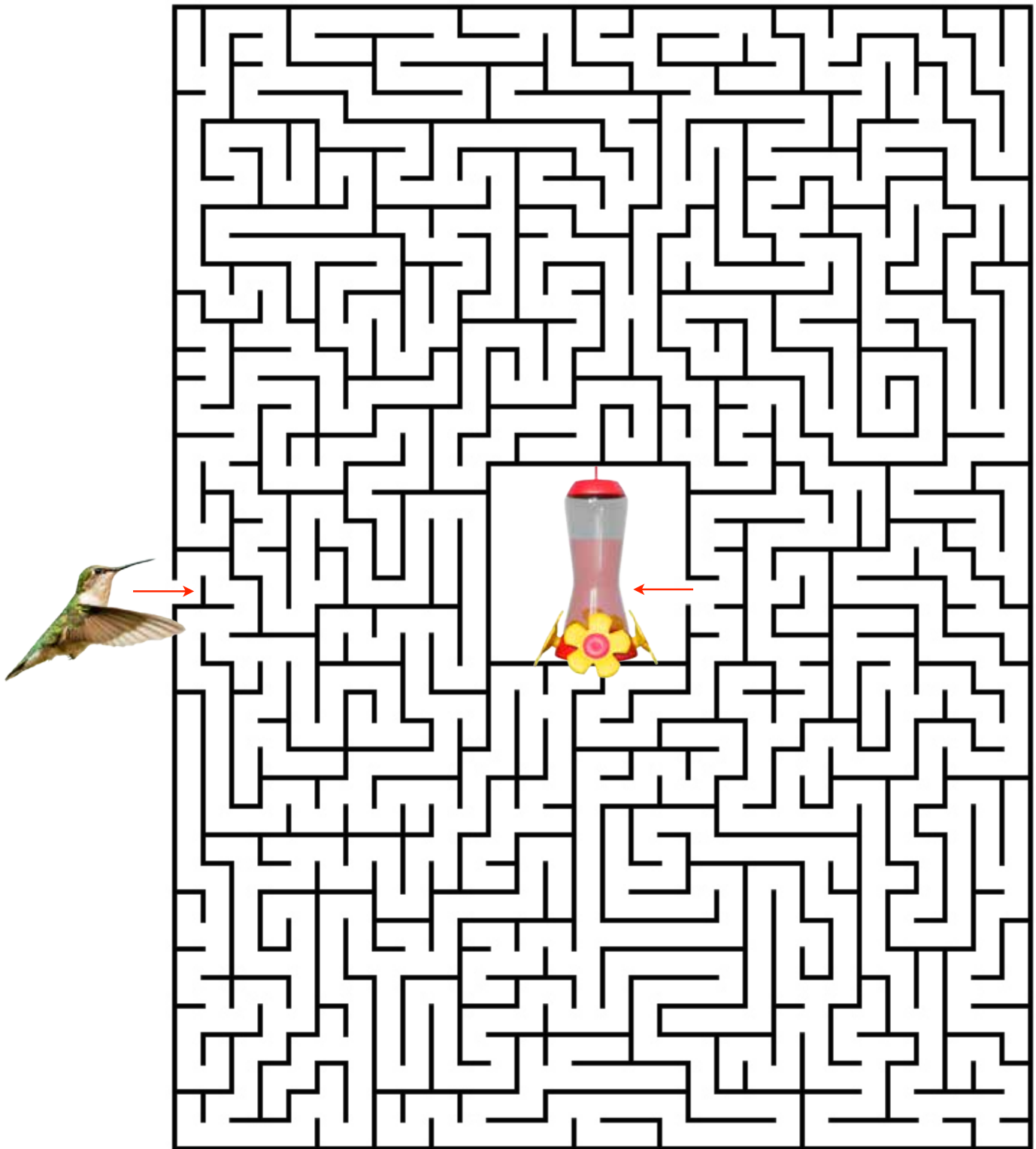




COLORING PAGE



A-Mazing Hummingbird





Collage Detective: Fiesta

Search the puzzle to find the items listed below.
Mark them with a check when they've been detected.

- | | |
|--|--|
| <input type="checkbox"/> 3 tissue paper flowers | <input type="checkbox"/> 7 margaritas |
| <input type="checkbox"/> 9 hot chili peppers | <input type="checkbox"/> 4 lime wedges |
| <input type="checkbox"/> 2 bunches of cilantro | <input type="checkbox"/> 5 tacos |
| <input type="checkbox"/> 3 piñatas | <input type="checkbox"/> 4 straw sombreros |
| <input type="checkbox"/> 1 bottle of hot sauce | <input type="checkbox"/> 8 maracas |
| <input type="checkbox"/> 3 bowls of beans | <input type="checkbox"/> 3 guitars |
| <input type="checkbox"/> 9 musical notes | <input type="checkbox"/> 5 oranges |
| <input type="checkbox"/> 3 conchas (Mexican sweet bread) | <input type="checkbox"/> 4 avocados |
| <input type="checkbox"/> 1 trumpet | <input type="checkbox"/> 5 tomatoes |
| <input type="checkbox"/> 1 serving of tortilla chips | <input type="checkbox"/> 1 bowl of guacamole |
| <input type="checkbox"/> 2 accordions | <input type="checkbox"/> Something that doesn't belong |

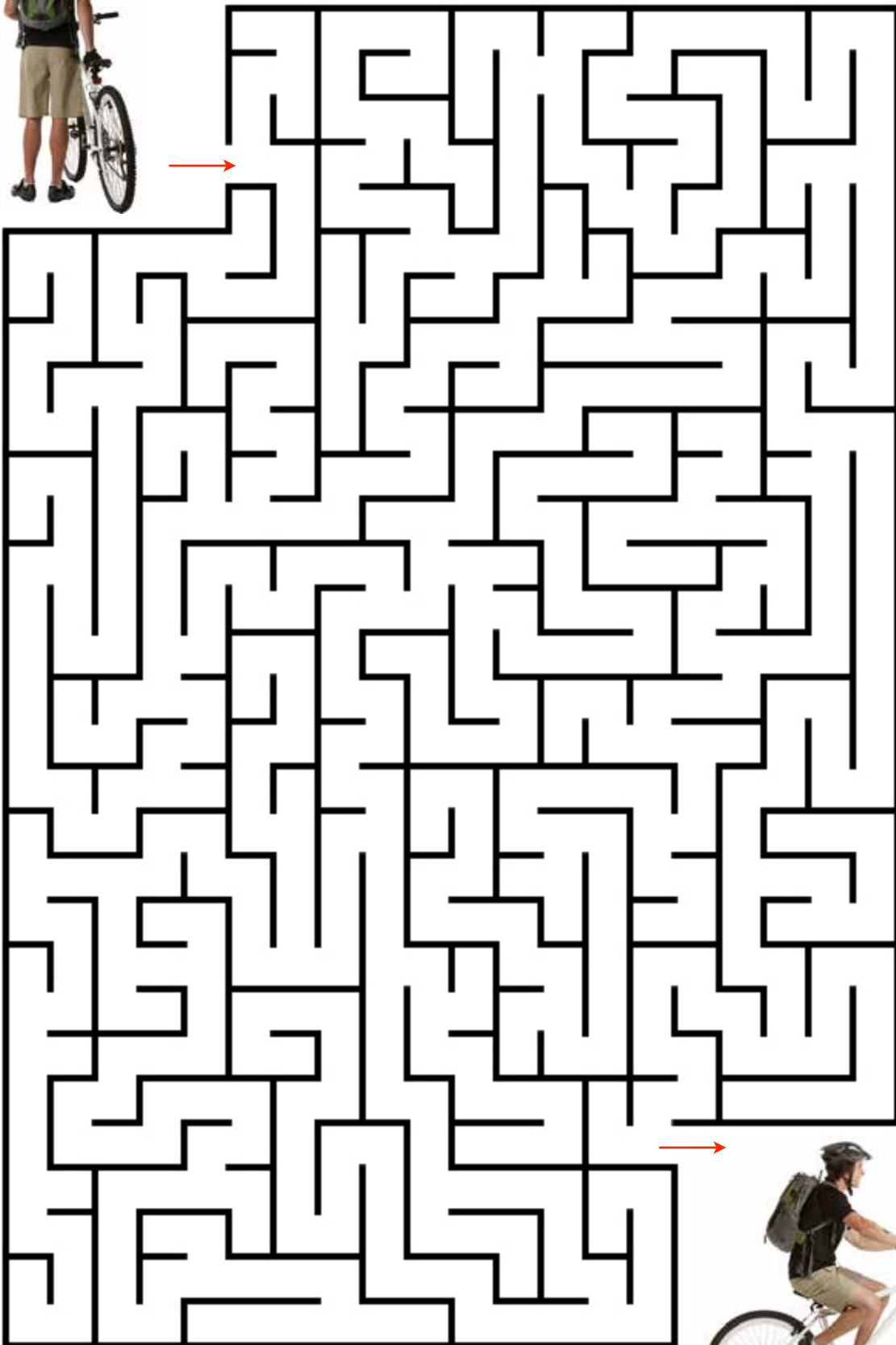


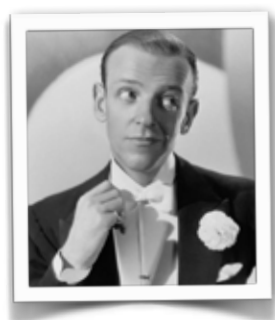
Mixed-Up Mother Goose

Unscramble the letters to reveal
Mother Goose nursery rhymes.

1. ETPRE PPREI
2. PMSEIL OMSNI
3. HEERT NILBD EMCI
4. PMUTHY PMDYUT
5. ABA ABA KALCB HPESE
6. YHE DLIDED DLDIED
7. KCAJ ADN JLLI
8. WOR, ORW, WRO, ROUY OABT
9. TELTIL SIMS EFMTFU
10. OYHICRK ICRKYDO KDCO
11. KACJ EB LBMEN
12. ISGN A NSOG FO XPCENIES
13. GIEORGE GEOPRI
14. EPAES RREIDOGP
15. INRG RNOADU TEH SREOI
16. EWE IYLWL KEWIIN
17. PPO SOEG ETH ASEEWL
18. LDONNO EBDGIR SI LNAGFIL
OWND

A-Mazing Bicycle





Famous May Birthdays

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

- A. Fred **ASTAIRE**
- B. Candice **BERGEN**
- C. George **CARLIN**
- D. George **CLOONEY**
- E. Bing **CROSBY**
- F. Reggie **JACKSON**
- G. Wynonna **JUDD**
- H. Dolley **MADISON**
- I. Sugar Ray **ROBINSON**
- J. Emmitt **SMITH**
- K. Benjamin **SPOCK**
- L. Mark **ZUCKERBERG**

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

Bonus: Match the person to the correct clue.

- | | |
|--------------------------------|------------------------------------|
| 1. Actress ____ | 7. NFL running back ____ |
| 2. Facebook cofounder ____ | 8. Actor/director/producer ____ |
| 3. Dancer/actor ____ | 9. First lady of the U.S. ____ |
| 4. Boxing champion ____ | 10. Country singer ____ |
| 5. MLB player/Mr. October ____ | 11. Physician/author ____ |
| 6. Comedian ____ | 12. "White Christmas" crooner ____ |

Searching for May

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

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



ARMED FORCES (Day)

BUTTERFLY

CHIRPING

CINCO DE MAYO

EMERALD

FLOWERS

GEMINI

KENTUCKY DERBY

LILY OF THE VALLEY

MAY DAY

MEMORIAL (Day)

MOTHER'S (Day)

MOWING

NURSES (Day)

POLLEN

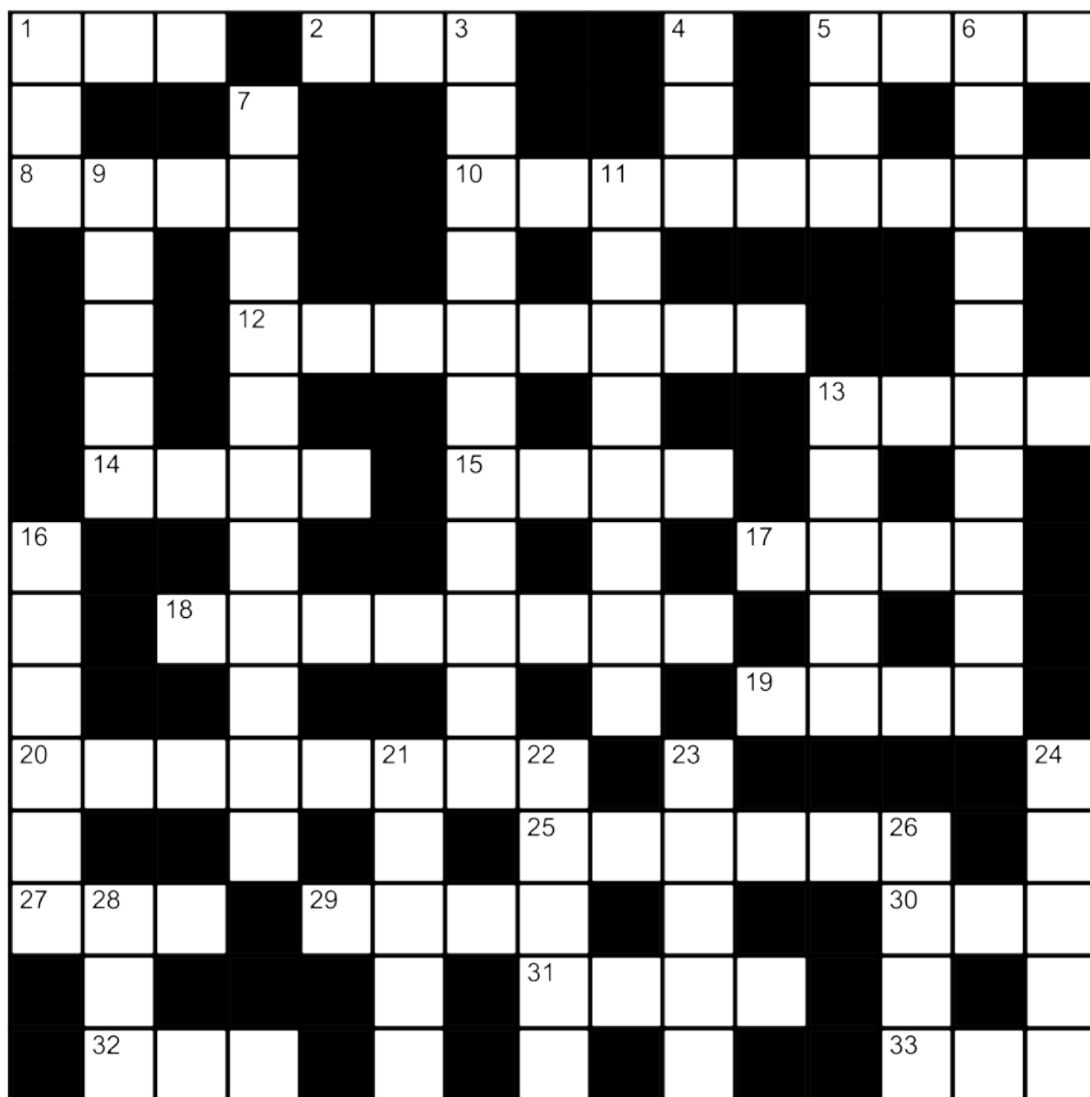
SPRING

TAURUS

VICTORIA (Day)

Crossword #41

Use the clues to fill in the crossword.



ACROSS

1. Wonderment
2. "Shoot, that ____ my favorite sweater."
5. Yellow center of an egg
8. Word before and after "and let"
10. Imperfect
12. Confusing; bewildering
13. "Fill out this ____ if you want to apply."
14. Gambler's lady?
15. "You look like you were ____ hard and put away wet."
17. Tiny sweater eater
18. Sauerkraut vegetables
19. Stair part
20. Sledding locale

25. Down in the dumps

27. Column's counterpart
29. "Don't go!"
30. Cousin of an ostrich
31. Tree inhabited by a Christmas partridge
32. Groupie
33. Chair part

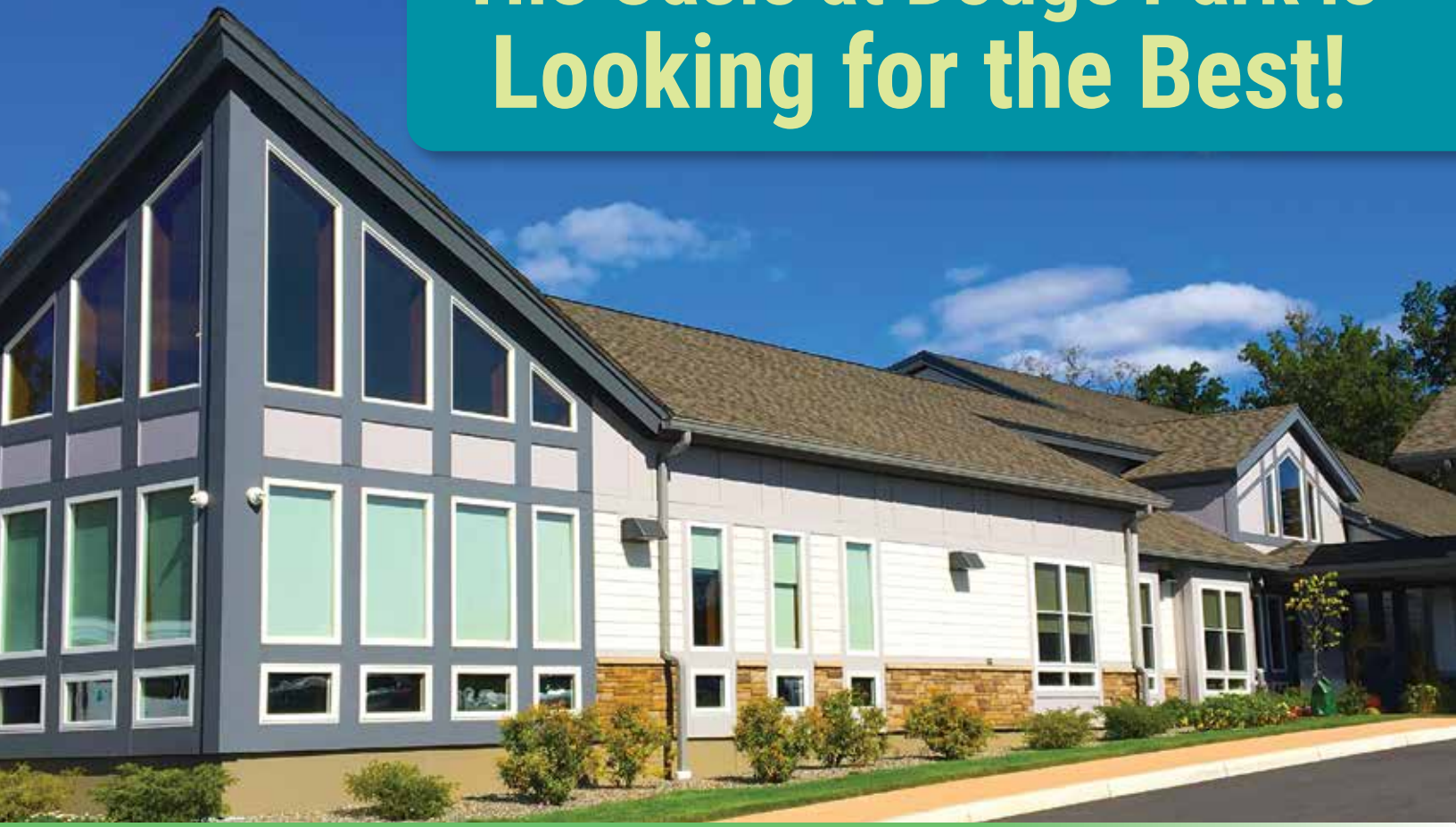
DOWN

1. Be sick
3. Geneva's home
4. Pass a test easily
5. "Uncle Sam wants ____!"
6. State of being in charge
7. Honest and decent; of

good social reputation

9. Model of excellence
11. Cold climate caribou
13. Levitate
16. "I'd _____ watch a comedy than a horror flick."
21. Foreword, for short
22. Pharaoh's land
23. Opposite of a tourist
24. "Ouch! I just got _____ by a bee!"
26. Shout
28. Blockhead

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

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Worcester's Premier Senior Residential Care Facility



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- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
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- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
- Beauty salon, spa, library
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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.

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

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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.

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- 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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CELEBRATING **58** YEARS

Caring for our Community

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and
The Day Club

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Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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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 to look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

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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.

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

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

You can also attend the meeting virtually.

Please email m.shalev@dodgepark.com to receive the Zoom address prior to the meeting.

Dodge Park



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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

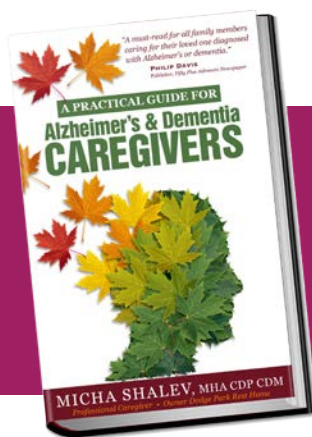
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory 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
508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

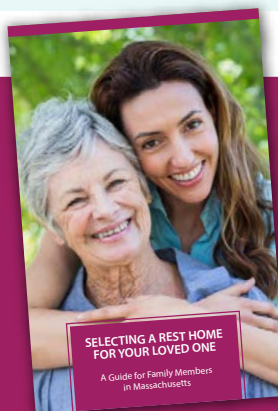
Yes, we can help if your loved one:



- 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.

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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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Tel: 508-853-8180 • Fax: 508-459-6176
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MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Holidays and Observances: 5: Cinco de Mayo, 11: Mother's Day, 26: Memorial Day

Homemade
GIFTS MADE EASY