

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HAPPY
February



*A Cheerful
Heart is Good
Medicine*



Memories are made at Dodge Park & Oasis

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

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

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

– Micha Shalev & Ben Herlinger, Administrators /Owners



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.



From Tasks to Relationships: Why Dementia Care Is Personal, Not Procedural



When someone is living with dementia, care cannot be reduced to a checklist of tasks. Medications can be administered, meals can be served, and daily routines can be followed—but exceptional dementia care goes far beyond completing duties. At its heart, dementia care is personal.

At Dodge Park Rest Home and Oasis at Dodge Park, we believe that caring for someone with dementia begins with knowing the person—not just the diagnosis. Dementia affects far more than memory. It influences emotions, perception, communication, and a person's sense of safety in the world. Because of this, the most meaningful care is built on relationships, trust, and familiarity.

Our teams take the time to learn each resident's life story, daily rhythms, preferences, and comfort cues. They know who enjoys a quiet morning, who finds reassurance in familiar music, and who needs extra patience during transitions.

These personal details shape how residents experience their day and help reduce confusion, anxiety, and distress.

Consistency plays a vital role in this approach. Familiar caregivers create emotional security for residents who may struggle to recognize faces or understand their surroundings. Seeing the same trusted team members day after day builds comfort and confidence. Over time, these relationships help prevent behavioral challenges and foster a calmer, more supportive environment.

Procedures and structure are essential, and safety is always a priority. But at Dodge Park and Oasis at Dodge Park, procedures are designed to support relationships—not replace them. When care becomes overly

task-focused, residents may feel rushed or misunderstood. When care is relationship-driven, residents feel respected, heard, and valued as individuals.

Communication is another cornerstone of personal dementia care. Dementia can change how a person expresses needs and emotions. Our caregivers are trained to listen beyond words—paying attention to body language, tone, and behavior. Responding with patience and compassion helps preserve dignity and reduces frustration for everyone involved.

Families often tell us they notice the difference. They see loved ones who are calmer, more engaged, and more at ease. They recognize when a care team truly knows their family member—and that trust brings peace of mind during an otherwise challenging journey.

At Dodge Park Rest Home and Oasis at Dodge Park, we believe exceptional dementia care isn't about doing more—it's about caring better. By focusing on relationships first, we create an environment where residents feel safe, supported, and understood.

Because dementia care is not a series of tasks to be completed.

It is a relationship to be nurtured—one moment, one connection, and one person at a time.



For more information please contact Micha Shalev at m.shalev@dodgepark.com



INTRODUCING OUR **Adopt-A-Solo-Ager PROGRAM**

We're proud to launch the **Adopt-A-Solo-Ager Program** – a community companionship initiative designed to support older adults who live alone and may experience social isolation.

Through this program, each of our communities adopts one or two local solo agers, inviting them for scheduled visits focused on **friendship, conversation, and meaningful social engagement in a warm, respectful setting.**

It is our belief that human connection is essential at every stage of life, and that no senior should feel alone. This program was inspired by national trends showing that more than 22 million older Americans live alone, are unmarried, and often don't have adult children nearby – and many struggle with rising costs and limited social connection.

All activities are designed to encourage connection, dignity, and enjoyment.

Participants may enjoy activities such as:

- Conversation and companionship
- Group activities, games, music, and light programming
- Arts and crafts
- Seasonal events and celebrations
- Informal participation in daily community life

*When visits naturally align with lunchtime, participants are welcome to share a meal as part of the experience – **not as the purpose of the program, but as part of the social connection.***

This is not a meal program.

Interested in learning more or making a referral?
Contact us today at
508-853-8180
or email Micha Shalev at m.shalev@dodgepark.com

Dodge Park

 **OASIS**
AT DODGE PARK

This is a social companionship program. Transportation and clinical services are not included.

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

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

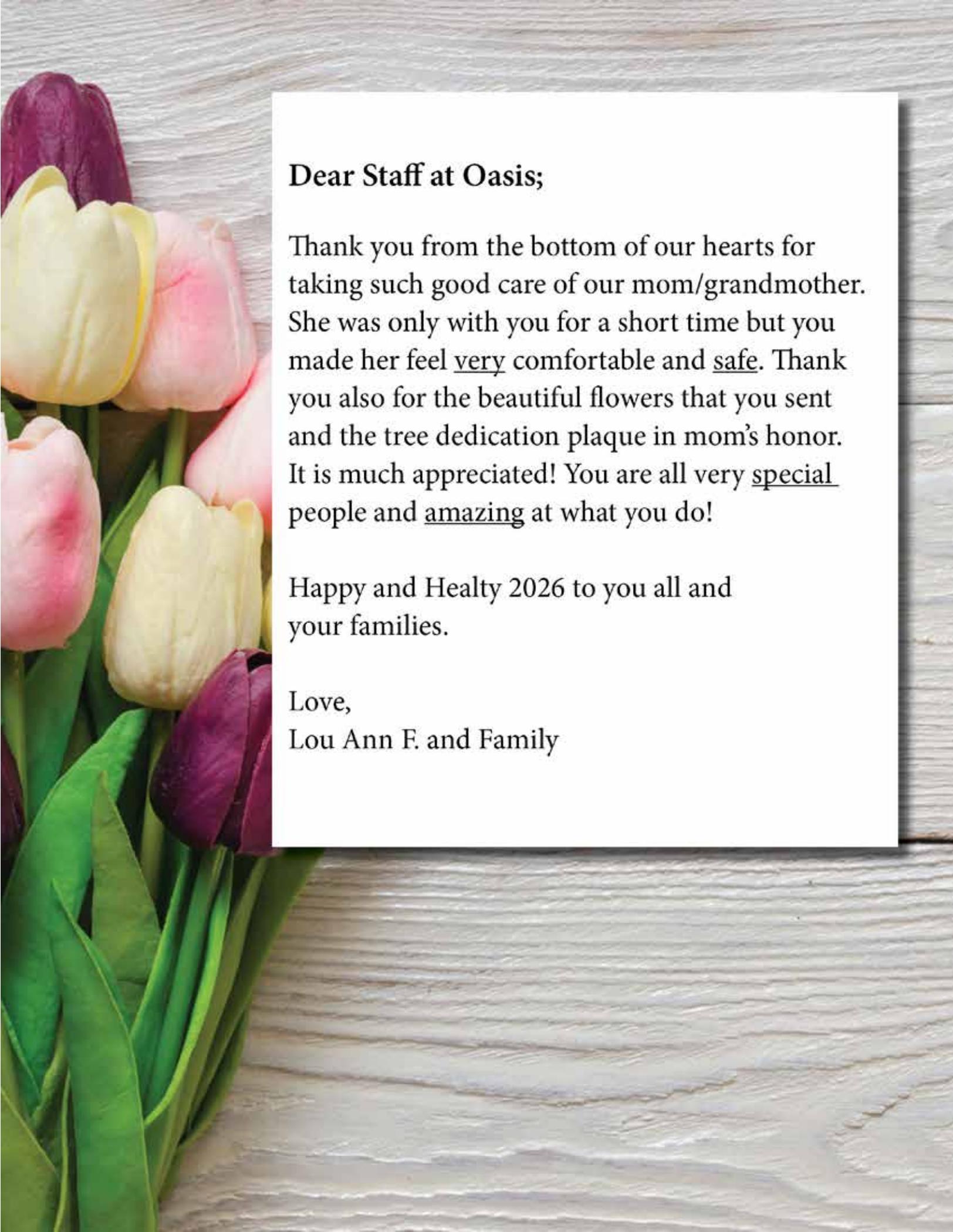
 **OASIS**
AT DODGE PARK



Very happy with the care my mom is getting. She seem very happy during our visits. We are very impress with the infection control; the facility are doing and the extensive testing they do to all visitors of the facility before each visit. Mom always looks very sharp, clean, her hair well set (very important to our mom). I highly endorsed this facility to anyone who is lucky enough to secure a bed there. The staff are amazing and very responsive.

Dodge park is a great place for a person who has Alzheimer's. My mom has been there over 4 years and it feels like home. The staff are phenomenal. They are friendly, professional, and kind to all. There are so many activities for the residents. They have music performers, animal supports dogs and exercise people who come in and engage the residents. The rooms are very spacious and clean. I can't say enough about Dodge it's like a home away from home. The overall atmosphere is great and the residents love the staff and are always engaged. It's a wonderful place to have a loved one who has Alzheimer's there very experiences and knowledgeable I'm so thankful I found such a wonderful place for my mom to live.

When I first determined that my husband had dementia and needed to be taken care of, I looked around the city for an adult day facility. I went to visit them and some of them were in basement of churches and people just sat around the table. Some of them didn't start til 9 o'clock and I work and needed to be at work by 7am. When I went to Dodge Park, it was very homey. It felt like you were going into someone's living room. The adults that were there were playing games and working on projects. I saw a big difference in other adult day facilities. The activities were varied. They do some active things like yoga and bowling. They have scupturing and painting. They also have word games and card games in the afternoon and singalongs. I like it there because there's a good variety of things. Some of the things my husband would say he doesn't like but then something would come up that would catch his interest. I really like that. The staff is very helpful in letting me know what I could do to help make my husband be comfortable and for him to have a good experience there.



Dear Staff at Oasis;

Thank you from the bottom of our hearts for taking such good care of our mom/grandmother. She was only with you for a short time but you made her feel very comfortable and safe. Thank you also for the beautiful flowers that you sent and the tree dedication plaque in mom's honor. It is much appreciated! You are all very special people and amazing at what you do!

Happy and Healty 2026 to you all and your families.

Love,
Lou Ann F. and Family

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="text-align: center;">February 2026</h2> <p style="text-align: center;">Dodge Park Rest Home & Day Club</p>						
<p>6:30- News Catch Up & Coffee 10:00- Guided Aerobics Circle 10:30- Black History Month Stories 11:00- Hebert Candy Mansion Tour 2:00- Family Feud Whiteboard 2:30- Live Music with Jordan G. 3:30- Would You Rather Polls 4:00- February Poetry Corner 6:30- Aromatherapy 7:00- At the Movies: Hidden Figures</p>	<p>Groundhog Day 6:30- Our Shadow Predictions 7:00- Flower Arrangements 7:00- Live from Punxsutawney, Pa 10:00- Name 10 February Edition 10:30- Catholic Mass w/ Father E. 2:00- Red, Pink, Purple Categories 2:30- Group Exercise with Paula S. 3:30- Black History Contributions 6:30- The Newlywed Game</p>	<p>6:30- Hot Chocolate Cart Mindful Coloring 10:00- Valentine's Symbolism 10:30- Catholic Mass w/ Father E. 11:00- Chocolate Making Tutorial 2:00- Learn About Milano Cortina 2:30- Live Music with Sean F. Manicure Stations 3:30- Snowball Toss 7:00- Rom Com Rewind</p>	<p>6:30- Morning News & Tea 10:00- Art Therapy with Lynda S. 10:30- Catholic Mass w/ Father E. Dodge Park Walking Club 11:00- Golden Hollywood Couples 2:00- Black History Inventions 2:30- Live Music with Bill M. 3:30- White Board Word Games 4:00- Jeopardy Questions 7:00- National Geographic Travels</p>	<p>6:30- February Craft Kits & Coffee 10:00- Daily Chronicle Reading Kindred Hearts Stretches 10:15- Dodge Park Bakery 2:00- Residents Write A Story 2:30- Group Exercise with Paula S. 3:30- What Am I? 4:00- Winter Bird Web Cam 6:30- Large Scale Crossword 7:00- The Great British Bake Off</p>	<p>Olympics Begin 10:00- Guided Yoga with Bonnie D. Art Therapy with Lynda S. 11:00- Meet the Olympic Mascots Olympic Torch Relay 2:00- Opening Ceremonies Live! Winter Sports List Off 2:30- Live Music with Mike O. 3:30- Balloon Toss Up 6:30- Learn About Bobsleigh 7:00- At the Movies: Cool Runnings</p>	<p>6:30- Tracking the Gold Metals 10:00- Table Top Games 10:30- Alley Cats Bowling 2:00- Olympic Sports Spotlight: Alpine Skiing, Cross Country Skiing 2:15- Live Music with Lenny Z. 3:30- Historical Olympic Moments 4:00- Walk for Peace Updates 6:30- Manicure Stations & Massage 7:00- At the Movies: Ice Story 2025</p>
<p>Superbowl Sunday 6:30- News Catch Up & Coffee 10:00- Football Photo Opportunity 10:30- Tailgate Social 11:00- Favorite Commercial Rewind 2:00- Superbowl Facts & Trivia Score Predictions 2:30- Live Music with Paul B. 3:30- Would You Rather Polls 6:30- 2026 Superbowl LXI</p>	<p>6:30- Coffee Hour 7:00- Flower Arrangements 10:00- Olympic Sports Spotlight: Curling, Ski Mountaineering, Luge 10:30- Catholic Mass w/ Father E. 2:00- Red, Pink, Purple Categories 2:30- Group Exercise with Paula S. 3:30- Black History Contributions 4:00- Handheld Bingo 6:30- The Newlywed Game</p>	<p>6:30- Olympic Sports Spotlight: Speed Skating, Ice Hockey 10:00- Valentine's Symbolism 10:30- Catholic Mass w/ Father E. 11:00- Chocolate Making Tutorial 2:00- Learn About Milano Cortina 2:30- Live Music with Jim P. Manicure Stations 3:30- Snowball Toss 7:00- At the Movies: Miracle</p>	<p>6:30- Morning News & Tea 10:00- Art Therapy with Lynda S. 10:30- Catholic Mass w/ Father E. 11:00- Golden Hollywood Couples 2:00- Olympic Sports Spotlight: Figure Skating, Biathlon, Snowboard 2:30- Live Music with Russ R. 3:30- White Board Word Games 4:00- Jeopardy Questions 7:00- At the Movies: Ice Princess</p>	<p>6:30- February Craft Kits & Coffee 10:00- Olympic Sports Spotlight: Freestyle Skiing, Skeleton 11:00- Walk for Peace Updates 2:00- Romantic Trip To Paris, France 2:30- Live Music with Tim B. 3:30- Life in Paris 4:00- Winter Bird Web Cam 6:30- Large Scale Crossword 7:00- The Great British Bake Off</p>	<p>10:00- Guided Yoga with Bonnie D. Art Therapy with Lynda S. Dodge Park Walking Group 11:00- History of Winter Olympics 2:00- Meet The Athletes 2:30- Live Music with Arizona Doug 3:30- Balloon Toss Up 4:00- Valentine Famous Couples 6:30- Seasonal Sing-a-long 7:00- Hallmark Love Stories</p>	<p>6:30- Coffee & Conversations 10:00- Making Valentines Table Top Games 10:30- Sweetheart Social 2:00- Valentine Photo Opportunity 2:30- Live Music with Sandy R. 3:30- Historical Olympic Moments 4:00- Walk for Peace Updates 6:30- Manicure Stations & Massage 7:00- Johnny Carson</p>
<p>6:30- News Catch Up & Coffee 10:00- Guided Aerobics Circle 10:30- Black History Month Stories 11:00- Hebert Candy Mansion Tour 2:00- Family Feud Whiteboard 2:30- Live Music with Jordan G. 3:30- Would You Rather Polls 4:00- February Poetry Corner 6:30- Aromatherapy 7:00- Family Friendly Programming</p>	<p>President's Day 6:30- Coffee Hour 7:00- Flower Arrangements 10:00- Morning Exercises All About President's Day 10:30- Catholic Mass w/ Father E. 2:00- February Birthday Party 2:30- Group Exercise with Paula S. 3:30- Black History Contributions 6:30- The Newlywed Game</p>	<p>Mardi Gras 9:00- Live From New Orleans! 10:00- About Chinese New Year 10:30- Catholic Mass w/ Father E. 11:00- New Orleans History 2:00- Resident Mardi Gras Parade 2:30- Live Music with Rockin' Robin Manicure Stations 3:30- Photo Opportunities 6:30- Discover New Orleans 7:00- Rom Com Rewind</p>	<p>6:30- Morning News & Tea 10:00- Art Therapy with Lynda S. 10:30- Ash Distribution Father E. Dodge Park Walking Club 11:00- Golden Hollywood Couples 2:00- Black History Inventions 2:30- Live Music with John M. 3:30- White Board Word Games 4:00- Jeopardy Questions 7:00- National Geographic Travels</p>	<p>6:30- Current Events Circle 10:00- Olympic Sports Spotlight: Ski Jumping, Nordic Combined 10:15- Dodge Park Bakery 2:00- Residents Write A Story 2:30- Live Music with Heather R. 3:30- What Am I? 4:00- Winter Bird Web Cam 6:30- Large Scale Crossword 7:00- The Great British Bake Off</p>	<p>10:00- Guided Yoga with Bonnie D. Art Therapy with Lynda S. Dodge Park Walking Group 11:00- History of Winter Olympics 2:00- Meet The Athletes 2:30- Live Music with Arizona Doug 3:30- Balloon Toss Up 4:00- Valentine Famous Couples 6:30- Seasonal Sing-a-long 7:00- Hallmark Love Stories</p>	<p>6:30- Coffee & Conversations 10:00- Table Top Games 10:30- Watercolor Painting 10:30- Alley Cats Bowling 2:00- Charades 2:30- Live Music with Rusty G. 3:30- Historical Olympic Moments 4:00- Walk for Peace Updates 6:30- Manicure Stations & Massage 7:00- Johnny Carson</p>
<p>Olympics Closing Ceremony 6:30- News Catch Up & Coffee 10:00- Guided Aerobics Circle 10:30- Black History Month Stories 11:00- Hebert Candy Mansion Tour 2:00- Closing Ceremonies Live! 3:15- Live Music with Lenny Z. 3:30- Would You Rather Polls 4:00- February Poetry Corner 6:30- Aromatherapy</p>	<p>6:30- Coffee Hour 7:00- Flower Arrangements 10:00- Morning Exercises Name 10 February Edition 10:30- Catholic Mass w/ Father E. 2:00- Red, Pink, Purple Categories 2:30- Group Exercise with Paula S. 3:30- Black History Contributions 4:00- Handheld Bingo 6:30- The Newlywed Game</p>	<p>6:30- Hot Chocolate Cart Mindful Coloring 10:00- Resident Council 10:30- Catholic Mass w/ Father E. 2:00- Winter Whiteboard Games 2:30- Live Music with Sean F. Manicure Stations 3:30- Snowball Toss 7:00- Rom Com Rewind</p>	<p>6:30- Morning News & Tea 10:00- Art Therapy with Lynda S. 10:30- Catholic Mass w/ Father E. Dodge Park Walking Club 11:00- Golden Hollywood Couples 2:00- Black History Inventions 2:30- Live Music with Paul B. 3:30- White Board Word Games 4:00- Jeopardy Questions 7:00- National Geographic Travels</p>	<p>6:30- February Craft Kits & Coffee 10:00- Daily Chronicle Reading Kindred Hearts Stretches 11:00- Arm Chair Travels 2:00- Residents Write A Story 2:30- Group Exercise with Paula S. 3:30- What Am I? 4:00- Winter Bird Web Cam 6:30- Large Scale Crossword 7:00- The Great British Bake Off</p>	<p>10:00- Guided Yoga with Bonnie D. Art Therapy with Lynda S. Dodge Park Walking Group 11:00- Tours of Alaska 2:00- A Through Z Vocabulary 2:30- Live Music with Rockin' Robin 3:30- Balloon Toss Up 4:00- Valentine Famous Couples 6:30- Seasonal Sing-a-long 7:00- Hallmark Love Stories</p>	<p>6:30- Coffee & Conversations 10:00- Table Top Games 10:30- Watercolor Painting 10:30- Alley Cats Bowling 2:00- Charades 2:30- Live Music with Gary L. 3:30- Historical Olympic Moments 4:00- Walk for Peace Updates 6:30- Manicure Stations & Massage 7:00- Johnny Carson</p>

Dodge Park Rest Home & Day Club 101 Randolph Road, Worcester, Ma 01606 Amy Laba 508- 853-8180

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="text-align: center;">February 2026</h2> <p style="text-align: center;">The Oasis at Dodge Park</p>						
<p>10:00- Congregational Church Black History Month Stories 10:45- Exercise with Paula 11:45- Daily Chronicle 2:00- Learn About Milano Cortina 2:15- Live Music with Mike O. 3:30- February Crafting Station Basket Toss 4:30- Valentine Famous Couples 7:00- At the Movies: Hidden Figures</p>	<p>Groundhog Day 6:30- Our Shadow Predictions 7:00- Live from Punxsutawney, PA 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 2:00- Family Feud Whiteboard Game 2:15- Live Music with Sean F. 3:30- Groundhog Headband Craft Noodle Hockey 6:30- Manicure Stations 7:00- The Newlywed Game</p>	<p>10:00- Walk For Peace Update 10:30- Art Therapy with Lynda S. Exercise with Paula S. 11:15- Catholic Mass w/ Father E. 2:00- Family Feud Whiteboard Game 2:15- Live Music with Bill M. 3:30- Table Top Card Games February Brain Teasers 6:30- Poetry Corner 7:00- National Geographic Series</p>	<p>10:00- Black History Contributions 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 2:00- Art Therapy with Lynda S. Riddle Me This 2:15- Live Music with Sean F. 3:30- Men's Group Discussions Creating Flower Arrangements 4:00- Walking Group 7:00- Turner Classic Movies</p>	<p>10:00- Linked Senior Games 10:30- Exercise with Paula S. 11:30- Daily Chronicle Red, Purple, Pink Categories 2:15- Live Music with Jodie R. 3:30- Parachute Circle Snowball Team Toss Oasis Book Club 6:30- Guided Yoga & Meditations 7:00- Museum Travels</p>	<p>Winter Olympics Begin 10:00- Meet the Olympic Mascots 10:30- Exercise with Paula S. 11:30- Exercise with Paula S. Olympic Torch Relay 2:00- Opening Ceremonies Live! Winter Sports List Off 2:15- Live Music with Sean F. 3:30- Olympic Sports Spotlight: Curling, Ski Mountaineering, Luge 4:00- Athletes to Watch For 7:00- At the Movies: Cool Runnings</p>	<p>10:00- Tracking Team USA Metals Olympic Sports Spotlight: Figure Skating, Biathlon, Snowboard 10:45- Exercise with Paula S. 11:45- Black History Inventions 2:00- February Madlins 2:15- Live Music with Lenny Z. 3:30- Free Space Bingo Conversation Ball Pass 7:00- Johnny Carson Rewind</p>
<p>Superbowl Sunday 10:00- Congregational Church Black History Month Stories 10:45- HalfTime Stretch with Paula 11:45- Daily Chronicle Favorite Superbowl Commercials 2:00- Learn About Milano Cortina 2:15- Live Music with Rusty G. 3:30- Superbowl Tailgate Social 4:30- Football Facts & Trivia 6:30- 2026 Superbowl LXI</p>	<p>10:00- Residents Write a Story 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Olympic Sports Spotlight: Alpine Skiing, Cross Country Skiing 2:15- Live Music with Sean F. 3:30- Free Space Bingo Noodle Hockey 6:30- Manicure Stations 7:00- The Newlywed Game</p>	<p>10:00- Olympic Sports Spotlight: Speed Skating, Ice Hockey 10:30- Art Therapy with Lynda S. Exercise with Paula S. 11:15- Catholic Mass w/ Father E. 2:00- Walk For Peace Update 2:15- Live Music with Arizona Doug 3:30- Table Top Card Games February Brain Teasers 7:00- National Geographic Series</p>	<p>10:00- Black History Contributions 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 2:00- Art Therapy with Lynda S. Riddle Me This 2:15- Live Music with Sandy R. 3:30- Men's Group Discussions Creating Flower Arrangements 4:00- Walking Group 7:00- Turner Classic Movies</p>	<p>10:00- Linked Senior Games 10:30- Exercise with Paula S. 11:30- Olympic Sports Spotlight: Ski Jumping, Nordic Combined 2:15- Live Music with John M. 3:30- Parachute Circle Snowball Team Toss Oasis Book Club 6:30- Guided Yoga & Meditations 7:00- Museum Travels</p>	<p>10:00- Olympic Sports Spotlight: Freestyle Skiing, Skeleton 10:30- Exercise with Paula S. 11:30- Daily Chronicle Historical Olympic Moments 2:15- Live Music with Sean F. 3:30- Making Valentines City of Love: Paris, France 6:30- Sing a Long with Eldersongs 7:00- Hallmark Love Stories</p>	<p>10:00- Photo Opportunities Love Song Serenades 10:45- Exercise with Paula S. 11:45- Golden Hollywood Couples 2:00- Valentine Symbolism 2:15- Live Music with Jeff T. 3:30- Sweet Heart Social Free Space Bingo Conversation Ball Pass 7:00- Johnny Carson Rewind</p>
<p>10:00- Congregational Church Black History Month Stories 10:45- Exercise with Paula 11:45- Daily Chronicle 2:00- Learn About Milano Cortina 2:15- Live Music with Paul B. 3:30- February Crafting Station Basket Toss 4:30- Valentine Famous Couples 7:00- Romantic Comedy</p>	<p>President's Day 10:00- All About President's Day 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Name The Presidents 2:00- Name 10 February Edition 2:15- Live Music with Heather R. 3:30- Free Space Bingo Noodle Hockey 6:30- Manicure Stations 7:00- The Newlywed Game</p>	<p>Mardi Gras 9:00- Live from New Orleans 10:00- All About Chinese New Year 10:30- Art Therapy with Lynda S. Exercise with Paula S. 11:15- Catholic Mass w/ Father E. 2:00- History of New Orleans 2:15- Live Music with Rockin' Robin Resident Mardi Gras Parade Fat Tuesday Social 7:00- National Geographic Series</p>	<p>Ash Wednesday 10:00- Black History Contributions 10:30- Exercise with Joe F. 11:15- Ash Distribution w/ Father E. 2:00- Art Therapy with Lynda S. Riddle Me This 2:15- Live Music with Sandy R. 3:30- Men's Group Discussions Creating Flower Arrangements 4:00- Walking Group 7:00- Turner Classic Movies</p>	<p>10:00- Linked Senior Games 10:30- Exercise with Paula S. 11:30- Red, Purple, Pink Categories 1:30- Oasis Baking Group 2:15- Live Music with Gregory P. 3:30- Parachute Circle Snowball Team Toss Oasis Book Club 6:30- Guided Yoga & Meditations 7:00- Museum Travels</p>	<p>10:00- Friday Funnies 10:30- Exercise with Paula S. 11:30- Daily Chronicle Historical Olympic Moments 2:15- Live Music with Jim P. 3:30- Watercolor Paintings Ping Pong Scoop Up Walking Club 6:30- Sing a Long with Eldersongs 7:00- Hallmark Love Stories</p>	<p>10:00- Tracking Team USA Metals! 2026 Winter Olympic Highlights 10:45- Exercise with Paula S. 11:45- Daily Chronicle Black History Inventions 2:00- February Madlins 2:15- Live Music with Rusty G. 3:30- Free Space Bingo Conversation Ball Pass 7:00- Johnny Carson Rewind</p>
<p>Olympic Closing Ceremonies 10:00- Congregational Church Black History Month Stories 10:45- Exercise with Paula 11:45- Daily Chronicle 2:00- Closing Ceremonies Live! 2:15- Live Music with Lenny Z. 3:30- February Crafting Station Basket Toss 4:30- Valentine Famous Couples 7:00- Romantic Comedy</p>	<p>10:00- Residents Write a Story 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Act It Out 2:00- Scatlogories & Pictionary 2:15- Birthdays with Sean F. 3:30- Free Space Bingo Noodle Hockey 6:30- Manicure Stations 7:00- The Newlywed Game</p>	<p>10:00- Favorite Winter Hobbies 10:30- Art Therapy with Lynda S. Exercise with Paula S. 11:00- Resident Council 11:15- Catholic Mass w/ Father E. 2:00- Family Feud Whiteboard Game 2:15- Live Music with Russ R. 3:30- Table Top Card Games February Brain Teasers 7:00- National Geographic Series</p>	<p>10:00- Black History Contributions 10:30- Exercise with Joe F. 11:15- Catholic Mass w/ Father E. 2:00- Art Therapy with Lynda S. Riddle Me This 2:15- Live Music with Sean F. 3:30- Men's Group Discussions Creating Flower Arrangements 4:00- Walking Group 7:00- Turner Classic Movies</p>	<p>10:00- Linked Senior Games 10:30- Exercise with Paula S. 11:30- Red, Purple, Pink Categories 1:30- Oasis Baking Group 2:15- Live Music with Gregory P. 3:30- Parachute Circle Snowball Team Toss Oasis Book Club 6:30- Guided Yoga & Meditations 7:00- Museum Travels</p>	<p>10:00- Friday Funnies 10:30- Exercise with Paula S. 11:30- Daily Chronicle Historical Olympic Moments 2:15- Live Music with Sean F. 3:30- Watercolor Paintings Ping Pong Scoop Up Walking Club 6:30- Sing a Long with Eldersongs 7:00- Hallmark Love Stories</p>	<p>10:00- Large Scale Crossword 10:30- Resident Interviews 10:45- Exercise with Paula S. 11:45- Daily Chronicle Black History Inventions 2:00- February Madlins 2:15- Live Music with Rusty G. 3:30- Free Space Bingo Conversation Ball Pass 7:00- Johnny Carson Rewind</p>

The Oasis at Dodge Park 102 Randolph Road, Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 x1177



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

Monthly

Black History Month. During Black History Month, Americans reflect on more than 400 years of Black history and heritage in communities and national parks across the country. Use this month to find special places, historic moments, and personal journeys that contribute to conversations about Black representation, identity, and diversity in our nation's history and today.

National Embroidery Month. No one is quite sure how this celebration of the art of embroidery got started, but it remains an opportunity for embroiderers everywhere to share their love of the craft. Many museums or local stores have events during this month.

National Time Management Month. During February, the National Association of Productivity and Organizing Professionals emphasizes the importance of improving time management to achieve a more balanced life.

Teen Dating Violence Awareness and Prevention Month. This campaign strives to follow the wisdom of young people as they work to prevent teen dating violence, advocate for healthy relationships, heal from trauma, and engage in social justice.

Weekly

Women's Heart Week, Feb 1-7. Heart disease is the No. 1 killer of American women. Recognizing symptoms and risks, making lifestyle changes, and getting timely care can save a woman's life. Women's Heart Week is a national outreach campaign aimed at improving women's outcomes from this deadly disease.

Children's Mental Health Week, Feb. 9-15. This year's theme is "Growing Together," encouraging children (and adults) to consider how they have grown and how they can help others to grow.

National Entrepreneurship Week, Feb 14-21. Celebrating America's entrepreneurship ecosystem, National Entrepreneurship Week is a nonpartisan, congressionally chartered initiative founded in 2006 that takes place the third week of February annually.

SPECIAL DAYS

- 1 National Freedom Day
- 1 No Politics Day
- 1 Spunky Old Broads Day
- 2 Candlemas
- 2 Ground Hog Day
- 2 National Tater Tot Day
- 3 Feed the Birds Day
- 3 The Day the Music Died
- 3 National Carrot Cake Day
- 4 Create a Vacuum Day
- 4 National Homemade Soup Day
- 4 Stuffed Mushroom Day
- 4 Thank a Mailman Day
- 5 National Shower with a Friend Day
- 5 National Weatherman's Day
- 6 Bubble Gum Day – The first Friday of the month.
- 6 International Frozen Yogurt Day
- 6 Lame Duck Day
- 6 National Chopsticks Day
- 6 Winter Olympics Opening Ceremony
- 7 Eat Ice Cream for Breakfast Day
- 7 National Fettuccine Alfredo Day
- 7 Send a Card to a Friend Day
- 7 Wave All Your Fingers at Your Neighbor Day
- 8 Boy Scout Day
- 8 Kite Flying Day
- 8 Superbowl Sunday
- 9 National Pizza Day
- 9 Toothache Day
- 10 Clean out Your Computer Day
- 10 National Flannel Day
- 10 Umbrella Day
- 11 Don't Cry over Spilled Milk Day
- 11 Make a Friend Day
- 11 National Inventors Day
- 11 White T-Shirt Day
- 12 Abraham Lincoln's Birthday
- 12 International Darwin Day
- 12 National Lost Penny Day
- 12 Paczki Day in Poland
- 12 Plum Pudding Day
- 13 Blame Someone Else Day
- 13 Friday the 13th
- 13 Get a Different Name Day
- 13 National Wingman Day

SPECIAL DAYS

14 Ferris Wheel Day
14 National Organ Donor Day
14 Valentine's Day
15 Candlemas – on the Julian Calendar
15 National Gum Drop Day
15 Singles Awareness Day
15 Susan B Anthony Day
16 Do a Grouch a Favor Day
16 National Almond Day
16 President's Day
17 Chinese New Year
17 Mardi Gras (Fat Tuesday) – The date varies.
17 Random Acts of Kindness Day
17 Spice Up Your Life Day
18 Ash Wednesday – The date varies.
18 National Battery Day
18 National Drink Wine Day
18 Ramadan – The date varies.
19 Candlelight Night
19 National Chocolate Mint Day
20 Cherry Pie Day
20 Hoodie Hoo Day
20 Love Your Pet Day
21 Card Reading Day
21 National Sticky Bun Day
22 George Washington's Birthday
22 Be Humble Day
22 International World Thinking Day
22 National Margarita Day
22 Walking the Dog Day
22 Winter Olympics Closing Ceremony
23 International Dog Biscuit Appreciation Day
23 National Tootsie Roll Day
23 Tennis Day
24 National Tortilla Chip Day
24 World Bartender Day
25 National Clam Chowder Day
25 Pistol Patent Day
26 Carnival Day
26 Carpe Diem Day
26 National Chili Day
26 National Pistachio Day – It's a nutty day!
27 Polar Bear Day
28 Floral Design Day
28 Open That Bottle Night

Weekly

National Eating Disorders Week, Feb. 23 - Mar. 1.
An annual campaign to educate the public about the realities of eating disorders, and to provide hope, support, and visibility to individuals and families affected by them.

Daily

Groundhog Day, Feb 2. Will the groundhog see its shadow?

Feed the Birds Day, Feb. 3. Early February is when your backyard birds need your help the most. The seeds in your feeder provide energy and strength to help birds make it through the rest of winter.

Autism Sunday, Feb. 9. Also known as the International Day of Prayer for autism spectrum disorders, this event is observed annually on the second Sunday of February.

Valentine's Day, Feb. 14. Spend the day with someone you love.

President's Day, Feb. 16. The day honors George Washington (born Feb. 22), and Abraham Lincoln (born Feb. 12) and all U.S. presidents.





Animal of the Month – Great Horned Owl

The majestic great horned owl is one of the most common— and biggest—owls in North America. These large, powerful, adaptable raptors live in a wide range of habitats, from wetlands and forests to deserts and urban areas. They make their homes in abandoned nests, holes in trees, cliff ledges, or on buildings or other man-made structures. You can spot a great horned owl by its bright yellow eyes and distinctive tufts of feathers that look like long, pointy ears. Great horned owls are often seen as symbols of strength, bravery, wisdom, and grace, and they like to perch on tree branches or fence posts adjacent to open fields, where they can search for prey. They are silent flyers and adept predators, feeding on creatures large and small, including skunks, bats, geese, cats, porcupine, rats, loons, fish, woodchucks, certain reptiles, and even scorpions. They sometimes eat other owls, too!

Flower - Violet

Most people think the rose is the traditional Valentine's Day flower, but it's time to set the record straight—it's actually the violet! As the legend goes, the Christian priest St. Valentine, while imprisoned by the Romans, used ink made from crushed violets that grew outside his prison cell to write notes of love and friendship. According to folklore, if you dream of violets, you will be successful and advance in life. Today, violets symbolize faithfulness and the return of affection.



Birthstone – Amethyst

For thousands of years, the amethyst, the most striking gem in the quartz family, has been a coveted jewel. Supernatural powers

have been attributed to the stone since early Biblical times. Some believed the amethyst offered protection against drunkenness, for in the Greek language, amethyst means “not intoxicated.” In the Middle Ages, it was said to protect crops against tempests and locusts, bring good fortune in war and in the hunt, drive out evil spirits, and inspire the intellect.



Animals of the Month

Many cultures and groups celebrate or feel aligned with certain creatures at different times of year. Here's a sampling of animals with February connections.

Rabbits — Saying rabbit on the first of the month is good luck, according to an English and North American superstition.

Groundhogs — These cute critters tell us if spring will come early each February 2 on Groundhog Day.

Green Dragons — In the Celtic zodiac, the green dragon, which is connected to spiritual growth, is especially strong in early February.

Horses — In the Chinese zodiac, 2026 is the Year of the Fire Horse, beginning on February 17.

Otters — For some Indigenous Americans, the playful otter is associated with February.

Wolves — Indigenous American lore reveres the compassionate yet fierce wolf in February.

Owls — Many cultures are inspired by the strength, wisdom, and cunning of owls during this month.

FEBRUARY FUN FACTS

February is the shortest month of the year. The first ancient Roman calendar started with March and was only 10 months long. January and February were added in 700 BC, making February the last month of the Roman year. February comes from the Latin word februaire, which means “to purify,” as Romans performed purifying rituals to prepare for the new year. Around 153 BC, January was moved to the first month of the year and February to the second.

February Birthdays

Langston Hughes (poet) – February 1, 1901 or 1902
Elizabeth Blackwell (doctor) – February 3, 1821
Rick Astley (singer) – February 6, 1966
Charles Dickens (writer) – February 7, 1812
George Ferris (inventor) – February 14, 1859
Jane Seymour (actress) – February 15, 1951
Yoko Ono (musician) – February 18, 1933
Benicio del Toro (actor) – February 19, 1967
Rihanna (singer) – February 20, 1988
Nina Simone (singer) – February 21, 1933
Emily Blunt (actress) – February 23, 1983
Anthony Burgess (novelist) – February 25, 1917
Elizabeth Taylor (actress) – February 27, 1932
Linus Pauling (chemist) – February 28, 1901



In the Good Old Days

In February 1960: The average annual income was \$5,620. The average new home price was \$16,500. A gallon of milk cost \$0.49. A dollar then is roughly equivalent to \$10.91 today.

In February 1980: The average annual income was \$17,710. The average new home price was \$76,400. A gallon of milk cost \$2.16. A dollar then is roughly equivalent to \$3.92 today.

What's Lucky in February?

Lucky Color: Fuchsia

Lucky Animal: Zebra

Lucky Letters: C and M

Lucky Day: Wednesday

Lucky Plant: Rose



What am I?

I have four quarters,
but I'm not a dollar.
What am I?



Answer:
The Super Bowl

February Zodiacs

Aquarius (Water Bearer)
February 1–18

Pisces (Fish)
February 19–28



A very
Happy Birthday to...



Dodge Park Residents

Joyce M. February 1
 Diane B..... February 11
 Wendy S..... February 25
 Rose T. February 27

Oasis Residents

Betty Jo D..... February 8
 Jean T..... February 19
 Carl K..... February 22
 Anil J..... February 28

Staff

Natalie A. February 1
 Jean Michel B..... February 3
 Leah G..... February 4
 Junior M..... February 9
 Debra D..... February 10
 Monique L..... February 11
 Sara S..... February 12
 Valerie M..... February 15
 Prucile E..... February 19
 Natasha J February 21
 Chantale S..... February 26
 Layla W..... February 27

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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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.

Explore Historic Places of the Civil Rights Movement

Introduction

The civil rights movement was a struggle for social justice in the United States that began to really take shape in the 1950s and reached many significant milestones by the 1960s. Although slavery was officially abolished around the end of the Civil War, discrimination against Black people continued. Like Jim Crow laws and segregation, some discriminatory actions were officially sanctioned, and other acts of racism were more insidious. By the mid-20th century, Black Americans were ready to throw off the weight of institutionalized racism, prejudice, and violence. Joining forces with the millions of white Americans who agreed that the Constitution of the United States of America was meant for all citizens, regardless of color, they began a fight in earnest for equality.

In honor of Black History Month, we will explore five historic places in the U.S. that were affiliated with pivotal moments in the civil rights movement.

1. Martin Luther King Jr. National Historic Site: Atlanta, Georgia

The King birth home, built in 1895, is located just a block away from the famous Ebenezer Church, where King's maternal grandfather and father were pastors. The future civil rights leader was born at home because his parents refused to use a segregated hospital.



In his childhood home, young King would read the Bible aloud with his two siblings under their father's supervision. After dinner, his grandmother would tell lively versions of Bible stories to amuse them and make them laugh.

Their father was a stern disciplinarian, but he was also fiercely protective of them, standing up for his children against racism they encountered from sales clerks, educators, and even police officers. King recalled learning

about the history of slavery and racism from his father, who also instructed his son that it was his Christian duty to love everyone, even when they gave him no reason.

The family lived in the five-bedroom home until 1941, when the home was converted into two separate dwellings and was rented out. In the '50s and '60s, Dr. King's brother, the Rev. A.D. Williams King, lived in the second-floor apartment.

2. 16th Street Baptist Church: Birmingham, Alabama

On September 15, 1963, a bomb planted by white supremacists exploded inside of the 16th Street Baptist Church. Four young girls—Addie Mae Collins, Cynthia Wesley, Carole Robertson, and Carol Denise McNair—were all tragically killed. Martin Luther King Jr. described the attack as “one of the most vicious and tragic crimes ever perpetrated against humanity.”

Although this particular bombing caught the eye of the national news, Birmingham had already had 21 separate explosions reported at various black properties and churches by that time. What made this bombing so radically different was that there were fatalities and that the victims were so young.

Unrest would continue in response to this bombing for over 10 years. The FBI found the four known Klansman who had planted the bomb by 1965, but there were no prosecutions until 1977.

Even then, only one of the murderers was convicted. Eventually, two more of the criminals were charged in 2001, but a fourth member of the gang died before he was brought to justice.

While true justice was never reached for the girls and their families, the bombing did significantly impact the civil rights movement in general. It marked a turning point in the country, and the government began to take violence fueled by racism more seriously. The next year, Congress passed the Civil Rights Act of 1964.

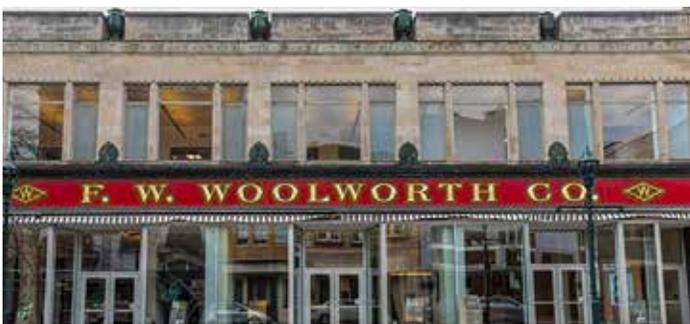
3. Oakland, California

Starting in 1968, the city of Oakland, California, made history. One of the country's first organized school breakfast programs began there, followed soon after by a trailblazing early-education program that predated Head Start. A plethora of community services were offered, including free clothing and shoes, medical services, drug and alcohol awareness programs, and legal aid clinics. The group responsible for more than 60 community programs was the Black Panthers.

Although J. Edgar Hoover clashed with the group over some of the group's tenets, it did not change the fact that most of their work was focused on building communities. By the end of 1969, the group and their affiliates served free breakfasts of milk, bacon, eggs, grits, and toast to around 20,000 children in 19 cities every day.

While Hoover was successful in dismantling the group, many of their ideas are still with us today. Head Start and the School Breakfast Program started by the U.S. Department of Agriculture owe the Black Panthers a thank you for demonstrating the benefits of taking care of our next generation.

4. International Civil Rights Center & Museum: Greensboro, North Carolina



In the spring of 1960, Greensboro, North Carolina, was home to one of the most iconic moments of the civil rights movement. A group of black students began a series of nonviolent sit-ins at lunch counters in Woolworth's department stores across the city. Eventually, they were successful at convincing the chain to end its racial segregation policy. This sit-in is also considered a catalyst to the "sit-in movement" in which 70,000 people participated in nonviolent protests, effecting change against racist laws and policies throughout the

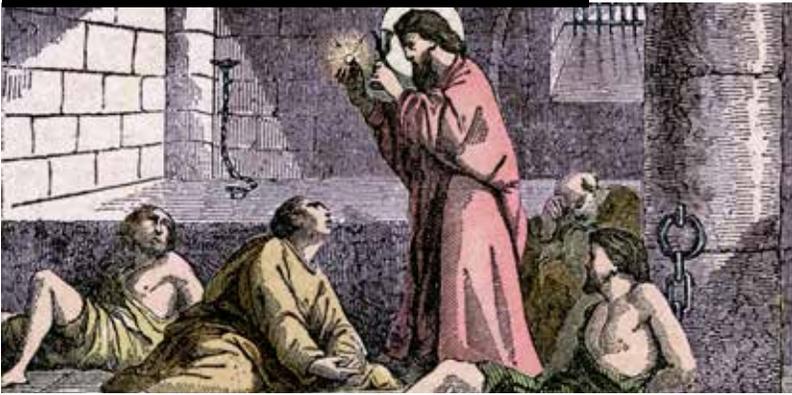
South.

The Greensboro Four—Joseph McNeil, Franklin McCain, Ezell Blair Jr., and David Richmond—were all young black students at North Carolina Agricultural and Technical State University in their freshman year, and they were all inspired by the teaching of Martin Luther King Jr. Thinking globally but acting locally, the men decided to specifically target the segregation policies at Woolworth's.

The plan was simple yet effective. They sat at a counter at Woolworth's, asked politely to be served, and then, when they were refused service, they simply stayed seated. The manager did not ask them to leave, nor did he serve them. Allegedly, an elderly white woman told them, "I am just so proud of you. My only regret is that you didn't do this ten or fifteen years ago." Meanwhile, other Black people working there expressed discontent with the protest.

The next day, the Greensboro Four brought 20 more men to sit at the counter with them. Soon the number was 60. Then 300. Then 1,000. White protestors joined the Black protestors. At times, the students met with representatives, but no agreement could be reached. On March 16, 1960, President Dwight D. Eisenhower stated that he was "deeply sympathetic with the efforts of any group to enjoy the rights of equality that they are guaranteed by the Constitution."

Tired of losing so much money (nearly 1.7 million in today's money) in just a few short months, Woolworth's changed their policy. On Monday, July 25, 1960, a store manager asked four of his Black employees to change out of their uniforms and order a meal at the counter so they could be served. Geneva Tisdale, Susie Morrison, Anetha Jones, and Charles Bess were the first Black people to be served at a desegregated lunch



The History of Valentine's Day

Who Was Valentine?

One reason that Valentine's Day may be associated with secret admirers is that the saint behind the holiday is a mystery. We know that a man named Valentine existed and that he died around 270 AD. However, at least two people named Valentine lived at that time, and either—or neither—might be the holiday's namesake.

The first person who may have been the famous Valentine is a priest who lived during the third century in Rome. During this time, Emperor Claudius II made a decree that young men could not be married because he wanted them to be single-minded while they served in his military. However, Valentine felt the decree was wrong, so he secretly continued to marry young men and women. When the emperor discovered what Valentine was doing, he had the priest beheaded.

The second person who is purported to be the holiday's namesake is St. Valentine of Terni, a bishop in the third century. He was also beheaded by Claudius II. He was said to have helped Christians who were imprisoned, beaten, and often executed for their faith. Valentine assisted them in escaping the jails. Eventually, Valentine was caught and imprisoned himself. In one telling of this story, Valentine fell in love with the jailor's daughter, who often visited him. He sent her a letter signed, "from your Valentine." This is credited as being the first valentine greeting. Some stories add that she was blind and that Valentine restored her sight. In this version, the judge and his entire household converted to Christianity.

Some believe that the two men were one and the same, but we have no way of knowing because there is very little factual information about Valentine, other than the approximate year of his death. Questions about Valentine's true identity were raised as early as 496 AD by Pope Gelasius I, who said that facts about the martyr and his actions were "known only to God."

Origins of Valentine's Day

Valentine's Day has been celebrated in February for more than 1,500 years. It may have been placed in February to commemorate the anniversary of Valentine's death, or it may have been placed to coincide with (and replace) the Roman celebration of Lupercalia, a rowdy celebration of fertility and planting.

Lupercalia dates all the way back to the founding of Rome. According to folklore, Rome was founded by Romulus and Remus, twin nephews of an ancient king who ordered the small boys drowned. But a servant took pity on them and instead placed them in a water-tight basket in the river, where they were carried downstream and became caught in a wild fig tree.

A she-wolf found and cared for them in a cave at the base of Palatine Hill, where Rome was founded. The boys named the cave Lupercal, and the celebration of Lupercalia was meant to honor the she-wolf and the god Lupercus, who was the god of farmers, harvest, and packs of animals.

Like festivals of other ancient religions, including Judaism, the Lupercalia celebration began with a ritual sacrifice. In this case, a goat and a dog were sacrificed to the god Lupercus. Next, two priests' foreheads were smeared with sacrificial blood, and then they were wiped clean with a cloth soaked in milk. After this, the feasting began. Legend has it that another part of the festival celebration included a temporary "coupling," in which single men would draw a name of a single woman from the jar, and these couples were considered "married" until the end of the festival. Some of them stayed together until the start of the following year's festival. And some fell in love and actually got married!



Deviled Egg Salad Dip

Makes 6-8 servings

Ingredients:

- 8 large, hard-boiled eggs, peeled
- 1/2 cup mayonnaise
- 1 tablespoon yellow mustard
- 1 teaspoon white vinegar
- 1/4 teaspoon salt

Directions:

1. Place a cooling rack over a large bowl. Push the peeled eggs through the rack with gentle pressure to chop them evenly.
2. Add mayonnaise, mustard, vinegar, salt, pepper, and paprika to the chopped eggs. Stir until well blended.
3. Mix in celery and green onions.
4. Transfer to a serving bowl and sprinkle with a light dusting of paprika.
5. Chill for at least 30 minutes before serving with crackers, chips, or vegetables.

- 1/8 teaspoon black pepper
- 1/4 teaspoon paprika, plus more for garnish
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped green onions
- Crackers, chips, or fresh vegetables for serving



Slow-Cooker Corn Potato Chowder

Makes 6-8 servings

Ingredients:

- 1 (16-ounce) bag frozen corn
- 3 medium potatoes, peeled and diced
- 1 small onion, chopped
- 2 cups low-sodium chicken broth
- 1 1/2 teaspoons McCormick Garlic Herb Seasoning
- 2 cups milk, divided
- 1 cup half-and-half (or additional milk for a lighter version)
- 2 tablespoons butter
- 1 cup shredded cheddar cheese
- (Optional) 4 slices cooked bacon, crumbled (for garnish)

Directions:

1. In a slow cooker, combine frozen corn, potatoes, onion, chicken broth, seasoning, and 1 cup milk.
2. Cover and cook on low for 6–7 hours or high for 3–4 hours, until the potatoes are tender.
3. Stir in remaining milk, half-and-half, butter, and cheddar cheese. Cover and cook on low for an additional 30 minutes, or until the cheese is melted and the soup is creamy.
4. Taste and adjust seasoning if needed.
5. Ladle into bowls and top with crumbled bacon and additional shredded cheese, if desired.



Sweet Strawberry Cocoa Whip

Makes 4–6 servings

Ingredients:

- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 1/4 cup strawberry jam or preserves
- Fresh sliced strawberries for garnish

Directions:

1. In a medium bowl, beat the heavy whipping cream with a hand mixer until soft peaks form.
2. Add powdered sugar and cocoa powder, then continue beating until the mixture thickens slightly.
3. Mix in the vanilla until smooth.
4. Gently fold in the strawberry jam until evenly blended and fluffy.
5. Spoon into dessert cups or bowls and refrigerate for at least 30 minutes before serving.
6. Garnish with fresh sliced strawberries.

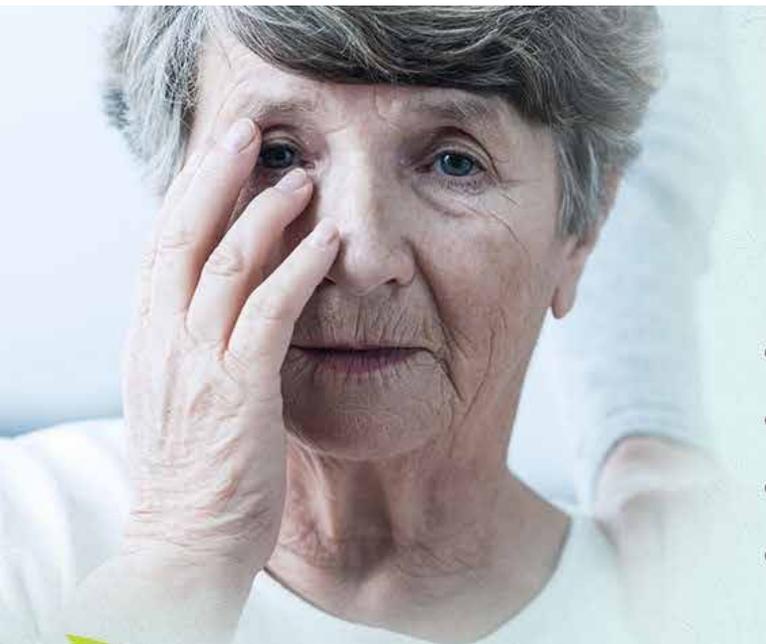
Cherry Amaretto Sparkler

Ingredients:

- Ice cubes
- 1 cup chilled cherry juice
- 2 tablespoons amaretto liqueur (or almond syrup for nonalcoholic version)
- 1 tablespoon fresh lemon juice
- 1 cup sparkling water or club soda, chilled
- Fresh cherries or lemon slices, for garnish

Directions:

1. Fill two glasses with ice cubes.
2. Pour 1/2 cup of cherry juice into each glass.
3. Add 1 tablespoon of amaretto (or almond syrup) to each.
4. Squeeze in 1/2 tablespoon of fresh lemon juice per glass and gently stir to combine.
5. Slowly top each glass with 1/2 cup of sparkling water or club soda.
6. Garnish with a cherry or lemon slice 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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Funny Little Valentine Cards

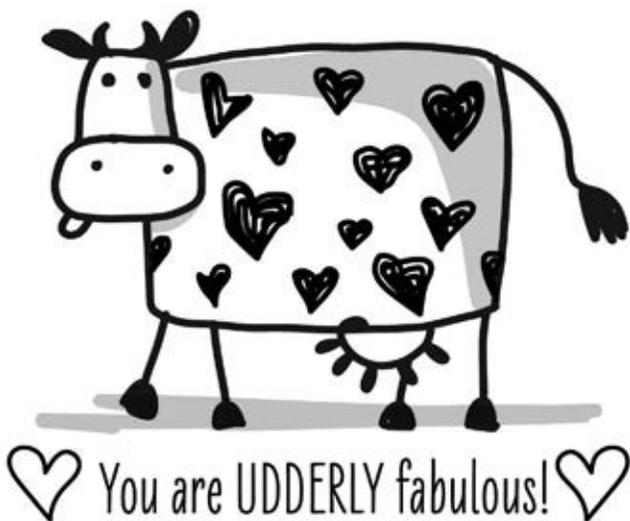
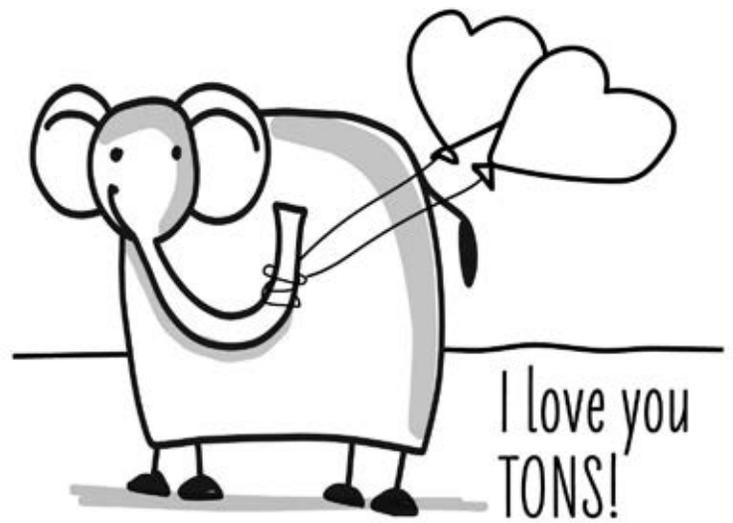
Cut, color, and write a sweet message on the provided card designs.

You will need:

- Valentine cards printed on card stock (See next page)
- Markers or colored pencils
- Scissors

Directions:

Cut apart the card designs following the gray outlines. Color your cards and then write a sweet message on the back. Hand them out to family and friends on Valentine's Day



Lincoln Penny Bookmark

Sandwich pennies between packaging tape to make a bookmark honoring Honest Abe.

You will need:

- 20 pennies
- Clear packaging tape (2" wide)
- Masking tape
- Washi tape (3/4" wide)
- Thin ribbon
- Scrap cardboard (about 4" X 14")
- Hole punch
- Scissors

Directions:

1. Unroll a 12" strip of packaging tape and place it sticky side up on a piece of cardboard. Tape the ends to cardboard using masking tape as shown.



2. Stick two rows of 10 pennies to the packaging tape as shown on the previous page. Arrange the pennies with the heads side up. The first two pennies should be 1" to 2" from the top of the tape. They should leave 1/2" at each end when trimming off the excess tape.

3. Place another 12" strip of packaging tape on top, sticky side down to sandwich the pennies in place. Detach the taped penny collection from the cardboard and cut off the excess tape on the ends, leaving about 1/2".

4. Trim the edge of the tape with washi tape as shown.

5. Add a ribbon to the top end by punching a hole and looping the ribbon through the hole as shown on the previous page.



Lollipop Bouquet

Make long-stem roses using Dum-Dum suckers, skewers, and crepe paper streamers. Arrange a group of them in a vase to make a sweet bouquet.

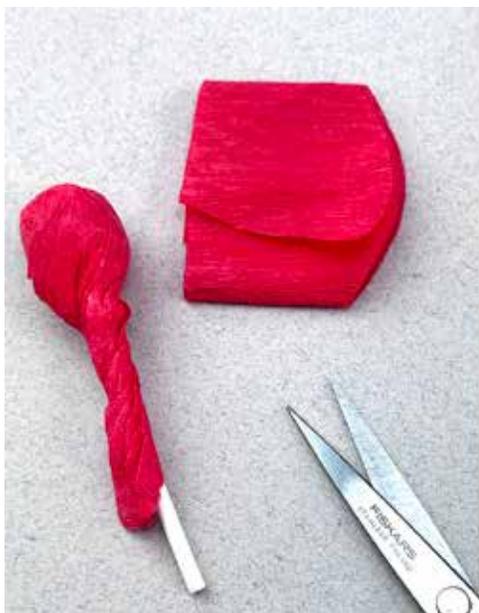
To make one rose, you will need:

- Dum-Dum sucker
- Crepe paper streamers
- Flower color of choice (4" piece, 18" piece)
- Green (4" piece, 18" piece)
- 12" wooden skewer, Scotch tape
- Vase or glass jar, shredded paper vase filler



Directions:

1. Cover the sucker with a 4" piece of flower-colored streamer. Twist the tail of the streamer around the stick of the sucker.
2. Loosely wrap the 18" piece of flower-colored streamer around your first two fingers. Slide the bundle off your fingers and then cut off a curved petal shape along one edge.

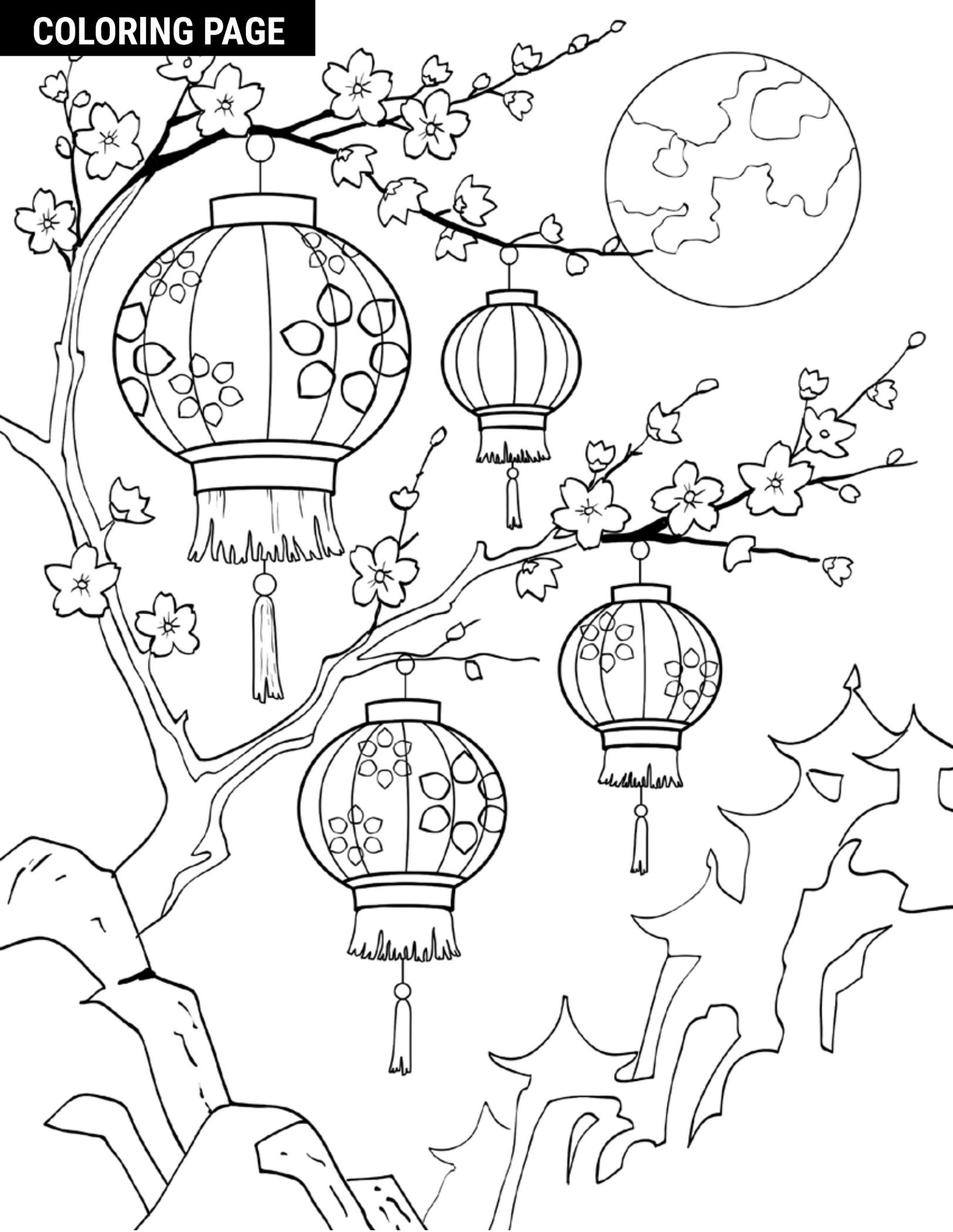


3. Unbundle the petals and wrap the streamer again around your first three fingers. This makes the curved petals more staggered, like real rose petals grow.
4. Keeping the bundle intact, slide it off your fingers. Then place the sucker in the center of the bundle, curved edges pointing to the top.
5. Gather the straight edges at the bottom of the bundle and twist them around the stick of the sucker.
6. To add the stem, wrap the 4" piece of green streamer around the stick of the sucker.
7. Place the wooden skewer (pointed end up) against the stick of the sucker. Wrap the 18" piece of green streamer around the skewer and stick, continuing to wrap the rest of the skewer. Tape the bottom end of the long stem to hold the streamer in place.
8. Make 12 to display a dozen roses in a vase or jar filled with shredded paper. Invite guests to select a rose for a sweet treat.

Uses:

- Display in common areas on special days. Change the flower colors to represent holidays of choice. Invite one and all to select a long-stem lollipop from the bouquet.
- Arrange vases of roses by color at a craft fair. Invite shoppers to make their own bouquet by selecting the colors and quantities for their arrangement. After their selection is made, have the craft "vendor" wrap the stems in white tissue paper held together with a ribbon and a bow, just like a florist would do. Each rose could be sold for one dollar.
- Don't add the long stem. Instead, create the shorter stem version so you can secretly slip little roses in grandkids' pockets, in friends' mailboxes or on ledges, or maybe on the table where they sit for meals every day. Have fun with it!

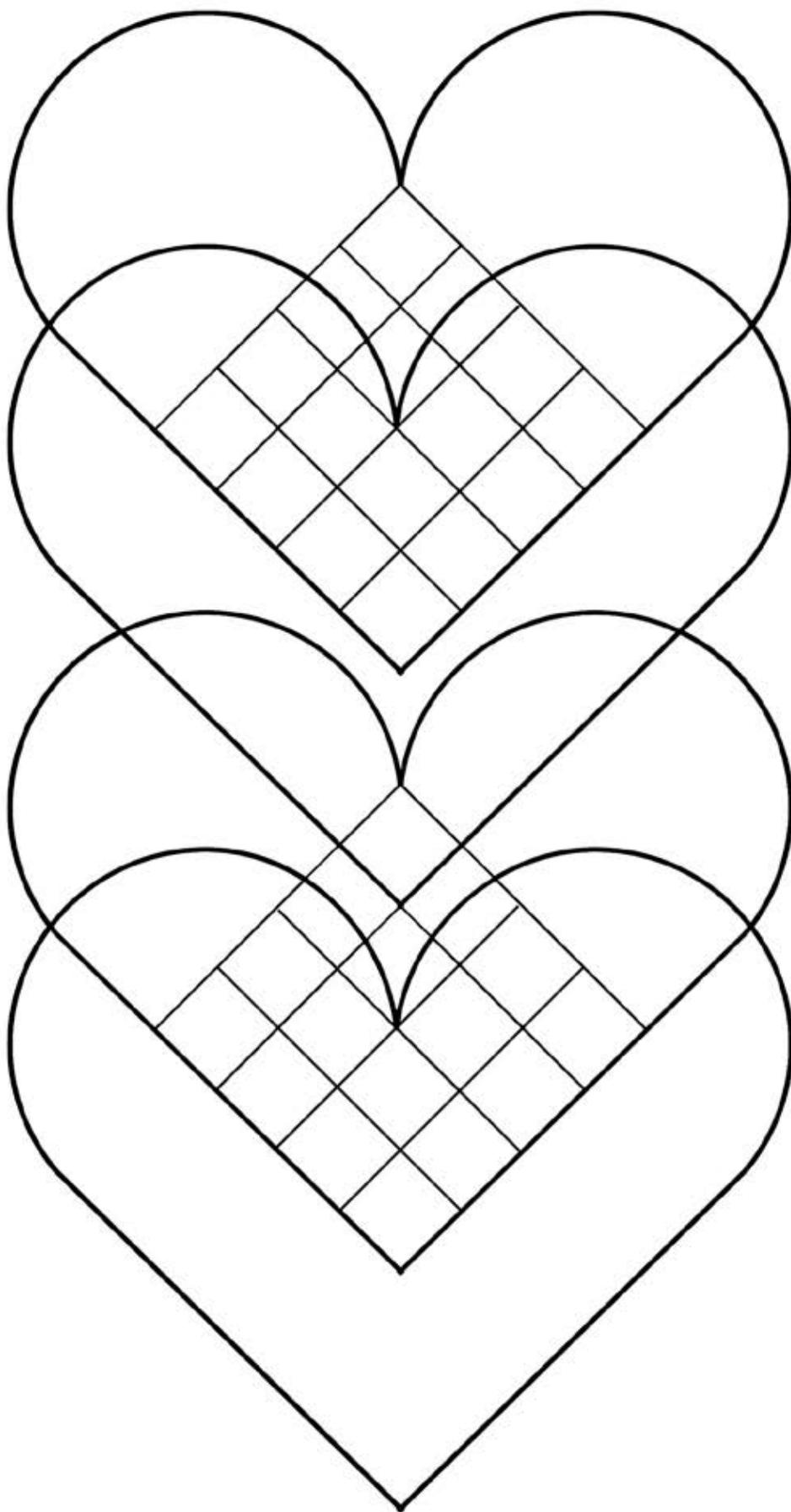
COLORING PAGE



Sports Illustrated



L
O
V
E



Valentine Lovin' Detective



Search for the items in bold.

"Nothing says lovin' like something from the oven" was a truth believed by Jenny O'Neil, And this, the very first Valentine's Day as a newlywed, was to her a very big deal. A planned dinner of **ham**, **10 Brussels sprouts**, and **4 potatoes** was ambitious for her, Because making reservations or ordering carryout was the "cooking" she'd prefer.

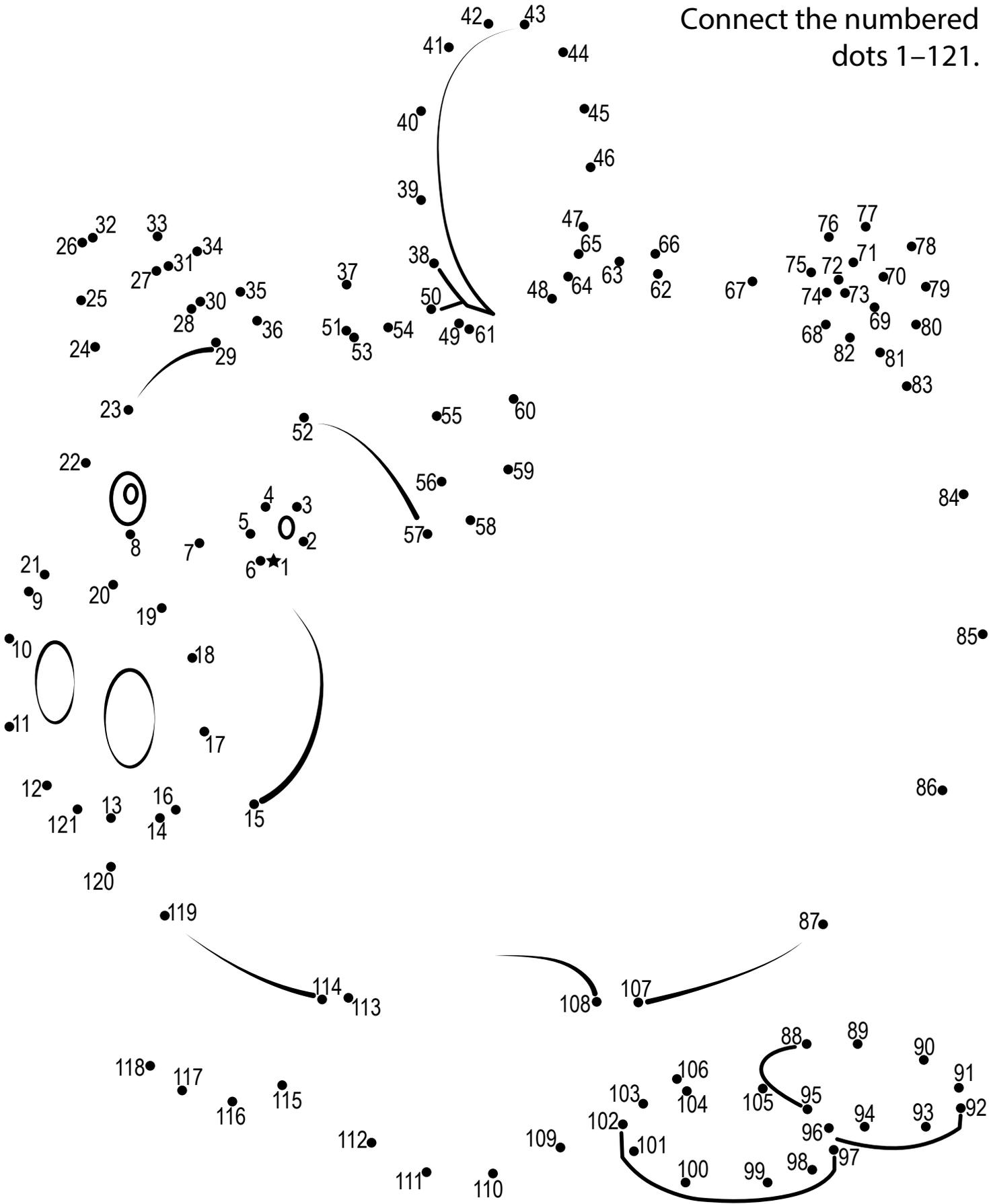
Per her mom's recipe, **red wine vinegar**, **rosemary leaves**, and **black pepper** were handy, And for an energy boost, **8 wrapped truffles** and **4 chocolate bars** were preferred candy. To stay mellow, she played her dad's **cassette tape** of his favorite '70s band called Bread, But despite being armed with **Betty Crocker icing** and **4 Almonds tins**, she was feeling dread.

Cheese, **crackers**, **knife**, **bottle opener**, and **3 Dr Peppers** would get the meal going, And a table set with **4 plates**, **2 boxes of matches**, and a **candle** would keep things glowing. **5 heart-shaped cookie cutters**, a **copper heart pan**, and **5 mini pie tins** were put to the side, And in the place of honor was the **wedding cake topper** from when she was a bride.

As her hubby Jason arrived, she realized she'd not turned on the stove, and dinner was cold! Her perfect evening gone wrong would be an amusing story to be told and retold. But Jason, anticipating events, brought Chinese dinners from their favorite place And assured Jenny that what said lovin' to him wasn't her cooking but her smiling face.

Dot-to-dot #1

Connect the numbered dots 1-121.





Famous February Birthdays

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

- A. Ansel **ADAMS**
- B. Jennifer **ANISTON**
- C. Susan B. **ANTHONY**
- D. Garth **BROOKS**
- E. Jim **BROWN**
- F. Paul **BUNYAN**
- G. Charles **DICKENS**
- H. Farrah **FAWCETT**
- I. Jimmy **HOFFA**
- J. Victor **HUGO**
- K. Joe **PESCI**
- L. Norman **ROCKWELL**

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

Bonus: Match the person to the correct clue.

- | | |
|---------------------------------------|--|
| 1. Country singer _____ | 7. <i>Oliver Twist</i> author _____ |
| 2. Renowned painter _____ | 8. <i>Charlie's Angels</i> actress _____ |
| 3. <i>Les Misérables</i> author _____ | 9. NFL greatest runner _____ |
| 4. Women's suffrage advocate _____ | 10. Legendary lumberjack _____ |
| 5. <i>My Cousin Vinny</i> actor _____ | 11. American photographer _____ |
| 6. <i>Friends</i> actress _____ | 12. Teamsters union leader _____ |

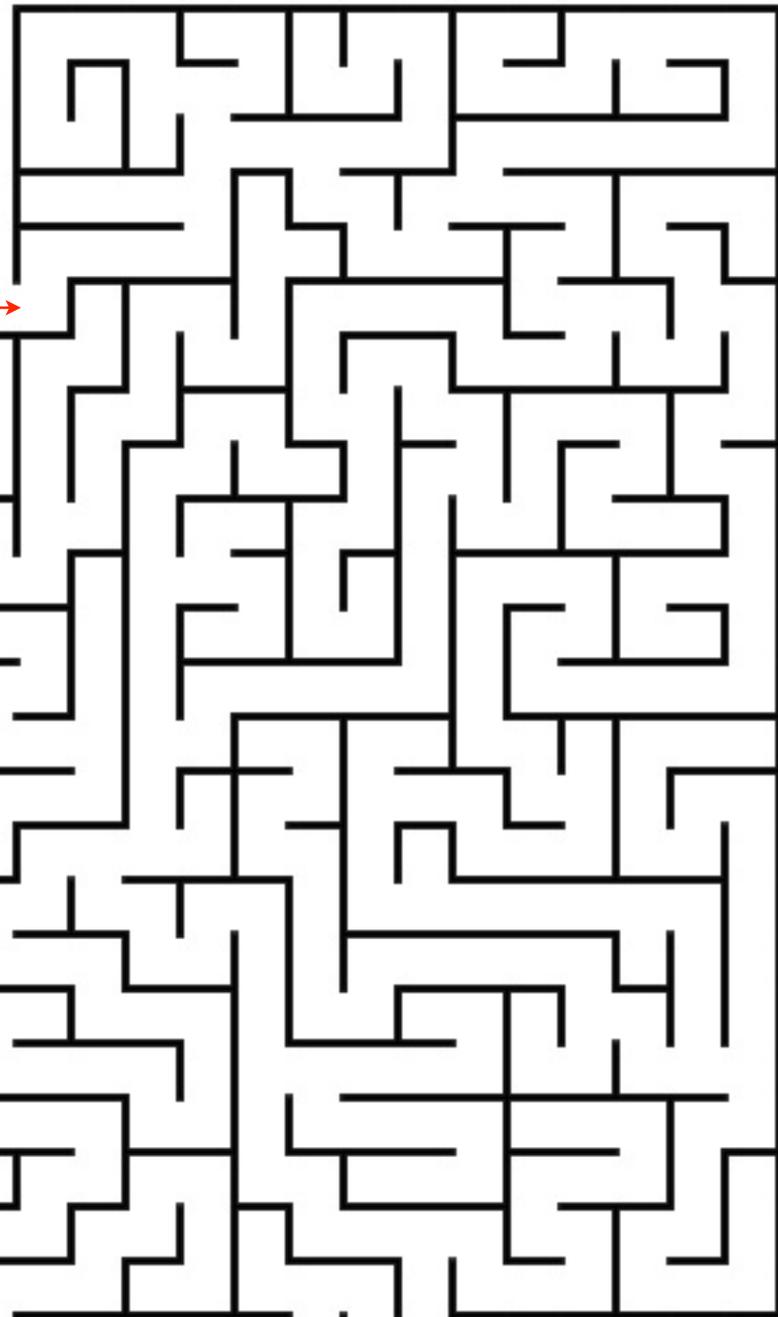
Skating for Gold

Match the clues to words associated with figure and speed skating.

- | | |
|--|-------------------|
| 1. Skater's twirling move _____ | A. Dorothy Hamill |
| 2. One circuit around the track _____ | B. axel |
| 3. 1976 figure skater with a wedge haircut _____ | C. spin |
| 4. Element where one skater hoists another _____ | D. crossover |
| 5. Emphasizing style and emotion _____ | E. Grenoble |
| 6. Track section for skaters _____ | F. Dick Button |
| 7. Long-distance speed event _____ | G. lane |
| 8. Olympian and five-time world champion _____ | H. glide |
| 9. Three-and-a-half rotation jump _____ | I. triple axel |
| 10. Planned artistic movement _____ | J. lutz |
| 11. Technique for turning corners _____ | K. artistic |
| 12. Olympian and sports analyst _____ | L. lap |
| 13. Smooth movement across ice _____ | M. Michelle Kwan |
| 14. Backward outside edge jump _____ | N. balance |
| 15. Where Peggy Fleming won gold _____ | O. sprint |
| 16. Short-distance race _____ | P. marathon |
| 17. Essential skill on ice _____ | Q. lift |
| 18. Jump named after Norwegian skater _____ | R. choreography |



A-Mazing Hardware Store



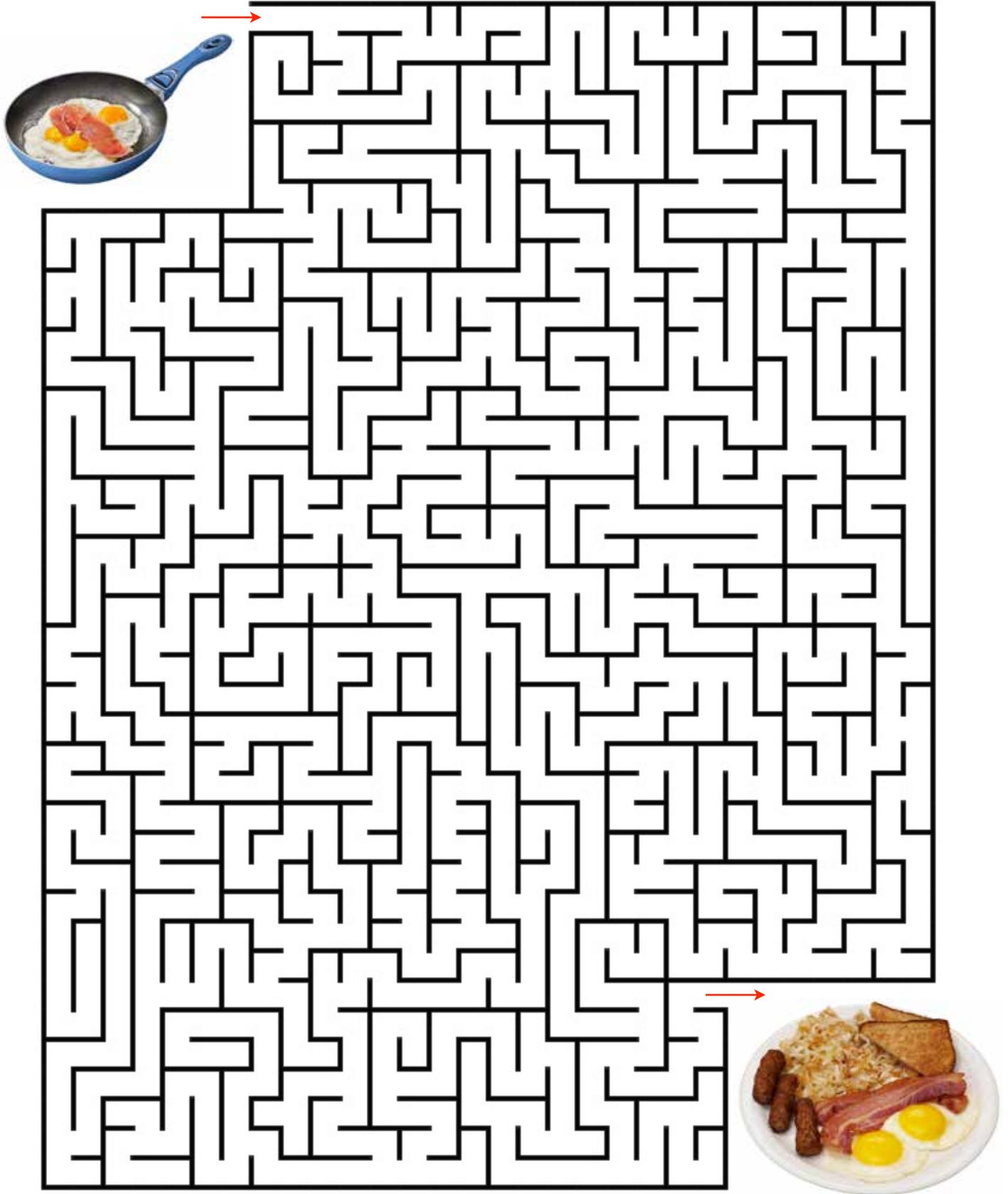
Searching for February

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



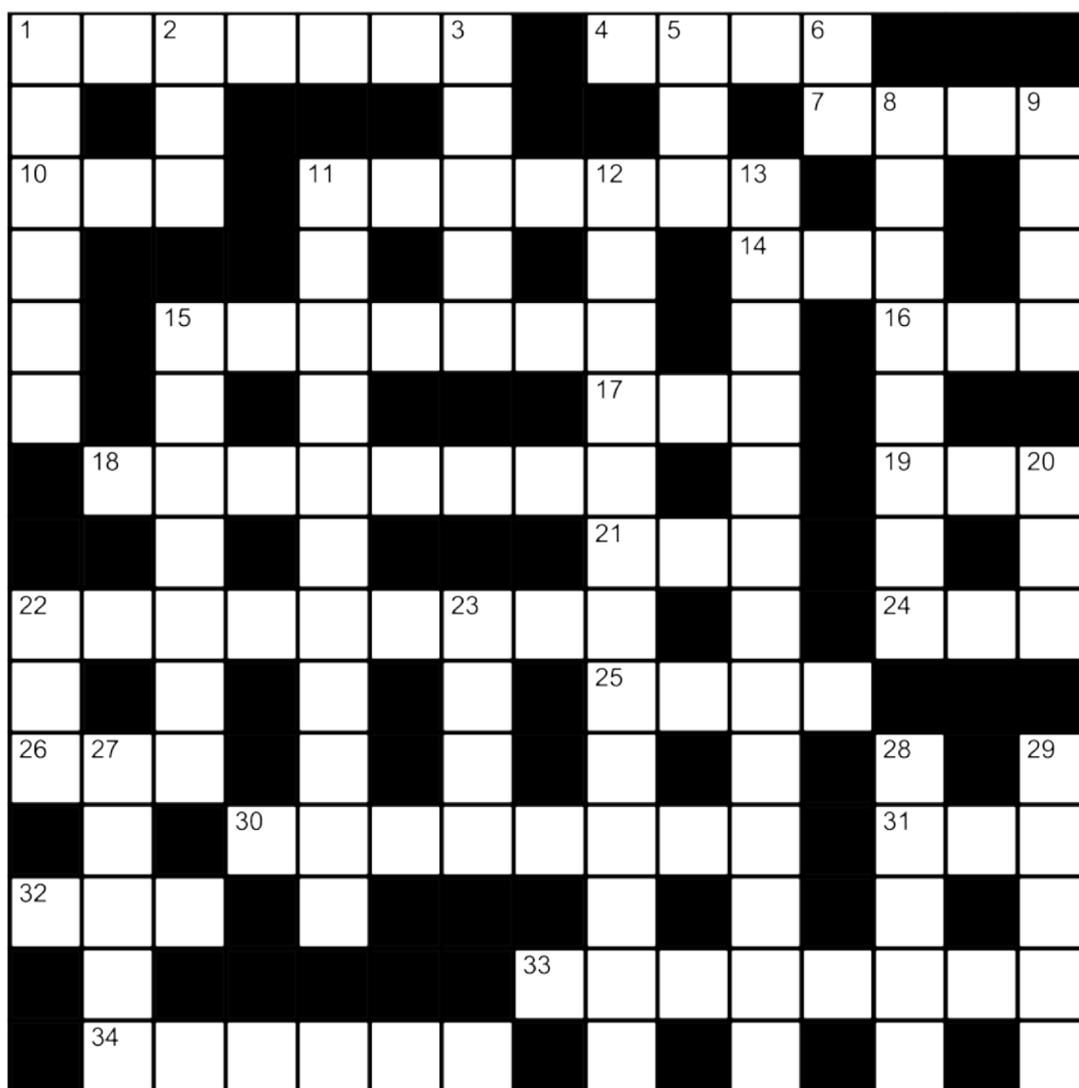
- | | | |
|--------------------|-------------------|----------------------------|
| AMETHYST | FISH (Pisces) | SHADOW |
| AQUARIUS | GROUNDHOG (Day) | SNOW MOON |
| BLACK HISTORY | MARDI GRAS | SUPER BOWL |
| CANDY | PISCES | VALENTINE'S (Day) |
| CHINESE (New Year) | PRESIDENTS' (Day) | VIOLET |
| CUPID | PRIMROSE | WATER BEARER
(Aquarius) |

A-Mazing Hot Breakfast



Crossword #50

Use the clues to fill in the crossword.



ACROSS

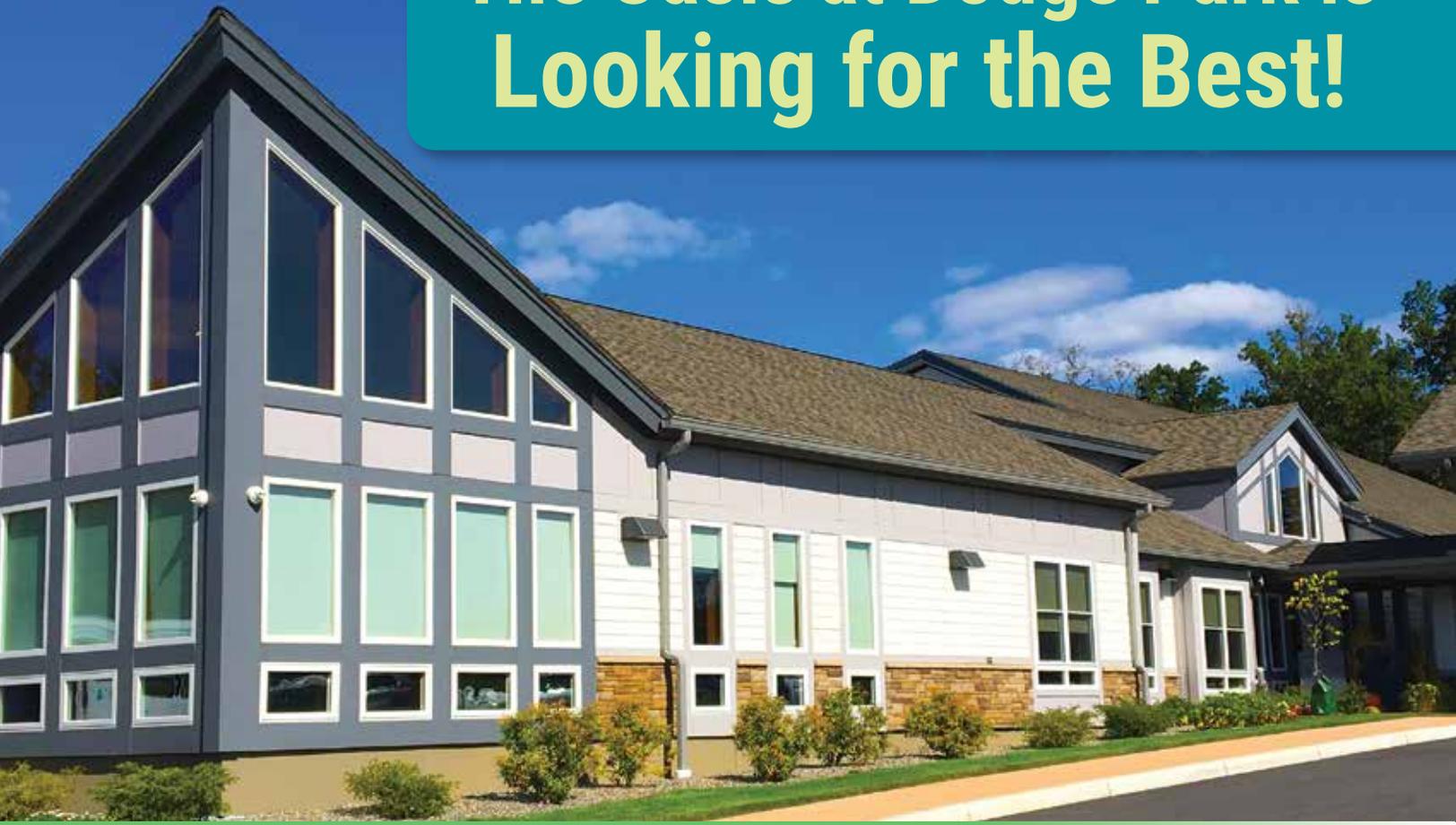
1. Adult
4. Event attended by Cinderella
7. Goals
10. Auction unit
11. Aquatic athlete
14. Pointy-eared figure of fantasy
15. "Jeepers, creepers, where'd you get those ___?"
16. Electrical unit
17. Garage contents
18. To carry on
19. It's "the word"
(Hint: keeping a secret)
21. Captain's journal
22. Teacher's superior
24. Doris ___

(Hint: "Que Sera, Sera")

25. A measure of land
 26. Man's best friend
 30. Most remote
 31. E.T.'s craft
 32. Caribou kin
 33. Rushing
 34. Render harmless
- ## DOWN
1. Milky Way, for one
 2. Kind of bran
 3. 8:00 p.m. is ____-time TV
 5. Chowed down
 6. Pie a-__-mode
 8. Well-versed
 9. A petticoat's junction

11. Amazing, sensational
12. Mixed, varied
13. Chilling appliances
15. Readying a field, say
20. "___ I help you?"
22. Like two peas in a ___
23. Verse writer
27. Applied lubricant
28. Something to face?
(Hint: accept unpleasant consequences)
29. Karaoke choices

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

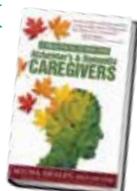
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- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming
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One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.

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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CELEBRATING **59** YEARS

Caring for our Community

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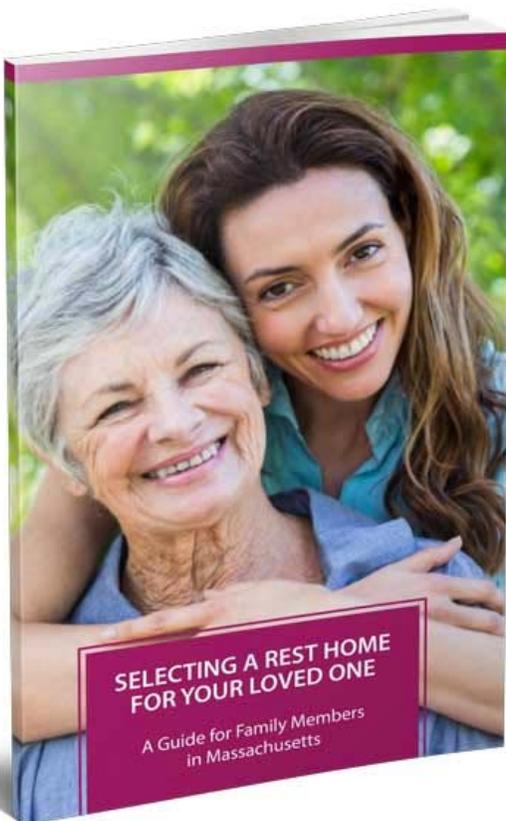
and
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Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

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 do look for during a Rest Home Tour
- Helpful resources to help you in Massachusetts

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Memory Care Support Group



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

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

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

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

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

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

You can also attend the meeting virtually.

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

Dodge Park



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



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

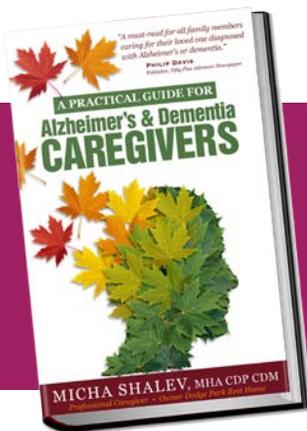
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

The N'efesh to N'efesh™ 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
www.OasisAtDodgePark.com**



Dodge Park



101 and 102 Randolph Road, Worcester, MA 01606

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

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
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