

# NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER



## 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

*A Cheerful  
Heart is Good  
Medicine*



**Bringing LIFE to Those We Serve**

## Dealing with Agitation and Anxious Behaviors:

1. Step away for a moment and then converse with the resident using calm, positive affirmations.
2. Reassure the resident by slowing yourself down.
3. Add additional light and space if possible.
4. Offer guided choices between two options.
5. Focus on pleasant memories and events.
6. Limit stimulation.
7. Genuinely listen to their frustrations and find out what may be causing the behavior.
8. Provide reassurance using calming phrases.
9. Involve the resident in his/her leisure choices engaging them and diverting attention away from the behavior.
10. Modify the environment. Decrease noise and distractions, or relocate.
11. Find outlets for the resident's energy. They actually may be looking for something to do that you would never have thought to offer.
12. Check yourself. Do not raise your voice, show alarm or offense, or corner, crowd, restrain, criticize, ignore or argue with the resident.
13. Take care not to make sudden movements out of the resident's view.
14. Share your experience with other Recreation/Activity Professionals by joining national/state/local associations, search online support community and message boards, and share what response strategies have worked for you.
15. Most residents function better during a certain time of day; typically mornings are best. Consider the time of day when making appointments or scheduling

### **Dodge Park & Oasis at Dodge Park**

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101 Randolph Road, Worcester, MA 01606

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**Phone:** 508.853.8180 **Fax:** 508.853.4545

### **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

large social events. Choose a time when you know the resident is most alert and best able to function at his/her best.

16. Take a break. If the resident is in a safe environment and you are able, walk away and take a moment for yourself; breathe!

17. If the resident is unable to calm down, seek assistance from other professionals.

18. Celebrate small successes and occasions.

19. Find ways that each resident can contribute to community life and be sure to recognize his/her contributions.





20. Provide reassurance that the resident is loved, respected and appreciated as part of his/her new family, and not just for what she/he can do now.

21. Reassure the resident that he/she will not be abandoned. There will always be “that resident” who denies that he/she is having any problems with agitation and anxious behaviors, making it that much harder for the Recreation/Activity Professional to know what the individual is truly dealing with each day.

“An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.” ~ Eden Alternative, The Ten Principles, Principle #5 The following “ABC List” offers suggestions to help support the “magic of the season” and encourage residents to feel both included and appreciated and hopefully reduce their anxious/anxiety levels:

\*Caroling – there’s nothing better than ushering in the holiday with the beautiful rhythms and melodies of the season.

\*Church Events – churches and synagogues are filled with a variety of festive events and happenings during the season.

\*Cooking – holiday foods/treats; and don’t forget to include the resident in the distributing process of the goodies to healthcare team members, families and friends.

\*Crafts – a special time to “work the hands and minds”.

\*Decorating, Gift Wrapping and Lighting – brings new colors and themes throughout the community.

\*Event Planning – have the resident feel productive

and full of purpose by making him/her the party organizer! His/her opinion is important. More specific, let the resident delegate tasks to you!

\*Friends – it’s easy to neglect friends throughout your life, and the same happens with our residents. Take the time to call some of your residents’ friends and get them together during the holiday season. No one relates better to the elderly than the elderly.

\*Shopping – it’s always exciting to get outside “the walls” of the healthcare community and become part of the “holiday crowd”.

\*Volunteering – Giving back to others is one of the most important principles of Eden Alternative: “An Elder-centered community create opportunity to give as well as receive care. This is the antidote to helplessness.” ~ Principle #4h

***Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. He can be reached at 508-853-8180 or by e-mail at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or view more information online at [www.dodgepark.com](http://www.dodgepark.com).***





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# 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](mailto:dodgeparkreception@dodgepark.com)



## OASIS

AT DODGE PARK

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

RSVP to  
[oasisreception@dodgepark.com](mailto:oasisreception@dodgepark.com)

**101 & 102 RANDOLPH ROAD, WORCESTER**







# *Employee Holiday Fund*

To all our family members, friends and supporters,

It's hard to believe but the 2025 Holiday Season is right around the corner.

As in past years, we've been asked by family members recently about holiday gifts for our staff. While our facilities have a strict policy that prohibits staff members from receiving tips or direct gifts, we do have a way for family members to show their appreciation.

A few years ago, we established our **Employee Holiday Fund**, an easy and equitable way for all our staff members to share in your generosity.

Family members (or friends and supporters) are more than welcome to contribute to the holiday fund. There is no expectation or obligation to contribute. The donations to the fund are distributed to our staff based on the average hours worked, and total number of years employed.

If your loved one resides at **Dodge Park** please issue the check to **Dodge Park Rest Home** and in the memo please indicate **Employee Holiday Fund**. If your loved one resides at the **Oasis at Dodge Park** please issue the check to **Oasis at Dodge Park** and in the memo please indicate **Employees Holiday Fund** as well.

Thank you for your support of our program. And Happy Holidays!

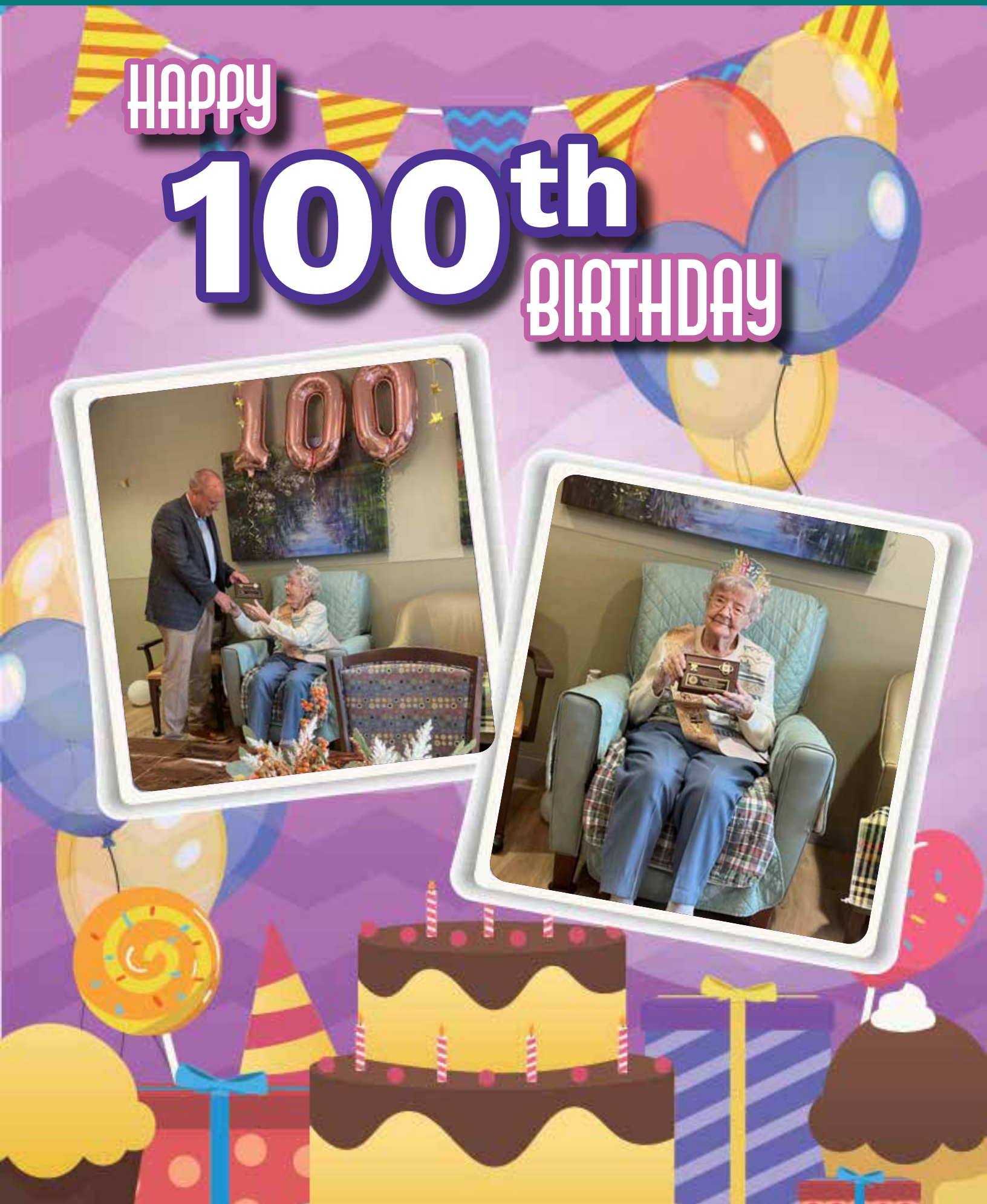
*Micha Shalev      Ben Herlinger*



# AROUND DODGE PARK AND OASIS

HAPPY

100<sup>th</sup>  
BIRTHDAY





# AROUND DODGE PARK AND OASIS





# AROUND DODGE PARK AND OASIS





# AROUND DODGE PARK AND OASIS





# AROUND DODGE PARK AND OASIS





# 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](http://OasisAtDodgePark.com)

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



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

Dodge Park and The Oasis at Dodge Park are a “Caring Super Star of 2026” 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.

Dodge Park and The Oasis at Dodge Park are two out of only three facilities in Massachusetts to win the prestigious “Super Star” award.

### Unparalleled Level of Care and Service

At both Dodge Park Rest Home and 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 both of our facilities.

**Dodge Park**

 **OASIS**  
AT DODGE PARK





My husband George has been with you since Jan 2025. I visit daily and can honestly say I have never seen any member of your staff lose their patience with the patients. Everyone is warm and friendly and makes me feel at home. Everyone that visits with me remarks at how immaculate the place is and how attentive you all are. I can't thank you enough for all you are doing for my husband and my family as we navigate thru this difficult disease.

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My Mom has been at Dodge Park for a few years. Every time we visit with her she is so alert, happy and so focused. She has improved so much in the time that she has been there. They keep her busy and active. We love the staff. The staff takes such good care of her and every one. They call me with every little update she has. She is kept clean and we can tell that she is truly happy there. This is the best place for your loved ones.

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My mom has been in Dodge Park since last July and they are the most exceptional place I have ever seen. Mere words cannot express my gratitude towards everyone who works there. My mom has been treated just like a family member to them. She is so well taken care of there and the compassion and devotion and dedication the staff shows is above and beyond. I feel so grateful and blessed to have mom there. There is definitely no place like Dodge Park. Thank you to everyone that has been such a big part of taking care of my mom. It is so greatly appreciated.

# ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00- Name the Holiday Character Morning Elf Stretches <b>10:30- Catholic Mass w/ Father E.</b> 11:00- Radio City Christmas Show 2:00- Symbols of December Walking Group <b>2:30- Live Music with Paula S.</b> 3:30- Merry Little Madlids 4:00- Holiday Lights Tour 7:00- The Ed Sullivan Show	10:00- Santa's Work Shop Brain Game Worksheets 10:30- Linked Sr. Wheel of Fortune 11:00- Bing Crosby Holiday Program 2:00- Residents Write a Story <b>2:30- Live Music with Sean F.</b> 3:30- Seasonal Sensory 4:00- John Denver & The Muppets 6:30- Uno Card Game 7:00- Golden Hollywood Films	<b>10:00- Art Therapy with Lynda S.</b> Men's Group Meetup Kindred Hearts Discussions 11:00- Winter Train Ride Tour 2:00- Group Crossword Solvers <b>2:30- Live Music with Greg P.</b> 3:30- Seasonal Storytellers: The Greatest Gift 4:00- Sharing Traditions 7:00- Game Show Network	10:00- Parachute Circle Ten Pin Bowling 10:30- Small Group Discussions 11:00- 1950's Christmas Reminisce 2:00- Resident Holiday Polls <b>2:30- Live Music with Paula S.</b> 3:30- Handheld Bingo Players 4:00- DIY Decoration Tutorials 6:30- Guided Meditations 7:00- Warming Hearth & Home	<b>10:00- Art Therapy with Lynda S.</b> <b>Seated Yoga with Bonnie D.</b> Watercolor Creations 11:00- Boston Pops Performance 2:00- Finish the Christmas Carol <b>2:30- Live Music with Arizona Doug</b> 3:30- Holiday Hangman Walking Group 4:00- Sounds of the Season 7:00- Holly Jolly Movies	10:00- Daily Chronicle Noodle Hockey 10:30- Jingle Bell Bingo 11:00- Enchanted Village Tour 2:00- Winter Whiteboard Games <b>2:30- Live Music with Rusty G.</b> 3:30- Balloon Toss 4:00- Festive Christmas Towns 6:30- Chicken Noodle Soup Stories 7:00- Festive Hallmark Favorites
9:30- Daily Chronicle 10:00- Congregational Church 10:30- Hymns of Worship 11:00- Rankin Bass Holiday Special 2:00- Snowball Toss <b>2:30- Live Music with Rusty G.</b> 3:30- Guided Stretches 4:00- Handbell Choir Performance 6:30- Making Paper Snowflakes 7:00- Patriot's Rewind	10:00- Name the Holiday Character Morning Elf Stretches <b>10:30- Catholic Mass w/ Father E.</b> 11:00- Radio City Christmas Show 2:00- Symbols of December Walking Group <b>2:30- Live Music with Paula S.</b> 3:30- Merry Little Madlids 4:00- Holiday Lights Tour 7:00- The Ed Sullivan Show	10:00- Santa's Work Shop Brain Game Worksheets 10:30- Linked Sr. Wheel of Fortune 11:00- Bing Crosby Holiday Program 2:00- Residents Write a Story <b>2:30- Live Music with Sean F.</b> 3:30- Seasonal Sensory 4:00- John Denver & The Muppets 6:30- Uno Card Game 7:00- Golden Hollywood Films	<b>10:00- Art Therapy with Lynda S.</b> Men's Group Meetup Kindred Hearts Discussions 11:00- Winter Train Ride Tour 2:00- Group Crossword Solvers <b>2:30- Live Music with Russ R.</b> 3:30- Seasonal Storytellers: The Polar Express 4:00- Sharing Traditions 7:00- Game Show Network	10:00- Parachute Circle Ten Pin Bowling 10:30- Small Group Discussions 11:00- 1950's Christmas Reminisce 2:00- Resident Holiday Polls <b>2:30- Live Music with Paula S.</b> 3:30- Handheld Bingo Players 4:00- DIY Decoration Tutorials 6:30- Guided Meditations 7:00- Warming Hearth & Home	<b>10:00- Art Therapy with Lynda S.</b> <b>Seated Yoga with Bonnie D.</b> Watercolor Creations 11:00- Boston Pops Performance 2:00- Finish the Christmas Carol <b>2:30- Live Music with Paul B.</b> 3:30- Holiday Hangman Walking Group 4:00- Sounds of the Season 7:00- Holly Jolly Movies	10:00- Daily Chronicle Noodle Hockey 10:30- Jingle Bell Bingo 11:00- Enchanted Village Tour 2:00- Winter Whiteboard Games <b>2:30- Live Music with Paul B.</b> 3:30- Balloon Toss 4:00- Festive Christmas Towns 6:30- Chicken Noodle Soup Stories 7:00- Festive Hallmark Favorites
<b>Hanukkah Begins</b> 9:30- Daily Chronicle 10:00- The Story of Hanukkah 10:30- Spin The Dreidel 11:00- Rankin Bass Holiday Special 2:00- Snowball Toss 2:30- Guided Seated Stretches <b>3:10- Live Music with Lenny Z.</b> 4:00- Handbell Choir Performance 6:30- Making Paper Snowflakes 7:00- Patriot's Rewind	10:00- Name the Holiday Character Morning Elf Stretches <b>10:30- Catholic Mass w/ Father E.</b> 11:00- Radio City Christmas Show 2:00- Symbols of December Walking Group <b>2:30- Live Music with Paula S.</b> 3:30- Merry Little Madlids 4:00- Holiday Lights Tour 7:00- The Ed Sullivan Show	10:00- Santa's Work Shop Brain Game Worksheets 10:30- Linked Sr. Wheel of Fortune 11:00- Bing Crosby Holiday Program 2:00- Residents Write a Story <b>2:30- Live Music with Tom G.</b> 3:30- Seasonal Sensory 4:00- John Denver & The Muppets 6:30- Uno Card Game 7:00- Golden Hollywood Films	<b>10:00- Art Therapy with Lynda S.</b> Men's Group Meetup Kindred Hearts Discussions 11:00- Winter Train Ride Tour 2:00- Group Crossword Solvers <b>2:30- Live Music with John M.</b> 3:30- Seasonal Storytellers: How the Grinch Stole Christmas 4:00- Sharing Traditions 7:00- Game Show Network	<b>10:00- Resident Council</b> Parachute Circle Ten Pin Bowling 10:30- Small Group Discussions 11:00- 1950's Christmas Reminisce 2:00- Resident Holiday Polls <b>2:30- Live Music with Paula S.</b> 3:30- Handheld Bingo Players 4:00- DIY Decoration Tutorials 7:00- Warming Hearth & Home	<b>10:00- Art Therapy with Lynda S.</b> <b>Seated Yoga with Bonnie D.</b> Watercolor Creations 11:00- Boston Pops Performance <b>2:00- December Birthday Party</b> <b>2:30- Live Music with TBD</b> 3:30- Holiday Hangman Walking Group 4:00- Sounds of the Season 7:00- Holly Jolly Movies	10:00- Daily Chronicle Noodle Hockey 10:30- Jingle Bell Bingo 11:00- Enchanted Village Tour 2:00- Winter Whiteboard Games <b>2:30- Live Music with Gary L.</b> 3:30- Balloon Toss 4:00- Festive Christmas Towns 6:30- Chicken Noodle Soup Stories 7:00- Festive Hallmark Favorites
9:30- Daily Chronicle 10:00- Congregational Church 10:30- Hymns of Worship 11:00- Rankin Bass Holiday Special 2:00- Snowball Toss <b>2:30- Live Music with Rusty G.</b> 3:30- Guided Stretches 4:00- Handbell Choir Performance 6:30- Making Paper Snowflakes 7:00- Patriot's Rewind	10:00- Name the Holiday Character Morning Elf Stretches <b>10:30- Catholic Mass w/ Father E.</b> 11:00- Radio City Christmas Show <b>2:00- Santa's Sugar Cookie Station</b> Walking Group <b>2:30- Live Music with Paula S.</b> 3:30- Merry Little Madlids 4:00- Holiday Lights Tour 7:00- The Ed Sullivan Show	10:00- Santa's Work Shop Brain Game Worksheets 10:30- Linked Sr. Wheel of Fortune 11:00- Bing Crosby Holiday Program 2:00- Residents Write a Story <b>2:30- Live Music with Sandy R.</b> 3:30- Seasonal Sensory 4:00- John Denver & The Muppets 6:30- Uno Card Game 7:00- Golden Hollywood Films	<b>10:00- Art Therapy with Lynda S.</b> Men's Group Meetup Kindred Hearts Discussions 11:00- Winter Train Ride Tour 2:00- Group Crossword Solvers <b>2:30- Live Music with Arizona Doug</b> 3:30- Seasonal Storytellers: The Greatest Gift 4:00- Sharing Traditions 7:00- Game Show Network	<b>Christmas Day</b> 10:00- Photo Opportunities Christmas Scattergories 10:30- Small Group Discussions 11:00- 1950's Christmas Reminisce 2:00- Resident Holiday Polls <b>2:30- The Nutcracker Performance</b> 3:30- Handheld Bingo Players 4:00- DIY Decoration Tutorials 6:30- Guided Meditations 7:00- Warming Hearth & Home	<b>10:00- Art Therapy with Lynda S.</b> <b>Seated Yoga with Bonnie D.</b> Watercolor Creations 11:00- Boston Pops Performance 2:00- A History of Kwanzaa <b>2:30- Live Music with Rusty G.</b> 3:30- Boxing Day Trivia Walking Group 4:00- Sounds of the Season 7:00- Holly Jolly Movies	10:00- Daily Chronicle Noodle Hockey 10:30- Jingle Bell Bingo 11:00- Enchanted Village Tour 2:00- Winter Whiteboard Games <b>2:30- Live Music with Paul B.</b> 3:30- Balloon Toss 4:00- Festive Christmas Towns 6:30- Chicken Noodle Soup Stories 7:00- Festive Hallmark Favorites
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Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, Ma 01606

Amy Laba, Activity Director 508-853-8180 X117

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00- Holiday Discussion Group <b>10:30- Exercise with Joe F.</b> <b>11:15- Catholic Mass w/ Father E.</b> 11:30- Daily Chronicle 2:00- Reindeer Games <b>2:15- Live Music with Sean F.</b> 3:30- Winter Watercolors Stocking Stuffers Basket Grab 6:30- Fireside Poetry Corner 7:00- Rankin Bass Holiday Specials	10:00- Whiteboard Word Jumbles <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Daily Chronicle 11:45- Finish the Christmas Carol <b>2:15- Live Music with Bill M.</b> 3:30- Parachute Circle Table Top Puzzle Solvers 6:30- Enchanted Village Tours 7:00- Hallmark Movie Countdown	10:00- Resident Polls <b>10:30- Exercise with Joe F.</b> 11:30- Daily Chronicle 2:00- Snowball Toss <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Jingle Bell Bingo Seasonal Story Tellers Walking Club 7:00- John Denver & The Muppets	10:00- Linked Senior Trivia <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 11:45- Big Kringle Crossword 2:00- Caroling Sing-A-Long <b>2:15- Live Music with Rusty G.</b> 3:30- Frosty's Ping Pong Scoop Up Stamp Creations 1950's Christmas Reminisce 7:00- Bing Crosby Holiday Program	10:00- Residents Write a Story <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Thumball Icebreakers <b>2:15- Live Music with Sean F.</b> 3:30- Men's Group Meetup Uno Card Sharks Manicure Spa Station 6:30- Holiday Lights Tour 7:00- Turner Classic Movies	10:00- Name the Holiday Character Christmas Scattergories <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Merry Little Madlids <b>2:15- Live Music with Sandy R.</b> 3:30- Afternoon Elf Stretches Making Paper Snowflakes Ten Bin Bowling 7:00- Radio City Christmas Show
10:00- Congregational Church <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Winter Whiteboard Games <b>2:15- Live Music with Bill M.</b> 3:30- Jingle Bell Bingo Symbols of December 4:30- DIY Decoration Tutorials 6:30- Chicken Soup Stories 7:00- Holiday Featured Presentation	10:00- Holiday Discussion Group <b>10:30- Exercise with Joe F.</b> <b>11:15- Catholic Mass w/ Father E.</b> 11:30- Daily Chronicle 2:00- Reindeer Games <b>2:15- Live Music with Sean F.</b> 3:30- Winter Watercolors Stocking Stuffers Basket Grab 6:30- Fireside Poetry Corner 7:00- Rankin Bass Holiday Specials	10:00- Whiteboard Word Jumbles <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Daily Chronicle 11:45- Finish the Christmas Carol <b>2:15- Live Music with Paul B.</b> 3:30- Parachute Circle Table Top Puzzle Solvers 6:30- Enchanted Village Tours 7:00- Hallmark Movie Countdown	10:00- Resident Polls <b>10:30- Exercise with Joe F.</b> 11:30- Daily Chronicle 2:00- Snowball Toss <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Jingle Bell Bingo Seasonal Story Tellers Walking Club 7:00- John Denver & The Muppets	10:00- Linked Senior Trivia <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 11:45- Big Kringle Crossword 2:00- Caroling Sing-A-Long <b>2:15- Live Music with Arizona Doug</b> 3:30- Frosty's Ping Pong Scoop Up Stamp Creations 1950's Christmas Reminisce 7:00- Bing Crosby Holiday Program	10:00- Residents Write a Story <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Thumball Icebreakers <b>2:15- Live Music with Sean F.</b> 3:30- Men's Group Meetup Uno Card Sharks Manicure Spa Station 6:30- Holiday Lights Tour 7:00- Turner Classic Movies	10:00- Name the Holiday Character Christmas Scattergories <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Merry Little Madlids <b>2:15- Live Music with Rusty G.</b> 3:30- Afternoon Elf Stretches Making Paper Snowflakes Ten Bin Bowling 7:00- Radio City Christmas Show
<b>Hanukkah Begins</b> 10:00- Congregational Church <b>10:45- Exercise with Paula S.</b> 11:30- The Story of Hanukkah 2:00- Winter Whiteboard Games <b>2:00- Live Music with Lenny Z.</b> 3:30- Jingle Bell Bingo Spin the Dreidel 4:30- DIY Decoration Tutorials 6:30- Chicken Soup Stories 7:00- Holiday Featured Presentation	10:00- Holiday Discussion Group <b>10:30- Exercise with Joe F.</b> <b>11:15- Catholic Mass w/ Father E.</b> 11:30- Daily Chronicle 2:00- Reindeer Games <b>2:15- Live Music with Sean F.</b> 3:30- Winter Watercolors Stocking Stuffers Basket Grab 6:30- Fireside Poetry Corner 7:00- Rankin Bass Holiday Specials	10:00- Whiteboard Word Jumbles <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Daily Chronicle 11:45- Finish the Christmas Carol <b>2:15- Live Music with Greg P.</b> 3:30- Jingle Bell Bingo Walking Club 6:30- Enchanted Village Tours 7:00- Hallmark Movie Countdown	<b>Oasis Family Party</b> 10:00- Resident Polls <b>10:30- Exercise with Joe F.</b> 11:30- Daily Chronicle 2:00- Snowball Toss <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Parachute Circle Table Top Puzzle Solvers Winterecasas Word Search 7:00- John Denver & The Muppets	10:00- Linked Senior Trivia <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 11:45- Big Kringle Crossword 2:00- Caroling Sing-A-Long <b>2:15- Live Music with Bill M.</b> 3:30- Frosty's Ping Pong Scoop Up Stamp Creations 1950's Christmas Reminisce 7:00- Bing Crosby Holiday Program	10:00- Residents Write a Story <b>10:30- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Thumball Icebreakers <b>2:15- Live Music with Sean F.</b> 3:30- Men's Group Meetup Uno Card Sharks Manicure Spa Station 6:30- Holiday Lights Tour 7:00- Turner Classic Movies	10:00- Name the Holiday Character Christmas Scattergories <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Merry Little Madlids <b>2:15- Live Music with Sandy R.</b> 3:30- Afternoon Elf Stretches Making Paper Snowflakes Ten Bin Bowling 7:00- Radio City Christmas Show
10:00- Congregational Church <b>10:45- Exercise with Paula S.</b> 11:30- Daily Chronicle 2:00- Winter Whiteboard Games <b>2:15- Live Music with Paul B.</b> 3:30- Jingle Bell Bingo Symbols of December 4:30- DIY Decoration Tutorials 6:30- Chicken Soup Stories 7:00- Holiday Featured Presentation	10:00- Holiday Discussion Group <b>10:30- Exercise with Joe F.</b> <b>11:15- Catholic Mass w/ Father E.</b> 11:30- Daily Chronicle 2:00- Reindeer Games <b>2:15- Live Music with Sean F.</b> 3:30- Winter Watercolors Stocking Stuffers Basket Grab 6:30- Fireside Poetry Corner 7:00- Rankin Bass Holiday Specials	10:00- Whiteboard Word Jumbles <b>10:30- Exercise with Paula S.</b> <b>Art Therapy with Lynda S.</b> 11:30- Daily Chronicle 11:45- Finish the Christmas Carol <b>2:15- Live Music with Rusty G.</b> 3:30- Parachute Circle Table Top Puzzle Solvers 6:30- Enchanted Village Tours 7:00- Hallmark Movie Countdown	<b>New Year's Eve</b> 10:00- New Year's Resolutions <b>10:30- Exercise with Joe F.</b> 11:30- Daily Chronicle 2:00- A Year in Review 2025 <b>2:15- Live Music with Sean F.</b> <b>Art Therapy with Lynda S.</b> 3:30- Champagne Toast Social Seasonal Story Tellers Walking Club 7:00- Live From Times Square	<div>December 2025</div> <div>The Oasis at Dodge Park</div>		

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**

# DECEMBER OBSERVANCES

## Monthly

**National Drunk and Drugged Driving Prevention Month.** December is a month of fun, parties, and drinks with family and friends. Just remember to drink responsibly. The holiday season has a higher accident rate than others on average, so it's important to be in a proper state behind the wheel.

**National Pear Month.** A medium pear has six grams of fiber, which equals about 24% of the recommended daily value. Pears are also hypoallergenic, and they contain pectin, an essential water-soluble fiber that binds to cholesterol and removes it from the body, making pears an excellent choice for anyone with high cholesterol.

**Safe Toys and Gifts Month.** Accidents will always happen, but Safe Toys and Gifts Month is the perfect opportunity to review some basic safety advice and brush up on your knowledge about buying safe, appropriate toys and knowing what to do should you discover a potential hazard.

**Worldwide Food Service Safety Month.** December marks Worldwide Food Service Safety Month, established to remind everyone, from the professional food service industry to cooks at home around the world, that food safety is of supreme importance.

## Weekly

**National Handwashing Awareness Week, Dec 1–7.** Proper handwashing is more important than ever these days. Remember to wash your hands when they are dirty and before eating, don't cough or sneeze into your hands, and above all, don't put your fingers into your eyes, nose, or mouth.

**Older Driver Safety Awareness Week, Dec. 1–5.** Older Driver Safety Awareness Week aims to promote understanding of the importance of mobility and transportation to ensure that older adults can remain active in the community—shopping, working, or volunteering—and not stranded at home.

**Computer Science Education Week, Dec. 1–5.** Computer Science Education Week is an annual call to action to inspire K–12 students to learn computer science, advocate for equity in computer science education, and celebrate the contributions of students, teachers, and partners to the field.

## SPECIAL DAYS

- 1 Cyber Monday
- 1 Eat a Red Apple Day
- 1 National Cookie Cutter Day
- 1 World Aids Awareness Day
- 2 National Fritters Day
- 2 World Pollution Prevention Day
- 3 Make a Gift Day
- 3 National Roof over Your Head Day
- 4 National Cookie Day
- 4 Santa's' List Day
- 4 Wear Brown Shoes Day
- 5 Bathtub Party Day
- 5 Repeal Day
- 5 World Soil Day
- 6 Bartender Appreciation Day – in Europe
- 6 St. Nicholas Day
- 6 Mitten Tree Day
- 6 Put on your own Shoes Day
- 7 International Civil Aviation Day
- 7 Letter Writing Day
- 7 National Cotton Candy Day
- 7 Pearl Harbor Day
- 8 International Children's Day
- 8 National Brownie Day
- 8 National Lard Day
- 8 Take it in the Ear Day
- 9 Christmas Card Day
- 9 National Llama Day
- 9 National Pastry Day
- 10 Human Rights Day
- 10 Nobel Prize Day
- 10 White Elephant Day
- 11 National App Day
- 11 National Noodle Ring Day
- 12 Gingerbread House Day
- 12 National Ding-a-Ling Day
- 12 Poinsettia Day
- 13 Friday the 13th
- 13 Ice Cream Day
- 13 National Cocoa Day
- 13 Violin Day
- 14 Hanukah begins



## SPECIAL DAYS

14 International Monkey Day  
14 National Bouillabaisse Day  
14 Roast Chestnuts Day  
14 U.K. National Postal Worker Day  
15 Bill of Rights Day  
15 National Lemon Cupcake Day  
16 National Chocolate Covered Anything Day  
17 National Maple Syrup Day  
18 Bake Cookies Day  
18 National Roast Suckling Pig Day  
19 Look for an Evergreen Day  
19 National Regifting Day  
19 Oatmeal Muffin Day  
20 Go Caroling Day  
21 Crossword Puzzle Day  
21 Forefather's Day  
21 Humbug Day  
21 Look on the Bright Side Day  
21 National Flashlight Day  
21 Winter Solstice  
22 National Date Nut Bread Day  
23 Festivus – for the rest of us  
23 Roots Day  
24 National Chocolate Day  
24 National Egg Nog Day  
25 Christmas Day  
25 National Pumpkin Pie Day  
26 Boxing Day – The date can vary.  
26 Kwanzaa  
26 National Candy Cane Day  
27 Make Cut Out Snowflakes Day  
27 National Fruitcake Day  
28 Card Playing Day  
28 Lego Build Day – The date may vary.  
29 Pepper Pot Day  
30 Bacon Day  
30 National Bicarbonate of Soda Day  
31 Make Up Your Mind Day  
31 New Year's Eve  
31 Unlucky Day

## Weekly

**Kwanzaa, Dec. 26–Jan. 1.** Created by Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach in 1966, Kwanzaa is an annual weeklong celebration designed to give Black people an opportunity to celebrate themselves and their history.

## Daily

**World AIDS Day, Dec. 1.** An international day dedicated to raising awareness of AIDS and mourning those who have died of the disease.

## National Pearl Harbor Remembrance Day, Dec. 7.

Survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians who were killed during the attack on Pearl Harbor on Dec. 7, 1941.

## Human Rights Day, Dec. 10.

On this day in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights, proclaiming the inalienable rights everyone is entitled to as a human being regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth, or other status.

**Christmas, Dec. 25.** Christians celebrate the birth of Jesus Christ with songs, food, gifts, and family togetherness.







## Christmas Cactus

Christmas cactus is a type of cactus that typically blooms in late December. It is one of several kinds of so-called holiday cacti, including Easter cactus and Thanksgiving cactus, that tend to flower at festive times. Christmas cactus is native to the rainforests of Brazil. While the Thanksgiving cactus has yellow pollen, the Christmas has lovely pink pollen. Similar to other kinds of succulents, Christmas cactus has fleshy, thick, segmented stems capable of water storage. Unlike the many cacti that live in dry environments such as deserts, Christmas cactus thrive in humid climates and need more frequent watering. These plants require about six weeks of cooler temperatures and 12- to 14-hour stretches of nightly darkness for their gorgeous pink flowers to open. Artificial light can also disrupt this process, so it's necessary to house your Christmas cactus in a light-free space each night.



## Flower - Holly

December's flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years.

Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea

## Birthstone – Turquoise

Turquoise has been valued for its tremendous beauty for thousands of years. Archaeologists have discovered turquoise jewelry on the mummified bodies of queens in Egyptian tombs and in ancient burial sites in Argentina, Peru, and Mexico. The Inca used the stone to craft beads and figurines, while the Aztecs used it to make pendants and ritual masks. The Chinese were carving it for decorative art over 3,000 years ago. Turquoise is also often used as a love charm.



## Birthday Bough

### December 1–7: Willow

Known for your whimsical, intuitive nature, you are the friend who sees between the lines and tells it like it is. You know how to find the fun and beauty in any situation. While you tend to be the life of the party, you also value alone time and self-reflection.

### December 8–15: Cedar

Spiritual and elegant, you radiate inner peace and love for those in and outside of your circle. Kindness, wisdom, and care are your super powers. You also excel at cultivating deep friendships, joy, and creativity.

### December 16–24: Oak

Like the magnificent, sturdy, and wise oak tree, you offer comfort, protection, advice, and love to those around you. Always with a smile at the ready, you are known for providing ample laughs, cheeky fun, delicious meals, and other merriment.

### December 25–31: Pine

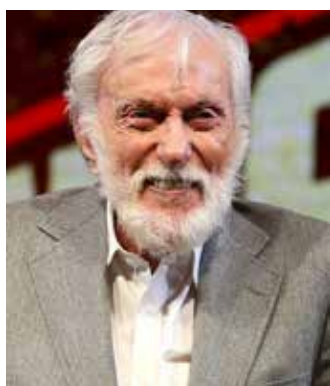
You are known for your strong character, patience, and willpower. When you set your mind to something, nothing stops you. Your friends and family know they can count on you to provide love, support, and compassion.



**December** is the month with the shortest daylight hours of the year in the northern hemisphere and the longest daylight hours of the year in the southern hemisphere. Its name comes from the Latin word *decem*, which means “ten.” That’s because the Roman year originally began in March, making December the 10th month of the Roman year. When January and February were added to the calendar, December became the 12th month. Many holidays and special events occur during December, including the winter solstice, Hanukkah, Christmas, and Kwanzaa.

## December Birthdays

Richard Pryor (comedian) – December 1, 1940  
 Ozzy Osbourne (musician) – December 3, 1948  
 Ira Gershwin (lyricist) – December 6, 1896  
 Sammy Davis Jr. (entertainer) – December 8, 1925  
 Dame Judi Dench (actress) – December 9, 1934  
 Emily Dickinson (writer) – December 10, 1830  
 Dick Van Dyke (actor) – December 13, 1925  
 Patty Duke (actress) – December 14, 1946  
 Édith Piaf (singer) – December 19, 1915  
 Diane Sawyer (newscaster) – December 22, 1945  
 Ava Gardner (actress) – December 24, 1922  
 Steve Allen (entertainer) – December 26, 1921  
 Marlene Dietrich (actress) – December 27, 1901  
 Bo Diddley (rock star) – December 30, 1928  
 Samuel Clemens (author) – November 30, 1835



## Global New Year's Eve Traditions

In Brazil and Argentina, the underwear color worn on New Year's Eve indicates your hope for the upcoming year: yellow, you'll become richer; red, you'll find love; white, you'll find peace. Spaniards eat 12 grapes at midnight, while Italians have 12 spoonfuls of lentils. In Denmark, people celebrate by throwing their old dishes at the doors of their friends' homes. A front stoop littered with broken plates suggests the person inside has a lot of friends.

## What's Lucky in December?

Lucky Color: Silver  
 Lucky Animal: Reindeer  
 Lucky Letters: H and X  
 Lucky Day: Wednesday  
 Lucky Plant: Mistletoe



## December Lore

Legend has it that...

- Forest animals can speak and understand humans on Christmas Eve.
- If snow falls on Christmas Day, Easter will be green, warm, and sunny.
- For some, December 28 is the unluckiest day of the year.

## December Zodiacs

Sagittarius (The Archer) December 1–21  
 Capricorn (The Sea Goat) December 22–31





# A very *Happy Birthday* to...

## Dodge Park Residents

Agnes M. .... December 2  
Roland B. .... December 11  
Yeh Zen H. .... December 12  
Christopher W. .... December 16  
Yvonne C. .... December 23

## Oasis Residents

Mohini J. .... December 7  
Priscillia B. .... December 8  
Dorothy L. .... December 11  
Suellen B. .... December 12  
Virginia W. .... December 21  
Ronald P. .... December 22  
Carol I. .... December 24  
Gerald S. .... December 26

## Staff

Tanisha H. .... December 2  
Lyanny R. .... December 3  
Headdy M. .... December 4  
Donna W. .... December 9  
Cherie D. .... December 9  
Sheila R. .... December 13  
Djeniva S. .... December 14  
Rene M. .... December 16  
Ebenezer M. .... December 16  
Edith M. .... December 16  
Reneé K. .... December 18  
Sophia J. .... December 18  
Payton B. .... December 18  
Griselda M. .... December 20  
Angel B. .... December 24



## 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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## Hanukkah Poetry Hour

Hannukah begins at sundown on Sunday, November 28, and ends at sundown on Monday, December 6. Commemorate the holiday by asking volunteers to read some Hannukah-themed poems aloud. Even people who don't celebrate the holiday will enjoy hearing poems by writers such as Walt Whitman.

### Chanukah Dreams

by Judith Ish-Kishor

Chanukah I think most dear  
Of the feasts of all the year.  
I could sit and watch all night  
Every twinkling baby light.  
Father lights the first one—green;  
Hope it always seems to mean;  
Hope and Strength to glow anew  
In the heart of every Jew.  
Jacob lights the blue for Truth.  
Pink for Love is lit by Ruth.  
Then the white one falls to me,  
White that shines for Purity.  
How the story of those days  
Fills my wondering heart with praise!

### Miracles

by Walt Whitman

Why, who makes much of a miracle?  
As to me I know of nothing else  
but miracles,  
Whether I walk the streets of Manhattan,  
Or dart my sight over the roofs of houses  
toward the sky,  
Or wade with naked feet along the beach  
just in the edge of the water,  
Or stand under trees in the woods,  
Or talk by day with any one I love, or sleep  
in the bed at night with any one I love,  
Or sit at table at dinner with the rest,  
Or look at strangers opposite me  
riding in the car,  
Or watch honey-bees busy around the hive  
of a summer forenoon,  
Or animals feeding in the fields,  
Or birds, or the wonderfulness of  
insects in the air,  
Or the wonderfulness of the sundown, or of  
stars shining so quiet and bright,  
Or the exquisite delicate thin curve of the  
new moon in spring;  
These with the rest, one and all,  
are to me miracles,  
The whole referring, yet each distinct and  
in its place.  
To me every hour of the light and  
dark is a miracle,  
Every cubic inch of space is a miracle,  
Every square yard of the surface of the earth  
is spread with the same,  
Every foot of the interior swarms  
with the same.  
To me the sea is a continual miracle,  
The fishes that swim—the rocks—  
the motion of the waves—the ships  
with men in them,  
What stranger miracles are there?

## Season of Skinny Candles

by Marge Piercy

A row of tall skinny candles burns  
quickly into the night  
air, the shames raised  
over the rest  
for its hard work.  
Darkness rushes in  
after the sun sinks  
like a bright plug pulled.  
Our eyes drown in night  
thick as ink pudding.  
When even the moon  
starves to a sliver  
of quicksilver  
the little candles poke  
holes in the blackness.  
A time to eat fat  
and oil, a time to gamble  
for pennies and gambol

## Chanukah Lights Tonight

by Steven Schneider

Our annual prairie Chanukah party—  
latkes, kugel, cherry blintzes.  
Friends arrive from nearby towns  
and dance the twist to  
“Chanukah Lights Tonight,”  
spin like a dreidel to a klezmer hit.  
The candles flicker in the window.  
Outside, ponderosa pines are tied  
in red bows.  
If you squint,  
the neighbors’ Christmas lights  
look like the Omaha skyline.  
The smell of oil is in the air.  
We drift off to childhood  
where we spent our gelt  
on baseball cards and matinees,  
cream sodas and potato knishes.  
No delis in our neighborhood,  
only the wind howling over the crushed  
corn stalks.  
Inside, we try to sweep the darkness out,  
waiting for the Messiah to knock,  
wanting to know if he can join the party.





## One Special Gift

Marion Peabody tiredly sank into her cozy green armchair. She was frazzled from a full day of Christmas shopping. Her grandchildren and great-grandchildren all had so many requests for gifts. It was exhausting trying to track down everything for everyone. She had spent hours walking around and barely had any of the lists checked off. She was happy to be at home with a warm cup of tea. Marion put up her feet and began to relax.

As she relaxed, Marion thought about her own childhood. She remembered Christmas on the farm with her big family. She smiled as she thought about the smell of cinnamon and apples as the cider simmered on the stove. There were so many wonderful memories of the holidays.

She and her brothers and sisters would bake stacks and stacks of soft sugar cookies, and then they would sit at the kitchen table, decorating each one carefully with icing and sprinkles. There were the long days spent sharing a red Radio Flyer sled on the snowy hill behind the house. The children would tumble over each other into the powdery snow until their teeth were chattering. Then they would run in for cider and hot cocoa, warming up by the fire. She remembered how nice and toasty her toes would become as the fire crackled.

Her parents would always try to find one perfect present for all the kids to share. One year they had received the red sled. Another year a puppy. And once, after their father had made a trade with

a neighbor, a little rowboat. It had been hard to wait until spring to take it fishing.

One year in particular was the most special for the girls, though. Their father had gotten his hands on a lot of nice wood, and in addition to making an extensive set of wooden building blocks for the boys to share, he also made a special dollhouse for the girls. Marion had been thrilled. She and her sisters spent the rest of Christmas day making little rag dolls out of clothespins and scraps of fabric. She still had one of those dolls tucked away in her dresser drawer. It had been a truly wonderful holiday.

It had been so lovely to have a single present to open on Christmas day. She thought about how excited she and her siblings always were. They would wake up early before their parents. Then she and her brothers and sisters would sneak downstairs to light a fire in the fireplace. They would all give their stockings a squeeze, giggling and shushing each other. They did not want to wake their parents too early.

Her oldest brother would make them all hot chocolate before Mamma and Papa came downstairs. They would sit, cozy in their pajamas and robes, excitedly guessing what Santa had brought. When their parents came down to join them, they opened their stockings. Oranges and chocolate and new mittens and socks tumbled out. And Mamma always knit new hats and scarves for everyone in their favorite color.

Mamma made a special breakfast every year. She would soak white bread slices in egg the night before, and in the morning, she would layer the bread



with cheese in a casserole pan and put it in the oven. While it baked, the whole house smelled of delicious melting cheese. Marion remembered how hungry she would get, waiting for the egg and toast casserole to be ready.

To this day, there was nothing more delicious to Marion than that very simple casserole. As an adult, she still made it for her own children, grandchildren, and great-grandchildren when they came for Christmas. After they ate, that's when the gifts would be opened. Mamma and Papa would bring out the presents as though they were made of gold. Marion's memory was that her parents were almost glowing in the sunlight as they carried the gifts into the room. And then they would all sit on the floor in front of the tree and open the presents.

It was a rule in the house that the youngest children got to rip off the newspaper that wrapped the presents. It was always a great deal of fun to watch how excited the little ones were. Marion remembered how much fun she had had tearing it off herself. Today, as an adult, she carefully removed the pretty papers and folded them up to save for later. When it had been just the funny papers, there had been no guilt about making a mess. She missed that.

As Marion sat in her chair sipping her tea, she thought about how wonderful her childhood had been. She wanted to give her grandchildren a gift that would give them as much joy as she had growing up. And then she had an idea.

Smiling to herself as she picked up the phone, Marion dialed the number of the cute little toy shop on Main Street. She asked if they had a red Radio Flyer sled.

The End







# Health Corner

WITH CARA ZECHELLO

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

## The Food Infodemic

Misinformation is everywhere, across all topics, including food and nutrition information. This “food infodemic” is widespread and the impact of it can be harmful because misin-

formation can fuel dangerous, unhealthy trends and behaviors. Social media is just one, but very powerful tool used to potentially spread information. In 2021, 71% of Americans got their “news” from social media. And when it comes to false information, it is spread six times faster than facts.

Topics such as food ingredients, food additives and organic foods cause great public concern. However, topics such as heart health and a sedentary lifestyle which directly contribute to alarming death rates don’t cause nearly enough concern. In other words, the public is often more afraid of certain risks than scientific evidence warrants but less worried about things that pose more risk. This “risk-perception gap” is exacerbated by fear-based postings on social media often by people or groups that have a loud and large following. Unfortunately, many people don’t do their fact-checking homework to help make sure what they’re hearing and reading is actually true. Fear is a driving force for the spread of misinformation, and the social media outlets use this to influence users. The fact that it is all unregulated is what makes this food infodemic problematic.

Most people either don’t know who to trust for proper nutrition information or don’t have quick access to a health professional, such as a Registered Dietitian and thus, why they often turn to the internet for answers. Even after seeing contradicting advice about foods and health, people will still believe what the internet tells them. One example is how “grapefruit and vinegar burn fat and help you lose weight.” The truth is that there are no foods that burn fat, increase your metabolism and help you lose weight more quickly. But the strong desire to believe something, especially if it is backed by a celebrity or social media influencer, will cause people to try something, such as a diet, even if it has long-term, unhealthy consequences.

For those that think they are immune to the food infodemic, consider this case example. 42% of people in the U.S. have heard that MSG (monosodium glutamate) is not safe. Of those people, 62% can’t pinpoint where they heard that from. And because of that, 26% of people in the U.S. avoid restaurants that use MSG resulting in 20% of people in the U.S. avoiding Chinese foods because they worry about MSG. This case study has come to be known as the Chinese Restaurant Syndrome. It started back in 1968 when a doctor sent a letter to the New England Journal of Medicine describing unpleasant symptoms he had after eating Chinese food. He attributed these symptoms to MSG and the rumor spiraled from there. Since then there have been decades of scientific research on MSG and we know that foods containing MSG are safe to consume. In fact, MSG contains one-third the sodium as table salt and can be used as a salt substitute. In 2018, MSG was removed from the list of headache triggers by the International Headache Society and The International Classification of Headache Disorders. And since MSG provides an incredible umami flavor, using it in packaged foods such as soups, broths, chips and sausage has reduced the sodium by 30-70% without compromising flavor.

And who hasn’t heard, “if you can’t pronounce it, don’t eat it?” Does the ingredient 3-methylbutyraldehyde sound scary? It just so happens to be a chemical in blueberries. Not an added chemical, not a preservative or pesticide but a natural chemical that gives blueberries their flavor. Every substance is a chemical and these often-scary-sounding chemicals are simply ways scientists describe the elemental composition and structure of a substance.

The internet and social media outlets can be very useful tools to gather information but it is important to fully understand that it is all unregulated and cannot be taken at face-value without knowing which sites are truthful. Let’s not forget, “if it sounds too good to be true, it probably is.”

**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.**



## Cranberry White Chocolate Chip Cookies

*Makes 24 servings*

### Ingredients:

- 1/2 cup unsalted butter, room temperature
- 1/2 cup sugar
- 1/2 cup brown sugar (packed)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup dried cranberries
- 1 cup white chocolate chips

### Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a large bowl, cream butter, sugar, and brown sugar together until light and fluffy.
3. Beat in egg and vanilla extract.
4. In a separate bowl, whisk together flour, baking soda, and salt.
5. Gradually stir dry mixture into the wet mixture until combined.
6. Fold in dried cranberries and white chocolate chips.
7. Drop rounded tablespoons of dough onto the baking sheet, leaving space between cookies.
8. Bake for 10 to 12 minutes, until edges are lightly golden.
9. Cool on the baking sheet for 5 minutes before transferring to a wire rack.





## Spinach & Feta Stuffed Phyllo Cups

*Makes 12 servings*

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 2 cups chopped fresh spinach
- 1/3 cup cottage cheese
- 1/3 cup crumbled feta cheese
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried oregano
- 1 package mini phyllo cups (about 12, pre-made and frozen)

### Directions:

1. Preheat oven to 350°F.
2. Heat olive oil in a skillet over medium heat.
3. Add onion and cook until soft, about 3 minutes.
4. Stir in garlic and cook for 30 seconds.
5. Add spinach and cook until wilted, about 2 minutes. Remove from heat and cool slightly.
6. In a bowl, combine spinach mixture, cottage cheese, feta, black pepper, and oregano. Mix well.
7. Place phyllo cups on a baking sheet.
8. Spoon filling evenly into each cup.
9. Bake for 8 to 10 minutes, until phyllo is crisp and filling is warmed through.





## Arroz con Leche

*Makes 6 servings | A Slow-Cooker Recipe*

### Ingredients:

- 1 cup long-grain white rice
- 4 cups whole milk
- 1 cup water
- 1 cinnamon stick
- 1/4 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon (for serving)

### Directions:

1. Rinse rice under cold water until the water runs clear.
2. Add rice, milk, water, cinnamon stick, and salt to the slow cooker. Stir gently.
3. Cover and cook on low for 2 1/2 to 3 hours, stirring once or twice during cooking.
4. Remove the cinnamon stick and stir in sugar and vanilla extract. Mix well until sugar is dissolved.
5. Serve warm or chilled, sprinkled with ground cinnamon on top.



## Sparkling Winter Sangria

*Makes 6 servings*

### Ingredients:

- 3 cups cranberry juice
- 2 cups orange juice
- 1 cup pomegranate juice
- 1 apple, thinly sliced
- 1 orange, thinly sliced
- 1 cup fresh cranberries
- 1 cinnamon stick
- 1 cup sparkling water or club soda (chilled)
- Ice cubes

### Directions:

1. In a large pitcher, combine cranberry juice, orange juice, and pomegranate juice.
2. Add apple slices, orange slices, cranberries, and the cinnamon stick. Stir gently.
3. Chill in the refrigerator for at least 1 hour to let the flavors blend.
4. Just before serving, add sparkling water or club soda for fizz. Serve over ice.



**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**



## Angelic Craft Stick Ornament

Craft an angel ornament using craft sticks, large and small. Then add a pipe cleaner halo and scrapbook paper wings.

### You will need:

- 4 jumbo craft sticks and 1 standard-sized craft stick
- 2 metallic pipe cleaners (silver or gold)
- 10" thin ribbon for hanging
- 5" X 4" scrapbook paper for angel wings (subtle design or solid color)
- White craft paint, paintbrush, painting supplies
- Stapler, hot glue gun, wire cutters, thin black marker

### Directions:

1. Arrange 3 jumbo craft sticks to make an angel gown. Inwardly tilt the top ends of 2 sticks to make the side edges of a gown that fans out. Then, hot glue the center stick in place, on top of the angled sticks.
2. Paint the gown white using a thin coat of paint. A thick and thin application with expressive strokes is a plus. This gives the ornament a rustic appeal.
3. Paint the small craft stick white in the same manner, except leave a 1/2" unpainted on each end. This will be the arms and hands.
4. Use a black marker to draw a simple face and hair on the end of the last jumbo craft stick. Then, hot glue the stick to the back of the white gown so the head extends past the top of the white craft sticks.







5. Draw lines for fingers on each end of the small craft stick. Snip the small stick in half with wire cutters.

6. Accordion-fold the scrapbook paper lengthwise, spacing the folds 1/4" apart. Secure the folded stack with a staple in the middle. Fan open the ends to form the wings.

7. Curl one pipe cleaner in a tight circle to make a halo. Glue the halo onto the back of the head.

8. Hot glue the arms to the back of the angel's shoulders. The position of the arms can tell a story. Arms stretched out to the sides can mean a hug, while arms stretched above the head could mean prayer or rejoice. Arms that are not symmetrically positioned might have a more theatrical expression that might suggest a message of "Tada!"

9. Wrap the pipe cleaner around the waist twice to make a belt. Make small coils on the end for a decorative touch.

10. Attach the wings on the back of the angel with hot glue. Knot the ends of a thin ribbon together to make a loop. Hot glue the knot to the top back portion of the ornament. Your angelic creation is ready to hang!



## Sparkling Centerpiece

Use toy dreidels and sparkling blue and white faux branches to make a simple, glittery centerpiece in under five minutes.

### You will need:

- Plastic dreidels
- 1 stem of blue glitter twigs and 1 stem of white glitter twigs
- Glass vase, jar, or pint glass

### Directions:

1. Arrange the glitter twigs in a glass vase or jar. Cut the tops as needed to fit the vessel.
2. Add the plastic dreidels as a vase filler.



## Frosty Gift Charm

Make a charming snowman embellishment for wrapped gifts. As an alternative, make some to hang on a tree.

### You will need:

To make one charm, you will need:

- 1" wooden spool and 1" white wooden bead
- Two 1" self-adhesive black felt circles
- 1/2" jingle bell
- Thin ribbon or festive yarn (5" strand)
- 14" strand of jute
- Black craft paint, paintbrush, painting supplies
- Scotch tape, black permanent marker, scissors

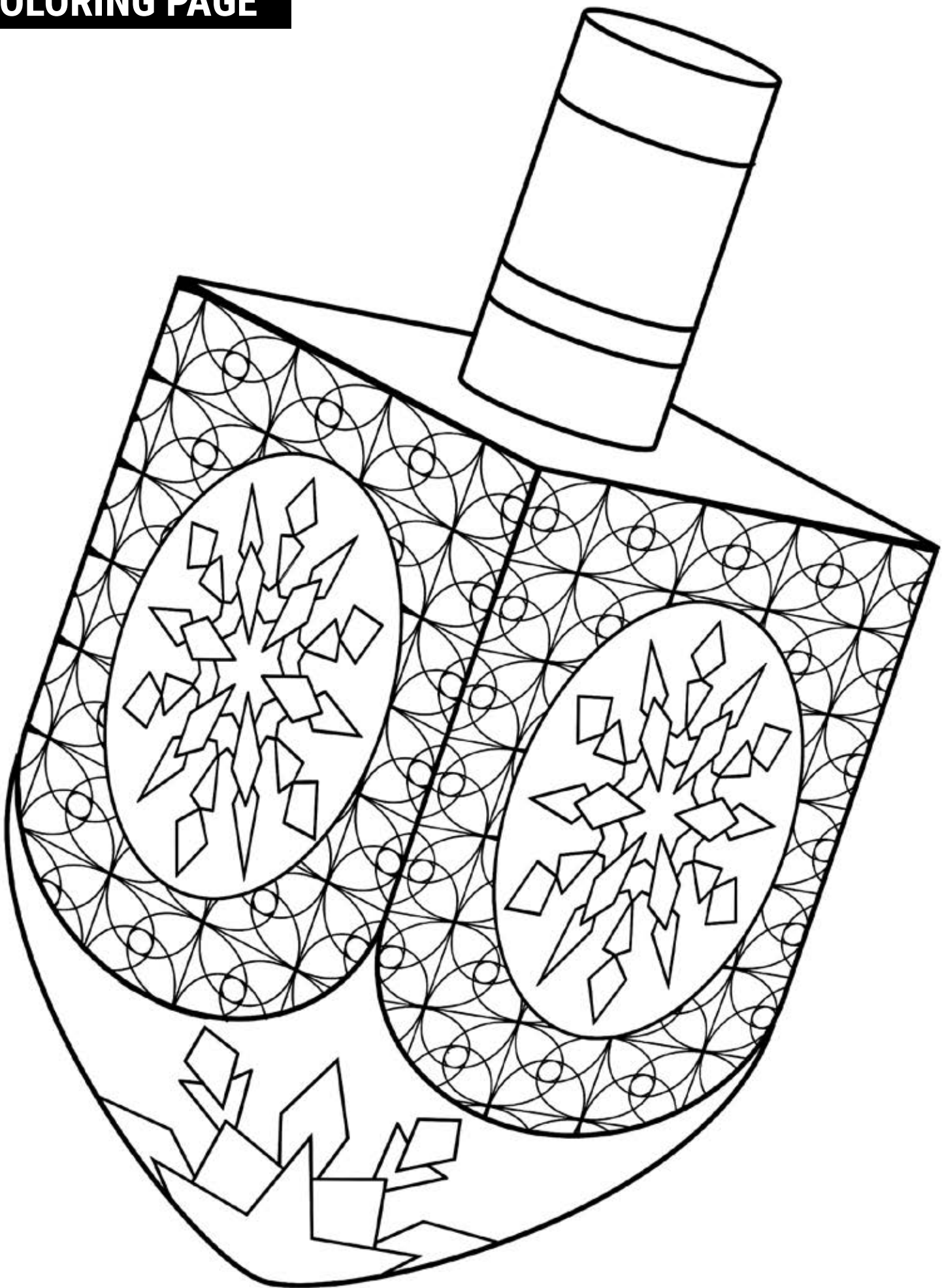
### Directions:

1. Paint the spool black. Then use a black marker to draw a snowman face on the white bead.
2. Fold the felt circles in half to cut a small slit in the center of each circle. Unfold them, remove the paper backing, and then stick them together back to back. This is a hat brim.
3. Fold the jute in half. Use Scotch tape to secure the ends together. This will help feed the jute through the holes in the bead and spool.
4. Pull the taped end of the jute through the black spool, hat brim, snowman head, and then the jingle bell.
5. Add a ribbon or yarn scarf as shown, positioning it between the head and the bell.
6. Push all the pieces together and then tie a knot at the end to keep the bell in place. Trim off the excess jute.









# COLORING PAGE





[illegible]

The snow is snowing, the wind is blowing, and the kids are off from school.  
They're acting out because they're bored, and Mom has lost her cool.  
She sent them out to build a snowman that would be both jolly and fat,  
With **2 sticks** for arms, a **carrot** nose, **2 buttons**, a **broom**, and a **straw hat**.

Reluctant crafters, they used **scissors** to make **5 paper snowflakes** of white, But **8 chocolate chip cookies** and **9 marshmallows** soon made everything right. Mom checked her **wristwatch** and gave a sigh of relief, for Dad would soon be there. He'd find the **sled**, take the boys to the hill, and then it'd be her turn for self-care.

Dodge Park Rest Home 101 Randolph Road, Worcester, MA 01606 Tel: (508) 853-8180 Fax: (508) 853-4545

# Blushes and Brushes

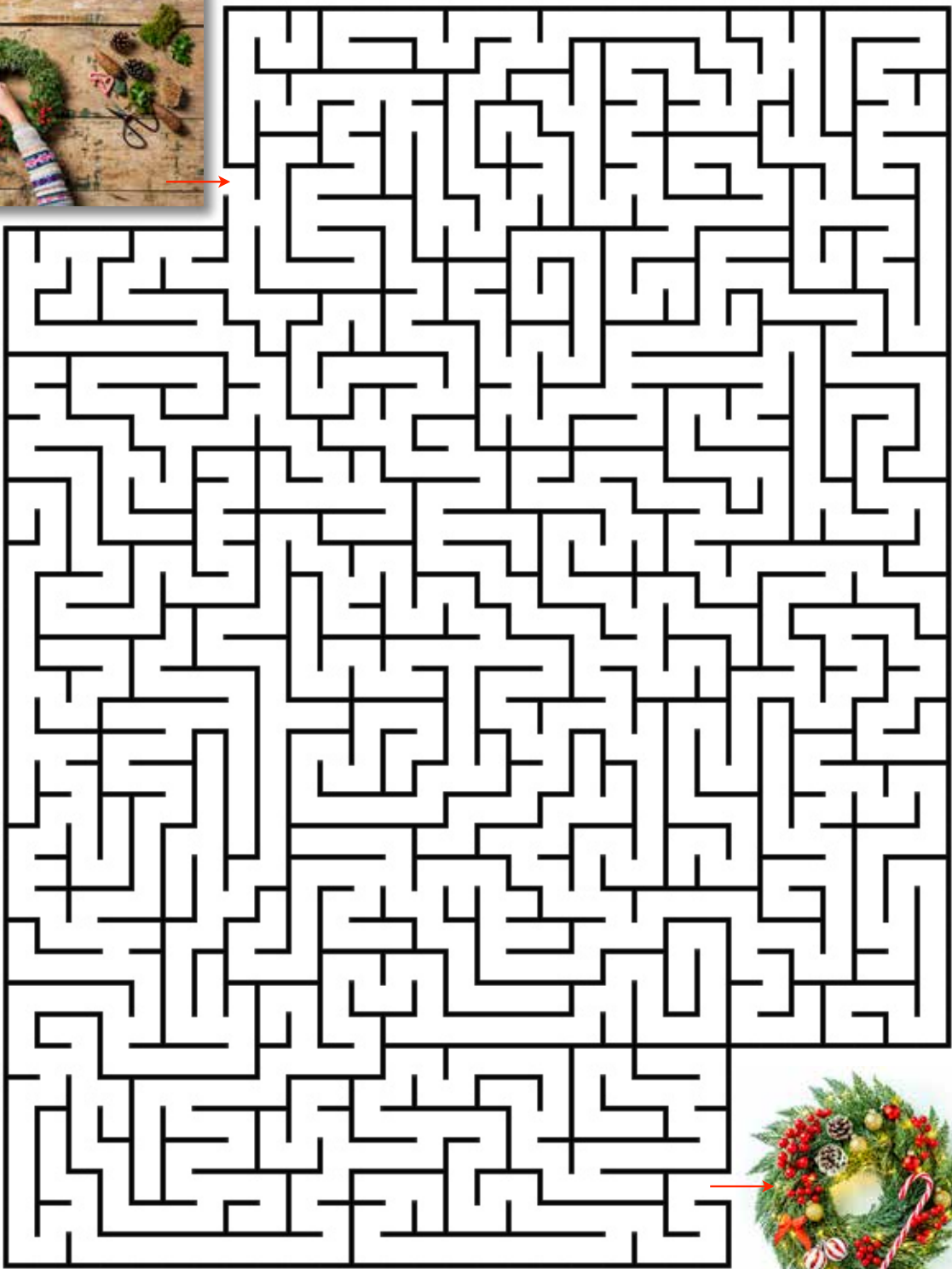
Match the clues to the words associated with cosmetics.

- |   |                |
|---|----------------|
| 1. Shade you swipe on lips _____              | A. shimmer     |
| 2. Face wash _____                            | B. emery board |
| 3. Lacquer for a manicure _____               | C. foundation  |
| 4. Color applied to the rim of your lid _____ | D. brush       |
| 5. Perfume _____                              | E. lipstick    |
| 6. Moisturizer in a bottle _____              | F. toner       |
| 7. Makeup applicator pad _____                | G. fragrance   |
| 8. Lash lengthener _____                      | H. blend       |
| 9. Nail file _____                            | I. tweezers    |
| 10. Makeup base _____                         | J. eyeliner    |
| 11. Compact contents _____                    | K. mascara     |
| 12. Sun-kissed glow giver _____               | L. blot        |
| 13. Brow-plucking tool _____                  | M. cleanser    |
| 14. Smooth together with a sponge _____       | N. lotion      |
| 15. Skin-balancing face splash _____          | O. nail polish |
| 16. Dab to remove shine _____                 | P. bronzer     |
| 17. Subtle sparkle _____                      | Q. powder      |
| 18. Bristled applicator _____                 | R. sponge      |





## A-Mazing Homemade Gift





# Famous December Birthdays

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

- A. Jane **AUSTEN**
- B. Johnny **BENCH**
- C. Larry **BIRD**
- D. Humphrey **BOGART**
- E. Cab **CALLOWAY**
- F. Marlene **DIETRICH**
- G. Don **JOHNSON**
- H. Mary Todd **LINCOLN**
- I. **NOSTRADAMUS**
- J. Diane **SAWYER**
- K. Frank **SINATRA**
- L. Tiger **WOODS**

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

**Bonus:** Match the person to the correct clue.

- |                                  |                           |
|----------------------------------|---------------------------|
| 1. <i>Casablanca</i> actor _____ | 7. U.S. first lady _____  |
| 2. Professional golfer _____     | 8. Novel writer _____     |
| 3. <i>Miami Vice</i> actor _____ | 9. TV news anchor _____   |
| 4. Actress/USO headliner _____   | 10. Jazz bandleader _____ |
| 5. NBA basketball player _____   | 11. MLB catcher _____     |
| 6. Rat Pack crooner _____        | 12. Astrologer _____      |



# Searching for December

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



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

ARCHER (Sagittarius)

BOXING DAY

CAPRICORN

CHRISTMAS

COLD MOON

COUNTDOWN

FEAST

HANUKKAH

KWANZAA

NARCISSUS

NEW YEAR'S EVE

PRESENTS

SAGITTARIUS

SEA GOAT (Capricorn)

SOLSTICE

TRADITIONS

TURQUOISE

VACATION

# Dreidel, Dreidel, Dreidel

Fill in the missing lyrics and then find the words in the puzzle.  
Search vertically, horizontally, diagonally, forward, and backward.

Well

I have a little \_\_\_\_\_

I \_\_\_\_\_ it out of clay

And when it's dry and ready

Then, dreidel I shall play.

Oh, dreidel, dreidel, dreidel

I made it out of \_\_\_\_\_

And when it's dry and ready

Then, dreidel I will play.

It has a \_\_\_\_\_ body

With legs so \_\_\_\_\_ and \_\_\_\_\_

And when it gets all \_\_\_\_\_

It \_\_\_\_\_ and I will \_\_\_\_\_.

Oh, dreidel, dreidel, dreidel

I made it out of clay

And when it's dry and \_\_\_\_\_

Then, dreidel I will play.

My dreidel is so \_\_\_\_\_

It loves to \_\_\_\_\_ and \_\_\_\_\_

A \_\_\_\_\_ game of dreidel

Come play now, let's \_\_\_\_\_.

Oh, dreidel, dreidel, dreidel

I made it out of clay

And when it's \_\_\_\_\_ and ready

Then, dreidel I will play.

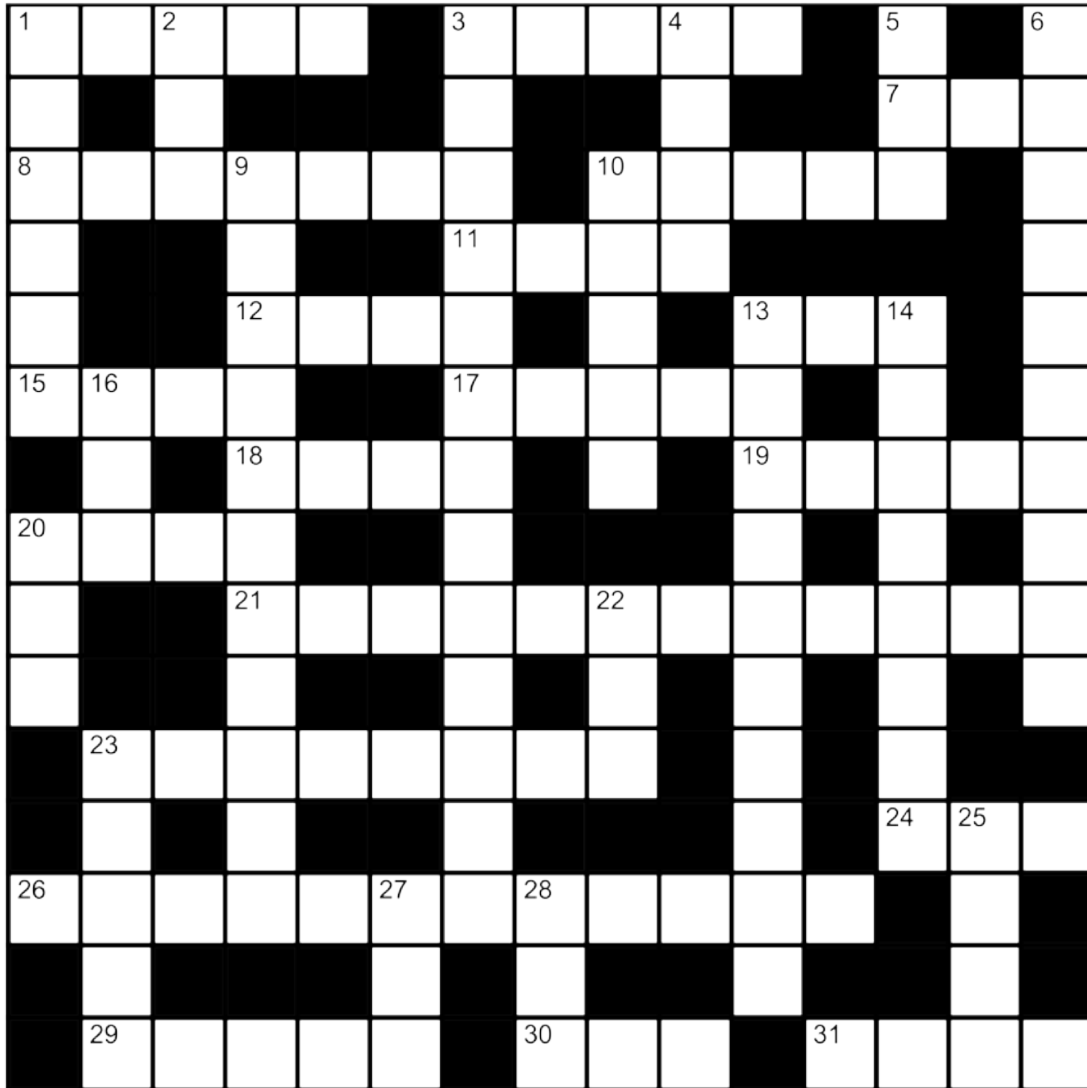
D	E	R	I	T	S	Y	T	E	E	D	Z
E	G	T	H	P	D	B	R	D	N	K	B
L	A	I	I	O	Y	S	A	D	I	U	S
E	N	N	J	D	Q	M	P	B	W	S	H
D	N	N	A	Y	C	I	Y	S	S	U	O
I	L	E	H	C	H	Y	B	X	A	S	R
E	R	O	S	P	L	A	Y	F	U	L	T
R	F	R	V	P	V	F	P	O	H	D	E
D	K	N	N	E	O	V	C	P	A	A	T
N	I	G	E	B	L	R	H	E	Y	N	H
C	L	A	Y	T	L	Y	D	Y	K	C	B
E	B	W	B	D	R	P	M	L	A	E	U





# Crossword #48

Use the clues to fill in the crossword.



## ACROSS

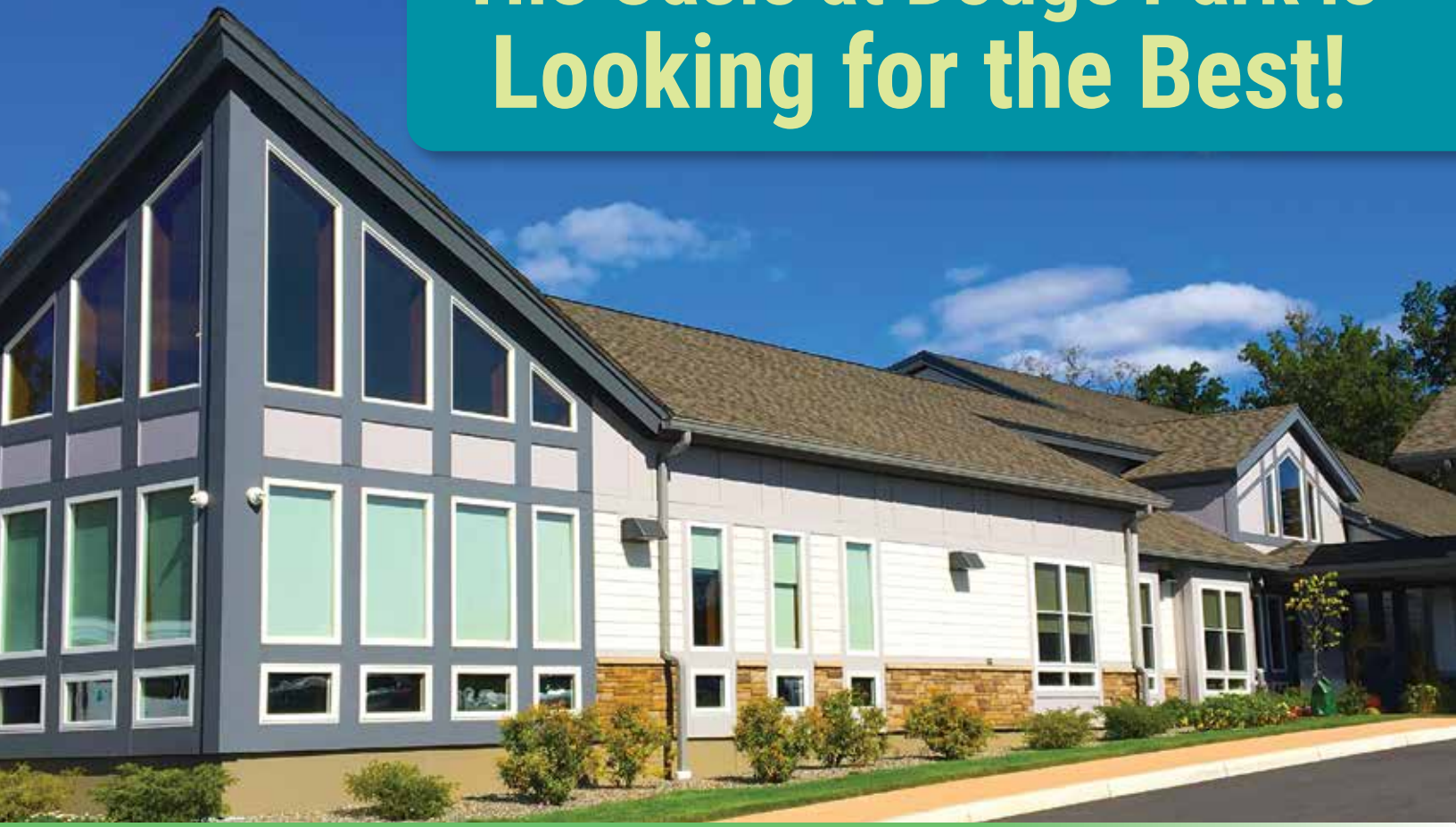
1. Traveler's headache
3. Pizza feature
7. Envision
8. Baseball player or large jug
10. "\_\_\_\_\_ me! I must be dreaming!"
11. Word after karate or pork
12. "Wherefore art \_\_\_\_\_ Romeo?"
13. Kind of pie
15. Jim Croce's "\_\_\_\_\_ in a Bottle"
17. Broadcasters and news people are some
18. It may be pitched
19. Pasted together
20. Hula \_\_\_\_\_ (it gets around)

21. More and more

23. How to swear?
  24. Apex
  26. Completely overpowering
  29. \_\_\_\_\_ as a rock (well built)
  30. \_\_\_\_\_ up, unearthed
  31. Mud dauber, for one
- ## DOWN
1. Leave; go away
  2. Global positioning meas.
  3. Distance around the Earth, say
  4. "Mom, please sign my permission \_\_\_\_\_ for the school trip."
  5. Cigar residue

6. Midweek days
9. Butterfly-to-be
10. Koi containers
13. Increasing (optically)
14. Pharmacist
16. In My Opinion, abbrev.
20. Billboard listing
22. "\_\_\_\_ questions?"
23. Reserves
25. Birds in barns
27. "I've been \_\_\_\_\_!" (fooled)
28. Little shaver

# The Oasis at Dodge Park is Looking for the Best!



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

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



# Your Loved Ones Deserve the Best

Worcester's Premier Senior Residential Care Facility



- Safe, secure, state-of-the-art facility
- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
- Beauty salon, spa, library
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- Daily activities programs



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and receive our **FREE** book



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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.*

# Premier Residential Care Facility For Seniors

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

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



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

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



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

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CELEBRATING **58** YEARS

*Caring for our Community*

## DODGE PARK REST HOME

*and*  
*The Day Club*

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



# Selecting a Rest Home For Your Loved One

## A Guide For Family Members in Massachusetts

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

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



### **In this guide, you'll learn:**

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

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

# Memory Care Support Group



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

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

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

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

## Meet Dennis Goguen

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

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

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

**Please RSVP via email to Micha Shalev at  
[m.shalev@dodgepark.com](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.

**Dodge Park**



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





## *Peace of mind for your family* EXTRAORDINARY ELDERLY CARE

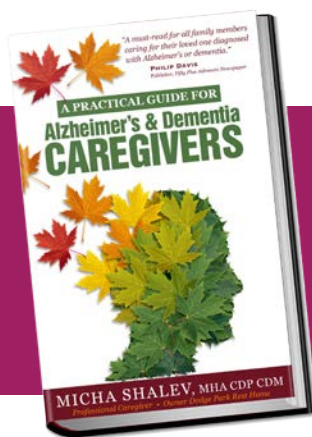
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



**DODGE PARK**  
*Rest Home and Day Club*

## *Two Communities—One Unique Mission*

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



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

*Schedule a Tour and discover the difference*  
508-853-8180 [dodgepark.com](http://dodgepark.com) [oasisatdodgepark.com](http://oasisatdodgepark.com)



**DODGE PARK**  
*Rest Home and Day Club*

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



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

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

Download at [dodgepark.com](http://dodgepark.com)



## SCHEDULE A TOUR

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

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

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

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

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

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

*We hope to see you there.*

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

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



# *The Nefesh to Nefesh™ Memory Care Program*

**DODGE PARK  
REST HOME**



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

**For more information  
please click here**

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



# Dodge Park



101 and 102 Randolph Road, Worcester, MA 01606

Tel: 508-853-8180 Fax: 508-853-4515

DodgePark.com • OasisAtDodgepark.com

## December

  
**2025**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

WWW.SHININGMOM.COM