

JULY 2025

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

Happy
4th of July
America

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

Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month.



Bringing LIFE to Those We Serve

The Connection Between Dementia Residents and the Importance of Natural Light

Natural light plays a crucial role in the overall well-being of individuals, especially for residents with dementia. Research has consistently shown that exposure to natural light can have significant benefits for dementia patients, impacting their physical health, emotional state, and cognitive function. Understanding these benefits can help caregivers and families create environments that promote better quality of life for their loved ones.

Regulating Circadian Rhythms

One of the most significant benefits of natural light is its ability to regulate circadian rhythms. Circadian rhythms are the body's internal clock that dictates sleep-wake cycles. For individuals with dementia, these rhythms often become disrupted, leading to sleep disturbances and increased agitation, commonly referred to as sundowning. Exposure to natural light, particularly in the morning, helps reset these internal clocks, promoting better sleep patterns and reducing the severity of sundowning.

Enhancing Mood and Reducing Depression

Natural light exposure has been linked to improved mood and reduced symptoms of depression. Dementia patients are at a higher risk of developing depression due to the progressive nature of the disease and the associated cognitive decline. Sunlight stimulates the production of serotonin, a hormone that contributes to feelings of well-being and happiness. Ensuring that dementia residents have ample access to natural light can help mitigate feelings of sadness and isolation.

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

Boosting Vitamin D Levels

Vitamin D is essential for maintaining bone health, supporting the immune system, and improving mood. Natural sunlight is a primary source of Vitamin D. Dementia residents often spend a significant amount of time indoors, which can lead to deficiencies. Facilitating opportunities for outdoor activities or ensuring that indoor environments are well-lit with natural light can help maintain adequate Vitamin D levels, promoting overall health.



Improving Cognitive Function

Studies have shown that natural light can enhance cognitive function in individuals with dementia. Bright light therapy has been found to improve attention, memory, and other cognitive skills. By integrating natural light into living spaces, caregivers can support cognitive health and potentially slow the progression of dementia symptoms.

Creating a Calming Environment

Natural light can also contribute to creating a more calming and soothing environment. Bright, artificial lighting can sometimes be overstimulating or create harsh shadows that may confuse or distress dementia patients. In contrast, natural light provides a softer, more diffused illumination that can make spaces feel more open and welcoming. This can reduce anxiety and help residents feel more comfortable and secure in their surroundings.

Practical Tips for Maximizing Natural Light

To maximize the benefits of natural light for dementia residents, consider the following practical tips:

Design spaces with large windows: Ensure that living areas, dining rooms, and common spaces have ample windows to allow natural light to flood in.

Use light-colored, reflective surfaces: Decorate with light colors and reflective materials to enhance the natural light available.

Encourage outdoor activities: Facilitate daily outdoor activities, such as walks in the garden, to ensure residents get direct sunlight exposure.

Position furniture wisely: Arrange furniture to make the most of natural light, placing seating areas near windows.

Utilize window treatments effectively: Use sheer curtains or blinds that can be easily adjusted to control the amount of light entering a room without blocking it entirely.

Incorporating natural light into the daily lives of dementia residents is more than just an architectural consideration; it's a vital part of their care strategy. By understanding and utilizing the benefits of natural light, we can create healthier, happier, and more supportive environments for those living with dementia.

Micha Shalev MA CDP CDCM CADDCT

AROUND DODGE PARK AND OASIS



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AROUND DODGE PARK AND OASIS





Lock In Your Rate and Monthly Fees Never Increase



At Dodge Park, we know an individual's care needs can change daily. Some days you may need more help than other days. And when that happens you will never be charged more for the extra care or services.

That is why we have designed our "Rate Lock" – ensuring basic residency rates never go up once our residents move in.

At other facilities - when you need more care - they charge you more money. But not at Dodge Park. Our services are all inclusive and there is never an "up-charge" for any care or service our staff provides. This plan gives your loved ones peace of mind and makes it easy to plan your finances each month.

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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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 mother has been a resident at Dodge Park Rest Home for more than 2 years. This facility is amazing. Every employee is well trained in strategies to interact with dementia patients. They make the residents feel comfortable and LOVED. The residents truly believe they are part of their family. The two owners of the facility were destined to take care of the elderly. It is their true calling. The administration only expects the best from their employees. If you are looking for a safe place for your loved one, please check out this rest home. It is comforting to know that there is always someone there to hold my mother's hand or give her a much needed hug!

I have a close relative (with memory problems) that has been living at Dodge Park Rest Home for the last four years. The facility is always clean and comfortable. The meals are nutritious and have a great variety. There is plenty of entertainment. The residents' clothes are cleaned regularly as well as the bedding. The staff is amazing! More than willing to help any and all of the residents anytime. Great place - Great people!

Our mom is sweet and dear to us and Dodge Park Rest Home has been such a blessing to her. She is cared for lovingly in a lovely environment that has perfect soothing yet social and fun activities for someone with severe dementia. The staff are kind and considerate and she is thriving better here than at home with us. She is living. Thank you for protecting her from illness and for loving her. We are beyond grateful for Ben, Micha, Carrie, the nurses and staff. This is the only place like this in Massachusetts. Much love, Barbara Lusignan's daughter and family.

Have had a relationship with Dodge Park for many years.
Have always found them to be professional and caring. This is evident at all levels, from management to care givers, to support staff.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Dodge Park Rest Home & Day Club		Canada Day 10:00- Daily Chronicle 10:30- Range of Motion Stretches Small Circle Groups 11:00- Patriotic Bandstand 2:00- Learning About the Holiday 2:30- Live Music with Sean F. 3:30- America's Past Times 4:00- Red, White, & Blue Categories 6:00- Reading Roundtable	1 10:00- Daily Chronicle Art Therapy w/ Lynda S. 10:30- Beach Ball Toss Up 11:00- Stops On Route 66 2:00- Name the Baseball Team 2:30- Live Music with Greg P. 3:30- Summertime Polls 4:00- Patriotic Medleys 6:00- White Board Story Writers 7:00- Golden Hollywood	2 10:00- Daily Chronicle 10:30- Big Ticket Bingo Seasonal Card Making 11:00- Tours of the Cape 2:00- Quirky U.S.A. Attractions 2:30- Live Music with Paula S. 3:30- Linked Senior Game Show 4:00- Sights of Summer 6:00- Chicken Soup for the Soul 7:00- Western Programs	3 Fourth of July! 10:00- Yoga Fun 11:00- Photo Opportunities 11:30- Patriotic Sing A Long 2:00- A Tribute to the Troops 2:30- Live Music with Sandy R. 3:30- Famous Lighthouses 4:00- Virtual Parade 6:30- Boston Pops Performance 7:00- Fireworks Display	4 10:00- Daily Chronicle 10:30- Noodle Hockey Table Top Sensory Program 11:00- Finish the Lyrics 2:00- Historical Boston Moments 2:30- Live Music with Paul B. 3:30- Bean Bag Toss 4:00- Weekend Word Searches 6:00- Hot Chocolate and Chats 7:00- America's Got Talent
6 10:00- Daily Chronicle 10:30- Catholic Mass Services Guided Rosary & Prayers 11:00- Hymns from the Choir 2:00- Dodge Park Walking Club 2:30- Live Music with Rusty G. 3:30- Afternoon Stretches 4:00- Group Crossword Puzzle 6:30- Aromatherapy & Massage 7:00- I love Lucy	7 10:30- Catholic Mass w/ Father E. Patio Walking Group 11:00- Seated Stretches 2:00- Name the Presidents 2:30- Live Music with Paula S. 3:30- Name 10 4:00- Best of Martha's Vineyard 6:30- Evening Yoga 7:00- Classic Sitcoms	8 10:00- Daily Chronicle 10:30- Range of Motion Stretches Small Circle Groups 11:00- Patriotic Bandstand 2:00- Seasonal Hangman 2:30- Live Music with Sean F. 3:30- America's Past Times 4:00- Red, White, & Blue Categories 6:00- Reading Roundtable 6:30- Family Film	9 10:00- Daily Chronicle Art Therapy w/ Lynda S. 10:30- Beach Ball Toss Up 11:00- Stops On Route 66 2:00- Name the Baseball Team 2:30- Live Music with Sandy R. 3:30- Summertime Polls 4:00- Patriotic Medleys 6:00- White Board Story Writers 7:00- Golden Hollywood	10 9:30- Daily Chronicle 10:00- Baking Class Seasonal Card Making 11:00- Tours of the Cape 2:00- Quirky U.S.A. Attractions 2:30- Live Music with Paula S. 3:30- Linked Senior Game Show 4:00- Sights of Summer 6:00- Chicken Soup for the Soul 7:00- Western Programs	11 10:00- Yoga With Bonnie D. 10:30- Parachute Circle July Watercolors 10:30- Art Therapy w/ Lynda S. 11:00- Jeopardy Trivia 2:30- Live Music with Arizona Doug 3:30- Lucky Strikes Bowling Club 4:00- Shirley Temple Sing A Long 6:30- Manicure Stations 7:00- Red Sox Game	12 10:00- Daily Chronicle 10:30- Noodle Hockey Table Top Sensory Program 11:00- Finish the Lyrics 2:00- Historical Boston Moments 2:30- Snack Pass 3:30- Live Music with Lenny Z. 4:00- Weekend Word Searches 6:00- Hot Chocolate and Chats 7:00- America's Got Talent
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Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 x117

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 Oasis at Dodge Park		Canada Day 10:00- Linked Senior Trivia 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:30- All About the Holiday 1:30- Group Crossword Puzzle 2:15- Live Music w/ Paul B. 3:30- Snack Pass 4:00- Flower Arrangements Big Card Bingo 7:00- Family Movie Night	1 10:30- Exercise w/ Joe F. Morning Patio Walks 11:30- Daily Chronicle 1:30- Summertime Hangman 2:00- Art Therapy w/ Lynda S. 2:15- Live Music w/ Sean F. 4:00- Oasis Book Club Men's Group Discussion 6:30- Evening Stretches 7:00- Golden Hollywood	2 10:00- Good Morning Discussions Linked Senior Game Show 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Beach Ball Toss 2:15- Live Music w/ Arizona Doug 4:00- Octoband Circle July Watercolors 6:30- Manicure Spa Stations 7:00- Stops on Route 66	3 Fourth of July 10:00- Patriotic March & Sing Along Photo Opportunities 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 4:00- Virtual Parade Parachute Movements 6:30- Boston Pops Performance 7:00- Fireworks Display	4 10:00- Listing Baseball Teams Trivia Name the Team Positions 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Sandy R. 4:00- Scrapbooking Committee Noodle Hockey 4:30- Walking Club 6:30- Mindful Meditations 7:00- America's Got Talent
6 10:00- Virtual Church Services 10:30- Guided Rosary 10:45- Exercise w/ Paula S. 11:30- Today In History 1:30- Balloon Toss Up 2:15- Live Music w/ Gary L. 4:00- Ten Pin Bowling Word Searches 6:30- Fireside Ambience 7:00- Tours of Cape Cod	7 10:00- Resident Story Writing 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Daily Chronicle 1:30- Unique U.S.A. Attractions 2:15- Live Music w/ Sean F. 4:00- Bingo Club Red, White, Blue Crafting 6:30- Photo Reminiscing 7:00- National Parks Documentary	8 10:00- Linked Senior Trivia 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:30- Daily Chronicle 1:30- Group Crossword Puzzle 2:15- Live Music w/ Paul B. 3:30- Snack Pass 4:00- Flower Arrangements Big Card Bingo 7:00- Family Movie Night	9 10:30- Exercise w/ Joe F. Morning Patio Walks 11:30- Daily Chronicle 1:30- Summertime Hangman 2:00- Art Therapy w/ Lynda S. 2:15- Live Music w/ Sean F. 4:00- Oasis Book Club Men's Group Discussion 6:30- Evening Stretches 7:00- Golden Hollywood	10 10:00- Good Morning Discussions Linked Senior Game Show 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Beach Ball Toss 2:15- Live Music w/ Bill M. 4:00- Octoband Circle July Watercolors 6:30- Manicure Spa Stations 7:00- Stops on Route 66	11 10:00- Courtyard Conversations Best of Martha's Vineyard 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- White Board Trivia 2:15- Live Music w/ Tom G. 4:00- Table Top Sensory Bins Summertime Polls 6:30- Red Sox Game	12 10:00- Listing Baseball Teams Trivia Name the Team Positions 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ TBA 4:00- Scrapbooking Committee Noodle Hockey 4:30- Walking Club 6:30- Mindful Meditations 7:00- America's Got Talent
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Oasis at Dodge Park 101 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 x117



Memory care at Dodge Park Rest Home and Oasis at Dodge Park:

Where everyone knows your name

Imagine a place where individuals suffering from Alzheimer's and dementia feel right at home. Imagine a place where they can regain a sense of fulfillment. Dodge Park Rest Home and Oasis at Dodge Park on Randolph Road in Worcester are just such a setting. The facilities' **N'efesh to N'efesh Memory Care Program** (from the Hebrew for "soul to soul") strives to help those struggling with memory loss at any stage to build and maintain cognitive ability. Based on research from a variety of recent studies, Dodge Park Rest Home and Oasis's specially designed program is comprised of six pillars of activities in which memory care residents and their families join in. These include Physical Exercise, Stress Reduction, Cognitive Exercise, Specialized Digital Programs, Purposeful Social Activities and Support Groups and Resident Council. Resident-centered care is at the cornerstone of the N'efesh to N'efesh Memory Care Program at Dodge Park and Oasis at Dodge Park. Caregivers, staff and the management team are specially

'We feel so fortunate that we found the Oasis'

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

'Mom is doing fabulous at the Oasis'

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

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

Oasis's Activity Coordinator Amy Bustin says:

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



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

www.oasisatdodgepark.com
877-363-4775

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

JULY OBSERVANCES

Monthly

Eye Injury Prevention Month. Of the approximately one million eye injuries in the United States each year, health experts say 90% are preventable. The leading causes of eye injury are sports accidents, fireworks, yard and workshop debris, and household chemicals.

National Hot Dog Month. The warm summer months are perfect for grilling, and what better food to toss on the grill than a juicy hot dog? National Hot Dog Month was founded by the U.S. Chamber of Commerce about 65 years ago. Since that time, the National Hot Dog and Sausage Council promotes this monthlong celebration each year.

Park and Recreation Month. Since 1985, Americans have celebrated Park and Recreation Month in July to promote the importance of parks and recreation in health and wellness, conservation, and social equity. Parks are the cornerstone of nearly every community, serving millions of people as places anyone can go to be active and healthier, connecting with nature and gathering together.

World Watercolor Month. Grab some watercolors and make a watercolor painting each day during the month. Share your work online for others around the world to enjoy. Use the hashtag #WorldWatercolor-Month when posting your art and use it to meet other watercolor artists around the globe.

Weekly

National Therapeutic Recreation Week, July 6–12.

Established by the National Therapeutic Recreation Society, this week is intended to raise awareness of therapeutic recreation programs and services that improve the health and well-being of people with physical, mental, and emotional disabilities.

National Zoo Keeper Week, July 20–26. National Zoo Keeper Week focuses on the need to protect and preserve our wildlife and vanishing habitats via conservation messages created by their institutions. During the third week of July each year, celebrate National Zoo Keeper Week; both keepers and animals deserve recognition.

SPECIAL DAYS

- 1 Creative Ice Cream Flavors Day
- 1 International Cherry Pit Spitting Day
- 1 International Chicken Wing Day
- 1 International Joke Day
- 1 National Postal Worker Day
- 2 I Forgot Day
- 2 World UFO Day
- 3 Compliment Your Mirror Day
- 3 Disobedience Day
- 3 Eat Beans Day
- 3 Stay out of the Sun Day
- 4 Independence Day (U.S.)
- 4 National Country Music Day
- 4 Sidewalk Egg Frying Day
- 5 National Apple Turnover Day
- 5 International Bikini Day
- 5 Work-a-holics Day
- 6 International Kissing Day
- 6 National Fried Chicken Day
- 7 Chocolate Day
- 7 Global Forgiveness Day
- 7 Father-Daughter Take a Walk Together Day
- 7 National Strawberry Sundae Day
- 8 Body Painting Day
- 8 National Blueberry Day
- 8 Video Games Day
- 9 National Dimples Day
- 9 National Sugar Cookie Day
- 10 Pick Blueberries Day
- 10 Pina Colada Day
- 10 Teddy Bear Picnic Day
- 11 Cheer up the Lonely Day
- 11 Make Your Own Sundae Day
- 11 National Blueberry Muffins Day
- 11 World Population Day
- 12 Different Colored Eyes Day
- 12 Pecan Pie Day
- 13 Barbershop Music Appreciation Day
- 13 Embrace Your Geekness Day
- 13 Fool's Paradise Day
- 13 National French Fries Day
- 13 National Nitrogen Ice Cream Day
- 13 Oxymoron Day
- 14 Bastille Day
- 14 Pandemonium Day
- 14 National Macaroni and Cheese Day
- 14 National Nude Day
- 14 Shark Awareness Day
- 15 Be a Dork Day
- 15 Cow Appreciation Day
- 15 Gummi Worm Day
- 15 National Give Something Away Day
- 15 Tapioca Pudding Day
- 16 Fresh Spinach Day

SPECIAL DAYS

16 World Snake Day
17 Peach Ice Cream Day
17 World Emoji Day
17 Yellow Pig Day
18 National Caviar Day– something's fishy here
18 Women's Dive Day
19 National Daiquiri Day
19 National Raspberry Cake Day
20 National Ice Cream Soda Day
20 National Lollipop Day
20 Moon Day
20 Space Exploration Day
20 Ugly Truck Day- it's a "guy" thing
21 National Be Someone Day
21 National Junk Food Day
22 Hammock Day
22 Ratcatcher's Day
23 Vanilla Ice Cream Day
24 Amelia Earhart Day
24 Cousins Day
24 National Drive-Thru Day
24 National Tequila Day
24 Tell an Old Joke Day
25 Culinarians Day
25 National Chili Dog Day
25 Threading the Needle Day
26 All or Nothing Day
26 Aunt and Uncle Day
26 World Tofu Day
27 National Love is Kind Day
27 Take Your Houseplants for a Walk
27 Take Your Pants for a Walk Day
27 Walk on Stilts Day
28 Buffalo Soldiers Day
28 National Milk Chocolate Day
28 National Waterpark Day
28 System Administrator Appreciation Day
29 International Tiger Day
29 National Chicken Wing Day
29 National Day of the Cowboy
29 National Lasagna Day
29 National Lipstick Day
30 Father-in-Law Day
30 International Day of Friendship
30 National Cheesecake Day
30 Paperback Book Day
31 Mutt's Day
31 National Avocado Day
31 National Watermelon Day

Weekly

National Moth Week, July 19-27. National Moth Week celebrates the beauty, life cycles, and habitats of moths. "Moth-ers" of all ages and abilities are encouraged to learn about, observe, and document moths in their backyards, parks, and neighborhoods.

Daily

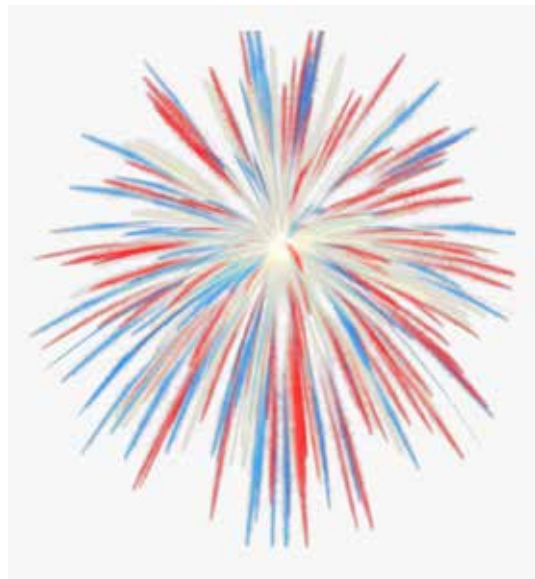
Independence Day, July 4. Celebrating the U.S. Declaration of Independence and the founding of the United States of America.

Simplicity Day, July 12. Choosing to live a life of simplicity is not about choosing to live in poverty; it's about living in balance.

Bastille Day, July 14. The anniversary of the storming of the Bastille on July 14th, 1789, a major event of the French Revolution.

World Snake Day, July 16. There are about 3,400 known species of snakes living in almost every region in the world playing a vital role in maintaining the well-being, sustainability, and biodiversity of various ecosystems.

National Disability Independence Day, July 26. Commemorating the signing of the Americans with Disabilities Act in 1990, assuring Americans with disabilities access to civic and economic opportunities.





Plant of the Month – Snake Plant

The snake plant is *Dracaena trifasciata*, a vibrant green flowering plant in the family Asparagaceae that is native to tropical West Africa. This popular house plant is also called Saint George's sword, mother-in-law's tongue, and viper's bowstring hemp. The lovely snake plant has spearlike leaves that love sunlight and warm temperatures, so if your snake plant is indoors, place it by a sunny window so it can soak in the sun's rays. In addition to its beauty, the plant's medicinal qualities include filtering toxins from the air and deterring pests like gnats and other insects. It's best to avoid touching this plant, as its leaves are mildly toxic and could cause nausea and skin irritation, a clever defense mechanism to discourage insects and animals from eating it. The snake plant symbolizes good luck, resilience, and positivity. It's also associated with good health, success, and warding off negative energy.



Flower - Larkspur

Many flowers take their names from their colors, but the larkspur takes its name from an animal. The flower's scientific name, *delphinium*, from the Greek word *delphis*, means "dolphin." As the larkspur blooms, its petals curve in a bottle-like shape, resembling the joyful marine mammal. The purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity, and an open heart.

Birthstone – Ruby



Not surprisingly, the word ruby comes from the Latin word *rubens*, meaning "red." But rubies come in a range of colors, from light raspberry to dark purple.

The Mogok rubies from Myanmar, formerly Burma, are the most valuable and sought-after because of their color, described as pigeonblood red. Large rubies of good quality are very rare—and very expensive. In fact, in May 2015, a Burmese ruby sold for \$30 million at Sotheby's Geneva auction.

July Firsts in Sports

- **Pikes Peak summit reached for the first time** (July 14, 1820)
- **First U.S. swimming school opened in Boston** (July 23, 1827)
- **First rodeo for cash prizes held** (July 4, 1883)
- **First solo flight around the world completed** (July 22, 1933)
- **Althea Gibson becomes first African American to win the Wimbledon tennis tournament** (July 6, 1957)
- **Uruguay wins the first FIFA World Cup** (July 30, 1930)
- **First MLB All-Star Game played** (July 6, 1933)
- **Joe DiMaggio's hitting streak ends at 56 games** (July 17, 1941)
- **First American wins Tour de France bicycle race** (Greg LeMond on July 27, 1986)

JULY FUN FACTS

July is the seventh month of the year in the Julian and Gregorian calendars. It falls in the middle of summer and is usually the hottest month of the year in the northern hemisphere. In the ancient Roman calendar, which began the year with March, July was the fifth month, known as Quintilis. When January and February were added to the calendar, Roman Emperor Augustus changed the name to Julius (July) in honor of Julius Caesar, who was born in July.

July Birthdays

Carl Lewis (track star) – July 1, 1961
Richard Petty (auto racer) – July 2, 1937
Dave Barry (humorist) – July 3, 1947
Ann Landers (advice columnist) – July 4, 1918
Nancy Reagan (first lady) – July 6, 1921
Michelle Kwan (ice skater) – July 7, 1980
Marty Feldman (actor) – July 8, 1934
Ed Ames (singer) – July 9, 1927
E. B. White (writer) – July 11, 1899
Eleanor Steber (soprano) – July 17, 1914
Ernest Hemingway (author) – July 21, 1899
Alexander Calder (sculptor) – July 22, 1898
Mick Jagger (rock star) – July 26, 1943
Beatrix Potter (writer) – July 28, 1866



To Infinity and Beyond

This month we celebrate NASA! It was created on July 29, 1958, when President Eisenhower signed the National Aeronautics and Space Act of 1958, paving the way for moon landings and other exciting space exploration.

What's Lucky in July?

Lucky Colors: Yellow and Pink

Lucky Animal: Tortoise

Lucky Letters: J and V

Lucky Day: Wednesday

Lucky Plant: Blueberry



July Moon Phases

First Quarter – July 2

Full Buck Moon – July 10

Last Quarter – July 18

New Moon – July 24



July Zodiacs

Cancer (The Crab) July 1–22

Leo (The Lion) July 23–31



A very *Happy Birthday* to...

Dodge Park Residents

July 9 Woodford S.
July 27 Margaret F.
July 28 Barbara L.
July 30 Elaine H.

Oasis Residents

July 12 Mary P.
July 15 Fany I.
July 22 Carol R.
July 28 Frances K

Staff

July 9 Joseph C.
July 12 Elisabeth R.
July 16 Miguel E.

July 16 Cecilia R.
July 21 Jeanne B.
July 27 Hagar K.



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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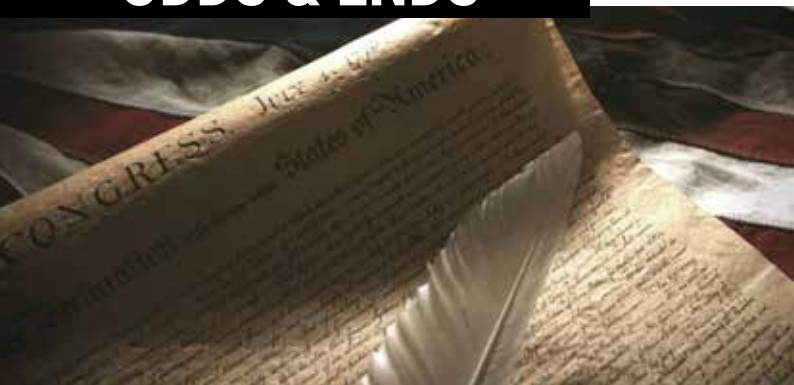


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Share these facts about the Declaration of Independence

You know July 4th is for fireworks and parades, but how much do you know about its history? The facts may surprise you. The Automatic Payroll Systems website shares these little-known facts about the nation's founding:

- **The Declaration of Independence wasn't signed on July 4.** The Second Continental Congress voted on the Declaration on July 2, 1776, and it was finalized on July 4, but it wasn't signed by a majority until Aug. 2. Because of all this, John Adams, the 2nd president of the United States, didn't recognize or celebrate July 4th as Independence Day.

- **The vote was not unanimous.** Richard Henry Lee proposed a bill declaring independence on June 7, 1776. Twelve of the 13 colonies voted to adopt it; New York abstained. On July 4, only nine of the colonies voted in favor of the declaration; Pennsylvania and South Carolina voted against it, New York abstained again, and Delaware was undecided.

- **The declaration had a strategic purpose.** The point of the formal declaration was to attract foreign allies in the fight for independence. The signers wanted to present the 13 colonies as a united front, or they felt other countries like France wouldn't take them seriously. About the signers: Fifty-six people signed the document. Eight were born in Britain; the rest were born colonists (all were still technically British subjects at the time of the signing). One signer recanted after being captured by British forces. The last person to sign was Matthew Thornton, on Nov. 4, 1776.

Get yer hot dogs! The (sort of) true origin of a treat

Americans love hot dogs. Every year we eat about 7 billion of them between Memorial Day and Labor Day alone. And the typical American eats about 60 a year. Where do hot dogs come from (aside from ballpark vendors, of course)? Their origins are shrouded in mystery. Some sources say they date back to the 1st century, when the Roman emperor Nero's cook first experimented with stuffing the intestines of pigs with spiced meats. The word "frankfurter" comes from Frankfurt, Germany, where pork sausages in buns are said to have been served in the 15th century; "wiener" is from Vienna (Wien), home to pork sausages originally called "wienerwurst" (Vienna sausage) in the 1800s.

In the United States, a German immigrant named Charles Feltman is credited with selling sausages in rolls around the year 1870, in Coney Island, N.Y. Another German native, Antonoine Feuchtwanger, is said to have sold sausages in St. Louis at around the same time, offering a split bun to hold them at the suggestion of his wife.

And the term "hot dog" itself? That's similarly shrouded in mystery. According to one of the more popular tales, a newspaper cartoonist in 1900 drew a picture of a frankfurter with legs, a tail, and a head, but unable to spell "Dachshund," dubbed it a "hot dog." The story is disputed, however. What's beyond doubt is that hot dogs are the meal of choice for lots of hungry people around the world—whatever condiments they want to load them up with.





Nature's Superhero: The Gecko

It's a Bird. It's a Plane. It's a... Gecko!

If you were creating a new superhero, what powers would you give this hero? It could be feet that can stick to anything, whether wet or dry, and have enough power to support hundreds of pounds without slipping. How about also giving the superhero incredible eyesight and the ability to remove part of its body to slip out of a villain's grip? And, just for fun, what if the superhero could change color for disguise or even hide in plain sight by disguising itself to look like something common, like a dried leaf or grass? A reptile with all these abilities already exists: the gecko.

You may associate geckos with the popular Geico insurance commercials that star an animated gecko. The natural reason Geico chose the gecko as its "spokes lizard" is the similarity between their names. Beyond that, the goal of the ad campaign was to add some lightness and humor to the generally unpopular topic of insurance. Now over 25 years old, Geico's gecko is well-known and beloved. But the commercials don't reveal all of a gecko's many talents (although being able to make a living is certainly helpful).

The gecko's evolutionary journey dates back about 200 million years. Gecko fossils encased in amber reveal that geckos resembling those of today existed during the age of the dinosaurs. It's rare for a species to have such stability over time, but "If it ain't broke, don't fix it" is a mantra that applies to geckos.

Habitats and Habits

Geckos are a large species, with at least 1,500 varieties. While geckos may have retained many of their ancestral characteristics, they continue to exhibit remarkable levels of resilience, as evidenced by their ability to inhabit nearly every continent. Geckos can live as pets in New York City apartments, as well as in deserts, rocky or mountainous regions, rainforests, and other diverse habitats. One reason this is possible is that geckos have a flexible diet. They can live on insects, fruit, or even by drinking flower nectar.

Geckos not only eat pesky insects but also serve as pollinators.

A gecko's eyesight is about 350 times more effective than a human's in low-light conditions, leading most geckos to be nocturnal. (Although, once again, they can be flexible with their sleep habits depending on the situation.) Like cats, geckos' eye pupils are vertically oriented, which increases night vision.

Staying Alive

Geckos can live from three to 20 years, depending on their species and whether they are in captivity. They sleep in small crevices in rocks or hidden in bushes to avoid being eaten by birds, snakes, small mammals, and bigger lizards. Geckos protect themselves by dropping or detaching their tails if necessary. If a predator grabs their tail, it can break off cleanly without hurting the gecko. The detached tail continues wiggling—creepy to imagine, but very distracting to the animal trying to catch the gecko. It gives the gecko a little extra time to make a getaway. Some gecko species can dramatically alter their appearance to blend in with their surroundings for protection. One variety can make themselves look like a dry leaf, for example. In general, geckos' color-changing abilities aren't as dramatic as that of chameleons. Geckos shift shades when the pigments on their skin reflect light, causing them to blend in more with their surroundings.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Eat Local and Healthy in July

The growing season in New England is short so we need to take advantage of what local growers are harvesting this month. Tomatoes, watermelon, corn-on-the-cob and blueberries are just a few of the local summer favorites that can enhance your health as well as your taste buds.

There's nothing quite like a fresh summer tomato, especially if you grow it yourself. They are loaded with vitamin C which helps fight infections and promotes wound healing. Tomatoes contain lycopene, a powerful antioxidant that is protective against cancers and supports cardiovascular health. Choose from a variety of colors and sizes of tomatoes to get the best all-around nutrition profile. Add locally grown fresh basil for a tasty side salad or cook them down to make pasta sauce that your whole family will enjoy.

Watermelons are high in vitamins A, C and B6 as well as potassium. They are 92% water so they are hydrating and refreshing. Like tomatoes, watermelon is also high in lycopene (that red color is a giveaway) so they are incredibly nutritious. A slice of watermelon is a treat by itself but try adding it to a salad along with feta cheese, cucumber and mint for a more savory way to enjoy it.

Whether you pick your own or visit a local farm stand, blueberries are abundant in July (thus why July is National Blueberry Month). Blueberries are high in manganese, which supports bone health and a healthy immune system. The manganese in blueberries also plays an important role in energy metabolism. The blue color is a hint that blueberries are high in anthocyanin, a powerful antioxidant and anti-inflammatory.

Eat them as is or use in smoothies, desserts, muffins and pancakes or top off your favorite yogurt or enjoy them on top of waffles.

I drive by several farms and see the corn fields getting taller and taller throughout the earlier weeks of summer. But once the crop is ready, I can't wait to add corn-on-the-cob to my summer menu. Corn is a whole grain and therefore a good source of fiber, both soluble and insoluble, which is good for a healthy digestive system as well as controlling cholesterol. Eat corn right off the cob (be mindful of the amount of butter and salt you use) or slice the kernels off to use in a pasta salad or mix into a salsa for a fresh twist.

Whatever gems you find at your local produce stands and farmers markets this season, they key to a well-balanced, healthy diet is to choose a wide variety of fresh produce. Additionally you will be supporting local businesses and growers which is important for the community.



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.



Classic Pavlova

Makes 6–8 servings

Ingredients:

- 4 large egg whites
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon white vinegar
- 2 teaspoons cornstarch
- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar
- 1 cup fresh berries (strawberries, raspberries, blueberries)

Directions:

1. Preheat the oven to 250°F (120°C) and line a baking sheet with parchment paper.
2. In a clean bowl, beat the egg whites until soft peaks form.
3. Gradually add sugar, beating until the mixture is glossy and stiff.
4. Gently fold in vanilla, vinegar, and cornstarch.
5. Spoon the meringue onto the baking sheet, shaping it into a round with a slight well in the center.
6. Bake for 90 minutes, then turn off the oven and let it cool completely inside.
7. Whip the cream with powdered sugar until soft peaks form.
8. Spread the whipped cream over the pavlova and top with fresh berries.



Zesty Corn Pepper Salsa

Makes 4 cups

Ingredients:

- 2 cups fresh or frozen corn, thawed
- 1 cup diced cherry tomatoes
- 1/2 cup finely chopped red bell pepper
- 1/4 cup finely diced red onion
- 1 small jalapeño, seeded and minced
- 1/4 cup chopped fresh cilantro
- Juice of 1 lime
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

Directions:

1. In a large bowl, combine the corn, cherry tomatoes, red bell pepper, red onion, jalapeño, and cilantro.
2. Drizzle with lime juice and olive oil, then sprinkle with salt, black pepper, and cumin.
3. Stir well to combine, ensuring all ingredients are evenly coated.
4. Allow to sit for at least 15 minutes to allow flavors to meld.
5. Serve immediately with tortilla chips, as a topping for tacos, or alongside grilled dishes.



Greek Yogurt Blueberry Muffins

Makes 12 servings

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup plain Greek yogurt
- 1/4 cup milk
- 1 cup fresh or frozen blueberries

Directions:

1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners or lightly grease it.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.
3. In a separate large bowl, whisk together the sugar, oil, vanilla, egg, yogurt, and milk until smooth.
4. Gradually fold the dry ingredients into the wet mixture, stirring until just combined.
5. Gently fold in the blueberries, being careful not to overmix.
6. Divide the batter evenly among the muffin cups.
7. Bake for 18–22 minutes, or until a toothpick inserted in the center comes out clean.
8. Let the muffins cool for a few minutes before transferring to a wire rack.

Kiwi Parfait

Makes 2 servings

Ingredients:

- 1 cup Greek yogurt (plain or vanilla)
- 2 ripe kiwis, peeled and diced
- 1/2 cup granola
- (Optional) 1 tablespoon honey
- (Optional) 1/4 teaspoon cinnamon

Directions:

1. In two serving glasses or bowls, add a spoonful of yogurt as the base.
2. Layer with diced kiwi, followed by a sprinkle of granola.
3. Repeat the layers until all ingredients are used.
4. Drizzle with honey and sprinkle with cinnamon if desired.



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

ACTIVITY IDEAS

Fun-Filled Firecrackers

Make a smoothie straw firecracker filled with fun. Wrap the straw with red tissue paper, attach a twine wick to a provided message slip, insert the rolled slip, and BOOM! You have a dynamite activity for July events.

To make one firecracker, you will need:

- Message slips printed on printer paper (Choose blank slips or slips with fortunes.)
- 3" piece of jumbo smoothie straw (any color)
- Paper drinking straw (any color)
- 4" square red tissue paper
- 4" piece of twine
- Scotch tape
- Scissors
- (Optional) Confetti

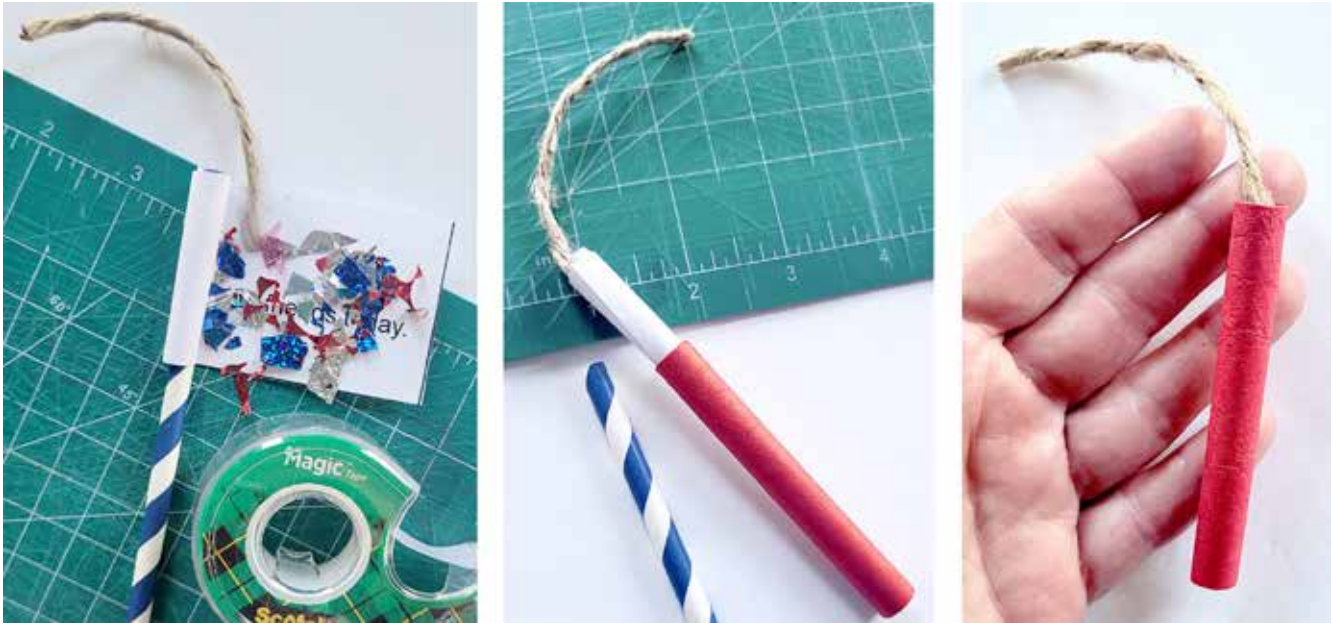
Directions:

1. Wrap a square of red tissue paper around a 3" piece of jumbo smoothie straw. The straw should be centered, leaving 1/2" of excess tissue paper extending past the ends of the straw.

2. Using a paper drinking straw, push the excess tissue paper into the ends of the jumbo straw. The outside of your firecracker is complete!



3. Cut out a message slip. Choose a fortune to make a fortune cracker (pun intended) or select a blank slip and write in a custom message.



4. Attach the end of a twine wick to the center top of your message slip using a small piece of Scotch tape. For an added touch, sprinkle a dash of confetti on top of the slip.

5. Roll the message slip around a paper straw. Remove the straw and then slip the coiled message into the firecracker.

6. To reveal the message, pull on the wick. The message and confetti (if used) will easily come out. Save the red portion and reuse it, filling it with a new message.

Uses:

- Use them as party favors.
- Bundle three together with twine to look like a stack of dynamite. Add a tag to make a place card for a party or cookout.
- Write a friendly message on a blank slip. Place it in a firecracker and give it to a friend on July 30 for International Friendship Day.
- Sell them at a craft fair.

Borrow money from a pessimist. They don't expect it back.	Explosive news is on its way.
Nothing great is achieved without a good attitude.	Get fired up, in a good way.
You can do anything you put your mind to.	You put a sparkle in someone's eye.
You're swell, bombshell!	You light up the world.
Sing the national anthem as if no one is listening.	Someone will light your fire this week.

Be prepared for a summer fling.	BOOM! You're a winner every day.
Have a blast with friends today.	Tonight will be dynamite!
An exciting opportunity awaits.	Your kindness is contagious.
Confidence leads to booming success.	Dance as if no one is watching.
Beware of ventures that require new clothes.	Beware of ventures that require no clothes.

ACTIVITY IDEAS

Fun Sponge Fireworks

Make a painting of explosive color using bright paints and round scrubbing sponges.

You will need:

- Black construction paper (12" x 18")
- Acrylic paint (4 to 6 bright colors of choice)
- Round nylon scrubbing sponges (one sponge for each color)
- Foam plates (one plate for each color)



Directions:

1. Pour paint on foam plates, assigning one color per plate.



2. Using a different sponge for each color, dip the sponges into the paint and stamp an exploding fireworks display onto the paper as shown.
3. Cover the paper with an assortment of colorful fireworks. Try overlapping to give the painting more depth.
4. Set your painting aside to dry. Then sign and frame your masterpiece.

ACTIVITY IDEAS

Kiwi Hand Fan

Add a craft stick handle to a green paper plate with painted details.

For an added touch, write a punny message on the back.

You will need:

- 7" lime green paper plate
- 8" extra jumbo craft stick
- Acrylic paint (light yellow green, black, and brown)
- Paintbrush and paint supplies
- School glue
- Green marker



Directions:

1. Paint the center of the plate light yellow green to look like a 2" piece of popcorn.
 2. Paint black dashes around the center to add seeds.
 3. Paint the rim of the plate brown to add the kiwi skin.
- Allow the paint to dry for 30 minutes.
4. Flip the project over, painted side face down. Glue the top 3" of the craft stick to the back to add a handle.
 5. For an added touch, use a green marker to write your name or a punny message on the back.



Patriotic Straw Necklace

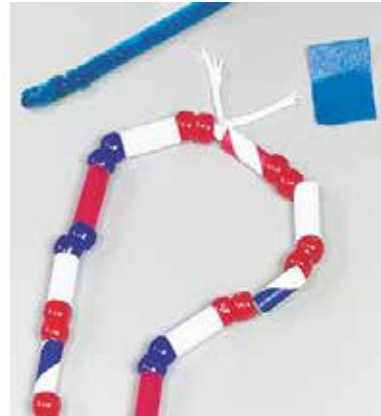
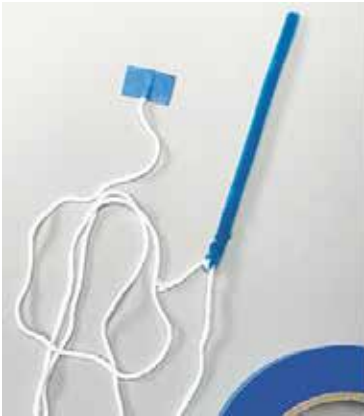
Make a patriotic necklace out of beads and drinking straws.

You will need:

- 4 plastic drinking straws (in patriotic colors and patterns)
- Plastic pony beads (in patriotic colors)
- String or yarn (36" long)
- 12" pipe cleaner cut in half
- Masking tape
- Small bowl
- Scissors
- Yardstick

Directions:

1. Cut a 36" piece of string and tie one end to a 6" piece of pipe cleaner. Fold the end of the pipe cleaner to secure the string in place as shown below.



2. Sandwich the other end of the string between folded masking tape as shown.

3. Cut the straws into pieces ranging from a 1/2" to 1" long. Place them in a small bowl with an assortment of pony beads.

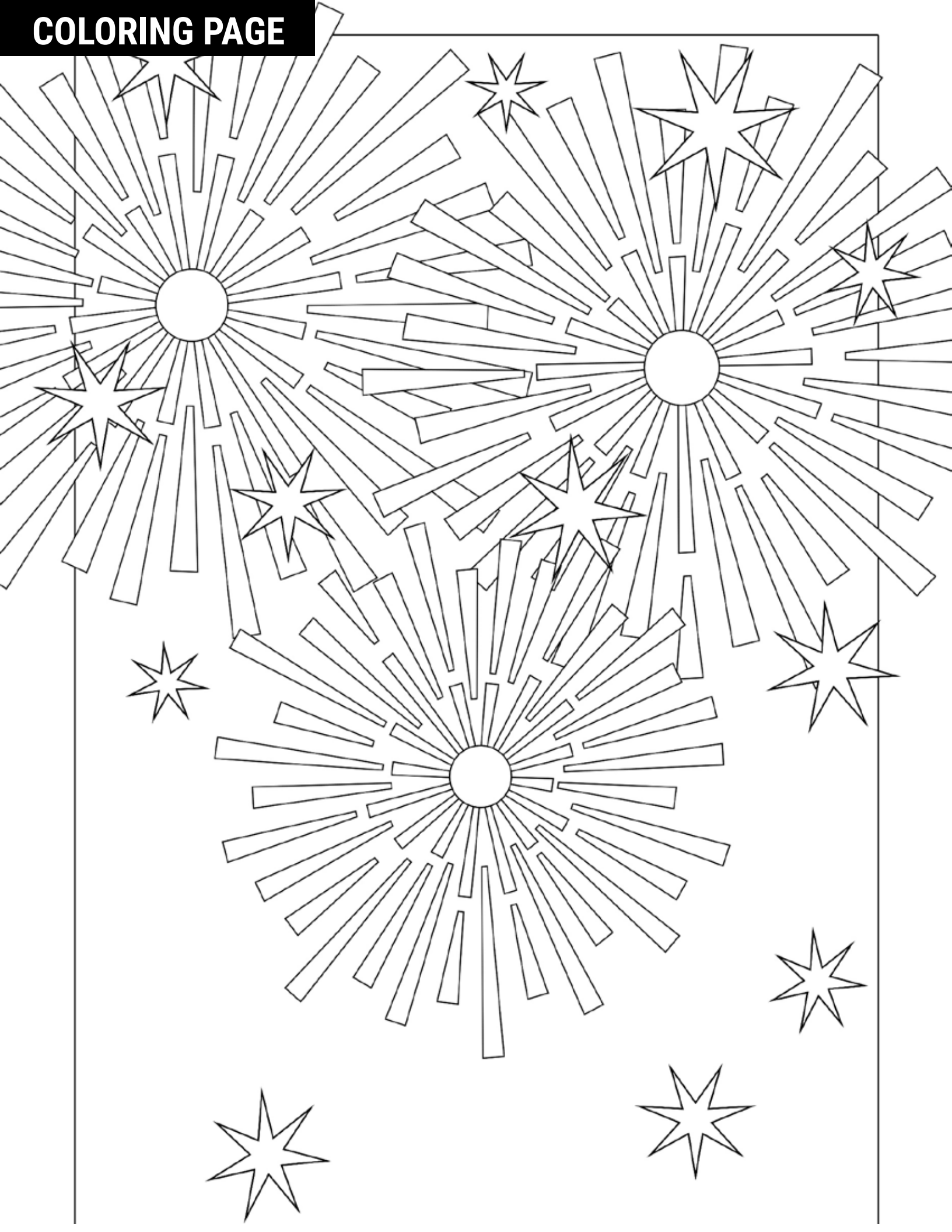
4. Slide straws and beads onto the pipe cleaner, creating a sequence of colors and patterns. Then slide them from the pipe cleaner onto the string. Repeat until the string is almost filled, leaving about 4" of exposed string below the pipe cleaner.

5. Tie the ends of the string together with a double knot. Remove the pipe cleaner and tape and then cut off excess string if needed.

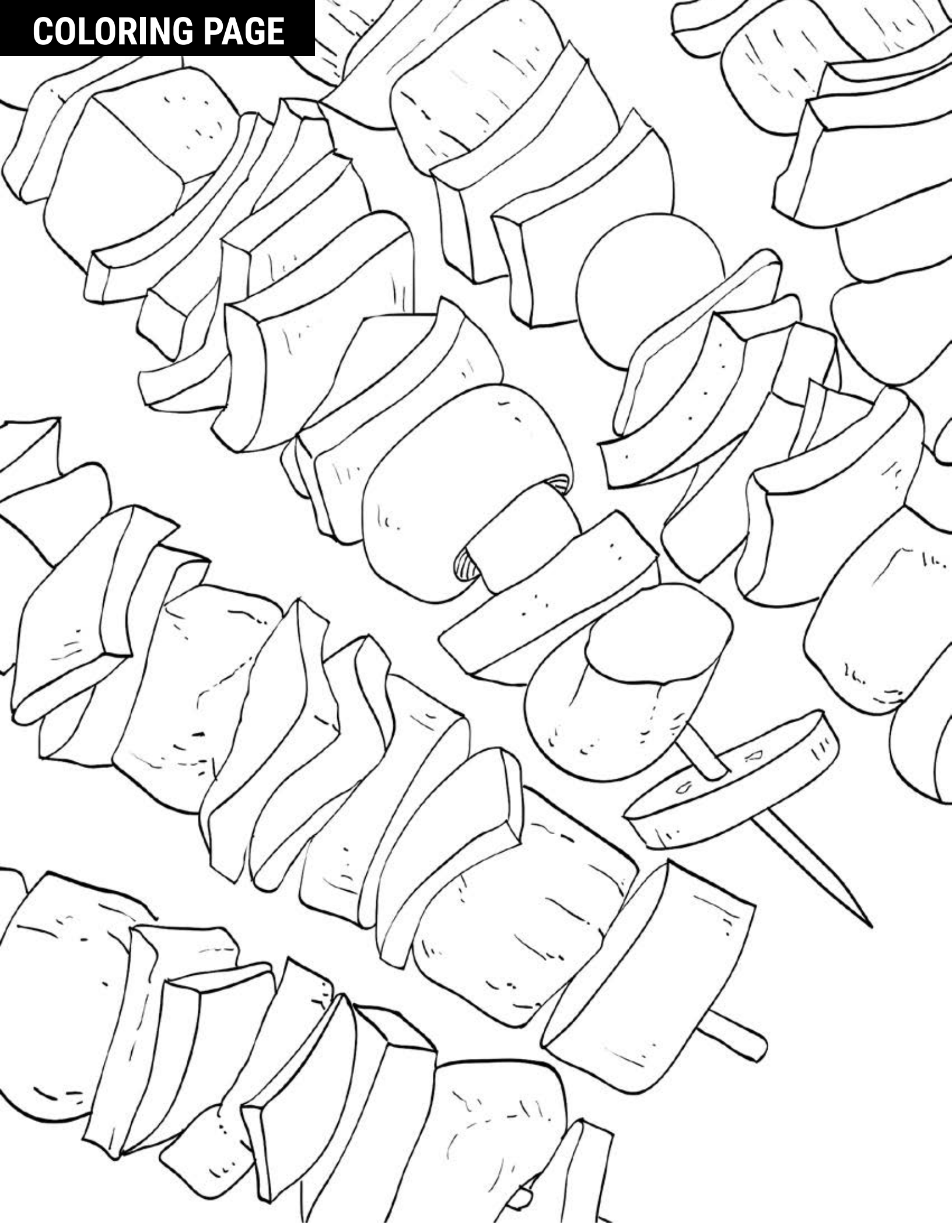




COLORING PAGE



COLORING PAGE



Collage Detective: Summer Cookout



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

- | | |
|--|---|
| <input type="checkbox"/> 2 grills | <input type="checkbox"/> 4 shrimp kabobs |
| <input type="checkbox"/> 1 rack of ribs | <input type="checkbox"/> 5 ears of corn |
| <input type="checkbox"/> 5 chicken legs | <input type="checkbox"/> 1 bag of charcoal |
| <input type="checkbox"/> 2 T-bone steaks | <input type="checkbox"/> 1 bottle of charcoal lighter |
| <input type="checkbox"/> 2 spatulas | <input type="checkbox"/> 1 box of matches |
| <input type="checkbox"/> 3 ketchup bottles | <input type="checkbox"/> 3 pies |
| <input type="checkbox"/> 1 mustard bottle | <input type="checkbox"/> 4 tomato slices |
| <input type="checkbox"/> 6 deviled eggs | <input type="checkbox"/> 2 watermelons |
| <input type="checkbox"/> 5 pepper shakers | <input type="checkbox"/> 2 fly swatters |
| <input type="checkbox"/> 3 hamburgers | <input type="checkbox"/> 1 bowl of macaroni salad |
| <input type="checkbox"/> 3 hot dogs | <input type="checkbox"/> 1 grill master |
| <input type="checkbox"/> 1 stack of paper plates | <input type="checkbox"/> 2 things that don't belong |

What else do you see in the picture?

Jingle Bells in July

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

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



BARBECUE	FIREWORKS	ORNAMENTS
CONCERTS	FRIENDS	PAVLOVA
DECORATIONS	ICE CARVING	ROASTS
FAMILY	LIGHTS	SANTA
FESTIVALS	NATURE	SKIING
FIREPLACE	NEW ZEALAND	WINTRY

Little Ladybug

The words listed below can be found vertically and horizontally.



BEETLE
BLACK
COLONY
FLYING
INSECT



LEAF
PRETTY
RED
SPOTS
SPRING

Mixed-Up Independence Day

Unscramble the letters to reveal words that are associated with Independence Day.



1. RUHTFO

2. PERADA

3. TARSS

4. IRYBTEL

5. PISTSER

6. KERSPARSL

7. EUBCEBRA

8. IKOSRWFRE

9. PDENECENNIED

10. CRITIPATO

11. IDUTNE TASTES

12. ERCAMIA

13. EPLILDAAPIHH

14. AEGNLCEILA

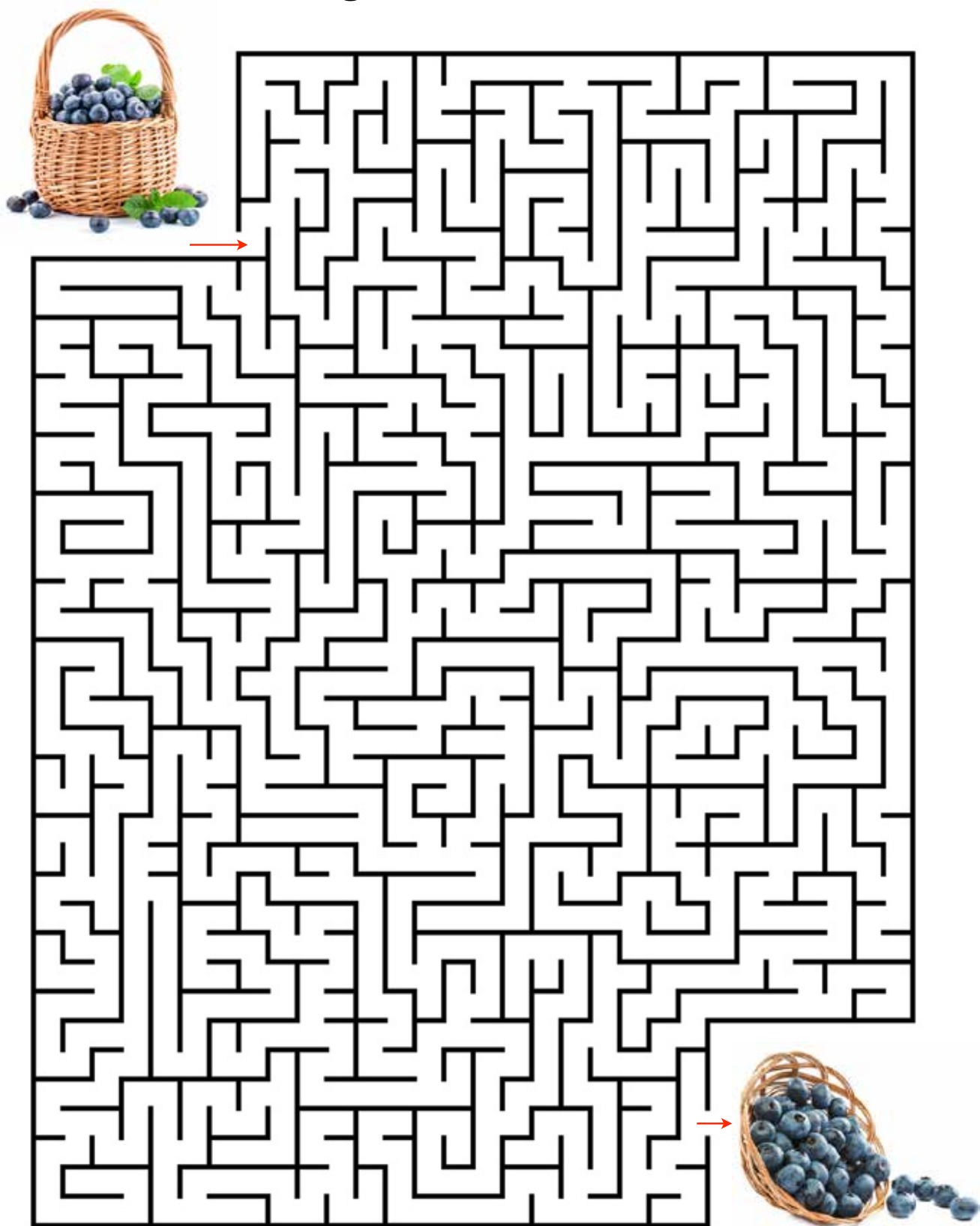
15. TICLDEANARO

16. NPCICI

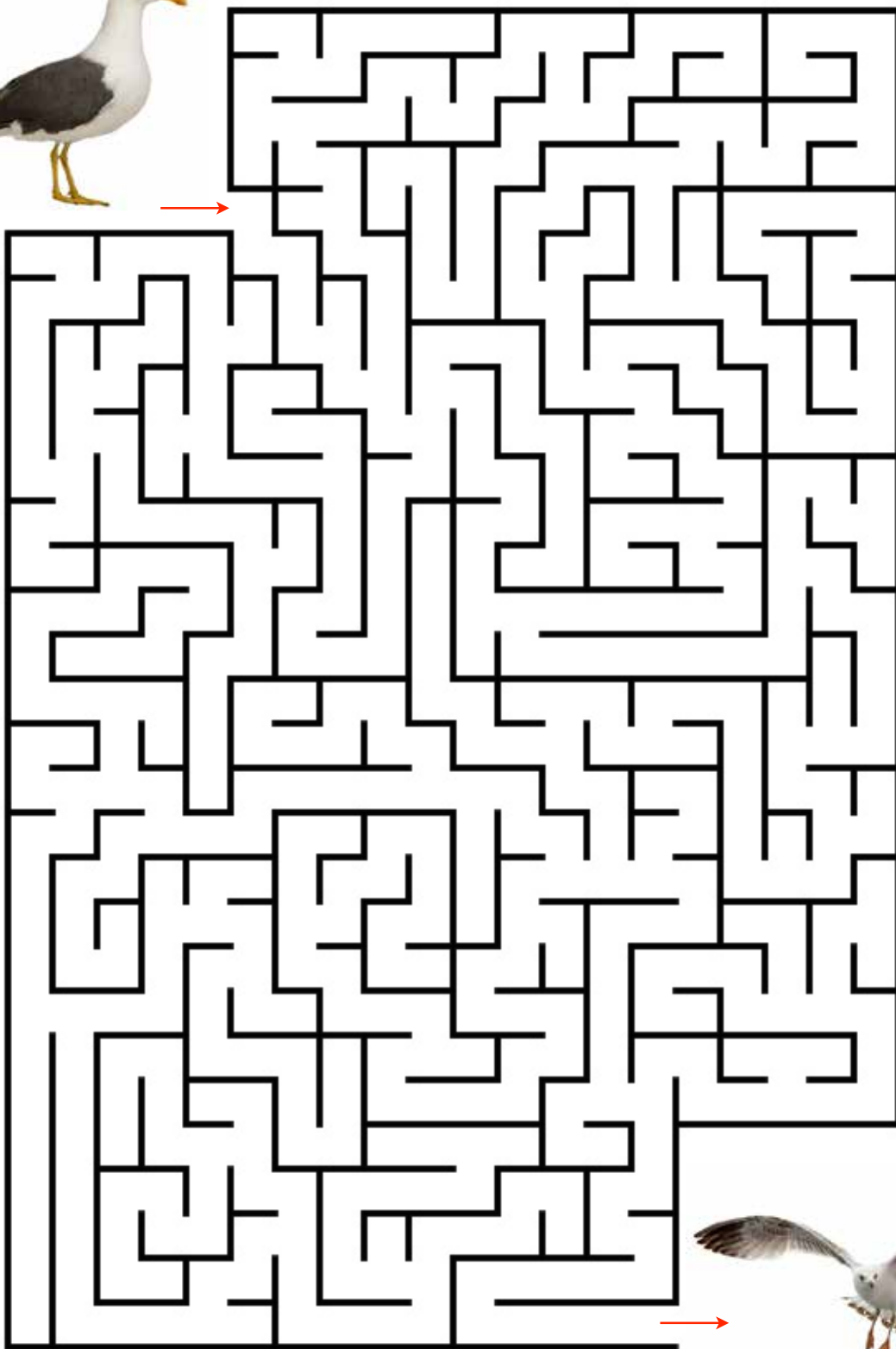
17. LBECTEAER

18. ADHYOIL

A-Mazing Basket of Blueberries

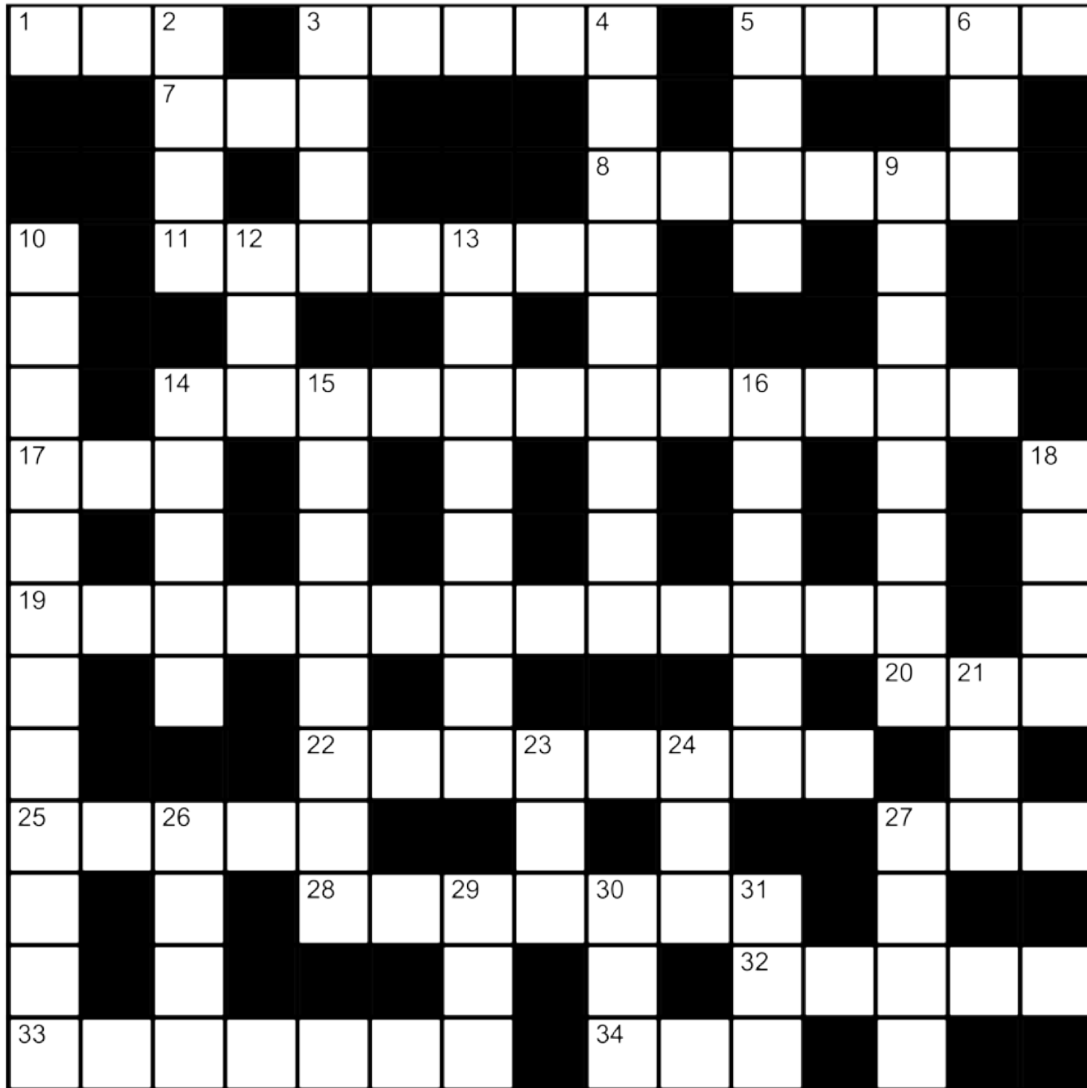


A-Mazing Seagull



Crossword #43

Use the clues to fill in the crossword.



ACROSS

1. Often overheard in a library
3. Oregon Trail transportation
5. Get clean
7. Mineral yet to be processed
8. Pub orders
11. Withdrawal's opposite
14. Criteria
17. Caffeine source
19. Donations
20. Mole
22. Carried out
25. Heavenly host?
27. Integrated Drive Electronics, abbrev.
28. Made purchases
32. Like wool, to some

33. Distance gained by a football player

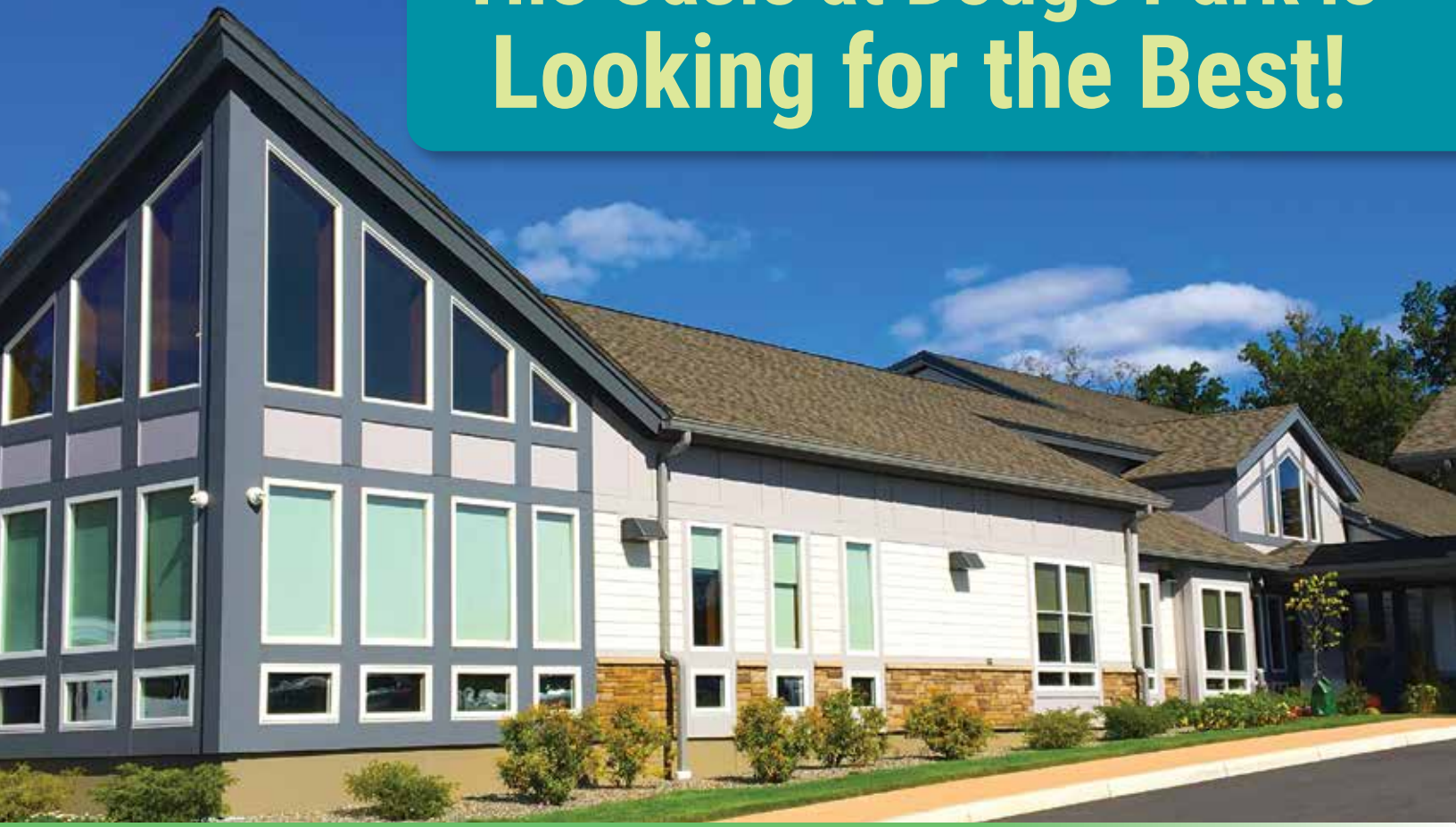
34. Small bite

DOWN

2. "I Want to ____ Your Hand," by the Beatles
3. Cry softly
4. In the United States, New England
5. Red + ____ = purple
6. He's a man of ____ word
9. Anguish, hardship
10. Especially
12. Lamb's mother
13. Appropriate
14. "When it _____, it pours!"

15. Disagreements
16. France's continent
18. Vague, as a memory
21. Hippie's hangout
23. Graduate's headwear
24. Windsor, for one
26. Equipment
27. Machu Picchu group
29. "The loneliest number"
30. Brooch
31. Party favorites: chips and ____

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- **Housekeeping**
- **Activity Personnel**
- **LPN for 3pm-11pm shift**

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- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
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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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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

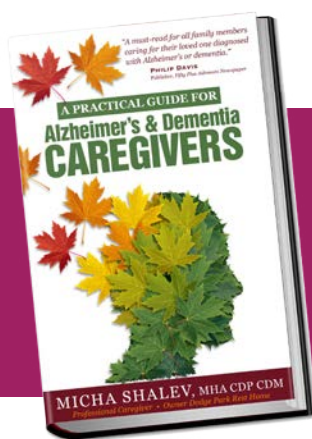
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

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- 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



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DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



- is diagnosed with dementia
- requires 2 person assist, or utilized wheelchair
- is frail and elderly, post rehab, surgery or stroke
- requires oxygen in the facility as a PRN or ongoing bases
- requires diabetic management via oral medication or injection
- requires medications for behavior or sundown syndromes
- has aggressive behavior to some extent
- requires a secure facility

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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.

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specially designed program
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recent studies, the program
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activities in which memory
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