

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HELLO
September

HAPPY
ROSH
HASHANAH



*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

Dementia and Shower (“Bath”) Time

By Micha Shalev

One of the challenges in caring for someone with Alzheimer’s disease or another kind of dementia can be bath (or shower) time. Although some people with dementia don’t mind it, others are fearful and extremely resistive.

When a person is combative or resistive with a bath or a shower, there can be many causes for her behavior. Here are a few possible ones:

- **Embarrassment** - If a person is concerned about privacy, bathing with someone else present could make him feel very uncomfortable and embarrassed.
- **Fear of Water** - Some people are afraid of water, whether it’s due to some traumatic incident or just increased anxiety. Others react negatively especially to a shower since they may have always grown up with the routine of a bath.
- **Lack of Understanding** - A person with middle or later stage dementia might not understand why you’re present, why you’re trying to take her clothes off or why she needs to be in the water and be washed. Understandably, this often causes significant resistance.

Occasionally, the person with dementia may become sexually inappropriate during bathing because he does not understand why you are assisting him. If he misinterprets your help, don’t yell at him. Simply explain: “Mr. Smith, I’m a nurses’ aide and I’m here to help you bathe today. Your wife will be here soon to visit you.”

Tips to Improve Bath Time for the Person with Dementia

1. **Prepare First**- Have the soap and shampoo ready, as well as a large, warm towel.
2. **Offer a Choice between a Bath or a Shower** - Some people might not have a strong preference, but for many, providing this choice (either to the person or to their family member who may be able to tell you what they have normally preferred) can improve the outcome. A lot of water in a tub may cause fear for some, while the spraying of a shower can make others anxious.

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

3. **Adjust the Time of Day** -If you don’t know the person’s typical routine, find out from the family if he liked to start his day out with a shower or enjoyed a bath before bed. That’s an important routine for many people, so honoring that for a person with dementia can go a long way toward a good outcome for both the person and the caregiver.

4. **Routine** - As much as possible, stick to a routine, both as it relates to the time of day for a shower and the steps you use when helping the person bathe. Using a consistent caregiver to maintain this routine can also be very helpful to both the caregiver and the person with dementia.

5. Ensure a Warm Room Temperature - Ensure that the room is warm enough. A cold room plus water does not equal a positive experience.

6. Encourage Independence - If the person is able, ask them to wash themselves. Independence can restore a little bit of the dignity that's lost when help is needed with bathing.

7. Offer a Caregiver of the Same Sex to Provide the Bath - If someone is embarrassed or becomes sexually inappropriate, offer a caregiver of the same sex to provide the shower.

8. Large Bath Towels or Shower Capes - Provide a large bath towel or a shower cape to offer some privacy and warmth.

9. Music - Use music in the bathroom to set the tone. Choose something the person with dementia enjoys and perhaps could join in the singing.

10. Pain Relief - Be aware of the possibility that your loved one is resistant to a shower because he's in pain. If that appears to be the case, speak to the physician about trying pain medication prior to his bath time.

11. Anti-Anxiety Medications - Some people experience so much anxiety that they might benefit from an anti-anxiety medication prior to their bath time. Be careful, however, that your goal is their comfort and that the medication would facilitate that comfort, rather than hasten your ability to cross a bath off your to-do list. A person with dementia still has the right to refuse a bath.

12. Humor - Don't forget to use humor. Humor is a great tool to reduce anxiety, increase comfort and distract from the task at hand.

13. Spa-Like Atmosphere - Create a pleasant setting. Rather than have the shower room look like a hospital, place some art on the walls, music in the air and invest in towel heater for comfort.

14. Doctor's Orders - Reminding a person who is resistant to bathing that the doctor wants them to take a bath might be helpful and temporarily direct his irritation toward the physician rather than you.

15. Consider Using a No-Rinse Soap and Shampoo - If a longer bath time increases anxiety, you can shorten the process by using no-rinse products.

16. Use Different Words- "Let's Wash Up" - Some people react to specific words such as "shower time." Try naming it "washing up" or "getting ready for the day."

17. Hire an Experienced Home Health Care Aide - Some people respond better to someone who is not a family member when it comes to an intimate task like bathing.

18. Try a Different Family Member - It's not unusual for different family members to receive different reactions. If your mother is extremely resistant to your help with a shower, perhaps your sister may have more success.

19. Assist with Sponge Bathing if Necessary - The ideal may be a shower or a bath, but you might still be able to accomplish the goal by sponge bathing. If bathing presents a constant battle, choose to set aside that battle and encourage your loved one to sponge bathe.

Safety Tips

- Offer a shower chair.
- Ensure that the water temperature is not too hot.
- Don't leave a person with dementia alone in a shower or a bath.
- Install grab bars.
- Place non-slip decals or mats in the tub and on the floor.
- Don't store cleaning products in the bathroom.

Micha Shalev MHA CDP CDCM CADDCT is the co-owner of The Oasis at Dodge Park, Dodge Park Residential Care and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is holding a master degree in health care management and a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com



Happy Rosh Hashanah

We would like to wish our customers, family members, employees, readers and the many friends and supporters of Dodge Park Rest Home and The Oasis At Dodge Park, who celebrate the Jewish New Year holiday season,

"Le-shana Tova tikatavu -May you all be inscribed for a good year".

What's in a greeting? When we pass an acquaintance on the way to work or school we may nod and mutter a casual "Good Morning." If we see a friend at the grocery store we exclaim "Hey, what's going on?" When we run into someone we have not seen for a while, we may cry out, "Where have you been?"

We often greet one another based on our relationship with that person. Judaism, however, takes the art of greeting one step further. Here I am not just referring to the generous offers that often accompany a Jewish greeting, like, "would you like something to eat?" Jewish greetings reflect the nature of our relationships and relate to our Jewish context. Jewish holidays come with greetings attached to them to help convey the meaning of the day. For example, on Shabbat we wish one another "Shabbat Shalom," a "Peaceful Shabbat." More than just a "hello," this greeting communicates one of the fundamental meanings of Shabbat - a wish for peace.

The prevalent practice among Ashkenazi Jews is "L'Shana Tova Ti'kateivu v'Tekhateimu," "You should

be written and sealed for a good year." This is often shortened to simply "Shana Tova," "a good year." This greeting expresses a basic hope we all have on Rosh Hashanah - that we be inscribed in the Book of Life for another good year. Other greeting customs also use the metaphor of the Book of Life to convey the essence of the holiday, but use it in a different way.

Similar to the Ashkenazi custom, Kurdish Jews greet each other with a variation on this theme, saying: "T'kateiv b'sefer chaim tovim," "You should be written in the book of good life." Instead of focusing on a "good year," the Kurdish greeting emphasizes a "good life."

Many Sephardic Jews greet each other with "L'shana Tova Ti'kateiv, Tizku l'shanim rabbot," "You should be written for a good year, and you should merit many years."

Sephardim who use this phrase do not limit their blessing to one year, but rather wish each other many good years to come. The response to this greeting is



"Tizke v'Tikhye v'Taarikh Yamim," "You should merit, and you should live, and you should lengthen days." In other words, "right back at you!"

An inscription in the Book of Life is not enough for the Jews of Yemen, they want to be written in the Book of Remembrance as well. "Tay'khateiv b'sefer ha'chaim v'basefer ha'zikaron," "May you be written in the Book of Life and the Book of Remembrance." Yemenite Jews want to make sure to cover all their bases.

While our diverse Jewish world may phrase Rosh Hashanah greetings differently, we are united by the main idea behind all of them: That God should grant us a healthy and happy new year. Amen!

Rosh Hashanah is the time in which we reflect on the past year and renew our spiritual attachment. We also renew our commitments to our families, friends, community and our synagogue.

Perhaps the most often repeated word in the Torah and for sure in the prayer book is the word "blessed." During these Days of Awe we will take stock of our blessings and our challenges both as individuals and as members of the health care community in Worcester. Permit me to identify some of our blessings.

We are blessed by having the most dedicated and caring staff, that work day and night to provide a unique living experience to those diagnosed with dementia and Alzheimer's disease.

We are blessed by all of our residents and their family members who support our program to allow us to sustain our community growth. We never take this trust for granted. We are working day and night to keep improve our service and commitment to care at a very challenging time for our industry.

On behalf of the managers of Dodge Park Rest Home and The Oasis At Dodge Park, we would like to wish all of our customers, employees, friends and supporters a year of health, happiness and prosperity, and that it is a year of peace and security and most important a year of getting back to normal life.

Micha Shalev and Ben Herlinger

Dodge Park Rest Home
The Oasis At Dodge Park

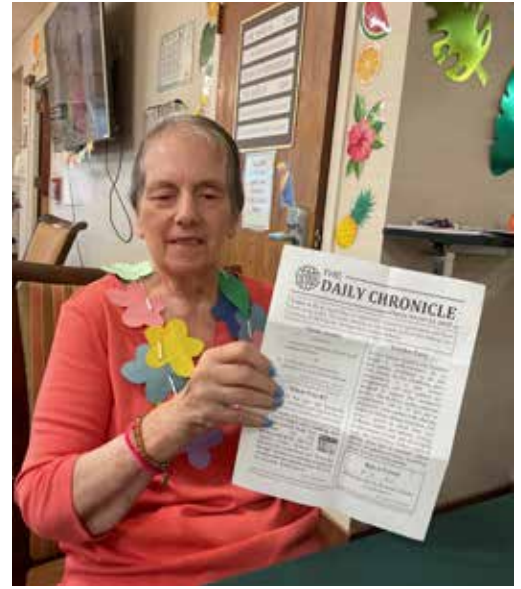
AROUND DODGE PARK AND OASIS



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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
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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 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.

If you're looking for a home to place your family member Dodge Park is exceptional. The rooms are bright, spacious and immaculately kept. The food is homemade and delicious. They offer plenty of choices and assist patients that need help. The staff is always patient and caring and available to help even when it's not their job. It's one big happy family and know that in my opinion you are putting your loved one in good care.

If you are looking for a memory care facility that is spotless, has tasty meals and treats all residents like family then, Dodge Park Rest Home is the place to go! My mother has been a resident at Dodge Park for 10 years, In all of that time she has been treated like family and her family the same. Our experience with the staff from administration to food preparation and service to custodial personnel and daily activities has been exceptional. I am always made aware of any issues regarding my mother right away. I cannot say enough wonderful things about Dodge Park and the wonderful care they provide to all of their residents and family. My worries about my mother have been set aside as I know that she is being cared for 24/7 by the most patient caring people one could ever hope to meet.

To All:
***Many thanks for the kindness, love, and skill
you displayed in the care of our wife, mother,
grandmother and sister Gail.***

To the entire Oasis "Family";
Our heartfelt thanks for the tree and for the beautiful flower
arrangements we received in honor of Gail's passing.
And our sincere gratitude to all, to the entire staff of the
Oasis from the administration, to Nursing, Caregivers,
Kitchen Staff and Maintenance Staff for the superb care
you provided to Gail during her brief residence.
We will never forget the skill and the kindness you
showed to Gail and to our family during her stay with
you. We will never forget you.



Dear Micha and Ben;

Dave and I wish to thank you both for taking care of Ranulca's mother at Oasis for the past 7 months. And for the very generous and beautiful flowers and tree planted in Isreal in her honor! You are doing a mitzvah by running this rest home(s) for our seniors with dementia and other needs.

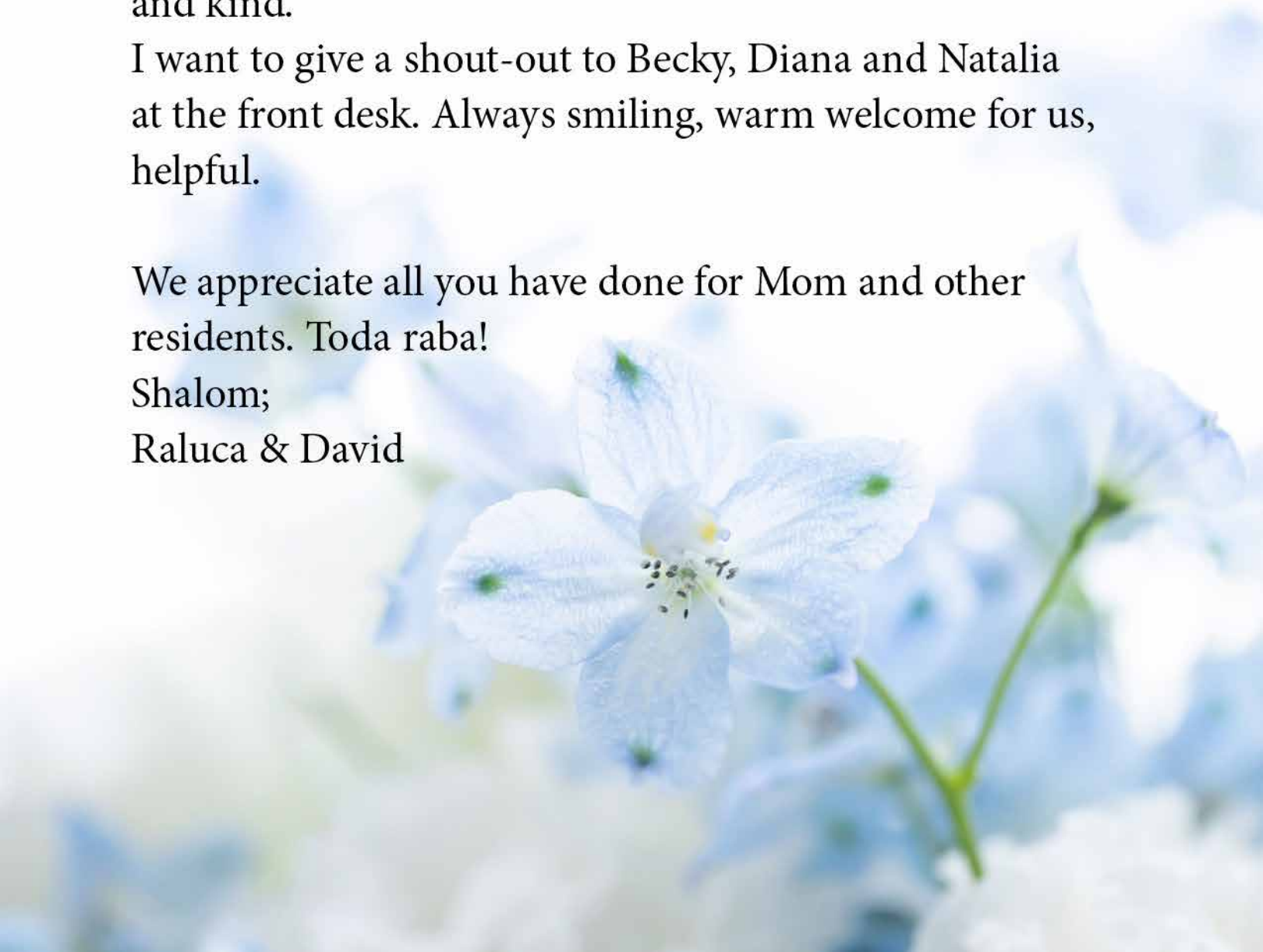
Despite an initial "snafu" with losing her dentures, she acclimated well at Oasis. All her caretakers were caring and kind.

I want to give a shout-out to Becky, Diana and Natalia at the front desk. Always smiling, warm welcome for us, helpful.

We appreciate all you have done for Mom and other residents. Toda raba!

Shalom;

Raluca & David



I wholeheartedly recommend Oasis at Dodge Park.

My mother lived at Oasis at Dodge Park for almost two years upon their opening in January 2017 through December 2019. My mother-in-law lived there for two years (July 2023- July 2025). As a court appointed guardian for an elder, I placed the protected elder there for several months. I have also referred two close friends whose mothers lived there – one for several years.

So, I know Oasis very well. It is fair to say that I have been there at least several times a week for at least four years--- on different days of the week and different times of day.

I can state, without hesitation, that every single staff member I have encountered at Oasis, cares sincerely, attends carefully and interacts lovingly and respectfully with the residents. That includes Ben and Micah, the on-site owners; Renee and Donna, the directors of nursing; Joe , the facilities overseer; Diana, Becky and all the reception staff; all the other nurses; all the CNAs, and the kitchen staff.

It is notable that many of the staff are the same from 2017 through 2025!

I add that staff often go above and way beyond what you'd expect. Specifically, you can reach any of the management anytime on their mobile phones. Ben and Micah used to go to the grocery store to buy one of my mother in law's favorite snacks. Ben, with Renee 's aid, personally went to another facility to find a doctor that needed to sign something for us.

Again, I recommend Oasis completely, unwaveringly, and with the deepest gratitude for the love, care and support they provided to both my mother and mother in law.

- Judy R.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Dodge Park Rest Home & Day Club</div>	<div>Labor Day 1</div> <div>9:30- History of Labor Day 10:00- Celebrating Rosh Hashanah 10:15- Catholic Mass w/ Father E 10:45- Balloon Catapult 2:00- Crossword Puzzle Pals 2:30- Exercise with Paula S. 3:30- Silly Old Western Sayings 4:00- Tales from the Dust Bowl 6:30- Guided Yoga & Relaxation 7:00- Dragnet Radio Program</div>	<div>2</div> <div>9:30- Daily Chronicle 10:00- Seated Stretches Kindred Hearts Range of Motion 10:30- Golden Hollywood Cowboys 2:00- Seasonal Whiteboard Trivia 2:30- Live Music with Sean F. 3:30- Simon Says 4:00- Farmers Harvest Discussions 6:30- Musical Reminiscing 7:00- Game Show Network</div>	<div>3</div> <div>9:30- Daily Chronicle 10:00- Art Therapy with Lynda S. Saloon Ring Toss 10:30- Flower Arrangements Magazine Reading 2:00- Favorite Fall Activities Chat 2:30- Live Music with Paul B. 3:00- Afternoon Refreshments 4:00- September Poetry 7:00- Buddy Comedy</div>	<div>4</div> <div>9:30- Daily Chronicle 10:00- Card Sharks & Board Games Dodge Park Baking Club 11:00- Famous Outlaws 2:00- Autumn A Through Z 2:30- Exercise with Paula S. 4:00- Strolls to the Patio 4:30- Country Music Reminisce 6:30- Men's Group Circle 7:00- Golden Hollywood Films</div>	<div>5</div> <div>9:30- Daily Chronicle 10:00- Seated Yoga with Bonnie D. Art Therapy with Lynda S. 10:30- Solve the Mystery Stories 11:00- Double Jeopardy 2:00- Scattergories 2:30- Live Music with Arizona Doug 3:30- Residents Write a Story 4:00- Seasonal Landscapes 7:00- Moments in Sports</div>	<div>6</div> <div>9:30- Daily Chronicle 10:00- Free Space Bingo Scrapbook & Collages 10:30- Range of Motion Stretches 11:00- Kindred Hearts Book Club 2:30- Live Music with Rusty G. 3:00- Happy Hour 3:30- Act It Out 6:30- Resident Interviews 7:00- Family Friendly Film</div>
<div>7</div> <div>9:30- Daily Chronicle 10:00- Congregational Church 10:45- Hymns of Worship 1:00- Patriots VS. Raiders 2:00- Lasso Hangman Patio Walks 2:30- Live Music with Gary L. 3:30- Burl Ives Folk Songs 6:30- Manicures & Hand Massages 7:00- Grand Ol' Opry Performances</div>	<div>8</div> <div>9:30- Daily Chronicle 10:00- Catholic Mass w/ Father E Day Club Bowling Lanes 10:45- Balloon Catapult 2:00- Crossword Puzzle Pals 2:30- Exercise with Paula S. 3:30- Silly Old Western Sayings 4:00- Tales from the Dust Bowl 6:30- Guided Yoga & Relaxation 7:00- Dragnet Radio Program</div>	<div>9</div> <div>9:30- Daily Chronicle 10:00- Seated Stretches Kindred Hearts Range of Motion 10:30- Golden Hollywood Cowboys 2:00- Seasonal Whiteboard Trivia 2:30- Live Music with Sean F. 3:30- Simon Says 4:00- Farmers Harvest Discussions 6:30- Musical Reminiscing 7:00- Game Show Network</div>	<div>10</div> <div>9:30- Daily Chronicle 10:00- Art Therapy with Lynda S. Saloon Ring Toss 10:30- Flower Arrangements Magazine Reading 2:00- Favorite Fall Activities Chat 2:30- Live Music with Sandy R. 3:00- Afternoon Refreshments 4:00- September Poetry 7:00- Buddy Comedy</div>	<div>11</div> <div>9:30- Daily Chronicle 10:00- Card Sharks & Board Games Basket Critter Round Up 11:00- Famous Outlaws 2:00- Autumn A Through Z 2:30- Exercise with Paula S. 4:00- Strolls to the Patio 4:30- Country Music Reminisce 6:30- Men's Group Circle 7:00- Golden Hollywood Films</div>	<div>12</div> <div>9:30- Daily Chronicle 10:00- Seated Yoga with Bonnie D. Art Therapy with Lynda S. 10:30- Solve the Mystery Stories 11:00- Double Jeopardy 2:00- Scattergories 2:30- Live Music with Paul B. 3:30- Residents Write a Story 4:00- Seasonal Landscapes 7:00- Moments in Sports</div>	<div>13</div> <div>9:30- Daily Chronicle 10:00- Free Space Bingo Scrapbook & Collages 10:30- Range of Motion Stretches 11:00- Kindred Hearts Book Club 2:15- Act It Out Patio Walks 3:10- Crossman Magic Show 6:30- Resident Interviews 7:00- Family Friendly Film</div>
<div>14</div> <div>9:30- Daily Chronicle 10:00- Congregational Church 10:45- Hymns of Worship 11:00- Word Search & Puzzles 2:00- Lasso Hangman Patio Walks 2:30- Live Music with Paul B. 3:30- Burl Ives Folk Songs 6:30- Manicures & Hand Massages 7:00- Grand Ol' Opry Performances</div>	<div>15</div> <div>9:30- Daily Chronicle 10:00- Catholic Mass w/ Father E Day Club Bowling Lanes 10:45- Balloon Catapult 2:00- Crossword Puzzle Pals 2:30- Birthday Party with Paula S. 3:30- Silly Old Western Sayings 4:00- Tales from the Dust Bowl 6:30- Guided Yoga & Relaxation 7:00- Dragnet Radio Program</div>	<div>16</div> <div>9:30- Daily Chronicle 10:00- Resident Council Kindred Hearts Range of Motion 10:30- Golden Hollywood Cowboys 2:00- Seasonal Whiteboard Trivia 2:30- Live Music with Sean F. 3:30- Simon Says 4:00- Farmers Harvest Discussions 6:30- Musical Reminiscing 7:00- Game Show Network</div>	<div>17</div> <div>9:30- Daily Chronicle 10:00- Art Therapy with Lynda S. Saloon Ring Toss 10:30- Flower Arrangements Magazine Reading 2:00- Favorite Fall Activities Chat 2:30- Live Music with Arizona Doug 3:00- Afternoon Refreshments 4:00- September Poetry 7:00- Buddy Comedy</div>	<div>18</div> <div>9:30- Daily Chronicle 10:00- Card Sharks & Board Games Dodge Park Baking Club 11:00- Famous Outlaws 2:00- Autumn A Through Z 2:30- Exercise with Paula S. 4:00- Strolls to the Patio 4:30- Country Music Reminisce 6:30- Men's Group Circle 7:00- Golden Hollywood Films</div>	<div>19</div> <div>9:30- Daily Chronicle 10:00- Seated Yoga with Bonnie D. Art Therapy with Lynda S. 10:30- Solve the Mystery Stories 11:00- Double Jeopardy 2:00- Scattergories 2:30- Live Music with Rusty G. 3:30- Residents Write a Story 4:00- Seasonal Landscapes 7:00- Moments in Sports</div>	<div>20</div> <div>Oktoberfest Begins 9:30- Daily Chronicle 10:00- Oktoberfest Facts Scrapbook & Collages 10:30- Range of Motion Stretches 11:00- Kindred Hearts Book Club 2:00- Beer & Pretzels Social 2:30- Live Music with Arizona Doug 3:30- Act It Out 6:30- Resident Interviews 7:00- Family Friendly Film</div>
<div>21</div> <div>9:30- Daily Chronicle 10:00- Congregational Church 10:45- Hymns of Worship 11:00- Word Search & Puzzles 2:00- Lasso Hangman Patio Walks 2:30- Live Music with Michael O. 3:30- Burl Ives Folk Songs 6:30- Manicures & Hand Massages 7:00- Grand Ol' Opry Performances</div>	<div>22</div> <div>Autumn Begins 9:30- Daily Chronicle 10:00- Celebrating Rosh Hashanah 10:15- Catholic Mass w/ Father E 10:45- Balloon Catapult 2:00- Crossword Puzzle Pals 2:30- Exercise with Paula S. 3:30- Silly Old Western Sayings 4:00- Tales from the Dust Bowl 6:30- Guided Yoga & Relaxation 7:00- Dragnet Radio Program</div>	<div>23</div> <div>9:30- Daily Chronicle 10:00- Seated Stretches Kindred Hearts Range of Motion 10:30- Golden Hollywood Cowboys 2:00- Seasonal Whiteboard Trivia 2:30- Live Music with Sean F. 3:30- Simon Says 4:00- Farmers Harvest Discussions 6:30- Musical Reminiscing 7:00- Game Show Network</div>	<div>24</div> <div>9:30- Daily Chronicle 10:00- Art Therapy with Lynda S. Saloon Ring Toss 10:30- Flower Arrangements Magazine Reading 2:00- Favorite Fall Activities Chat 2:30- Live Music with Heather R. 3:15- Alpaca Visits w/ Sir Erik 4:00- September Poetry 7:00- Buddy Comedy</div>	<div>25</div> <div>9:30- Daily Chronicle 10:00- Card Sharks & Board Games Basket Critter Round Up 11:00- Famous Outlaws 2:00- Autumn A Through Z 2:30- Exercise with Paula S. 4:00- Strolls to the Patio 4:30- Country Music Reminisce 6:30- Men's Group Circle 7:00- Golden Hollywood Films</div>	<div>26</div> <div>9:30- Daily Chronicle 10:00- Seated Yoga with Bonnie D. Art Therapy with Lynda S. 10:30- Solve the Mystery Stories 11:00- Double Jeopardy 2:00- Apple Cider Donut Social 2:30- Live Music with Bill M. 3:30- Residents Write a Story 4:00- Seasonal Landscapes 7:00- Moments in Sports</div>	<div>27</div> <div>9:30- Daily Chronicle 10:00- Free Space Bingo Scrapbook & Collages 10:30- Range of Motion Stretches 11:00- Kindred Hearts Book Club 3:10- Live Music with Lenny Z. 3:30- Happy Hour 3:30- Act It Out 6:30- Resident Interviews 7:00- Family Friendly Film</div>
<div>28</div> <div>9:30- Daily Chronicle 10:00- Congregational Church 10:45- Hymns of Worship 11:00- Word Search & Puzzles 2:00- Lasso Hangman Patio Walks 2:30- Live Music with Rusty G. 3:30- Burl Ives Folk Songs 6:30- Manicures & Hand Massages 7:00- Grand Ol' Opry Performances</div>	<div>29</div> <div>9:30- Daily Chronicle 10:00- Catholic Mass w/ Father E Day Club Bowling Lanes 10:45- Balloon Catapult 2:00- Crossword Puzzle Pals 2:30- Exercise with Paula S. 3:30- Silly Old Western Sayings 4:00- Tales from the Dust Bowl 6:30- Guided Yoga & Relaxation 7:00- Dragnet Radio Program</div>	<div>30</div> <div>9:30- Daily Chronicle 10:00- Seated Stretches Kindred Hearts Range of Motion 10:30- Golden Hollywood Cowboys 2:00- Seasonal Whiteboard Trivia 2:30- Live Music with Sean F. 3:30- Simon Says 4:00- Farmers Harvest Discussions 6:30- Musical Reminiscing 7:00- Game Show Network</div>	<div>September 2025</div>			
<div>Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 x117</div>						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Labor Day</div> <div>10:00- History of Labor Day Naming Occupations</div> <div>10:30- Exercise with Joe F.</div> <div>11:15- Catholic Mass w/ Father E.</div> <div>11:30- Celebrating Rosh Hashanah</div> <div>2:15- Live Music with Tom G.</div> <div>4:00- Saloon Ring Toss</div> <div>Golden Hollywood Cowboys</div> <div>6:30- Gentle Stretches</div> <div>7:00- Grand Of Opry Performances</div>	<div>10:00- An Ode to Our Teachers</div> <div>10:15- Back to School Lists</div> <div>10:30- Exercise w/ Paula S.</div> <div>Art Therapy w/ Lynda S.</div> <div>11:30- Daily Chronicle</div> <div>2:15- Live Music with Tom G.</div> <div>4:00- Famous Outlaws</div> <div>Hungry Hungry Residents</div> <div>6:30- Autumn in New England</div> <div>7:00- Family Friendly Films</div>	<div>10:00- At the County Fair</div> <div>10:30- Exercise w/ Joe F.</div> <div>One on One Walks</div> <div>11:30- Daily Chronicle</div> <div>2:15- Live Music with Sean F.</div> <div>Art Therapy w/ Lynda S.</div> <div>3:30- At the Watering Hole Snacks</div> <div>4:00- Parachute Circle Group</div> <div>Table Top Puzzle Solving</div> <div>7:00- Television Rewind</div>	<div>10:00- Linked Senior Trivia</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Lasso Hangman</div> <div>2:15- Live Music with Greg P.</div> <div>4:00- Basket Critter Round Up</div> <div>Autumn A Through Z</div> <div>Happy Homemaker</div> <div>6:00- Campfire Stories</div> <div>7:00- Classic Western Films</div>	<div>10:00- Balloon Toss Up</div> <div>Friday Funnies</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Name 10</div> <div>2:15- Live Music with Tom G.</div> <div>4:00- Watercolor Pencil Crafting</div> <div>Octoband Stretches</div> <div>Patio Walking</div> <div>7:00- Sports Program</div>	<div>10:00- Finish the Phrases</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- September Discussions</div> <div>2:15- Live Music with Rusty G.</div> <div>4:00- Lucky Strike Bowling Club</div> <div>Photo Reminiscing</div> <div>Leaf Peeping in New England</div> <div>6:30- Quiet Reflections & Meditation</div> <div>7:00- Country Music Award Rewind</div>
<div>10:00- Catholic Mass</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>1:00- Patriots VS. Raiders</div> <div>2:15- Live Music with Bill M.</div> <div>2:00- Silly Old Western Sayings</div> <div>4:00- Big Ticket Bingo</div> <div>Oasis Book Club</div> <div>6:30- Manicure Stations</div> <div>7:00- Dragnet</div>	<div>10:00- Wild West Pictionary</div> <div>10:30- Exercise with Joe F.</div> <div>11:15- Catholic Mass w/ Father E.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Large Scale Crossword</div> <div>2:15- Live Music with Sean F.</div> <div>4:00- Saloon Ring Toss</div> <div>Golden Hollywood Cowboys</div> <div>6:30- Gentle Stretches</div> <div>7:00- Grand Of Opry Performances</div>	<div>10:00- An Ode to Our Teachers</div> <div>10:15- Back to School Lists</div> <div>10:30- Exercise w/ Paula S.</div> <div>Art Therapy w/ Lynda S.</div> <div>11:30- Daily Chronicle</div> <div>2:15- Live Music with Bill M.</div> <div>4:00- Famous Outlaws</div> <div>Hungry Hungry Residents</div> <div>6:30- Autumn in New England</div> <div>7:00- Family Friendly Films</div>	<div>10:00- At the County Fair</div> <div>10:30- Exercise w/ Joe F.</div> <div>One on One Walks</div> <div>11:30- Daily Chronicle</div> <div>2:15- Live Music with Sean F.</div> <div>Art Therapy w/ Lynda S.</div> <div>3:30- At the Watering Hole Snacks</div> <div>4:00- Parachute Circle Group</div> <div>Table Top Puzzle Solving</div> <div>7:00- Television Rewind</div>	<div>10:00- Linked Senior Trivia</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>1:30- Oasis Baking Club</div> <div>2:15- Live Music with Arizona Doug</div> <div>4:00- Basket Critter Round Up</div> <div>Autumn A Through Z</div> <div>Happy Homemaker</div> <div>6:00- Campfire Stories</div> <div>7:00- Classic Western Films</div>	<div>10:00- Balloon Toss Up</div> <div>Friday Funnies</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Name 10</div> <div>2:15- Live Music with Sean F.</div> <div>4:00- Watercolor Pencil Crafting</div> <div>Octoband Stretches</div> <div>Patio Walking</div> <div>7:00- Sports Program</div>	<div>10:00- Finish the Phrases</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- September Discussions</div> <div>2:00- Crossman Magic Show</div> <div>4:00- Lucky Strike Bowling Club</div> <div>Photo Reminiscing</div> <div>Leaf Peeping in New England</div> <div>6:30- Quiet Reflections & Meditation</div> <div>7:00- Country Music Award Rewind</div>
<div>10:00- Catholic Mass</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>1:00- Patriots VS. Raiders</div> <div>2:15- Live Music with Gary L.</div> <div>2:00- Silly Old Western Sayings</div> <div>4:00- Big Ticket Bingo</div> <div>Oasis Book Club</div> <div>6:30- Manicure Stations</div> <div>7:00- Dragnet</div>	<div>10:00- Wild West Pictionary</div> <div>10:30- Exercise with Joe F.</div> <div>11:15- Catholic Mass w/ Father E.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Large Scale Crossword</div> <div>2:15- Live Music with Sean F.</div> <div>4:00- Saloon Ring Toss</div> <div>Golden Hollywood Cowboys</div> <div>6:30- Gentle Stretches</div> <div>7:00- Grand Of Opry Performances</div>	<div>10:00- An Ode to Our Teachers</div> <div>10:15- Back to School Lists</div> <div>10:30- Exercise w/ Paula S.</div> <div>Art Therapy w/ Lynda S.</div> <div>11:30- Daily Chronicle</div> <div>2:15- Live Music with Bill M.</div> <div>4:00- Famous Outlaws</div> <div>Hungry Hungry Residents</div> <div>6:30- Autumn in New England</div> <div>7:00- Family Friendly Films</div>	<div>10:00- At the County Fair</div> <div>10:30- Exercise w/ Joe F.</div> <div>One on One Walks</div> <div>11:30- Daily Chronicle</div> <div>11:00- Resident Council</div> <div>2:15- Live Music with Tom G.</div> <div>Art Therapy w/ Lynda S.</div> <div>3:30- At the Watering Hole Snacks</div> <div>4:00- Parachute Circle Group</div> <div>Table Top Puzzle Solving</div> <div>7:00- Television Rewind</div>	<div>10:00- Linked Senior Trivia</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Lasso Hangman</div> <div>2:15- Live Music with Heather R.</div> <div>4:00- Basket Critter Round Up</div> <div>Autumn A Through Z</div> <div>Happy Homemaker</div> <div>6:00- Campfire Stories</div> <div>7:00- Classic Western Films</div>	<div>10:00- Balloon Toss Up</div> <div>Friday Funnies</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Name 10</div> <div>2:15- Live Music with Sean F.</div> <div>4:00- Watercolor Pencil Crafting</div> <div>Octoband Stretches</div> <div>Patio Walking</div> <div>7:00- Sports Program</div>	<div>Oktoberfest Begins</div> <div>10:00- Schuhplattler Performance</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- History of Oktoberfest</div> <div>2:15- Live Music with Sandy R.</div> <div>3:30- Beer & Pretzels Social</div> <div>4:00- Lucky Strike Bowling Club</div> <div>Photo Reminiscing</div> <div>Leaf Peeping in New England</div> <div>7:00- Country Music Award Rewind</div>
<div>10:00- Catholic Mass</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>1:00- Patriots VS. Raiders</div> <div>2:15- Live Music with Paul B.</div> <div>2:00- Silly Old Western Sayings</div> <div>4:00- Big Ticket Bingo</div> <div>Oasis Book Club</div> <div>6:30- Manicure Stations</div> <div>7:00- Dragnet</div>	<div>10:00- Favorite Things About Fall</div> <div>10:30- Exercise with Joe F.</div> <div>11:15- Catholic Mass w/ Father E.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Large Scale Crossword</div> <div>2:15- Live Music with Sean F.</div> <div>4:00- Saloon Ring Toss</div> <div>Golden Hollywood Cowboys</div> <div>6:30- Gentle Stretches</div> <div>7:00- Grand Of Opry Performances</div>	<div>10:00- An Ode to Our Teachers</div> <div>10:15- Back to School Lists</div> <div>10:30- Exercise w/ Paula S.</div> <div>Art Therapy w/ Lynda S.</div> <div>11:30- Daily Chronicle</div> <div>2:15- Birthday Party w/ Paul B.</div> <div>4:00- Famous Outlaws</div> <div>Hungry Hungry Residents</div> <div>6:30- Autumn in New England</div> <div>7:00- Family Friendly Films</div>	<div>10:00- At the County Fair</div> <div>10:30- Exercise w/ Joe F.</div> <div>One on One Walks</div> <div>11:30- Daily Chronicle</div> <div>2:15- Alpaca Visits w/ Sir Erik</div> <div>Live Music with Sean F.</div> <div>Art Therapy w/ Lynda S.</div> <div>3:30- At the Watering Hole Snacks</div> <div>4:00- Parachute Circle Group</div> <div>Table Top Puzzle Solving</div>	<div>10:00- Linked Senior Trivia</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>1:30- Oasis Baking Club</div> <div>2:15- Live Music with Arizona Doug</div> <div>4:00- Basket Critter Round Up</div> <div>Autumn A Through Z</div> <div>Happy Homemaker</div> <div>6:00- Campfire Stories</div> <div>7:00- Classic Western Films</div>	<div>10:00- Balloon Toss Up</div> <div>Friday Funnies</div> <div>10:30- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Name 10</div> <div>2:15- Live Music with Sean F.</div> <div>3:30- Apple Cider Donut Social</div> <div>4:00- Watercolor Pencil Crafting</div> <div>Patio Walking</div> <div>7:00- Sports Program</div>	<div>10:00- Finish the Phrases</div> <div>10:45- Exercise with Paula S.</div> <div>11:30- Daily Chronicle</div> <div>2:00- Live Music with Lenny Z.</div> <div>4:00- Lucky Strike Bowling Club</div> <div>Photo Reminiscing</div> <div>Leaf Peeping in New England</div> <div>6:30- Quiet Reflections & Meditation</div> <div>7:00- Country Music Award Rewind</div>
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Memory care at Dodge Park Rest Home and Oasis at Dodge Park:

Where everyone knows your name

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

'We feel so fortunate that we found the Oasis'

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

'Mom is doing fabulous at the Oasis'

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

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

Oasis's Activity Coordinator Amy Bustin says:

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



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

www.oasisatdodgepark.com
877-363-4775

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

SEPTEMBER OBSERVANCES

Monthly

Baby Safety Month. Keeping your baby safe is your No. 1 priority as a parent or caregiver. Whether you're expecting your first baby, adding to your family, or enjoying being a grandparent, now is the ideal time to take some simple steps to keep your baby healthy and safe.

Hunger Action Month. For tens of millions of people in America, a daily meal isn't a choice between different dishes. It's a choice between food and other crucial needs—like medicine, electricity, or child care. This September, join Feeding America for Hunger Action Month by choosing to stand against hunger.

National Happy, Healthy Cat Month. One of the easiest ways to make a cat happy is with a new toy. Not all toys have to be store bought. Paper sacks, wadded up paper, and empty boxes will entertain cats for hours.

Ovarian Cancer Awareness Month. Ovarian cancer is a leading cause of cancer-related death in American women, largely because early ovarian cancer often has no symptoms. Age and a family history of the disease are the strongest risk factors. Screening for ovarian cancer is difficult, but pelvic imaging and blood tests are currently the best tests for diagnosing ovarian cancer.

Weekly

National Suicide Prevention Week, Sept. 7–13.

People have become increasingly comfortable talking about their mental health in recent years. But the topic of suicide is still scary for many people to think about. It's time to deepen the conversation.

Chef Appreciation Week, Sept. 7–13. Chef Appreciation Week is the opportunity for everyone in the community to say, "Thank you" for the meaningful contributions made by chefs and their teams.

National Indoor Plants Week, Sept. 15–21.

National Indoor Plant Week exists to "... promote and increase awareness of the importance of live plants in internal spaces". Those spaces can be your home, an office where you work, a hospital, or even an indoor shopping mall. Benefits to having indoor plants are they are a natural air cleaner, produce oxygen, help to reduce noise levels and are soothing, therapeutic, and stress relieving!

SPECIAL DAYS

- 1 Emma M. Nutt Day
- 1 National Cherry Popover Day
- 1 National Tofu Day (UK)
- 2 Pierce Your Ears Day
- 2 National Tailgating Day
- 2 VJ Day, WWII
- 2 World Beard Day – first Saturday of September
- 3 Skyscraper Day
- 4 Bring Your Manners to Work Day
- 4 Newspaper Carrier Day
- 5 Be Late for Something Day
- 5 Cheese Pizza Day
- 6 Fight Procrastination Day
- 6 Read a Book Day
- 7 National Salami Day
- 7 Neither Rain nor Snow Day
- 7 Grandparent's Day
- 8 International Literacy Day
- 8 National Ampersand Day
- 8 National Date Nut Bread Day
- 8 Pardon Day
- 9 Teddy Bear Day
- 10 National Pet Memorial Day
- 10 Sewing Machine Day
- 10 Swap Ideas Day
- 11 911 Remembrance
- 11 Make Your Bed Day
- 11 No News is Good News Day
- 12 Chocolate Milk Shake Day
- 12 National Video Games Day
- 13 September 13
- 13 Defy Superstition Day
- 13 Fortune Cookie Day
- 13 National Peanut Day
- 13 Positive Thinking Day
- 13 Uncle Sam Day
- 14 International Crab Fest Day
- 14 National Cream-Filled Donut Day
- 15 Make a Hat Day
- 15 Felt Hat Day
- 16 American Legion Day
- 16 Collect Rocks Day
- 16 International Red Panda Bear Day
- 16 Step Family Day
- 16 Mayflower Day

SPECIAL DAYS

16 Mexican Independence Day
16 National Play Doh Day
16 Working Parents Day
17 Citizenship Day
17 Constitution Day
17 National Apple Dumpling Day
17 Wife Appreciation Day
18 National Cheeseburger Day
19 International Talk Like A Pirate Day
19 National Butterscotch Pudding Day
19 National Dance Day
20 National Pepperoni Pizza Day
20 National Punch Day
20 Oktoberfest begins in Germany – The date varies.
21 International Peace Day
21 Miniature Golf Day
21 World Gratitude Day
21 National Women's Friendship Day
22 Breakfast in Bed Day
22 Business Women's Day
22 Elephant Appreciation Day
22 Hobbit Day
22 Rosh Hashanah – begins at sundown, date varies
23 Autumn Equinox – Fall begins! – date varies
23 Checkers Day / Dogs in Politics Day
24 National Cherries Jubilee Day
25 National Comic Book Day
25 National Quesadilla Day
25 World Dream Day
26 Johnny Appleseed Day
26 Native American Day – fourth Friday of the month
27 Crush a Can Day
27 National Hunting and Fishing Day
27 International Rabbit Day
28 Ask a Stupid Question Day
28 National Good Neighbor Day
28 National Public Lands Day
29 Chinese Moon Festival – date varies
29 Confucius Day
30 National Mud Pack Day

Daily

Labor Day, Sept. 1. Celebrate the contributions of the American worker.

National Iguana Awareness Day, Sept. 8. Iguanas make great pets for people cramped for space or who don't want to spend a lot of time looking after a pet. These cold-blooded reptiles can be amazing and affectionate pets for many decades if they are given proper care and attention.

National Sober Day, Sept. 14. Getting sober at any age is one of the hardest, messiest, happiest, and most exhilarating experiences a person can have.

National Public Lands Day, Sept. 28. Celebrated annually at public lands in the United States on the fourth Saturday of September. A signature event of the National Environmental Education Foundation, it promotes both popular enjoyment and volunteer conservation of public lands.

National Psychotherapy Day, Sept. 25. Therapy is an effective, economical, natural, and meaningful way to improve lives.



LABOR DAY



Plant of the Month – Spider Plant

The quick-growing spider plant has been a popular houseplant for decades. It was first introduced to Europe from Africa in the late 18th century and soon became a favorite in Victorian households. Its lovely, graceful, striped leaves give any decor a bright burst of color and style. In addition to their beauty, these hardy, full plants help purify the air.

They thrive indoors and out in most conditions, even when neglected. It's also easy to grow new plants from the originals. The spider plant gets its name from the small, white, star-shaped flowers that sprout at the end of its stems, which then form the mini plantlets called "spiderettes" that can be planted on their own. The plant is nontoxic, so it's safe to have spider plants around pets. Due to their fresh, vibrant appearance and their ability to survive the lack of attentive care, spider plants are associated with good luck, resilience, abundance, new beginnings, and good fortune.



Flower - Aster

The aster is a flower with brightly colored petals that unfold in the shape of a star. It should come as no surprise, then, that these blooms take their name from the Greek word for star. There are about 180 species of asters throughout North America and Eurasia, with colors ranging from purples and blues to reds, pinks, and whites. This flower's wide variety of shapes and colors makes it an ideal plant for residential gardens. Along with mums, asters are considered a classic autumnal flower.

Birthstone – Sapphire

It's fitting that this month's gemstone, the sapphire, is most commonly royal blue. The gem has been

revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring for protection, and Russia's Ivan the Terrible adorned himself with sapphires because he believed they strengthened the body and fostered courage. Sapphires also symbolize loyalty, respect, and lasting affection. Princess Diana had a gorgeous sapphire engagement ring. The famous blue gem now adorns the hand of Catherine, Princess of Wales.



September Sports Highlights

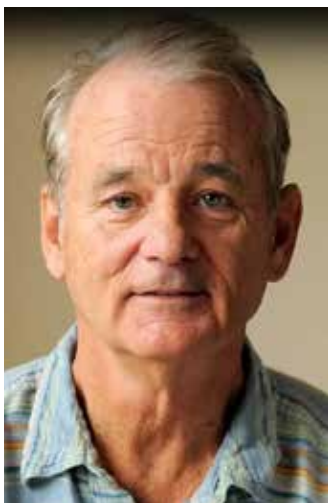
- The American Bowling Congress formed on September 9, 1895.
 - Baseball season ended early due to World War I on September 1, 1918.
 - The American Professional Football Association formed on September 17, 1920.
 - Babe Ruth hit his 60th home run of the season on September 30, 1927.
 - Arthur Ashe became the first African American to win the U.S. Open Tennis Championship on September 9, 1968.
 - Gary Muhrcke was the first winner of the New York Marathon, which was held on September 13, 1970.
 - Mark Spitz, U.S. swimmer, became the first athlete to win seven Olympic gold medals on September 4, 1972.
 - Billie Jean King beat Bobby Riggs in a "Battle of the Sexes" match on September 20, 1973.
 - Ethiopian runner Tigst Assefa set a new women's world record on September 24, 2023, at the BMW Berlin Marathon. She completed the race in 2:11:53.
- have learned to count on.

SEPTEMBER FUN FACTS

September wasn't always the ninth month of the year. Its name comes from the Latin word *septem*, meaning "seven," for its original place in the ancient Roman calendar. The month moved to its ninth position in 700 BC, when January and February were added. September was called Harvest Month in Charlemagne's calendar. Anglo-Saxons called the month *Gerstmonath*, or "barley month," for the crop that was commonly harvested at that time of year.

September Birthdays

Mort Walker (cartoonist) – September 3, 1923
Bob Newhart (comedian) – September 5, 1929
Patsy Cline (singer) – September 8, 1932
Amy Madigan (actress) – September 11, 1950
Claudette Colbert (actress) – September 13, 1903
Lauren Bacall (actress) – September 16, 1924
Patrick Mahomes (quarterback) – September 17, 1995
Jimmy Fallon (talk show host) – September 19, 1974
Sophia Loren (actress) – September 20, 1934
Bill Murray (actor) – September 21, 1950
Charlotte Cooper (tennis star) – September 22, 1870
F. Scott Fitzgerald (writer) – September 24, 1896
Gwyneth Paltrow (entrepreneur) – September 27, 1972
Elie Wiesel (author) – September 30, 1928



Do I Smell Bacon?

Enjoy a slice or two (or more) of bacon on September 6, International Bacon Day. Whether you crumble it on a salad, mix it into pasta, soup, or mashed potatoes, or add it to a sandwich, everything's better with bacon.



What's Lucky in September?

Lucky Colors: Gold and Green
Lucky Animal: Squirrel
Lucky Letters: F and N
Lucky Day: Friday
Lucky Plant: Apple



In the Good Ol' Days of September

In September 1944 (81 years ago), the average annual salary was \$2,600. Minimum wage was 30 cents per hour. The average new house was \$8,600. A Hershey's bar was 5 cents, a loaf of bread was 9 cents, and postage stamps were 3 cents each. The average price of a car was \$1,220. Best of all, gasoline cost 23 cents per gallon—even cheaper than a gallon of milk, which was 62 cents.

September Zodiacs

Virgo (the Virgin) September 1–22
Libra (the Scales) September 23–30



A very *Happy Birthday* to...

Dodge Park Residents

William C.September 5
Brian R.....September 20
Jane G.....September 26
Loretta M.September 30

Oasis Residents

Father James H....September 25

Staff

Micha S..... September 2
Junior M..... September 2
Vincent V..... September 2
Racheal G..... September 5
Athalie A..... September 5
Deborah W..... September 8
Betsy S. September 8
Yanzell M..... September 12
Kiauna R..... September 15
N'Drin N..... September 20
Anabel C..... September 24
Jasmine R..... September 25
Carlene M..... September 28
Stephanie B..... September 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**

**Worried about a loved
one with memory loss?**

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*Minimum hours may apply. See management for details.

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



What is Labor Day all about?

Labor Day is a yearly celebration of the American worker. Created by the labor movement, it's a national tribute to workers' contributions to the social and economic achievements of the United States.

There is some uncertainty about how Labor Day began. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first to suggest a day to honor those "who from rude nature have delved and carved all the grandeur we behold." Other sources suggest that machinist Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York.

The first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882, in New York City, in accordance with the plans of the Central Labor Union.

In 1884, the first Monday in September was selected as the official holiday.

The first governmental recognition of Labor Day came through municipal ordinances passed in 1885 and 1886. The State of Oregon passed the first law recognizing the Labor Day holiday on Feb. 21, 1887. Four more states—Colorado, Massachusetts, New Jersey, and New York—followed suit that same year.

On June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in all the states, the District of Columbia, and all U.S. territories.

What to know about September

It's September! Summer is over, school has started, and the leaves are starting to turn. As we're getting ready for fall and winter, remember these factoids about the ninth month of the year:

September was originally the seventh month, according to the ancient Roman calendar, and that's where it gets its name. It became the ninth month after the calendar changed in 451 B.C.

The Romans associated September with Vulcan, the god of fire, possibly because as the seventh month it was in the middle of the hot summer.

The Anglo-Saxons called September Gerst Monath, which meant "Barley Month," because barley was harvested at that time of year. The barley was also brewed as a popular beverage in celebration of the harvest.

In another calendar change, the British eliminated Sept. 2–14 in 1752 to bring the month in accordance with the Gregorian calendar, which replaced the Julian calendar.

Fall begins in the northern hemisphere on the equinox, which falls between Sept. 21–23. In the southern hemisphere, the equinox signifies the beginning of spring.



Quotes

"It is labor indeed that puts the difference on everything."

—John Locke

OKTOBERFEST



All About Oktoberfest

Beer, sausage, sauerkraut, schnitzel, strudel, amusement park rides, great music, and more beer. Sound like fun? It is—it's Oktoberfest!

A Royal Wedding Started It All

Now billed as the largest volksfest, or “people's fair,” in the world, the first Oktoberfest was held on October 12, 1810, in honor of the wedding of Crown Prince Ludwig (later King Ludwig I) and Princess Therese of Saxe-Hildburghausen. The happy couple wanted to share their joy with all of Munich, so they invited the entire city to join in the festivities held in the fields in front of the city gates. A parade led to feasting, music, and dancing that went on for several days.

Horse races attended by the royal family ended the celebration. When it was later decided to make the horse races an annual event, the tradition of Oktoberfest was born.

Why Does Oktoberfest Begin in September?

In 1811, an agricultural show was added to the horse races to help promote the food products—including beer—of Bavaria. The races continued until 1960, and the agricultural show is now held every four years instead of every year. Carnival booths, games, and sideshows appeared in 1816.

In 1819 the citizens of Munich, rather than the royal family, assumed the responsibility for the planning and management of Oktoberfest. Later, it was decided to lengthen the celebration. The festival was moved forward a few weeks from the original wedding anniversary date to the end of September, taking advantage of the lingering longer, warmer days of summer.

As Munich became a more modern European city in the late 19th century, Oktoberfest changed as well. Electricity illuminated the more than 400 booths and tents for the first time in 1880, and the next year, booths selling bratwurst were everywhere. Stoneware

beer mugs were replaced by heavy glass mugs in 1892, because, so the story goes, patrons complained that they couldn't be sure the stoneware mugs were full to the brim! By the end of the 1800s, Oktoberfest had been reorganized from a highly agrarian festival to a more commercial national celebration with plenty of room for guests to dance to world-famous bands, and large hall-style beer tents replaced the old booths.

Oktoberfest in Modern Times

After World War II, Munich slowly rebuilt and reinstated the fun and flamboyance of Oktoberfest, albeit with some significant changes. One important change, initiated in 1950, was a formal opening ceremony. Since then, after a 12-gun salute, the mayor of Munich taps the first keg of special Oktoberfest beer, exclaims “O'zapft is!” (translation: “It's tapped!”), and hands a glass to the minister-president of the State of Bavaria. The parade that was part of the royal wedding celebration in 1810 was reinstated in 1850 as the Grand Parade that now helps kick off the festival. Over 8,000 people wearing traditional Bavarian costumes participate. The parade includes many of the bands that play throughout the festival, as well as ornately decorated teams of horses representing official Oktoberfest breweries.

It's All About the Beer

Oktoberfest beer is brewed especially for the festival and must conform to strict standards, the most important of which is that it is brewed within the city limits of Munich. While it must be at least six percent alcohol by volume, many are as high as eight percent. Most American and Canadian beer is about five percent alcohol by volume, and visitors from North America may quickly feel the difference, especially on a hot September day. Only six Munich breweries are authorized to produce beer for Oktoberfest, and each has a separate beer hall at the festival.

Beer is served in only one size—one-liter glass mugs. The mugs belong to the brewery; tourists who try to take them as souvenirs are likely to be fined and banned from the beer tents. Although there really were tents in earlier times, today's beer tents are huge temporary halls erected each year for Oktoberfest and then taken down until the next year.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

How to Maintain a Balanced Diet as We Age

Nutrient needs are not the same across the lifespan. Infants and children certainly don't have the same

requirements as adults, especially older adults. We get our energy from macronutrients. The three macronutrients are carbohydrate, protein and fat. On the other hand, micronutrients are crucial for processes that occur in the body. Examples include how calcium is vital for strong, healthy bones and how vitamin A is important for eye health.

As we age, the amounts of macronutrients and micronutrients change based on what our bodies need. This is because of the changes in bodily functions as we age. The immune system gradually declines as do the cardiovascular and digestive systems. Bone health becomes extremely important so that we can continue to support our own body weight and stay mobile and active. Some organs may not work as well as they used to in our younger years, such as the liver and pancreas. Many nutrients aren't absorbed as efficiently in our older years. Additionally, calorie needs decrease because we lose lean muscle mass and we're typically less active as we age. For many, the loss of teeth and the ability to fully taste foods are problems that affect how we eat and therefore, how we can stay healthy.

Carbohydrates, proteins and fats are all necessary for proper health. The brain prefers carbohydrates for fuel so it's important to get enough each day. Refined carbohydrates are processed so that fiber, vitamins and minerals are removed. Because of this, it's important that we eat mostly complex carbohydrates instead such as whole grain breads, brown rice, high fiber cereals, fresh fruits and fresh vegetables. When choosing proteins, the best are lean meats (such as skinless poultry and fish), dried beans, low fat dairy products, eggs, nuts and seeds. Vegetable protein sources are an excellent choice. Quinoa, legumes and soy products are great examples. Fats, while higher in calories than carbo-

hydrates and proteins, are important for good health. They provide essential fatty acids which the body needs to function, they carry the fat-soluble vitamins A, D, E and K, they are essential for brain function, hormone production and to regulate body temperature. As we age, fat requirements decrease since most people become less active in later years. Saturated fats raise cholesterol and are found in meats, cheese, butter, coconut oil and high fat dairy products. Monounsaturated fats decrease cholesterol levels and are in fish, olive oil, nuts, seeds, and avocado. Choose healthier monounsaturated fats more often for better health.

The micronutrients include all the vitamins and minerals that we need each day. Concerning micronutrients as we age include vitamin B12 which is required by the body for brain health and energy production. Some people lose the ability to absorb vitamin B12 in older years and certain medications can decrease absorption so often, supplementation is required. Good food sources of B12 include fish, poultry, eggs, dairy foods and meats. Calcium is another micronutrient that is important for seniors. Bone health and muscle function rely on calcium. Vitamin D works with calcium to make strong bones. Additionally, vitamin D is needed by the body for immunity and muscle function. There are not a lot of foods high in vitamin D but milk and orange juice are often fortified with it. Read labels to be sure you're getting enough vitamin D in these foods.

Hydration is a major concern in all people but is particularly important in older people. Water provides fluid balance for the whole body. It transports nutrients, removes wastes and is essential for muscle function. On average, it is recommended we drink about seven cups of water or other fluids each day.

In summary, most foods provide some level of nutrition. But if you want to maintain a balanced diet as you age, add more nutrient-dense foods to your daily diet. Eat lots of fruits, vegetables and lean proteins for a satisfying meal and choose complex, high fiber carbohydrates for energy.

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.



Cannoli Delight

Makes 6–8 servings

A Diabetic-Friendly Recipe

Ingredients:

- 1 cup part-skim ricotta cheese
- 1/2 cup plain or vanilla Greek yogurt (nonfat or low-fat)
- 1/4 cup powdered erythritol (or preferred sugar-free sweetener to taste)
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup mini sugar-free dark chocolate chips

Directions:

1. In a medium mixing bowl, combine the ricotta cheese and yogurt. Mix until smooth using a hand mixer or whisk.
2. Add the powdered erythritol, vanilla, and cinnamon. Stir until well incorporated and creamy. Fold in the chocolate chips.
3. Cover and refrigerate for at least 30 minutes to let the flavors meld and the texture thicken slightly.
4. Serve chilled with low-carb dippers such as sliced strawberries, apple slices, or almond flour crackers.



Almond Macadamia Nut Cookies

Makes 18–20 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 1/2 cups almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, room temperature
- 1/4 cup granulated erythritol (or preferred sugar-free sweetener)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup chopped macadamia nuts
- (Optional) 1/3 cup sugar-free white chocolate chips

Directions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the almond flour, baking soda, and salt.
3. In a separate bowl, cream together the softened butter and erythritol until light and fluffy.
4. Beat in the egg and vanilla extract until fully combined.
5. Add the dry ingredients to the wet mixture and stir until a dough forms.
6. Fold in the chopped macadamia nuts and white chocolate chips, if using.
7. Scoop tablespoon-sized amounts of dough and roll into balls. Place them on the prepared baking sheet and gently flatten each one.
8. Bake 10–12 minutes, or until the edges are lightly golden.
9. Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely



Cinnamon-Raisin Monkey Bread

Makes 6–8 servings

Ingredients:

- 2 (16.3-ounce) cans refrigerated biscuit dough
- 1/2 cup granulated sugar
- 1 tablespoon ground cinnamon
- 1/2 cup raisins
- (Optional) 1/2 cup chopped pecans or walnuts
- 1/2 cup unsalted butter, melted
- 1/2 cup packed brown sugar

Directions:

1. Preheat oven to 350°F (175°C) and lightly grease a Bundt pan.
2. Cut each biscuit into quarters.
3. In a large zip-top bag, combine granulated sugar and cinnamon. Add biscuit pieces and shake until well-coated.
4. Layer half of the biscuit pieces in the prepared pan. Sprinkle with half of the raisins and nuts, if using.
5. Repeat the layering with the remaining biscuit pieces, raisins, and nuts.
6. In a small bowl, mix the melted butter and brown sugar. Pour evenly over the top.
7. Bake for 35–40 minutes, or until golden brown and cooked through.
8. Let cool in the pan for 10 minutes, then invert onto a serving plate.

Blackberry Cream Cocktail

Makes 1 serving

Ingredients:

- 1/4 cup fresh blackberries
- 1 teaspoon sugar or honey
- 1 ounce crème de cassis
(or blackberry liqueur)
- 1 ounce vodka
- 1/4 cup half-and-half or heavy cream
- Ice
- Whipped cream

Directions:

1. In a shaker or jar, muddle the blackberries with the sugar or honey until juicy.
2. Add crème de cassis, vodka, and cream.
3. Fill the shaker with ice, cover, and shake well for 10–15 seconds.
4. Strain into a small glass or dessert coupe over fresh ice.
5. Top with whipped cream if desired and garnish with a blackberry.



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

Sunflower Installation Art

Make large sunflowers inspired by Eric Carle's collage technique. Then display them as an installation in a public space.

You will need:

- Upcycled paper (old newspaper cut into 10 sheets measuring about 7" X 9" or 10 pages from an old phonebook)
- 4 uncoated 9" paper plates
- Acrylic craft paint
- 2 to 3 shades of yellow and orange for petals
- 2 to 3 shades of brown and black for the flower's center
- 2 to 3 shades of green for leaves
- Mod Podge, paintbrush, and paint supplies
- Scissors, masking tape, black marker, mounting putty

Directions:

1. Paint the sheets of upcycled paper to make 2 green, 2 brown, and 6 yellow. Drip paint onto the sheets and then, with a paintbrush, spread the paint to cover the paper using expressive paint strokes. Allow some of the paper to peek through in a few spots. Set aside to dry for 20 minutes.



2. To make a leaf, fold a paper plate in half. Then use a black marker to draw a leaf shape as shown. Be sure to make the leaf as tall as the 9" plate.





3. Cut out the shape and then unfold the leaf.

4. Repeat steps 2 and 3 to make a second leaf. Reserve the scrap pieces of the plate for step 12.

5. Tear the dried green paper into pieces measuring 1 or 2 inches. Use a clean paintbrush and Mod Podge to collage the green pieces to both leaves. Set aside to dry.

6. To make the center of the sunflower, tear the dried brown paper into pieces measuring 1 or 2 inches. Use a clean paintbrush and Mod Podge to collage the pieces to the center of a paper plate. Set aside.

7. To make the flower petals, cut each of the yellow sheets into fourths to make 24 smaller pieces measuring about 3 1/2" X 4 1/2".

8. Fold each piece in half lengthwise. Then cut out petal shapes that are at least 4" tall.



9. Use Mod Podge to collage 12 to 14 petals to the outer edge of the remaining paper plate, attaching the bottom 1" of each piece. Set aside.

10. Use Mod Podge to collage the rest of the petals to the paper plate with the brown center, attaching the bottom half of each petal. Set aside.

11. Trim off the excess green paper on the leaves. Then turn the flower without the brown center over, painted petals face down. Turn the leaves over and tape the stems to the plate.



12. Add extra support with scrap paper plate pieces from step 4. Fold a piece in half and tape it to the back of a leaf as shown. Add support in the same way for the other leaf.

13. Attach the plate with the brown center to the other plate using a generous amount of Mod Podge. Allow it to dry for 10 minutes.

Directions to make the installation:

1. Attach flowers to a flat, plain surface. This could be a wall, a ceiling, or a large window.
2. Use 2 to 3 small balls of mounting putty to attach each flower to the surface.
3. Arrange the flowers to create a flow. Imagine the flow and spacing of a flock of birds. Try to avoid symmetry.
4. Display some flowers close together where they almost seem to overlap. Then add random flowers scattered about.
5. For an added touch, attach varying lengths of green streamers to add tall stems. Use a small ball of mounting putty at each end of the streamers to hold them in place. For a more kinetic approach, don't secure the bottoms of the stems, so the streamers move freely as they wave in the breeze as you move past them.

Paper Apple

Eating apples dipped in honey is a cherished Rosh Hashanah tradition. Apples are also used decoratively during this holiday. Make an apple-themed centerpiece or decoration for Rosh Hashanah at the beginning of autumn.

Sweet New Year

Rosh Hashanah, the Jewish New Year, is a time for reflection, prayer, and celebrating new beginnings. Apples, associated with the biblical story of creation, symbolize sweetness and the new harvest season. Eating and decorating with apples is a way to celebrate these new beginnings and look forward to a happy and harmonious new year.

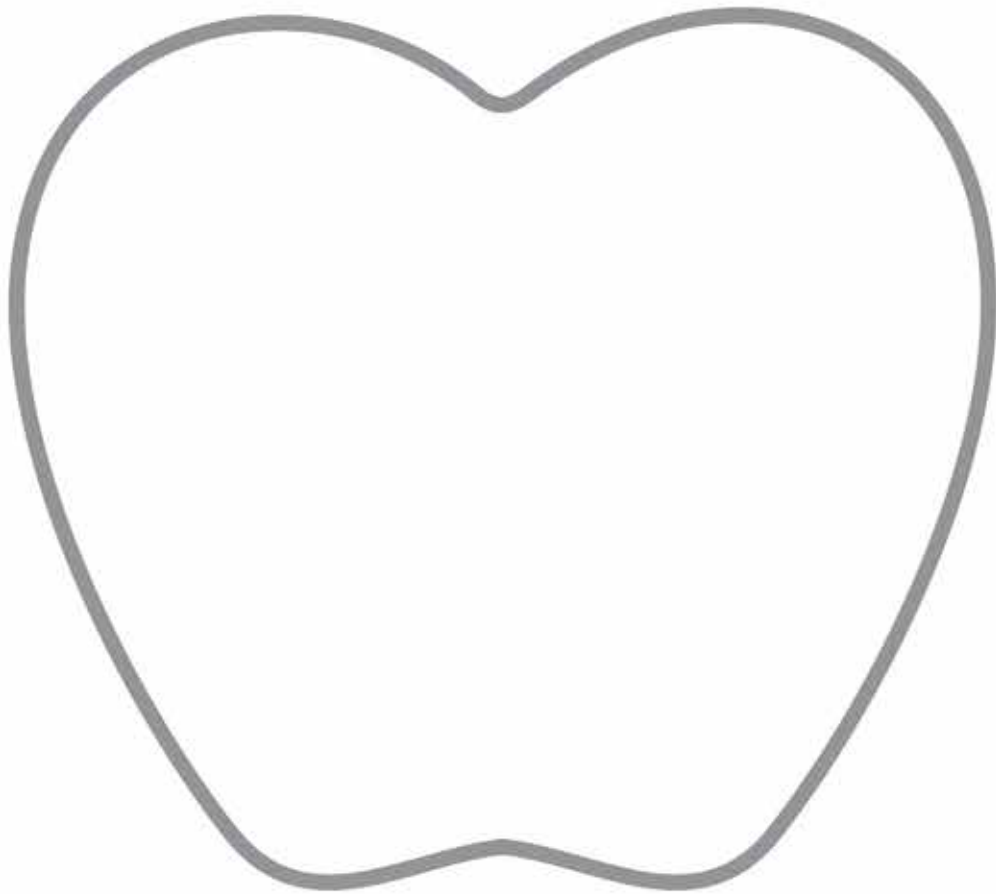
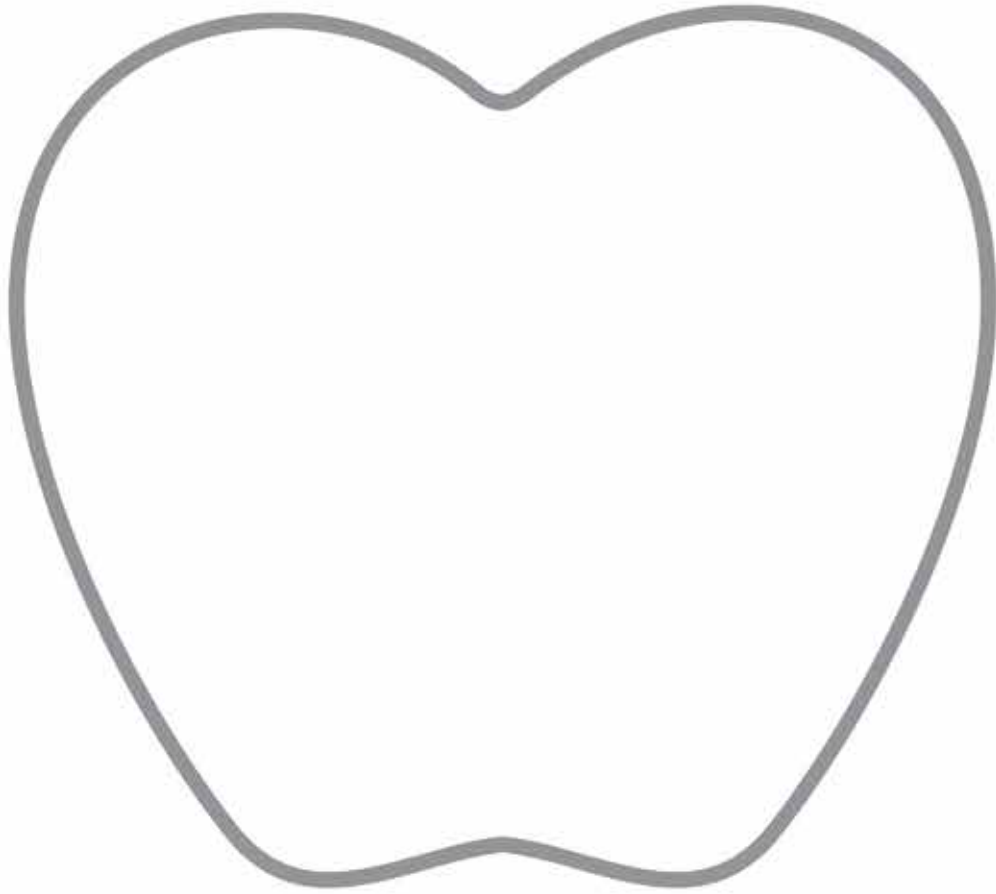


You will need:

- Apple template printed on card stock
- Scrapbook paper (7 assorted colors/patterns)
- Pipe cleaner
- Pen or pencil
- Stapler
- Scissors

Directions:

1. Cut out the apple template. Trace it onto six different colors/patterns of scrapbook paper. Cut out the scrapbook apples.
2. Stack the apples and fold them in half.
3. Staple the apples along the fold and pull the papers into a circle to form a 3D apple shape.
4. Fold the pipe cleaner in half, place one half on each side of the crease, and twist the pipe cleaner ends at the top of the apple. There will be a few inches of extra pipe cleaner.
5. Cut out a leaf shape from some extra paper and write "Happy Rosh Hashanah" on the leaf.
6. Pierce the paper with one of the pipe cleaners, bring both ends of the pipe cleaner through the leaf, and twist the pipe cleaner to attach the leaf to the apple.



Picture Perfect Bookends

Attach dollar-store picture frames to metal bookends. Display a photo of elders in one frame and younger family members in the other frame.

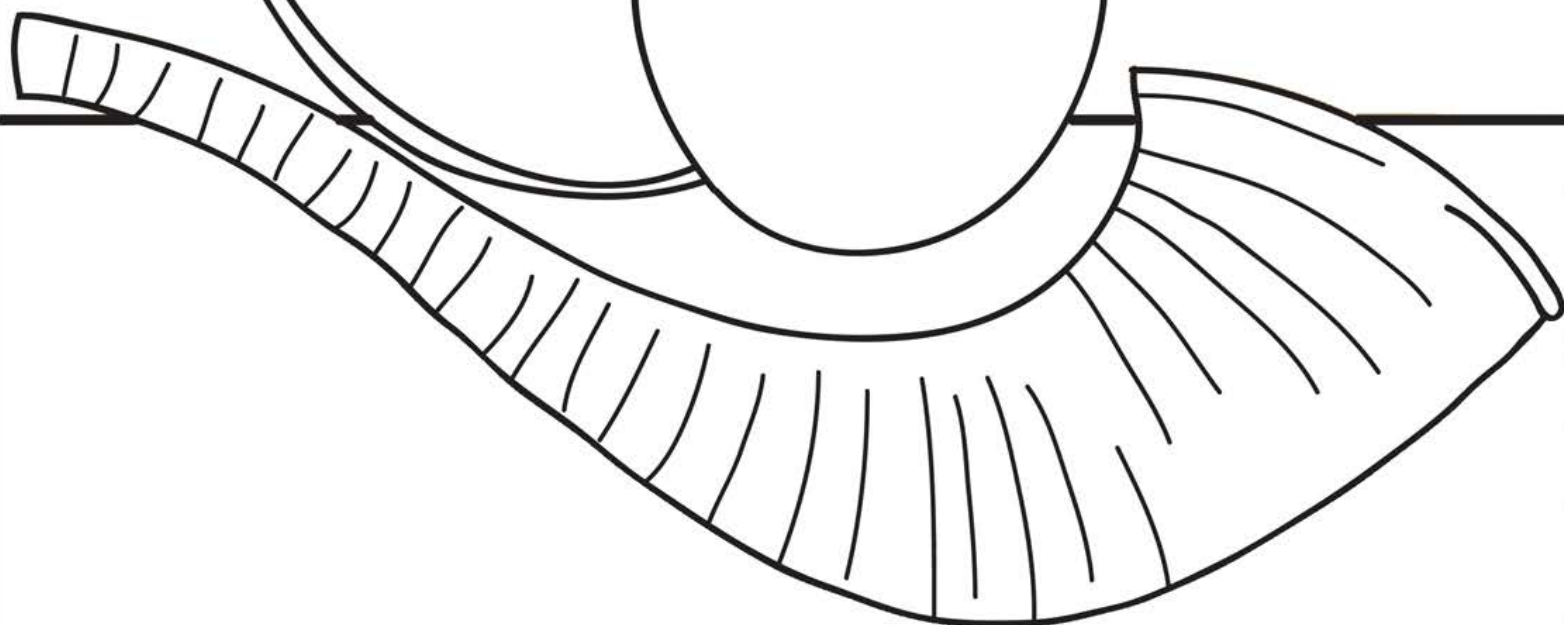
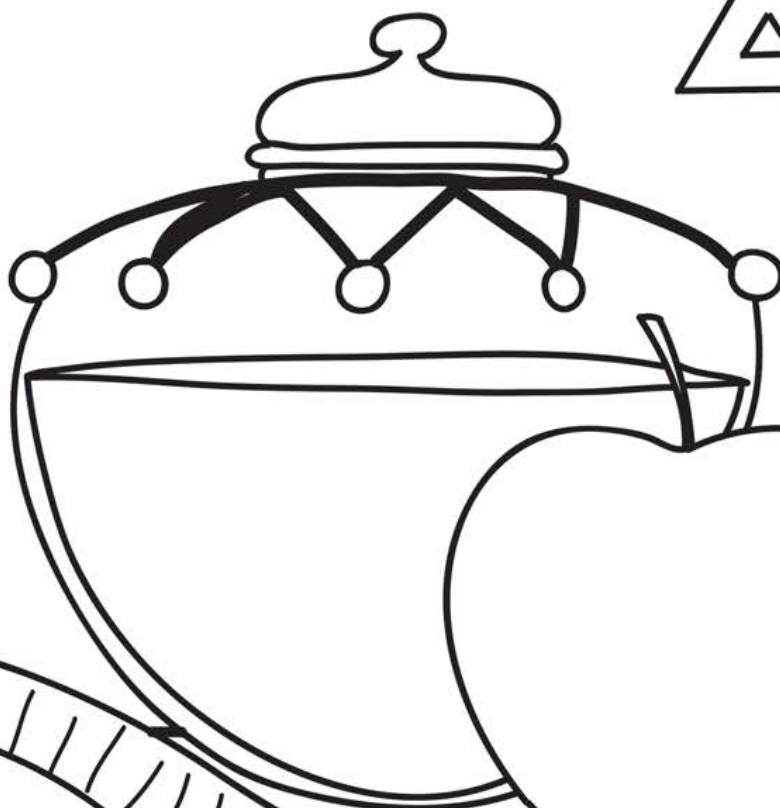
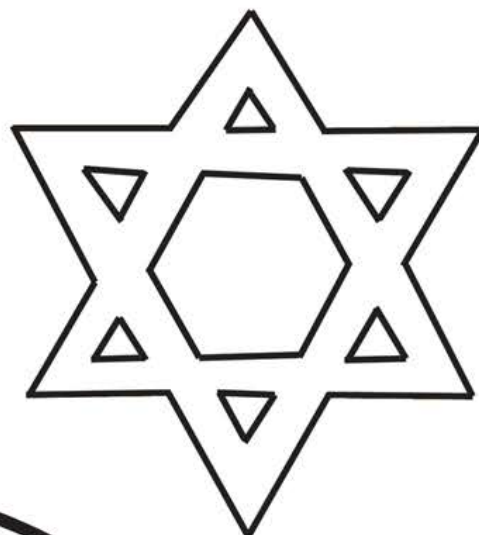
You will need:

- 2 Metal bookends
- 2 matching dollar store frames (4" X 6")
- Two 4" squares of foam board
- High-tack double-sided tape
- Two 4" X 6" photos depicting the passage of time (An elder and a young family member, self-portrait as a child and current day, a family photo from the past and a new reenactment photo – FUN!)
- Ruler and scissors

Directions:

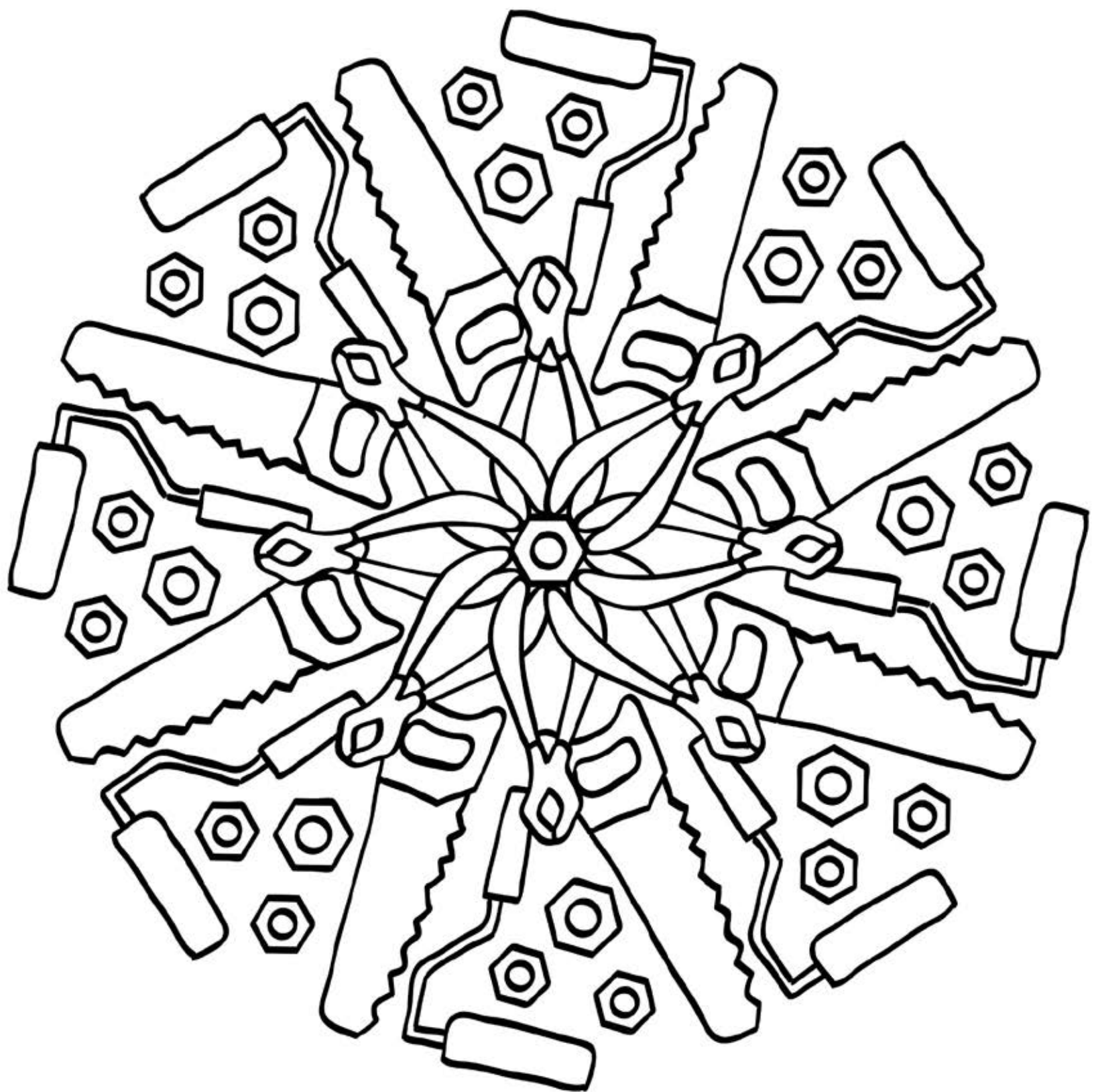
1. Place a photo in one of the frames.
2. Attach a 6" piece of double-sided tape to the metal bookend as shown. Remove the tape backing and then press the edge of the frame against the tape to adhere it to the metal bookend.
3. Apply a 4" piece of double-sided tape along one of the edges of the foam board square. Remove the backing, turn the square over, and attach it to the base of the metal bookend as shown. This adds stability.
4. Repeat steps 1–3 to assemble the other bookend.





COLORING PAGE





Apple-Picking Detective

Search for the items in bold.

It's the month of September, and the Farley family is beyond excited!
Today is the one day each year they go apple picking, and you've been invited.
They wave to **Mr. Scarecrow** in the **sunflower** field as they drive by in their truck.
They hope to come home with some delicious apples, so be sure to wish them luck.

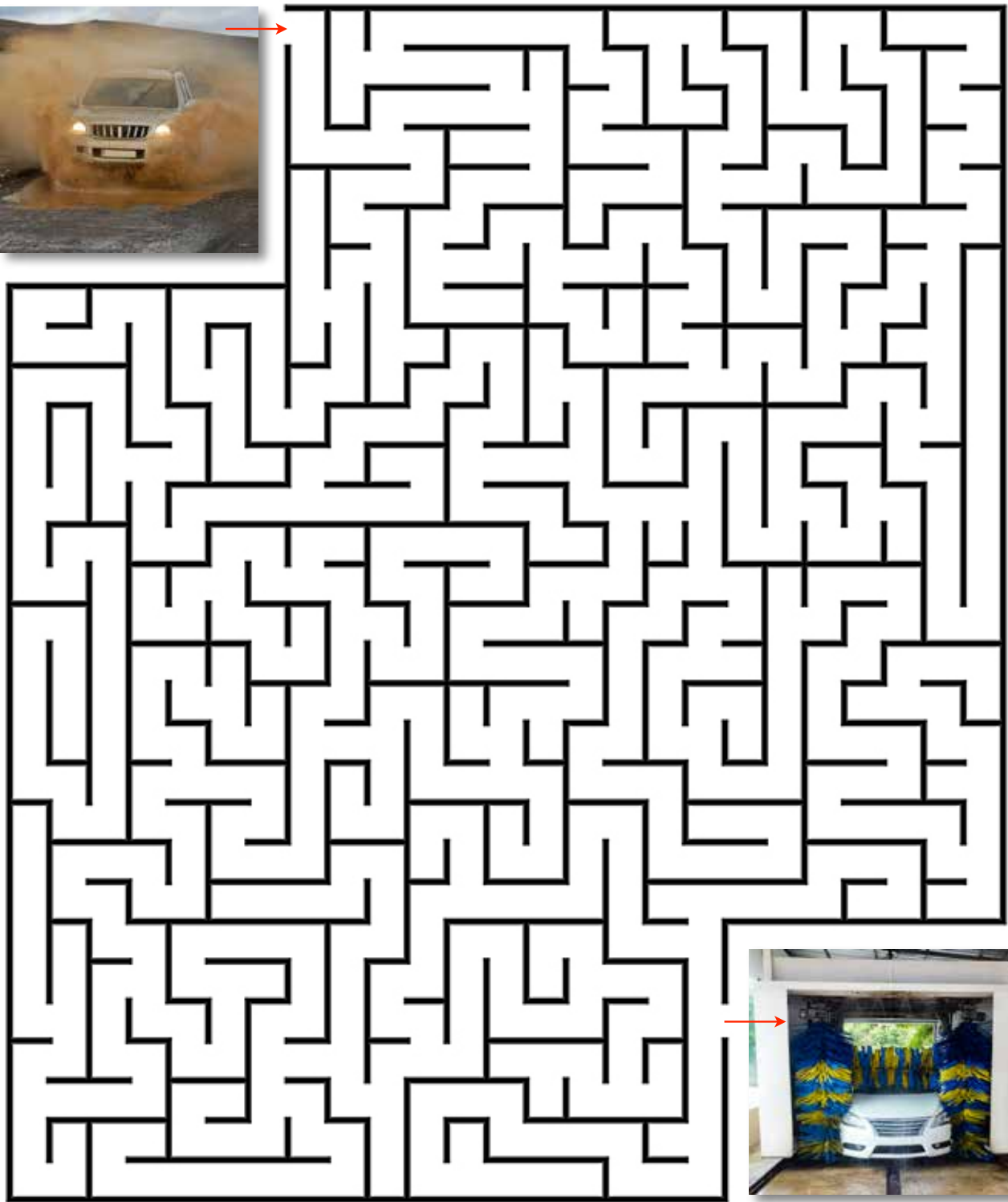
They brought their Labrador retriever Gus with them, and what a mistake was he,
Because he's still a wild, rambunctious puppy, as naughty as he can be.
He chased a **feather** (still attached to a bird) and on a **leaf** and a **pinecone** did chew.
Mom's **straw hat** blew away with a big gust of wind, and he ran after that, too.

In a **paper bag** went **4 red** and **6 Granny Smith apples**, ready to be eaten.
Mom couldn't wait to get home to make an **apple pie** with **cinnamon** to sweeten.
She gathered her **peeler**, **corer**, **juicer**, and **paring knife** and was feeling quite assured,
Along with **measuring spoons**, **2 rolling pins**, **3 measuring cups**, and a **cutting board**.

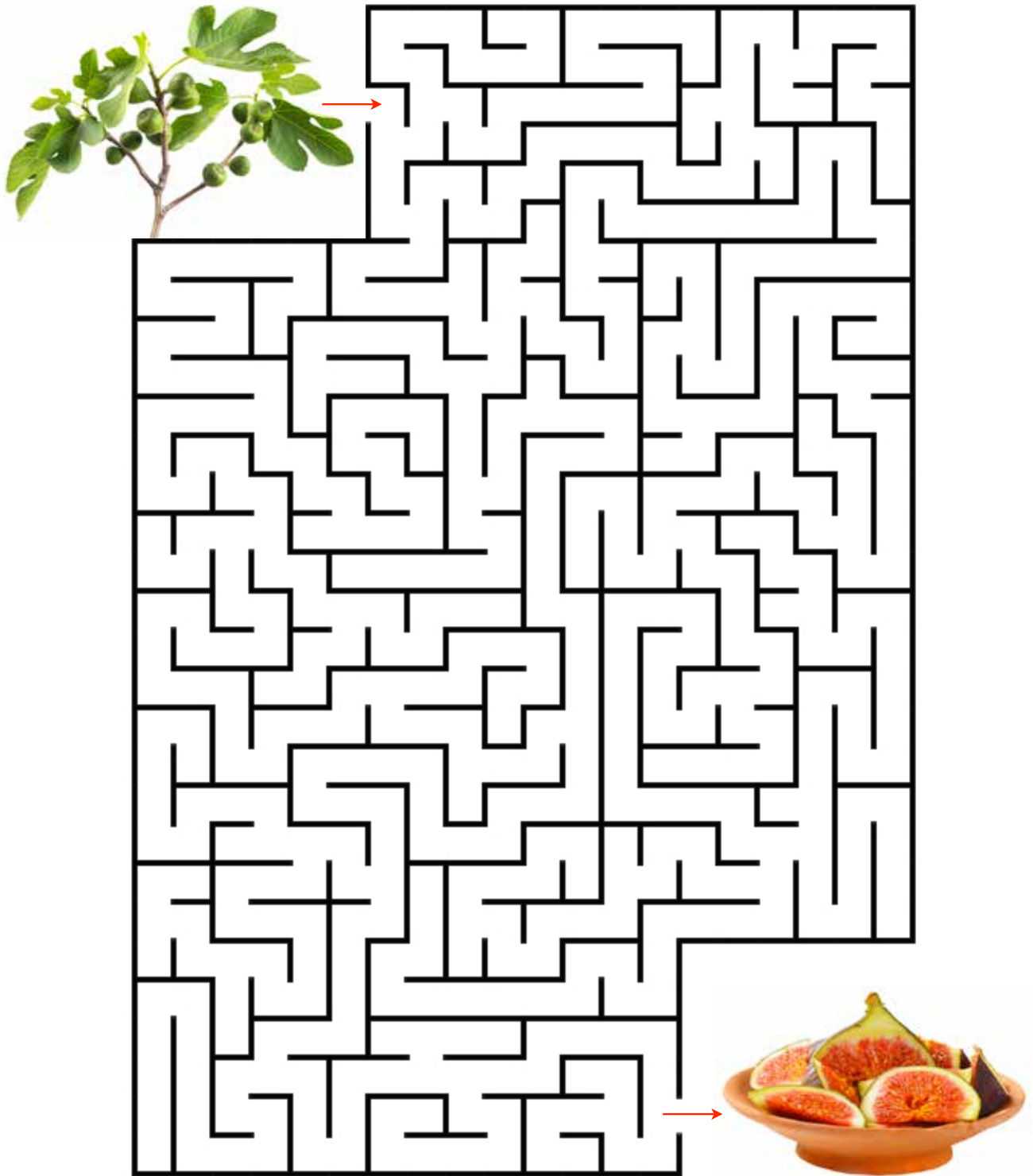
The pie was done to perfection and on the **cooling rack** ready to be enjoyed.
A **pie server**, **2 plates**, **2 forks**, and an **ice cream scoop** were ready to be employed.
As she squeezed **lemon** in her tea, she called her family but didn't hear a peep.
No one replied because, exhausted from picking, they were all—even Gus—fast asleep.



A-Mazing Car Wash



A-Mazing Figs



Mixed-Up Classic Television

Unscramble the letters to reveal titles of classic television shows.

1. HTE NDYA GFITHIRF OHSW _____
2. I OLVE ULYC _____
3. VELAE TI OT ERBAEV _____
4. YFSANTA ASLIND _____
5. CHEBTIEDW _____
6. OBNZAAN _____
7. HTE TILNFSTSNOE _____
8. TEH WILTHGIT OZNE _____
9. GONWA ARTIN _____
10. HET CKAJ NNEBY AGRPROM _____
11. ERNGE ESCAR _____
12. YM RHTEE OSNS _____
13. SKRAYTS & UCTHH _____
14. RLACHIES AELSNG _____
15. HET ITEPARGDR ALYMIF _____
16. HTE KICD NVA EKDY SHWO _____
17. VERMACKI _____
18. SORNDAF DAN OSN _____



Hot Waffles

The words listed below can be found vertically and horizontally.



BELGIAN
BREAKFAST
BUTTER
FLUFFY
FORK



IRON
KNIFE
STICKY
SYRUP
TOPPINGS



Famous September Birthdays

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

- A. Samuel **ADAMS**
- B. Agatha **CHRISTIE**
- C. Angie **DICKINSON**
- D. Buddy **HOLLY**
- E. Guy **LAFLEUR**
- F. Clayton **MOORE**
- G. Grandma **MOSES**
- H. Jesse **OWENS**
- I. Arnold **PALMER**
- J. Colonel **SANDERS**
- K. Conway **TWITTY**
- L. Catherine **ZETA-JONES**

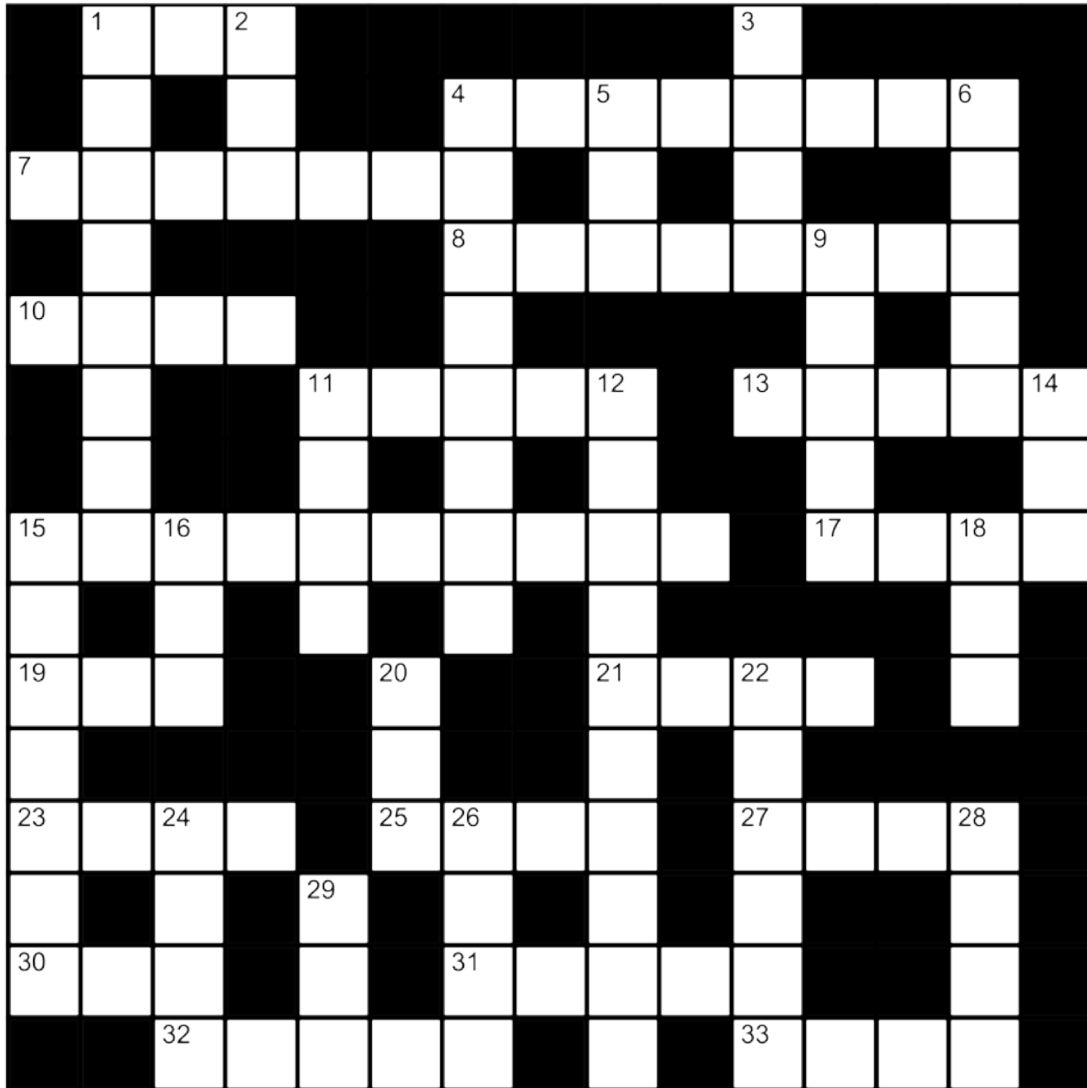
C	S	G	J	Z	O	M	S	W	E	H	G
T	W	I	T	T	Y	A	B	E	R	O	Z
M	K	O	K	C	N	S	I	Q	O	L	E
E	O	N	S	D	I	T	N	R	O	L	T
K	P	S	E	Z	S	W	U	E	M	Y	A
Q	B	R	E	I	R	R	T	O	W	G	J
K	S	R	R	S	T	T	D	J	L	O	O
I	F	H	L	A	F	L	E	U	R	A	N
E	C	F	H	A	C	P	J	Y	D	F	E
R	E	M	L	A	P	W	W	A	C	Y	S
Z	L	F	E	J	T	L	M	R	M	J	K
D	I	C	K	I	N	S	O	N	K	V	M

Bonus: Match the person to the correct clue.

- | | |
|----------------------------------|-----------------------------------|
| 1. Country singer ____ | 7. <i>Lone Ranger</i> actor ____ |
| 2. Olympic track star ____ | 8. Singer / musician ____ |
| 3. Painter ____ | 9. Welsh actress ____ |
| 4. <i>Rio Bravo</i> actress ____ | 10. Golfer ____ |
| 5. Mystery writer ____ | 11. Revolutionary war leader ____ |
| 6. KFC founder ____ | 12. NHL hockey player ____ |

Crossword #45

Use the clues to fill in the crossword.



ACROSS

1. The picture taken when arrested is called a ____ shot.
4. Covertly
7. Glossy wood coating
8. Sensible
10. Pack away
11. Start
13. Cheese choice
15. Symbolizes, stands for
17. Where the Vatican is
19. Overhead light?
21. Workers on a boat or film set
23. Word-of-mouth
25. Concept
27. Prepare to swallow
30. Animal house

31. Invoices to pay

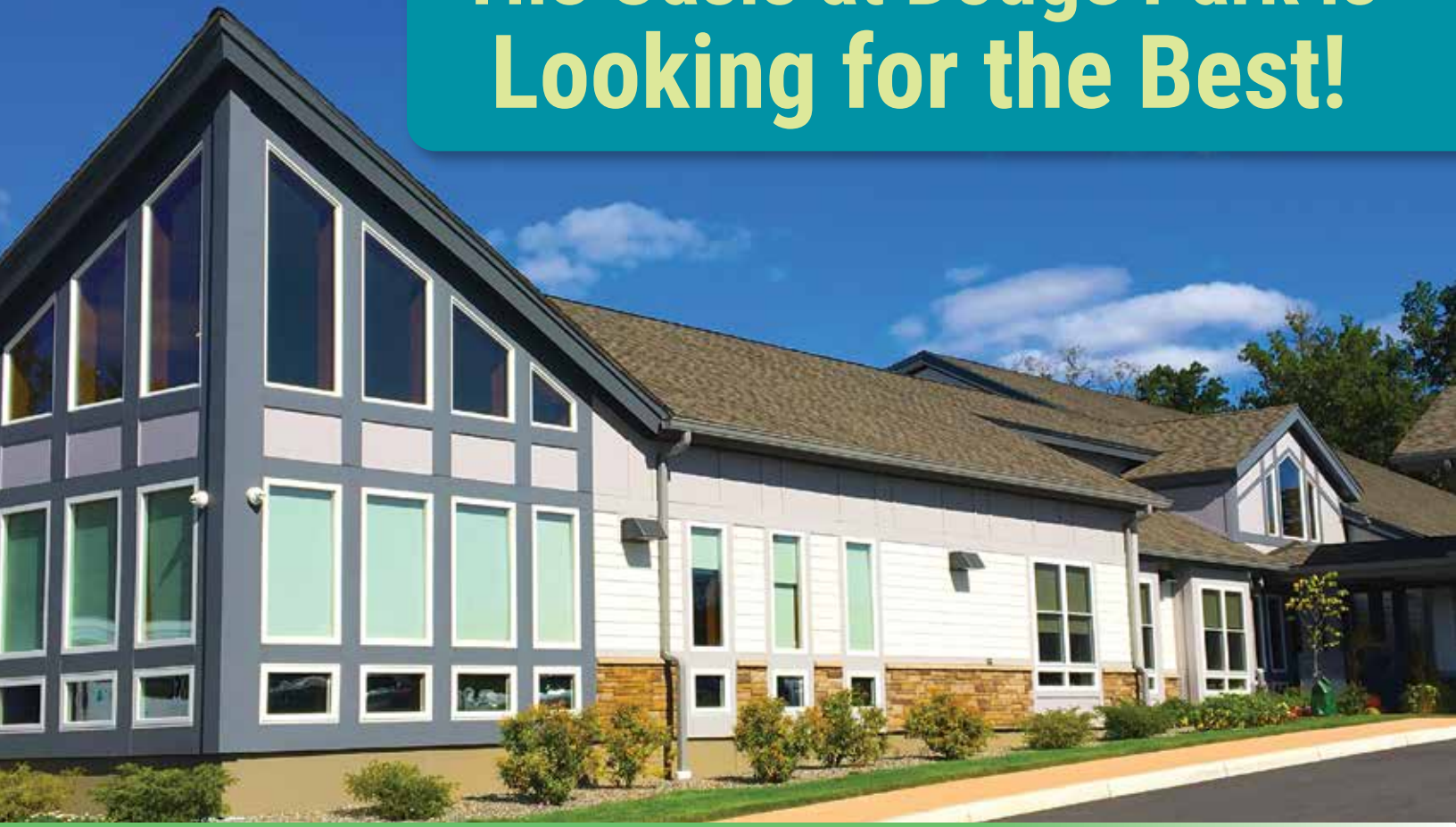
32. Believe in
33. Did laps, say

DOWN

1. Until then, in the ____
2. "Glue" or "staple" follower
3. "My ____!" (said to one who saved your kitten)
4. Raised shoulders to show lack of interest
5. Film director's cry
6. Reacts to a stubbed toe
9. More modern
11. "____ there, done that"
12. Conspicuous, easily seen
14. Take to court

15. Give an answer
16. "Lettuce pray" is one
18. Navigator's need
20. Prefix for "verse" or "corn"
22. Surplus
24. Em, to Dorothy
26. Chapter 11 issue
28. Welcoming
29. African antelope

The Oasis at Dodge Park is Looking for the Best!



- **Caregivers 3-11, 11-7 shifts**
- **Housekeeping**
- **Activity Personnel**
- **LPN for 3pm-11pm shift**

All positions are full time or part time. If you have a big heart for the elderly, and want to be part of our great team, please email your resume to b.herlinger@dodgepark.com

Your Loved Ones Deserve the Best

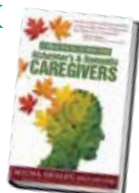
Worcester's Premier Senior Residential Care Facility



- Safe, secure, state-of-the-art facility
- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
- Beauty salon, spa, library
- Residency rates never go up
- Fully licensed by the State of Massachusetts
- Private rooms available
- Daily activities programs



Schedule a no-obligation tour
and receive our **FREE** book



(508) 853-8180 • OasisAtDodgePark.com

The Oasis at Dodge Park is more affordable than you think and provides a higher level of care than traditional assisted living.

Premier Residential Care Facility For Seniors

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

At Dodge Park Rest Home and the Oasis at Dodge Park, we provide seniors two options for senior residential care.



At Dodge Park Rest Home your loved one is cared for in a unique, home-like setting with custom services tailored to maximize their physical and cognitive well being.

- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
- Your loved one may be eligible to stay when their money runs out!



**Schedule a Tour
& See Why We're
#1 on Caring.com
in MA**

DODGE PARK REST HOME
CELEBRATING **58** YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

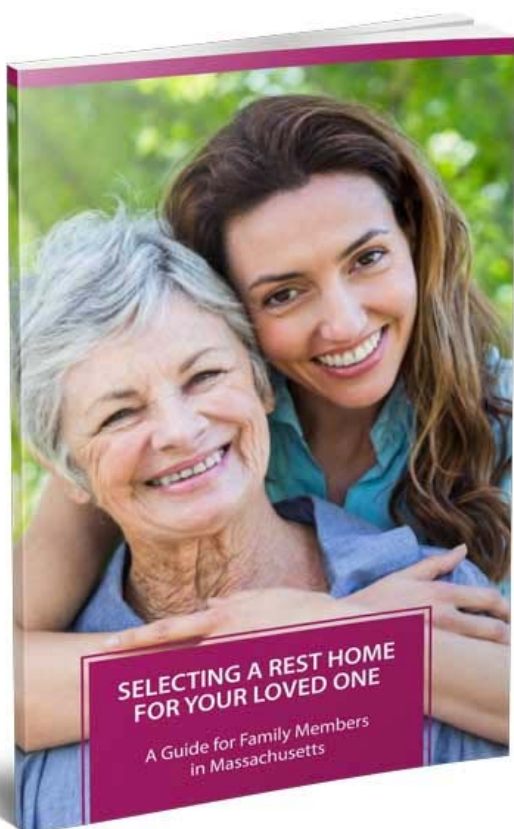
101 Randolph Road, Worcester, MA • DodgePark.com • 508-853-8180

Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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

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



In this guide, you'll learn:

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

CLICK TO GET INSTANT ACCESS

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

Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

**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**

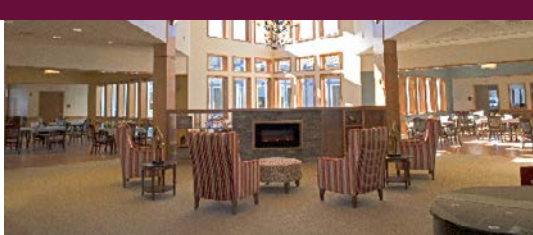
You can also attend the meeting virtually.

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

Dodge Park



**DodgePark.com | OasisAtDodgePark.com
508-853-8180**



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

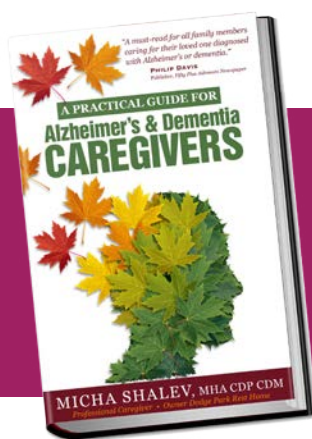
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

- Special trained direct care staff – best in the industry
- Luxurious accommodations / Homelike accommodations
- Private rooms/Semi private rooms
- Safe and secure 24/7
- License as DCSU-Dementia Care Special Unit
- RN/LPN 24/7 on site as well as DON
- Activity program from 7am-11pm



We're so passionate about cognitive care that we wrote a book on it.
We have a copy for you when you visit.

Schedule a Tour and discover the difference
508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

Download our FREE Rest Home Guide for families in MA & a MUST USE checklist for any facility tour.

Download at dodgepark.com



SCHEDULE A TOUR

And see why we're #1 on Caring.com
in Massachusetts 5 years in a row

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

A Higher Level of Care than Assisted Living and more affordable than a Nursing Home

Dodge Park & the Oasis at Dodge Park 101 & 102 Randolph Road, Worcester, MA 508-853-8180

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



**N’fesh to N’fesh –
from the Hebrew for
“soul to soul,” is Dodge Park
and Oasis at Dodge Park
specially designed program
to help individuals during all
stages of dementia, helping to
build and maintain cognitive
ability. Based on research and
recent studies, the program
is comprised of six pillars of
activities in which memory
care residents and guests
will participate.**

**For more information
please click here**

**101-102 Randolph Road, Worcester, MA 01606
Tel: 508-853-8180 • Fax: 508-459-6176
Toll Free: 1-877-363-4775
www.DodgePark.com
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