

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

happy
August

*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

Caring for aging parents can be a significant responsibility, often involving both emotional and logistical challenges. However, it's also an opportunity to give back and provide the love and care they once gave to you. Here are some tips:

Understand Their Needs: Aging can bring a variety of physical and mental health issues. Regular medical check-ups are essential to keep track of their health status. Understanding their specific needs, whether it's assistance with mobility, medication management, or dealing with dementia, will help you provide better care.

Make Their Home Safe: Many older adults want to stay in their homes as long as possible. You may need to make some modifications to their living environment to ensure it is safe and convenient for them. This could include installing grab bars in the bathroom, ensuring the home is well-lit to prevent falls, and removing tripping hazards.

Help with Financial Management: It's important to understand your parents' financial situation and help them manage it, if necessary. This might involve setting up automatic bill payments, overseeing their investments, or helping with insurance claims.

Look After Their Diet: As people age, their nutritional needs change. They may need a diet low in salt and sugar but high in fiber and other nutrients. You may also need to consider specific dietary restrictions related to their health conditions.

Provide Emotional Support: Aging can often be a lonely experience, and your parents may struggle with feelings of isolation. Regular visits, phone calls, and activities that they enjoy can help maintain their mental health.

Consider Professional Assistance: If your parents' needs become more than you can handle, consider getting help from home health aides, adult day care centers, or even looking into assisted living facilities or nursing homes. There's also a growing industry of professionals known as geriatric care managers who can help coordinate care.

Take Care of Yourself: Caregiving can be stressful and emotionally draining. It's important to look after your own mental and physical health as well. Seek support from others in similar situations, consider therapy or support groups, and make sure you're taking time for self-care.

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

Legal Matters: Make sure to discuss legal matters with your parents, such as a living will, a healthcare proxy, and power of attorney. These documents can provide a clear understanding of their wishes in case they're unable to make decisions for themselves.

Remember, every situation is unique, and what works for one person might not work for another. It's important to have open and honest conversations with your parents about their needs and wishes as they age.

AROUND DODGE PARK AND OASIS



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Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



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102 Randolph Road • Worcester, MA
508-853-8180 • OasisAtDodgePark.com

**Making a difference in the lives of
seniors and their families**



Top-rated on Caring.com for 3 or more years

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

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

Unparalleled Level of Care and Service

At The Oasis at Dodge Park, we strive every day to deliver high quality care and services for our residents. On behalf of our community, staff and leadership, thank you to those who shared positive feedback about the services we offer, and to Caring.com for recognizing our facility.





I love how Dodge Park takes care of mom. Her room and the rest of the residence is kept very clean, and the staff is wonderful. They understand how to communicate with her and they always let me know if anything different is happening.

My sister, Susan, has been a resident at Dodge Park since October 2023. I've delayed giving a review because I wanted to see, long term, how she fared health-wise, which 100% depends on the round-the-clock care she receives from the staff, doctor, & nurses. I'm happy to report that she is much healthier, physically, than when she entered Dodge Park. She enjoys a balanced diet so she's lost excess weight, which is helpful for her diabetes management. She received physical therapy, & now she walks with a walker. As a patient with progressive dementia, her mobility has declined but I've witnessed firsthand how she responds positively to the care she receives. She is well taken care of & the staff are caring & kind. Residents don't sit in their rooms all day or stay in bed all day. If they're well, they participate in activities all day long. When we arrive to visit, Susan is always smiling & happy. She's happy there, and that means the world to her family. Many thanks to Ben, Micha, Courteney, Debbie, Carrie, Denise & the entire caring staff at Dodge Park.

Rooms are always clean and very bright. Seasonal and holiday decorations add to the spirit. Residents have choices at each meal and food is very healthy with balanced meals. Staff is very supportive and provide compassionate care to residents and visitors. Many fun and interesting activities offered throughout the day which include crafts, games and music. I highly recommend Dodge Park to anyone looking for quality care for his/her loved one.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2>August 2025</h2> 						
10:00- Church Services Guided Rosary & Prayers 11:00- Hymnal Singing 2:00- All About Elvis in Hawaii 2:30- Live Music w/ Bill M. 3:00- Afternoon Snack Pass 3:30- Summertime Name 10 6:30- Hallmark Mysteries	10:00- Daily Chronicle 10:15- Catholic Mass w/ Father E. 2:00- Finish the Phrases 2:30- Group Exercise w/ Paula S. 3:30- Big Ticket Bingo 4:00- Exotic Birds & Plants 6:00- Manicure Stations 7:00- Nick at Night	10:00- Daily Chronicle 10:15- Noodle Hockey Table Top Sensory Bins 11:00- Polynesian Performance 2:30- Live Music w/ Sean F. 3:30- White Board Alphabetics 4:00- Group Sing-A-Long 7:00- Golden Hollywood Films	10:00- Art Therapy w/ Lynda S. Circle Up Discussions 11:00- Summertime Travels 2:00- Dodge Park Walking Club 2:30- Live Music w/ Sandy R. 3:30- What Am I? 4:00- Game Show Trivia 7:30- Channel 5 Chronicle	10:00- Dodge Park Baking Club 10:30- Water Colors & Stamping 11:00- Learn About Surfing 2:00- Island Hopping: Oahu 2:30- Group Exercise w/ Paula S. 3:30- Balloon Toss Up 6:30- Poetry Corner 7:00- Sitcom Families	10:00- Yoga w/ Bonnie D. 10:30- Resident Story Writing Art Therapy w/ Lynda S. 2:00- Group Crossword Puzzle 2:30- Live Music w/ Sean F. 3:30- Luau Traditions & Phrases 6:30- Evening Stretches 7:00- Friday Night At Fenway Park	9:30- Daily Chronicle 10:00- Ten Pin Bowling Kindred Hearts Sensory 2:00- Hangman 2:30- Live Music w/ Rusty G. 3:30- Tropical Volcanoes 4:00- Sights and Sounds of Hawaii 7:00- At The Movies
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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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10:00- Catholic Mass White Board Word Games 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Rusty G. 4:00- Inner Artist Crafting Noodle Hockey 7:00- Nick At Night Classic	10:00- Island Hopping to Oahu 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 4:00- Parachute Pals Table Top Sensory Bins 7:00- At the Movies	10:00- Tropical Discussions 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:30- Daily Chronicle 2:15- Live Music w/ Tom G. 4:00- Paper Airplane Contest 6:30- Decade Reminisce 7:00- Family Friendly Film	10:00- Beach Boys Ball Toss 10:30- Exercise w/ Joe F. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. Art Therapy w/ Lynda S. 4:00- Free Space BINGO Puzzle Solvers 7:00- Famous Musicals	10:00- Luau Traditions 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- A Through Z Trivia 2:15- Live Music w/ Arizona Doug 4:00- Fireplace Book Club Octoband Circle 7:00- Game Show Network	10:00- Scenic Phrases & Sayings 10:30- Exercise w/ Paula S. 11:30- Daily Chronicle 1:30- Large Group Crossword 2:15- Live Music w/ Sean F. 3:30- Friday Happy Hour 4:00- Ten Pin Bowling Club 6:00- Hula Dancing Performance	10:00- Tropical Birds & Plants 10:45- Exercise w/ Paula S. 11:30- Daily Chronicle 2:15- Live Music w/ Paul B. 4:00- Free Space BINGO Men's Group Discussion 6:30- Fireside Poetry 7:00- National Geographic
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Oasis At Dodge Park

Oasis at Dodge Park 102 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

AUGUST OBSERVANCES

Monthly

Black Business Month. A time to acknowledge and appreciate black-owned businesses across the nation and all that they represent in the country's striving for diversity and equality. Approximately 10% of all American businesses are black-owned. The primary sectors in which black-owned businesses operate include health care, social work, repair and maintenance, beauty salons, restaurants, and more.

Child Support Awareness Month. A national initiative to inform families about child support and the services available to help them. Studies have shown that when both parents are actively involved in raising kids, the kids are much better off, especially children of divorced parents.

National Immunization Awareness Month. National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

National Traffic Awareness Month. Every day, hundreds of people become victims of avoidable vehicle accidents. With proper attention to traffic safety rules, from following the rules when driving, riding a vehicle, or walking on the correct side of the road as a pedestrian, such injuries and deaths can be prevented.

Weekly

World Breastfeeding Week, Aug. 1–7. Breastfeeding is key to sustainable development strategies post-pandemic, as it improves nutrition, ensures food security, and reduces inequalities between and within countries.

International Assistance Dog Week, Aug. 3–9. Created to recognize all the devoted, hardworking assistance dogs helping individuals mitigate their disability-related limitations.

National Farmers Market Week, Aug. 3–9. National Farmers Market Week is a great opportunity to show the nation how much value markets bring to their communities. With fun events, specials, contests, and activities, the week helps to boost market attendance and visibility.

SPECIAL DAYS

- 1 International Beer Day
- 1 Mountain Climbing Day
- 1 National Girlfriends Day
- 1 National Pinball Day
- 1 Mahjong Day
- 1 Raspberry Cream Pie Day
- 2 Campfire Day – The first Saturday in August.
- 2 Disc Golf Day – The first Saturday in August.
- 2 Find a Four Leaf Clover Day
- 2 Ice Cream Sandwich Day
- 2 International Hangover Day
- 2 Mustard Day
- 2 National Clown Day
- 2 National Coloring Book Day
- 2 Sandcastle Day – The first Saturday of the Month.
- 3 Friendship Day – The first Sunday in August.
- 3 Grab Some Nuts Day
- 3 National Watermelon Day
- 3 Sisters Day – The first Sunday in August.
- 4 National Chocolate Chip Cookie Day
- 4 National Water Balloon Day
- 4 U.S. Coast Guard Day
- 5 National Oyster Day
- 5 Underwear Day
- 5 Work Like a Dog Day
- 6 National Fresh Breath Day
- 6 National Root Beer Float Day
- 6 Wiggle Your Toes Day
- 7 National Lighthouse Day
- 8 Happiness Happens Day
- 8 International Cat Day
- 8 National Kool-Aid Day
- 9 August 9
- 9 Book Lover's Day
- 9 Middle Child's Day
- 10 Lazy Day
- 10 National S'mores Day
- 10 World Lion Day
- 11 Presidential Joke Day
- 11 Son and Daughter Day
- 12 National Vinyl Record Day
- 12 World Elephant Day
- 13 Left Hander's Day
- 13 National Filet Mignon Day
- 14 National Creamsicle Day
- 14 Navajo Code Talkers Day
- 14/15 V-J Day
- 15 Feast of the Assumption

SPECIAL DAYS

15 Relaxation Day – now this one's for me!
15 Tomatoes Galore Day
16 Roller Coaster Day
16 National Honey Bee Awareness Day
16 National Rum Day
16 Tell a Joke Day
17 National Thriftshop Day
17 Neighbor Night
18 Bad Poetry Day
18 National Fajita Day
18 Serendipity Day
19 Aviation Day
19 National Potato Day
19 World Photography Day
20 National Bacon Lovers Day
20 National Radio Day
20 World Mosquito Day
21 National Poets Day
21 National Spumoni Day
21 Senior Citizen's Day
22 Be an Angel Day
22 National Tooth Fairy Day
22 Southern Hemisphere's Hoodie Hoo Day
23 Ride the Wind Day
23 North American Grilled Veggies Day
23 World Daffodil Day – The date varies.
24 Iconic American Restaurants Day
24 National Waffle Day
25 Kiss and Make-Up Day
25 National Banana Split Day
25 National Park Service Day
26 National Dog Day
26 National Toilet Paper Day
27 International Lottery Day
28 Race Your Mouse Day
28 Stuffed Green Bell Peppers Day
29 Chinese Valentine's Day/Daughter's Day
29 International Bat Night
30 Frankenstein Day
30 International Bacon Day – The Saturday before Labor Day.
30 National Beach Day
30 Toasted Marshmallow Day
31 National Eat Outside Day
31 National Trail Mix Day

Weekly

Brake Safety Week, Aug. 24–30. Brake Safety Week is an annual commercial motor vehicle brake-safety inspection, enforcement, and education initiative conducted by law enforcement jurisdictions in Canada, Mexico, and the U.S.

Daily

Air Force Day, Aug. 1. Established in 1947 by President Harry S. Truman “in recognition of the personnel of the victorious Army Air Forces and all those who have developed and maintained our nation's air strength.”

National Lighthouse Day, Aug. 7. Lighthouses are beautiful, and incredibly useful. On National Lighthouse Day, we celebrate how these scenic, historic structures guided sea travelers throughout the centuries.

Book Lovers Day, Aug. 9. An unofficial holiday encouraging everyone to celebrate reading and literature. People are advised to put away their smartphones and technological distractions and pick up a book to read.

World Orangutan Day, Aug. 19. To raise awareness and encourage the public to take action in preserving this amazing and endangered species.

Women's Equality Day, Aug. 26. Women's Equality Day commemorates the passage of women's suffrage in the U.S. and reminds everyone of the hurdles overcome by the women who faced violence and discrimination to propel the women's movement forward.





Plant of the Month – Fiddle-Leaf Fig

This popular house plant is native to West Africa. The fiddle-leaf fig can grow up to 10 feet tall indoors but can grow up to 60 feet outdoors. This tropical plant has lush, glossy, green leaves that resemble a violin or fiddle, which is how it got its name. Fiddle-leaf figs need a steady supply of sunlight, so it's ideal to place them by a window. However, if they get too much direct sunlight, the leaves could burn. It's also important not to overwater the plant because it likes to dry out a bit between weekly waterings. A symbol of fertility, abundance, new beginnings, prosperity, and growth, it's a popular wedding or housewarming present. It is also a favorite plant for practitioners of feng shui. While the stunning plant produces edible fruit, it is not sweet like a typical fig and tends to dry out the mouth, so it's typically not eaten. On rare occasions, the plant will also produce small flowers.



Flower - Gladiolus

The cheerful gladiolus is a flowering plant that belongs to the iris family. It grows most frequently in the Mediterranean region, Asia, and the tropical parts of Africa, where its pink, purple, and white flowers can blossom in the full sunlight. The stems and leaves of the gladiolus stand tall and have pointed tips. It comes as no surprise, then, that the gladiolus flower gets its name from the Latin word for "sword" (gladius).

Birthstone – Peridot



August's birthstone, the peridot, is a beautiful stone that ranges in color from olive to lime green. The green color is due to the presence of iron. The peridot is one of the oldest known gemstones. It has ties to ancient Egypt, where it was often shaped into beads and worn for protection. The ancient Egyptians believed the stone could protect its wearer from evil. It is believed that Cleopatra's collection was actually a collection of peridot gems, not emeralds!

Birthday Treats

August 1–7: Ice Cream

If you're born in the first week of August, you are sure to be friendly, intelligent, and charismatic. You are a social butterfly who is always in the know. Cool under pressure, you're often called on to be a leader and problem solver.

August 8–15: Cookie

You are kindhearted with a flexible but pragmatic mindset and a positivity that shines no matter what life throws at you. Your compassionate and caring personality is second to none, and no one is better at comforting a friend.

August 16–22: Pie

A nature lover at heart, you have a green thumb, a need for fresh air, and a prowess for baking. Sometimes silly, always sweet, fun, and smart, your social calendar is consistently full. Still, you also enjoy solitude and time with pals one-on-one.

August 23–31: Cupcake

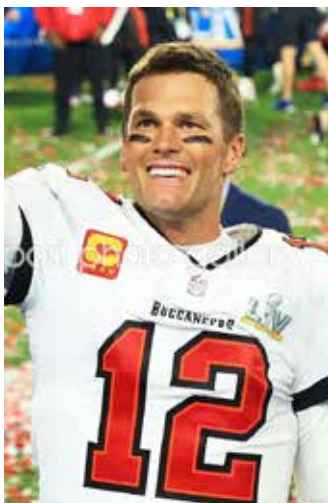
Well-known for your engaging personality, you are the life of the party. Friends call on you when they need a laugh, a hug, or a shoulder to cry on. You also offer caring, practical, sage advice that your loved ones have learned to count on.

AUGUST FUN FACTS

August was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. However, legend has it that when the Roman senate decided to name the month in honor of Augustus Caesar, they wanted it to have as many days as July, the month that was named after Julius Caesar. Therefore, one day was taken from the month of February and added to August, giving it 31 days.

August Birthdays

Jerry Garcia (singer) – August 1, 1942
Isabel Allende (writer) – August 2, 1942
Tom Brady (quarterback) – August 3, 1977
Sylvia Sidney (actress) – August 8, 1910
Alex Haley (author) – August 11, 1921
Annie Oakley (sharpshooter) – August 13, 1860
Julia Child (chef) – August 15, 1912
Madonna (singer) – August 16, 1958
Meriwether Lewis (explorer) – August 18, 1774
Al Roker (weatherman) – August 20, 1954
Valerie Harper (actress) – August 22, 1939
Gene Kelly (dancer/actor) – August 23, 1912
Melissa McCarthy (actress) – August 26, 1970
Richard Gere (actor) – August 31, 1949



Game On!

August is the perfect time to play (or learn to play) mah-jongg, the popular tile game. This is because August 1 is International Mah-Jongg Day. This fun, strategic game for two to four players originated in China during the Qing dynasty. Players win by collecting sets of patterned and numbered tiles. Though complex at first, it is similar to gin rummy and is a blast to play once you get the hang of it.

What's Lucky in August?

Lucky Colors: Teal and Orange

Lucky Animal: Elephant

Lucky Letters: B, X, and J

Lucky Day: Saturday

Lucky Plant: Aster

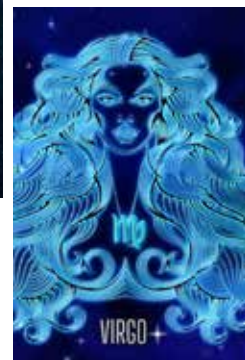
“Dog Days” of Summer

July 3 to August 11 are nicknamed the “dog days” of summer, a reference to Sirius, the Dog Star, which rises with the sun during this period. In ancient times, people noticed that Sirius rose just before the sun, and they linked its appearance with extreme heat, drought, and even misfortune.

August Zodiacs

Leo (The Lion) August 1–22

Virgo (The Virgin) August 23–31



A very *Happy Birthday* to...

Dodge Park Residents

Virginia T. August 8
Gail T. August 9
Joan M. August 15
Mildred G. August 25

Oasis Residents

Lorraine K. August 15
Kristina M. August 17
Albert T. August 18
Margaret D. August 19
Jane L. August 29

Staff

Amy L. August 1
Carrie B. August 3
Rodelane A. August 4
Griselda M. August 12
Genesis P. August 12
Anthony D. August 18
Reina B. August 20
Winston E. August 21
Kaitlin M. August 24
Marta E. August 25
Reynaldo C. August 25
Ilir K. August 26
Carmen B. August 26
Jayden G. August 28
David R. August 29



Dementia Warning Signs

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

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All applicants must be fully vaccinated for COVID and agree to take a COVID test prior to entering the program.

101 Randolph Road, Worcester, MA



Ants in your house? How to get rid of them safely

Most of us don't want to share a home with ants, but we don't want to douse the place with insecticide either. Keeping your sinks and counters dry and clean is a good start. Here are a few natural treatments to keep ants at bay:

- **Cinnamon.** Place a few cinnamon sticks anywhere you spot ants crawling into your house. The pleasant odor will send ants away. (Garlic cloves work as well, though you may not enjoy the scent as much.)
- **Vinegar.** Spray some apple or white vinegar on areas where ants have set up shop.
- **Black pepper.** Sprinkle a little pepper where you see ants. Watch where they run to, and treat that area as well to prevent them from returning.
- **Mint.** The scent of mint can disrupt ants' sense of smell. Plant mint outside, especially near doors and windows, and place a few mint leaves in and around your windows.



The truth about catfish

August is Catfish Month, but did you know that there are many more kinds of catfish than those that you and your grandfather used to catch and fry up on lazy

summer afternoons? From 2003 to 2005 alone, more than 100 new species of catfish have been identified and named. Here's a look at some of the more unusual members of this aquatic family:

- The Wels catfish, found in central, southern, and eastern Europe, can reach almost 10 feet in length and weigh hundreds of pounds. There have been reports of them attacking small children.
- The Upside-Down catfish swims belly-up. Ichthyologists explain that it's a feeding strategy, enabling it to feed along the bottoms of submerged branches and logs.
- Most catfish are harmless, but the Candiru, a small, worm-like South American specimen, is considered dangerous because of the way it invades and paralyzes the human urethra. The Goonch catfish of Thailand is reported to have attacked humans bathing in rivers.
- The largest catfish ever caught was a Mekong catfish, a 650-pound giant caught in Thailand in 2005.

Need something to read? Try these bestsellers

Even in an age of YouTube, Facebook, and other multimedia distractions, books are still ubiquitous. Here's a list of the 10 biggest selling books over the last 50 years. Some of the titles may surprise you; others, not so much:

- The Bible: 3.9 billion copies
- *Quotations from Chairman Mao Tse-Tung*: 820 million copies
- *Harry Potter* series: 400 million copies
- *The Lord of the Rings*: 103 million copies
- *The Alchemist*: 65 million copies
- *The Da Vinci Code*: 57 million copies
- *The Twilight Saga*: 43 million copies
- *Gone With the Wind*: 33 million copies
- *Think and Grow Rich*: 30 million copies
- *The Diary of Anne Frank*: 27 million copies

Quotes

"An idea that is not dangerous is unworthy of being called an idea at all."

—Oscar Wilde



Lions: The Kings of the Jungle

From *The Lion King* to *The Cowardly Lion*, these big cats capture our imaginations with their strength and dominance. Lions are very adaptable and fierce, but it is their unique social structures that allow the species to survive.

Band of Brothers

In the scorching heat of the African savanna, the six Mapogo brothers—named Mr. T, Kinky Tail, Pretty Boy, Dreadlocks, Makulu, and Rasta—gathered to forge an alliance built on absolute trust and unconditional loyalty. The ambitious group decided to conquer as much of South Africa as possible, starting with the Sabi Sands Reserve. Instead of creating a stealth plan, the brothers shocked other families with ruthlessness and bloodlust. They crushed all opponents until they had control of 170,000 acres of land to use as their playground. Females flocked to these alpha males, and for six years, they lived the high life until eventually, in 2012 and 2013, infighting and age led the band of brothers to be taken down by younger, stronger opponents. This sounds like the plot of a mafia movie, but the Mapogo brothers were a group of lions.

Scientists tracked their brutality because it was extremely unusual, naming the group Mapogo after an infamous South African security company known for its especially intimidating tactics. Lions are territorial, and male lions expend much energy protecting themselves and their more vulnerable cubs. Usually, male lions can intimidate their foes without fighting to the death. Generally, one lion will back down. The Mapogos are an extreme example, but all lions exhibit similar behavior in forming groups to defend or gain access to mates and hunting ground.

“Pride”-ful Lions

Lions are the only inherently social cats, forming close-knit groups called prides. A typical pride consists of up to 15 lions, primarily composed of related females, their offspring, and a small number of adult males. This social structure offers several advantages, such as cooperative hunting and defense against intruders. Female lions maintain the pride structure, typically staying in their birth pride throughout their lives. Males usually leave the pride when they are two or three years old to seek out their own pride. Genetically, this keeps lions from inbreeding, which would weaken the species.

Apex Predators and Epic Sleepers

Lions are apex predators, an ecological term meaning that a species has no natural predators higher up on the food chain. Once they are mature, lions' primary threats are humans and other lions. (Lion cubs are born blind and are vulnerable to attack by hyenas and other animals until maturity.) Each pride marks its territory, so it doesn't have to compete with other lions for resources. Male lions use their scent and roar to warn other lions not to enter their territory. They also work to protect the cubs, increasing the bonds between pride members. While the males patrol the borders of their land, the females team up to hunt, frequently overpowering zebras, wildebeests, and other large mammals. Once they make a kill, the whole pride gorges on the meat.

Lions expend huge amounts of energy during spurts when hunting or defending their pride. To compensate, they sleep up to 20 hours a day. Because they live in such a hot climate, lions are mostly nocturnal. They find shady spots in tall grass or under trees to sleep during the day. This behavior also aligns with the activities of their prey, which are more active during dawn and dusk.

Surprising Facts About Lions

- Lions possess the loudest roar of any big cat, capable of being heard up to five miles away.
- Known for their social bonds, lions frequently groom one another, reinforcing connections within the pride.
- Lions can survive without drinking water for extended periods because, like house cats, they can hydrate through their food.
- Lions do not have a specific mating season, so cubs are born throughout the year.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutrition Spotlight... Sprouted Bread

Available in most grocery stores, sprouted breads have gained popularity amongst those seeking healthy bread options that will be kind to the GI (gastrointestinal) system.

Sprouted bread is bread made from whole grains that have been allowed to sprout, or germinate before being milled into flour. The sprouts are typically from various seeds. As compared to breads made from white flour, where the bran and germ are removed to create a refined, white grain, whole grain breads include the bran, germ and endosperm which gives it more fiber, vitamins and protein.

Sprouted grains contain about 75% of the carbohydrate as compared to non-sprouted grains and they are slightly higher in protein and only contain 40% of the fat. What also makes sprouted breads more attractive from a health standpoint is that they are made from a variety of different grains and legumes and therefore may contain all the essential amino acids (building blocks of protein). For those who don't eat enough meat or any animal products at all, such as vegetarians and vegans, consuming adequate and complete proteins can pose a challenge. Eating sprouted breads can provide an option for a good protein source.

Just how are sprouted breads made? Grains are soaked in water until they begin to grow a sprout. The water is drained off and the sprouts are mixed together and ground. Since natural enzymes are released during the sprouting process, they break down proteins and carbohydrates, helping give

sprouted grains a low glycemic index and make them easier to digest. Nutrients in sprouted breads are absorbed quickly by the body and are not lost in the digestive process. Foods with a low glycemic index means that they cause a slower and more gradual rise in blood sugar levels. This makes them a healthier option for people with diabetes.

Overall, sprouted breads offer the nutritional benefits of increased digestibility, increased absorption of minerals, increased antioxidants and increased vitamins such as vitamins C and B.

Mediterranean Vegetable Sandwich

Ingredients:

2 slices sprouted bread, toasted if desired
Hummus (any flavor)
Cucumbers, thinly sliced
Tomatoes, thinly sliced
Roasted red peppers, strips
Pickled red onions
Baby spinach or baby kale

Spread the hummus on both slices of bread and layer all the different vegetables to create a delicious, nutritious sandwich.



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.



Orange Popsicles

Makes 4 servings

Ingredients:

- 3 cups diced mixed fruit of choice (such as strawberries, kiwi, or blueberries)
- Orange juice

Directions:

1. Divide fruit equally into four medium plastic drinking cups.
2. Fill each drinking cup with orange juice, allowing about one inch at the top.
3. Place a Popsicle stick in the center of each cup.
4. Freeze overnight or until firm.
5. For serving, allow popsicles to thaw for a couple of minutes before removing from the cups.



Veggie Couscous Salad

Makes 4 servings

Ingredients:

- 1 cup couscous
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1 cup boiling water
- 1 cup halved cherry tomatoes
- 1 cucumber, diced
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh parsley
- 2 tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon black pepper

Directions:

1. In a large bowl, combine couscous, salt, and olive oil.
2. Pour boiling water over the couscous, cover, and let sit for 5 minutes.
3. Fluff couscous with a fork to separate grains.
4. Add tomatoes, cucumber, red onion, and parsley.
5. Drizzle with lemon juice and balsamic vinegar.
6. Season with black pepper and gently toss to combine.



Bacon and Cheese Bread

Makes 6–8 servings

Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup shredded cheddar cheese
- 6 slices cooked bacon, crumbled
- 1 cup milk
- 1/4 cup vegetable oil
- 1 large egg

Directions:

1. Preheat the oven to 350°F (175°C) and lightly grease a loaf pan.
2. In a large bowl, whisk together the flour, baking powder, salt, and pepper.
3. Stir in the shredded cheese and crumbled bacon.
4. In a separate bowl, whisk together the milk, oil, and egg.
5. Add the wet ingredients to the dry ingredients and stir just until combined.
6. Pour the batter into the prepared loaf pan and smooth the top.
7. Bake for 40–45 minutes, or until a toothpick inserted in the center comes out clean.
8. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

EASY EATS

All the Good Stuff Trail Mix

Makes 12 servings

Ingredients:

1 cup walnut pieces

- 1 cup almonds
- 1 cup cashews
- 1 cup peanuts
- 1 cup yogurt-covered raisins
- 1 cup chocolate candies

Directions:

Toss all ingredients in a large bowl and serve. Store leftovers in a sealed container.



***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.
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ACTIVITY IDEAS

Faux Oil Painting

Dissolve oil pastels with baby oil to create a faux oil painting.

Use the provided garden scene or use your own visual reference.

You will need:

- Outdoor scene printed in color:
- Print the scene with bold colors onto copy paper (for visual reference).
- Print the faded scene onto 8 1/2" X 11" watercolor paper.
- Oil pastels in assorted colors
- 2 tablespoons baby oil in a disposable cup, paintbrush with stiff bristles, paper towels

Directions:

1. Apply generous amounts of oil pastel onto the garden scene printed on watercolor paper. Using the faded image and the full color scene as a reference, block in sections of color. Start with the most prominent color, including various shades of that color.



2. Dip the tip of the paintbrush in the baby oil. Brush sections at a time to dissolve the oil pastels, using the brush in a painterly manner. Use a paper towel to clean the brush before dipping it in the oil again.
3. Expand the color palette. Use oil pastels to block in the flower colors and other tones in the picture. Then, apply baby oil like before.

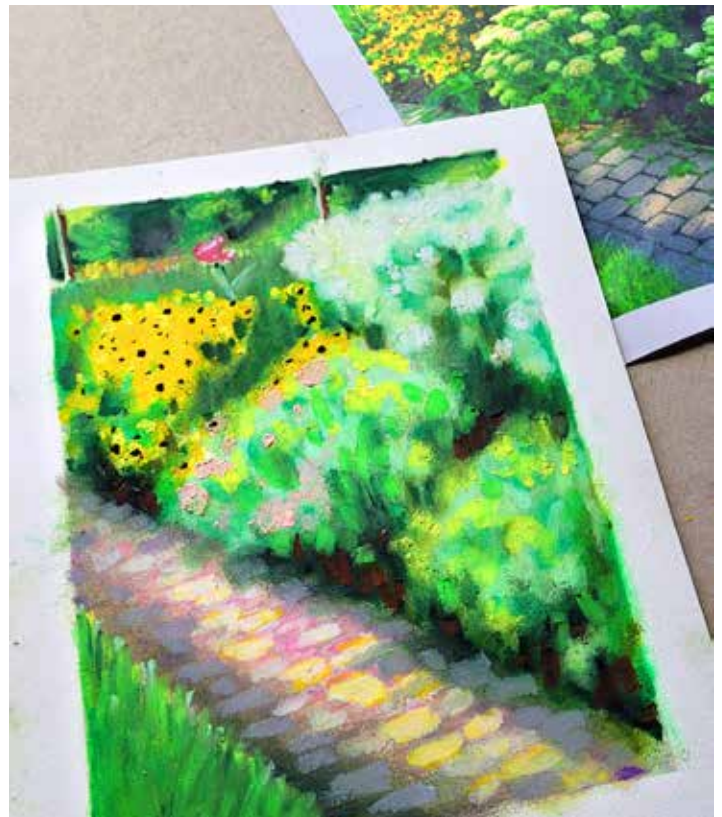


4. Add highlights and dark areas to give the painting more depth. Blend the newly applied colors using baby oil.

5. Add small details using a generous amount of oil pastels so the application is thick. Use a finger to press the chunky bits of color into the paper.

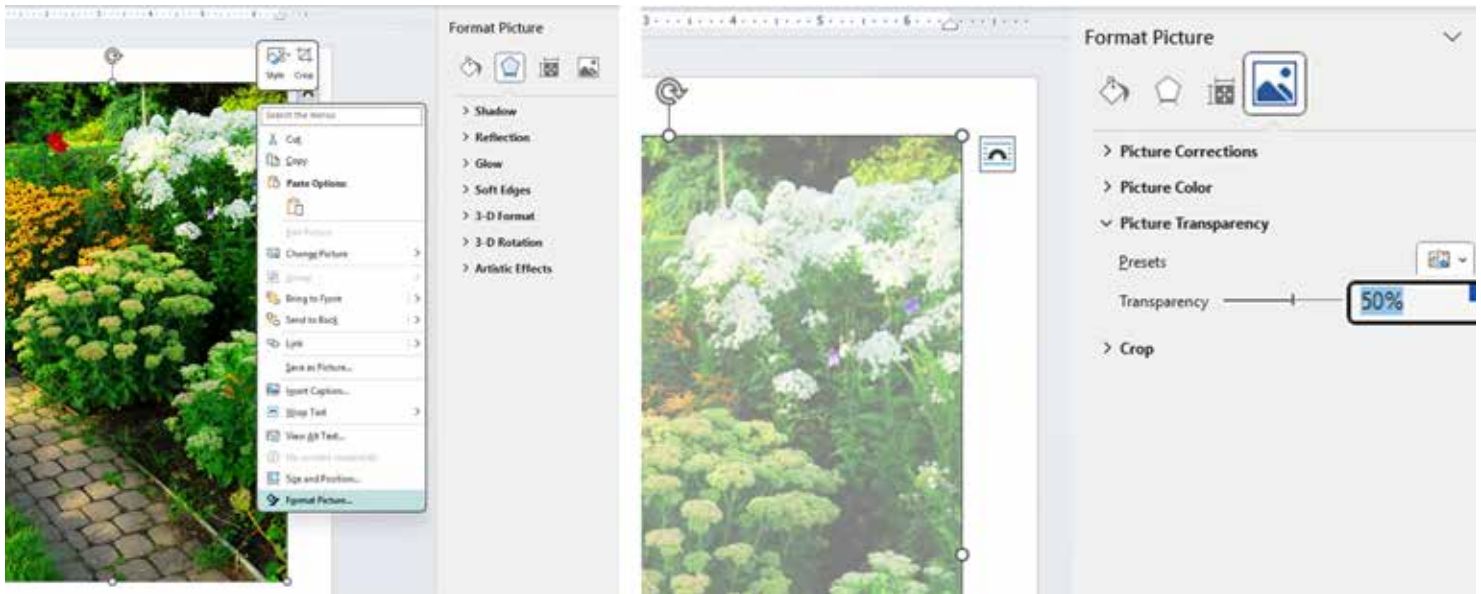
Tips:

- Focus less on painting a scene and zone in on shapes, lights, and darks. Blurring your eyes or even taking off glasses can help with this.
- Use your own visual reference. Select an image from a magazine or take a photo of a pretty outdoor scene using your phone. To create a faded version to paint on top of, follow the instructions on the following page.



Directions to create a faded image:

1. Open a Word document and insert the photo you took with your phone. Size it as large as possible on the page.







ACTIVITY IDEAS

Jar Lid Sunflowers

Attach yellow strips of paper to a jar lid to make a sunflower. Add a felt center and a cord for hanging.

To make one sunflower, you will need:

- Mason jar lid and ring (wide mouth or jelly jar size)
- 12 yellow paper strips (1/2" x 2 1/2")
- 12 yellow paper strips (3/4" x 3 1/2")
- Brown felt circle (1/2" larger than the jar lid)
- 6" cord or twine (color of choice)
- 1/2 sheet of paper towel
- Scissors, hot glue gun

Directions:

1. To make a small petal, bend a small yellow strip of paper as shown. Overlap the inside corners and then hold them together with a small dab of hot glue. To make a large petal, do the same using a larger yellow strip.
2. Repeat step 1 to form a total of 12 small petals and 12 large petals.
3. Glue the small petals to the top of the mason jar ring as shown.



4. Glue the second row of large petals on top of the small petals, staggering them as you go around.
5. To make the center of the flower, lightly scrunch the paper towel to make a small “mound” that fits on the lid. Glue the mound to the top of the lid. This will make the center of the flower three-dimensional.
6. Cut 1/4" long slits around the edge of the felt circle, spacing the slits about 1/2" apart.



7. Cover the paper towel with the felt and then glue the tabs on the back of the lid.
8. Place the lid inside the yellow-petaled ring to complete the flower. Use a little hot glue if needed to keep the lid in place.
9. Add cord for hanging by gluing the ends to the side of the mason jar ring.

ACTIVITY IDEAS

Brown Bag Baskets

Upcycle paper bags and cereal boxes to make handy baskets

You will need:

- Flattened cereal box or similar (two 5" X 6" pieces)
- Large paper grocery bag cut into strips:
- 22 strips at 1" X 4 1/2"
- 8 strips at 1" X 18"
- Decorative paper cut into four 1" X 6" strips
- Craft glue, scissors
- (Optional) Stapler and the handles from the upcycled paper bag

Directions:

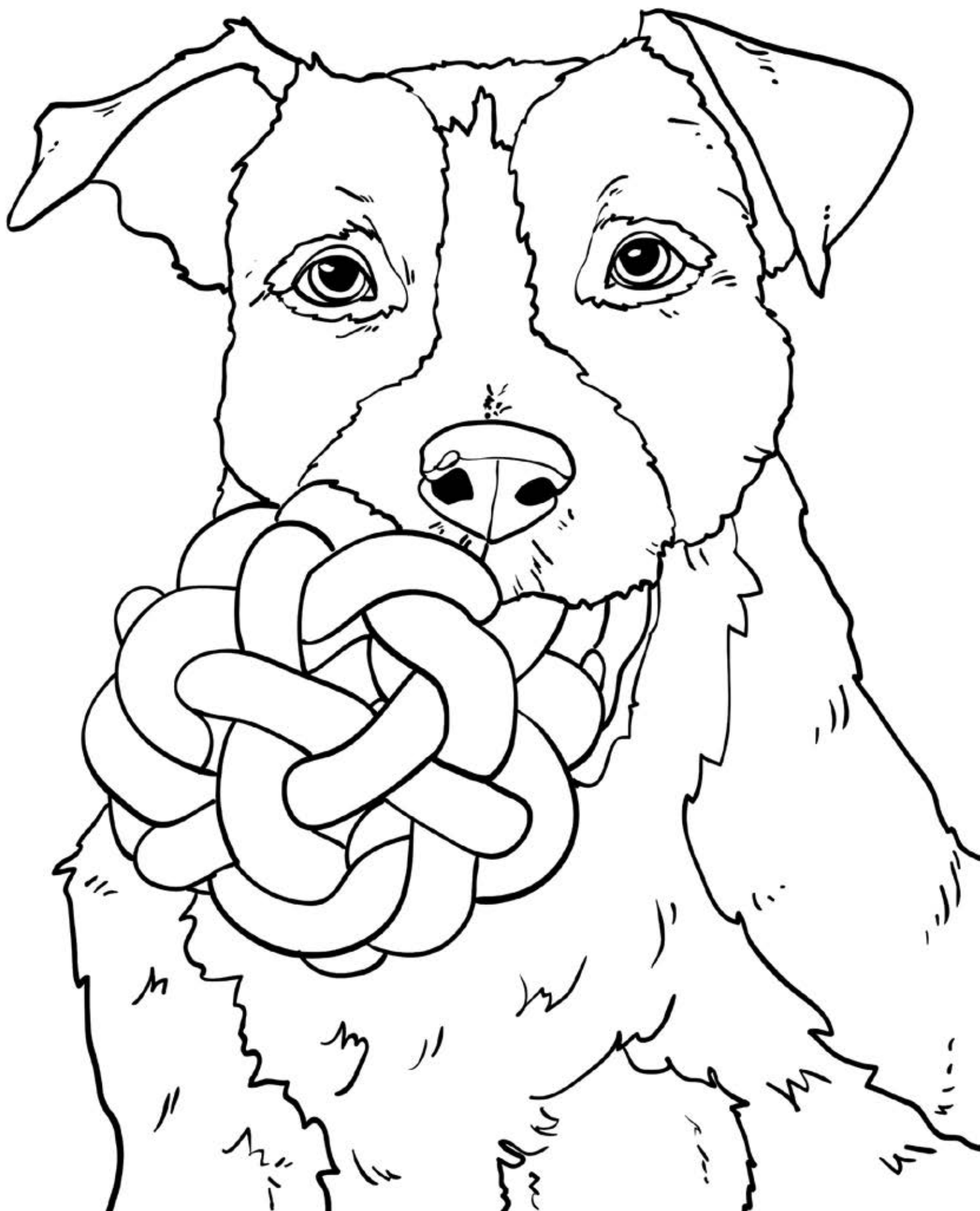
1. With the print side face up, glue the 4 1/2"-long paper strips to one of the cereal box pieces. Position the strips side by side, attaching 6 strips on the long sides and 5 strips on the 5" ends of the cardboard.



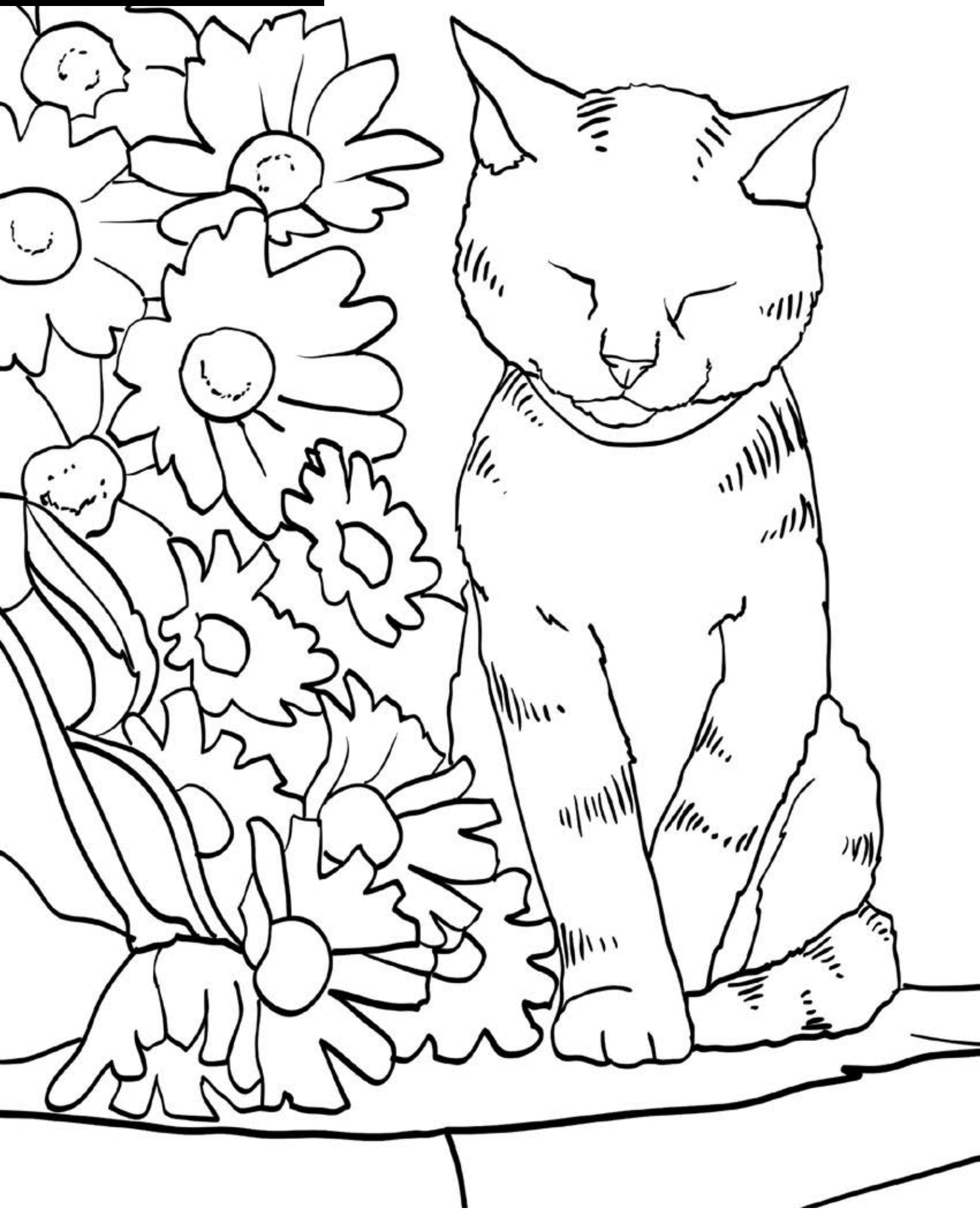
2. Place the other piece of cardboard on top of the bottom piece to make the basket more sturdy.
3. Weave the 18"-long strips around the basket to make four rows. Use a few dabs of glue as you go to hold the completed weaving in place.

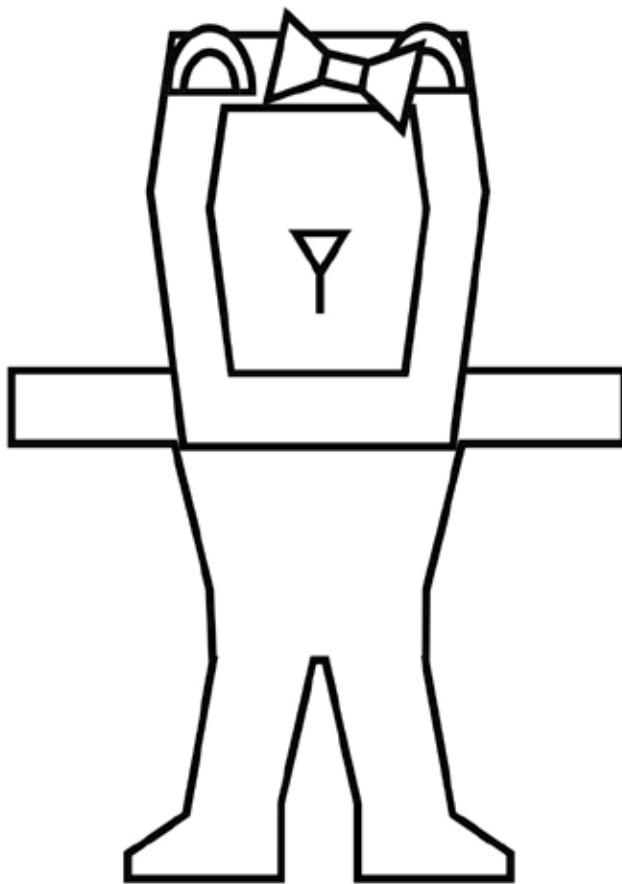
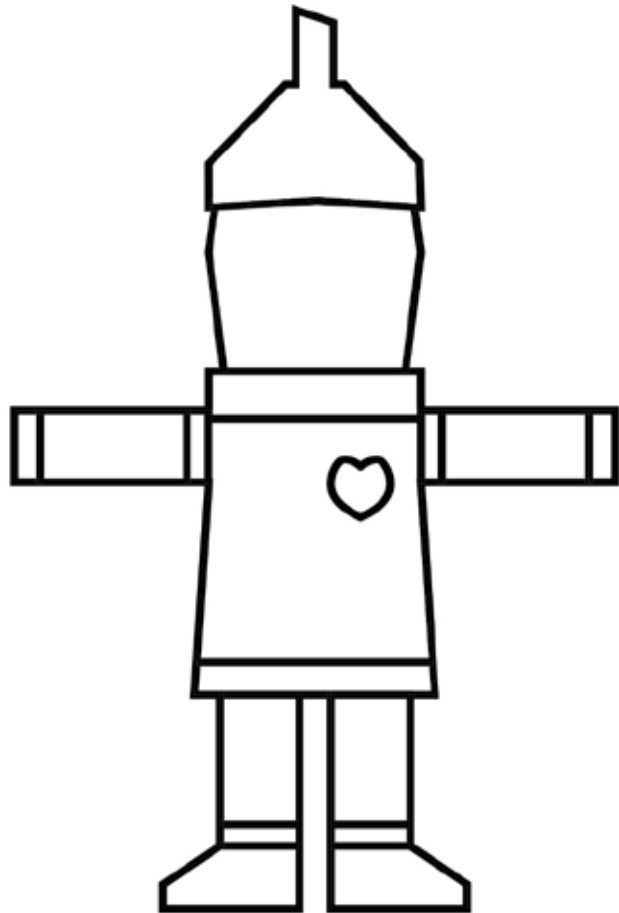
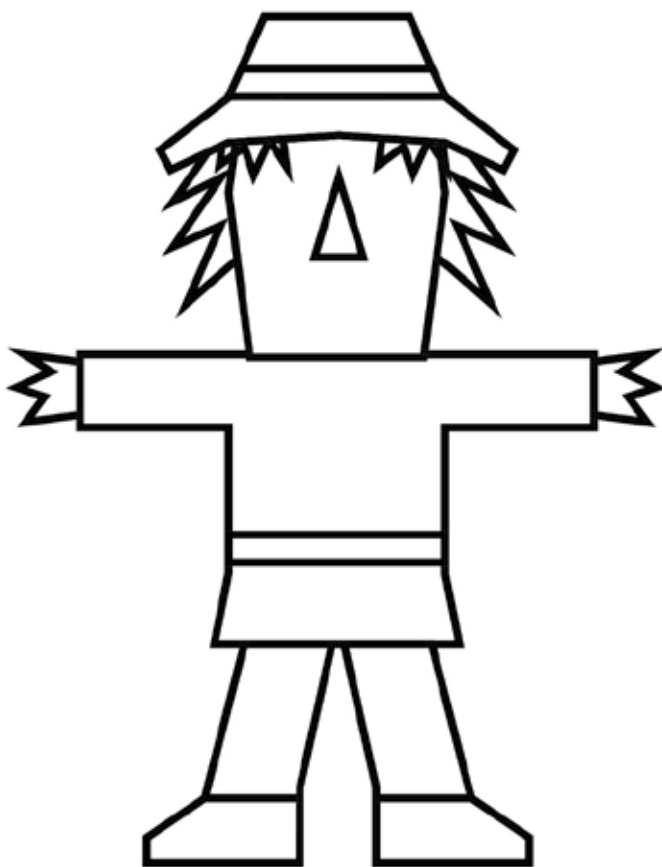
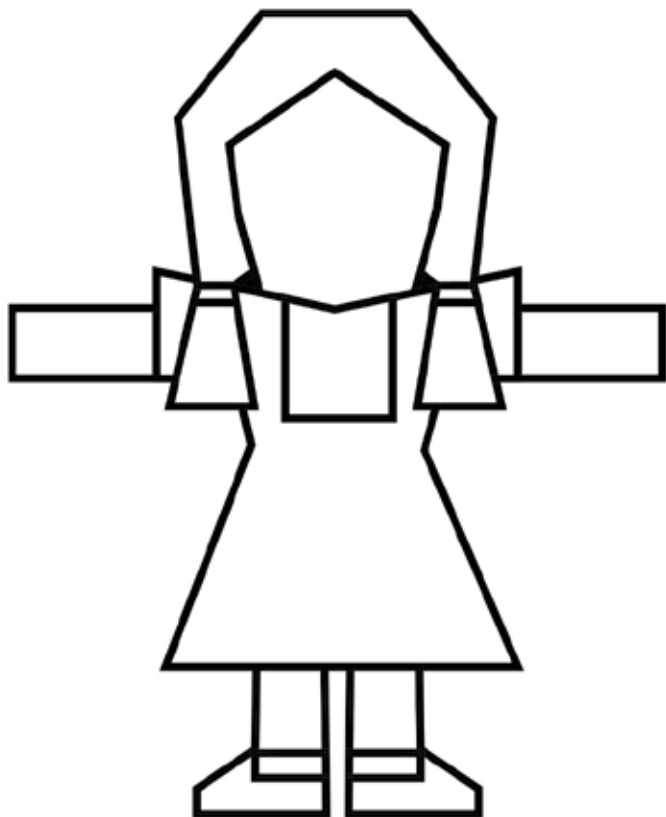


4. After the last horizontal row is in place, trim the vertical strips if needed to make the top edge of the basket flush.
5. Fold the 4 strips of decorative paper in half lengthwise. Then, line the top edge of the basket with the paper as a trim for a finished touch. Glue the trim in place, overlapping the strips where needed.
6. After the glue dries, your basket is ready to use. For an added touch, add upcycled paper handles using a stapler to attach them to the basket.



COLORING PAGE





Garden Hobby Detective

Search for the items in bold.

The backyard garden so carefully tended was the pride and joy of one Buttons McGee. With a **garden spade**, **hose nozzle**, and **scissors** in hand, she toiled on bended knee.

She planted **4 zucchinis**, **3 radishes**, a **pepper of green**, and a **pepper of red**; **5 tomatoes** were tied with **string**, and a **head of lettuce** popped up its sweet head.

As she skipped down the path, reciting the nursery rhyme "A-Tisket, A-Tasket," Buttons put **4 green onions** and a **sprig of rosemary** and **sage** in her **basket**. Gardening was a new hobby for Buttons, and she was quite proud of her first attempt. "I wish I'd planted vegetables ages ago," she cried in a heartfelt lament.

Buttons was thrilled to pick her first ripened success fresh off the vine, Because nothing's better than a home-grown tomato in the summertime. In the kitchen, she found her **cutting board** to make BLTs, her special treat— With a **cast iron skillet**, **2 knives**, and **bacon**, she was prepared to eat.

Next, she made zucchini bread using a **grater**, **3 loaf pans**, and a **salt shaker**.

"Look at me, Martha Stewart!" she exclaimed. "Like you, I'm a master baker!"

But Martha needn't worry, because before Button's ambition could last, She was on to another hobby, and gardening and baking became part of her past.





Famous August Birthdays

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

- A. Ingrid **BERGMAN**
- B. Kobe **BRYANT**
- C. Rosalynn **CARTER**
- D. Connie **CHUNG**
- E. Claude **DEBUSSY**
- F. Jerry **GARCIA**
- G. Elliott **GOULD**
- H. Buddy **HACKETT**
- I. Scott **HAMILTON**
- J. Ogden **NASH**
- K. Kenny **ROGERS**
- L. Mary **SHELLEY**

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

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|-------------------------------|
| 1. Author ____ | 7. TV journalist ____ |
| 2. Olympic figure skater ____ | 8. Composer/musician ____ |
| 3. Grateful Dead member ____ | 9. Actress ____ |
| 4. Actor/comedian ____ | 10. Humorous poet ____ |
| 5. Country singer ____ | 11. First lady ____ |
| 6. NBA basketball player ____ | 12. <i>M*A*S*H</i> actor ____ |

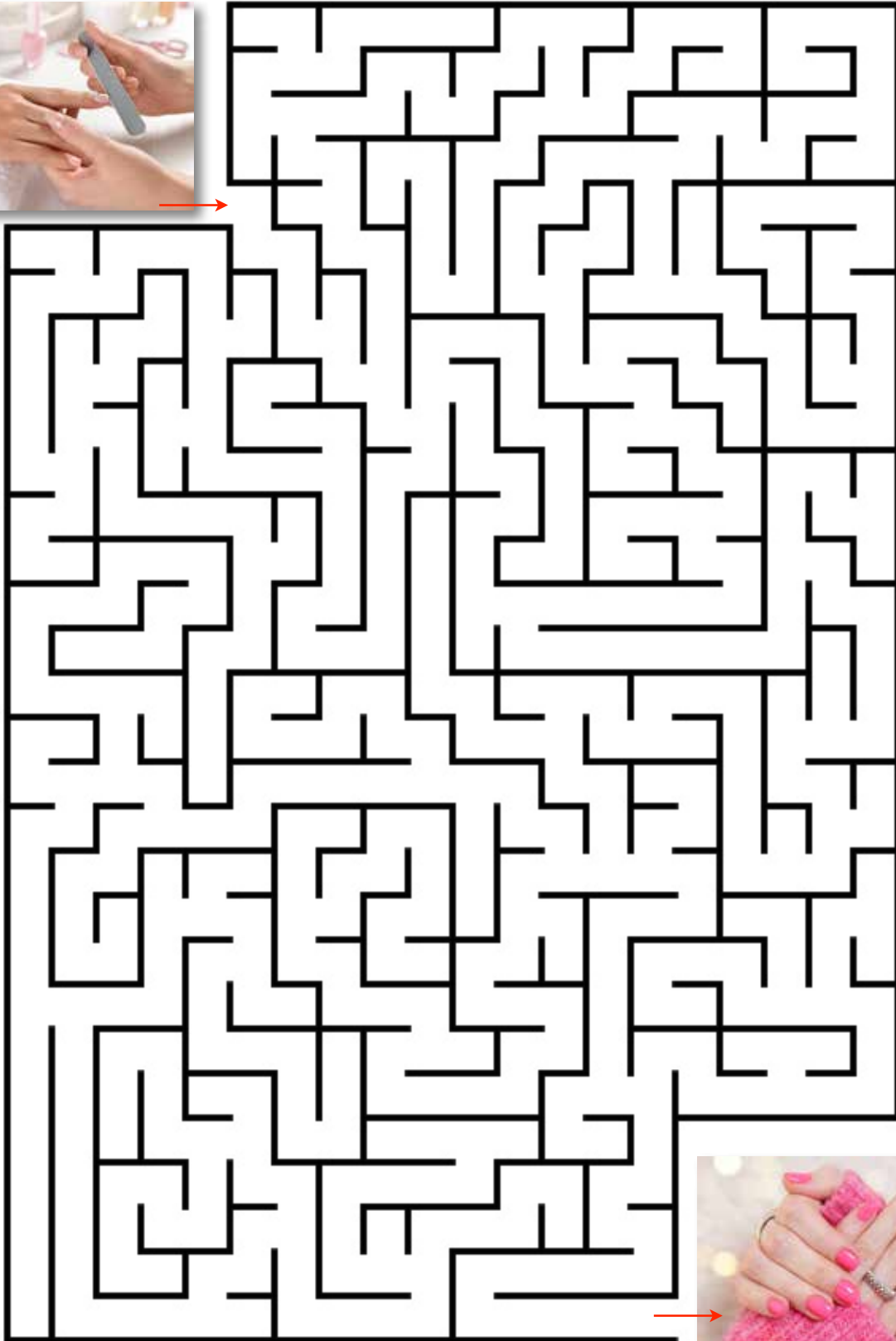
Searching for August

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

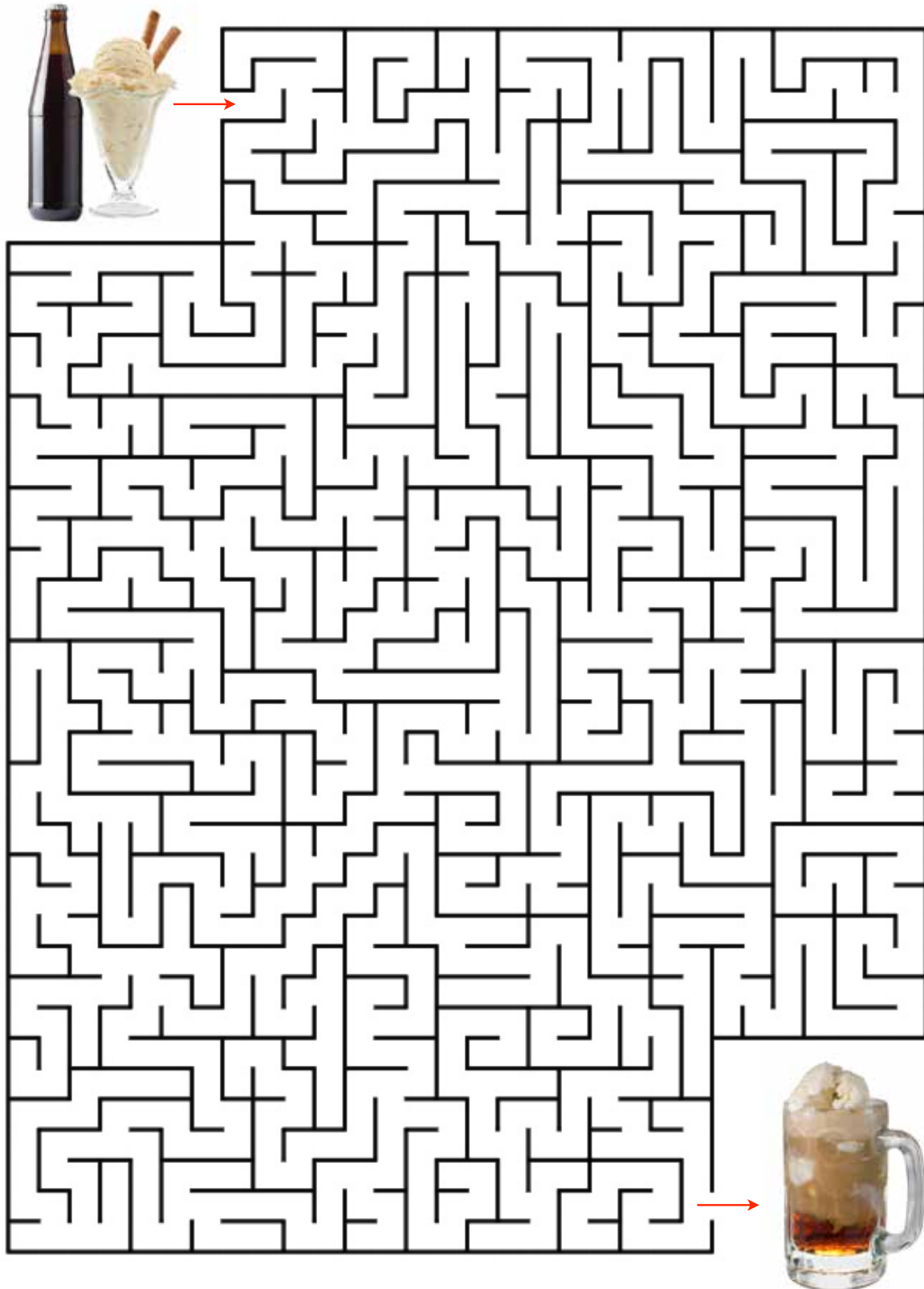


BEACH	GLADIOLUS	POPSICLES
BOATING	GOLF	SUNBLOCK
FAIRS	LEMONADE	SUNSHINE
FAMILY	LEO	SWIMMING
FIREFLIES	PEACHES	TRIPS
GARAGE SALE	PERIDOT	VIRGO

A-Mazing Manicure



A-Mazing Root Beer Float



Water Balloon

The words listed below can be found vertically and horizontally.

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

BOMB

NEIGHBORS

COOLING

PASTIME

FIGHT

SOAK

FUN

SUMMER

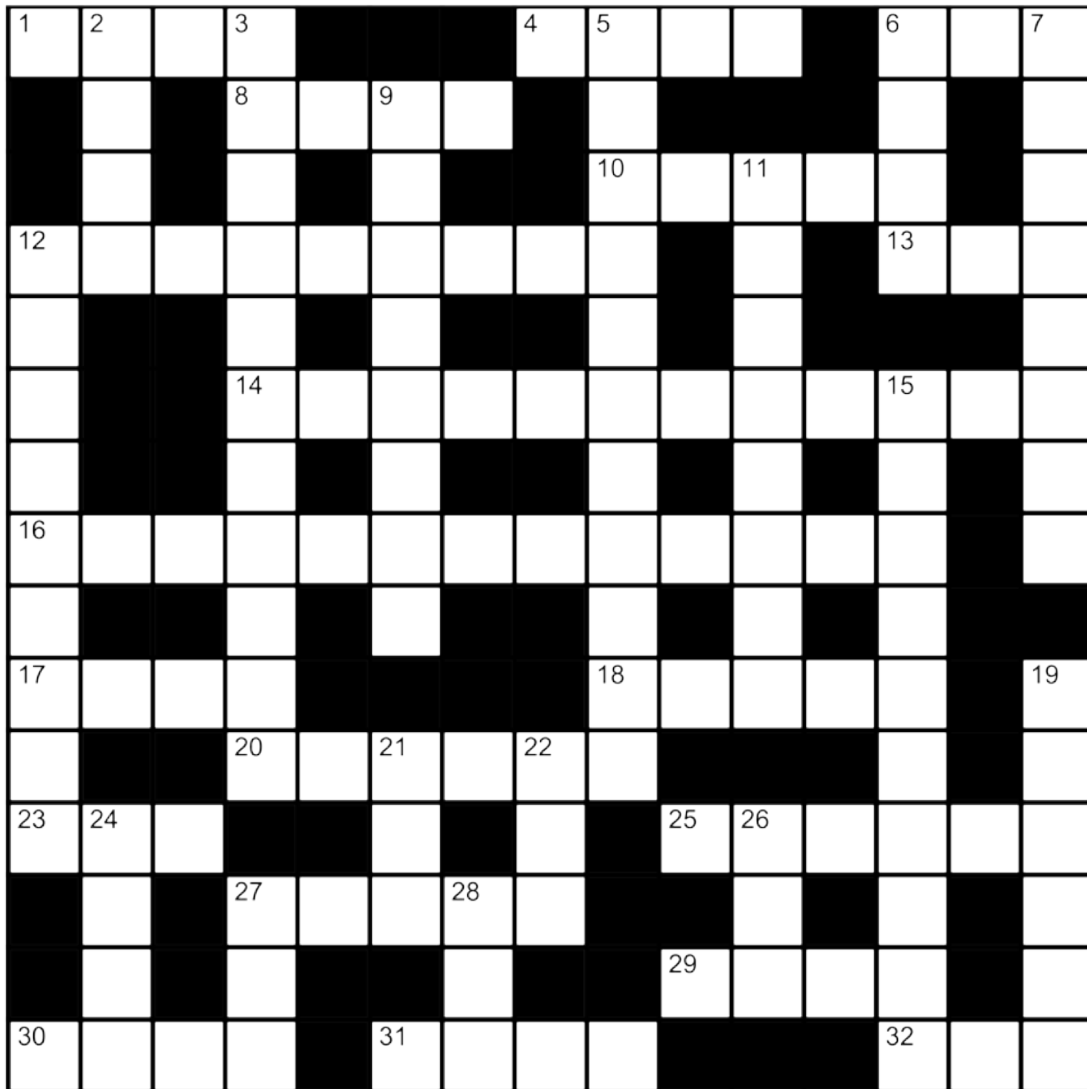
HANDHELD

THROW



Crossword #44

Use the clues to fill in the crossword.



ACROSS

1. Gentle creature of the forest
4. "I love you, a bushel and a ___"
6. Baby's favorite seat
8. Therefore
10. Mechanical "human"
12. Intellectually gifted
13. Total
14. Truth or _____ (game show)
16. The transmission of information
17. Clothes presser
18. Artist's stand
20. "Much obliged!"
23. Martini ingredient

25. Handkerchief alternative

27. "It pains me to say..."

29. You might be ___ something

30. Couch

31. Rewrite

32. Either/or; neither/_____

DOWN

2. "...happily ___ after"

3. One item substituted for another

5. Seismic activities

6. "_____ Hang On!" by Frankie Valli & the Four Seasons

7. Vows; pledges

9. How the Cheshire cat always appears

11. Perks like vacation and sick days

12. Spreading outward, as a tree

15. End result?

19. Large enough fish to take home

21. Additionally

22. Door opener

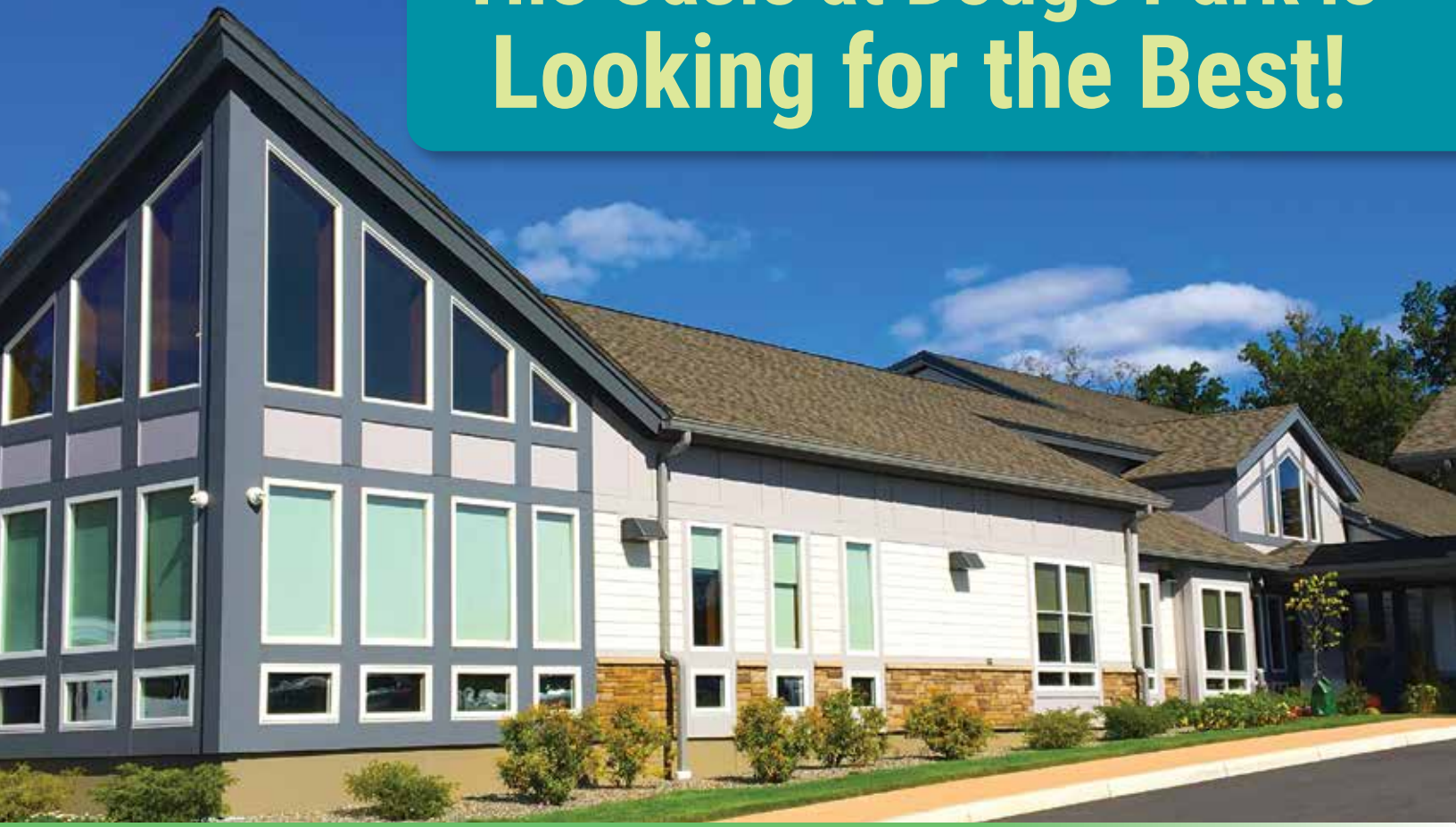
24. "Got to Get You ___ My Life" by Earth, Wind & Fire

26. Charged particle

27. Poseidon's domain

28. Eye cover

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

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and
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Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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

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



In this guide, you'll learn:

- ➔ The difference between and Rest Home & Assisted Living
- ➔ The difference between a Rest Home & Nursing Home
- ➔ The qualities that define an exceptional Rest Home
- ➔ Why you **MUST** visit a potential Rest Home
- ➔ What 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

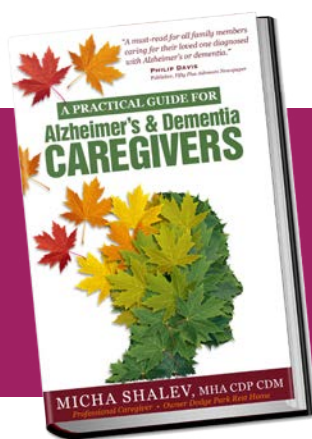
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



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in Massachusetts 5 years in a row

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

The support group meeting is FREE and open to the community. The groups meet on the second Tuesday and third Wednesday of each month.

A light supper is provided and activity and supervision for memory impaired individuals will be provided for FREE by our Day Club personnel during the meeting.

Participation in a support group can be an empowering experience. The group is designed to help members feel better prepared to cope. Support group members report feeling less alone, more able to confront their daily problems and more hopeful about their future.

The meetings take place at Dodge Park Rest Home at 101 Randolph Road, Worcester from 6 p.m. to 8 p.m.

We hope to see you there.

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from the Hebrew for
“soul to soul,” is Dodge Park
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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
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