

OCTOBER 2025

# NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER



*A Cheerful  
Heart is Good  
Medicine*



## **Memories are made at Dodge Park & Oasis**

Dodge Park Rest Home (since 1967) and the Oasis at Dodge Park (Since 2017) has been serving the Worcester area as the most professional, ethical and highest quality care facility for the elderly.

We are committed to listening and responding to the needs of the residents, their family members and our employees. We are committed to going the extra mile when assistance is required by the public, the residents and their family members.

We will remain committed to an entrepreneurial spirit which does not tolerate waste or bureaucracy, but rewards achievement.

— Micha Shalev & Ben Herlinger, Administrators /Owners

**Neighborhood Connection is now digital!**

Email [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) to get it delivered to your inbox each month.





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](http://www.dodgepark.com)

The Oasis at Dodge Park  
[www.oasisatdodgepark.com](http://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](mailto:m.shalev@dodgepark.com)*



# 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](http://DodgePark.com)





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508-853-8180 • [OasisAtDodgePark.com](http://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.

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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.

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The Oasis at Dodge Park is the paragon of excellence for nursing homes. The staff is cordial across the board. The medical team is responsive. And the community enjoys live music daily! And yes, the food is good too!! The owners/founders Mike and Ben are very involved in their work here. That may be the secret to their flourishing success. Photo 1 in review by Jerry Maday



# ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>October 2025</b>			<b>Yom Kippur Begins</b> 10:00- Monthly Gazette <b>Art Therapy with Lynda S.</b> 10:30- Kindred Hearts Stretches Men's Group Projects 2:00- History of Yom Kippur <b>2:30- Live Music with Bill M.</b> 3:30- Creepy Categories 4:00- Tours of Salem, Ma 6:00- October Word Searches 7:00- Hallmark Mystery Movies	1 10:00- Daily Chronicle Pumpkin Patch Pickup Autumn Sensory Bins 11:00- Fall In New England 2:00- Famous Monsters Kindred Hearts Patio Strolls <b>2:30- Exercise with Paula S.</b> 3:30- Group Story Writing 4:00- Sounds of the Season 7:00- Game Show Network	2 <b>10:00- Seated Yoga with Bonnie D.</b> <b>Art Therapy with Lynda S.</b> 10:30- Linked Senior Game 11:00- Pumpkin Carving Tutorials 2:00- Crossword Puzzle Solvers Companionship Circle <b>2:30- Live Music with Sean F.</b> 3:30- October Symbols Discussion 4:00- Spooky Costumes Parade 7:00- Turner Classic Movies	4 10:00- Daily Chronicle Parachute Circle Fall Floral Arrangements 10:30- Ring Toss Tournament 2:00- Small Group Discussions <b>2:30- Live Music with Paul B.</b> 3:30- Finish the Phrase Brain Games 4:00- Vintage Halloween Cartoon 6:30- Ten Pin Bowling 7:00- The Addams Family Show
9:30- Daily Chronicle 10:00- Congregational Church 10:30- Hymns of Praise 11:00- Fall Recipes 1:00- New England Patriots Game 2:00- Afternoon Stretches <b>2:30- Live Music with Bill M.</b> 3:30- Name 10 Lists 4:00- Gothic Poetry 7:00- Friendly Frights Movies	5 10:00- Daily Chronicle <b>10:15- Catholic Mass w/ Father E.</b> Walking Club 11:00- Legend of Sleepy Hollow 2:00- White Board Word Games <b>2:30- Exercise with Paula S.</b> 3:30- Famous October Birthdays 4:00- New England Covered Bridges 6:30- Manicure Stations 7:00- Bewitched	6 10:00- Daily Chronicle Spooky Scoop Up Balloon Toss 10:30- Candy Bar Bingo 11:00- Haunted Mansion Ride 2:00- A Through Z Trivia <b>2:30- Live Music with Sean F.</b> 3:30- October Hangman 6:30- Relaxing Aromatherapy 7:00- Seasonal Programs	7 10:00- Daily Chronicle <b>Art Therapy with Lynda S.</b> 10:30- Kindred Hearts Stretches Men's Group Projects 2:00- October Symbolism <b>2:30- Live Music with Sandy R.</b> 3:30- Creepy Categories 4:00- Tours of Salem, Ma 6:00- October Word Searches 7:00- Hallmark Mystery Movies	8 10:00- Daily Chronicle 10:30- Dodge Baking Group Autumn Sensory Bins 11:00- Fall In New England 2:00- Famous Monsters Kindred Hearts Patio Strolls <b>2:30- Exercise with Paula S.</b> 3:30- Group Story Writing 4:00- Sounds of the Season 7:00- Game Show Network	9 <b>10:00- Seated Yoga with Bonnie D.</b> <b>Art Therapy with Lynda S.</b> 10:30- Linked Senior Game 11:00- Pumpkin Carving Tutorials 2:00- Crossword Puzzle Solvers Companionship Circle <b>2:30- Live Music with TBD</b> 3:30- October Symbols Discussion 4:00- Spooky Costumes Parade 7:00- Turner Classic Movies	10 10:00- Daily Chronicle Parachute Circle Fall Floral Arrangements 10:30- Ring Toss Tournament 2:00- Small Group Discussions <b>2:30- Live Music with Jordan G.</b> 3:30- Finish the Phrase Brain Games 4:00- Vintage Halloween Cartoon 6:30- Ten Pin Bowling 7:00- The Munsters Show
9:30- Daily Chronicle 10:00- Congregational Church 10:30- Hymns of Praise 11:00- Fall Recipes 1:00- New England Patriots Game 2:00- Afternoon Stretches <b>2:30- Live Music with Gary L.</b> 3:30- Name 10 Lists 4:00- Gothic Poetry 7:00- Friendly Frights Movies	12 <b>Indigenous People's Day</b> <b>U.S. Navy's Birthday</b> 10:00- History of the Holiday <b>10:15- Catholic Mass w/ Father E.</b> Walking Club 2:00- Honoring the Navy <b>2:30- Exercise with Paula S.</b> 3:30- White Board Word Games 4:00- Aboard The USS Constitution 6:30- Manicure Stations 7:00- Bewitched	13 10:00- Daily Chronicle Spooky Scoop Up Balloon Toss 10:30- Candy Bar Bingo 11:00- Haunted Mansion Ride 2:00- A Through Z Trivia <b>2:30- Live Music with Sean F.</b> 3:30- October Hangman 6:30- Relaxing Aromatherapy 7:00- Seasonal Programs	14 10:00- Daily Chronicle <b>Art Therapy with Lynda S.</b> 10:30- Kindred Hearts Stretches Men's Group Projects 2:00- October Symbolism <b>2:30- Live Music with John M.</b> 3:30- Creepy Categories 4:00- Tours of Salem, Ma 6:00- October Word Searches 7:00- Hallmark Mystery Movies	15 10:00- Daily Chronicle Pumpkin Patch Pickup Autumn Sensory Bins 11:00- Fall In New England 2:00- Famous Monsters Kindred Hearts Patio Strolls <b>2:30- Exercise with Paula S.</b> 3:30- Group Story Writing 4:00- Sounds of the Season 7:00- Game Show Network	16 <b>10:00- Seated Yoga with Bonnie D.</b> <b>Art Therapy with Lynda S.</b> 10:30- Linked Senior Game 11:00- Pumpkin Carving Tutorials 2:00- Crossword Puzzle Solvers Companionship Circle <b>2:30- Live Music with Arizona Doug</b> 3:30- October Symbols Discussion 4:00- Spooky Costumes Parade 7:00- Turner Classic Movies	17 10:00- Daily Chronicle Parachute Circle Fall Floral Arrangements 10:30- Ring Toss Tournament 2:00- Small Group Discussions <b>2:30- Live Music with TBD</b> 3:30- Finish the Phrase Brain Games 4:00- Vintage Halloween Cartoon 6:30- Ten Pin Bowling 7:00- The Addams Family Show
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Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 X117

**Dodge Park  
Rest Home &  
Day Club**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2025</b>			<b>Yom Kippur Begins</b> 10:00- October Hangman <b>2:00- Exercise with Joe F.</b> 2:30- Celebrating Yom Kippur <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Walking Group Spooky Scoop Up 6:30- New England Covered Bridges 7:00- Family Fright Movie Night	1 10:00- Sharing Fall Recipes <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 1:30- Oasis Baking Club <b>2:15- Live Music with Sean F.</b> 3:30- Classic Halloween Animations Noodle Hockey 4:00- Ghostly Group Story Writers 6:30- Manicures & Meditation 7:00- The Munsters	2 10:00- Our Autumn Favorites <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle Pumpkin Carving Tutorials 2:00- Guess the Costume <b>2:15- Live Music with Arizona Doug</b> 3:30- Parachute Circle Dem Bones Stretching Circle 4:30- Ride the Haunted Mansion 7:00- Tv Rewind: Bewitched	3 10:00- Seasonal Pictionary 10:30- Pumpkin Carving Tutorial <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Balloon Toss <b>2:15- Live Music with Sandy R.</b> 3:30- October Wordsearches Deal 'em Card Games 6:30- Jack O' Lantern Tours 7:00- Turner Classic Movies
10:00- Congregational Church <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 1:00- Patriots Football Sunday 2:00- A Through Z Trivia <b>2:15- Live Music with Gary L.</b> 3:30- Watercolor Painting Table Top Puzzles 4:30- Autumn in New England Tour 7:00- Game Show Network	5 10:00- Creepy Categories <b>10:30- Exercise with Joe F.</b> <b>11:15- Catholic Mass with Father E.</b> 11:30- Daily Chronicle 2:00- October Symbols Discussion <b>2:15- Live Music with Sean F.</b> 3:30- Candy Bar Bingo Pumpkin Patch Pick Up 6:30- Fireside Gothic Poetry 7:00- Hallmark Mystery Movies	6 10:00- Linked Senior Group Game <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Daily Chronicle 11:45- The Legend of Sleepy Hollow 2:00- Crossword Puzzle Solvers <b>2:15- Live Music with Sean F.</b> 3:30- Autumn Sensory Bins Lucky Strike Bowling 7:00- The Addams Family Show	7 10:00- October Hangman <b>10:30- Exercise with Joe F.</b> 11:30- Famous Monsters 2:00- Name 10 Creepy Categories <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Men's Group Projects Ring Toss Tournament 6:30- New England Covered Bridges 7:00- Family Fright Movie Night	8 10:00- Sharing Fall Recipes <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- October Symbolism <b>2:15- Live Music with Arizona Doug</b> 3:30- Classic Halloween Animations Noodle Hockey 4:00- Ghostly Group Story Writers 6:30- Manicures & Meditation 7:00- The Munsters	9 10:00- Our Autumn Favorites <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle Pumpkin Carving Tutorials 2:00- Guess the Costume <b>2:15- Live Music with Sean F.</b> 3:30- Parachute Circle Dem Bones Stretching Circle 4:30- Ride the Haunted Mansion 7:00- Tv Rewind: Bewitched	10 10:00- Seasonal Pictionary 10:30- Pumpkin Carving Tutorial <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Balloon Toss <b>2:15- Live Music with Rusty G.</b> 3:30- October Wordsearches Deal 'em Card Games 6:30- Jack O' Lantern Tours 7:00- Turner Classic Movies
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10:00- Congregational Church <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 1:00- Patriots Football Sunday 2:00- A Through Z Trivia <b>2:15- Live Music with Bill M.</b> 3:30- Watercolor Painting Table Top Puzzles 4:30- Autumn in New England Tour 7:00- Game Show Network	19 10:00- Creepy Categories <b>10:30- Exercise with Joe F.</b> <b>11:15- Catholic Mass with Father E.</b> 11:30- Daily Chronicle 2:00- October Symbols Discussion <b>2:15- Live Music with Sean F.</b> 3:30- Candy Bar Bingo Pumpkin Patch Pick Up 6:30- Fireside Gothic Poetry 7:00- Hallmark Mystery Movies	20 10:00- Linked Senior Group Game <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Daily Chronicle 11:45- The Legend of Sleepy Hollow 2:00- Crossword Puzzle Solvers <b>2:15- Live Music with Rusty G.</b> <b>3:30- Pumpkin Painting Station</b> Autumn Sensory Bins 7:00- The Addams Family Show	21 10:00- October Hangman <b>10:30- Exercise with Joe F.</b> 11:30- Famous Monsters 2:00- Name 10 Creepy Categories <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Men's Group Projects Ring Toss Tournament 6:30- New England Covered Bridges 7:00- Family Fright Movie Night	22 10:00- Sharing Fall Recipes <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- October Symbolism <b>2:15- Live Music with Arizona Doug</b> 3:30- Classic Halloween Animations Noodle Hockey 4:00- Ghostly Group Story Writers 6:30- Manicures & Meditation 7:00- The Munsters	23 10:00- Our Autumn Favorites <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle Pumpkin Carving Tutorials 2:00- Guess the Costume <b>2:15- Live Music with Sean F.</b> 3:30- Parachute Circle Dem Bones Stretching Circle 4:30- Ride the Haunted Mansion 7:00- Tv Rewind: Bewitched	24 10:00- Seasonal Pictionary 10:30- Pumpkin Carving Tutorial <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Balloon Toss <b>2:15- Live Music with Lenny Z.</b> 3:30- October Wordsearches Deal 'em Card Games 4:30- 1950's Halloween 6:30- Jack O' Lantern Tours 7:00- Turner Classic Movies
10:00- Congregational Church <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 1:00- Patriots Football Sunday 2:00- A Through Z Trivia <b>2:15- Live Music with Bill M.</b> 3:30- Watercolor Painting Table Top Puzzles 4:30- Autumn in New England Tour 7:00- Game Show Network	26 <b>Black Cat Day</b> <b>10:45- Exercise with Joe F.</b> <b>11:15- Catholic Mass with Father E.</b> 11:30- Daily Chronicle 2:00- Famous Black Cat Characters <b>2:15- Live Music with Sean F.</b> 3:30- Candy Bar Bingo Black Cat Facts 6:30- Fireside Gothic Poetry 7:00- Movie: The Haunted Mansion	27 10:00- Dia De Los Muertos Stories <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Skeleton Building Basket Silly Symphony Skeletons <b>2:15- Live Music with Heather R.</b> 3:30- Sugar Skull Craft Autumn Sensory Bins 6:30- 1970's Spooky Commercials 7:00- Movie: Coco	28 <b>Witches Day</b> 10:00- Tours of Salem, Ma <b>10:30- Exercise with Joe F.</b> 11:30- Tales from the Witch Trials 2:00- Witches in Pop Culture <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Which Witch Craft Ring Toss Tournament 6:30- Toll and Trouble Trivia 7:00- Movie: Hocus Pocus	29 <b>Frankenstein Day</b> 10:00- Superstitions Discussion <b>10:30- Exercise with Paula S.</b> 11:30- Mary Shelley Biography 1:30- Oasis Baking Club <b>2:15- Live Music with Paul B.</b> 3:30- Classic Halloween Animations Build Your Own Monster 4:00- Ghostly Group Story Writers 6:30- Manicures & Meditation 7:00- Movie: Young Frankenstein	30 10:00- Costumes on Parade <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle Photo Opportunities 2:00- Cauldron Toss <b>2:15- Live Music with Sean F.</b> 3:30- Monster Mash Bash Villain Spectacular 4:30- Sounds of the Season 7:00- Movie: Halloweenown	31 <b>Oasis at Dodge Park</b>

The 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**



# OCTOBER OBSERVANCES

## Monthly

**American Pharmacists Month.** The role pharmacists play in our health, our communities, and our lives has never been more crucial. Take a moment to reflect on their work, appreciate their efforts, and spread the word about the valuable services pharmacists provide.

**Cybersecurity Awareness Month.** This year's theme, "See Yourself in Cyber," will focus on the "people" part of cybersecurity, providing information and resources to help educate the public and ensure all individuals and organizations make smart decisions, whether on the job, at home, or at school, now and in the future.

**Down Syndrome Awareness Month.** According to the Centers for Disease Control and Prevention, approximately one in every 772 babies in the United States is born with Down syndrome, making Down syndrome the most common chromosomal condition. About 5,100 babies with Down syndrome are born in the United States each year.

**National Substance Abuse Prevention Month.** Millions of Americans suffer from substance abuse, which includes underage drinking, alcohol dependency, nonmedical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Early intervention helps prevent substance abuse and reduce the negative consequences of addiction before they occur.

## Weekly

**National Midwifery Week, Oct. 5–11.** The midwifery model's focus on listening to people, respecting their insights, and recognizing them as experts in their own health can serve as an accessible solution to improved maternal health and the growing problem of health inequity.

**Earth Science Week, Oct. 12–18.** This year's theme, "Earth Science for a Sustainable World," will emphasize the essential role of Earth science in helping people make decisions that maintain and strengthen the planet's ability to support thriving life.

**Fire Prevention Week, Oct. 5–11.** Take the time today to make sure your home is equipped with all the appropriate fire prevention equipment, such as smoke detectors.

## SPECIAL DAYS

- 1 International Coffee Day
- 1 International Day for the Elderly
- 1 National Homemade Cookies Day
- 1 World Vegetarian Day
- 1 Yom Kippur - begins at sunset
- 2 National Custodial Worker Day
- 2 Name Your Car Day
- 2 World Farm Animals Day
- 3 National Boyfriends Day
- 3 Techies Day
- 3 Virus Appreciation Day
- 3 World Smile Day
- 4 Frappe Day
- 4 National Taco Day
- 4 National Golf Day
- 4 World Card Making Day
- 5 Do Something Nice Day
- 5 Oktoberfest in Germany ends, date varies.
- 5 International Frugal Fun Day
- 5 World Teacher's Day
- 6 Come and Take it Day
- 6 Mad Hatter Day
- 6 Physician Assistant Day
- 7 Bald and Free Day
- 7 International Walk to School Day
- 7 National Forgiveness Day
- 8 American Touch Tag Day
- 8 Emergency Nurses Day
- 9 Curious Events Day
- 9 Emergency Nurses Day
- 9 Fire Prevention Day
- 9 Leif Erikson Day
- 9 Moldy Cheese Day
- 9 Take Your Teddy Bear to Work Day
- 10 International Newspaper Carrier Day
- 10 National Angel Food Cake Day
- 10 World Homeless Day
- 11 International Day of the Girl Child
- 11 It's My Party Day
- 12 Cookbook Launch Day
- 12 Old Farmer's Day
- 12 Moment of Frustration Day
- 12 National Gumbo Day
- 13 International Skeptics Day
- 13 Columbus Day – the second Monday of the month
- 13 Indigenous People Day
- 14 Be Bald and Free Day
- 14 National Dessert Day – Take an extra helping, or two.
- 15 White Cane Safety Day
- 15 National Grouch Day



## SPECIAL DAYS

16 Bosses Day – Weekday closest to October 16  
16 Dictionary Day  
16 World Food Day  
17 National Pasta Day  
17 Wear Something Gaudy Day  
18 National Meatloaf Appreciation Day  
18 No Beard Day  
18 Sweetest Day -The third Saturday of the month.  
19 Evaluate Your Life Day  
19 National Seafood Bisque Day  
20 Brandied Fruit Day  
20 International Chefs Day  
20 U.K. National Waiters Day  
21 Babbling Day  
21 Count Your Buttons Day  
21 International Nacho Day  
21 Pumpkin Cheesecake Day  
22 National Nut Day  
22 Smart is Cool Day  
23 National Mole Day  
23 TV Talk Show Host Day  
24 National Bologna Day  
24 United Nations Day  
25 Frankenstein Friday – The last Friday in October.  
25 Howl at the Moon Night  
25 International Artist Day  
25 Make a Difference Day  
25 Punk for a Day Day  
25 World Opera Day  
25 World Pasta Day  
26 National Mincemeat Day  
26 National Pumpkin Day  
26 Mother-In-Law Day  
27 Black Cat Day  
27 National Tell a Story Day – in Scotland and the U.K.  
27 Navy Day  
27 National First Responders Day  
28 Plush Animal Lover's Day  
29 Hermit Day  
29 National Cat Day  
29 National Frankenstein Day  
30 Haunted Refrigerator Night  
30 National Candy Corn Day  
30 Mischief Night  
31 Carve a Pumpkin Day – There's no surprise here.  
31 Halloween  
31 Frankenstein Friday  
31 Increase Your Psychic Powers Day

## Weekly

### National Health Education Week, Oct. 20–24.

National Health Education Week activities increase awareness of major public health issues and promote a better understanding of the role of health education and health promotion.

## Daily

**International Coffee Day, Oct. 1.** A celebration of coffee, launched in Milan in 2015, this day also is used to promote fair trade coffee and raise awareness of the plight of the coffee growers.

**World Teacher's Day, Oct. 5.** Established in 1994, World Teachers' Day is devoted to “appreciating, assessing, and improving the educators of the world” and providing an opportunity to consider issues related to teachers and teaching.

**Indigenous People's Day, Oct. 13.** Celebrated on the second Monday of October to honor the cultures and histories of the Native American people.

**Columbus Day, Oct. 13.** Date Italian explorer Christopher Columbus reached the Americas in 1492. (Observed on Oct. 10 in the U.S.)

**Conflict Resolution Day, Oct. 16.** Promoting awareness of mediation, arbitration, and other creative, peaceful means of resolving conflict in schools, families, businesses, communities, governments, and the legal system.





# OCTOBER FUN FACTS



## Plant of the Month – Pothos

Pothos is one of the most popular house plants in North America. Also called devil's ivy and golden pothos, this lovely evergreen climber vine is native to Southeast Asia and the western Pacific. It is popular for use in hanging baskets and as a potted plant.

This versatile plant can also be cultivated as ground cover or trained to grow up trees or poles. It can reach up to 65 feet long, and its leaves can be a few inches to a few feet in size. Pothos grows abundant leaves that come in a beguiling range of light to dark greens. It also boasts shiny heart- or oval-shaped leaves, which are sometimes marbled with splotches of white or yellow. This plant is prized for its verdant beauty as well as its ability to clean the air of impurities or pollutants, such as benzene and formaldehyde. It thrives in bright, filtered light and when the top soil dries between waterings. The plant does not flower when grown as a houseplant, only in the wild.



## Flower - Calendula

*Calendula officinalis*, or the pot marigold, is a member of the daisy family. These lovely flowers are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe indigestion.

## Birthstone – Opal



Those with October birthdays have a birthstone that sparkles as it changes color! Opals diffract light and are found in a number of different hues—from reds and yellows to blues and purples and more. The most common color for opals is opaque, milky white, giving them a beautifully unique appearance that led to the coining of the term opalescent, meaning “showing varying colors as an opal does.” It is said that opals have healing powers and even enable the wearer to find true love.

## What Tree Did You Fall From?

**Hazelnut Tree (October 1–5)** Those who fell from the hazelnut tree are honest, charming, calm, and undemanding. Though sometimes moody, they are also understanding of others. Additionally, they know how to make a good impression.

**Rowan Tree (October 6–13)** People who fell from the rowan tree are sensitive and free-spirited. They enjoy being the center of attention and always have a joke to share. They make for great company.

**Maple Tree (October 14–23)** Those who fell from the maple tree are very independent. They are full of imagination and originality. Though they are unassuming and reserved, they are also very ambitious and selfconfident.

**Walnut Tree (October 24–31)** People who fell from the walnut tree are passionate and unrelenting. They are extremely spontaneous. They are natural leaders and are usually very open-minded and caring toward others.



# OCTOBER FUN FACTS

*October* is the 10th month of our calendar year, but it was the eighth month in the early Roman calendar and takes its name from the Latin word for eight: octo. October's temperatures are ideal for crafting beer, wine, and cider—so much so that in Old English it became known as Winmonth, or “wine month.” This month is also a popular time for harvest festivals and marks the beginning of many winter celebrations, dubbed Winterfylleth by the Anglo-Saxons.

## October Birthdays

Julie Andrews (singer) – October 1, 1935  
Groucho Marx (comedian) – October 2, 1890  
Buster Keaton (comedian) – October 4, 1895  
Kate Winslet (actress) – October 5, 1975  
Desmond Tutu (archbishop) – October 7, 1931  
Eleanor Roosevelt (first lady) – October 11, 1884  
Paul Simon (musician) – October 13, 1941  
Evel Knievel (daredevil) – October 17, 1938  
Mickey Mantle (ballplayer) – October 20, 1931  
Dizzy Gillespie (musician) – October 21, 1917  
Mahalia Jackson (singer) – October 26, 1911  
Jonas Salk (doctor) – October 28, 1914  
Gabrielle Union (actress) – October 29, 1972  
Dan Rather (journalist) – October 31, 1931



## Leif Erickson Day

Around the year 1000, explorer Leif Erickson left his home in Greenland in search of a land previously spotted by a Norse sailor. He landed in what is now Newfoundland, Canada, in early October. He and his men built a large house and a shed for their boat and spent the winter. October 9 has been declared Leif Erickson Day to honor the first European to set foot on North America.

## What's Lucky in October?

Lucky Color: Tangerine

Lucky Animal: Fox

Lucky Letters: W and E

Lucky Day: Thursday

Lucky Plant: Pumpkin



## Pizza Party!

It's always a good time for pizza, but especially so in October, as it's Pizza Month. So whether you prefer cheese, pepperoni, sausage and peppers, or Hawaiian, celebrate by grabbing a few slices or ordering a whole pie!



## October Zodiacs

Libra (The Scales) October 1–22

Scorpio (The Scorpion) October 23–31



# A very *Happy Birthday* to...

## Dodge Park Residents

Donald P. .... October 4  
Iris S. .... October 6  
Nancy K. .... October 9  
Emile R. .... October 13  
Richard O. .... October 18  
Roger A. .... October 23  
Carolyn C. .... October 24

## Oasis Residents

Deborah P. .... October 1  
Jane M. .... October 2  
Maureen T. .... October 7  
Sharon W. .... October 21

## Staff

Glenda M. .... October 2  
Natalia R. .... October 4  
Nataly A. .... October 8  
Yahaira O. .... October 9  
Eric D. .... October 10  
Moses G. .... October 10  
Reina S. .... October 13  
Yanitza G. .... October 14  
Carrie L. .... October 17  
Ben H. .... October 23  
Crisen Rose U. .... October 25  
Millicent A. .... October 26  
Sarah-Kate J. .... October 28  
Shalyn J. .... October 29  
Evan R. .... October 30



## 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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one with memory loss?**

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# YOM KIPPUR

## The Day of Atonement



For Jewish people all over the world, Yom Kippur is a day of fasting and prayer concluding the Days of Awe that began with Rosh Hashanah. It occurs 10 days after Rosh Hashanah, on the 10th day of the month of Tishrei (tish-ray) on the Jewish calendar. Because it is the last chance to atone for wrongs committed throughout the year before God's judgment is sealed, Yom Kippur is considered by many to be the holiest day of the year. It is a solemn, intense, and physically exhausting holiday, but not a sad or horrific one. With its overarching theme of repentance through prayer, fasting, and acts of charity, Yom Kippur becomes a spiritually uplifting experience for those who observe the holiday properly by making peace with those they have wronged and with God.

### Prayer

The Yom Kippur service is the longest synagogue service of the year. It begins the night before the holiday with a unique and haunting prayer for forgiveness of vows made to God and not kept. Prayers continue through the day of Yom Kippur and include a communal confessional that covers all the sins a person might commit in daily life. According to Jewish tradition, every Jew bears a measure of responsibility for the actions of his fellow Jews; for this reason the confession is recited communally and everyone confesses to every sin, whether he or she has committed the offense personally or not. Here is an excerpt:

*For the sin that we have committed under stress or through choice;*

*For the sin that we have committed in stubbornness or in error; For the sin that we have committed in the evil meditations of the heart;*

*For the sin that we have committed by word of mouth;  
For the sin that we have committed through abuse of power;  
For the sin that we have committed by exploitation of neighbors;  
For all these sins, O God of forgiveness, bear with us, pardon us, forgive us!*

During the afternoon, the Book of Jonah is read, reminding those fervently praying that God is always ready to forgive when repentance is sincere. The last part of the day's service is called Ne'ilah (nee- la), which means "locking" in Hebrew. It talks about being locked out of the presence of God, and it is the last chance for forgiveness before Yom Kippur ends.

### Acts of Charity

Acts of charity, whether they involve donating money to the poor or other worthy causes, or volunteering to help those less fortunate, are an important part of Yom Kippur. Jewish tradition teaches that without kindness and charity toward others, there can be no forgiveness from God.

### Fasting

While several other fast days are observed in Judaism, Yom Kippur is the only one specifically mandated by the Torah. The Yom Kippur fast is 25 hours long, starting about an hour before sunset the day before the holiday and ending just after sunset on Yom Kippur. It is a complete fast. That means no food or liquid of any kind—including water—for the entire period.

Children under the age of nine are not permitted to fast, and neither are pregnant women, women who have recently given birth, or anyone whose life would be threatened by not eating or drinking for 25 hours. People with medical conditions are always urged to consult their doctors before fasting. In Judaism, observing the law never takes precedence over preserving life. Girls over 12 years old and boys over 13 years old are considered mature enough to participate in fasting with adults and are required to do so. Why does the Torah insist that fasting be part of Yom Kippur? Many reasons are given, including that abstaining from eating and drinking, two vital human needs, helps people focus on their mortality and the value of life. And, free from these physical needs, they can concentrate on their spiritual well-being.

Others say that being hungry and thirsty for even the short period of one day makes a person more compassionate and charitable toward those whose lives are constantly challenged by privation.

When the synagogue service is over, Yom Kippur traditionally ends with a simple break-fast meal shared with friends and relatives.





## Halloween is here—are you ready?

Trick or treating is about to commence. Here are some fun facts to share while you're handing out candy:

- The word “witch” comes from an Old English word, “wicce,” meaning “wise woman.”
- Black and orange are associated with Halloween because they're signs of autumn. Orange signifies harvest, and black alludes to darkness coming earlier.
- Jack-o-lanterns are Irish. In an Irish folktale, a man named Stingy Jack fooled the devil and was punished by being forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. “Jack of the Lantern” became “Jack-o-lantern.”
- Trick-or-treating has a long history. In medieval times, children would go door to door on All Souls Day, asking for food in exchange for prayers for the inhabitants' deceased family members.
- The most popular kids' Halloween costume is Spider-man. According to the National Retail Federation, it's followed by princesses, Batman, witch, ghost, pumpkin, Superman, zombie, and Avengers hero.

## Conversation starters—or stoppers

Do you ever find yourself at a loss for words? Maybe one of these random comments can add some spice to your conversations:

- As the prophecy foretold.
- But at what cost?
- So let it be written; so let it be done.
- So it has come to this.
- Is this why fate brought us together?
- Just like in my dream.
- Be that as it may, still may it be as it may be.
- There is no escape from destiny.
- Wise words by wise men write wise deeds in wise pen.
- In this economy?
- And then the wolves came.

## Winter is coming: Prepare your home

Before the weather gets too cold, it's wise to check your house for vulnerabilities to the coming winter. Some areas to examine:

### Roof

- Look for missing shingles, cracked flashings, and broken overhanging tree limbs.
- Check the chimney for mortar deterioration and loose bricks.
- Inspect the underside of the roof, from the attic, for any signs of leakage.

### Exterior

- Check at the foundation for cracks in the concrete, and low spots in the soil where water can accumulate against the foundation.
- Look at the caulking in the siding and around the window and door trims.

### Heating system

- Turn on the heating system to ensure that the heat is being delivered to all outlets.
- Check your filter and change it if necessary. Buy some extra filters so you can change them easily during the winter season.



# Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN .....

## 'Tis the Season to Boost the Immune System

The weather is getting cooler and schools are back in session and with that often comes kids getting sick due to close contact and shared supplies with other kids. One of the easiest and most important ways to boost immunity is putting the right foods into our bodies.

Start by choosing more whole foods instead of highly processed foods. Whole Foods are simply more nutritious and offer a bigger variety of immune system supporting nutrients. Eat less sugars and more complex carbohydrates such as higher fiber cereals and grains, fresh fruits and vegetables and oatmeal.

Eat yogurt on a regular basis. This versatile snack contains probiotics for a healthy gut. This is a major boost to the entire body's immune system. Choose a low sugar Greek yogurt for a better quality probiotic level and for it's increased protein amounts. Kefir is another option for boosting gut health. Kefir is a fermented milk beverage that can be drank as is or used in smoothies.

Blueberries are an amazing "superfood" that can be eaten right out of the container or as part of so many recipes. They can be baked into muffins or pies, they are great in pancakes or waffles, they can be a topping for yogurt or cereal and they are delicious in a smoothie (try freezing them first for a thicker texture without using ice). Blueberries are an excellent source of vitamin C and the phytonutrient anthocyanin, which acts as an anti-inflammatory and immune system supporter.

Carrots, winter squash and sweet potatoes are not only delicious they top the list of immune system boosters. The orange color is a giveaway that these foods are loaded with beta-carotene, a precursor to vitamin A. The immune system relies heavily on these nutrients.

Citrus fruits such as oranges, lemons, grapefruit and limes are widely known to be high in vitamin C. And most people know their reputation for keeping the common cold away. While the jury is still out on that idea we do know that vitamin C is a major player in immunity. As germs make their way into our bodies, it is this antioxidant's response that can help fight off their effect and keep us healthier.

The best way to keep your immune system healthy and strong is by living a healthy lifestyle. Dietary choices are just one ingredient to the recipe. Getting plenty of rest, exercising regularly, avoiding tobacco use and limiting alcohol consumption are also good ways to keep a body healthy and allow the immune system to strengthen.



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.





## Easy Lemon Chiffon Pie

*Makes 8 servings*

### Ingredients:

- 1 (3-ounce) box lemon Jell-O
- 1 cup boiling water
- 1/2 cup cold water
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest (optional)
- 1 (8-ounce) container whipped topping, thawed
- 1 prepared graham cracker pie crust

### Directions:

1. In a large bowl, dissolve the lemon Jell-O in the boiling water.
2. Stir in the cold water, lemon juice, and lemon zest if using.
3. Chill the mixture in the refrigerator for about 30–40 minutes, or until it begins to thicken slightly but is not fully set.
4. Gently fold in the whipped topping until fully combined and smooth.
5. Pour the mixture into the prepared graham cracker crust and smooth the top.
6. Refrigerate at least 4 hours, or until firm.



## Jumbo M&M Cookies

*Makes 12 servings*

### Ingredients:

- 1 cup unsalted butter, room temperature
- 1 cup brown sugar, packed
- 1/2 cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups old-fashioned oats
- 1 cup M&M candies
- 1 cup semisweet chocolate chips
- 1/2 cup chopped nuts of choice

### Directions:

1. Preheat the oven to 350°F (175°C) and line two large baking sheets with parchment paper.
2. In a large bowl, cream together the butter, brown sugar, and granulated sugar until light and fluffy.
3. Beat in the eggs one at a time, then stir in the vanilla extract.
4. In a separate bowl, whisk together the flour, baking soda, and salt.
5. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
6. Stir in the oats, M&M candies, chocolate chips, and walnuts.
7. Scoop out 1/4 cup of dough per cookie, shape into balls, and place spaced apart on the prepared baking sheets. Flatten slightly.
8. Bake for 13 to 15 minutes, or until the edges are golden and the centers are just set.
9. Let cookies cool on the baking sheets for 5 minutes before transferring to a wire rack.





## Veggie Slow-Cooker Chili

*Makes 6–8 servings | A Diabetic-Friendly Recipe*

### Ingredients:

- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can diced tomatoes (with juices)
- 1 cup corn kernels (canned or frozen)
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Salt and pepper to taste

### Directions:

1. Add all ingredients to a slow cooker (4- to 6-quart size works well).
2. Stir to combine thoroughly.
3. Cover and cook on low for 6–7 hours or high for 3–4 hours, until flavors meld and vegetables are tender.
4. Taste and adjust seasoning with salt and pepper if needed.
5. Serve warm in bowls.

### Cooking Tidbit

Top with shredded cheese, chopped green onions, a dollop of sour cream, or diced avocado for extra deliciousness.



## Parm Chips

*Makes 12 servings | A Diabetic-Friendly Recipe*

### Ingredients:

- 1 cup grated Parmesan cheese

### Directions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Place tablespoon-sized mounds of Parmesan cheese onto the parchment, spacing them about 2 inches apart.
3. Flatten each mound slightly with the back of the spoon.
4. Bake for 5 to 7 minutes or until golden and crisp.
5. Let the chips cool completely on the baking sheet before serving.



***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**



## Candy Corn Surprise

Use a toilet paper tube to craft a treat holder with a pull-string opener. Use white, orange, and yellow paper to make a sweet-looking piece of candy corn.

### You will need:

- Toilet paper tube
- Scrapbook paper in the following sizes and colors
- Orange (5" X 7")
- White (1 1/2" X 7")
- Yellow (1 1/2" X 7")
- Two 8" strands of string
- Scotch tape, scissors
- Treats for inside (2 to 3 miniature candies or pieces of real candy corn)

### Directions:

1. Tape the ends of the scrapbook paper to the toilet paper tube as shown. The long edges of the white and the yellow strips should align with the long edges of the orange paper. The paper will exceed the length of the toilet paper tube.
2. Wrap the paper around the tube. Secure the other ends of the paper in place with Scotch tape.
3. Fold the excess paper at each end to tuck it inside of the tube.



4. Flatten the yellow end of the tube. Secure the end closed using a 3" strip of tape.



5. Flatten the white end so it is perpendicular to the flattened portion of the yellow end.

6. Cut a 1/4" slit at each corner of the flattened white portion. Then secure the two pieces of string together, tying knots at each end.

7. Place candy inside the tube and then stretch the string across the top, wedging the string in the slits as shown. One of the knots should rest on the outside of one of the slits as shown.



8. Seal the end closed using a 3" strip of tape.

9. To open the package, pull the string to "unzip" the top of the candy corn.



## Orange You Cute Garland

Craft tasseled garland using twine and tissue paper in shades of orange.

Invite crafters, guests, and staff to make a tassel to add to a community garland.

### You will need:

- 10 sheets of tissue paper in assorted shades of orange, including metallic orange tissue paper
- Jute, twine, or thin rope (48" long)
- Scissors, white craft glue

### Directions:

1. To make one tassel, fold a sheet of tissue paper in half widthwise.
2. Cutting toward the fold, cut 1" wide strips, stopping 1" from the fold.
3. Carefully unfold the tissue paper and lay it flat.
4. Starting at the bottom and working up, tightly roll the uncut portion in the center.



5. Twist the center, like wringing out a towel, to make a loop as shown. Secure the loop in place using a small dab of glue.
6. Fluff the strips of tissue paper to complete the tassel.
7. Repeat steps 1–6 to make a total of 10 tassels. Then string the finished tassels onto jute, twine, or thin rope.

### Uses:

- Have a No Hassle Tassel-Making Day. Invite one and all to join in on the fun to see how long you can make a community garland.
- Decorate halls, lobbies, and party rooms for harvest celebrations and Halloween.
- Skip the garland and decorate indoor plants and tree branches with tassel ornaments.
- Hang on to this technique to make festive garland in other holiday colors. If watching sports is a popular pastime, decorate using team colors.

## Flowers in the Round Centerpiece

Press faux flowers into a Styrofoam ball. Add a small tree branch “stem” to make the pretty flowers in the round a playful pumpkin.

### You will need:

- 15–20 faux flowers in shades of orange (approximately 2" diameter and stems removed)
- 1/2"-thick tree branch (3" long)
- 2"-2 1/2" Styrofoam ball
- 12" wooden skewer
- Orange crepe paper streamer (36" piece and 18" piece)
- Vase or jar with filler (dried beans, popcorn kernels, small pebbles, etc.)
- Faux green foliage
- Scotch tape
- (Optional) 10–15 push pins and pom-poms in varying sizes and shades of orange

### Directions:

1. Wrap the Styrofoam ball with the 36" orange streamer. To change direction while wrapping, make a 45-degree fold as shown in the first photo on the following page. After the streamer has been entirely wrapped, use both hands to scrunch and press the streamer flat against the ball. The wrapping doesn't have to be perfect. If needed, use a small piece of tape to hold the ends in place.
2. Wrap the wooden skewer with the 18" piece of streamer, leaving one inch of the pointed end unwrapped. Use tape to hold the ends in place.

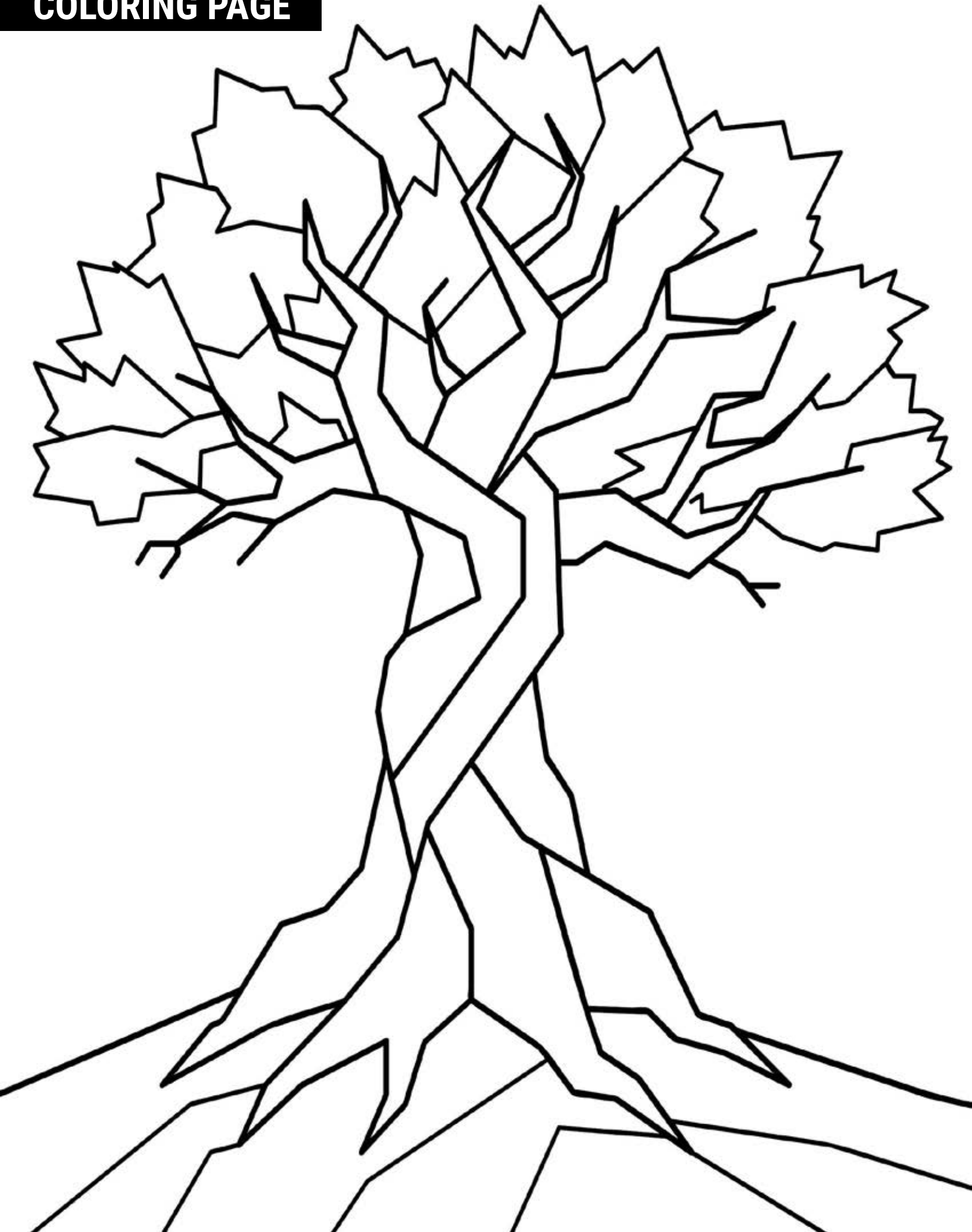






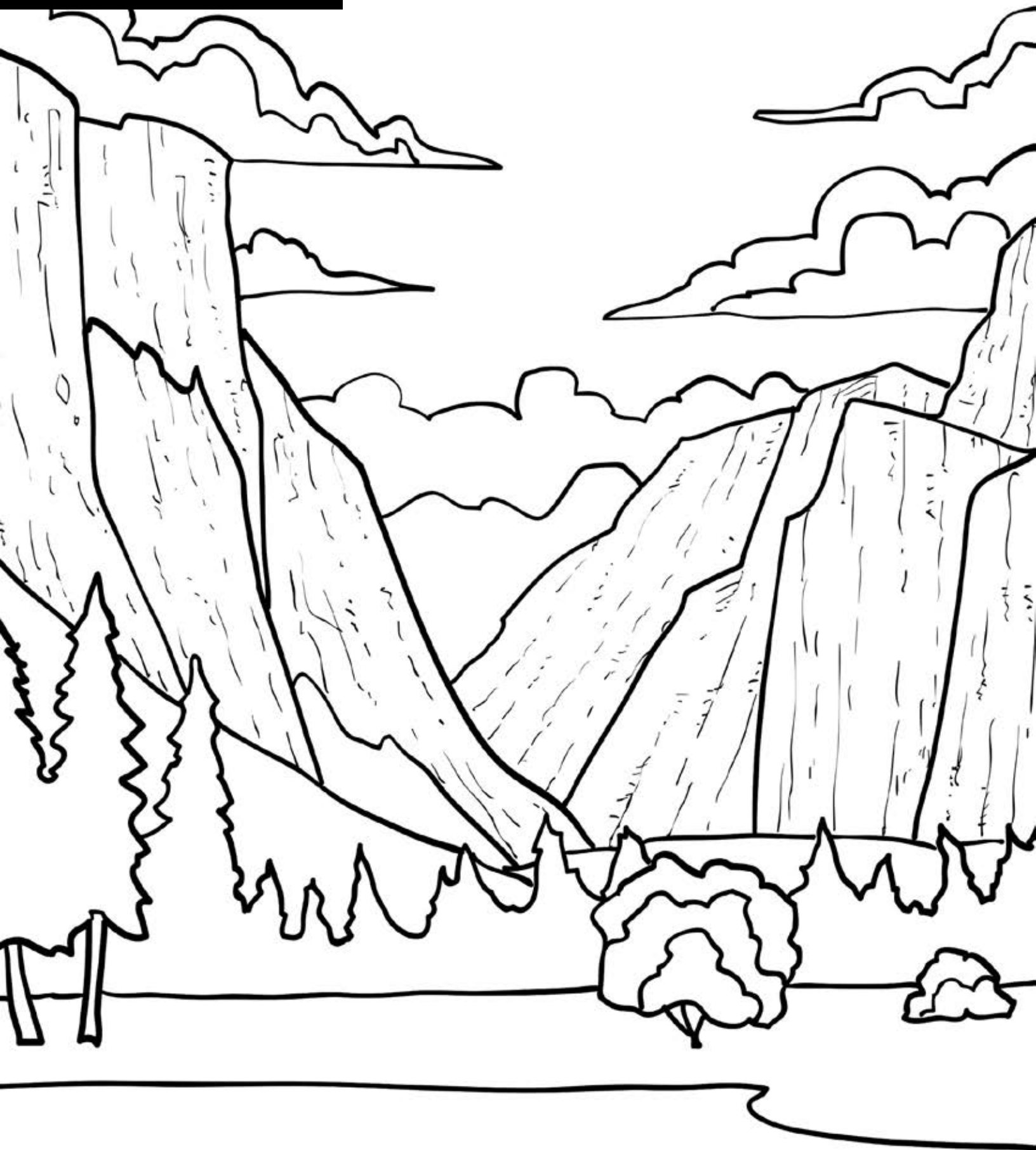
3. Using the point of the skewer, poke a one-inch-deep hole in the top of the ball. Wiggle it around to make the hole wider. Push the tree branch onto the hole, leaving about 2" exposed.
4. To add a flower, poke a hole into the ball using the skewer. Then push the green plastic portion of a flower into the hole.
5. Repeat step 4 to cover the ball with flowers.
6. If the ball has bare areas, fill them in using pom-poms secured in place with pushpins. This is a nice option if flowers are limited.
7. Stick the skewer into the bottom of the ball and then arrange it in a vase or jar with some faux green foliage.

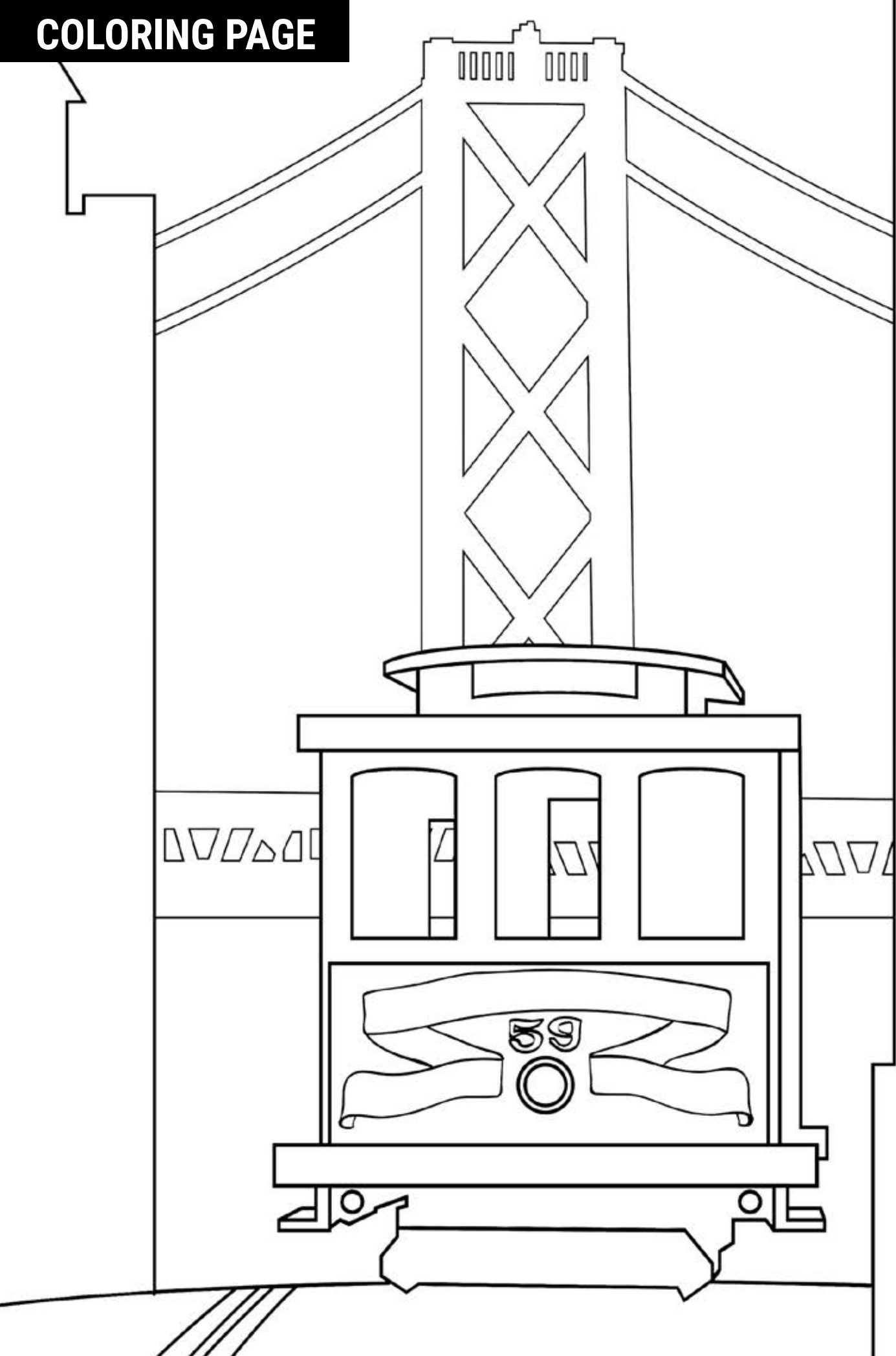
Variation: Instead of using a vase, skip adding the skewer and arrange several floral pumpkins on a bed of faux foliage set directly on the tabletop.





# COLORING PAGE







# Collage Detective: Orange Matters

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

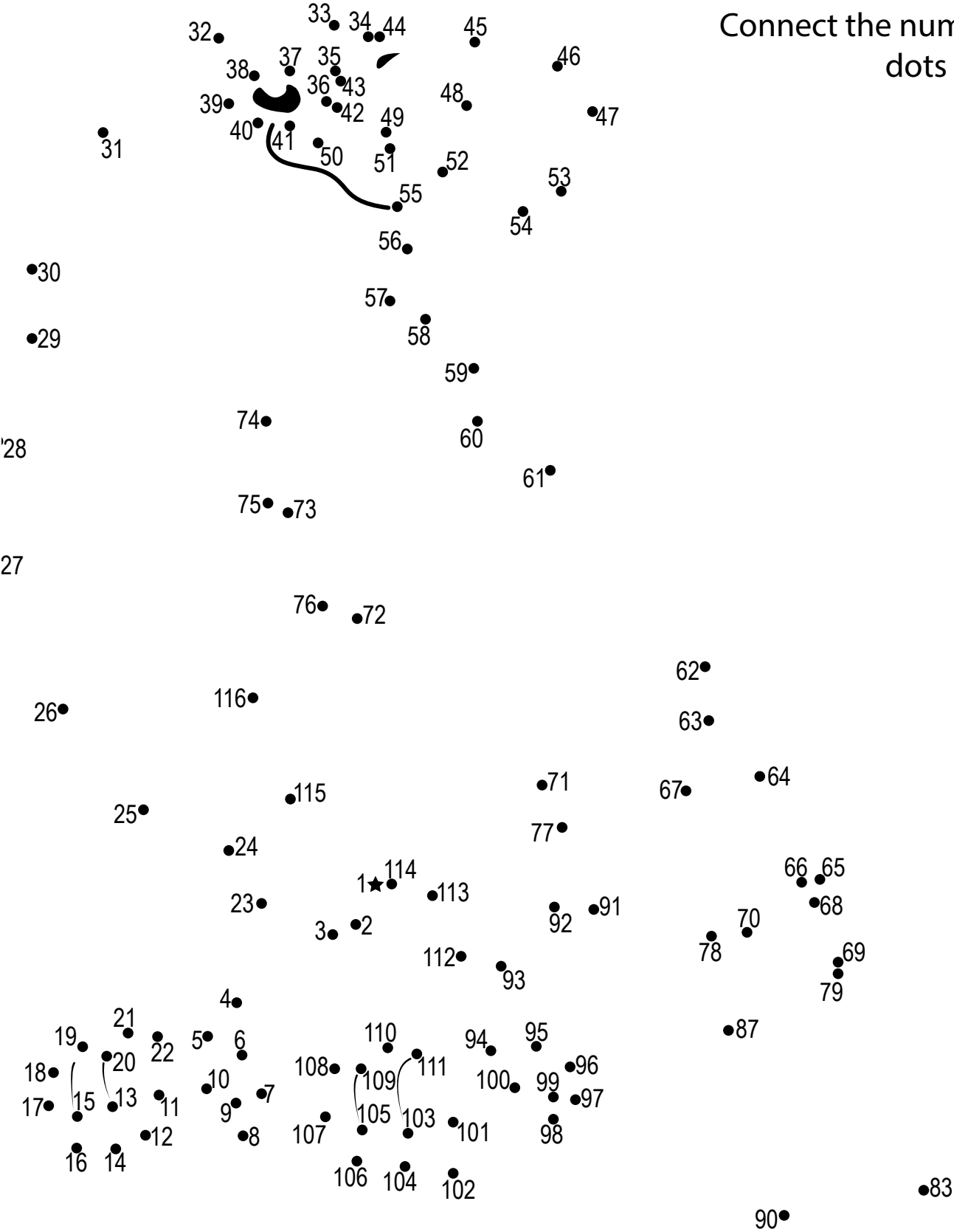
- |                            |                                   |
|----------------------------|-----------------------------------|
| ___ 3 road signs           | ___ 4 traffic cones               |
| ___ 2 cans of paint        | ___ 4 pumpkins                    |
| ___ 3 paintbrushes         | ___ 3 hardhats                    |
| ___ 3 construction barrels | ___ 2 foxes                       |
| ___ 3 lava lamps           | ___ 6 monarch butterflies         |
| ___ 6 fall leaves          | ___ 1 escaped prisoner            |
| ___ 3 pumpkin pies         | ___ 1 goldfish                    |
| ___ 1 orangutan            | ___ 2 glasses of OJ               |
| ___ 7 pieces of candy corn | ___ 6 chrysanthemums              |
| ___ 3 orange tabbies       | ___ Something that doesn't belong |

What else do you see in the picture?



# Dot-to-dot #2

Connect the numbered dots 1–116.





# Agatha Christie

Unscramble the letters to reveal words associated with Agatha Christie.

1. YMSRYTE \_\_\_\_\_
2. SSIM PMALRE \_\_\_\_\_
3. DTEAH NO TEH EINL \_\_\_\_\_
4. LOPT TISTW \_\_\_\_\_
5. CEHRLUE RIOPTO \_\_\_\_\_
6. DRUEMR NO TEH NTOIRE ESXPSRE \_\_\_\_\_
7. NOSIDEOP \_\_\_\_\_
8. DAN NHTE HETRE ERWE OENN \_\_\_\_\_
9. DER HNIGRRE \_\_\_\_\_
10. IEGSISDU \_\_\_\_\_
11. ERMIC \_\_\_\_\_
12. CEKOORD HESUO \_\_\_\_\_
13. IIABL \_\_\_\_\_
14. TCEDTVEIE \_\_\_\_\_
15. OITCIFN \_\_\_\_\_
16. EHT ODYB NI ETH AYLRIRB \_\_\_\_\_
17. ELANGND \_\_\_\_\_
18. WOHUDITN \_\_\_\_\_



# “Corn” on the “Cob”

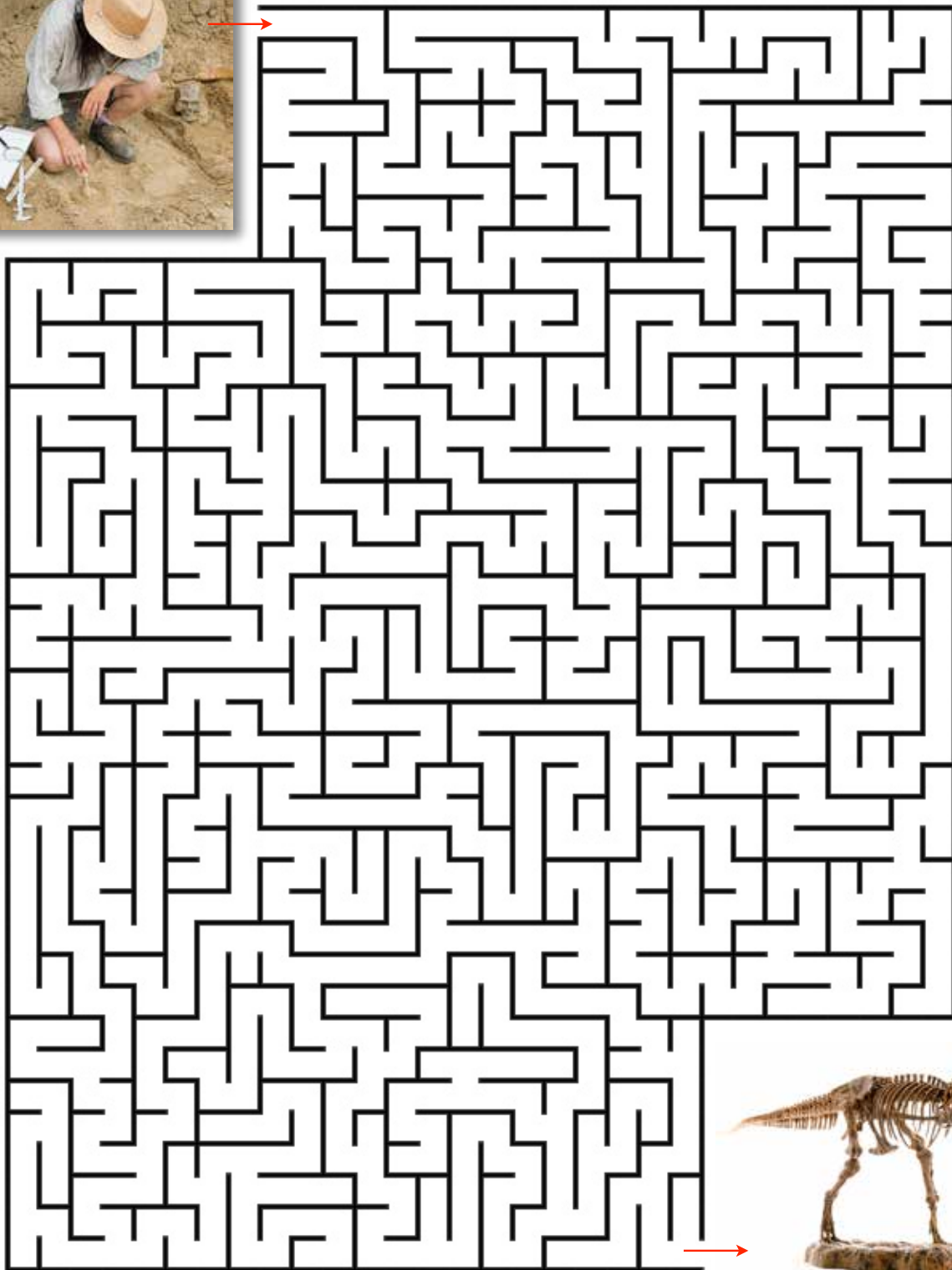
Use the clues to determine words that rhyme with *corn* or *cob*. The first six words rhyme with *corn*, and the remaining 12 words rhyme with *cob*.

1. Trumpet \_\_\_\_\_
2. Brought into the world \_\_\_\_\_
3. Rose hazard \_\_\_\_\_
4. Advise of danger \_\_\_\_\_
5. Ripped \_\_\_\_\_
6. Embellish \_\_\_\_\_
7. Messy person \_\_\_\_\_
8. Occupation \_\_\_\_\_
9. Cotton on a stick; cleans ears \_\_\_\_\_
10. Nose-in-the-air person \_\_\_\_\_
11. Al Capone's group \_\_\_\_\_
12. Soft throw \_\_\_\_\_
13. Door handle \_\_\_\_\_
14. Short hairstyle \_\_\_\_\_
15. Cry loudly \_\_\_\_\_
16. Sci-fi movie, *The* \_\_\_\_\_
17. Apply paint hastily \_\_\_\_\_
18. Steal from \_\_\_\_\_





## A-Mazing Fossil



# Italian Dinner

Match the clues to the words associated with an Italian dinner.

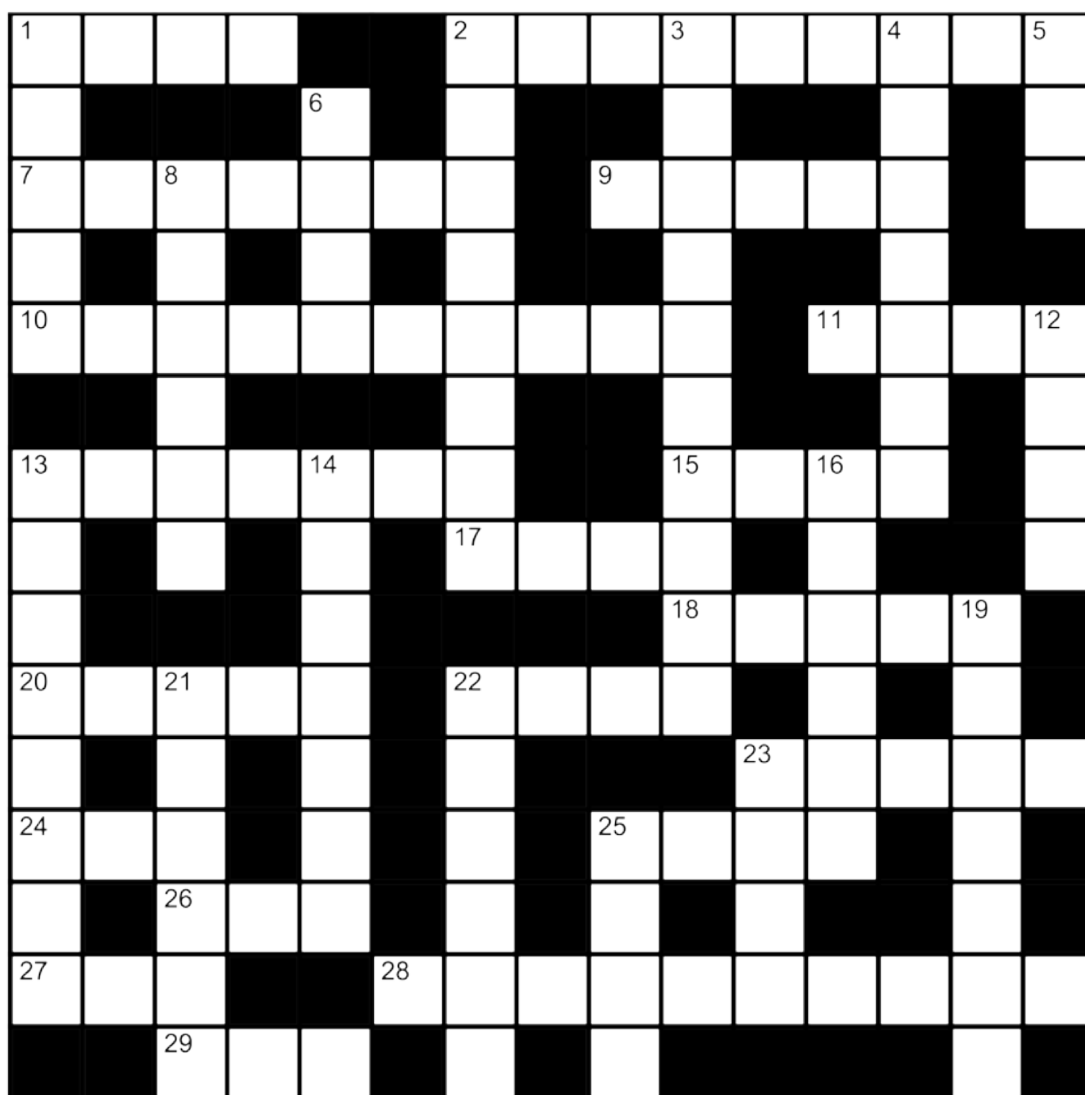
- |                                      |               |
|--------------------------------------|---------------|
| 1. Mild, white cheese _____          | A. spaghetti  |
| 2. Layered pasta dish _____          | B. focaccia   |
| 3. Food often cut into eighths _____ | C. polenta    |
| 4. Italian table wine _____          | D. calzone    |
| 5. Green sauce _____                 | E. mozzarella |
| 6. Italian ice cream _____           | F. marinara   |
| 7. Meatball's partner _____          | G. lasagna    |
| 8. Type of flatbread _____           | H. prosciutto |
| 9. Italian salad _____               | I. pizza      |
| 10. Square pasta with filling _____  | J. minestrone |
| 11. Tube-shaped Italian pastry _____ | K. gelato     |
| 12. Raw cured ham _____              | L. ravioli    |
| 13. Pressed sandwich _____           | M. Chianti    |
| 14. Pizza dough turnover _____       | N. caprese    |
| 15. Fettuccine sauce _____           | O. cannoli    |
| 16. Tomato-based sauce _____         | P. pesto      |
| 17. Thick vegetable soup _____       | Q. panini     |
| 18. Creamy cornmeal side dish _____  | R. Alfredo    |





# Crossword #46

Use the clues to fill in the crossword.



## ACROSS

Across

1. Make over
2. "Seeing is \_\_\_\_\_."
7. Team captains are some
9. Vision-related
10. Hand out; dispense
11. Needed to ignite dynamite
13. Common Broadway offering with lots of singing
15. "I have \_\_\_\_\_ muscles after my workout."
17. \_\_\_\_\_ Strauss & Co. (jeans magnate)
18. Popeye's gal
20. \_\_\_\_\_ the knot; marrying
22. Piggy bank jingler

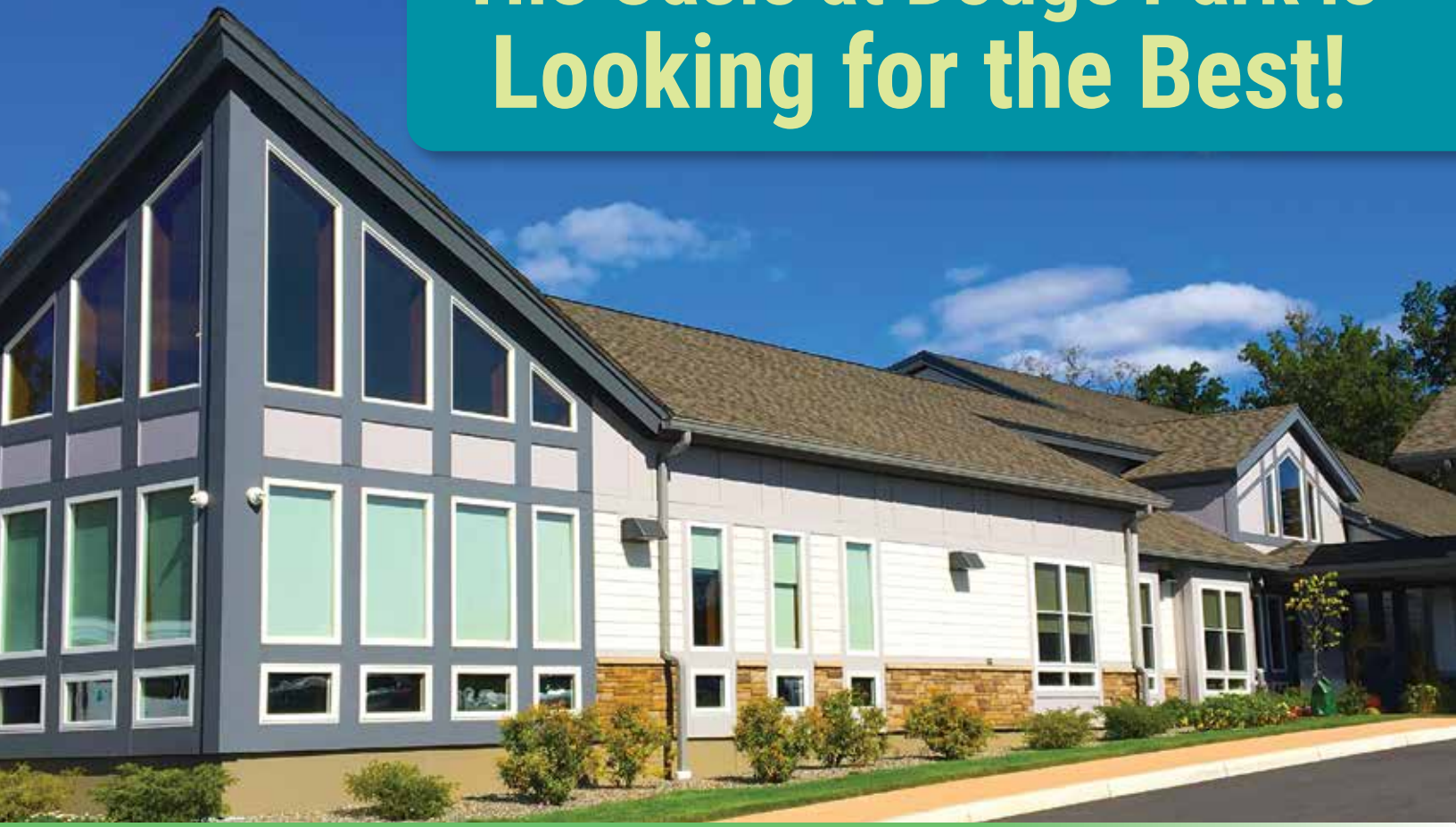
23. "That \_\_\_\_\_ shivers up my spine!"
24. North Celestial Pole, abbrev.
25. Felines
26. Peculiar
27. Knight's title
28. An untouched forest
29. Pub fixture

## DOWN

1. Reigned
2. Sport at which Willie Mays excelled
3. Comedic imitation
4. "Please \_\_\_\_\_ payment with your order."
5. Generation \_\_\_\_\_ (difference

- between ages)
6. Burn the surface of
8. Provide help
12. Test
13. Encounters
14. Cleared one's throat
16. Elevates
19. Infinite
21. Ship in from abroad
22. Straightforward in speech
23. "When You Wish Upon a \_\_\_\_\_"
25. Secret message

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

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

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- 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
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- Your loved one may be eligible to stay when their money runs out!



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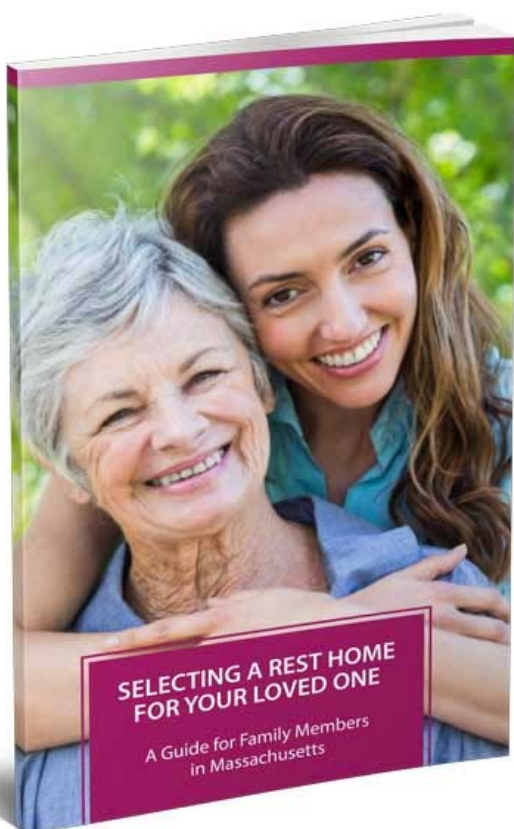


# Selecting a Rest Home For Your Loved One

## 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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# 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](mailto:m.shalev@dodgepark.com) or call 508-853-8180**

**You can also attend the meeting virtually.**

Please email [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) to receive the Zoom address prior to the meeting.

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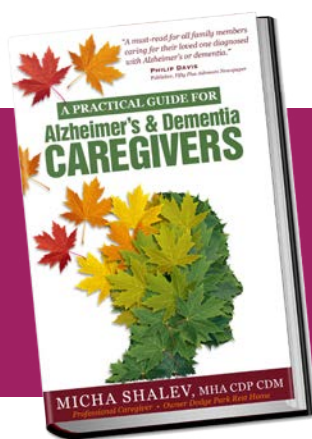
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



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*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



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*Rest Home and Day Club*

## Yes, we can help if your loved one:



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

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## FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

*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](http://www.DodgePark.com)  
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# Dodge Park



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