

NOVEMBER 2025

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HAPPY
November

*A Cheerful
Heart is Good
Medicine*

Memories are made at Dodge Park & Oasis

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

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

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

— Micha Shalev & Ben Herlinger, Administrators /Owners



Neighborhood Connection is now digital!

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



Bringing LIFE to Those We Serve

10 Common Mistakes People Make When Selecting a Long Term Care Facilities for Loved One Diagnosed with Dementia and/or Alzheimer's Disease

By Micha Shalev MHA CDP

When families and seniors select an long term care community, it's a momentous, life changing decision. You want to get it right the first time. It can be such an intimidating choice that many families come down with "analysis paralysis" and indefinitely postpone a decision out of fear of making the wrong choice. Fortunately, the decision becomes easier as you expand your knowledge. Here are ten common mistakes that families make during the process of selecting a senior community:

1. Not Being Realistic About Current or Future Needs

It's important to balance optimism with a dose of realism. Be realistic about you or your loved one's current care needs as well as their anticipated care needs. Ideally, you will choose a community that is equipped to provide care now, and in the future as your loved one ages. For example, if your loved one has Alzheimer's disease, it may be prudent to choose a community where dedicated memory care is available, even if it's not necessary at the moment. Moving a loved one from facility to facility is not only burdensome and costly on your long term financial planning to your family, it can also be emotionally and physically detrimental to the senior, particularly a loved one is affected dementia, which makes adapting to changes especially difficult.

2. Judging the Book by its Cover

People provide care, not facilities. Lavish features are not necessarily an indicator of quality care. Sometimes families assume a community is right for their loved one because it has lavish features, but later realize fancy furniture and beautifully landscaping are not telltale indicators of quality care. They often find that they need move their loved one another community, one that's, perhaps, less shiny but more appropriate in terms of care or atmosphere. Luxury senior living does not necessarily equate to quality senior care. A beautiful, modern, and upscale facility is just as prone to oversights and errors as a community that looks a little dated or tired, or that has more modest features and amenities than its opulent competitor. Quality of care is not something you can discern just by driving past a community to see how green the lawn is, or by poking your head in the lobby-door to gauge the ambiance and whether or not it smells nice. Yes, comfort is important and some seniors appreciate a posh lifestyle, but try to look beyond the overstuffed pillows and other trappings of luxury

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

to get more balanced view of communities that you are considering. Most important check the facility reviews online and see what other family members has to say.

3. Choosing a Community to Match Your Tastes Instead of Your Parent's

Often the adult child chooses the place that they like most instead of thinking about what their loved one likes – for example, new chandeliers and a wonderful heated pool when Mom's house is homey and she never liked swimming." Obviously, we encourage families to get their older loved ones as involved as possible in the decisions making process, but if your loved one is too frail or too afflicted with memory loss to participate in the decision making process or to visit communities with you, carefully consider his or her personality and preferences rather than your own as you weigh the options.

4. Overplaying the Importance of Proximity

Another mistake that families make is overemphasizing the importance of finding the closest community possible. Sometimes the adult child chooses the nearest community based on the intention of visiting their parent everyday even though another community 10 or 20 miles further away may be a much better fit. Remember that your parent will be engaged in many activities at the community and that visiting every day is usually an unrealistic expectation to put on yourself. Go with the best fit.

5. Making a Decision Too Quickly

In the introduction we noted that some families become so overwhelmed with the choice that they need to make that they don't make a decision at all. But sometimes families do the opposite. They are in such a rush to resolve a difficult crisis that they choose the very first open room they find in the very first facility they visit, which is probably even less effective than choosing randomly. While delaying necessary care is obviously dangerous, choosing too quickly is also problematic.

6. Choosing a Community Appropriate for the Parent of Yesteryear Instead of the Parent of Today

The problem with many family well-meaning plan was that they are making arrangements for the mom or dad that they used to know, and not who she had become.

7. Not Reading the Fine Print

Facility contracts are generally relatively straightforward, at least compared to other kinds of legal documents, but they still can contain confusing legalese, or involve additional fees that aren't completely apparent. Some families are caught unprepared by fees or price increases that they would have been aware of had they reviewed their contract. Some communities charge individually for each service ("à la carte pricing") while other communities may rank the level of care that a resident needs on a scale (for example, one a 1 to 5 scale), with care costs based on the level of care the nursing staff determines is needed. Some communities don't charge a care fee at all, but instead opt to provide an "all inclusive" pricing model whereby resident's fees do not depend at all on care needed. At a community with all inclusive pricing, a very frail resident who requires a high level of care has the same fees as a resident who is mostly or even entirely independent (assuming they are in comparably priced apartments), and this is your best choice for future financial planning.

8. Going It Alone

There's no need struggle through the search alone, risking costly mistakes or dangerous blunders.

Many people pride themselves on their independent spirit, but when making a decision this big, it's usually wise to gather multiple perspectives on your senior housing options. Get feedback from as many people as possible: friends who have gone through the process, your care management team of loved ones', a geriatric

care manager and a Senior Living Advisor. This kind of professional can help save you hours of time and stress by narrowing your choices to the places that meet your specific needs. They help families evaluate issues such as care requirements, finances, and amenity preferences."

If you do find that your loved one is living in an inappropriate senior community, don't be afraid to admit that you may have made the wrong decision. Then pivot and make a change quickly rather than digging into a situation that isn't going to work out in the long run.

9. Fail to interview

Many children are not asking for references. Ask to speak with current residents and or their responsible party. You will be able to get the real picture of a life at the community. Ask to review the most recent state survey and talk with the facility licensing agency. In most state it is a public record. Contact the ombudsman office who is in charge of the facility. Most Ombudsman program visiting the facility on a regular base, sometimes on a weekly base. They can provide you an insight as well.

10. Long Term Financial Planning.

Always think about the end game. Many consumers are moving into assisted living and when money run out, they asked to leave the community. Make sure that any facility you will go, there is a plan in place to ensure that your loved one will be able to stay at the facility. I have been personally witnessed to cases where residents asked to leave outside of assisted living communities after paying for 3, 4 and 5 years of private pay, and when money run out so their options to find a decent communities.

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





Gathering with Gratitude

ENJOY A FUN AND RELAXING
AFTERNOON WITH FOOD
AND MUSIC!

Dodge Park

**WEDNESDAY,
NOVEMBER 12, 2025
3:00PM - 5:00PM**

RSVP to
dodgeparkreception@dodgepark.com



**WEDNESDAY,
NOVEMBER 19, 2025
3:00PM - 5:00PM**

RSVP to
oasisreception@dodgepark.com

101 & 102 RANDOLPH ROAD, WORCESTER



• ❁ •

Making Spirits Bright



Enjoy a fun and relaxing afternoon
with food and music!



Dodge Park

**WEDNESDAY,
DECEMBER 10, 2025
3:00PM - 5:00PM**

RSVP to
dodgeparkreception@dodgepark.com



**WEDNESDAY,
DECEMBER 17, 2025
3:00PM - 5:00PM**

RSVP to
oasisreception@dodgepark.com

101 & 102 RANDOLPH ROAD, WORCESTER



AROUND DODGE PARK AND OASIS





Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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

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



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

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

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

Unparalleled Level of Care and Service

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





The rooms are clean and comfortable. My dad loves the food at Dodge Park. He's never been a big eater and has always been skinny as a rail until now. He's a healthy weight and raves about the food. The people at Dodge Park truly care about the residents. It's so good to not have to worry about the level of care he is getting.

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.

The staff is wonderful. They are very attentive and involved with the residents. There is an entertainer every afternoon. The owner is often walking around the place with his dog. He is very approachable and visible. The nursing staff is caring and gentle. I don't worry about my family member because I know he is safe and well cared for at The Oasis.



Micha, Ben, Renée, Donna and Staff;

Thank you all so much for the
gorgeous flowers and thoughtful
donation to plant a tree in Vic's memory.

He would have loved that.

It also meant the world to me that
your staff was so supportive with
Vic and our family showing him
respect, dignity and kindness.

I felt the warmth and concern for
myself as well. There was always a smile
and hug when I needed it.

Many thanks to the excellent
Oasis team.

With Gratitude,
The Family of Victor M. Jr.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">November 2025</h1>						10:00- Daily Chronicle White Board Word Games Guided Stretches 10:30- Residents Write a Story 2:00- Autumn A Through Z 2:30- Live Music w/ Arizona Doug 3:30- Our Favorite Side Dishes 6:00- Broadway Musicals
Daylight Saving Ends 10:15- Congregational Church 11:00- Hymns of Worship 2:00- History of Daily Savings 2:30- Live Music w/ Gary L. 3:30- Thanksgiving Riddles 4:00- Sounds of the Season 6:30- Hot Chocolate Station 7:00- Sunday Night Movie	10:30- Catholic Mass w. Father E Walking Group 11:00- Holiday Baking Demo 2:00- What Are you Grateful For? 2:30- Exercise w/ Paula S. 3:30- Large Group Crossword 4:00- Commercial Reminiscing 6:30- Unexpected Blessings Story	10:00- November Sensory Bins Cozy Homemakers Corner 10:30- Creating Pie Suncatchers 11:00- Visiting Pilmoth Patuxet 2:00- Harvest Mad Libs 2:30- Live Music w/ Mike O. 3:30- True or False Trivia 7:00- New England Patriots Rewind	10:00- Kindred Hearts Discussions Art Therapy w/ Lynda S. 10:30- November Name 10 11:00- 1950's Thanksgiving 2:00- Favorite Pie Flavor Polls 2:30- Live Music w/ Sandy R. 3:30- Music Match Up 7:00- Family Friendly Movie	10:00- Dodge Park Baking Club Ring Toss Tournament 10:30- Famous Couple Match Up 11:00- Macy's Parade History 2:00- Bucket Ball 2:30- Exercise w/ Paula S. 3:30- Thankful Word Mining 6:30- Hand Massage & Manicures	10:00- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 10:30- Gratitude Leaves 11:00- Group Sing-A-Long 2:00- Colors of the Season 2:30- Live Music w/ Greg P. 3:30- Turkey Word Match 7:00- Game Show Network	10:00- Daily Chronicle White Board Word Games Guided Stretches 10:30- Residents Write a Story 2:00- Autumn A Through Z 2:30- Our Favorite Side Dishes 3:10- Live Music w/ Lenny Z. 6:00- Broadway Musicals
10:15- Congregational Church 11:00- Hymns of Worship 2:00- Daily Chronicle 2:30- Live Music w/ Bill M. 3:30- Thanksgiving Riddles 4:00- Sounds of the Season 6:30- Hot Chocolate Station 7:00- Sunday Night Movie	10:30- Catholic Mass w. Father E Walking Group 11:00- Holiday Baking Demo 2:00- What Are you Grateful For? 2:30- Exercise w/ Paula S. 3:30- Large Group Crossword 4:00- Commercial Reminiscing 6:30- Unexpected Blessings Story	Veterans Day 10:00- Honoring Dodge Veterans 10:30- Veterans Day Services 11:00- Patriotic Sing-A-Long 2:00- Battles that Changed History 2:30- Live Music w/ Sean F. 3:30- Veterans Day Discussion 4:00- U.S. Army Band Concert 7:00- New England Patriots Rewind	Dodge Family Party 10:00- Kindred Hearts Discussions Art Therapy w/ Lynda S. 10:30- November Name 10 11:00- 1950's Thanksgiving 2:00- Favorite Pie Flavor Polls 2:30- Live Music w/ Jordan G. 3:30- Music Match Up 7:00- Family Friendly Movie	10:00- Ping Pong Gatherers Ring Toss Tournament 10:30- Famous Couple Match Up 11:00- Macy's Parade History 2:00- Bucket Ball 2:30- Exercise w/ Paula S. 3:30- Thankful Word Mining 6:30- Hand Massage & Manicures	10:00- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 10:30- Gratitude Leaves 11:00- Group Sing-A-Long 2:00- Colors of the Season 2:30- Live Music w/ Arizona Doug 3:30- Turkey Word Match 7:00- Game Show Network	10:00- Daily Chronicle White Board Word Games Guided Stretches 10:30- Residents Write a Story 2:00- Autumn A Through Z 2:30- Live Music w/ Rusty G. 3:30- Our Favorite Side Dishes 6:00- Broadway Musicals
10:15- Congregational Church 11:00- Hymns of Worship 2:00- Daily Chronicle 2:30- Live Music w/ Rusty G. 3:30- Thanksgiving Riddles 4:00- Sounds of the Season 6:30- Hot Chocolate Station 7:00- Sunday Night Movie	10:30- Catholic Mass w. Father E Walking Group 11:00- Holiday Baking Demo 2:00- November Birthday Party 2:30- Exercise w/ Paula S. 3:30- Large Group Crossword 4:00- Commercial Reminiscing 6:30- Unexpected Blessings Story	10:00- November Sensory Bins Cozy Homemakers Corner 10:30- Creating Pumpkin Wreaths 11:00- Visiting Pilmoth Patuxet 2:00- Harvest Mad Libs 2:30- Live Music w/ Sean F. 3:30- True or False Trivia 7:00- New England Patriots Rewind	10:00- Kindred Hearts Discussions Art Therapy w/ Lynda S. 10:30- November Name 10 11:00- 1950's Thanksgiving 2:00- Favorite Pie Flavor Polls 2:30- Live Music w/ Sandy R. 3:30- Music Match Up 7:00- Family Friendly Movie	10:00- Ping Pong Gatherers Ring Toss Tournament 10:30- Famous Couple Match Up 11:00- Macy's Parade History 2:00- Bucket Ball 2:30- Exercise w/ Paula S. 3:30- Thankful Word Mining 6:30- Hand Massage & Manicures	10:00- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 10:30- Gratitude Leaves 11:00- Group Sing-A-Long 2:00- Colors of the Season 2:30- Live Music w/ Russ R. 3:30- Turkey Word Match 7:00- Game Show Network	10:00- Daily Chronicle White Board Word Games Guided Stretches 10:30- Residents Write a Story 2:00- Autumn A Through Z 2:30- Live Music w/ Jordan G. 3:30- Our Favorite Side Dishes 6:00- Broadway Musicals
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div><div></div><div><h1>November 2025</h1></div><div></div></div>							10:00- Balloon Toss Up Daily Chronicle 10:45- Exercise w/ Paula S. 2:15- Live Music w/ Sandy R. 3:30- Basket Grabbers Music Match Up 6:30- Manicure Stations 7:00- Johnny Carson Show
Daylight Saving Time Ends 2 10:00- Church Services 10:45- Exercise with Paula S. 11:30- Discuss Classic Side Dishes 2:00- Group Crossword Puzzle 2:15- Live Music w/ Bill M. 3:30- All About Daylight Savings Ten Pin Bowling 6:00- Fireside Storytelling	10:00- Favorite Pie Polls 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 2:00- Autumn Mad Libs 2:15- Live Music w/ Sean F. 3:30- Counting Steps Walking Group Famous Couple Matchup 6:30- New England Patriots Rewind	10:00- What Are We Thankful For? 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:30- November Name 10 2:15- Live Music w/ Paul B. 3:30- Card Games & Puzzles Bucket Ball 6:30- Meditation & Hand Massage	10:00- Linked Senior Games 10:30- Exercise w. Joe F. 11:30- Thanksgiving Riddles 2:15- Live Music w/ Russ R. Art Therapy w/ Lynda S. 3:30- Junk Drawer Detectives Parachute Circle 6:30- Unexpected Blessings Stories	10:00- True or False Trivia 10:30- Exercise w/ Paula S. 11:30- Scattegories 2:00- Harvesting A Through Z 2:15- Live Music w/ Arizona Doug 3:30- Creating Pie Suncatchers Ping Pong Round Up 7:00- Turner Classic Movies	10:00- Thanksgiving Food Trivia 10:30- Exercise with Paula S. 11:30- Daily Chronicle 1:30- Oasis Baking Club 2:15- Live Music w/ Tom G. 3:30- Noodle Hockey November Word Games 7:00- Friday Night Family Movie	10:00- Balloon Toss Up Daily Chronicle 10:45- Exercise w/ Paula S. 2:00- Live Music w/ Lenny Z. 3:30- Basket Grabbers Music Match Up 6:30- Manicure Stations 7:00- Johnny Carson Show	
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<div><div></div><div><h2>The Oasis At Dodge Park</h2></div><div></div></div>							



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

NOVEMBER OBSERVANCES

Monthly

American Diabetes Month. For the millions of people at risk for diabetes, November is a time to get educated, find resources, and make sure everyone is aware of their risk. And for the millions of people living with diabetes, it's a chance to tell their stories and awaken the world.

National Epilepsy Awareness Month. One in 10 people will have a seizure in life, and one in 26 will develop epilepsy during their lifetime. Emotional health is important for people with epilepsy, along with their family members, caregivers, and friends. With the power of community, we can bring hope to everyone experiencing the challenges of epilepsy.

National Native American Heritage Month. What started at the turn of the century as an effort to win a day of recognition for the first Americans and the significant contributions they made to the establishment and growth of the United States has resulted in a whole month dedicated to that purpose.

National Runaway Prevention Month. National Runaway Prevention Month is a public awareness campaign designed to spotlight the experiences of runaway and homeless youth who too often remain invisible, and to highlight the resources available to support youth in crisis around the nation.

Weekly

National Animal Shelter Appreciation Week, Nov. 2-8. There are approximately 3,500 animal shelters across the United States, housing the estimated 6-8 million homeless animals that seek refuge each year—only half of which are adopted. National Animal Shelter Appreciation Week is a perfect opportunity for you, your family, and your community to become acquainted with your local shelter and help homeless pets.

Hunger and Homelessness Awareness Week, Nov. 16-20. Hunger and Homelessness Awareness Week is an annual program where people come together to draw attention to the problems of hunger and homelessness. Participating groups spend the week holding a series of educational, service, fundraising, and advocacy events.

SPECIAL DAYS

- 1 International Coffee Day
- 1 International Day for the Elderly
- 1 National Kale Day – The first Wednesday of October.
- 1 National Homemade Cookies Day
- 1 Pumpkin Spice Day
- 1 World Vegetarian Day
- 1 Yom Kippur – begins at sunset. The date varies.
- 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 – The first Friday of the month
- 4 International Frugal Fun Day
- 4 National Golf Day
- 4 National Taco Day
- 4 World Card Making Day
- 5 Do Something Nice Day
- 5 Oktoberfest – In Germany ends. The date varies.
- 5 World Teacher's Day
- 6 Chinese Moon Festival – The date varies.
- 6 Come and Take it Day
- 6 Mad Hatter Day
- 6 Physician Assistant Day
- 7 Frappe Day
- 7 International Walk to School Day
- 7 National Forgiveness Day
- 8 American Touch Tag Day
- 8 Emergency Nurses Day
- 8 National Pierogi Day
- 8 Take Your Teddy Bear to Work Day
- 9 Curious Events Day
- 9 Fire Prevention Day
- 9 Leif Erikson Day
- 9 Moldy Cheese Day
- 10 International Newspaper Carrier Day
- 10 National Angel Food Cake Day
- 10 World Egg Day – The second Friday of the month.
- 10 World Homeless Day
- 11 International Day of the Girl Child
- 11 It's My Party Day
- 11 National Motorcycle Ride Day
- 11 Tender Loving Care Day
- 12 Cookbook Launch Day
- 12 Old Farmer's Day
- 12 Moment of Frustration Day
- 12 National Gumbo Day
- 13 Canadian Thanksgiving Day
- 13 Columbus Day
- 13 Indigenous People Day
- 13 International Skeptics Day
- 13 National M&M Day
- 14 National Dessert Day – Take an extra helping, or two.

SPECIAL DAYS

15 Fossil Day – The date varies.
15 National Grouch Day
15 National Take Your Parents to Lunch Day
15 White Cane Safety Day
16 Bosses Day – The 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 Hindu Diwali Day – The date varies.
21 International Nacho Day
21 Pumpkin Cheesecake Day – find a recipe, too.
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 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 Mother-In-Law Day – The fourth Sunday in October.
26 National Mincemeat Day
26 National Pumpkin 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
27 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 Frankenstein Friday – The last Friday in October.
31 Halloween
31 Increase Your Psychic Powers Day

Weekly

National Nurse Practitioner Week, Nov. 9-15.

National Nurse Practitioner Week is held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so nurse practitioners will be allowed to use the full extent of their experience and education.

Daily

Fountain Pen Day, Nov. 7. Celebrated by enthusiasts worldwide as a time to embrace, promote, and share the use of fountain pens.

Armistice Day, Nov. 11. Also called Veterans Day in the United States, the date of the signing of the armistice that ended World War I.

National Check Your Wipers Day, Nov. 16. The change of seasons and start of holiday travel is the perfect time to start thinking about the condition of your vehicle's wiper blades.

International Survivors of Suicide Loss Day, Nov. 23.

An event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

Thanksgiving, Nov. 27. Enjoy some turkey while spending time and giving thanks with your family and friends.





Plant of the Month – ZZ Plant

The ZZ plant, or *Zamioculcas zamiifolia*, is a favorite houseplant. This resilient perennial is native to Africa, where it thrives in grasslands, along riverbanks, and in dry, forested areas with sandy, low-nutrient soil. It has sturdy, waxy, glossy green leaves that start near the soil and run up the length of each stem. When it flowers, it produces small, white, lily-like blooms. It reproduces by dropping leaflets that can take root and grow into a new ZZ plant. It's a great "starter houseplant," as it's very difficult to kill. While this hearty plant grows more quickly in indirect, bright sunlight, the ZZ plant can survive with limited light and care for long periods, and it stores water as a part of its root system to help it survive periods of drought. However, overly harsh sunlight and overwatering can damage the plant. Because it tolerates neglect well, it's often kept in offices, hospitals, and other busy public spaces..

Flower - Chrysanthemum



November's birth flower is the chrysanthemum, a beautiful perennial and a favorite of many gardeners and flower enthusiasts. Chrysos is Greek for "gold." Although mums can be found in a rainbow of colors today, their wild ancestors were limited to a fine, goldenyellow hue. Beautiful as they are, this flower is more than just a pretty face. In fact, mums are used in a variety of products, such as teas, wine, and a medicine that helps ward off the flu. Additionally, NASA discovered that mums planted indoors can remove air pollutants.

Birthstone – Yellow Topaz



Yellow topaz, known as "precious topaz," is one of November's birthstones. Topaz was named for the ancient Red Sea island Topasos, now called St. John. Topaz is most commonly found in shades of yellow and gold. However, it also comes in blue, pink, red, orange, green, brown, and even black. In the ancient world, yellow topaz was the symbol of Ra, the Egyptian sun god, because of its golden glow. A gift of a yellow topaz symbolizes friendship and is said to give the wearer strength and smarts. find true love.

November Celebrations Around the World

While Americans eat turkey, stuffing, and pumpkin pie each November, people around the world have their own traditions this month.

England: Bonfire Day

Also called Guy Fawkes Day, Bonfire Day marks the failed assassination of England's King James I, more than 400 years ago. Each November 5, the people of the UK celebrate with revelry and bonfires.

Argentina: Día de la Tradición

Día de la Tradición ("Day of Tradition"), on November 10, is an annual celebration of gaucho (cowboy) culture and the birthday of Argentine poet José Hernández, whose work explored gaucho life.

Germany: Narrentag

Narrentag, or Fool's Day, is a day of revelry that marks the beginning of Carnival season. Narrentag celebrations begin each November 11 at 11:11 a.m.

Japan: Shichi-Go-San

This yearly festival is held on November 15 to celebrate the growth and well-being of young boys and girls. Shichi-Go-San means "seven-five-three" in Japanese, honoring the healthy development of children at those critical milestone ages.

NOVEMBER FUN FACTS

November got its name from the Latin word novem, which means “nine.” The month was originally the ninth month in the Roman calendar. The earliest Roman calendar consisted of 10 months and 304 days. It was the Roman ruler Numa Pompilius who added January and February to the beginning of the year. Though the Roman senate attempted to rename the month on several occasions, no new name could be decided upon. Hence, the name November stuck.

November Birthdays

Lyle Lovett (singer) – November 1, 1957
Anna Wintour (editor) – November 3, 1949
Vivien Leigh (actress) – November 5, 1913
Sally Field (actress) – November 6, 1946
Carl Sagan (scientist) – November 9, 1934
Demi Moore (actress) – November 11, 1962
Whoopi Goldberg (actress) – November 13, 1955
Rock Hudson (actor) – November 17, 1925
Calvin Klein (fashion designer) – November 19, 1942
Chester Gould (cartoonist) – November 20, 1900
Jamie Lee Curtis (actress) – November 22, 1958
Joe DiMaggio (ballplayer) – November 25, 1914
Diane Ladd (actress) – November 29, 1935
Samuel Clemens (author) – November 30, 1835



Beaver Moon

Colonial Americans and the Algonquin people referred to November's full moon as the beaver moon. This full moon marked the time of year that beaver traps needed to be set before the swamps froze, ensuring a steady supply of warm furs for the coming chilly winter nights. Another name for the November full moon is the frost moon, an homage to the month's increasingly brisk air.

What's Lucky in November?

Lucky Colors: Brown and Gray

Lucky Animal: Moose

Lucky Letters: G and V

Lucky Day: Thursday

Lucky Plant: Squash



November Riddle

What letter comes next in the following sequence?

M, A, M, J, J, A, S, O, __

Answer: N, for November.

The letters represent the first letter of each month, beginning with March.

November Zodiacs

Scorpio (The Scorpion) November 1–21

Sagittarius (The Archer) November 22–30



A very *Happy Birthday* to...

Dodge Park Residents

Nelly D. November 7
Evelyn F. November 13
Dr. Charles K. November 24

Oasis Residents

Susan R. November 3
Barbara S. November 24
Armand C. November 26
Paul B. November 26
Marion W. November 26
Joseph D. November 27

Staff

Tatiana A. November 5
Megan M. November 8
Gabrielle R. November 9
Estephania E. November 9
Adrianna P. November 10
Mami M. November 11
Marie I. November 15
Jessica G. November 18
Lawrence P. November 20
Valeria G. November 22
Gretty D. November 22
Rebecca L. November 22
Merlaine V. November 27
Kassee C. November 28



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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The Armistice Day Blizzard rocked the nation

Nov. 11 is Armistice Day (called Veterans Day in the United States), the date in 1918 that marked the end of World War I. It's also the date of one of the biggest snowstorms ever to hit the U.S.—the Armistice Day Blizzard of 1940, which killed 150 people and thousands of livestock in the Midwest.

According to the National Weather Service website, a strong weather system originating in the Pacific Northwest destroyed the Tacoma Narrows Bridge on Nov. 7, and moved across Colorado by Nov. 10, headed for the central states. In Minnesota and western Iowa, Nov. 11 started out with temperatures in the 50s, prompting many duck hunters to head out in search of game. At first these hunters were pleased with the number of ducks and waterfowl flying overhead, not realizing they were fleeing the oncoming storm. When temperatures dipped rapidly, falling rain turned to sleet and snow, and hunters in boats encountered 15-foot swells and winds of 70-80 mph. Hundreds lost their boats, and many drowned or froze to death when the early moderate temperatures dropped below freezing.

The storm created drifts of snow up to 20 feet high across the Midwest, burying cars and stranding passenger trains. Three large ships in the Great Lakes sank, with a loss of 58 sailors. Iowa's apple industry was devastated by the storm, causing farmers to shift from orchards to fields of corn and soybeans.

The storm forced the National Weather Service to revise its forecasting procedures. Instead of being directed by the Chicago office, forecasting responsibilities shifted to regional centers that could offer more timely and accurate weather predictions.

On the scene at the first Thanksgiving

We all know the story of the first Thanksgiving—how the pilgrims who settled in Plymouth, Massachusetts, were aided by a Pawtuxet native named Squanto who taught them how to cultivate corn, catch fish, avoid poisonous plants, and other necessary skills for survival.

After the pilgrims' first successful corn harvest in November of 1621, Governor William Bradford invited the Native Americans living around the colony to a feast of celebration. Here's how one Pilgrim, Edward Winslow, recorded the event:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together, after we had gathered the fruits of our labors; they four in one day killed as much fowl, as with a little help beside, served the Company almost a week, at which time amongst other Recreations, we exercised our Arms, many of the Indians coming amongst us, and amongst the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five Deer, which they brought to the Plantation and bestowed on our Governor, and upon the Captain and others. And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty."

And that's what Thanksgiving is all about.





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Is the High Protein Diet Trend Healthy?

There are three macronutrients that our bodies need to function, carbohydrates, fats and proteins. Proteins are crucial for repairing tissues, making important hormones and enzymes as well as antibodies, thus making them a vital part of the immune system. Proteins are also an energy source for the body. Proteins are made up of individual amino acids, most of which we make in our own bodies. Nine amino acids however, cannot be made in the body. They are classified as “essential” and must be obtained from the foods we eat. Proteins are found in both animal foods (like meat, eggs and dairy products) and plant foods (like beans and nuts).

Higher protein diets are quite common today. They can be an effective way to lose weight if practiced appropriately. Eating protein at each meal helps control appetite. Protein in the diet also helps protect the body from losing too much muscle mass with weight loss. A body with good muscle tone has a better metabolic rate which in turn, helps the body burn more calories and fat.

There is a trend right now for higher protein food products. Look around the packaged food aisles in the grocery store and it is easy to find high protein labels on many products such as granola and granola bars, cereals, yogurts, waffles, breads, frozen meals and even muffin mixes and soups.

Eating a high protein diet can be healthy provided one follows some “rules”. Whenever a “diet” restricts an entire food group, it is not only

unhealthy, it is unsustainable longterm. The best way to eat higher protein is to choose lean protein sources such as skinless grilled poultry, fish, eggs, beans and nuts but also include some healthier carbohydrates that provide a good amount of fiber and are also nutrient-dense. An important guideline to follow is to be aware of the “protein package”, in other words, what else is in the food item along with the protein? For example, a steak can contain a lot of protein but can also come along with saturated fat. Ham is high in sodium. Fish, on the other hand, also provides heart healthy omega-3 fatty acids and lentils are high in fiber.

Plant-based proteins are great options. Not only do they provide a good protein source they are good sources of complex carbohydrates which are good for energy and fiber. Choose a variety of plant-based high protein foods to ensure the best mix of essential amino acids. Good examples of high quality plant-based foods include lentils, beans, edamame, tofu, peanuts, tree nuts (such as almonds, pistachios, walnuts and cashews) and seeds (such as pumpkin seeds, sunflower seeds, flax seeds, sesame seeds and chia seeds), quinoa, rice, oats and whole wheat.

Dairy foods, specifically milk, cheese and yogurt are good protein foods as well. Choose low fat varieties for better health outcomes. The market is full of higher protein yogurts right now. Choose Greek yogurt with at least 15 grams of protein per serving for a high quality protein source (and yogurt comes with a bonus a calcium and vitamin D.)

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.



Turkey Day Leftover Casserole in a Mug

Makes 1 serving

Ingredients:

- Cooking spray
- 2 tablespoons turkey gravy or cream of chicken soup
- 1 tablespoon milk
- Pinch of dried thyme or poultry seasoning
- 1/2 cup cooked chopped turkey
- 1/3 cup prepared stuffing
- (Optional) 1 tablespoon canned cranberry sauce

Directions:

1. Lightly spray a large microwave-safe mug with cooking spray.
2. In a small bowl, mix gravy or cream of chicken soup, milk, and seasoning. Stir in turkey.
3. Layer half the stuffing in the mug.
4. Spoon in the turkey mixture.
5. Top with remaining stuffing.
6. Microwave on high for 1 to 1 1/2 minutes until hot in the center.
7. Let cool for 1 minute before eating. Add cranberry sauce on top if desired.



Savory Cranberry Stuffing Snack Mix

Makes 6 servings

Ingredients:

- 2 cups seasoned stuffing cubes (dry)
- 1 cup mini pretzels
- 1 cup corn or rice cereal squares
- 1/2 cup dried cranberries
- 1/2 cup roasted sunflower seeds or chopped pecans
- 1/4 cup melted butter
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried thyme

Directions:

1. Preheat oven to 300°F.
2. In a large bowl, mix stuffing cubes, pretzels, cereal squares, cranberries, and seeds or nuts.
3. In a small bowl, stir together melted butter, Worcestershire sauce, garlic powder, onion powder, and thyme.
4. Pour the butter mixture over the dry ingredients and gently toss to coat evenly.
5. Spread mixture on a baking sheet lined with parchment paper.
6. Bake for 20 to 25 minutes, stirring once halfway through, until lightly crisp.
7. Let cool completely before serving or storing in an airtight container.



Gingerbread Cranberry Jam Thumbprint Cookies

Makes 16 servings

Ingredients:

- 1 cup flour
- 1/4 cup brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/4 teaspoon baking soda
- 1/4 cup softened butter or margarine
- 1/4 cup molasses
- 1/4 cup cranberry jam (or cranberry sauce)

Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium bowl combine flour, brown sugar, ginger, cinnamon, and baking soda.
3. Add softened butter and molasses. Stir until a soft dough forms.
4. Roll dough into 1-inch balls and place on baking sheet.
5. Use your thumb to gently press an indent into the center of each cookie.
6. Fill each indent with a small spoonful of cranberry jam.
7. Bake for 10 to 12 minutes. Allow to cool before serving.

Spiked Mulled Apple Cider

Makes 2 servings

Ingredients:

- 2 cups apple cider
- 2 cinnamon sticks
- 4 whole cloves
- 2 star anise pods (optional)
- 2 orange slices
- 2 ounces dark rum or bourbon
- Honey to taste
- Apple slices or orange peel (for garnish)

Directions:

1. In a small saucepan, combine apple cider, cinnamon sticks, cloves, star anise (if using), and orange slices.
2. Heat over low heat until steaming, about 10 to 15 minutes. Do not boil.
3. Remove from heat and strain to remove spices and orange.
4. Stir in dark rum or bourbon and a little honey if desired.
5. Pour into mugs and garnish with a fresh apple slice or orange peel.



Worried about a loved one with memory loss?

Dementia Warning Signs

- Forgetting newly-learned information
- Challenges completing familiar tasks
- Misplacing things or unable to retrace steps
- Changes in personality, mood, or decisions



**Call us to get help today.
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Gourd-geous Happy Hens

Paint faux gourds and then add red felt and paisley stickers.
Arrange one or more in a flowerpot of mums.

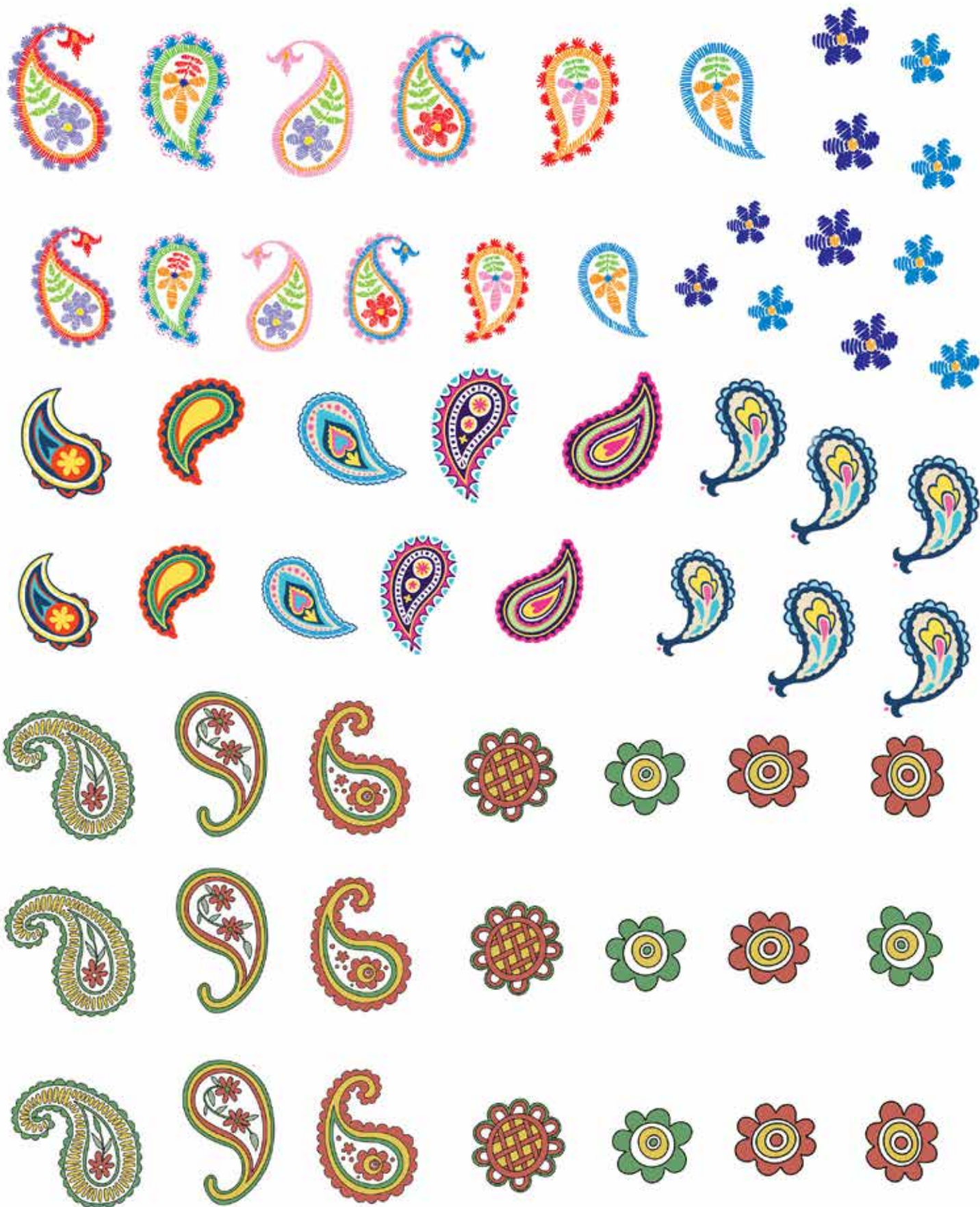
You will need:

- Paisley sticker designs printed on 8 1/2" X 11" clear label paper
- Small artificial gourd(s)
- Slice tool for scoring the back of stickers
- Chrysanthemums (faux or real)
- Flowerpot with weighted filler (gravel, dried beans, popcorn kernels, etc.)
- Acrylic paint (yellow for the beak and color of choice for the hen's body)
- Paintbrush and paint supplies
- Wooden skewer (one per gourd)
- Red felt (2" x 3")
- Raffia or crinkled kraft paper shreds
- Scissors, black permanent marker, wire cutters, glue gun

Directions:

1. To make one hen, push a gourd onto a skewer and then paint it in a playful hen color of choice. Paint the stem yellow to make the beak. Set aside to dry for 20 minutes.
2. Cut out a crown and gobbler from the red felt. Carefully hot glue them onto the gourd.
3. Make a black marker dot on both sides for the eyes.
4. Cut out 8 to 12 paisley stickers. Use the Slice tool to score the paper backing of each sticker to easily peel off the backing.
5. Apply the stickers to complete your happy hen.
6. Arrange the flowers in the flowerpot. Top off the pot with raffia or crinkled paper.
7. Push the skewer into the flowerpot to add a hen. Use wire cutters to shorten the skewer if needed.
8. To make more hens, repeat steps 1–5. Arrange them in the flowerpot, shortening some of the skewers so the hens are different heights.





Turkey Lollipop Holder

Cut and assemble foam disks to make a turkey with lollipop tail feathers.

You will need:

- 8" foam disk and 6" foam disk
- 2 craft eyes (1/4" to 1/2")
- Red and yellow card stock (2" X 2" each)
- Card stock cut into a 3" circle (light color of choice)
- Wooden skewer
- Brown craft paint, paintbrush, and painting supplies
- Serrated kitchen knife and wire cutters
- Scissors, white school glue, Scotch tape, and marker (color of choice)
- 20 to 24 colorful lollipops

Directions:

1. Cut both foam disks in half using a serrated knife.

2. Cut one of the halves of the 8" disk into a 4" tall keyhole shape. This will be the turkey's head and neck.

3. Assemble the foam pieces to form a turkey. The 4" tall half moon is the back layer, the 3" tall half moon is the middle layer, and the keyhole shape is the front layer. Attach the layers with glue.

4. Push the wooden skewer through the layers to help hold them in place. The skewer should be about 1" from the top of the head.

5. Using the skewer as a handle to keep the project from moving, paint the foam turkey brown.

6. Allow the paint to dry and then use wire cutters to cut off the excess skewer.

7. Cut the yellow and red card stock to make a triangular beak and a red wattle. Glue them to the head, placing the beak over the cut end of the skewer. Attach craft eyes, just above the beak.

8. Using a colored marker, write a funny message on the card stock circle, and tape the back of the circle to the remaining piece of skewer to make a sign. Push the end of the skewer into the shoulder of the turkey.

9. For the final touch, add the colorful lollipop "feathers" to the half-moon shapes. Push the sticks into the foam, spacing the lollipops about 1" apart.



ACTIVITY IDEAS

Framed Fall Flowers

Craft pipe cleaner flowers and then display them in a dollar store frame. Wrap twine around the bottom and tie it with a bow.

To make a mum, you will need:

- Five 12" pipe cleaners (flower color of choice)
- Two 12" green pipe cleaners
- Green floral tape
- Wire cutters, ruler (or paper ruler design printed on card stock, pieced together with Glue Dots)

To make a fall daisy, you will need:

- Three 12" pipe cleaners (flower color of choice, brown, green)
- Green floral tape, Sharpie marker (any color)
- Wire cutters, Glue Dots, ruler

To display flowers in a frame, you will need:

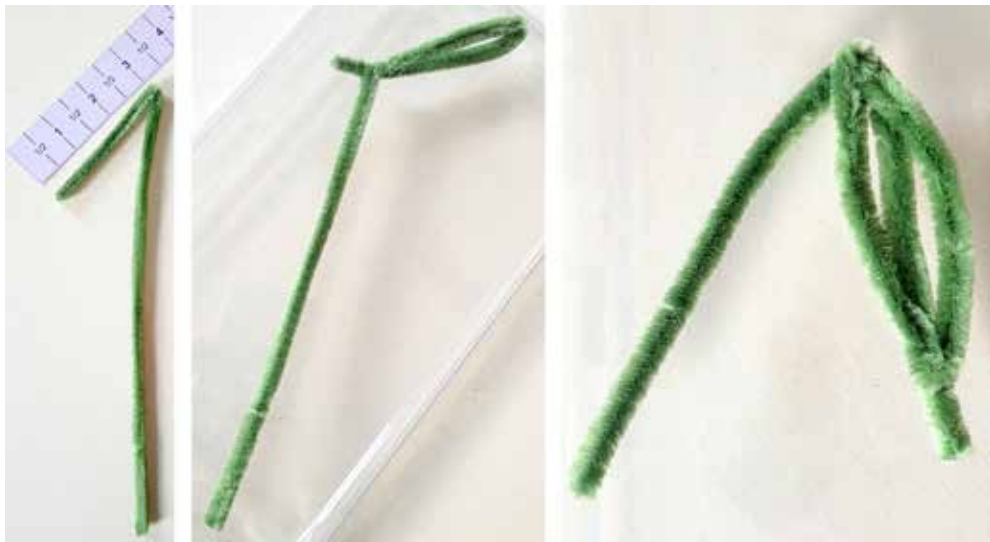
- 4" X 6" dollar store frame
- 4" X 6" light blue paper
- 5 yards of twine
- Green floral tape, Glue Dots

Directions to make a mum:

1. Using a ruler for accurate measuring, cut a flower-colored pipe cleaner into three 4" pieces using wire cutters. Repeat with the remaining flower-colored pipe cleaners to make a total of 15 pieces for the petals.



2. Bend a green pipe cleaner 4" from the end. The long end will be the stem.
3. Evenly stack the petals to make a bundle. Wrap the bend in the green pipe cleaner around the center of the bundle. Tightly twist the green pipe cleaner to hold the center of the bundle of petals together. Then wrap the short end around the stem.
4. Bend the 6 center petals up and then push the other petals down. Bend the end of a center petal by a 1/2" from the tip, as shown in the center photo above. Then bend it again by a 1/2" to complete a short center petal. Repeat with the remaining 5 center petals.
5. Select 10 petals surrounding the small, folded petals in the center. Fold these petals in half.
6. Fold the remaining petals, bending the tips down by 1/2". Fluff the petals so they resemble a mum.
7. To make a leaf, bend a green pipe cleaner 3" from the end. Then twist the tip of the short portion around the long section of the pipe cleaner to make a narrow loop as shown in the center photo below.



8. Bring the long piece up to the top curve of the loop. Wrap it around the top curve once and then bend it down.

9. Twist the ends together as shown in the first photo below.



10. Bend and mold the sides of the leaf to form ripples along the edges.

11. Complete the flower by wrapping floral tape around the stem and then adding a leaf as shown.

Directions to make a fall daisy:

1. Tightly coil the flower colored pipe cleaner around the marker to make a spring. Then use wire cutters to cut the brown pipe cleaner 4" from the end. Coil the small piece to make a brown disk. This is the center of the flower.



3. Fan out the petals. Squeeze the end of each petal that is closest to the center of the flower. Then twist the petals 90 degrees to make daisy petals.
4. Use a Glue Dot to attach the brown disk in the center.



5. Repeat steps 7–11 on page 1 to make and attach a leaf.
6. Repeat the steps to make one or two more flowers.
7. To display the flowers, frame the blue paper, attaching the back in place. Do not use the frame glass or plexiglass.
8. Coil the end of the stems to shorten them. Attach the coils in place using Glue Dots. Use more Glue Dots to secure the leaves and flowers in place.
9. Wrap twine around the bottom of the frame and then tie the ends into a bow on the front. Your framed fall flowers are now ready to hang.

1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6	1/2	
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7	1/2	8	1/2	9	1/2	10	1/2	11	1/2	12	
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1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6	1/2	
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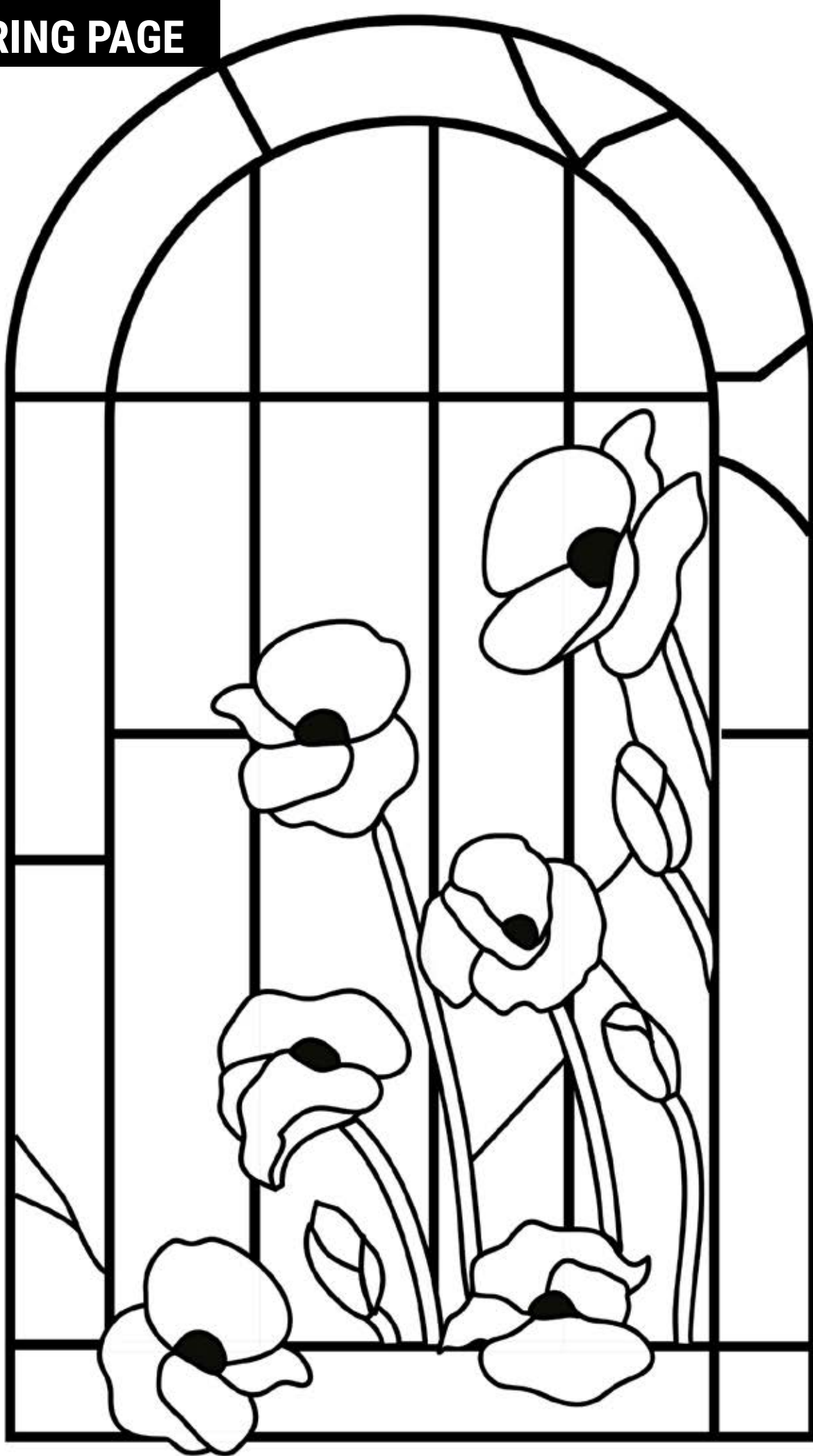
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1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6	1/2	
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7	1/2	8	1/2	9	1/2	10	1/2	11	1/2	12	
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1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6	1/2	
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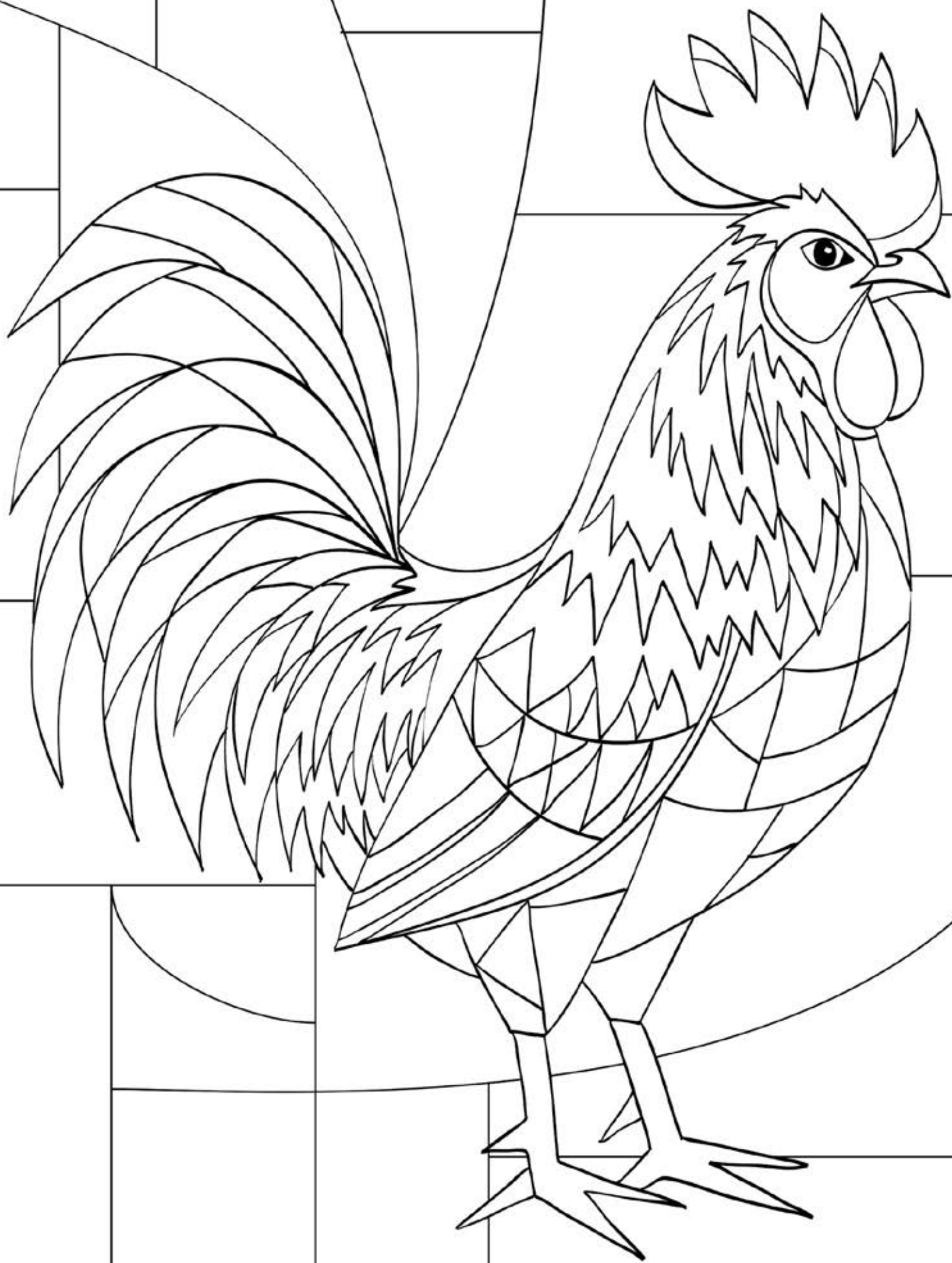
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COLORING PAGE



COLORING PAGE



Collage Detective: Bread

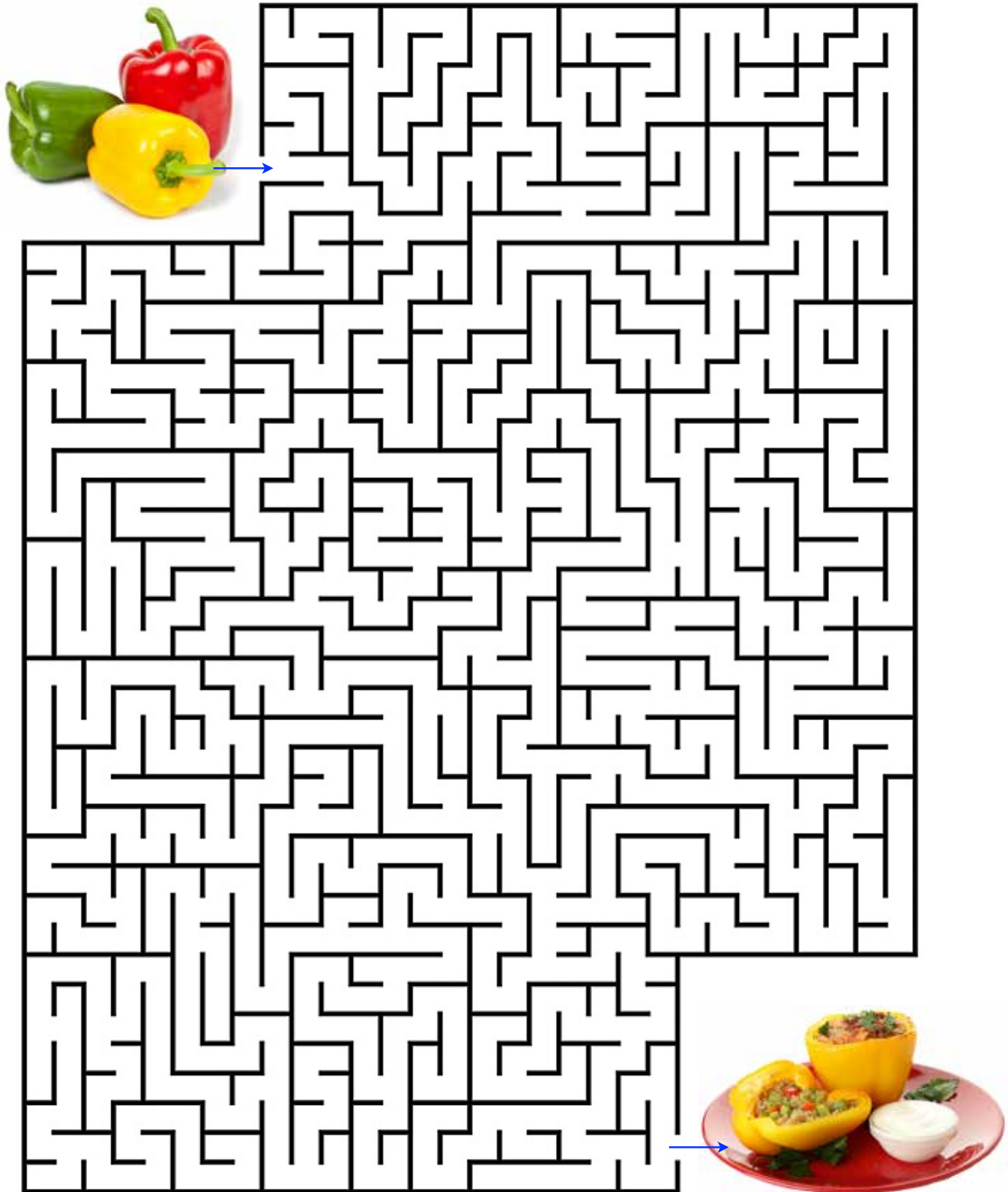
Search the puzzle to find the items listed below.
Mark them with a check when they've been detected.

- | | |
|------------------------|-----------------------------------|
| ___ 4 jars of jam | ___ 1 butter knife |
| ___ 2 aprons | ___ 3 kitchen towels |
| ___ 2 oven mitts | ___ 4 bottles of vegetable oil |
| ___ 6 sticks of butter | ___ 2 sacks of flour |
| ___ 3 loaf pans | ___ 3 yeast packets |
| ___ 5 loaves of bread | ___ 4 measuring cups |
| ___ 4 bagels | ___ 2 sets of measuring spoons |
| ___ 6 slices of toast | ___ 2 kitchen timers |
| ___ 2 cutting boards | ___ 5 rolling pins |
| ___ 1 bread knife | ___ Something that doesn't belong |

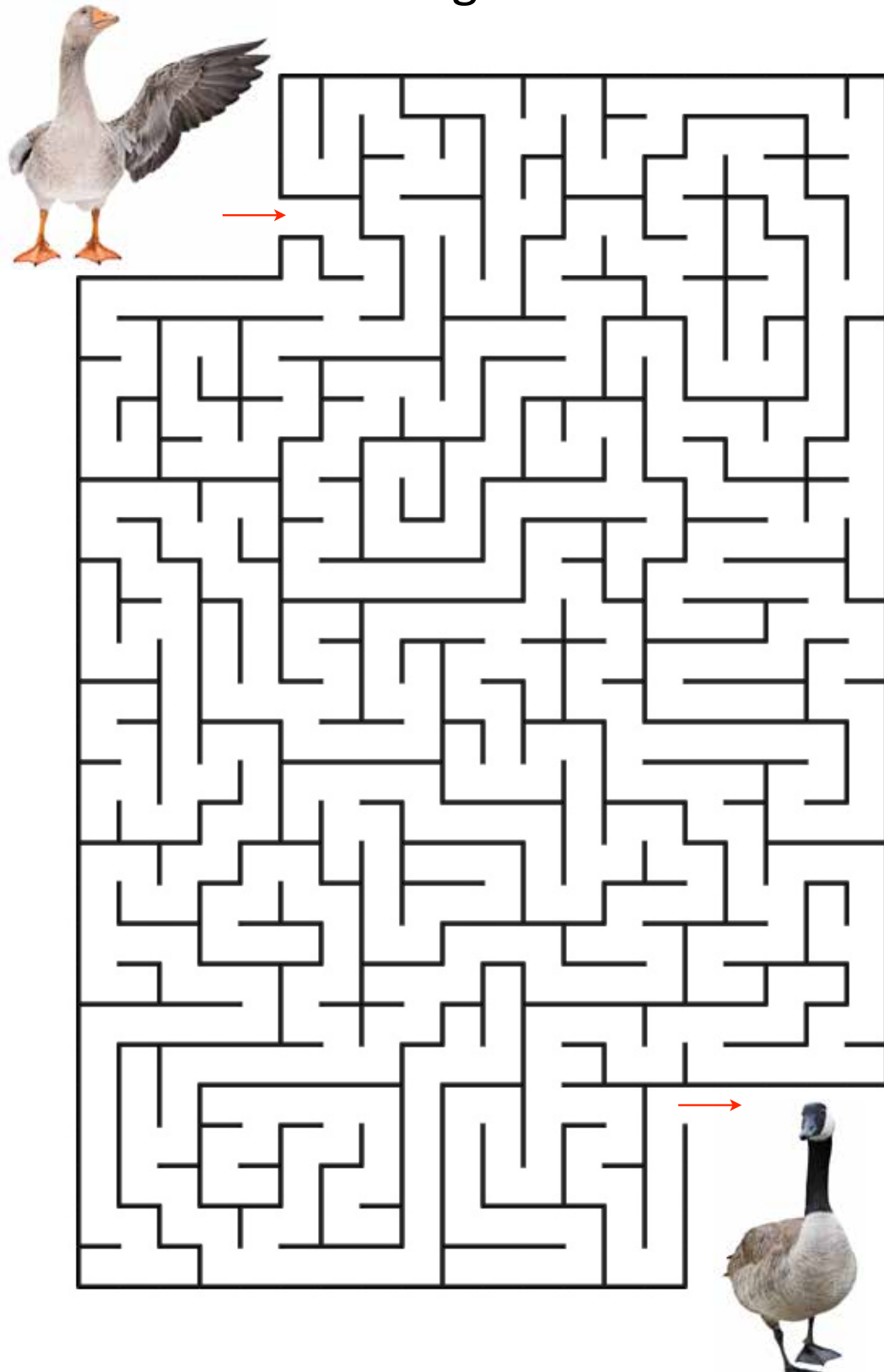
What else do you see in the picture?



A-Mazing Bell Peppers



A-Mazing Geese



Charades

The words listed below can be found vertically and horizontally.



ACTING	MIME
BOOKS	MOVIES
CLUES	SILENT
GESTURE	SYLLABLES
GUESS	TEAM



Turkey Dinner

Fit the list of words into the puzzle.



PIE
CORN
PEAS
WING
YAMS
BASTE
CARVE

GRAVY
JUICY
ROLLS
THIGH
SPICES
GIBLETS
ROASTED

POTATOES
STUFFING
CASSEROLE
DRIPPINGS
TURKEY DINNER

Searching for November

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

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



ACORNS

AUTUMN

(Black) FRIDAY

BEAVER (Moon)

CHILLY

DAYLIGHT (Saving)

FEAST

FIREPLACE

GRATEFUL

LEAVES

MAIZE

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCORPIO

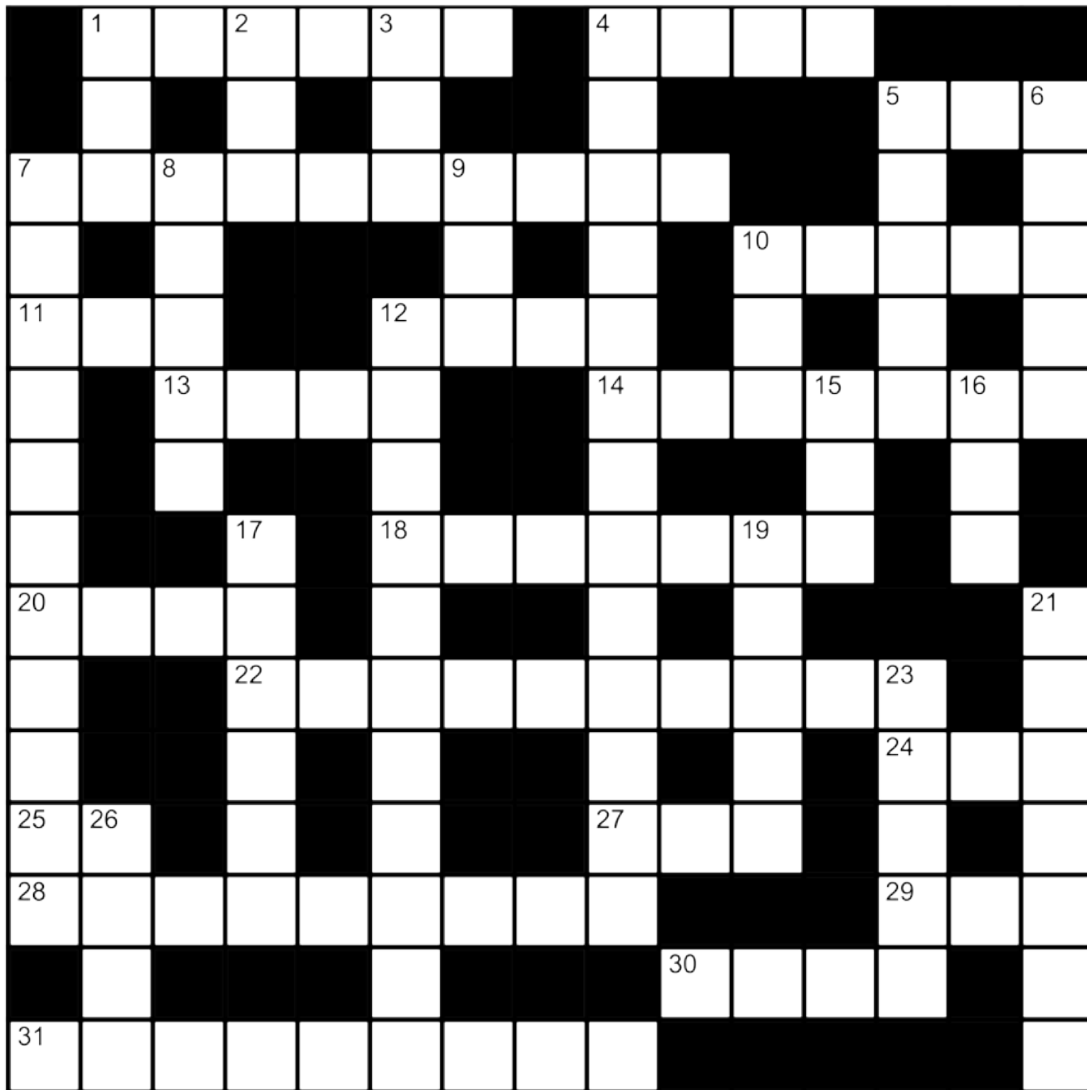
THANKSGIVING (Day)

TOPAZ

VETERANS (Day)

Crossword #47

Use the clues to fill in the crossword.



ACROSS

1. Take on, as an identity
4. "Do ___ others as..."
5. Simple bed in a tent
7. Numerical data
10. Fastener with a Phillips head?
11. Cataract site
12. Nightcrawler
13. Well-off
14. Extremely angry; irate
18. Fanatical; excessive
20. Volcanic flow
22. Research workplace
24. Acorn-bearing
25. Triage area
27. Soapmaker's need
28. At wits' end; hopeless

29. Environmental prefix

30. Go yachting
31. Basic structure

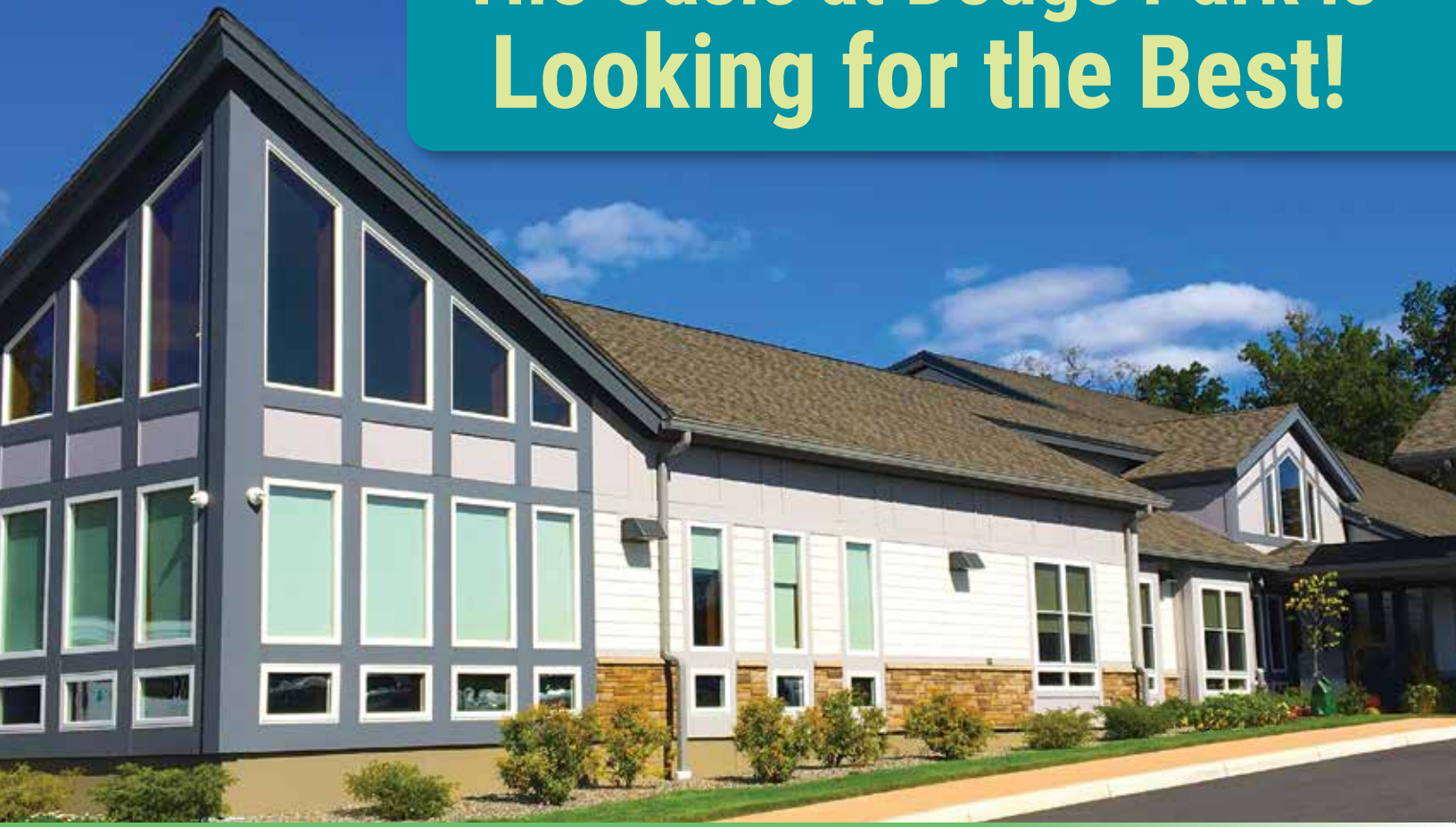
DOWN

1. Gallery display
2. Canine command
3. Mexican American Society, abbrev.
4. Awkward
5. Freight
6. They're larger than villages
7. Developed a particular strength or skill
8. Ready for anything
9. Concept embodying yin and yang

10. Science and Human Rights, abbrev.

12. Backyard load hauler
15. In Case of Emergency, abbrev.
16. Strike caller
17. Hurry on horseback
19. Bullwinkle, for one
21. Anonymous
23. Alpine song
26. Backside

The Oasis at Dodge Park is Looking for the Best!



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

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

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- Safe, secure, state-of-the-art facility
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The Oasis at Dodge Park is more affordable than you think and provides a higher level of care than traditional assisted living.

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

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and
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Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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



In this guide, you'll learn:

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

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A \$29 VALUE

Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

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

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

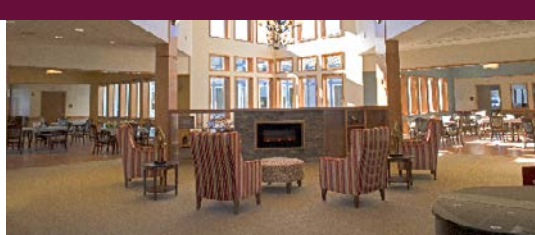
You can also attend the meeting virtually.

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

Dodge Park



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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

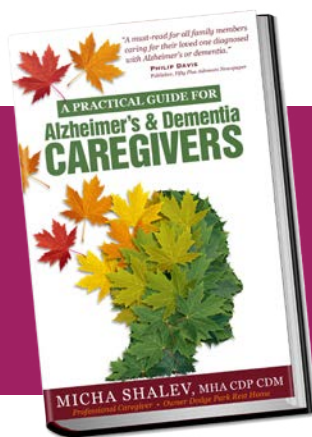
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

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in Massachusetts 5 years in a row

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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REST HOME**



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