

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*



Preventing Elopement in Dementia Residents: Safety Tips for Home Care

Elopement, or wandering away from a safe environment, is a significant concern for individuals with dementia. It can happen quickly and often without warning, leading to dangerous situations. Families caring for a loved one with dementia at home can take proactive steps to reduce the risk of elopement and ensure their loved one's safety while preserving their dignity and quality of life.

Why Do Dementia Residents Wander?

Understanding the reasons behind wandering can help caregivers address the root cause.

Common reasons include:

- **Confusion:** The individual may forget where they are or believe they need to return to a previous home or job.
- **Searching for Something:** They may feel the need to find a person, place, or object.
- **Restlessness:** Physical discomfort or boredom may lead to a desire to move around.
- **Anxiety or Stress:** Crowded or noisy environments can trigger a need to escape.
- **Routine Disruption:** Changes in daily schedules can lead to disorientation and wandering.

Steps to Prevent Elopement

1. Secure the Home

- Install locks or alarms on doors and windows, ensuring they are out of the individual's line of sight.
- Use motion detectors or door sensors to alert caregivers when exits are being accessed.
- Place signs or visual cues on doors, such as STOP signs, to discourage exit attempts.

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

2. Maintain a Predictable Routine

- A consistent daily schedule can reduce restlessness and confusion.
- Engage your loved one in structured activities to provide physical and mental stimulation.

3. Provide Identification

- Have your loved one wear a medical ID bracelet with their name, a contact number, and a note about their condition.
- Consider using GPS tracking devices or wearable technology designed for dementia patients.



4. Create a Safe Environment

- Keep the home well-lit and free of clutter to minimize disorientation.
- Block off unsafe areas, such as staircases or the kitchen, with childproof gates or other barriers.

5. Address Emotional Needs

- Identify triggers that may lead to wandering, such as stress, boredom, or unmet needs.
- Provide reassurance if your loved one seems agitated or anxious.
- Offer distractions, such as conversation, a favorite activity, or a soothing walk in a safe area.

6. Communicate with Neighbors

- Inform trusted neighbors about your loved one's condition and the possibility of wandering.
- Provide them with your contact information and ask them to alert you if they see your loved one outside alone.

7. Use Technology Wisely

- Consider installing surveillance cameras to monitor your loved one's movements.
- Utilize apps and devices that track location, providing peace of mind in case of an emergency.

8. Prepare for Emergencies

- Keep a recent photo and description of your loved one on hand to share with authorities if needed.
- Develop a response plan with local law enforcement or community support groups.

Encourage Independence While Ensuring Safety

While safety is the priority, it's also important to allow your loved one some independence and freedom. Supervised outdoor walks or activities in enclosed spaces, such as a garden, can provide them with a sense of autonomy while minimizing risks.

Conclusion

Preventing elopement requires a proactive approach, thoughtful planning, and the use of available resources. By understanding the unique challenges of dementia care and implementing these strategies, you can create a secure and supportive environment for your loved one at home.

For more resources, information or assistance, contact Micha Shalev 508-853-8180 or email him at mshalev@dodgepark.com.



AROUND DODGE PARK AND OASIS



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Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



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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

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.

We are so very impressed with the support from the team at Dodge Park.


Our brother Chris moved in on Wednesday. The staff have been incredibly supportive. The owners have kept in constant contact throughout his transition from rehabilitation. For the first time since his injury our family has peace of mind that his quality of life will be enhanced.

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.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00- Daily Chronicle Reading 10:15- Congregational Church 11:00- Snowy Mountain Train Ride 2:00- Winter Whiteboard Games 2:30- Live Music w/ Gary L. Dodge Park Walking Group 3:30- Guided Armband Stretches Lavender Hand Massages 6:30- Poetry Corner 7:00- The Three Stooges	7:30- Beauty Salon Stylings 10:15- Daily Chronicle Reading 10:30- Catholic Mass w/ Father E. 11:00- Group Trivia 2:00- Favorite Winter Activities 2:30- Exercise w/ Paula S. 3:30- Balloon Basket Toss Kindred Hearts Circle 4:00- World Travelers 7:00- Broadway Musicals	10:00- Daily Chronicle Reading 10:15- Pinecones & Ping Pongs Conversation Starters 11:00- Finish the Phrases 2:00- Winter Wordsearches 2:30- Live Music w/ Sean F. Patio Strolls 3:30- Linked Senior Trivia 4:00- January Bird Camera 7:00- Inspirational Stories	10:00- Art Therapy w/ Lynda S. Parachute Circle Up 10:45- Author Creations 11:00- Golden Hollywood Actors 2:00- Winter Olympics Facts & Trivia 2:15- Music w/ Greendale Chorus 3:30- What Am I? Guided Movements 4:00- Rat Pack Performance 7:00- Nick at Night Programs	New Year's Day 10:00- Daily Chronicle Reading 10:15- Seasonal Sensory Bins New Year Intentions Craft Creation Stations 11:00- Museum Travels 2:00- Alphabetics Vocabulary 2:30- Exercise w/ Paula S. 3:30- Large Scale Crosswords 4:00- Winter Landscapes 7:00- Feature Presentation	10:00- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 10:45- Reminiscing Together 11:00- Sing a Long with Eldersongs 2:00- Jig Saw Puzzles Afternoon Stretching 2:30- Live Music w/ Mike O. 3:30- Snowball Toss 6:30- Aromatherapy 7:00- Friday Night at the Movies	10:00- Daily Chronicle Reading 10:15- Free Space Bingo Table Top Puzzles Water Color Painting 11:00- January Holidays & Facts 2:00- Family Feud Questionnaires Manicure Stations 2:30- Live Music w/ Sandy R. 6:30- Riddle Me This 7:00- Carol Burnett Show
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Dodge Park Rest Home & Day Club 101 Randolph Road, Worcester, Ma 01066 Amy Laba, Activity Director 508-853-8180

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The Oasis At Dodge Park 102 Randolph Road Worcester, Ma 01066 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

JANUARY OBSERVANCES

Monthly

National Birth Defects Prevention Month. Not all birth defects can be prevented, but you can increase your chances of having a healthy baby by managing health conditions and adopting healthy behaviors before and during pregnancy. Taking care of yourself and doing what's best for you is also best for your baby.

National Book Blitz Month. How many times have you started reading a book with all good intentions of completing it in a timely manner, only to forget to pick the book back up in weeks or sometimes months? It's time to rededicate yourself to completing a book or two as we celebrate National Book Blitz Month in January.

National Codependency Awareness Month. Codependency is often passed down from one generation to another, affecting an individual's ability to have healthy, mutually satisfying relationships. People with codependency most often form or maintain relationships that are one-sided, emotionally destructive, and/or abusive verbally or physically. Does this sound like you or someone you know?

National Mentoring Month. Imagine a world where young people feel empowered, encouraged, and understood. Mentors can make that world a reality.

National Mentoring Month focuses national attention on the need for mentors, as well as how each of us—individuals, businesses, government agencies, schools, faith communities, and nonprofits—can work together to increase the number of mentors to ensure positive outcomes for young people.

Weekly

Diet Resolution Week, Jan. 1-7. Although nearly half of all Americans make one or more New Year's resolutions to eat better and lose weight, not very many of those get kept. Diet Resolution Week provides support for one of the most popular New Year's resolutions we make.

International Snowmobile Safety Week, Jan. 10-18. Snowmobiling is a fun and exciting family activity enjoyed by more than 4 million people across the United States and Canada. The purpose of International Snowmobile Safety Week is to expose people to safe snowmobiling practices and to demonstrate how operating snowmobiles safely can prevent mishaps.

SPECIAL DAYS

- 1 National Bloody Mary Day
- 1 National Hangover Day
- 1 New Year's Day
- 2 International Stop Spam Day
- 2 Run up the Flagpole and See if Anyone Salutes Day
- 2 World Introvert Day
- 3 Festival of Sleep Day
- 3 Fruitcake Toss Day
- 3 Humiliation Day
- 4 National Spaghetti Day
- 4 Trivia Day
- 5 National Bird Day
- 5 National Whipped Cream Day
- 6 Bean Day
- 6 Cuddle Up Day
- 6 Feast of the Epiphany
- 7 Old Rock Day
- 7 World Pass Gas Day
- 8 Bubble Bath Day
- 8 Male Watcher's Day
- 9 National Apricot Day
- 9 Play God Day
- 10 Bittersweet Chocolate Day
- 10 Houseplant Appreciation Day
- 10 Peculiar People Day
- 11 Learn Your Name in Morse Code Day
- 12 Feast of Fabulous Wild Men Day
- 12 National Hot Tea Day
- 12 National Pharmacist Day
- 13 International Skeptics Day
- 13 Make Your Dream Come True Day
- 13 National Rubber Duckie Day
- 14 Dress Up Your Pet Day
- 14 National Hot Pastrami Sandwich Day
- 14 National Take the Stairs Day
- 15 National Bagel Day
- 15 National Hat Day
- 16 Appreciate a Dragon Day
- 16 National Nothing Day

SPECIAL DAYS

17 Ditch New Years Resolutions Day
17 Kid Inventors Day
18 Thesaurus Day
18 Winnie the Pooh Day
19 Martin Luther King Jr. Birthday
19 National Popcorn Day
19 National Tin Can Day
20 Buttercrunch Day
20 National Cheese Lover Day
20 Penguin Awareness Day
21 National Hugging Day
21 Squirrel Appreciation Day
22 National Blonde Brownie Day
22 National Polka Dot Day
23 National Pie Day
23 National Handwriting Day
23 Measure Your Feet Day
24 Beer Can Appreciation Day
24 Compliment Day
24 Global Belly Laugh Day
25 Opposite Day
26 Australia Day
26 Bubble Wrap Appreciation Day
26 Spouse's Day
27 Chocolate Cake Day
27 Punch the Clock Day
28 Data Privacy Day
28 Fun at Work Day
28 National Kazoo Day
29 National Puzzle Day
29 National Corn Chip Day
29 Red Carnation Day
30 Croissant Day
30 National Inane Answering Message Day
31 Backward Day
31 Inspire Your Heart with Art Day
31 National Hot Chocolate Day
31 National Seed Swap Day

Weekly

National Medical Group Practice Week, Jan 26-30. January recognizes the teams of physicians, physician assistants, nurse practitioners, administrative office staff, and anyone else who plays a role in ensuring patients' health care needs are met.

Daily

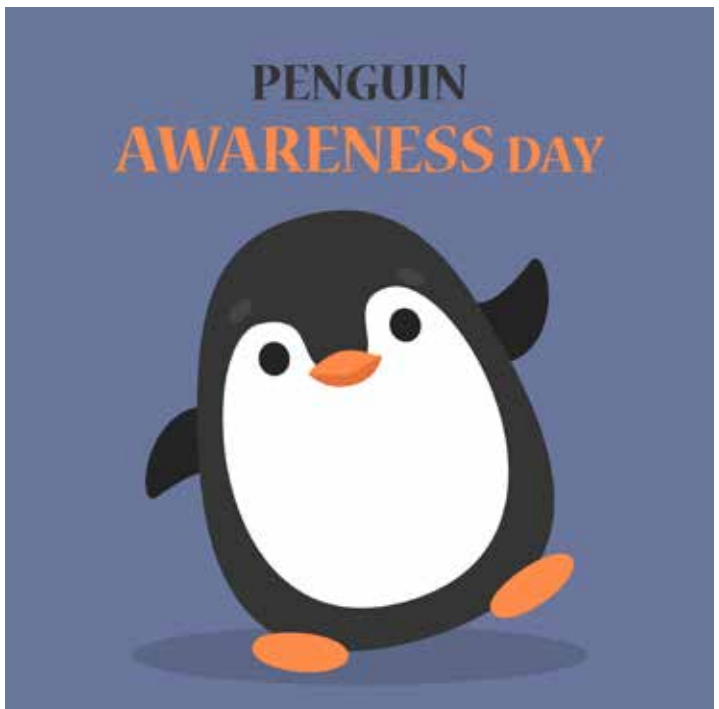
New Year's Day, Jan. 1. Start on those resolutions today.

National Science Fiction Day, Jan. 2. An unofficial celebration by many science fiction fans in the United States on the official birthdate of famed science fiction writer Isaac Asimov.

Korean American Day, Jan. 13. Honoring the contributions of the Korean American community to the United States and commemorating the arrival of the first Korean immigrants on January 13, 1903.

Martin Luther King Day, Jan. 19. Celebrating the life of the famous civil rights leader.

Penguin Awareness Day, Jan 20. Almost everyone loves to watch penguins.





Plant of the Month – Aloe Vera

Aloe vera is a cactus-like plant that thrives in hot, dry desert climates. Amazingly, this bright-green plant is 99.5 percent water. It can grow up to 30 inches tall and have up to 21 leaves. The word aloe comes from the Arabic word *alloe*, meaning “shining bitter substance.” Vera comes from *veritas*, which means “truth” in Latin. This spiky succulent’s leaves have a fibrous outer layer filled with aloe gel, which has cooling properties. It has been used for centuries to treat a range of ailments, including fever, insomnia, burns, and wounds. It is said to improve blood flow and boost the immune system. The healing properties of the plant have been well documented, particularly for speeding wound healing, soothing sunburns, and other skincare applications. Some say Cleopatra used the aloe gel as a cosmetic. The inner layer of the plant’s skin, called aloe latex, is also used as a laxative.



Flower - Carnation

The carnation is as rich in history and significance as it is diverse—and with around 300 species, that’s saying something! Its genus, *Dianthus*, means “flower of the gods.” These lovely blooms were a favorite among early Romans, who made them into celebratory wreaths. Supposedly, these pretty petals first grew from the patches of earth where Mary’s tears fell after Christ’s crucifixion. Because of this, carnations have come to represent a mother’s love.

Birthstone – Garnet

The beautiful red garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary.



The name garnet comes from the Latin word *granatum* (meaning “pomegranate”), an apt comparison, as the stone resembles the color and form of this fruit. Garnets come in a variety of other colors, and a green garnet, known as a tsavorite, is the most highly prized. Garnets are found all over the world, including the United States, Sri Lanka, Greece, Brazil, and India.

January Personalities and Jobs

People born in January are loyal, responsible, and attentive. They enjoy both learning and teaching, and they usually enjoy hard work because they like to be productive. People born in the first month of the year tend to be tidy and respectful of other people’s personal space. When around others, they are quiet and reserved. In addition, they are noted to have a lively sense of humor, albeit a sarcastic one. January folks are true romantics, and they throw their whole heart and soul into relationships. They take pleasure in the simple things in life, like delicious food, good friends, and beautiful scenery. January folks are also very good hosts. Top career choices for those born during the month of January include:

- Archaeologist
- Accountant
- Designer
- Doctor
- Inventor
- Miner
- Politician
- Teacher
- Jewelry maker
- Singer
- Writer



JANUARY FUN FACTS

January 1 marks the first day of the first month of each year thanks to the Gregorian calendar, introduced by Pope Gregory XIII in 1582. This calendar was adopted throughout the British empire and its colonies in 1753. Seen as a fresh start, January is a time for reflection on the past year and setting goals for the new one. January is one of two months (along with November) with more than one U.S. federal holiday: New Year's Day and Martin Luther King Jr. Day.

January Birthdays

Alfred Stieglitz (photographer) – January 1, 1864
J. R. R. Tolkien (writer) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (singer) – January 8, 1935
Pat Benatar (singer) – January 10, 1953
Julia Louis-Dreyfus (actress) – January 13, 1961
Martin Luther King Jr. (activist) – January 15, 1929
Michelle Obama (first lady) – January 17, 1964
Dolly Parton (singer) – January 19, 1946
Jim Jarmusch (director) – January 22, 1953
Neil Diamond (singer) – January 24, 1941
Etta James (singer) – January 25, 1938
Sarah McLachlan (singer) – January 28, 1968
Jackie Robinson (ballplayer) – January 31, 1919



Ways to Ring in the New Year

While Americans often use fireworks to celebrate the new year, Puerto Ricans throw water out the window at midnight to rid their homes of evil spirits. Danes smash plates and glasses against the front door to banish bad spirits. In France, pancakes are eaten for luck and good health. And in Spain, it's traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year.

What's your tradition?

What's Lucky in January?

Lucky Color: Pink

Lucky Animal: Porcupine

Lucky Letter: S

Lucky Day: Tuesday

Lucky Plant: Pin



Wolf Moon

January's full moon, known as the wolf moon, is on January 13 this year. Legend tells that this moon was named after the wolf packs howling hungrily outside early Indigenous Americans' villages on cold January nights.

January Zodiacs

Capricorn (The Sea Goat) January 1–19

Aquarius (The Water Bearer) January 20–31



A very *Happy Birthday* to...

Dodge Park Residents

Pauline H. January 5
Irene K. January 11
Susan S. January 11
Raffaela R. January 12
Susie S. January 18
Caroline C. January 20
Mildred L. January 25

Oasis Residents

Anita E. January 7
John B. January 10
Carl G. January 21
Pamela P. January 22
Audrey P. January 24
Allen R. January 26

Staff

Matilda A. January 1
Osman O. January 1
Shaira N. January 4
Kiara M. January 4
Yaneri D. January 5
Dorothy K. January 13
Alicia F. January 18
Alexis S. January 18
Trezik W. January 19
Daniella O. January 20
Meliane D. January 21
Wesley P. January 22
Krystal R. January 23
Savannah G. January 23
Jamy E. January 23
Miriam S. January 31



Dementia Warning Signs

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

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

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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 misinformation 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.



Don't let arthritis spoil your winter

The winter months can be hard on people with arthritis. Cold weather can exacerbate joint pain, making life uncomfortable when temperatures are low. The Integris Health website offers this advice for enduring winter with arthritis:

- **Dress in layers.** Stay warm inside and outdoors. Wear gloves, and add layers to your knees, elbows, and other places where your body aches. Take layers off if you get too warm. Also, heated pools and hot tubs can provide pain relief.
- **Eat healthy.** Rich foods and sweets can cause a flare-up of rheumatoid arthritis. Limit your consumption of gravy, processed meat, desserts, and unhealthy snacks.
- **Minimize stress.** Stress can make you work (or play) harder than you should, overtaxing your muscles and leading to more pain. Try meditation, deep breathing, and yoga to stay in a calm frame of mind.
- **Exercise.** Physical activity helps with flexibility, strength, and energy, and helps ease arthritis pain. Aim for 150 minutes of moderate aerobic exercise a week, along with two strength training sessions.
- **Wear compression gloves.** These encourage blood flow in your joints, and help keep your hands warm.
- **Take vitamin D.** We naturally absorb vitamin D from the sun, but during winter months sunlight can be scarce. A drop in vitamin D can cause more pain in people with rheumatoid arthritis or other inflammatory kinds of arthritis, and can also increase sensitivity to pain.
- **Get plenty of sleep.** Lack of sufficient sleep has been linked to depression, fatigue, and additional pain in

people suffering from rheumatoid arthritis. Adequate rest can help you deal better with the pain.

- **Talk to your doctor.** If you're in more pain than usual during winter, consult with your physician. Let your family know about it too. They can help you cope with the symptoms, relieving the risk of depression and heightened anxiety.

Don't panic when someone has a seizure

A seizure can be frightening to experience—and to witness. You may feel helpless, but don't panic. Follow this advice from the Kettering Health website:

- **Don't automatically call 911.** Most seizures don't last long and don't require emergency assistance. Instead of taking out your phone to call paramedics, use it to time the seizure. Chances are the seizure will stop in a minute or two. Only call 911 if it lasts for five minutes or longer, or if the person comes out of the seizure and then immediately goes into another one.
- **Don't fight it.** You can't stop a seizure. Instead, ease them onto the ground so they don't fall and injure themselves, and roll them onto their side in case they vomit. Place a pillow or rolled-up jacket under their head. Clear the area around them of anything that might hurt them. Loosen any restrictive clothing, like a scarf, belt, or necktie. Then just stay with them until the seizure is over.
- **Offer support.** Often a person comes out of a seizure with no memory of what happened. They may feel tired and disoriented, and may have temporary difficulty speaking clearly. Speak to them calmly, explain what happened, and wait until they feel alert and ready to get up again. If the person has never had a seizure before, they should probably see their doctor. Otherwise, if they feel fine, you can usually both just continue your day.

Quotes

"Healing yourself is connected with healing others."
—Yoko Ono

"'Tis healthy to be sick sometimes."
—Henry David Thoreau



Make New Year's resolutions you'll actually keep

Making a New Year's resolution is like setting any other type of goal. You have to choose wisely if you want to achieve something significant. Remember that a good resolution, like a solid goal, usually has a few definable characteristics:

- **Focus.** Set a definite target: "Lose 10 pounds by June 1" is better than "Lose some weight."
- **Challenge.** Your resolution should be neither too hard nor too easy.
- **Support.** Share your resolutions with others who will help you work on them.
- **Presence.** Write down your resolutions in detail and post your list where you'll see it often.
- **Vision.** Visualize the results you want to achieve every day.

Who knows where the time goes?

The beginning of a new year makes many of us reflect on the passage of time. Time is a funny thing—it doesn't always behave the way you expect. The Cracked website offers some interesting observations on the sometimes wacky nature of time:

- **Your head is aging faster than your feet.** Time moves at a slightly different speed depending on how close an object is to a source of gravity. The difference is very small, but it's measurable.
- **What did people do before alarm clocks?** They hired 'knocker-uppers,' people who would come knock on their door to wake them up.

- **Days and years were shorter long ago.** Dinosaurs lived in a time when the earth rotated faster, so days lasted about 23 ½ hours, and a year was 372 days.
- **One year was longer than the rest.** The year 46 B.C. had 445 days, due to Julius Caesar's reform of the calendar.
- **The oldest known calendar dates back to 8,000 B.C.** It was a monument built by hunter-gatherers near Aberdeenshire in Scotland. It tracked months by the moon.
- **France tried to change time.** In 1973, France introduced decimal time, which divided days into 10 hours of 100 minutes per hour and 100 seconds per minute. It lasted 500 days.

Making friends isn't easy at our age

Making friends is easy when you're young, but it gets more difficult once you're past the age of playing at recess, or asking, "What's your major?" in college. Here are some tips from the Healthline website for making new friends at any age:

- **Find or rediscover your hobbies.** Pursuing enjoyable activities can help you relax and build new relationships more easily. Exercise classes, social media groups, book groups, and more can bring you into contact with like-minded people also looking for companionship.
- **Make the first move.** Don't be afraid to ask an acquaintance out for coffee or lunch. You may get rejected—just like dating—but if you keep it casual and relaxed, the other person will often accept, forging the pathway to a new friendship.
- **Volunteer.** Find a cause that you believe in and join a group that supports it. You'll meet people with the same values while working on projects that do some good. Common interests can help you connect and form strong bonds.
- **Keep an open mind.** Don't be too quick to judge the people you meet. You may think you have nothing in common, but you might find you share more than you think. Be willing to listen to different points of view and try new things before making a decision on whether or not you want to be friends.



Ham & Swiss Stuffed Croissants

Makes 8 servings

Ingredients:

- 1 (8-ounce) can refrigerated crescent roll dough
- 8 slices cooked ham (thin)
- 8 slices Swiss cheese, halved
- 1 egg, lightly beaten

Directions:

1. Preheat oven to 375°F (190°C).
2. Open the crescent roll dough and separate it into 8 triangles.
3. Place one slice of ham and two halves of Swiss cheese on the wide end of each dough triangle.
4. Roll up each triangle, starting at the wide end and tucking in the ham and cheese as you roll.
5. Place on a baking sheet lined with parchment paper.
6. Brush lightly with beaten egg if you want a golden crust.
7. Bake for 12–15 minutes or until golden brown. Serve warm.



Slow-Cooker Spaghetti-Os

Makes 8 servings

Ingredients:

- 1 (16-ounce) box small pasta rings (or small macaroni)
- 1 (24-ounce) jar plain tomato sauce
- 3 cups water
- 1 tablespoon butter
- (Optional) 1 teaspoon sugar for cutting acidity
- 1 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder

Directions:

1. Add all ingredients to the bowl of a slow cooker. Stir well.
 2. Cover and cook on the “low” setting for 3 hours, stirring once or twice.
 3. Check pasta for doneness. If it’s too thick, stir in a little extra water.
- Serve warm.



Blueberry Oat Bars

Makes 12 servings

Ingredients:

- 2 cups quick oats
- 1 cup flour
- 1/2 cup brown sugar
- 1/2 cup melted butter
- 2 cups fresh or frozen blueberries
- 2 tablespoons sugar

Directions:

1. Preheat oven to 350°F. Grease an 8x8-inch baking dish.
2. In a bowl, mix oats, flour, brown sugar, and melted butter until crumbly.
3. Press half of the mixture firmly into the bottom of the baking dish.
4. Spread blueberries evenly on top and sprinkle with sugar.
5. Sprinkle the remaining oat mixture over the blueberries.
6. Bake for 35–40 minutes until golden brown. Cool before cutting into bars.

Sugar-Free Vanilla Milkshake

Ingredients:

- 2 cups unsweetened almond milk (or milk of choice)
- 2 cups ice cubes
- 2 teaspoons vanilla extract
- 2–3 tablespoons sugar-free sweetener (like stevia or monk fruit)

Directions:

1. Place milk, ice, vanilla, and sweetener in a blender.
2. Blend on high speed until smooth and frothy.
3. Taste and adjust sweetness if needed.
4. Pour into two glasses and serve immediately.



Worried about a loved one with memory loss?

Dementia Warning Signs

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



**Call us to get help today.
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ACTIVITY IDEAS

Northern Lights Painting

Experiment with wet brush and dry brush techniques to paint the northern lights.

Use acrylic and watercolor paints on a black canvas for a dynamic result.

You will need:

- Black canvas board (10" X 8" or larger)
- Acrylic paint (white, black)
- Watercolor paint (magenta, bright green, blue)
- Mod Podge
- Flat, soft-bristle paintbrushes (1/2", 1", and 2" wide)
- Small glass of water and painting supplies
- 3 disposable palettes (plates or cups)

Directions:

1. Place a dab of white paint on a disposable palette. Use the small brush to mix some water into it until it has the consistency of syrup.
2. Position the canvas board horizontally. Then, using the small brush, swipe swirly white lines onto the top half of the canvas.



3. While the lines are still wet, dampen the 1" brush with a little water, and then drag it upward to streak the white paint toward the top of the canvas. Set the canvas aside to let the paint dry for 15 minutes.
4. Use the 1/2" brush to apply watercolor paint on top of the white paint. The watercolor paint can be applied to the black canvas as well. Paint various sections using magenta, bright green, and blue until all the white is covered.
5. Use the 2" dry brush to streak the watercolors upward. This will soften the glow.



6. Add stars by splattering white paint using the 1/2" brush. Allow the paint to dry for 15 minutes.
7. Add black paint to a disposable palette. Use the 1/2" paintbrush to paint a silhouette of a hill and valley across the bottom of the canvas.
8. Paint vertical lines for tree trunks. Then paint expressive horizontal lines to add evergreen branches to the trunks. Allow the paint to dry for 30 minutes.
9. For the final touch, dilute Mod Podge with a little water in a cup. Apply a thin coat to the painting and then allow it to dry for 30 minutes. This will help make the darks darker and the colors more vivid.

Alaskan Yo-Yo

Craft upcycled materials into a yo-yo, traditionally made with sealskin and caribou tendons. The goal of the Alaskan yo-yo is to make both balls spin in opposite directions simultaneously. Each cord is a different length, so the balls can pass one another without colliding. This swirling action is powered by centripetal force and can be achieved using various techniques.

The Alaskan yo-yo (also called the Eskimo yo-yo) originated among the Yup'ik and Inuit peoples of Alaska. More than just a toy, it served as a tool for developing hand-eye coordination, rhythm, and dexterity, skills essential for hunting and daily life in the Arctic. Before modern entertainment, it was also used for storytelling and recreation during celebrations, community gatherings, and winter festivals. Today, the Alaskan yo-yo endures as a cherished symbol of Alaskan Native culture, reflecting both play and tradition.



You will need:

- 4 1/2-foot cotton clothesline or parachute cording (Note: The cording or clothesline must be a woven style, not twisted like twine.)
- Two 8" squares of cotton fabric
- Two 1/8 cup portions of weighted filler (popcorn kernels or dried beans)
- Plastic grocery bag
- Plastic lid cut into a 1" X 3" rectangle (coffee, yogurt, butter tub, etc.)
- 2 rubber bands, masking tape
- Scissors, hole punch

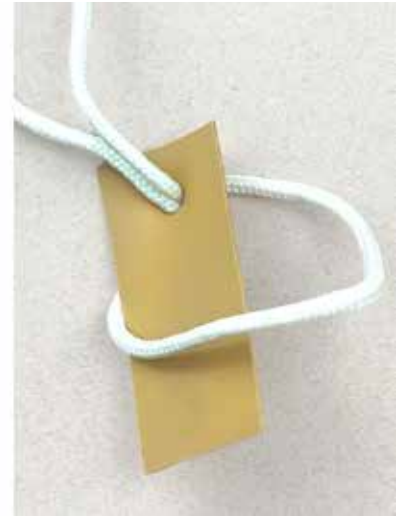
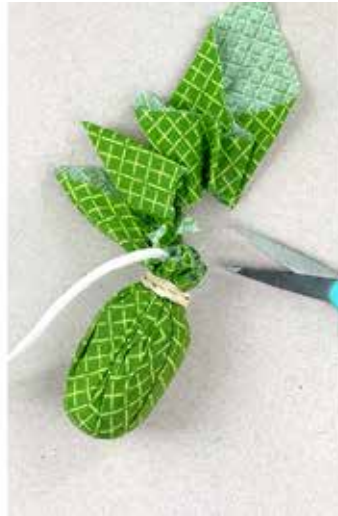
Directions:

1. Make a large double knot on each end of the parachute cord. Then cut the plastic bag in half so you have a front piece and a back piece. Square off the pieces by trimming off the handles.
2. To make one of the balls, fold one of the plastic bag pieces in half and then in half again.
3. Pour 1/8 cup of filler onto the folded plastic, positioning it as shown below.

4. Enclose the filler by folding the sides of the plastic into the middle, then secure the folded sides in place with tape. Fold the bottom up and tape it in place as shown.
5. Hold the project upright to allow the filler to slide into the bottom. Lay the project down and then roll the bottom toward the top, making two rotations.
6. Lay one end of the knotted cord against the rolled portion as shown.



7. Tightly roll the rest of the project upward, keeping the knot in the middle. Securely tape the rolled bundle, making sure to tape the top to ensure the knot stays inside the bundle.
8. Lay the bundle in the center of a fabric square. Tightly gather the fabric up and around the cord at the top of the bundle. Secure the fabric in place using a rubber band.



9. Lean the cord to one side to cut away the excess fabric at the top of the yo-yo "ball."
10. Repeat steps 2–9 to make the second ball attached to the other end of the cord.
11. To add a handle, punch a hole in the 1" X 3" plastic tab about 1/2" from one end.
12. Push the center of the cord through the hole and then bring the loop over the plastic tab to secure the cord to the handle. Before tightening the cord, adjust the lengths of the balls. One should hang 2" to 3" longer than the other one.
13. Now the fun part! Play with your new toy after watching how to use your handcrafted yo-yo.

Fun Ways to Play:

- Give your yo-yo a daily spin! A few swirls each day will get you moving, sharpen your skills, and keep your hands (and mind) in motion.
- Turn an ordinary doorway into a game zone! Install 1 to 3 extension rods across the frame to create an indoor ladder ball game. Shorten your yo-yo string so it can wrap easily around a rod, then toss it like a hunting bola and see how many points you can score when it catches.

ACTIVITY IDEAS

Cozy Cup Wrap

Make a cardboard loom and then weave yarn to make a cup wrap.

You will need:

- Two different colors of yarn (23 feet of one color, 3 four-foot strands in another color)
- Craft stick
- 1" button
- Cardboard (12" x 3")
- Ruler
- Scissors, tape, hot glue
- Coffee cup or thermal beverage holder

Directions:

1. Cut eleven 1/4" slits spaced 1/4" apart at both ends of the cardboard. Slightly bend every other tab up on both ends. This is your loom.

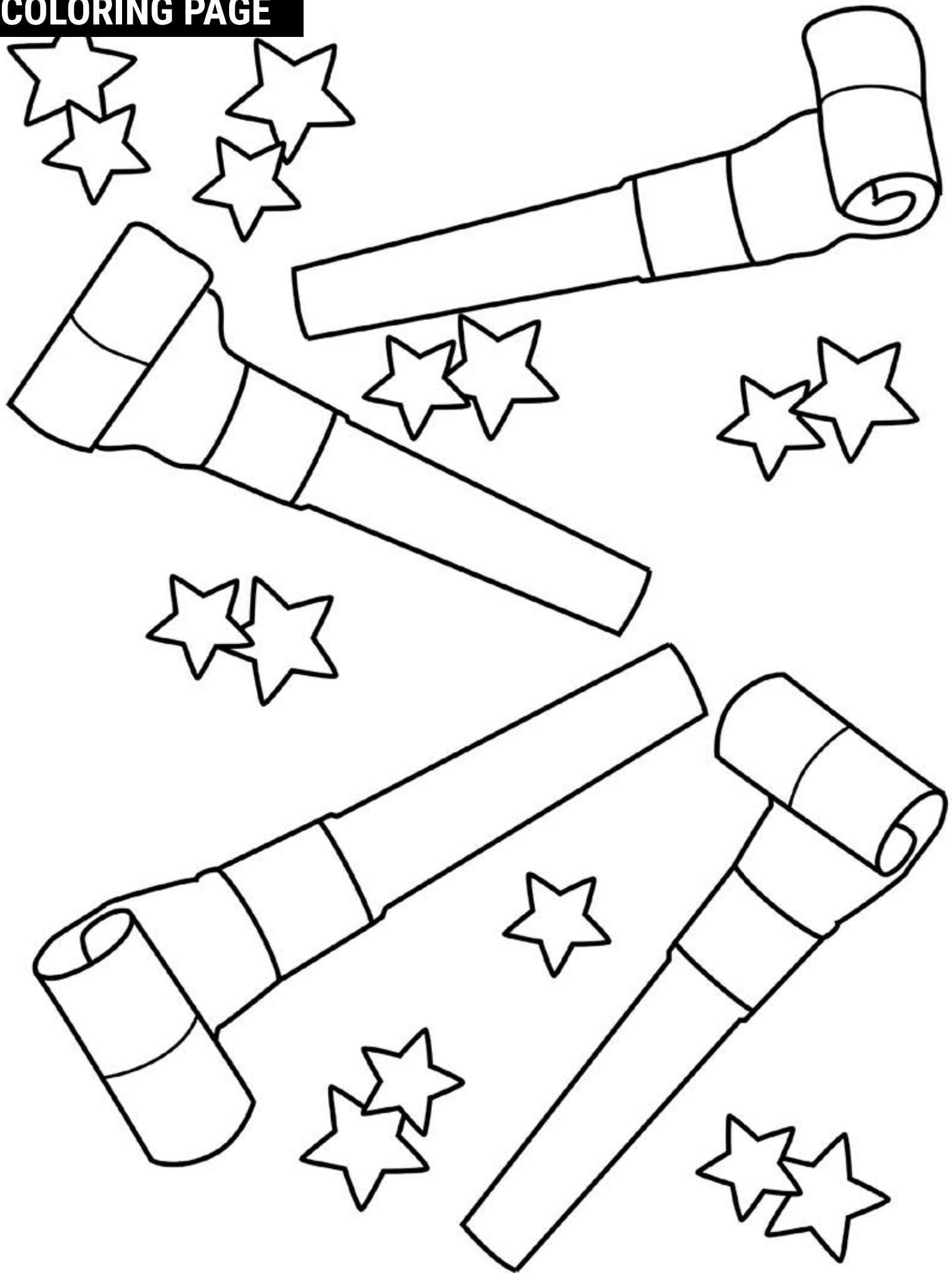


2. Tape the end of the 23-foot strand of yarn to the back of the loom, near a corner. Bring the yarn to the front of the loom and then wrap it around the tabs at each end in a back-and-forth fashion.
3. After all the tabs are have been wrapped once, continue wrapping the rest of the yarn by going in the opposite direction. Tape the excess yarn to the back of the loom.
4. Tape the ends of the 3 four-foot strands of yarn to the end of a craft stick. This will be a weaving tool.
5. Tape the other ends of the 3 strands to the top backside of the cardboard.
6. Starting at the top of the loom, weave the craft stick through stretched yarn as shown on the previous page.
7. When you get to the other end of the loom, trim the yarn off the craft stick, leaving a 2" tail.
8. Gently remove the woven wrap from the loom by slipping the yarn off the cardboard tabs.
9. Remove the tape on the back to release the loose ends. Then hot glue the loose ends of yarn to the back of the wrap.
10. Hot glue a button to the front of the wrap, positioning it 1" from one end.
11. Stretch the wrap around a drinking cup, overlap the ends, and then hot glue the ends together. Make sure the wrap is tight enough to stay on while using it, but loose enough to easily slip on and off.

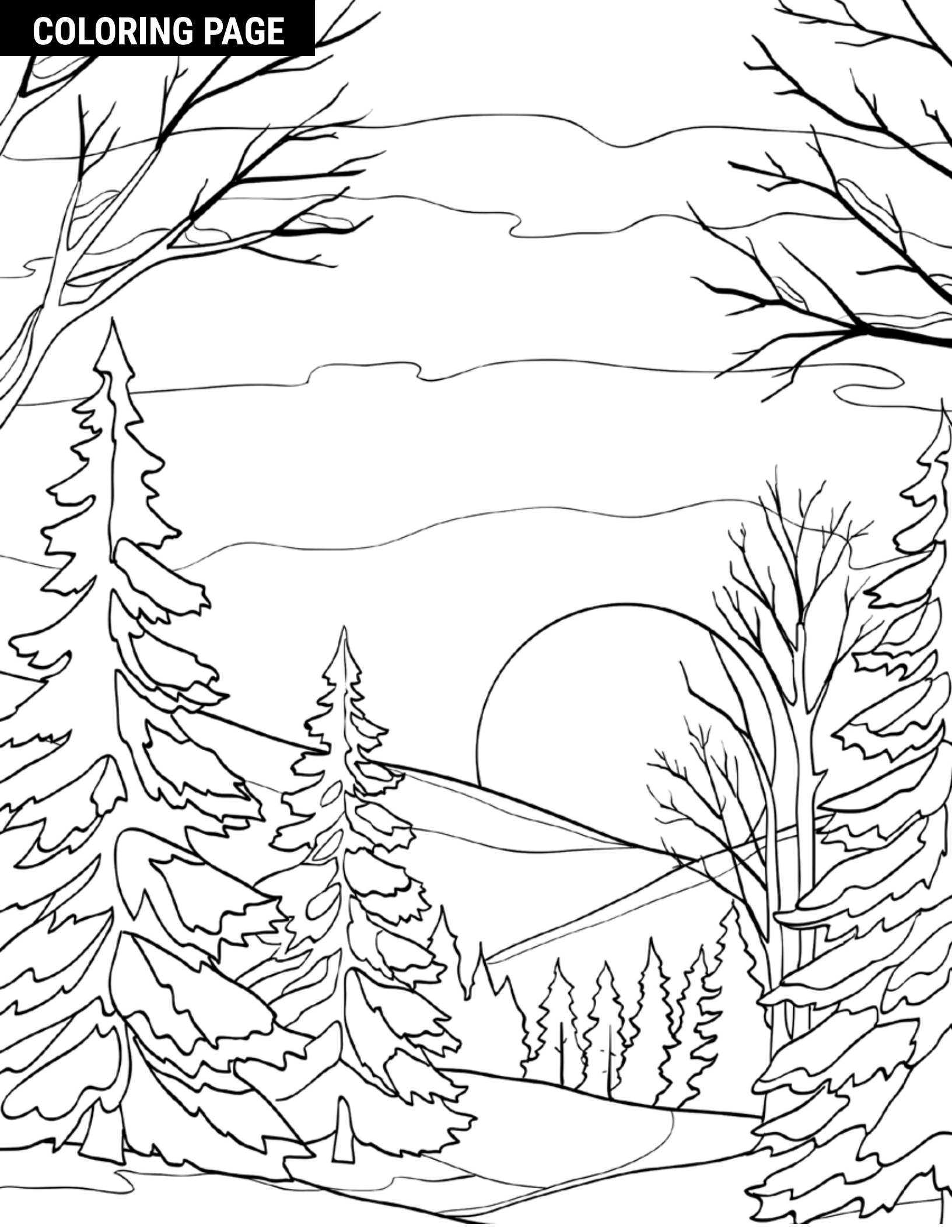
Uses:

- Sell cup wraps at a craft fair or give them as gifts.
- Make a 5"-square loom to make woven coasters instead.

COLORING PAGE



COLORING PAGE





[illegible]

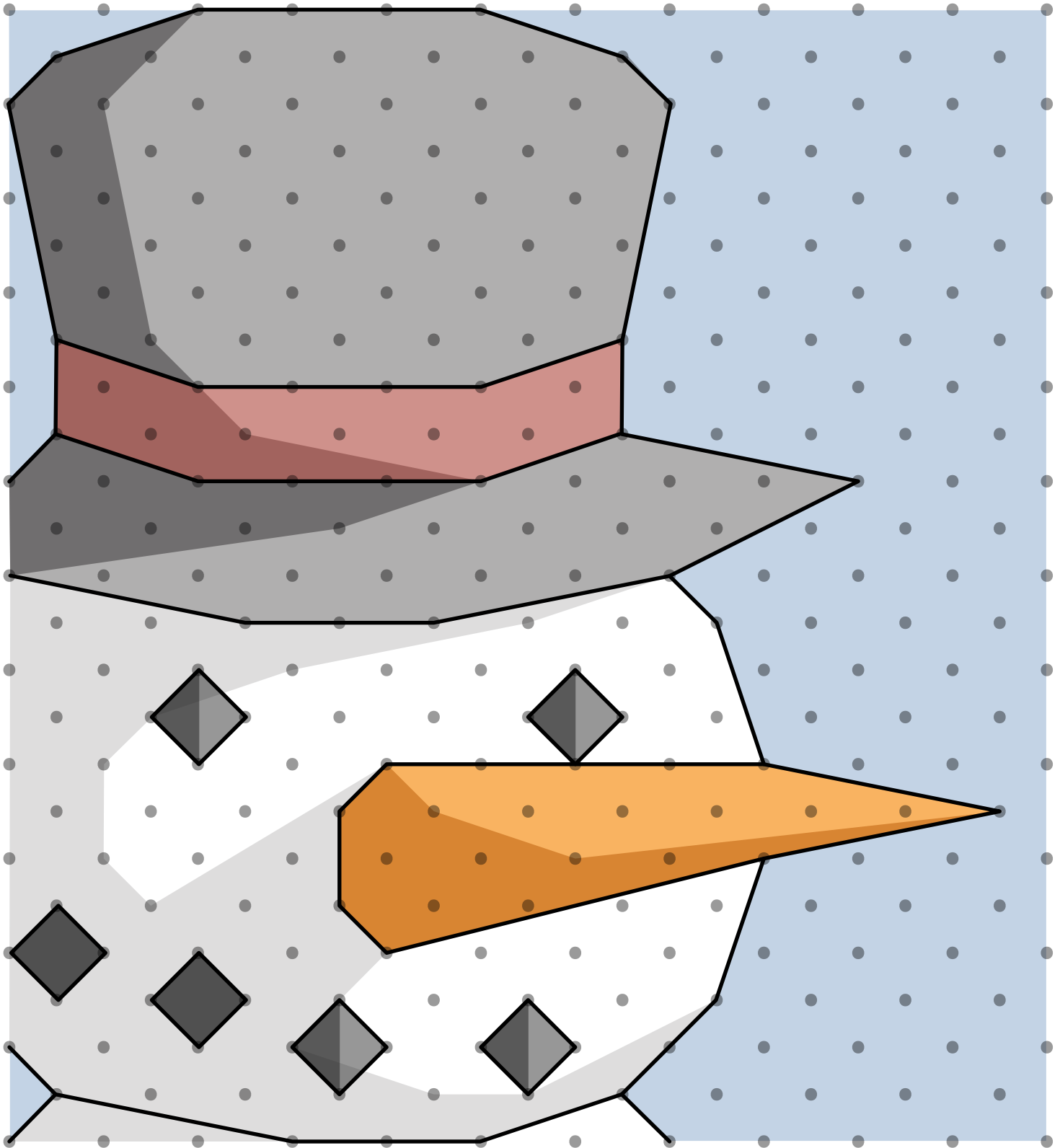
Oh dear, I hate to say it, but I fear flu season's here once more,
With its chills, fever, aches, pains, and other symptoms we abhor.
While viral YouTubes have many viewers, viral illnesses have issues,
Requiring things like **throat spray**, **chest rub**, and a **pack of tissues**.

Keep a **stethoscope**, **thermometer**, **face mask**, and **2 latex gloves** handy,
 Along with **6 teabags**, a **teacup**, a **bowl**, a **spoon**, and **honey**, so dandy.
 A **heating pad** and **ice bag** are what the doctor orders for your care,
 Along with purchasing a new **toothbrush** and spraying **Lysol** everywhere.

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

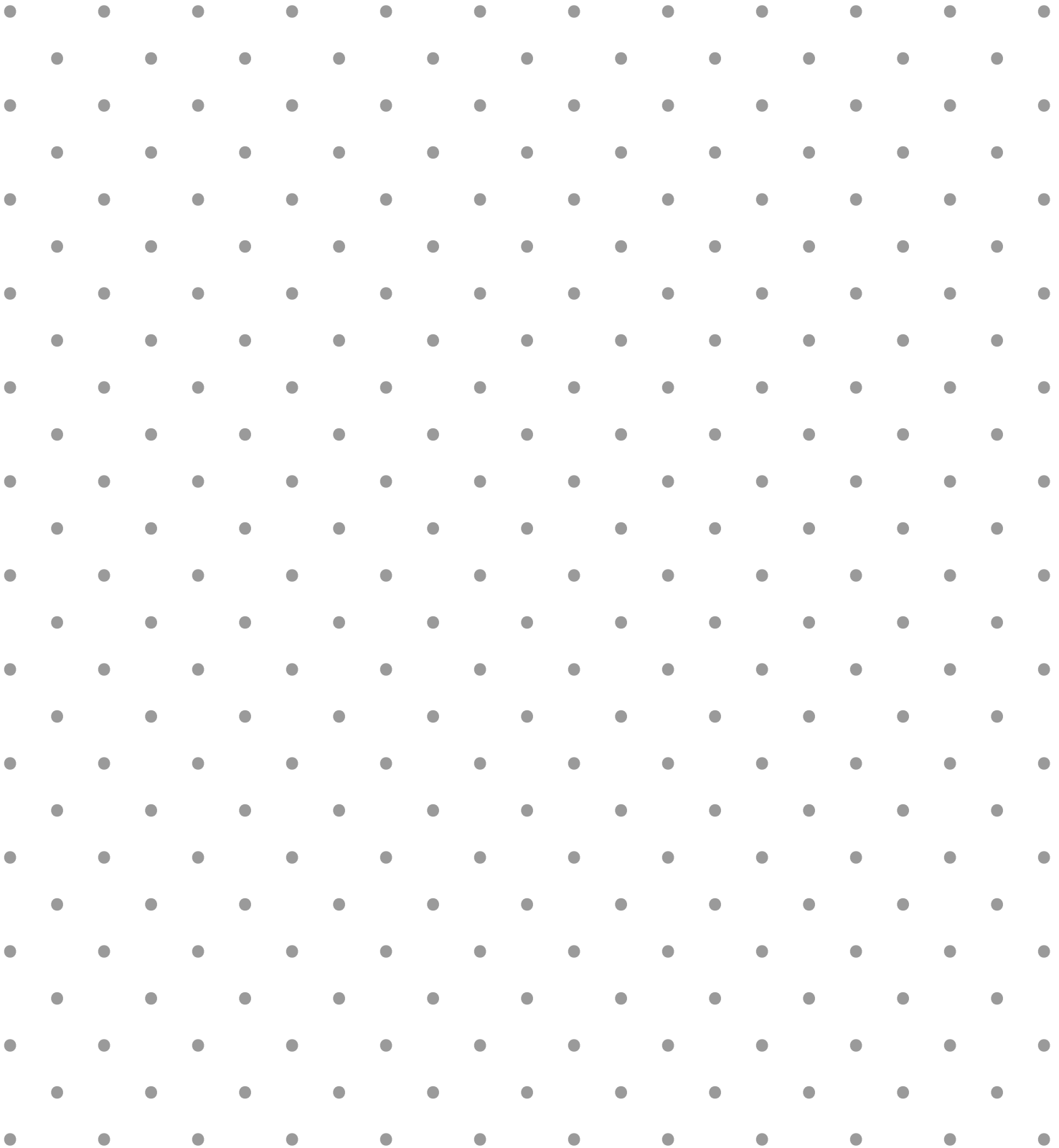
Dot Doodles #1

Duplicate the drawing using the blank sheet of dots.
Then fill in the colored areas.



Dot Doodles #1

Duplicate the drawing using the blank sheet of dots.
Then fill in the colored areas.



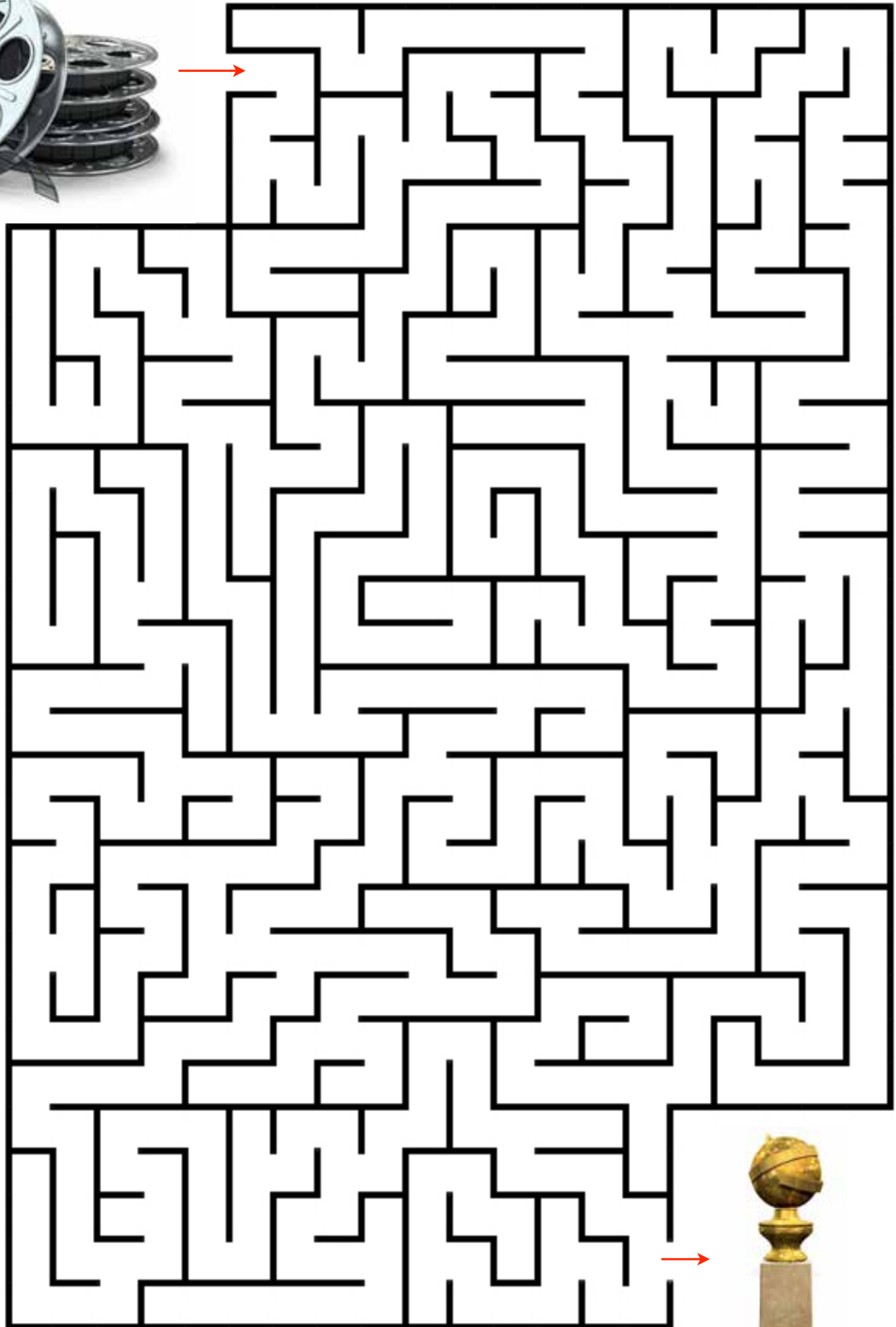
Early Radio Shows and Stars

Unscramble the letters to reveal radio shows and stars.

1. SGOKEUNM _____
2. RKHSCOLE LSMHEO _____
3. HET AWS DHO _____
4. BTOATB NAD LTSLOOCE _____
5. ORU SIMS BKSOOR _____
6. RADOI TIYC UPHLYAOSE _____
7. OSMA 'N' NAYD _____
8. RHFETA SOWNK BTSE _____
9. SFALH DGOONR _____
10. USNMAPRE _____
11. TGRENAD _____
12. UTQEI, ELPSAE! _____
13. PANGOLOH DYSIACS _____
14. BNDOELI _____
15. EDR KLOSTEN _____
16. KCAJ BYNEN _____
17. OBB PHOE _____
18. FIRNTEOR WTNO _____



A-Mazing Golden Globes



Searching for January

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



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

AQUARIUS	GARNET	SEA GOAT
AUSTRALIA DAY	GLOVES	SLEDDING
CALENDAR	HOT TEA	SNOWMAN
CARNATION	JACKET	SWEATER
FIRST	MARTIN L. KING	WATER BEARER
FREEZING	NEW YEAR'S DAY	WINTER

Martin Luther King Day

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



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

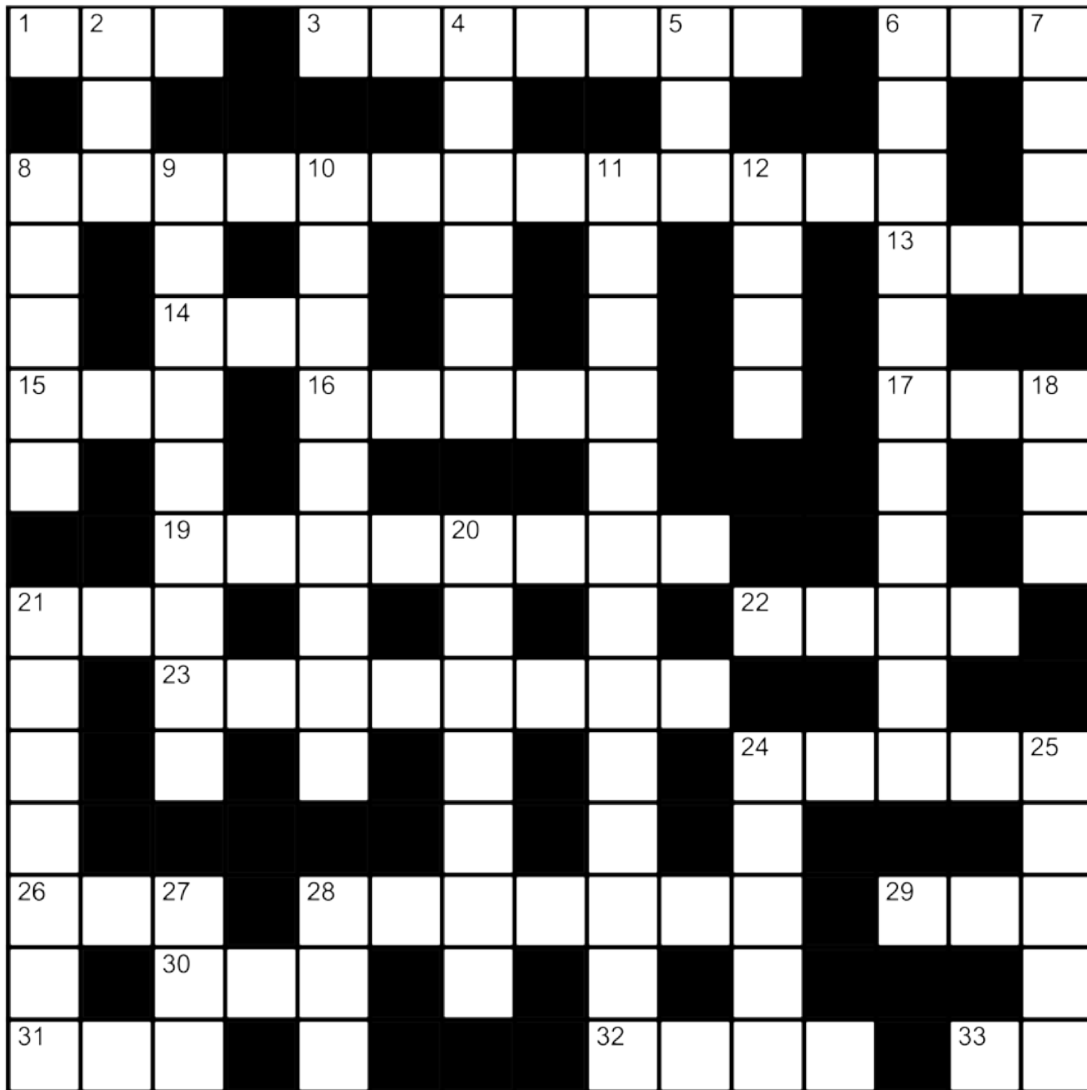
AMERICAN
BAPTIST
CIVIL RIGHTS
DEMONSTRATION
DISCRIMINATION
DOCTOR
DREAM

EQUALITY
FREEDOM
JANUARY
JUSTICE
KING
LEADER
LIBERTY

LUTHER
MARCHES
MARTIN
MINISTER
NONVIOLENT
PEACEFUL
SEGREGATION

Crossword #49

Use the clues to fill in the crossword.



ACROSS

1. Preserves
3. Least difficult
6. Squid's defense
8. Music to support a solo instrument
13. Dust remover
14. None; zero
15. Disc jockeys, abbrev.
16. Give the slip
17. Archaeological site
19. Closing something
21. Warmed the bench
22. Slo-o-ow leak
23. At the _____ hour (in the nick of time)
24. Sucrose, for one

26. ____ and outs

28. Place to store china
29. Break a commandment
30. Meadow
31. In high spirits
32. Folk follower
33. "You Are __ Sunshine"

DOWN

2. Circle segment
4. Poem subsection
5. A character from Casablanca
6. Presenting
7. Double-decker checker
8. "All kidding ____..."
9. Was made of
10. Groups of atoms

11. Global; multiple countries
12. "Green with ____"
18. Neon or helium, for example
20. As a result
21. Coming down in flakes
24. Stringed Indian instrument
25. Like the yolk of a poached egg
27. Cunning
28. Soup container in store

The Oasis at Dodge Park is Looking for the Best!



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

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

Your Loved Ones Deserve the Best

Worcester's Premier Senior Residential Care Facility



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



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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**

DODGE PARK REST HOME
CELEBRATING **59** YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

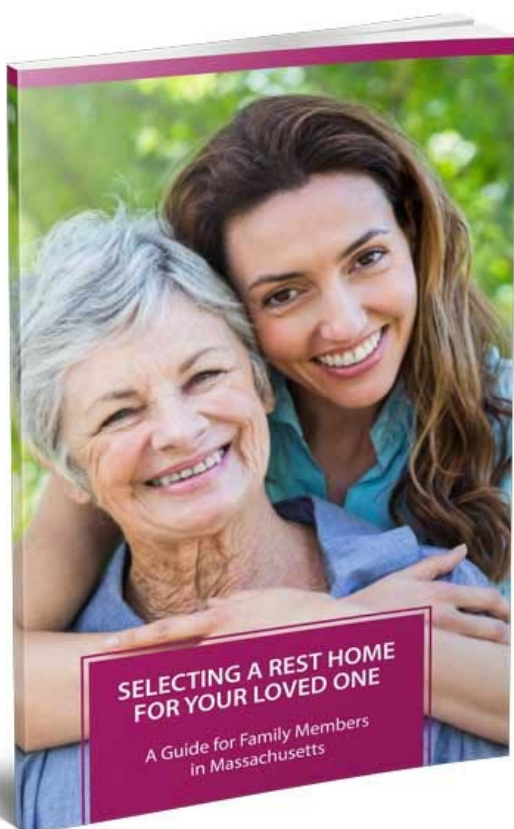
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Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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

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



In this guide, you'll learn:

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

CLICK TO GET INSTANT ACCESS

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

Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

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

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

You can also attend the meeting virtually.

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

Dodge Park



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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

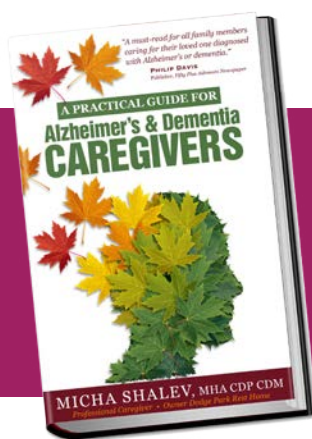
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



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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

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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**

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