MARCH 2026

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

2026 Caring Super Star
BEST SENIOR LIVING
Top Rated on Caring.com
FAMILY FAVORITE

Memories are made at Dodge Park & Oasis

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

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

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

– Micha Shalev & Ben Herlinger, Administrators /Owners

Neighborhood Connection is now digital! **Email m.shalev@dodgepark.com to get it delivered to your inbox each month.**

After the Diagnosis of Alzheimer's Disease – So What Now!!

By Micha Shalev

Are you kidding me, I have what!! It can't be true. It has to be a mistake. You are really "angry". It's normal to have these feelings but the important thing is to find ways to cope, and continue to "have fun and laugh". What you must understand first and foremost is that you or loved one will lose short term memory but retain some long term memory.

There are several methods and diagnostic tools to help determine fairly accurately whether an individual with memory problems has "possible Alzheimer's disease," "probable Alzheimer's disease," or some other memory or neurological problem. "Possible Alzheimer's disease" is defined as a dementia that could be due to another condition. "Probable Alzheimer's disease" means there are no other causes for the symptoms that can be found. Some individuals with memory problems have a condition called amnestic mild cognitive impairment (MCI) that often precedes AD. Individuals with MCI have more memory problems than normal for individuals their age, but their symptoms are not as severe as those seen in AD. Importantly, not all individuals with MCI develop AD. At this time, a definitive diagnosis of Alzheimer's disease can only be determined by an autopsy of the brain after death. However, at specialized centers, doctors can diagnose AD in a living person correctly up to 90 percent of the time.

A physician will diagnose Alzheimer's in a living person by:
• Asking questions about an individual's overall health, past medical history, ability to perform daily activities, and changes in behavior and personality
• Conducting memory tests, problem solving, attention, counting, language skills and other abilities related to brain functioning
• Carrying out medical tests of blood, urine, or spinal fluid
• Collecting information provided by family members or other caregivers about changes in a person's day-today function and behavior which my help in diagnosis
• Performing brain scans, such as magnetic resonance imaging (MRI), positron emission tomography (PET) scan or a computed tomography (CT) scan

A complete diagnostic workup for AD is lengthy and costly and may take as long as a year or more before a final diagnosis is made. After the diagnosis is made, the family and patient may need considerable guidance and counseling. Family members often wonder whether they should tell their loved one of the diagnosis. While it is devastating to learn that your loved one has AD, it is frequently more stressful to be aware of the signs and symptoms and yet have no answer for the problem. The family and the patient should agree before the diagnosis is made so appropriate actions are taken. Not knowing always presents the risk of the person finding out accidentally. Open and honest communications are usually the best, but some families have their own reasons for choosing a different path. Families often look to healthcare professionals for guidance, and it is important to respect their decisions; however, physicians are advised to disclose the diagnosis to their patient.

Dodge Park & Oasis at Dodge Park

Micha Shalev MHA *Executive Director/Owner*
m.shalev@DodgePark.com

Ben Herlinger *Adminstrator/Owner*
b.herlinger@DodgePark.com

Carrie Lindberg RN, BSN *Director of Nurses*
c.lindberg@DodgePark.com

Renee Kublbeck RN, BSN
Assistant Director of Nurses
r.kublbeck@dodgepark.com

Courteney Lindberg, MSN, APRN, FNP-C
Assistant Director of Nurses
c.lindberg1@dodgepark.com

101 Randolph Road, Worcester, MA 01606
102 Randolph Road, Worcester, MA 01606
Phone: 508.853.8180 **Fax:** 508.853.4545

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

The American Psychiatric Association (APA) recommends advising Alzheimer's disease patients and their families of the need for

financial and legal planning due to the patient's eventual incapacity (e.g., power of attorney for medical and financial decisions, an up-to-date will, and the cost of long-term care).

Micha Shalev MHA CDP CDCM CADDCT is the owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.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.

Dodge Park

OASIS AT DODGE PARK

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

Adopt-A-Solo-Ager PROGRAM

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 activites 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.

“The Shamrock That Found Its Way Home”

It was a bright and blustery March morning in a small New England town, the kind of town where everyone knows your name — and your business — whether you want them to or not. The bakery windows were frosted with green shamrocks, the hardware store had somehow turned three ladders into a “leprechaun lookout tower,” and even Mrs. Donnelly’s grumpy cat was wearing a glittery green bow.

It was **St. Patrick’s Day**, and the entire town was buzzing.

Now, at the edge of town lived old Mr. Sullivan — a cheerful widower with a twinkle in his eye and a habit of telling stories that grew taller every year. He claimed his great-granduncle once played cards with a real leprechaun back in County Cork. No one quite believed him, but no one dared say so either — mostly because he made the best Irish soda bread within fifty miles.

This particular St. Patrick’s Day, Mr. Sullivan awoke to something unusual.

There, sitting neatly on his kitchen table, was a single, perfectly shaped **four-leaf clover.**

Now, everyone knows a four-leaf clover is rare. You could search an entire field and never find one. Yet here it was — fresh, dewy, and placed right next to his teacup.

“Well now,” Mr. Sullivan chuckled, adjusting his spectacles. “Either I’ve been blessed with the luck o’ the Irish… or I’ve got company.”

He checked the locks. All secure. The windows? Closed tight. The cat? Asleep and snoring.

But as he reached for the clover, he heard a tiny sneeze.

“Achoo!”

He froze.

“Achoo!” came again, this time from inside the sugar bowl.

With a cautious lift of the lid, Mr. Sullivan discovered the smallest man he had ever seen — no taller than a teacup, dressed in green from hat to shoes, with a beard that looked suspiciously like it had been combed with a fork.

“Well, it’s about time you noticed me,” the tiny man said, dusting sugar off his coat. “Do you know how long I’ve been hiding in there?”

Mr. Sullivan blinked once. Twice.

“Ah,” he said calmly, pouring himself more tea. “You must be late for the parade.”

The little fellow crossed his arms. “I am no parade attraction! I am Finnegan O’Malley, licensed leprechaun of the Northern Hemisphere. And I’ve misplaced something terribly important.”

Mr. Sullivan raised an eyebrow. “Let me guess. Pot of gold?”

Finnegan gasped. “Shhh! Don’t go shouting it!”

As it turned out, Finnegan’s pot of gold had gone missing somewhere between Ireland and Massachusetts — a common problem, apparently, when traveling by rainbow in unpredictable weather.

“But why leave the clover?” Mr. Sullivan asked.

“It’s a marker,” Finnegan explained. “The clover always grows where the gold wishes to be found.”

They both looked out the kitchen window.

In Mr. Sullivan's modest backyard — the one with patchy grass and a slightly crooked bird feeder — stood a brilliant rainbow stretching from cloud to earth.

"Well," Mr. Sullivan said, reaching for his coat, "no sense wasting a perfectly good rainbow."

Out they went — one tall, one tiny — marching through the yard as neighbors peeked through curtains. Children pointed. Someone started playing bagpipes much too enthusiastically.

At the end of the rainbow, half-buried in the soft March soil, was indeed a small iron pot — glowing faintly.

Finnegan rushed forward, brushing dirt away. He lifted the lid and let out a joyful cheer.

"Ahhh! Still shiny!"

But Mr. Sullivan noticed something.

"Seems a bit heavy for one little leprechaun."

Finnegan paused. "Well… truth be told, it's more than gold."

From the pot, he pulled not coins — but memories.

Golden light flickered and formed images: children laughing at parades, couples dancing to fiddles, neighbors sharing corned beef and cabbage, friends raising glasses and toasting one another.

"It's the joy," Finnegan said softly. "That's the real treasure. The gold just keeps humans interested."

Mr. Sullivan smiled.

"And here I thought it was about cabbage and green hats."

Finnegan closed the lid. "Would you do me a favor, Mr. Sullivan?"

"What's that?"

"Keep telling your tall tales. Host the parade. Bake the bread. Share the laughter. That's what keeps the gold bright."

With a tip of his hat, Finnegan stepped back into the rainbow — which shimmered and slowly disappeared.

By afternoon, the town parade was in full swing. Mr. Sullivan marched proudly at the front, waving like royalty, handing out slices of soda bread. No one believed his story about the leprechaun in the sugar bowl — but that didn't stop them from laughing.

And later that evening, when the sun dipped low and the green decorations fluttered in the breeze, Mr. Sullivan found something tucked into his coat pocket.

One small gold coin.

Not enough to retire on.

But more than enough to remind him that the true magic of St. Patrick's Day isn't in chasing rainbows…

It's in sharing joy, telling stories, and believing — just a little — in something magical.

AROUND DODGE PARK AND OASIS

AROUND DODGE PARK AND OASIS

AROUND DODGE PARK AND OASIS

Lock In Your Rate and Monthly Fees Never Increase

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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

101 Randolph Road • Worcester, MA

508-853-8180 • DodgePark.com

Lock In Your Rate and Monthly Fees Never Increase

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OASIS
AT DODGE PARK

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.

Unparralled 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

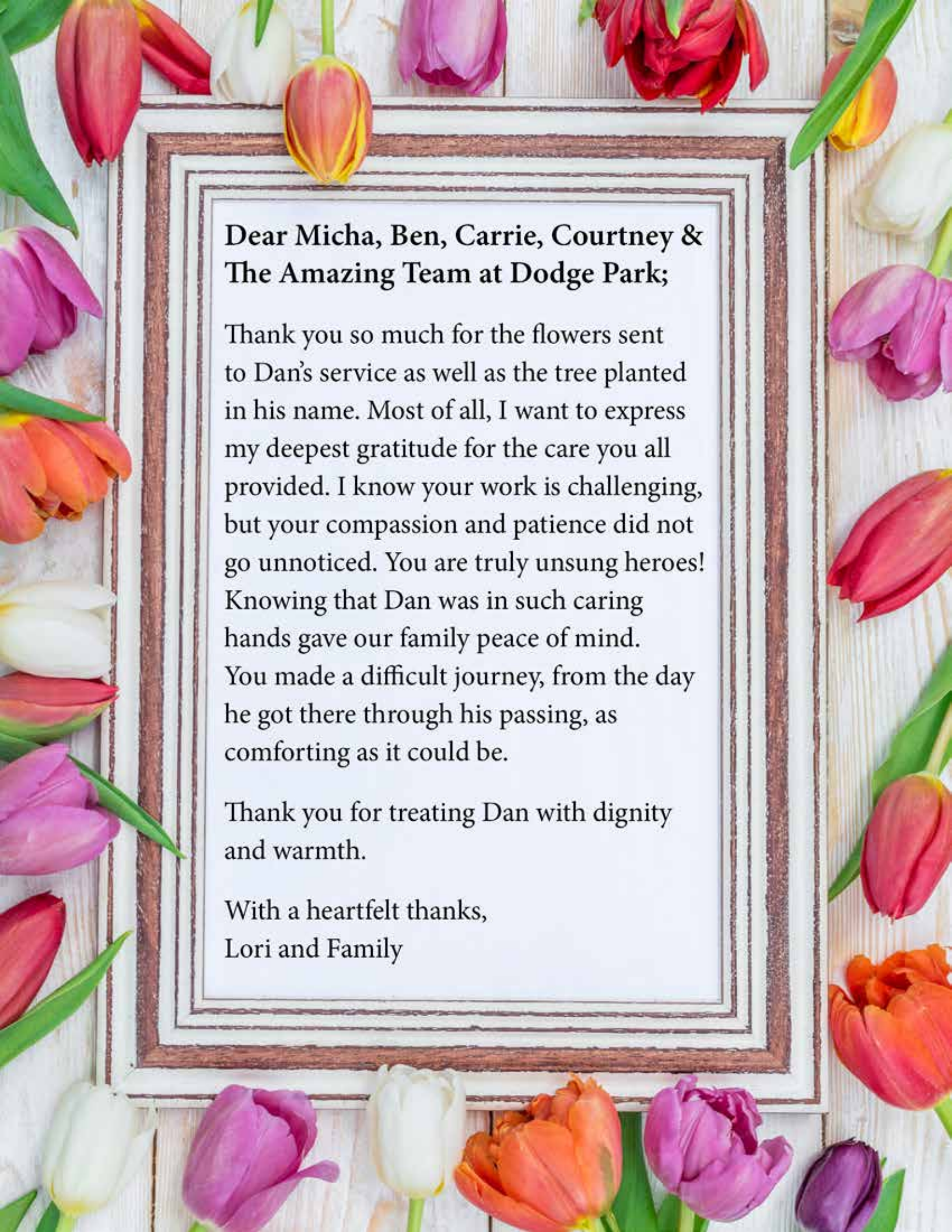
Dodge Park Rest Home 101 Randolph Road, Worcester, MA 01606 Tel: (508) 853-8180 Fax: (508) 853-4545

REVIEWS FROM CARING.COM AND GOOGLE

The care your team at Dodge Park is excellent. The level of kindness and respect that they provided to my mother made her last years ones filled with dignity and love. Dodge Park creates an incredible environment for their residents. The staff was welcoming and understanding. No question too small and all concerns listened to and addressed. Dodge Park eliminated my daily worries about my mother, because I knew she was in a safe and supportive environment.

My sister, Susan, has been a resident at Dodge Park since October 2023. I've delayed giving a review because I wanted to see, long term, how she fared health-wise, which 100% depends on the round-the-clock care she receives from the staff, doctor, & nurses. I'm happy to report that she is much healthier, physically, than when she entered Dodge Park. She enjoys a balanced diet so she's lost excess weight, which is helpful for her diabetes management. She received physical therapy, & now she walks with a walker. As a patient with progressive dementia, her mobility has declined but I've witnessed firsthand how she responds positively to the care she receives. She is well taken care of & the staff are caring & kind. Residents don't sit in their rooms all day or stay in bed all day. If they're well, they participate in activities all day long. When we arrive to visit, Susan is always smiling & happy. She's happy there, and that means the world to her family. Many thanks to Ben, Micha, Courteney, Debbie, Carrie, Denise & the entire caring staff at Dodge Park.

Rooms are always clean and very bright. Seasonal and holiday decorations add to the spirit. Residents have choices at each meal and food is very healthy with balanced meals. Staff is very supportive and provide compassionate care to residents and visitors. Many fun and interesting activities offered throughout the day which include crafts, games and music. I highly recommend Dodge Park to anyone looking for quality care for his/her loved one.



Dear Micha, Ben, Carrie, Courtney & The Amazing Team at Dodge Park;

Thank you so much for the flowers sent to Dan's service as well as the tree planted in his name. Most of all, I want to express my deepest gratitude for the care you all provided. I know your work is challenging, but your compassion and patience did not go unnoticed. You are truly unsung heroes! Knowing that Dan was in such caring hands gave our family peace of mind. You made a difficult journey, from the day he got there through his passing, as comforting as it could be.

Thank you for treating Dan with dignity and warmth.

With a heartfelt thanks,
Lori and Family

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30- Hot Coffee & Daily News 10:00- Shuffleboard Tournament 10 Pin Bowling 10:30- Circle Stretches 11:30- Finish the Phrase 2:15- Irish Tales: Meet the Fairies 2:30- Conversation Ball Toss **3:30- Live Music w. Lenny Z.** 6:30- March Pictionary 7:30- Hallmark Classics	**2** **Purim Begins** 6:30- Salon Hair Stylings & Hot Tea 10:00- Learning Purim Traditions The Reading of the Megillah **10:30- Catholic Mass w. Father E.** 11:30- Movie Mash Up Puzzler 2:15- Easy Does It Trivia **2:30- Group Exercise w. Paula S.** 3:30- Dr. Seuss's Legacy 6:30- Women In Science Discussion 7:30- Home & Garden Network	**3** 6:30- Magazine Reads & Coffee Cart 10:00- Wacky Words Puzzle Solve **10:30- Catholic Mass w. Father E.** Walking Club 11:30- Irish Sing-A-Long 2:15- Linked Senior Team Game **2:30- Live Music w. Sean F.** 3:30- S.A.I.N.T Categories 6:30- Guided Yoga Stretching 7:30- Nick At Night Programming	**4** 6:30- Happy Homes Laundry Folding **10:00- Art Therapy w. Lynda S.** Pesky Bug Catchers **10:30- Catholic Mass w. Father E.** 2:15- Name 3: March Edition **2:30- Live Music w. Arizona Doug** 3:30- Paddy's Would You Rather? 6:30- Manicure Stations My Strengths & Good Qualities 7:30- Wednesday Night Book Club	**5** 6:30- Morning Vocabulary & Coffee 10:00- Dodge Park Bakery Men's Group Linked Senior Card Match 11:00- Celtic Woman Performance 2:15- A Through Z in Springtime **2:30- Group Exercise w. Paula S.** 3:30- Residents Write A Story 4:00- Botanical Garden Tours 6:30- Generational Advice Corner	**6** 6:30- Happy Homes Coupon Cutting **10:00- Seated Yoga w. Bonnie D.** **Art Therapy w. Lynda S.** 10:30- Walking Club 11:00- Jeopardy Trivia 2:15- Local Floral & Fauna **2:30- Live Music w. Jim P.** 3:30- Afternoon Stretches Kindred Hearts Guided Moves 6:30- Seated Tai Chi Teachings	**7** **Iditarod Race Begins** 6:30- Manicure Stations & Cocoa 10:00- Dodge Grocery Games Kindred Hearts Circle 10:30- Making Music w. Instruments 11:00- Andrea Bocelli Concert 2:15- Handheld Bingo Callers **2:30- Live Music w. Sandy R.** 3:30- All About Iditarod Race Learn the Teams 6:30- March Hangman
8 **Daylight Savings** 6:30- Hot Coffee & Daily News 10:00- Shuffleboard Tournament 10 Pin Bowling 10:30- Circle Stretches 11:30- Finish the Phrase 2:15- Irish Tales: The Pirate Queen **2:30- Live Music w. Paul B.** 3:30- Conversation Ball Toss 6:30- March Pictionary 7:30- Hallmark Classics	**9** 6:30- Salon Hair Stylings & Hot Tea 10:00- Daily Chronicle Reading 10:15- Guided Rosary Prayers **10:30- Catholic Mass w. Father E.** 11:30- Movie Mash Up Puzzler 2:15- Easy Does It Trivia **2:30- Group Exercise w. Paula S.** 3:30- Dr. Seuss's Legacy 6:30- Women In Science Discussion 7:30- Home & Garden Network	**10** 6:30- Magazine Reads & Coffee Cart 10:00- Wacky Words Puzzle Solve **10:30- Catholic Mass w. Father E.** Walking Club 11:30- Irish Sing-A-Long 2:15- Linked Senior Team Game **2:30- Live Music w. Mike O.** 3:30- S.A.I.N.T Categories 6:30- Guided Yoga Stretching 7:30- Nick At Night Programming	**11** 6:30- Happy Homes Laundry Folding **10:00- Art Therapy w. Lynda S.** Pesky Bug Catchers **10:30- Catholic Mass w. Father E.** 2:15- Name 3: March Edition **2:30- Live Music w. Rockin' Robin** 3:30- Paddy's Would You Rather? 6:30- Manicure Stations My Strengths & Good Qualities 7:30- Wednesday Night Book Club	**12** 6:30- Morning Vocabulary & Coffee 10:00- Men's Group Linked Senior Card Match Scrapbooking Committee 11:00- Celtic Woman Performance 2:15- A Through Z in Springtime **2:30- Live Music w. Russ R.** 3:30- Residents Write A Story 4:00- Botanical Garden Tours 6:30- Generational Advice Corner	**13** 6:30- Happy Homes Coupon Cutting **10:00- Seated Yoga w. Bonnie D.** **Art Therapy w. Lynda S.** 10:30- Walking Club 11:00- Jeopardy Trivia 2:15- Local Floral & Fauna **2:30- Live Music w. Gregory P.** 3:30- Afternoon Stretches Kindred Hearts Guided Moves 6:30- Seated Tai Chi Teachings	**14** 6:30- Manicure Stations & Cocoa 10:00- Dodge Grocery Games Kindred Hearts Circle 10:30- Making Music w. Instruments 11:00- Andrea Bocelli Concert 2:15- Handheld Bingo Callers **2:30- Live Music w. Tom G.** 3:30- Daily Chronicle Reading We Bit O' Trivia 6:30- March Hangman
15 6:30- Hot Coffee & Daily News 10:00- Shuffleboard Tournament 10 Pin Bowling 10:30- Circle Stretches 11:30- Finish the Phrase 2:15- Irish Tales: The Pirate Queen **2:30- Live Music w. Jordan G.** 3:30- Conversation Ball Toss 6:30- March Pictionary 7:30- Hallmark Classics	**16** 6:30- Salon Hair Stylings & Hot Tea 10:00- Daily Chronicle Reading 10:15- Guided Rosary Prayers **10:30- Catholic Mass w. Father E.** 11:30- Movie Mash Up Puzzler 2:15- Easy Does It Trivia **2:30- Group Exercise w. Paula S.** 3:30- Dr. Seuss's Legacy 6:30- Women In Science Discussion 7:30- Home & Garden Network	**17** **St. Patrick's Day** 6:30- Top O' The Mornin' Coffee 10:00- Lucky or Unlucky Polls **10:30- Catholic Mass w. Father E.** Walking Club 2:15- Photo Opportunities **2:30- Live Music w. Rockin' Robin** **2:45- Shamrock Shakes** 3:30- S.A.I.N.T Categories 6:30- Guided Yoga Stretching 7:30- Nick at Night Programming	**18** 6:30- Happy Homes Laundry Folding **10:00- Art Therapy w. Lynda S.** Pesky Bug Catchers **10:30- Catholic Mass w. Father E.** 2:15- Name 3: March Edition **2:30- Live Music w. John M.** 3:30- Paddy's Would You Rather? 6:30- Manicure Stations My Strengths & Good Qualities 7:30- Wednesday Night Book Club	**19** 6:30- Morning Vocabulary & Coffee 10:00- Dodge Park Bakery Men's Group Linked Senior Card Match 11:00- Celtic Woman Performance 2:15- A Through Z in Springtime **2:30- Group Exercise w. Greg P.** 3:30- Residents Write A Story 4:00- Botanical Garden Tours 6:30- Generational Advice Corner	**20** **First Day Of Spring** 6:30- Happy Homes Coupon Cutting **10:00- Seated Yoga w. Bonnie D.** **Art Therapy w. Lynda S.** 10:30- Walking Club 11:00- Jeopardy Trivia 2:15- Local Floral & Fauna **2:30- Live Music w. TBD** 3:30- Afternoon Stretches Kindred Hearts Guided Moves 6:30- Seated Tai Chi Teachings	**21** **Rosie the Riveter Day** 6:30- Manicure Stations & Cocoa 10:00- Rosie's Legacy We Can Do It Facts & Trivia 10:30- Making Music w. Instruments 11:00- Andrea Bocelli Concert 2:15- Handheld Bingo Callers **2:30- Live Music w. Rusty G.** 3:30- Daily Chronicle Reading We Bit O' Trivia 6:30- March Hangman
22 6:30- Hot Coffee & Daily News 10:00- Shuffleboard Tournament 10 Pin Bowling 10:30- Circle Stretches 11:30- Finish the Phrase 2:15- Irish Tales: The Children of Lir **2:30- Live Music w. Paul B.** 3:30- Conversation Ball Toss 6:30- March Pictionary 7:30- Hallmark Classics	**23** 6:30- Salon Hair Stylings & Hot Tea 10:00- Daily Chronicle Reading 10:15- Guided Rosary Prayers **10:30- Catholic Mass w. Father E.** 11:30- Movie Mash Up Puzzler **2:00- March Birthday Party** **2:30- Group Exercise w. Paula S.** 3:30- Dr. Seuss's Legacy 6:30- Women In Science Discussion 7:30- Home & Garden Network	**24** 6:30- Magazine Reads & Coffee Cart 10:00- Wacky Words Puzzle Solve **10:30- Catholic Mass w. Father E.** 11:00- Walking Club 11:30- Irish Sing-A-Long 2:15- Linked Senior Team Game **2:30- Live Music w. Jodie R.** 3:30- S.A.I.N.T Categories 6:30- Guided Yoga Stretching 7:30- Nick At Night Programming	**25** 6:30- Happy Homes Laundry Folding **10:00- Art Therapy w. Lynda S.** Pesky Bug Catchers **10:30- Catholic Mass w. Father E.** 2:15- Name 3: March Edition **2:30- Live Music w. Heather R.** 3:30- Paddy's Would You Rather? 6:30- Manicure Stations My Strengths & Good Qualities 7:30- Wednesday Night Book Club	**26** 6:30- Morning Vocabulary & Coffee **10:00- Resident Council Meeting** Linked Senior Card Match Scrapbooking Committee 11:00- Celtic Woman Performance 2:15- A Through Z in Springtime **2:30- Group Exercise w. Paula S.** 3:30- Residents Write A Story 4:00- Botanical Garden Tours 6:30- Generational Advice Corner	**27** 6:30- Happy Homes Coupon Cutting **10:00- Seated Yoga w. Bonnie D.** **Art Therapy w. Lynda S.** 10:30- Walking Club 11:00- Jeopardy Trivia 2:15- Local Floral & Fauna **2:30- Live Music w. Bill M.** 3:30- Afternoon Stretches Kindred Hearts Guided Moves 6:30- Seated Tai Chi Teachings	**28** 6:30- Manicure Stations & Cocoa 10:00- Dodge Grocery Games Kindred Hearts Circle 10:30- Making Music w. Instruments 11:00- Andrea Bocelli Concert 2:15- Handheld Bingo Callers 2:45- Daily Chronicle Reading We Bit O' Trivia **3:30- Live Music w. Lenny Z.** 6:30- March Hangman
29 **Palm Sunday** 6:30- Hot Coffee & Daily News 10:00- Palm Sunday Church Service 10:30- Hymns of Praise & Worship Sunday Patio Strolls 11:30- Finish the Phrase 2:15- Irish Tales: The Selkie **2:30- Live Music w. Kevin W.** 3:30- Conversation Ball Toss 6:30- March Pictionary 7:30- Hallmark Classics	**30** 6:30- Salon Hair Stylings & Hot Tea 10:00- Daily Chronicle Reading 10:15- Guided Rosary Prayers **10:30- Catholic Mass w. Father E.** 11:30- Movie Mash Up Puzzler 2:15- Easy Does It Trivia **2:30- Group Exercise w. Paula S.** 3:30- Dr. Seuss's Legacy 6:30- Women In Science Discussion 7:30- Home & Garden Network	**31** 6:30- Magazine Reads & Coffee Cart 10:00- Wacky Words Puzzle Solve **10:30- Catholic Mass w. Father E.** 11:00- Walking Club 11:30- Irish Sing-A-Long 2:15- Linked Senior Team Game **2:30- Live Music w. Sean F.** 3:30- S.A.I.N.T Categories 6:30- Guided Yoga Stretching 7:30- Nick At Night Programming				

March 2026

Dodge Park Rest Home & Day Club

Dodge Park Rest Home & Day Club 101 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director 508-853-8180

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00- Linked Senior Brain Games **10:45- Exercise with Paula S.** 11:30- Daily Chronicle 2:00- A Through Z in Springtime **2:15- Live Music w. Lenny Z.** 3:30- Saint Patrick's Bingo Pot Parachute Circle Conversation Ball Toss 6:30- Tai Chi Teachings 7:00- Sunday Night Movie	**2** **Purim Begins** 10:00- Learning Purim Traditions **10:30- Exercise with Joe F.** **11:15- Catholic Mass w. Father E.** 11:30- Dr. Seuss's Legacy & Poetry **2:15- Live Music w. Sean F.** 3:30- S.A.I.N.T. Categories Watercolor Paintings Walking Club 6:30- Manicure Stations 7:00- Tours of Ireland	**3** 10:00- Conversation Ball Toss **10:30- Exercise w. Paula S.** **Art Therapy w. Lynda S.** **11:15- Catholic Mass w. Father E.** 11:30- Daily Chronicle **2:15- Live Music w. Bill M.** 3:30- Basket Grabbers Table Top Puzzles Learn About You Interviews 6:30- Tuesday Mindful Meditations	**4** 10:00- Paddy's Would You Rather? **10:30- Exercise w. Joe F.** **11:15- Catholic Mass w/ Father E.** 11:45- Celtic Woman Performance 2:00- March Name Three **2:15- Live Music w. Sean F.** 3:30- My Strengths & Qualities Afternoon Aerobics Board Game Stations 6:30- Oasis Book Club	**5** 10:00- Linked Senior Card Match **10:30- Exercise w. Paula S.** 11:30- Daily Chronicle March Hangman 2:00- Irish Tales: Meet the Fairies **2:15- Live Music w. Heather R.** 3:30- Wackie Wordies Solving Lucky Strikes Bowling Manicure Stations 7:00- Movie Night: Darby O' Gill	**6** 10:00- We Bit O' Trivia **10:30- Exercise w. Paula S.** 11:30- Residents Write a Story Daily Chronicle 2:00- White Board Pictionary **2:15- Live Music w. Mike O.** 3:30- Crafting Stations Noodle Hockey Guided Seated Yoga 7:00- Feature Presentation	**7** **Iditarod Starts** 10:00- All About the Iditarod 10:30- From Anchorage to Nome **10:45- Exercise with Paula S.** 12:00- Traditional Celtic Melodies 2:00- Balloon Toss **2:15- Live Music w. Arizona Doug** 3:30- Saint Patrick's Bingo Pot Card Shark Card Games Photo Reminiscing 7:00- Movie: Iron Will
8 **Daylight Savings** 10:00- Linked Senior Brain Games **10:45- Exercise with Paula S.** 11:30- Daily Chronicle 2:00- A Through Z in Springtime **2:15- Live Music w. Rusty G.** 3:30- Saint Patrick's Bingo Pot Parachute Circle Conversation Ball Toss 6:30- Tai Chi Teachings 7:00- Sunday Night Movie	**9** 10:00- Easy Does It Trivia **10:30- Exercise with Joe F.** **11:15- Catholic Mass w. Father E.** 11:30- March Pictionary **2:15- Live Music w. Sean F.** 3:30- S.A.I.N.T. Categories Watercolor Paintings Walking Club 6:30- Manicure Stations 7:00- Tours of Ireland	**10** 10:00- Conversation Ball Toss **10:30- Exercise w. Paula S.** **Art Therapy w. Lynda S.** **11:15- Catholic Mass w. Father E.** 11:30- Daily Chronicle **2:15- Live Music w. Jeff T.** 3:30- Basket Grabbers Table Top Puzzles Learn About You Interviews 6:30- Tuesday Mindful Meditations	**11** 10:00- Paddy's Would You Rather? **10:30- Exercise w. Joe F.** **11:15- Catholic Mass w/ Father E.** 11:45- Celtic Woman Performance 2:00- March Name Three **2:15- Live Music w. Sean F.** 3:30- My Strengths & Qualities Afternoon Aerobics Board Game Stations 6:30- Oasis Book Club	**12** 10:00- Linked Senior Card Match **10:30- Exercise w. Paula S.** 11:30- March Hangman 1:30- Oasis Baking Class 2:00- Irish Tales: The Pirate Queen **2:15- Live Music w. Jodie R.** 3:30- Wackie Wordies Solving Lucky Strikes Bowling Manicure Stations 7:00- Movie Night: Luck of the Irish	**13** 10:00- We Bit O' Trivia **10:30- Exercise w. Paula S.** 11:30- Residents Write a Story Daily Chronicle 2:00- White Board Pictionary **2:15- Live Music w. Sean F.** 3:30- Crafting Stations Noodle Hockey Guided Seated Yoga 7:00- Feature Presentation	**14** 10:00- Linked Sr. Wheel of Fortune 10:30- Spring Time Slide Shows **10:45- Exercise with Paula S.** 12:00- Traditional Celtic Melodies 2:00- Balloon Toss **2:15- Live Music w. Jim P.** 3:30- Saint Patrick's Bingo Pot Card Shark Card Games Photo Reminiscing 7:00- Movie: Snow Dogs
15 10:00- Linked Senior Brain Games **10:45- Exercise with Paula S.** 11:30- Daily Chronicle 2:00- A Through Z in Springtime **2:15- Live Music w. Paul B.** 3:30- Saint Patrick's Bingo Pot Parachute Circle Conversation Ball Toss 6:30- Tai Chi Teachings 7:00- Sunday Night Movie	**16** 10:00- Easy Does It Trivia **10:30- Exercise with Joe F.** **11:15- Catholic Mass w. Father E.** 11:30- March Pictionary **2:15- Live Music w. Sean F.** 3:30- S.A.I.N.T. Categories Watercolor Paintings Walking Club 6:30- Manicure Stations 7:00- Tours of Ireland	**17** **St. Patrick's Day** 10:00- Lucky or Unlucky Polls **10:30- Exercise w. Paula S.** **Art Therapy w. Lynda S.** **11:15- Catholic Mass w. Father E.** 11:30- Irish Sing-A-Long **2:15- Live Music w. Arizona Doug** **3:30- Shamrock Shake Social** Basket Grabbers Table Top Puzzles 6:30- Tuesday Mindful Meditations	**18** 10:00- Paddy's Would You Rather? **10:30- Exercise w. Joe F.** **11:15- Catholic Mass w/ Father E.** 11:45- Celtic Woman Performance 2:00- March Name Three **2:15- Live Music w. Sean F.** 3:30- My Strengths & Qualities Afternoon Aerobics Board Game Stations 6:30- Oasis Book Club	**19** 10:00- Linked Senior Card Match **10:30- Exercise w. Paula S.** 11:30- Daily Chronicle March Hangman 2:00- Irish Tales: The Children of Lir **2:15- Live Music w. John M.** 3:30- Wackie Wordies Solving Lucky Strikes Bowling Manicure Stations 7:00- Movie Night: Darby O' Gill	**20** **First Day of Spring** 10:00- Our Favorite Spring Activities **10:30- Exercise w. Paula S.** 11:30- Local Plants Daily Chronicle 2:00- White Board Pictionary **2:15- Live Music w. Sean F.** 3:30- Crafting Stations Noodle Hockey Guided Seated Yoga 6:30- Botanical Garden Tours	**21** 10:00- Linked Sr. Wheel of Fortune 10:30- Spring Time Slide Shows **10:45- Exercise with Paula S.** 12:00- Traditional Celtic Melodies 2:00- Balloon Toss **2:15- Live Music w. Sandy R.** 3:30- Saint Patrick's Bingo Pot Card Shark Card Games Photo Reminiscing 7:00- Movie: White Fang
22 10:00- Linked Senior Brain Games **10:45- Exercise with Paula S.** 11:30- Daily Chronicle 2:00- A Through Z in Springtime **2:15- Live Music w. Jordan G.** 3:30- Saint Patrick's Bingo Pot Parachute Circle Conversation Ball Toss 6:30- Tai Chi Teachings 7:00- Sunday Night Movie	**23** 10:00- Easy Does It Trivia **10:30- Exercise with Joe F.** **11:15- Catholic Mass w. Father E.** 11:30- March Pictionary **2:15- Live Music w. Sean F.** 3:30- S.A.I.N.T. Categories Watercolor Paintings Walking Club 6:30- Manicure Stations 7:00- Tours of Ireland	**24** 10:00- Conversation Ball Toss **10:30- Exercise w. Paula S.** **Art Therapy w. Lynda S.** **11:15- Catholic Mass w. Father E.** 11:30- Daily Chronicle **2:15- Birthday Party w. Russ R.** 3:30- Basket Grabbers Table Top Puzzles Learn About You Interviews 6:30- Tuesday Mindful Meditations	**25** 10:00- Paddy's Would You Rather? **10:30- Exercise w. Joe F.** **11:15- Catholic Mass w/ Father E.** 11:45- Celtic Woman Performance 2:00- March Name Three **2:15- Live Music w. Sean F.** 3:30- My Strengths & Qualities Afternoon Aerobics Board Game Stations 6:30- Oasis Book Club	**26** 10:00- Linked Senior Card Match **10:30- Exercise w. Paula S.** **11:00- Resident Council** 1:30- Oasis Baking Class 2:00- Irish Tales: The Selkie **2:15- Live Music w. Sean F.** 3:30- Wackie Wordies Solving Lucky Strikes Bowling Manicure Stations 7:00- Movie Night: Luck of the Irish	**27** 10:00- We Bit O' Trivia **10:30- Exercise w. Paula S.** 11:30- Residents Write a Story Daily Chronicle 2:00- White Board Pictionary **2:15- Live Music w. Sean F.** 3:30- Crafting Stations Noodle Hockey Guided Seated Yoga 7:00- Feature Presentation	**28** 10:00- Linked Sr. Wheel of Fortune 10:30- Spring Time Slide Shows **10:45- Exercise with Paula S.** 12:00- Traditional Celtic Melodies 2:00- Balloon Toss **2:15- Live Music w. Lenny Z.** 3:30- Saint Patrick's Bingo Pot Card Shark Card Games Photo Reminiscing 7:00- Movie: Eight Below
29 **Palm Sunday** 10:00- Linked Senior Brain Games **10:45- Exercise with Paula S.** 11:30- Daily Chronicle 2:00- A Through Z in Springtime **2:15- Live Music w. Rusty G.** 3:30- Saint Patrick's Bingo Pot Parachute Circle Conversation Ball Toss 6:30- Tai Chi Teachings 7:00- Sunday Night Movie	**30** 10:00- Easy Does It Trivia **10:30- Exercise with Joe F.** **11:15- Catholic Mass w. Father E.** 11:30- March Pictionary **2:15- Live Music w. Sean F.** 3:30- S.A.I.N.T. Categories Watercolor Paintings Walking Club 6:30- Manicure Stations 7:00- Tours of Ireland	**31** 10:00- Conversation Ball Toss **10:30- Exercise w. Paula S.** **Art Therapy w. Lynda S.** **11:15- Catholic Mass w. Father E.** 11:30- Daily Chronicle **2:15- Live Music w. Curtis M.** 3:30- Basket Grabbers Table Top Puzzles Learn About You Interviews 6:30- Tuesday Mindful Meditations				

March 2026

Oasis at Dodge Park

The Oasis at Dodge Park 102 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director 508-853-8180

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 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.

'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."

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

MARCH OBSERVANCES

Monthly

Brain Injury Awareness Month. More than 5.3 million adults and children are living with a permanent brain injury-related disability in the United States. If you know someone who is living with a brain injury, or if you have one yourself, join the #MoreThanMyBrain-Injury campaign to help educate people about what it's like to live with a brain injury.

Red Cross Month. Red Cross Month has been an annual tradition since 1943, when President Franklin D. Roosevelt issued the first Red Cross Month proclamation. Join the Red Cross mission by volunteering, donating blood, learning lifesaving skills, or making a financial contribution.

Social Work Month. The theme for Social Work Month 2022 is "The Time is Right for Social Work." During Social Work Month, take time to learn more about the positive contributions of the profession and celebrate the social workers you know.

Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating March "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

Save Your Vision Month. Few realize how many people lose their sight every year. Many forms of blindness can be cured if discovered soon enough, and many people blinded by accident could have kept their sight had they taken minor eye safety precautions. Our eyesight and the eyesight of our children should be paramount on our list of personal responsibilities. Money can't buy it, but a checkup and early care can preserve it.

Weekly

National Consumer Protection Week, March 1-7. National Consumer Protection Week (NCPW) is a time to help people understand their consumer rights and make well-informed decisions about money.

National Poison Prevention Week (NPPW), March 15-21. The third full week in March each year is National Poison Prevention Week (NPPW), a week dedicated to raising awareness of poison prevention and safety and the Poison Help line (1-800-222-1222).

SPECIAL DAYS

1 Namesake Day – The first Sunday in March.
1 National Pig Day
1 Peace Corps Day
1 Peanut Butter Lovers' Day
1 Plan a Solo Vacation Day
1 World Compliment Day
2 Old Stuff Day
2 Purim – begins at sundown. The date varies.
2 Reuben Grill Day
3 Caregiver Appreciation Day
3 I Want You to Be Happy Day
3 If Pets Had Thumbs Day
3 National Anthem Day
3 Peach Blossom Day
4 Holy Experiment Day
4 Hug a GI Day
4 Mardi Gras / Fat Tuesday – The date varies.
4 National Snack Day
5 Ash Wednesday – The date varies.
5 National Cheese Doodle Day
5 Multiple Personality Day
6 Dentist's Day
6 Employee Appreciation Day – The first Friday in March.
6 National Frozen Food Day
6 National Oreo Cookie Day
6 Salesperson Day – The first Friday of the month.
6 World Day of Prayer – The first Friday of the month.
7 Crown Roast of Pork Day
7 National Cereal Day
7 Plant Power Day
8 Be Nasty Day
8 Daylight Savings begins at 2:00 a.m. – The date varies.
8 International (Working) Women's Day
8 National Proofreading Day
9 Barbie Day
9 Get Over It Day
9 Panic Day
10 International Day of Awesomeness
10 International Find a Pay Phone Booth Day
10 Middle Name Pride Day
11 Johnny Appleseed Day
11 Worship of Tools Day
12 Girl Scouts Day
12 Plant a Flower Day
12 Popcorn Lover's Day
13 Ear Muff Day
13 Jewel Day
13 Smart & Sexy Day
14 Genealogy Day – The second Saturday of the month.
14 Learn about Butterflies Day
14 National Potato Chip Day
15 March 15
15 Buzzards Day
15 Dumbstruck Day
15 Everything You Think Is Wrong Day
15 Ides of March

MARCH OBSERVANCES

SPECIAL DAYS

15 Oscar Night – The date varies.
16 Everything You Do is Right Day
16 Freedom of Information Day
16 Giant Panda Bear Day
16 Corned Beef and Cabbage Day
17 Corned Beef and Cabbage Day
17 Tea for Two Tuesday – The third Tuesday in March.
18 Awkward Moments Day
18 Goddess of Fertility Day
18 Supreme Sacrifice Day
19 Absolutely Incredible Kids Day
19 Let's Laugh Day
19 Poultry Day
20 Earth Day
20 Extraterrestrial Abductions Day
20 International Day of Happiness
20 International Earth Day
20 National / World Agriculture Day – The date varies.
20 Proposal Day
20 Spring (Vernal) Equinox – The date varies.
20 World Sparrow Day
21 Corn Dog Day – The third Saturday in March.
21 Credit Card Reduction Day
21 Fragrance Day
22 As Young As You Feel Day
22 National Goof Off Day
22 World Chipmunk Day
23 Chip and Dip Day
23 Melba Toast Day
23 National Chia Day
23 National Puppy Day
23 Near Miss Day
24 National Cheesesteak Day
24 National Chocolate Covered Raisin Day
25 Feast of the Annunciation
25 Pecan Day
25 International Waffle Day
26 Live Long and Prosper Day
26 National Spinach Day
27 International Scribble Day
27 National "Joe" Day
28 Something on a Stick Day
28 Weed Appreciation Day
29 National Mom and Pop Business Owners Day
29 Palm Sunday – The date varies.
29 Smoke and Mirrors Day
29 World Piano Day
30 I am in Control Day
30 National Doctor's Day
31 Bunsen Burner Day
31 Dia del Taco – In Mexico.
31 National Clam on the Half Shell Day
31 National Crayon Day
31 World Backup Day

Weekly

National Agriculture Week, March 15-21. National Agriculture Week is celebrated every year in March on dates announced by the Agriculture Council of America. The week celebrates and acknowledges the agricultural industry and the role it plays in stabilizing the economy. The holiday gives thanks to the industry as a whole for being a source of abundant food, fiber, and renewable products. It also provides millions with stable jobs and careers. It also emphasizes the efforts made by those involved in agriculture for providing us with necessities that most of us take for granted.

Daily

World Wildlife Day, March 3. This year's theme, "Recovering key species for ecosystem restoration," seeks to draw attention to the status of some of the most endangered species of wild fauna and flora, and to drive discussions towards imagining and implementing solutions to conserve them.

Pi Day, March 14. Divide any circle's circumference by its diameter and the answer is always approximately 3.14. Keep calculating, as mathematicians have been doing for 4,000 years, and you'll discover it goes on with no pattern literally forever.

St. Patrick's Day, March 17. The luck of the Irish be with you!

World Storytelling Day, March 20. A global celebration of the art of oral storytelling, celebrated every year on the March equinox.

National Ag Day, March 19. This year's theme: "Growing a Climate for Tomorrow."

MARCH FUN FACTS

Bottlenose Dolphin

Bottlenose dolphins are highly intelligent, social mammals that live in temperate and tropical waters worldwide. These super swimmers can be found in shallow coastal waters as well as deeper water in the Atlantic, Pacific, and Indian oceans.They use echolocation and herding techniques to hunt and gather prey, which includes a range of fish, squid, octopus, and crustaceans. These majestic creatures have gray, streamlined bodies that can grow to between six and 13 feet long and weigh between 330 and 1,430 pounds. Named for their short snouts, they can swim up to 22 miles per hour and use a complex language of squeaks, whistles, and clicks to communicate. Research has also shown that they can recognize themselves in the mirror. Bottlenose dolphins live between 40 and 60 years. They sleep by resting one side of their brains at a time so that they can keep breathing while they slumber.

Flower - Daffodil

With its bright yellow petals breaking through the melting snow, the daffodil is a sure sign of spring's return. Also known as narcissus or jonquil, the sunny flower represents love, hope, joy, and respect. But when gifting, be sure to present them in a bunch—the gift of a single daffodil is a sign of misfortune. In many cultures, the daffodil symbolizes rebirth and prosperity. Its reemergence each spring reminds us that great beauty can follow the coldest winter or most difficult struggle.

Birthstone – Aquamarine

The name *aquamarine* comes from Latin, meaning "water of the sea." Aquamarine was the stone of the sea goddesses; sailors carried the stones believing they would ensure safe travels. Aquamarine exists in many shades, from pale to deep blue. Some are tinged with green. The gem owes its color to the presence of iron and belongs to the same family of stones as the emerald. Much of the world's supply comes from Brazil, in particular the vivid blue variety called Santa Maria. They are also found in Siberia, Myanmar, and parts of the U.S.

Magical March Mythology

The Month of War

It may seem odd that a month associated with spring's rebirth would be named after Mars, the Roman god of war. However, in ancient times, military campaigns tended to stop during the brutal cold of winter. March, with its more temperate weather, was when armies would return to battle, without the worry of freezing temperatures. This is why the month honors the god of war, in hopes of inspiring his favor —and military success.

The Ides of March

In the Roman lunar calendar, the ides signified a month's first full moon. In March, this usually fell around March 15 and was often accompanied by a new year's festival. Legend has it that the day is unlucky— as in Shakespeare's Julius Caesar, when a soothsayer advises Caesar to "beware the ides of March." The warning fails, as Caesar was murdered on March 15, 44 BC.

Borrowing Days

Scottish folklore marks the last three days of March as "borrowing days." These days— borrowed from April—are thought to be extra stormy to serve as March's last hurrah before spring mellows into April.

MARCH FUN FACTS

March hasn't always been the third month of the year. In the ancient Roman calendar, it was the year's first month. Beginning the year in March makes a lot of sense because it is when new growth starts after the "dead" of the winter. March's name comes from Martius, the Latin name for the month that means "of Mars"—the Roman god of war. The Anglo-Saxons called the month hyld monath, which means "stormy month," and hraed monath, meaning "rugged month."

Time To Wake Up

March is when many hibernating animals wake from their long sleep. Here are some cool facts about this winter rest:

- Hibernators include bears, hedgehogs, bats, skunks, bees, frogs, snails, turtles, and mice.
- Many animals have a heart rate of just 10 beats per minute while hibernating.
- Hibernating bats slow their breathing; some species take only one or two breaths an hour.

March Birthdays

Ron Howard (director) – March 1, 1954
Desi Arnaz (actor) – March 2, 1917
Howard Pyle (illustrator) – March 5, 1853
Ina Boyle (composer) – March 8, 1889
Agathe von Trapp (singer) – March 12, 1913
Hank Ketcham (cartoonist) – March 14, 1920
Anna Atkins (photographer) – March 16, 1799
Mia Hamm (soccer player) – March 17, 1972
Bruce Willis (actor) – March 19, 1955
Marcel Marceau (mime) – March 22, 1923
Dorothy Height (activist) – March 24, 1912
Sarah Vaughan (jazz singer) – March 27, 1924
Jerry Lucas (NBA center) – March 30, 1940
Liz Claiborne (fashion designer) – March 31, 1929

What's Lucky in March?

Lucky Color: Green
Lucky Animal: Rabbit
Lucky Letters: R and M
Lucky Day: Saturday
Lucky Plant: Tulips

The Day of Colors

Holi, the Hindu festival of colors, is held at the beginning of spring each year—this year on Wednesday, March 4. Revelers celebrate the triumph of good over evil by dousing each other with water and powdered colors.

March Zodiacs

Pisces (The Fish) March 1–20
Aries (The Ram) March 21–31

A very *Happy Birthday* to...

Dodge Park Residents

Frank M.	March 10
Donald G.	March 11
Austin L.	March 14
Michael G.	March 17
Debra M.	March 19
Roberta B.	March 31

Oasis Residents

Barbara V.	March 1
Janet S.	March 13
Arline G.	March 20
Margaret D.	March 28

Staff

Cecilia M.	March 6
Luz G.	March 8
Katarina D.	March 14
Kwabena B.	March 15
Becky H.	March 18
Joanna M.	March 19
Marie A.	March 21
Jessica O.	March 24

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101 Randolph Road, Worcester, MA

Health Corner

WITH CARA ZECHELLO

DODGE PARK REST HOME REGISTERED DIETITIAN

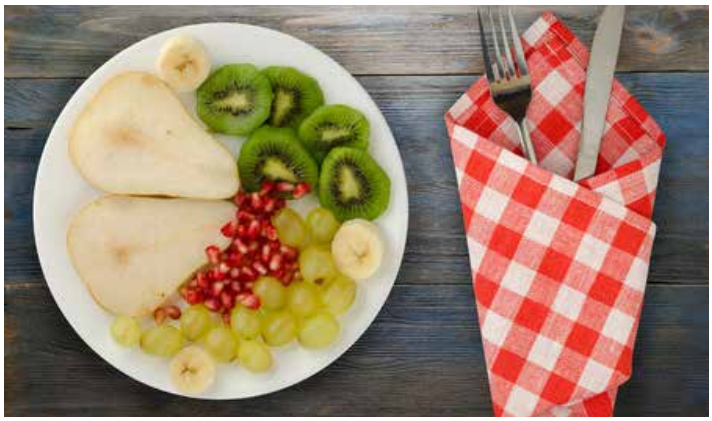
Three Winter Fruits that Raise the Nutrition Bar

Spring is just around the corner but while we wait for the shift in what local produce can offer, focus in on these three fruits that are in our grocery stores during winter, from November through March.

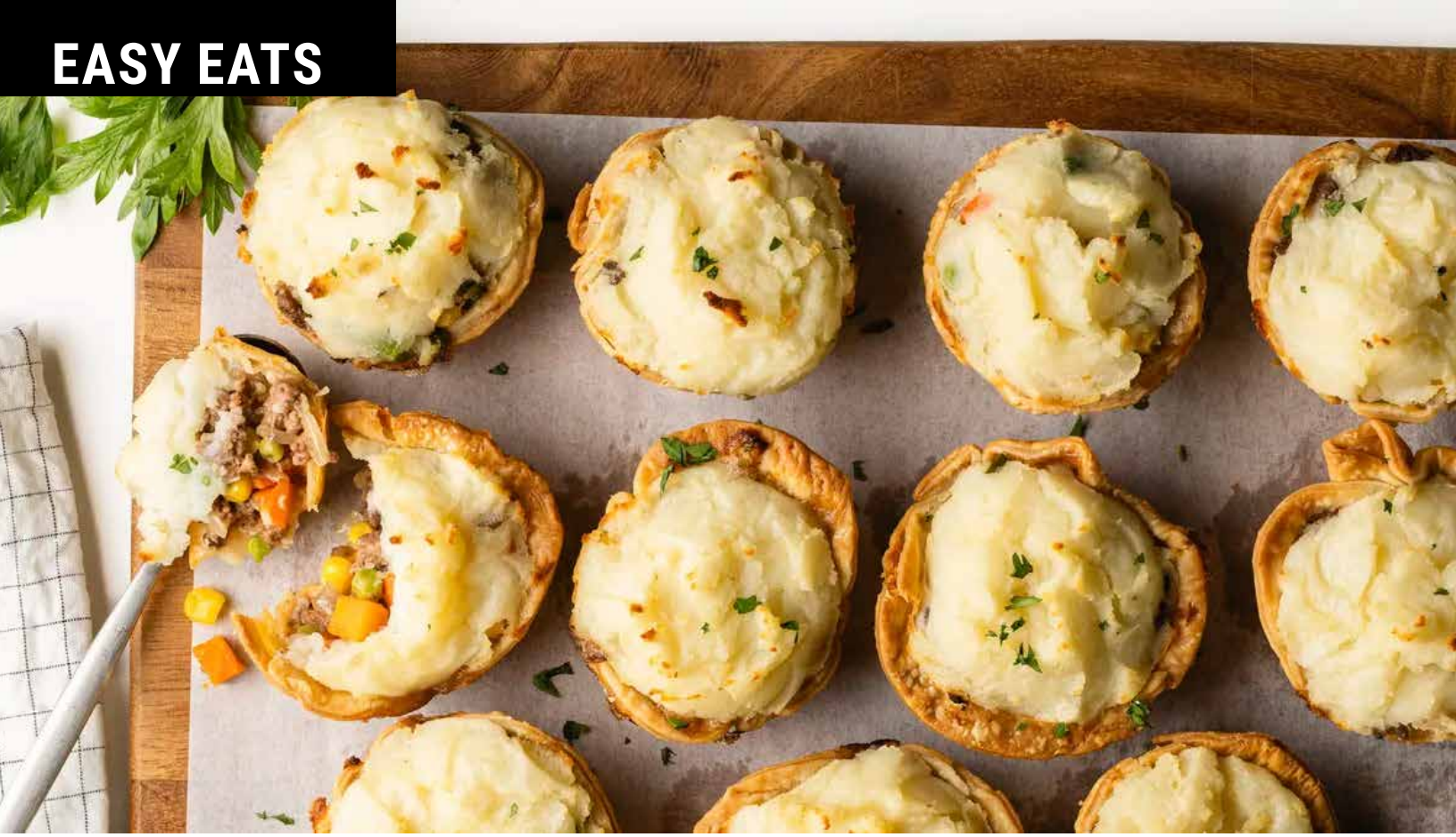
Pomegranates - The work to get past the outer peel (often getting your hands dyed a bright pink) is worth the effort. The crunchy yet juicy seeds found inside are called arils and they pack a nutrition punch. The seeds are low in calories and fat but high in fiber and other nutrients. Just one medium pomegranate's arils contain 11 grams of fiber, 30% of the vitamin C, 25% of the folate and 18% of the potassium we need each day. Pomegranates are rich in antioxidants and other compounds beneficial to good health. These compounds, collectively called photochemicals provide protections at the cellular level such as boosting immunity, preventing certain types of cancer and reducing inflammation, which in-turn can prevent heart disease and diabetes. Some studies have also shown pomegranates to help prevent kidney stones as well as help with cognitive health. In addition to the fiber pomegranates provide, they are also good for gut health, acting as a prebiotic by supplying fuel to the good bacteria present in our digestive tract. To best enjoy pomegranate, cut one in half, submerge in a bowl of water and remove the arils with your fingers. Sprinkle them on cereal, salads, yogurt or blend in a smoothie.

Pears - Like an apple, pears are a simple, easy fruit to enjoy. They are a good source of fiber, providing about 6 grams per medium pear. They also contain vitamin C and potassium. You can get a better variety of phytochemicals by choosing different colored pears throughout winter. Eating the peel ensures more fiber and more of these protective phytochemicals. The specific compounds found in pears have been studied for their potential anti-inflammatory and anti-cancer effects. Enjoy pears as they are or bake them with cinnamon, add slices of fresh pears to a winter salad or bake them into a pear crisp.

Kiwis - The kiwi is 100% edible, including the peel. Kiwis are available in the more traditionally known green variety but also in a golden type. They are an excellent source of vitamin C which is so vital for a strong immune system and their antioxidant effects. Kiwis are also a good source of fiber, especially if you eat the peel. So, like with many other fruits, these properties make the kiwi an important ingredient in overall good health. One medium kiwi provides about 75% of our daily vitamin C needs as well as 30% of the vitamin K we need. Vitamin K helps blood to clot properly however, anyone on a blood thinner should consult with their doctor before eating any foods that are high in vitamin K. Kiwis make a great addition to any fruit salad or chop them up with other fruits for a fruit salsa to be enjoyed with cinnamon chips. Kiwi do not mix well with milk or yogurt products due to an enzyme that can curdle dairy products. They can also prevent gelatin from solidifying.



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.



Mini Shepherd's Pot Pies

Makes 12 servings

X

Ingredients:

X

1 package refrigerated pie crust, 2 x 9 inch pie crusts
½ lb. lean ground beef
1 oz onion soup mix
1 tablespoon all purpose flour
¾ cup beef broth
1 cup frozen vegetables, corn, peas and carrot blend
1 package Bob Evans Classic Mashed Potatoes

You will need:

X

Directions:

1. Preheat oven to 375 degrees F. Unroll both piecrusts and use a 3" circle cookie cutter (or small round bowl) to cut out 12 circles (re-roll scraps of dough to get remaining circles). Line each cup of a 12-cavity muffin tin with the pie dough and bake for 8 to 9 minutes, or until lightly browned.

2. Meanwhile, brown the ground beef in a skillet over medium heat until cooked and crumbled. Stir in the onion soup mix and 1 tablespoon of flour and cook for 1 minute. Pour in the beef broth, scraping any browned bits from the bottom of the skillet and then add in the frozen vegetable mix. Continue cooking and stirring for an additional 2 to 3 minutes until the liquid has thickened and the veggies are mostly heated through.

3. Scoop ¼ cup of the meat mixture into the piecrusts, then top each mini pie with 2 tablespoons of Bob Evans Classic Mashed Potatoes.

4. Continue baking for an additional 20 to 25 minutes, till the piecrusts are golden brown. Turn on the top broiler for the last 2 minutes to lightly brown the mashed potatoes if desired. Run a butter knife around the edge of the mini pies to gently remove and serve warm. Enjoy!

Cherry Almond Blossom Squares

Makes 12 servings

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup rolled oats
- 1/3 cup brown sugar
- 1/2 cup butter, melted
- 1 cup cherry preserves
- 1/4 cup sliced almonds

Directions:

1. Preheat oven to 350°F.
2. Mix flour, oats, brown sugar, and melted butter in a medium bowl until crumbly.
3. Press into an 8×8-inch baking pan.
4. Spread cherry preserves evenly over the base.
5. Sprinkle sliced almonds on top.
6. Bake for 20–25 minutes or until lightly golden. Cool completely before cutting into squares.

Early Spring Garden Herb Loaf

Makes 8 servings

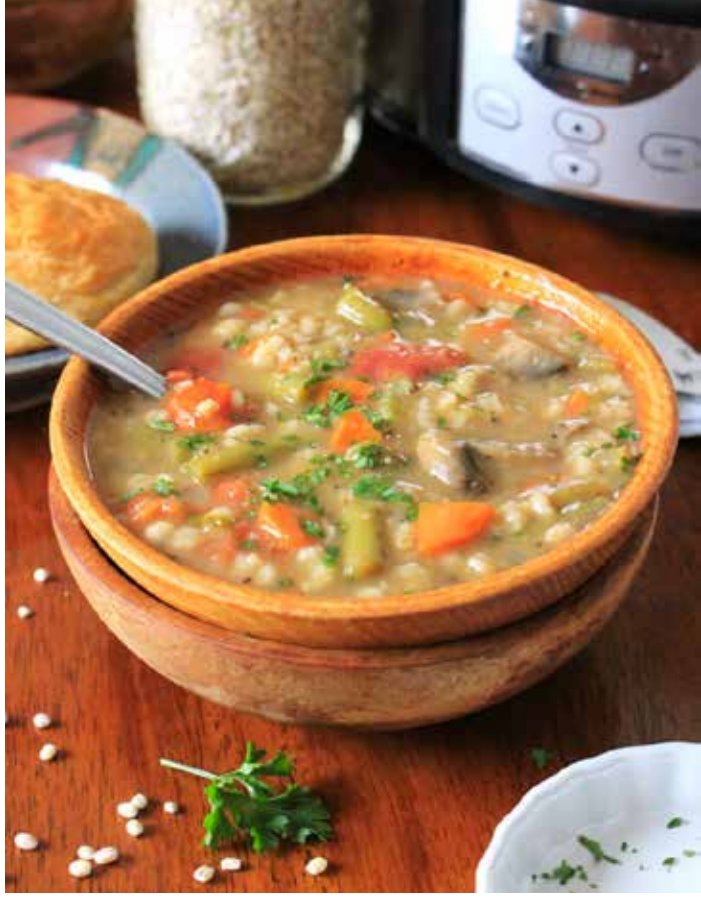
Ingredients:

- Cooking spray
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon mixed dried herbs
- 1 cup milk
- 1/4 cup olive oil
- 1 egg

Directions:

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Stir together flour, baking powder, salt, and herbs in a large bowl.
3. Whisk milk, olive oil, and egg in a medium bowl.
4. Add the wet mixture to the dry and stir until just mixed.
5. Pour into a greased loaf pan.
6. Bake for 40–45 minutes or until a toothpick comes out clean.

Spring Vegetable Barley Stew



Serves 6

Ingredients:

- 1 cup pearl barley
- 4 cups vegetable broth
- 2 chopped carrots
- 1 cup diced potatoes
- 1 cup peas
- 1 cup chopped celery
- 1 teaspoon dried thyme
- Salt and pepper to taste

Directions:

1. Add barley, broth, carrots, potatoes, peas, celery, thyme, salt, and pepper to a slow cooker.
2. Stir and cover.
3. Cook on low for 6–7 hours or on high for 3–4 hours.

Beaded Rainbow Suncatcher

Melt plastic beads on pipe cleaners to make a rainbow. Enjoy your colorful suncatcher by displaying it in front of a window.

You will need:

- 44 transparent plastic faceted 6mm beads
- Five 6" pieces of pipe cleaner (red, orange, yellow, green, blue)
- 24" embroidery floss (color of choice)
- 2 large metal paper clips
- 2 strong magnets
- Two 6" squares of foil
- Small metal baking sheet or pan
- Rolling pin, tongs, small wire cutters
- 350-degree oven, oven mitt

Directions:

1. Slide beads onto the pipe cleaners, centering them on each one. Follow the list below.

2. Place a piece of foil in the baking pan.

3. Arrange the project on top of the foil. Bend the beaded pipe cleaners to form a rainbow.

4. Squeeze the rows together so the beads touch each other. Then secure the rainbow in place using paper clips and magnets as shown.

5. Place the pan in a 350-degree oven for 15 minutes.

6. Remove the pan from the oven. Use tongs to remove the paper clips and magnets. Then lift the foil out of the pan.

7. While the project is still warm, place the other piece of foil on top of it and then use a rolling pin to flatten the melted beads.

8. Remove both pieces of foil. After the rainbow cools for 10 minutes, use wire cutters to snip off the excess pieces of pipe cleaner.

9. Find an opening between beads on the top row. Pull the embroidery floss through the opening and then tie the ends together at the top. Your suncatcher is now ready to hang.

Lucky Bag o' Kisses

Fill Ziploc sandwich bags with green foil-wrapped Hershey's Kisses. Attach a label and give away special St. Paddy's Day treats.

You will need:

- Ziploc sandwich bag (6 1/2" X 5 7/8")
- Green foil-wrapped Hershey's Kisses (about 10)
- Labels printed in color on 65 or 80 lb card stock
- Shredded paper (white or green)
- Scotch tape
- Stapler
- Scissors or pinking shears

Directions:

1. Cut out labels and fold in half along the dashed lines.

2. Fill half a sandwich bag with shredded paper and about 10 Kisses. Fold thebag in half and secure with a piece of tape.

3. Staple a label over the top of the folded bag. (Optional) Write a personalmessage on the back side of the label.

ActivityConnection.com

Kiss Me I'm Irish

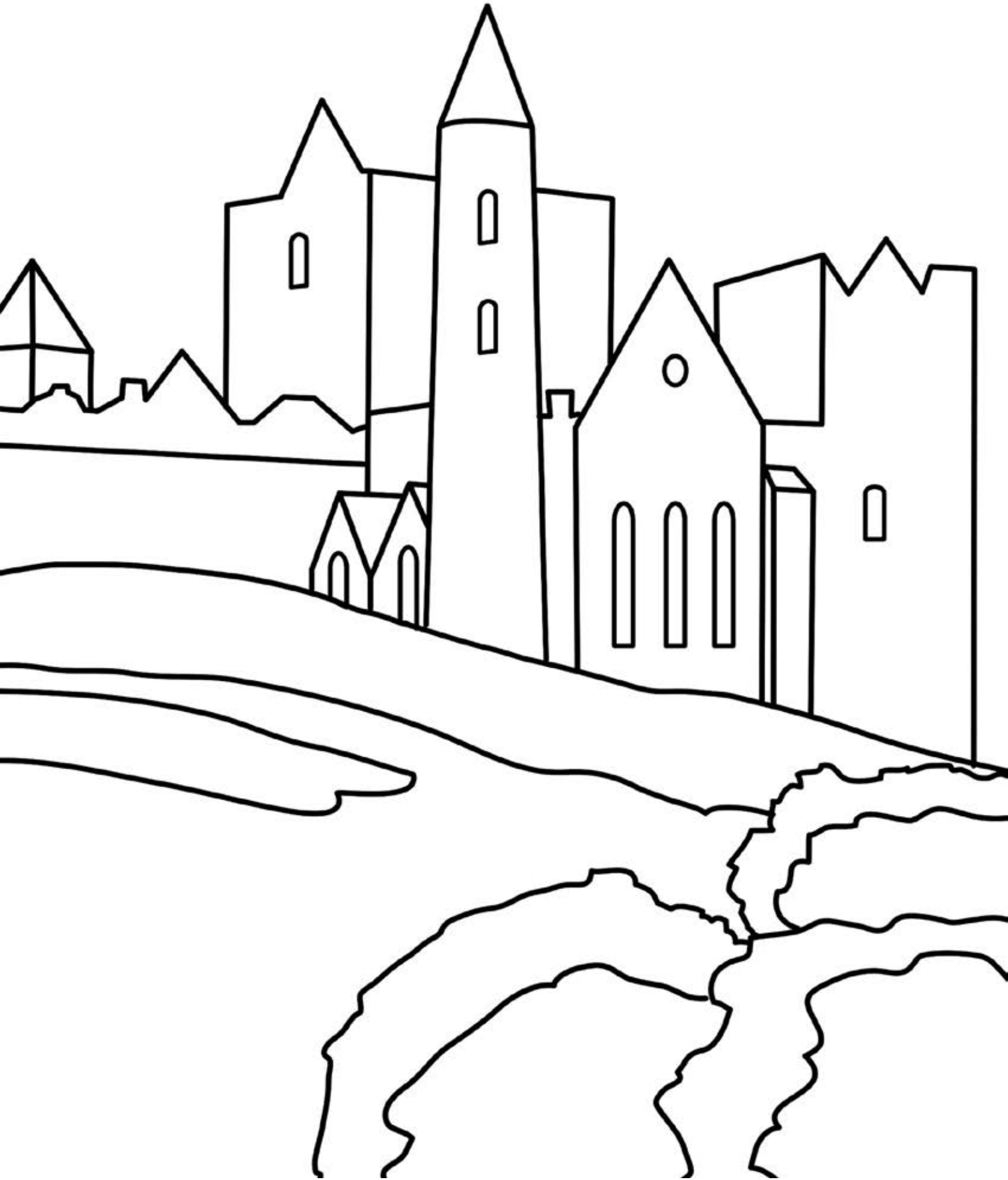
ActivityConnection.com

Leprechan Kisses

Irish Spinach

ActivityConnection.com

COLORING PAGE



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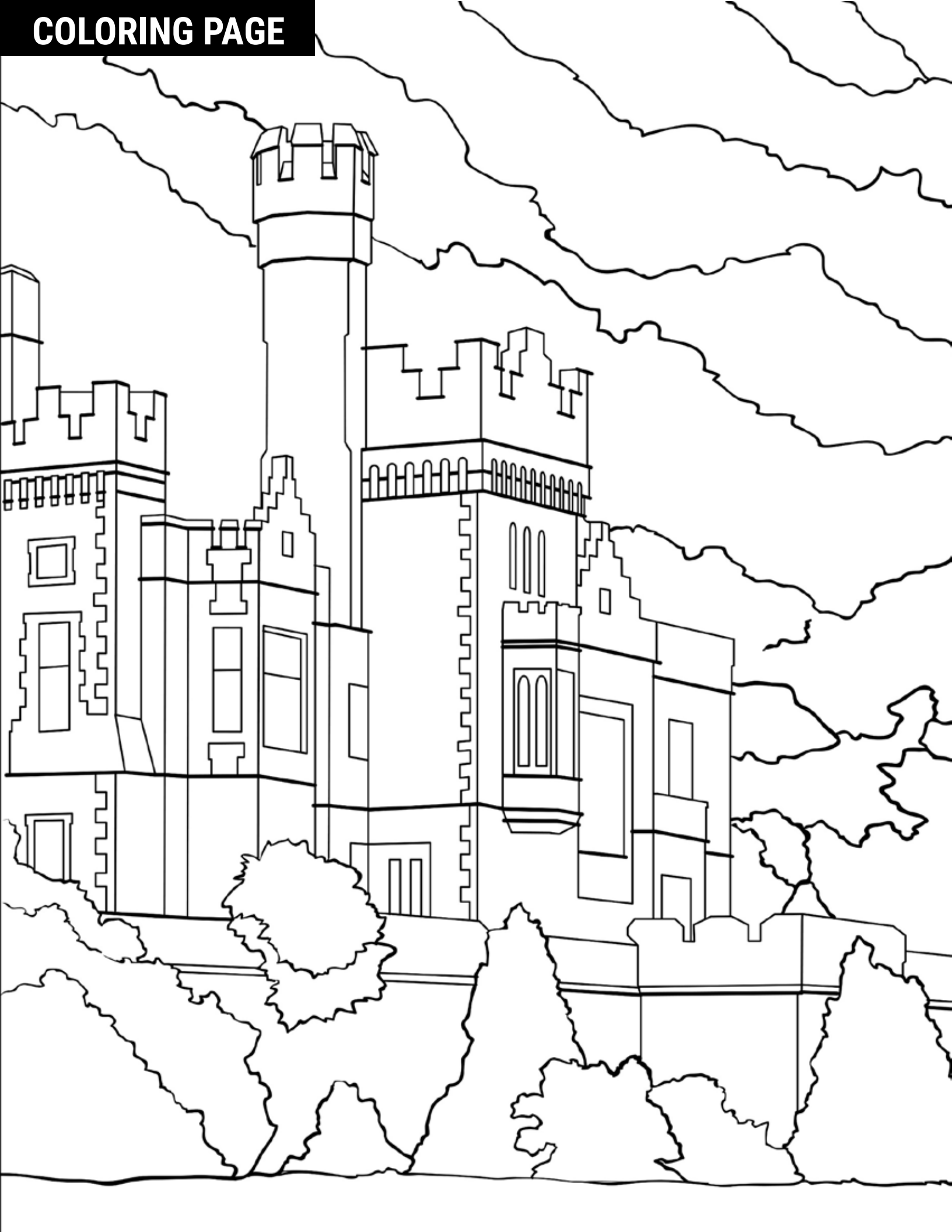

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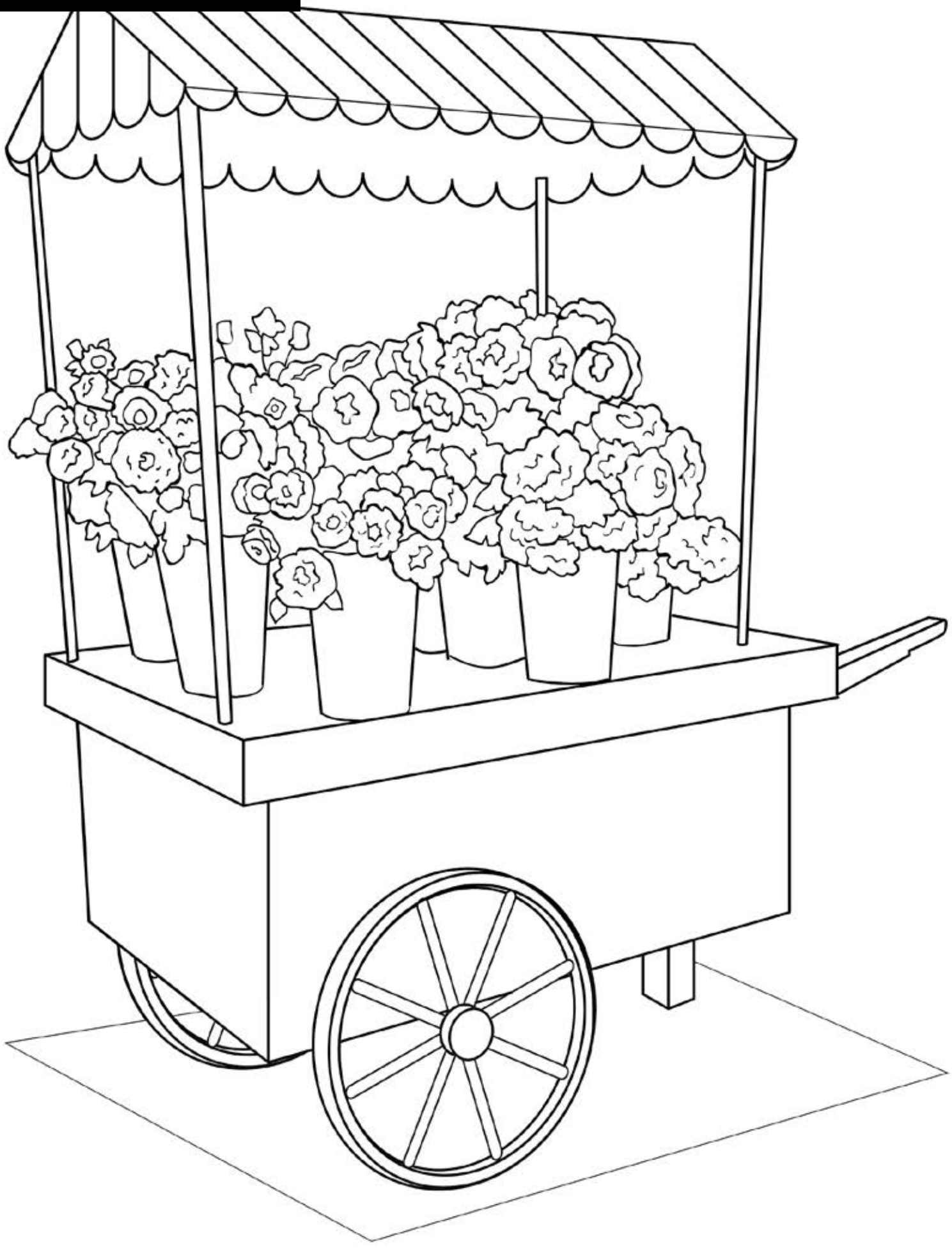


Beachy Keen Spring Break Detective

Search for the items in bold.

Goodbye, winter and its chilly days! Hello, dear spring—you're the break we've needed.
With **3 plane tickets**, we're off to sunny Florida, thanks to a child who begged and pleaded.
Where's **Waldo**, you might ask? He's in Orlando with the Michelsons—Mary, John, and Freddy.
The climate there might be too hot for some, but with **2 sunglasses** and **2 hats**, we're ready.

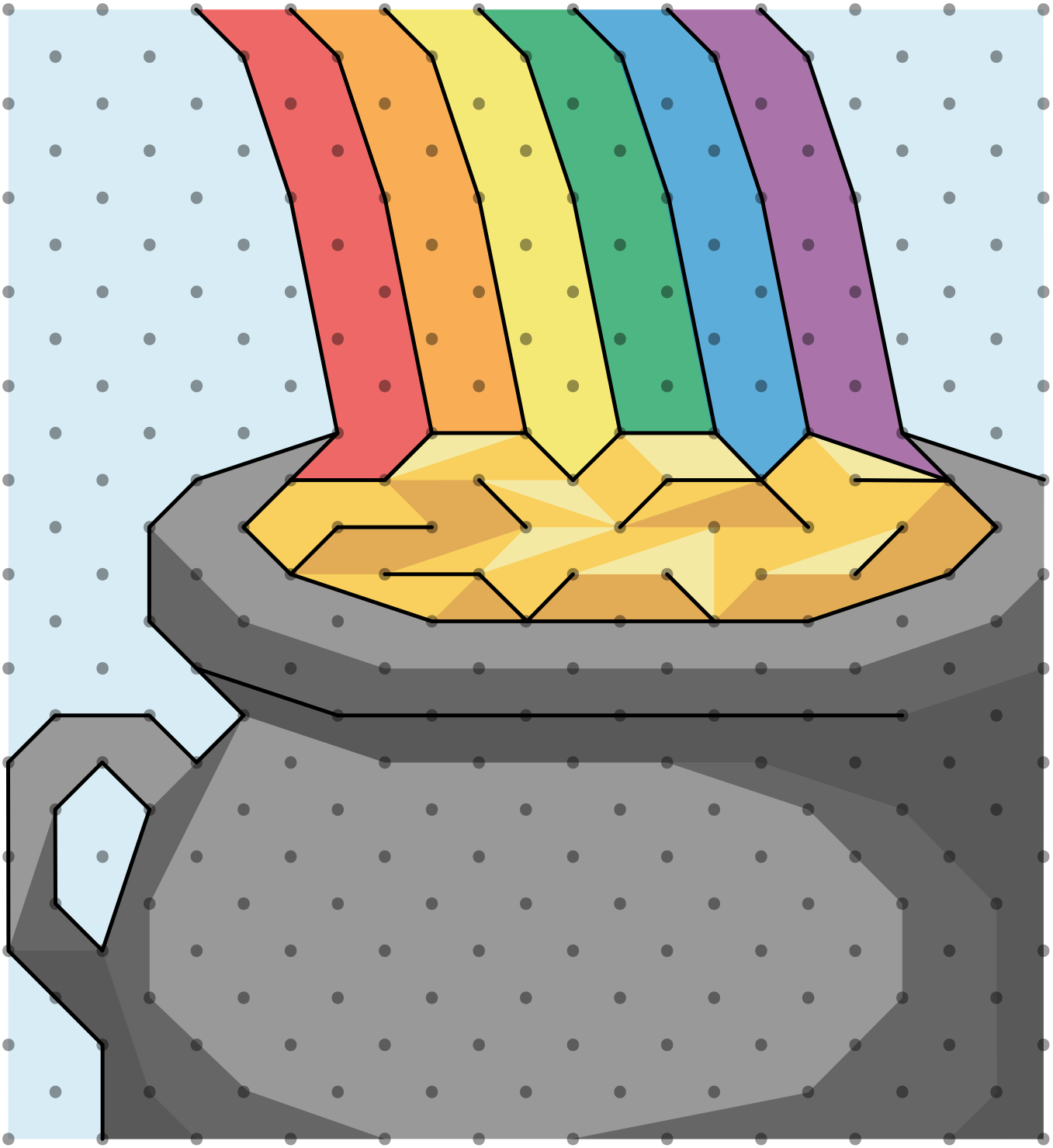
The adventure begins with a **beach towel**, **2 cameras**, a **roll of film**, and a **hotel key** in hand.
Mary's **beach tote** is packed with a **bottle of bubbles**, a **bucket**, and a **shovel** for the sand.
John, with his **golf ball** and **golf tee**, is off to hit a few and enjoy some time alone.
Freddy, with his **earbud** connected to a transistor radio, is grooving in the zone.

You can forget about your **wristwatch**, because vacation time just ebbs and flows—
The sun, sand, and surf are what the doctor ordered to help keep away your woes.
A trip to the gift shop for **stamps** and **3 postcards** to those who wished they were here,
Along with a new bottle of sunscreen to protect the Michelson complexions so fair.

All was well with John 'til an **alligator** wandered onto the greens and golfers scattered,
Leaving behind their carts and clubs because a fast escape was all that mattered.
And as for Mary and Freddy, they were sunburned to a crisp because of a sunscreen fail.
They all agreed too much of a good thing is more than enough, and it was time to bail.

Dot Doodles #1

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



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Dot Doodles #1

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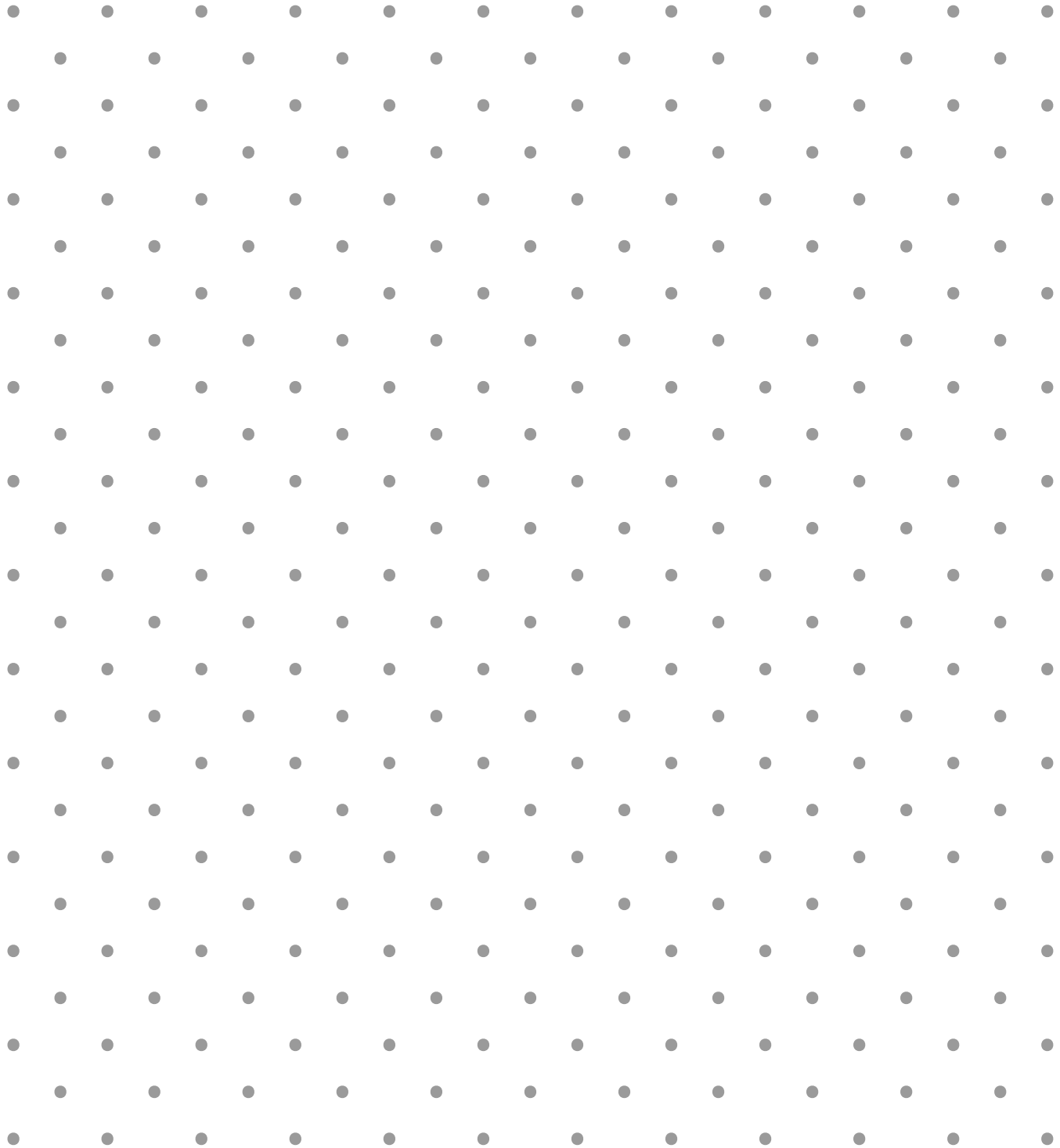

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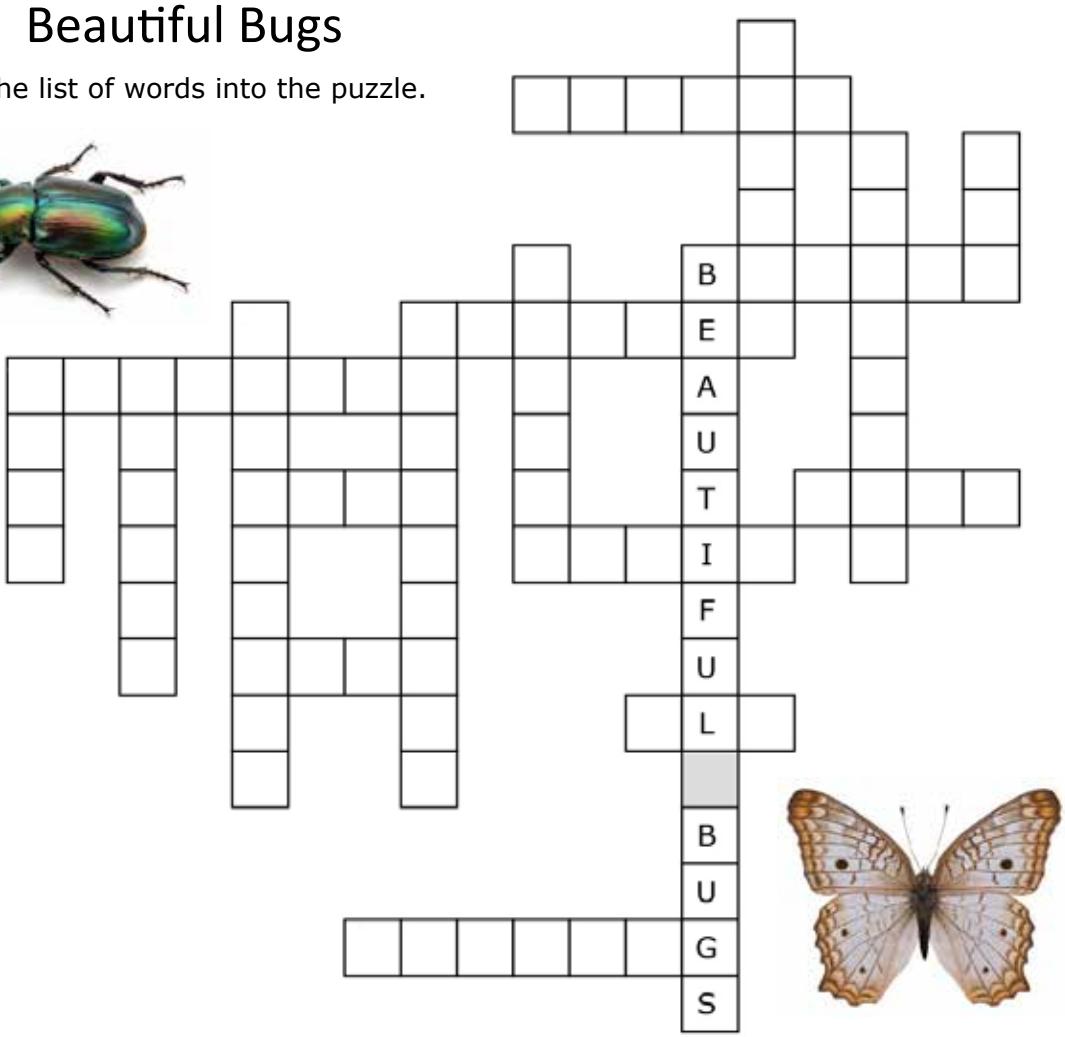
A-Mazing Art Project

Beautiful Bugs

Fit the list of words into the puzzle.

BEE
FLY
FLEA
MOTH
TICK
WASP
APHID
BEETLE
CICADA
COCOON
HORNET
SPIDER
CRICKET
LADYBUG
ANTENNAE
MOSQUITO
BUTTERFLY
COCKROACH
~~BEAUTIFUL BUGS~~



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Audrey Hepburn

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

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

BEST **ACTRESS**

BREAKFAST AT **TIFFANY'S**

CHARADE

FASHION ICON

HOW TO **STEAL** A **MILLION**

LOVE IN THE **AFTERNOON**

MY FAIR **LADY**

ROMAN **HOLIDAY**

SABRINA

TWO FOR THE **ROAD**

WAIT UNTIL **DARK**

WAR AND **PEACE**

Famous March Birthdays

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

A. Nat "King" **COLE**
B. Howard **COSELL**
C. Wyatt **EARP**
D. Aretha **FRANKLIN**
E. Walt **FRAZIER**
F. Ruth Bader **GINSBURG**
G. M.C. **HAMMER**
H. Ron **HOWARD**
I. Glenn **MILLER**
J. Sarah Jessica **PARKER**
K. Willard **SCOTT**
L. Cy **YOUNG**

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

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

1. Basketball player _____
2. Supreme Court justice _____
3. Actress _____
4. Baseball pitcher _____
5. "Queen of Soul" _____
6. American sportscaster _____
7. Actor/director _____
8. "Unforgettable" singer _____
9. Wild West lawman _____
10. Big band bandleader _____
11. Weatherman _____
12. Rapper _____

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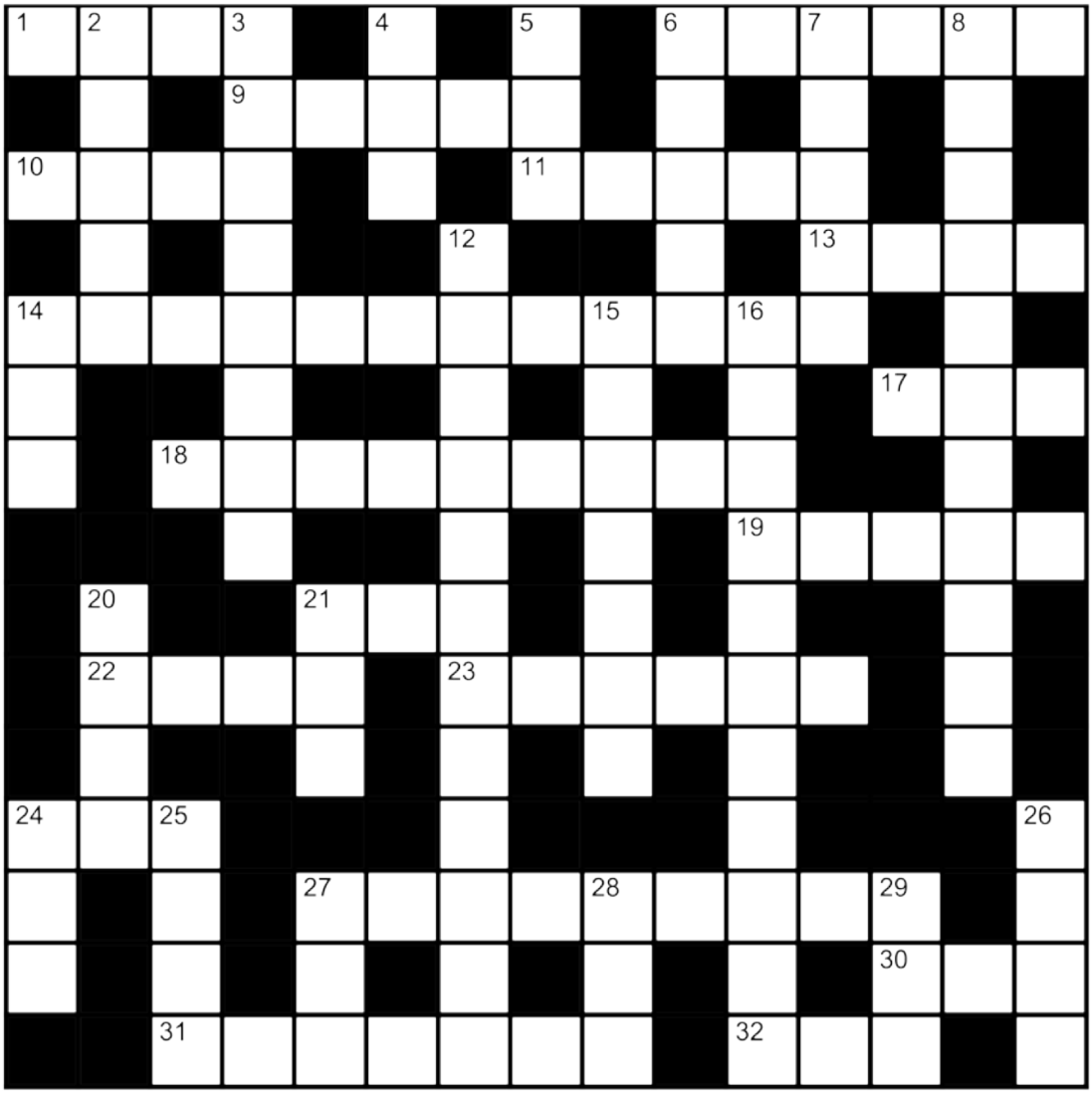
Crossword #51

Use the clues to fill in the crossword.

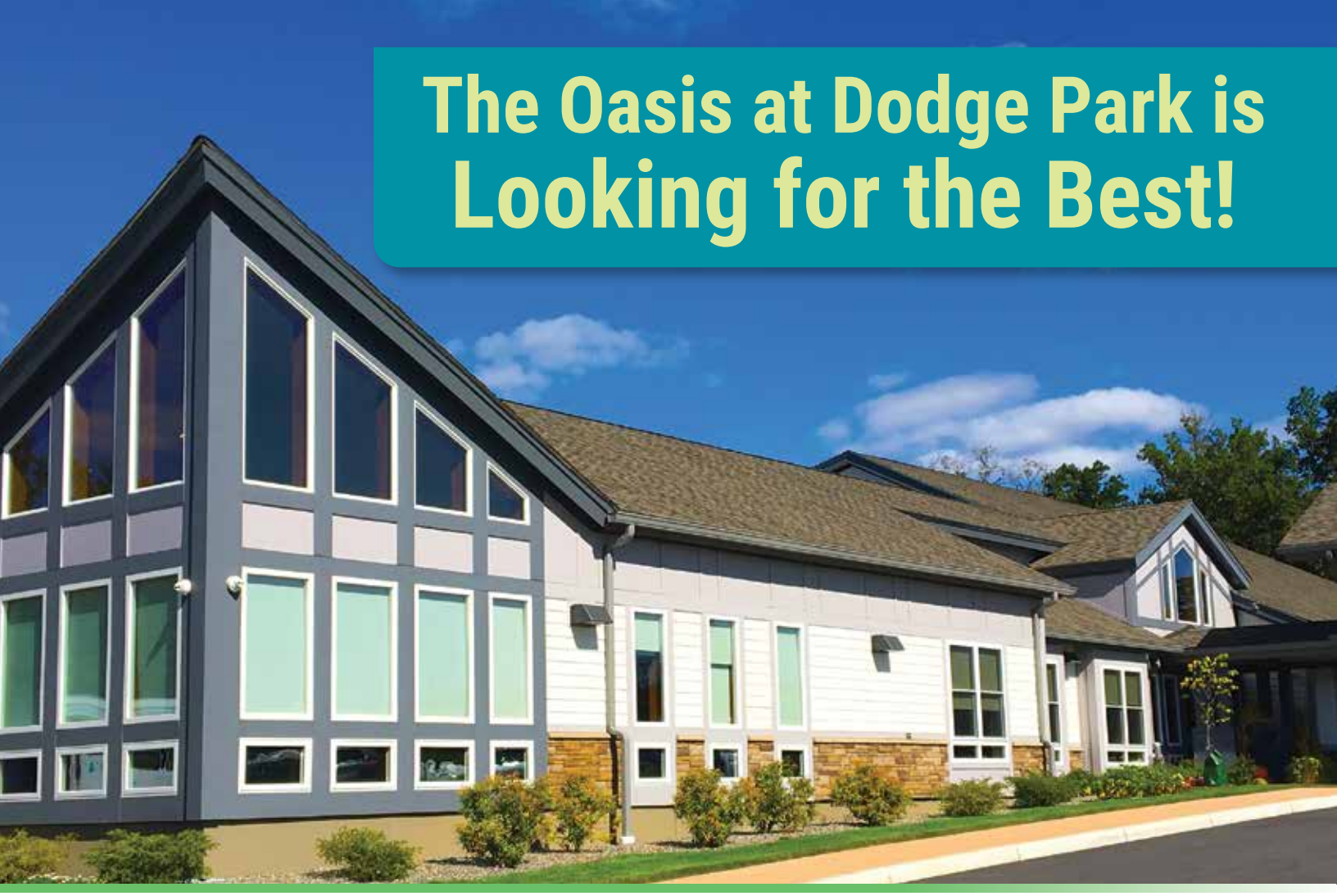


ACROSS

1. ____ back: reimbursed
6. Salt mineral
9. Weather bureau tool
10. Walk in a line: single ___
11. Fine dinnerware
13. TV Guide span
14. Company's central office
17. Suffix with ideal
18. Puts into print
19. English exam finale, often
21. Best friend forever, abb.
22. Skunk's defense
23. On the move
24. 1950s music genre from Jamaica
27. Bringing into being
30. Days of ___ Lives
31. Study in depth
32. Affirmative action?

DOWN

2. She falls down a rabbit hole
3. Awful; ghastly
4. Driver's license and others
5. Mythical monster
6. Another name for backbone
7. Makes a sketch
8. Comprehends; grasps
12. Adequate
14. "Living high on the ___"
15. Casual, short-sleeved tops
16. Dinner arrangement
20. Chopsticks alternative
21. Sis's male sibling
24. Wild blue yonder
25. Operatic solo
26. Card between "flop" and "river" in hold 'em
27. Cause of sleep disturbance for a princess
28. Operate
29. Zeus, for one



The Oasis at Dodge Park is Looking for the Best!

OASIS
AT DODGE PARK

•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

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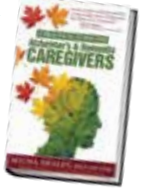
Your Loved Ones Deserve the Best

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

OASIS
AT DODGE PARK

Schedule a no-obligation tour and receive our FREE book



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

Premier Residential Care Facility For Seniors

One of life's greatest challenges is deciding when a loved one is no longer capable of living independently. At Dodge Park Rest Home and the Oasis at Dodge Park, we provide seniors two options for senior residential care.

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

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

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FAMILY FAVORITE

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

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A $29 VALUE

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Memory Care Support Group

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

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

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

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

Meet Dennis Goguen

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

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

Our Support Group Meets **3pm-5pm on the Third Wednesday of Each Month** at

Dodge Park, 101 Randolph Road, Worcester, MA

Please RSVP via email to Micha Shalev at

m.shalev@dodgepark.com 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

OASIS AT DODGE PARK

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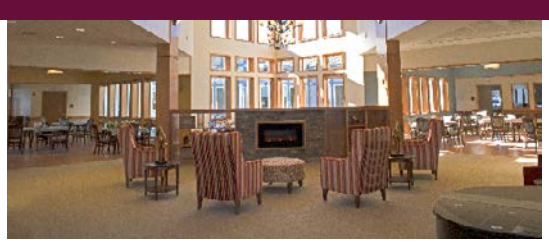


Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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.

OASIS AT DODGE PARK

DODGE PARK Rest Home and Day Club

Two Communities—One Unique Mission

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

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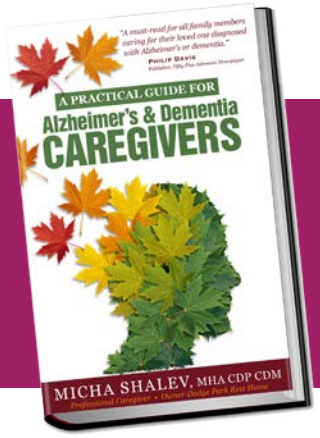
BEST SENIOR LIVING
Top Rated on Caring.com
FAMILY FAVORITE



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

OASIS AT DODGE PARK

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

Bringing LIFE to those we serve
OASIS AT DODGE PARK

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

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

Dodge Park

OASIS AT DODGE PARK

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