

# NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HAPPY  
*Easter* - AND - *Passover*  
HAPPY



*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



## Dementia and Shower ("Bath") Time

By Micha Shalev MHA

One of the challenges in caring for someone with Alzheimer's disease or another kind of dementia can be bath (or shower) time. Although some people with dementia don't mind it, others are fearful and extremely resistive. When a person is combative or resistive with a bath or a shower, there can be many causes for her behavior. Here are a few possible ones:

- **Embarrassment** - If a person is concerned about privacy, bathing with someone else present could make him feel very uncomfortable and embarrassed.
- **Fear of Water** - Some people are afraid of water, whether it's due to some traumatic incident or just increased anxiety. Others react negatively especially to a shower since they may have always grown up with the routine of a bath.
- **Lack of Understanding** - A person with middle or later stage dementia might not understand why you're present, why you're trying to take her clothes off or why she needs to be in the water and be washed. Understandably, this often causes significant resistance. Occasionally, the person with dementia may become sexually inappropriate during bathing because he does not understand why you are assisting him. If he misinterprets your help, don't yell at him. Simply explain: "Mr. Smith, I'm a nurses' aide and I'm here to help you bathe today. Your wife will be here soon to visit you."

### Tips to Improve Bath Time for the Person with Dementia

1. **Prepare First**- Have the soap and shampoo ready, as well as a large, warm towel.
2. **Offer a Choice between a Bath or a Shower** - Some people might not have a strong preference, but for many, providing this choice (either to the person or to their family member who may be able to tell you what they have

### Dodge Park & Oasis at Dodge Park

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

**Ben Herlinger Administrator/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](http://www.dodgepark.com)

The Oasis at Dodge Park  
[www.oasisatdodgepark.com](http://www.oasisatdodgepark.com)

The Adult Day Club at Dodge Park  
Dodge Park At Home  
Dusk to Dawn at Dodge Park

normally preferred) can improve the outcome. A lot of water in a tub may cause fear for some, while the spraying of a shower can make others anxious.

3. **Adjust the Time of Day** -If you don't know the person's typical routine, find out from the family if he liked to start his day out with a shower or enjoyed a bath before bed. That's an important routine for many people, so honoring that for a person with dementia can go a long way toward a good outcome for both the person and the caregiver.

4. **Routine** - As much as possible, stick to a routine, both as it relates to the time of day for a shower and the steps you use when helping the person bathe. Using a consistent caregiver to maintain this routine can also be very helpful to both the caregiver and the person with dementia.

5. **Ensure a Warm Room Temperature** - Ensure that the room is warm enough. A cold room plus water does not equal a positive experience.

6. **Encourage Independence** - If the person is able, ask them to wash themselves. Independence can restore a little bit of the dignity that's lost when help is needed with bathing.

7. **Offer a Caregiver of the Same Sex to Provide the Bath** - If someone is embarrassed or becomes sexually inappropriate, offer a caregiver of the same sex to provide the shower.

8. **Large Bath Towels or Shower Capes** - Provide a large bath towel or a shower cape to offer some privacy and warmth.

9. **Music** - Use music in the bathroom to set the tone. Choose something the person with dementia enjoys and perhaps could join in the singing.

10. **Pain Relief** - Be aware of the possibility that your loved one is resistant to a shower because he's in pain. If that appears to be the case, speak to the physician about trying pain medication prior to his bath time.

11. **Anti-Anxiety Medications** - Some people experience so much anxiety that they might benefit from an anti-anxiety medication prior to their bath time. Be careful, however, that your goal is their comfort and that the medication would facilitate that comfort, rather than hasten your ability to cross a bath off your to-do list. A person with dementia still has the right to refuse a bath.

12. **Humor** - Don't forget to use humor. Humor is a great tool to reduce anxiety, increase comfort and distract from the task at hand.

13. **Spa-Like Atmosphere** - Create a pleasant setting. Rather than have the shower room look like a hospital, place some art on the walls, music in the air and invest in towel heater for comfort.

14. **Doctor's Orders** - Reminding a person who is resistive to bathing that the doctor wants them to take a bath might

be helpful and temporarily direct his irritation toward the physician rather than you.

15. **Consider Using a No-Rinse Soap and Shampoo** -

If a longer bath time increases anxiety, you can shorten the process by using no-rinse products.

16. **Use Different Words**- "Let's Wash Up" - Some people react to specific words such as "shower time." Try naming it "washing up" or "getting ready for the day."

17. **Hire an Experienced Home Health Care Aide** - Some people respond better to someone who is not a family member when it comes to an intimate task like bathing.

18. **Try a Different Family Member** - It's not unusual for different family members to receive different reactions. If your mother is extremely resistant to your help with a shower, perhaps your sister may have more success.

19. **Assist with Sponge Bathing if Necessary** - The ideal may be a shower or a bath, but you might still be able to accomplish the goal by sponge bathing. If bathing presents a constant battle, choose to set aside that battle and encourage your loved one to sponge bathe.

#### **Safety Tips**

- Offer a shower chair.
- Ensure that the water temperature is not too hot.
- Don't leave a person with dementia alone in a shower or a bath.
- Install grab bars.
- Place non-slip decals or mats in the tub and on the floor.
- Don't store cleaning products in the bathroom.

*Micha Shalev MHA CDP CDCM CADDCT is the co-owner of The Oasis at Dodge Park, Dodge Park Residential Care and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is holding a master degree in health care management and a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com*

# 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](mailto: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](mailto: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



# AROUND DODGE PARK AND OASIS





## Passover Wishes

Passover is a Jewish festival celebrated in commemoration of the release of the Hebrews from the brutal slavery of the ancient Egyptians. The festival holds great significance for the entire Jewish community residing across the world. Passover, which is also known as Pesach, falls on the 15th day of the Nisan month in the Hebrew calendar and lasts till the 21st or 22nd day. This date corresponds in the month of March or April as per the Gregorian calendar. Observed with much pomp and show, Passover celebrations revolve around holidaying, feasting and merry-making. People meet one another and exchange greetings. The more personal touch you give to a greeting, the more special it would be. However, we are always ready to help you providing ideas to make your greetings all the more special on this festival.

Given here are some Passover wishes that you can include in your greeting cards or send them as messages to your near and dear ones. Pick up your favorite wish and send it to your loved ones!

### Greetings For Passover

“Shalom!

Wishing you joy and many blessings at Passover and throughout the year!  
May God bless you this Passover season and all through the year...”

“May your Pesach overflow with happiness...”

May you always be blessed with peace, prosperity and togetherness!  
Wishing you a Happy Passover!”

“Shalom!  
Wishing you...  
Peace, Good times,  
Good health  
and Happiness...  
on Passover & always!”

“Wishing you a  
Spring fresh  
with new promises  
and a Passover  
blossoming with joy  
Happy Passover!”

“Shalom  
On Passover and always  
May you rejoice  
In our traditions and  
Always be blessed  
With the rich and bountiful  
Gifts of life!”

“Sending you LOADS of  
warmth, love and hugs!  
Happy Passover...”



## Happy Easter Wishes and Messages

Easter is one of the most important holidays for Christians. Easter Sunday commemorates the Resurrection of God's Son, Jesus Christ from the dead. In Fact the base of the Christianity is built on Resurrection of Jesus Christ. This Easter, may we always be blessed with love, life and happiness. May our lives be touched by the true meaning of Easter. Exchanging Easter greetings and Easter wishes to celebrate this day is one of the most common traditions.

Now that we truly understand the meaning of Easter, we should be not only be thankful and rejoice in what we have but also wish the same blessings to others. This Easter, greet your family and loved ones a happy Easter. Here are some samples of Easter messages that you can use.

Easter is not just about God's resurrection...  
It's also about elimination of slavery...  
A unification of conscience and faith.  
Have a blessed Easter!

*There has never been and will never come a day when our loving Jesus is not a part and soul of our life. He will never ever forget us. He has carved each of our names on the palm of his hands. So let us all together thank and praise our risen Lord for his abundant and unconditional blessings. Have a blessed and wonderful Easter!*

**May this year's Easter bring your hope and joy.  
Happy Easter!**

Let the Easter eggs  
Serve as your reminder that nothing can hinder you  
In fulfilling your dreams.  
I'm wishing you an extraordinary Easter!

**May God keep you away from misfortunes, devious people and evil tongues.  
Have a blessed and happy Easter!**

I'm wishing you an extraordinary and joyful Easter.  
May your life be full of blessings!



## Fascinating Facts About Earth Day

Every year on April 22, trees are planted, litter is cleaned up, and awareness for the issues plaguing the planet are raised. In honor of the holiday, we've gathered together some fascinating facts about Earth Day.

### **Earth Day was created through the tireless efforts of Wisconsin Senator Gaylord Nelson.**

Senator Gaylord Nelson arrived in Washington in 1963 looking to make the fledgling conservation movement, sparked in part by Rachel Carson's *New York Times* Bestseller *Silent Spring*, a part of the national discourse. After witnessing the aftermath of an oil spill in California in 1969, Nelson doubled down on his commitment to raising environmental awareness. Drawing inspiration from the energetic anti-war movement of the time, he enlisted support from both sides of the political spectrum, and on April 22, 1970, Earth Day was born.

### **The first Earth Day saw 20 million Americans take to the streets.**

The first Earth Day marked a strange combination of boisterous rallies and sober reflection on the state of the planet. Protests, demonstrations, fundraisers, nature walks, speeches, concerts, and every sort of civic gathering imaginable took place at colleges, VFW halls, public squares, and parks across the United States on April 22, 1970.

Environmental crusaders found themselves thrust into the limelight, and pop culture icons like poet Allen Ginsberg were asked to speak on behalf of Mother Earth. Some of the more colorful displays of the day included mock trials for polluting objects, like an old Chevrolet, which was sentenced to death by

sledgehammer. (The car ultimately survived the beating and was donated to an art class.) In New York City, Earth Day celebrations effectively shut down parts of the city. Twenty thousand people packed into Union Square to see Paul Newman and hear a speech by Mayor John Lindsay, who arrived on an electric bus.

### **Earth Day sparked an unprecedented slate of environmental legislation.**

With bipartisan support in Congress and thousands of civic demonstrations across the country, support for environmental reform in 1970 was undeniable. According to the EPA, "Public opinion polls indicate that a permanent change in national priorities followed Earth Day 1970. When polled in May 1971, 25 percent of the U.S. public declared protecting the environment to be an important goal, a 2500 percent increase over 1969." The 1970s saw the passage of the most comprehensive environmental legislation in U.S. history, including the Clean Air Act, the Water Quality Improvement Act, the Endangered Species Act, the Toxic Substances Control Act, and the Surface Mining Control and Reclamation Act. In addition, just 8 months after the first Earth Day, Richard Nixon approved the creation of a new organization tasked with monitoring the nation's natural assets: the Environmental Protection Agency.



# 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



At the Oasis 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 the Oasis 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.



102 Randolph Road • Worcester, MA  
508-853-8180 • [OasisAtDodgePark.com](http://OasisAtDodgePark.com)

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



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

Dodge Park and The Oasis at Dodge Park are a “Caring Super Star of 2026” for Service Excellence in Senior Living. It earned a 5-star rating (the highest possible score) as voted by family caregivers in the national survey.

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

### Unparalleled Level of Care and Service

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

**Dodge Park**

 **OASIS**  
AT DODGE PARK



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.

---

If you're looking for a home to place your family member Dodge Park is exceptional. The rooms are bright, spacious and immaculately kept. The food is homemade and delicious. They offer plenty of choices and assist patients that need help. The staff is always patient and caring and available to help even when it's not their job. It's one big happy family and know that in my opinion you are putting your loved one in good care.

# ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="text-align: center;">April 2026</h2>						
<b>Easter Sunday</b> 5 10:00- Evolution of the Easter Bunny Easter Sunday Services <b>10:45- Exercise with Paula S.</b> 11:45- Daily Chronicle Reading Easter Parade Performance by Fred Astaire & Judy Garland <b>2:15- Live Music w. Paul B.</b> Balloon Toss Up 6:30- Guided Yoga Movements	10:00- Brain or Shine Trivia Games <b>10:30- Exercise with Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> 11:30- Daily Chronicle Reading Spring Time Pictionary 2:00- Large Scale Crossword Puzzle <b>2:15- Live Music w. Sean F.</b> 3:30- Oasis Walking Club Pin Pals Bowling 6:30- Fenway Sing-A-Long	10:00- Would You Rather Polls <b>10:30- Exercise w. Paula S.</b> Art Therapy w. Lynda S. <b>11:15- Catholic Mass w. Father E.</b> 11:45- Spring Sing-A-Long <b>2:15- Live Music w. Heather R.</b> 3:30- Picture Match Up Companions Common Ground Men's Group Free Space Bingo 6:30- Page Turners Book Club	<b>April Fools Day</b> <b>Passover Begins</b> 1 10:00- April Fools Facts & Trivia <b>10:30- Exercise w. Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> 2:00- Art Therapy w. Lynda S. Story of Passover <b>2:15- Live Music w. Sean F.</b> 3:30- Noodle Hockey Sunny Spin Laundry Folding 6:30- Manicure Stations	10:00- Springtime Hangman <b>10:30- Exercise w. Paula S.</b> 11:45- Creative Story Writing <b>1:30- Golden Crumb Baking Club</b> <b>2:15- Live Music w. Bill M.</b> 3:30- Group Discussion Prompts Free Space Bingo Bug Squashin' Squads 6:30- Evening Tai Chi 7:00- Rat Pack Performance	<b>Good Friday</b> 3 10:00- Baseball Fun Facts & Trivia Abbot & Costello Who's On First <b>10:30- Exercise with Paula S.</b> 2:10- Red Sox Vs. Padres @ Home <b>2:15- Live Music w. Sean F.</b> 3:30- Easter Egg Coloring Stations Card Sharks & Board Games Tours of Fenway Park 7:00- Friday Night Movies	10:00- A Through Z Vocabulary 10:30- Musical Memories <b>10:45- Exercise w. Paula S.</b> 11:45- Daily Chronicle <b>2:15- Live Music w. Arizona Doug</b> 3:30- Rhyme Chain Free Space Bingo Word Searches 4:30- Birdwatchers Live Feed 7:00- Feature Presentation
10:00- Whiteboard Game: Baseball <b>10:45- Exercise with Paula S.</b> 11:45- Daily Chronicle Reading <b>2:15- Live Music w. Rusty G.</b> 3:30- Bouquet Builders Warm Weather Madlibs Water Color Creations 4:30- Botanical Garden Tours 6:30- Guided Yoga Movements 7:00- Nick at Night Programming	10:00- Brain or Shine Trivia Games <b>10:30- Exercise with Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> 11:30- Daily Chronicle Reading Spring Time Pictionary 2:00- Large Scale Crossword Puzzle <b>2:15- Live Music w. Sean F.</b> 3:30- Oasis Walking Club Pin Pals Bowling 6:30- Fenway Sing-A-Long	10:00- Would You Rather Polls <b>10:30- Exercise w. Paula S.</b> Art Therapy w. Lynda S. <b>11:15- Catholic Mass w. Father E.</b> 11:45- Spring Sing-A-Long <b>2:15- Live Music w. Heather R.</b> 3:30- Picture Match Up Companions Common Ground Men's Group Free Space Bingo 6:30- Page Turners Book Club	10:00- April Fools Facts & Trivia <b>10:30- Exercise w. Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> <b>2:00- Art Therapy w. Lynda S.</b> Finish the Phrase <b>2:15- Live Music w. Sean F.</b> 3:30- Noodle Hockey Sunny Spin Laundry Folding Junk Drawer Detectives 6:30- Manicure Stations	10:00- Springtime Hangman <b>10:30- Exercise w. Paula S.</b> 11:45- Creative Story Writing <b>1:30- Golden Crumb Baking Club</b> <b>2:15- Live Music w. John M.</b> 3:30- Group Discussion Prompts Free Space Bingo Bug Squashin' Squads 6:30- Evening Tai Chi 7:00- Rat Pack Performance	10:00- Baseball Fun Facts & Trivia Abbot & Costello Who's On First <b>10:30- Exercise with Paula S.</b> 11:45- Daily Chronicle Reading <b>2:15- Live Music w. Sean F.</b> 3:30- Conversation Ball Toss Card Sharks & Board Games Tours of Fenway Park 6:30- Manicure Stations 7:00- Friday Night Movies	10:00- A Through Z Vocabulary 10:30- Musical Memories <b>10:45- Exercise w. Paula S.</b> 11:45- Daily Chronicle <b>2:15- Live Music w. Gary L.</b> 3:30- Rhyme Chain Free Space Bingo Word Searches 4:30- Birdwatchers Live Feed 7:00- Feature Presentation
10:00- Whiteboard Game: Baseball <b>10:45- Exercise with Paula S.</b> 11:45- Daily Chronicle Reading <b>2:15- Live Music w. Jordan G.</b> 3:30- Bouquet Builders Warm Weather Madlibs Water Color Creations 4:30- Botanical Garden Tours 6:30- Guided Yoga Movements 7:00- Nick at Night Programming	<b>Patriots Day</b> 20 10:00- Brain or Shine Trivia Games <b>10:30- Exercise with Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> 11:30- Daily Chronicle Reading Spring Time Pictionary 2:00- Large Scale Crossword Puzzle <b>2:15- Live Music w. Sean F.</b> 3:30- Oasis Walking Club Pin Pals Bowling 6:30- Fenway Sing-A-Long	10:00- Would You Rather Polls <b>10:30- Exercise w. Paula S.</b> Art Therapy w. Lynda S. <b>11:15- Catholic Mass w. Father E.</b> 11:45- Spring Sing-A-Long <b>2:15- Live Music w. Jim P.</b> 3:30- Picture Match Up Companions Common Ground Men's Group Free Space Bingo 6:30- Page Turners Book Club	10:00- Earth Day Facts & Trivia <b>10:30- Exercise w. Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> <b>2:00- Art Therapy w. Lynda S.</b> Earth Day Proverb <b>2:15- Live Music w. Sean F.</b> 3:30- Noodle Hockey Sunny Spin Laundry Folding Junk Drawer Detectives 6:30- Manicure Stations	10:00- Springtime Hangman <b>10:30- Exercise w. Paula S.</b> <b>11:00- Resident Council</b> 11:45- Creative Story Writing <b>2:15- Live Music w. Sandy R.</b> 3:30- Group Discussion Prompts Free Space Bingo Bug Squashin' Squads 6:30- Evening Tai Chi 7:00- Rat Pack Performance	10:00- Baseball Fun Facts & Trivia Abbot & Costello Who's On First <b>10:30- Exercise with Paula S.</b> 11:45- Daily Chronicle Reading <b>2:15- Live Music w. Sean F.</b> 3:30- Conversation Ball Toss Card Sharks & Board Games Tours of Fenway Park 6:30- Manicure Stations 7:00- Friday Night Movies	10:00- A Through Z Vocabulary 10:30- Musical Memories <b>10:45- Exercise w. Paula S.</b> 11:45- Daily Chronicle <b>2:15- Live Music w. Paul B.</b> 3:30- Rhyme Chain Free Space Bingo Word Searches 4:30- Birdwatchers Live Feed 7:00- Feature Presentation
10:00- Whiteboard Game: Baseball <b>10:45- Exercise with Paula S.</b> 11:45- Daily Chronicle Reading <b>2:15- Live Music w. Lenny Z.</b> 3:30- Bouquet Builders Warm Weather Madlibs Water Color Creations 4:30- Botanical Garden Tours 6:30- Guided Yoga Movements 7:00- Nick at Night Programming	10:00- Brain or Shine Trivia Games <b>10:30- Exercise with Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> 11:30- Daily Chronicle Reading Spring Time Pictionary 2:00- Large Scale Crossword Puzzle <b>2:15- Live Music w. Sean F.</b> 3:30- Oasis Walking Club Pin Pals Bowling 6:30- Fenway Sing-A-Long	10:00- Would You Rather Polls <b>10:30- Exercise w. Paula S.</b> Art Therapy w. Lynda S. <b>11:15- Catholic Mass w. Father E.</b> 11:45- Spring Sing-A-Long <b>2:15- Live Music w. Curtis M.</b> 3:30- Picture Match Up Companions Common Ground Men's Group Free Space Bingo 6:30- Page Turners Book Club	10:00- April Fools Facts & Trivia <b>10:30- Exercise w. Joe Fish</b> <b>11:15- Catholic Mass w. Father E.</b> <b>2:00- Art Therapy w. Lynda S.</b> Finish the Phrase <b>2:15- Live Music w. Sean F.</b> 3:30- Noodle Hockey Sunny Spin Laundry Folding Junk Drawer Detectives 6:30- Manicure Stations	10:00- Springtime Hangman <b>10:30- Exercise w. Paula S.</b> 11:45- Creative Story Writing <b>1:30- Golden Crumb Baking Club</b> <b>2:15- Live Music w. Rusty G.</b> 3:30- Group Discussion Prompts Free Space Bingo Bug Squashin' Squads 6:30- Evening Tai Chi 7:00- Rat Pack Performance	 <h2 style="text-align: center;">The Oasis At Dodge Park</h2>	

The Oasis At Dodge Park 102 Randolph Road, Worcester Ma 01606 Amy Laba, Activity Director [A.Laba@DodgePark.com](mailto:A.Laba@DodgePark.com) Calendar is Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="text-align: center;">April 2026</h2> <h3 style="text-align: center;">Dodge Park Rest Home &amp; Dayclub</h3>						
<b>Easter Sunday</b> 5 6:30- Hot Chocolate Cart Busy Hands Basket 7:30- Daily Chronicle Reading 10:00- Easter Hymns of Praise Followed by Sunday Service 11:00- 'Easter Parade' Performance by Fred Astaire & Judy Garland <b>2:30- Live Music w. Gregory P.</b> Easter Craft Station 6:30- Reminiscing Together	6:30- Chat and Fold Cafe 7:30- Brain Game Puzzle Sheets 10:00- Daily Chronicle Guided Rosary Prayer <b>10:30- Catholic Mass w. Father E.</b> 2:15- Springtime Hangman <b>2:30- Group Exercise w. Paula S.</b> Water Color Paintings 3:30- Whiteboard Gardeners 6:30- Manicure Stations	6:30- Today's Question Discussion 10:00- Morning Stretches <b>10:30- Catholic Mass w. Father E.</b> 11:00- Best of Boston Tours <b>2:30- Live Music w. Sean F.</b> Picture Match Up Companions 3:30- Warm Weather Madlibs 4:00- April Showers ASMR 6:30- Would You Rather Polls 7:00- Rat Pack Concert	6:30- Coffee and Magazine Reads <b>10:00- Art Therapy w. Lynda S.</b> Sitting Room Group Chat <b>10:30- Catholic Mass w. Father E.</b> 11:00- Springtime Sing-A-Long 2:15- Balloon Toss Up <b>2:30- Live Music w. Arizona Doug</b> Dodge Walking Club 3:30- Afternoon Stretches 6:30- Mindful Manicures	6:30- Hot Tea & Gentle Hairstyling 7:30- Daily Chronicle Reading 10:00- Bouquet Building Men's Group Meetup Free Space Bingo 11:00- Bird Watchers Live Feed 2:15- Linked Senior Game Show <b>2:30- Live Music w. Paula S.</b> Dodge Walking Club 3:30- A Through Z Vocabulary 6:30- Dodge Park Book Club	<b>Good Friday</b> 3 6:30- Daily Chronicle & Coffee Talk <b>10:00- Art Therapy w. Lynda S.</b> Seated Yoga w. Bonnie D. 10:30- Easter Egg Coloring Stations 2:10- Red Sox Vs. Padres at Fenway <b>2:30- Live Music w. Jim P.</b> 3:30- Baseball Fun Facts & Trivia 6:30- Guided Meditational Flow 7:30- Game Show Network	6:30- Local Morning News 10:00- Beanbag Toss Horseshoe Tournament Musical Memories 2:15- Abbot & Costello Perform Who's on First Skit <b>2:30- Live Music w. Curtis M.</b> 3:30- Whiteboard Baseball Games 6:30- Great Players in the MLB 7:30- Hallmark Channel Program
6:30- Hot Chocolate Cart Busy Hands Basket 7:30- Daily Chronicle Reading 10:00- Catholic Mass Service 10:30- Building Block Puzzlers 11:00- Botanical Garden Tours <b>2:30- Live Music w. Rusty G.</b> Let's Get Crafty 3:30- What Am I? 6:30- Reminiscing Together	6:30- Chat and Fold Cafe 7:30- Brain Game Puzzle Sheets 10:00- Daily Chronicle Guided Rosary Prayer <b>10:30- Catholic Mass w. Father E.</b> 2:00- April Birthday Party <b>2:30- Group Exercise w. Paula S.</b> Water Color Paintings 3:30- Whiteboard Gardeners 6:30- Manicure Stations	6:30- Today's Question Discussion 10:00- Morning Stretches <b>10:30- Catholic Mass w. Father E.</b> 11:00- Best of Boston Tours <b>2:30- Live Music w. Rockin' Robin</b> Picture Match Up Companions 3:30- Warm Weather Madlibs 4:00- April Showers ASMR 6:30- Would You Rather Polls 7:00- Rat Pack Concert	6:30- Coffee and Magazine Reads <b>10:00- Art Therapy w. Lynda S.</b> Sitting Room Group Chat <b>10:30- Catholic Mass w. Father E.</b> 11:00- Springtime Sing-A-Long 2:15- Earth Day Facts & Trivia <b>2:30- Live Music w. Gregory P.</b> Dodge Walking Club 3:30- Afternoon Stretches 6:30- Mindful Manicures	6:30- Hot Tea & Gentle Hairstyling 7:30- Daily Chronicle Reading 10:00- Bouquet Building Men's Group Meetup Free Space Bingo 11:00- Bird Watchers Live Feed 2:15- Linked Senior Game Show <b>2:30- Live Music w. Tom G.</b> 3:30- A Through Z Vocabulary 6:30- Dodge Park Book Club	6:30- Daily Chronicle & Coffee Talk <b>10:00- Art Therapy w. Lynda S.</b> Seated Yoga w. Bonnie D. 10:30- Noodle Hockey 2:15- Fenway Sing-A-Long <b>2:30- Live Music w. Sandy R.</b> Table Top Puzzlers 3:30- Baseball Fun Facts & Trivia 6:30- Guided Meditational Flow 7:30- Game Show Network	6:30- Local Morning News 10:00- Beanbag Toss Horseshoe Tournament Musical Memories 2:15- Abbot & Costello Perform Who's on First Skit <b>2:30- Live Music w. Paul B.</b> 3:30- Whiteboard Baseball Games 6:30- Great Players in the MLB 7:30- Hallmark Channel Program
6:30- Hot Chocolate Cart Busy Hands Basket 7:30- Daily Chronicle Reading 10:00- Catholic Mass Service 10:30- Building Block Puzzlers 11:00- Botanical Garden Tours <b>2:30- What Am I?</b> 3:30- Live Music w. Lenny Z. Let's Get Crafty 6:30- Reminiscing Together	6:30- Chat and Fold Cafe 7:30- Brain Game Puzzle Sheets 10:00- Daily Chronicle Guided Rosary Prayer <b>10:30- Catholic Mass w. Father E.</b> 2:15- Springtime Hangman <b>2:30- Group Exercise w. Paula S.</b> Water Color Paintings 3:30- Whiteboard Gardeners 6:30- Manicure Stations	6:30- Today's Question Discussion 10:00- Morning Stretches <b>10:30- Catholic Mass w. Father E.</b> 11:00- Best of Boston Tours <b>2:30- Live Music w. Sean F.</b> Picture Match Up Companions 3:30- Warm Weather Madlibs 4:00- April Showers ASMR 6:30- Would You Rather Polls 7:00- Rat Pack Concert	6:30- Coffee and Magazine Reads <b>10:00- Art Therapy w. Lynda S.</b> Sitting Room Group Chat <b>10:30- Catholic Mass w. Father E.</b> 11:00- Springtime Sing-A-Long 2:15- Balloon Toss Up <b>2:30- Live Music w. Mike O.</b> Dodge Walking Club 3:30- Afternoon Stretches 6:30- Mindful Manicures	6:30- Hot Tea & Gentle Hairstyling 7:30- Daily Chronicle Reading 10:00- Bouquet Building Men's Group Meetup Free Space Bingo 11:00- Bird Watchers Live Feed 2:15- Linked Senior Game Show <b>2:30- Live Music w. Paula S.</b> 3:30- A Through Z Vocabulary 6:30- Dodge Park Book Club		

Dodge Park Rest Home & Dayclub 101 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director [A.Laba@DodgePark.com](mailto:A.Laba@DodgePark.com) Calendar is Subject to Change



**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

**Financial Literacy Month.** Financial Literacy Month is a chance to reflect on the state of your personal finances and an opportunity to improve those finances one step at a time. The first and most important step in developing and following a financial plan is to examine your attitudes about money. Are you ready to accept responsibility for changing your financial situation?

**Mathematics and Statistical Awareness Month.** Both mathematics and statistics play a significant role in addressing many real-world problems—internet security, sustainability, disease, climate change, and much more. Research in these areas reveals new results and applications every day in fields such as medicine, manufacturing, energy, and business.

**National Arab American Heritage Month.** Arab Americans celebrate their heritage in hopes that all Americans will appreciate their contributions to the U.S. The month of April is a special opportunity to enhance understanding of the nuanced and diverse aspects of Arab American heritage.

**National Garden Month.** Take some time this month to engage your family, friends, and neighbors in gardening. Get outside and garden with your family. Make a window box salad garden, find new ways to be green, garden in the city or the country, and much more.

## Weekly

**National Dog Bite Prevention Week, April 12–18.** With an estimated population of nearly 85 million dogs living in U.S. households, millions of people—most of them children—are bitten by dogs every year. The majority of these bites, if not all, are preventable.

**National Library Week, April 19–25.** A time to celebrate our nation's libraries and library workers, and promote library use and support. National Library Week is sponsored by the American Library Association (ALA) and observed in libraries across the country. All types of libraries—school, public, academic, and special—participate.

## SPECIAL DAYS

- 1 April Fool's Day
- 1 Atheist Day
- 1 International Fun at Work Day
- 1 International Tattoo Day
- 1 Passover begins at sundown – The date varies.
- 2 Children's Book Day
- 2 National Peanut Butter and Jelly Day
- 2 National Walking Day – The first Wednesday in the month.
- 2 Reconciliation Day
- 3 Don't Go to Work Unless it's Fun Day – we know your decision
- 3 Find a Rainbow Day
- 3 National Burrito Day – The first Thursday in April.
- 3 Tweed Day
- 3 World Party Day
- 4 Hug a Newsmen Day
- 4 National Walk to Work Day – The first Friday of the month.
- 4 School Librarian Day
- 4 Tell a Lie Day
- 4 Walk Around Things Day
- 4 World Rat Day
- 5 Deep Dish Pizza Day
- 5 Easter Sunday – The date varies.
- 5 Go for Broke Day
- 5 National Dandelion Day
- 5 Read a Road Map Day
- 6 California Poppy Day
- 6 National Tartan Day
- 6 New Beer's Eve
- 6 Sorry Charlie Day
- 6 Teflon Day
- 7 Caramel Popcorn Day
- 7 International Beaver Day
- 7 National Beer Day
- 7 National Coffee Cake Day
- 7 No Housework Day
- 7 World Health Day
- 8 All is Ours Day
- 8 Draw a Picture of a Bird Day
- 8 Zoo Lover's Day
- 9 Name Yourself Day
- 9 Winston Churchill Day
- 10 Golfer's Day
- 10 National Farm Animals Day
- 10 National Siblings Day
- 10 Safety Pin Day
- 11 Barbershop Quartet Day
- 11 National Pet Day
- 11 National Submarine Day
- 12 Big Wind Day – this day blows me away!
- 12 Grilled Cheese Sandwich Day
- 12 International Day of Human Space Flight / Russian Cosmonaut Day
- 12 National Licorice Day
- 12 Walk on Your Wild Side Day
- 13 International Plant Appreciation Day
- 13 National Peach Cobbler Day
- 13 Scrabble Day
- 14 Ex Spouse Day
- 14 International Moment of Laughter Day
- 14 Look up at the Sky Day – don't you have anything better to do?
- 14 National Dolphin Day
- 14 National Pecan Day
- 14 Reach as High as You Can Day
- 15 Income Taxes Due (most years, it's on the 15th)
- 15 Rubber Eraser Day

## SPECIAL DAYS

15 Take a Wild Guess Day  
 15 That Sucks Day  
 15 Titanic Remembrance Day  
 15 World Art Day  
 16 Bean Counter Day  
 16 Eggs Benedict Day  
 16 Mushroom Day  
 16 National Librarian Day  
 16 National Orchid Day  
 16 Save the Elephant Day  
 16 Stress Awareness Day – The first workday after U.S. taxes are due.  
 17 Bat Appreciation Day  
 17 Blah, Blah, Blah Day  
 17 Herbalist Day  
 17 International Haiku Poetry Day  
 17 National Cheeseball Day  
 18 International Juggler's Day – also applies to multi-tasking office workers  
 18 Newspaper Columnists Day  
 18 Pet Owners' Independence Day  
 18 Husband Appreciation Day – The third Saturday in April.  
 19 National Garlic Day  
 19 National Hanging Out Day  
 19 Record Store Day – The third Saturday in April.  
 19 World Circus Day – The third Saturday in April.  
 20 Chinese Language Day  
 20 Look Alike Day  
 20 Volunteer Recognition Day  
 20 Patriot's Day – The third Monday of the month.  
 21 National Library Workers Day  
 21 Kindergarten Day  
 22 Earth Day (U.S.)  
 22 Girl Scout Leader Day  
 22 National Jelly Bean Day  
 23 Administrative Professionals Day  
 23 Lover's Day  
 23 English Muffin Day  
 23 National Picnic Day  
 23 World Laboratory Day  
 24 Pig in a Blanket Day  
 24 Take Your Daughter to Work – Always the 4th Thursday in April.  
 24 Arbor Day – The last Friday of the month.  
 25 East Meets West Day  
 25 National DNA Day  
 25 National Teach Children to Save Day  
 25 World Penguin Day  
 26 National Pretzel Day  
 26 Richter Scale Day  
 27 Babe Ruth Day  
 27 National Prime Rib Day  
 27 Tell a Story Day  
 28 International Astronomy Day  
 28 Great Poetry Reading Day  
 29 Greenery Day  
 29 International Dance Day  
 29 National Shrimp Scampi Day  
 29 National Zipper Day  
 30 Hairstyle Appreciation Day  
 30 Honesty Day  
 30 International Jazz Day  
 30 National Raisin Day  
 30 National Mahjong Day

## Weekly

**National Park Week, April 18-26.** Parks across the country host a variety of special programs, events, and digital experiences. Entrance fees are waived on April 16 to kick off National Park Week and encourage everyone to enjoy their national parks.

**National Youth Violence Prevention Week, April 27-May 1.** Founded in 2001, National Youth Violence Prevention Week is a time for youth to lead communities on effective strategies to prevent youth violence.

## Daily

**April Fool's Day, April 1.** Play a (harmless) prank on someone you love today.

**National Beer Day, April 7.** Celebrating the day in 1933 when the sale of beer became legal. Upon signing the legislation, President Franklin D. Roosevelt remarked, "I think this would be a good time for a beer."

**Earth Day, April 22.** Earth Day 2026 affirms that environmental progress is real, resilient, and ongoing despite policy uncertainty. Innovation, education, and community problem-solving remain durable. Local systems — cities, schools, Tribal nations — continue implementing solutions that strengthen energy reliability, conserve resources, and reduce risk because they're grounded in economic sense and public safety.

**Talk Like Shakespeare Day, April 23.** Try talking like the Bard for a day. One tip: When in doubt, add "eth" to the end of verbs: he runneth, he trippeth, he falleth.





## Peregrine Falcon

The majestic peregrine falcon is known for its spectacularly fast flying and is the fastest animal in the world. It averages between 25 and 34 miles per hour while traveling, but reaches 69 to 200 miles per hour when pursuing food. This powerful bird's meal of choice is small- to medium-sized birds, such as pigeons, sparrows, doves, and ducks. Bird-eating raptors are called avivores. They swoop down from high above, snatching prey from the air. If birds are scarce, they will hunt for rodents, bats, small reptiles, and insects. Peregrine falcons have been trained by humans for hunting for more than a thousand years. They typically live well into their teens, with the oldest on record reaching nearly 20 years old. This falcon enjoys nesting on cliffs and lives in a range of habitats, from urban environments to shorelines. The females are larger than the males. Peregrines are found on all continents except Antarctica.

## Flower - Daisy

April's flower is the daisy, a favorite of gardeners everywhere. Daisies are beautiful and easy to care for, and will grow just about anywhere. Just add water and sun, and these little sunbursts add brightness to any garden. The daisy's Latin name, *Bellis perennis*, translates to "everlasting beauty." Because of their pure white color, they are a symbol of innocence and are considered the flower of children. Daisies are edible and can be used in sandwiches, soups, and salads. The leaves can be brewed to make an herbal tea.



## Birthstone – Diamond



Diamonds have been valued for thousands of years, and not only for their glittery, sparkling beauty.

This gemstone is also the hardest material in the world, which makes it very useful for cutting and polishing. With its incredible strength and sturdiness, the stone represents constancy and devotion and is said to bring love and harmony to those who wear it. It is fitting, then, that these brilliant gems are used in engagement and wedding rings and are the anniversary gemstone for the 10th and 60th years of marriage.

## April Firsts in Sports

Many firsts in sports history happened in the month of April. Here are just a few of the highlights.

**1858** First U.S. billiards championship held

**1876** First National League baseball game played

**1893** Longest boxing match in history: 7 hours, 110 rounds

**1927** Stanley Cup played solely by NHL teams

**1947** Jackie Robinson broke the color barrier in MLB

**1947** First NBA (then BAA) Finals

1950 Globetrotters embarked on their first international tour

**1954** Roger Bannister became the first to run a mile in under four minutes

**1972** Women were officially allowed to run the Boston Marathon for the first time

**1974** Hank Aaron topped Babe Ruth's career home run record

**2008** First woman to win an IndyCar race (Danica Patrick)

**2016** Franky Zapata set the world record for longest hoverboard flight

# APRIL FUN FACTS

*April* is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three?) The name April comes from the word Aprilis, derived from aperture, meaning “to open.” Reportedly, the Romans gave the month this name in honor of the time of year when flowers begin to bud, or open. The Anglo-Saxons called the month Eostre (their word for Easter), as Easter often happens in April.

## April Birthdays

Marvin Gaye (musician) – April 2, 1939  
Eddie Murphy (comedian) – April 3, 1961  
Booker T. Washington (leader) – April 5, 1856  
Virginia Hall (WWII spy) – April 6, 1906  
Jackie Chan (martial artist) – April 7, 1954  
Patricia Arquette (actress) – April 8, 1968  
Beverly Cleary (author) – April 12, 1916  
Samuel Beckett (playwright) – April 13, 1906  
Emma Watson (actress) – April 15, 1990  
Jennifer Garner (actress) – April 17, 1972  
Joan Miró (painter) – April 20, 1893  
Isabella I of Castile (queen) – April 22, 1451  
Willem de Kooning (artist) – April 24, 1904  
Penélope Cruz (actress) – April 28, 1974



## April's Annual Run

The world-renowned Boston Marathon is run every April, and this year will be held on April 20. This prestigious 26.2-mile race debuted in 1897 and is the world's oldest annual marathon. Started in response to enthusiasm for the marathon at the 1896 Athens Olympics, the first Boston Marathon drew 15 runners. Today, around 30,000 participate, with 500,000 spectators cheering them on.

## What's Lucky in April?

Lucky Color: Green

Lucky Animal: Leopard

Lucky Letters: J and G

Lucky Day: Friday

Lucky Plant: Peonies



## The Cat's Meow

April is Jazz Appreciation Month. Jazz has a way of lifting the mood, moving people to tap their toes. Legendary musicians such as Duke Ellington, John Coltrane, Thelonious Monk, and Wynton Marsalis helped shape the sound of jazz and keep its spirit alive.

## April Zodiacs

Aries (The Ram) April 1–19

Taurus (The Bull) April 20–30



A very  
*Happy Birthday* to...



**Dodge Park Residents**

Karen M. .... April 13  
 Dawn G. .... April 19  
 Brian R. .... April 19

**Oasis Residents**

Chae Hee K. .... April 5  
 Jennifer M. .... April 24

**Staff**

Alexis R. .... April 1  
 Gail T. .... April 5  
 Guadalupe M. .... April 6  
 Ian C. .... April 12  
 Noah M. .... April 18  
 Edgardo C. .... April 27  
 Rebecca B. .... April 28

## Dementia Warning Signs

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

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

Call us to get help today.  
**508-853-8180**



High-Quality, Secure Senior Care

# ADULT DAY CLUB

at **Dodge Park**

The Most  
Affordable Program  
in Central MA



## Care for your parent or spouse while you're at work or just when you need a break.

- Available Monday to Friday, 9am - 4pm,  
- you choose the hours
- Engage the mind, strengthen the body  
and brighten the spirit
- Entertainment and special events
- Lunch and snacks provided
- Home-like setting
- Professionally supervised

Spaces are Limited,  
Call Today for your Reservations!

**508-853-8180**

or visit [DodgePark.com](http://DodgePark.com)



#1 On  
[Caring.com](http://Caring.com)  
in MA

\*Minimum hours may apply. See management for details.

All applicants must be fully vaccinated for COVID and agree to take a COVID test prior to entering the program.

101 Randolph Road, Worcester, MA



# Health Corner

WITH CARA ZECHELLO

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

## Home Grown Nutrition

Whether you have a large outdoor garden bed or have a pot or two on a windowsill, growing your own vegetables and herbs can

enhance the nutritional quality of your diet. If you have never planted a garden before and want to tackle the project this upcoming growing season, all it takes is a little planning and some basic supplies. And now is the perfect time to start thinking about it.

Since gardens require sunlight, locate an area in your yard or use containers that can be placed in a spot that gets 6 or more hours of sun per day. If you start early enough you can start growing produce from seeds indoors or you can acquire young plants to give you a head start. Either way, here are some easy and nutritious vegetables to grow:

### Lettuce

There are many varieties of lettuce and most are ready to eat in about 30 days. As the base for most salads or a crunchy layer in sandwiches, lettuce can be a great staple all summer long.

### Herbs

Parsley, basil and dill are good examples of herbs that can grow easy and add fresh flavor to many home-cooked dishes. You can also snip off herbs to use as they are growing all season long.

### Green Beans

Once beans are ready to eat, pick them routinely because more will grow in its place. Beans are delicious steamed or sautéed but can also be eaten raw as a snack or in a salad. Combine them with other beans for a three bean salad.

### Cherry Tomatoes

Nothing tastes like summer quite like a home-grown tomato. Cherry tomatoes grow faster and easier than other varieties. Toss together with some mozzarella pearls, balsamic vinaigrette and some basil snipped from your own herb garden for a delicious Caprese salad.

### Cucumbers

After 60 days you can start enjoying cucumbers and the more you pick, the more they will keep producing. If you find you have too many cucumbers to eat, try making homemade pickles this season.

### Peppers

There are so many kinds of peppers and not only are they easy to grow, they produce an abundance of fruit. Pick them green or let them ripen to several colors such as red, orange and yellow. Want to keep things super healthy this summer? Make a stir fry full of those peppers and add your favorite lean proteins.

### Summer Squash

Zucchini and yellow squash grow plentifully and will produce all season long. Slice your squash in half lengthwise, brush with olive oil and grill until slightly tender for a perfect summer vegetable side dish.



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.



## Carrot Cake Cream Cheese Bars

*Makes 12 servings*

### **You will need:**

- 1 cup flour
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup vegetable oil
- 2 large eggs
- 1 cup finely grated carrots

### *Cream Cheese Swirl*

- 4 ounces cream cheese, room temperature
- 1/4 cup sugar
- 1 egg yolk

### Directions

1. Preheat oven to 350°F. Line an 8x8-inch pan.
2. Mix flour, sugar, cinnamon, baking soda, and salt.
3. Stir in oil, eggs, and carrots until smooth.
4. Beat cream cheese, sugar, and egg yolk in a small bowl.
5. Spread batter in pan and spoon cream cheese mixture on top. Swirl gently.
6. Bake 30–35 minutes. Cool completely before cutting.



## Slow-Cooker Cheesy Potatoes with Broccoli

*Makes 8 servings*

### Ingredients:

- Cooking spray
- 1 bag frozen hash browns
- 2 cups steamed broccoli
- 1 can cream of cheese soup
- 1 1/2 cups shredded cheddar cheese, divided

### Directions:

1. Spray slow cooker with cooking spray.
2. Add hash browns and broccoli.
3. Stir in soup and half the cheese.
4. Cover and cook on LOW for 4–5 hours.
5. Sprinkle remaining cheese on top, cover, and cook 15 more minutes.



## Dessert Empanadas

*Makes 8 servings*

### **Ingredients:**

- 1 (15-ounce) package refrigerated piecrusts
- 1 cup apple or pear filling
- 1/4 teaspoon cinnamon
- 1 egg, beaten

### **Directions:**

1. Preheat oven to 375°F. Line a baking sheet.
2. Roll out crusts and cut into 5-inch circles.
3. Combine fruit filling with cinnamon in a small bowl.
4. Spoon filling onto one side of each circle.
5. Fold over, seal edges with a fork, and brush with egg.
6. Bake 18–22 minutes until golden. Cool slightly before serving.

## Strawberry Lemonade Iced Tea

Serves 6

### Ingredients:

- 4 cups brewed tea, cooled
- 1 packet sugar-free lemonade mix
- 1 cup thawed frozen strawberries, mashed
- Ice

### Directions:

1. Brew tea and allow to cool completely.
2. Stir lemonade mix into tea until dissolved.
3. Add mashed strawberries and mix well.
4. Serve over ice.



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

### Dementia Warning Signs

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



Call us to get help today.  
**508-853-8180**

# ACTIVITY IDEAS

## Passover Afikoman Bag

Use felt and ribbon to craft an afikoman bag. Hide real matzah inside or use the provided image of matzah for a fun Seder meal activity. At the end of a Passover Seder meal, a piece of matzah is placed in a special pouch known as an afikoman bag, and then it is hidden. Like a game of hide-and-seek, all the children search for the bag at the same time. The child who finds it wins a prize, often cash, candy, or a small toy. Craft a felt afikoman bag and invite participants to search for the hidden matzah while reflecting on family traditions and childhood memories. Don't forget to have a prize ready for the winner!



### You will need:

- Matzah image printed in color on card stock
- 2 pieces of felt in color(s) of choice:
  - 9" X 12"
  - 9" X 9"
- 5/8"-wide ribbon (18" long)
- Needle and thread or embroidery floss (color of choice)
- 3" circle template (disposable cup, ribbon spool, lid, etc.)
- Glue (felt glue or hot glue)
- Fine-tip black marker, scissors
- (Optional) Embellishments (decorative ribbon, buttons, beads, Passover patches, felt, etc.)

### Directions:

1. Fold the 9" X 12" sheet of felt in half lengthwise. Use a fine-tip marker to trace the circle template on the top corner. Keeping the felt folded, cut along the traced line to make rounded corners for the flap of the bag.

2. While the felt remains folded, cut a 1/4" slit across the fold about 1" below the top of the flap as shown.



3. Place the square of felt on top of the larger piece. Align the bottom and side edges and then glue them together to form a pouch.

4. Close the flap. Use a fine-tip marker to draw a line on the square front panel to indicate where the slit on the flap is located.

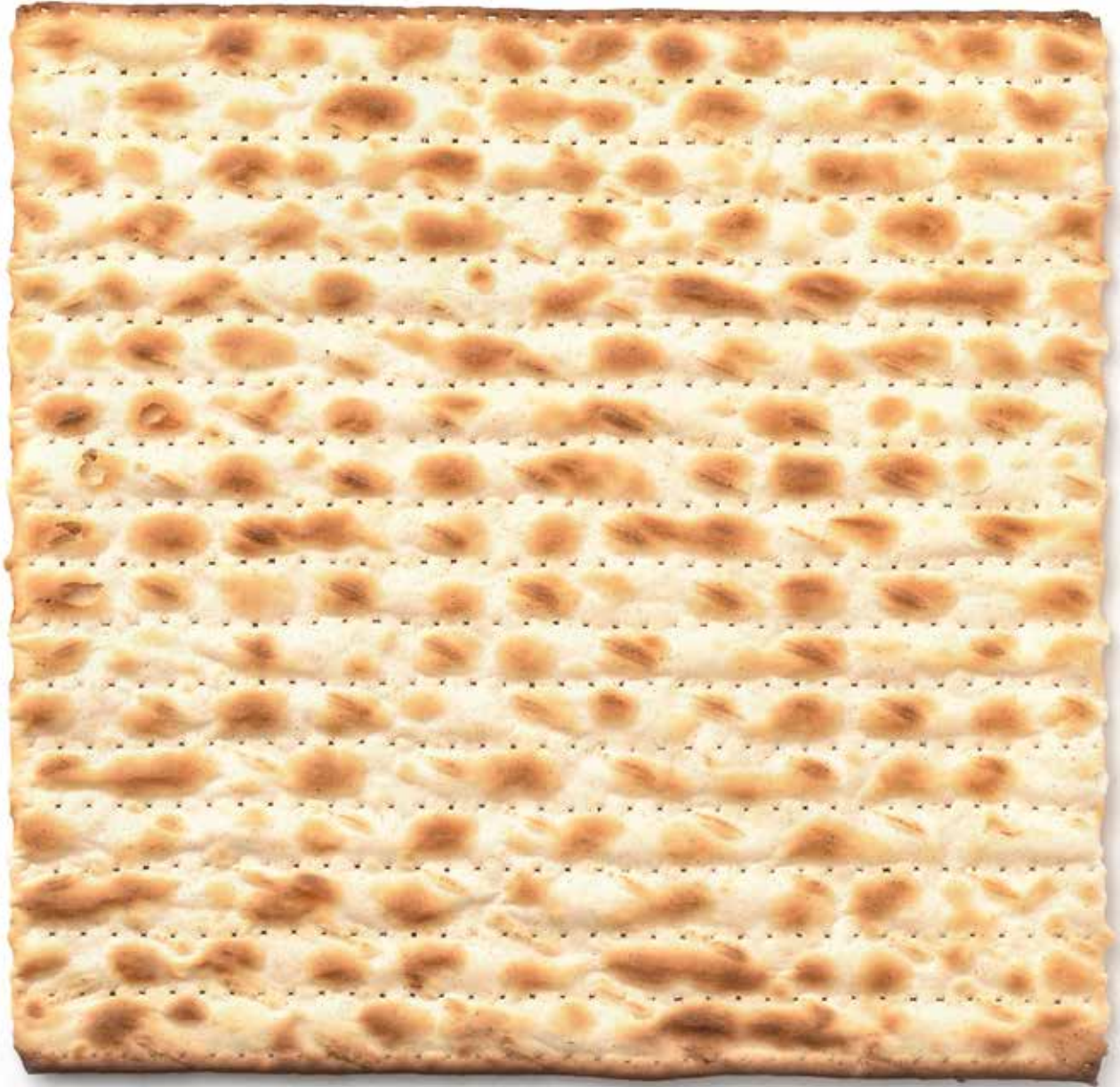


5. Use a needle and thread to stitch the center of the ribbon to the center of the marker line as shown.

6. Place real matzah or an image of matzah in the bag, close the flap, and then secure it in place by pulling the ends of the ribbon through the slit and tying a bow.

7. Hide the bag and enjoy a festive search-and-find activity. Award the winner who finds the bag with a fun prize!

Variation: Add embellishments to the bag. Attach 2 felt triangles to form a Star of David, glue additional decorative ribbon to edges, sew on buttons or beads, embroider symbols or the word afikoman, or attach store-bought Passover patches.



# ACTIVITY IDEAS

## Paper Carrots Door Decor

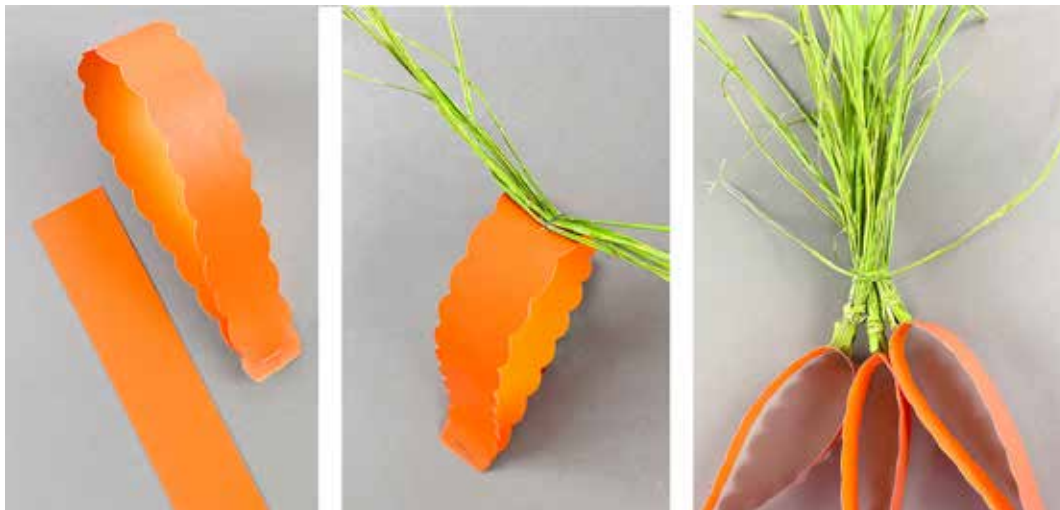
Create a fun bundle of carrots with orange card stock and green raffia.

### You will need:

- Three strips of orange card stock, 1" X 11"
- Green raffia
- Tan piece of card stock, 2" X 3"
- Twine or jute
- Colored markers
- Scissors (regular, scalloped, or pinking shears)
- Stapler and hole punch
- (Optional) Mounting putty

### Directions:

1. For a decorative touch, trim the long edges of the card stock strips with scalloped scissors or pinking shears. Bend the strips in half and staple the ends together.



2. Gather about five 14" strands of raffia. Fold the bundle in half and staple the "fold" to the top of the carrot. Tie the two bundled halves together with a knot just above the staple. Repeat to add the raffia to the remaining two carrots.

3. Secure the three carrots together with a strand of raffia tied around the green tops, positioned about an inch above the top of the carrots.

4. To make a tag, cut off the top corners of the tan card stock. Write a springtime message and then punch a hole at the narrow end of the tag. Use twine to attach the tag to the bundled green portion of the carrots.

5. Attach your carrot arrangement to a wall or door by hanging it on a hook or nail. As an alternative, use a little mounting putty.



# ACTIVITY IDEAS

## Beaded Garden Stake

Craft a whimsical plant marker using wire and beads.

### You will need:

- 15-gauge craft wire (18" piece)
- 10–15 beads in assorted colors/patterns of choice
- Card stock
- Packing tape
- Sharpie and pencil
- Scissors, needle nose pliers, and ruler

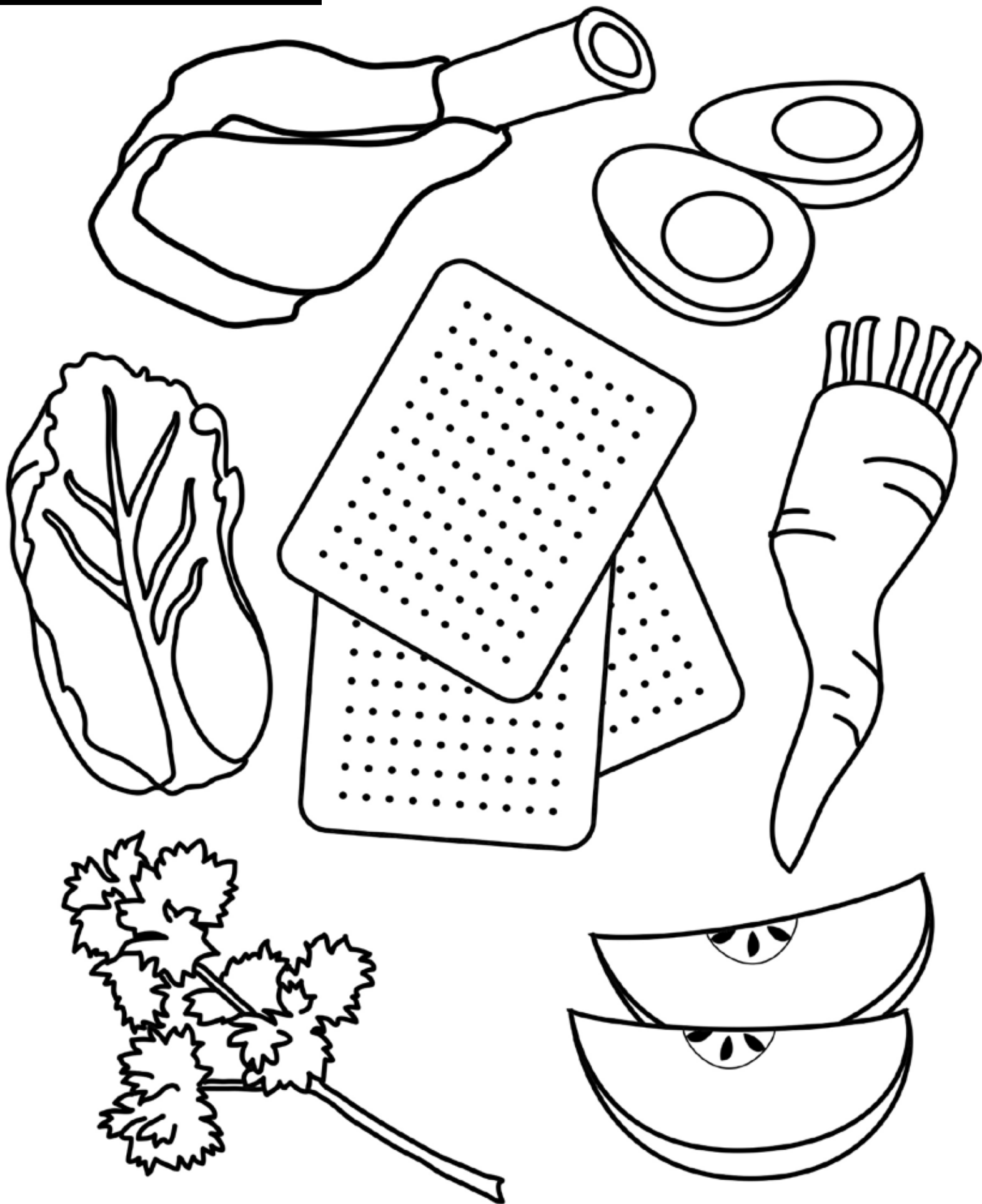
### Directions:

1. Cut an 18" piece of wire and straighten it.
2. Use pliers to wrap one end of the wire around the Sharpie 3 times. Remove the marker and manipulate the curled wire to look like a spiral.
3. Slide beads onto the other end of the wire. Bend the "neck" of the wire spiral so the beads stay in place. The beads should cover about 4" of wire.
4. Wrap the wire just below the beads around a pencil to create a small loop to secure the beads.
5. Trim the remaining wire to the length you prefer using the wire cutter portion of the needle nose pliers.
6. Cut a rectangle about 1 1/2" X 2" from the card stock. Write the name of the plant you wish to identify on the tag. Weatherproof it by covering both sides of the tag with packing tape.
7. Trim off any excess tape before adding the stake to your garden. These make great photo holders, too.

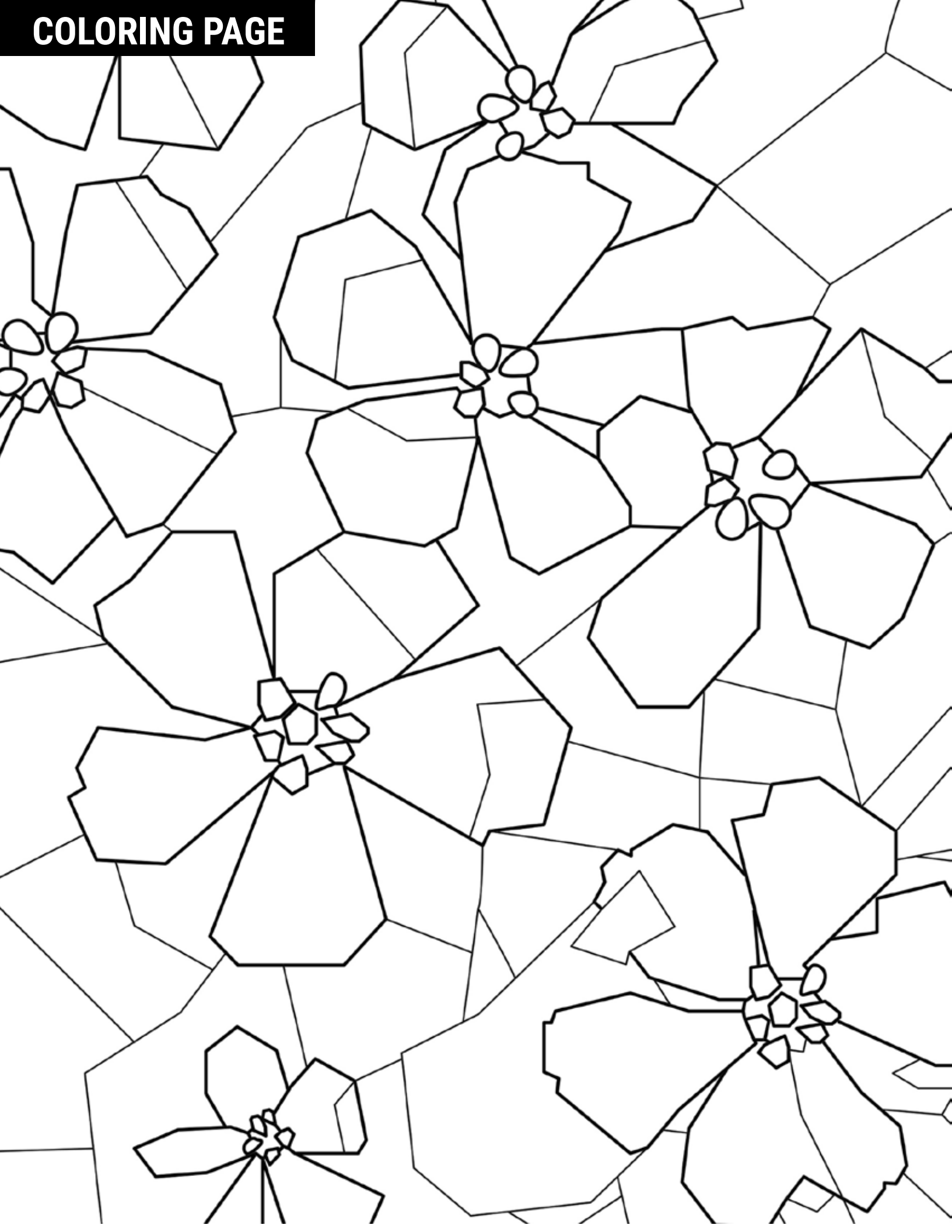




# COLORING PAGE



**COLORING PAGE**



## Collage Detective: Baby Animals



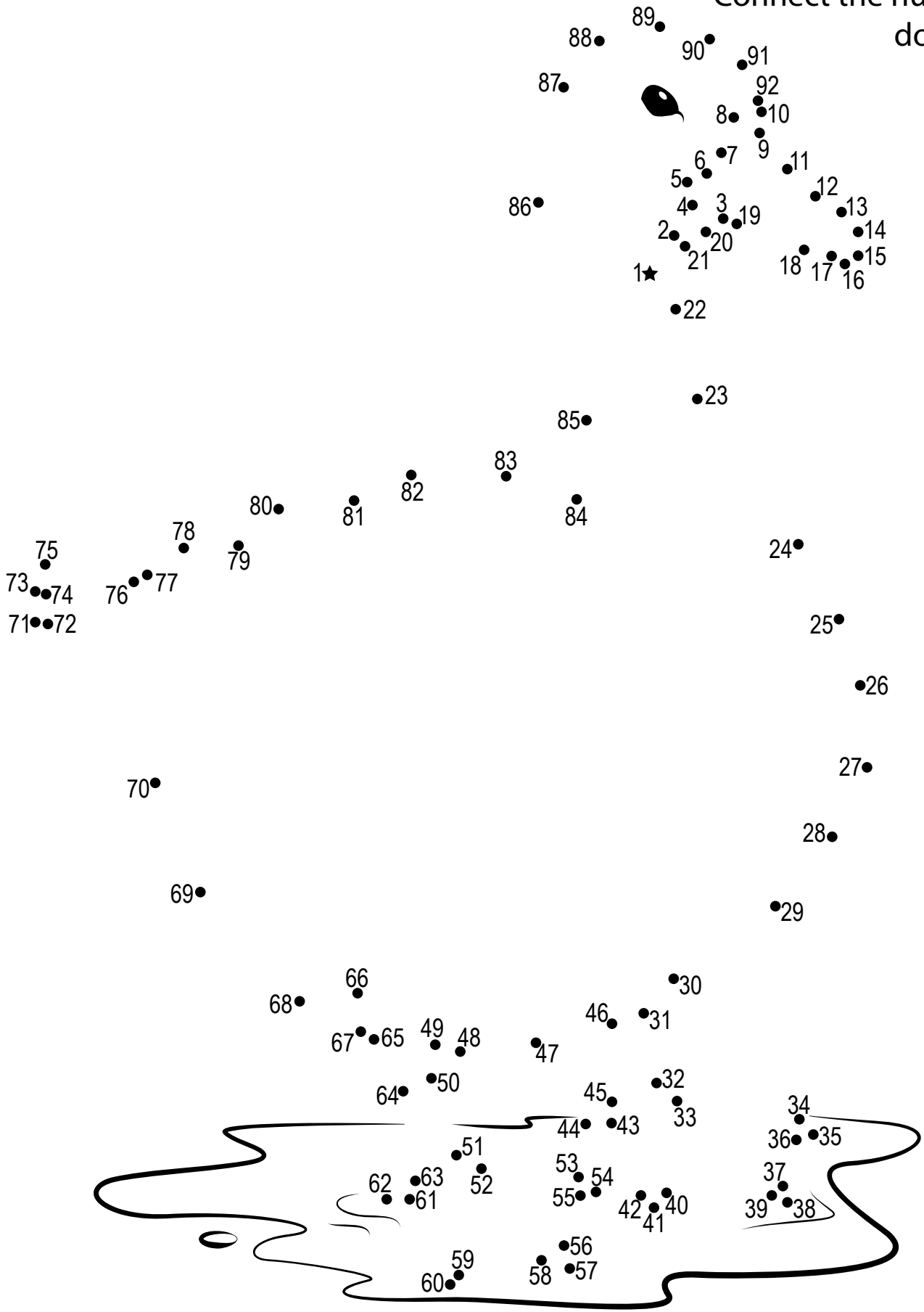
Search the puzzle to find the items listed below.  
Mark them with a check when they've been detected.

- |                                                  |                                                   |
|--------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> 5 fluffy chicks         | <input type="checkbox"/> 5 bunnies                |
| <input type="checkbox"/> 4 kittens               | <input type="checkbox"/> 1 hatchling              |
| <input type="checkbox"/> 4 piglets               | <input type="checkbox"/> 2 joeys (baby kangaroos) |
| <input type="checkbox"/> 4 food bowls            | <input type="checkbox"/> 3 ponies                 |
| <input type="checkbox"/> 1 tiger cub             | <input type="checkbox"/> 2 fawns                  |
| <input type="checkbox"/> 1 elephant calf         | <input type="checkbox"/> 2 lambs                  |
| <input type="checkbox"/> 4 bird nests            | <input type="checkbox"/> 3 puppies                |
| <input type="checkbox"/> 2 calves                | <input type="checkbox"/> 3 feeding bottles        |
| <input type="checkbox"/> 2 ducklings             | <input type="checkbox"/> 3 balls of yarn          |
| <input type="checkbox"/> 3 kits (baby squirrels) | <input type="checkbox"/> 1 baby raccoon           |

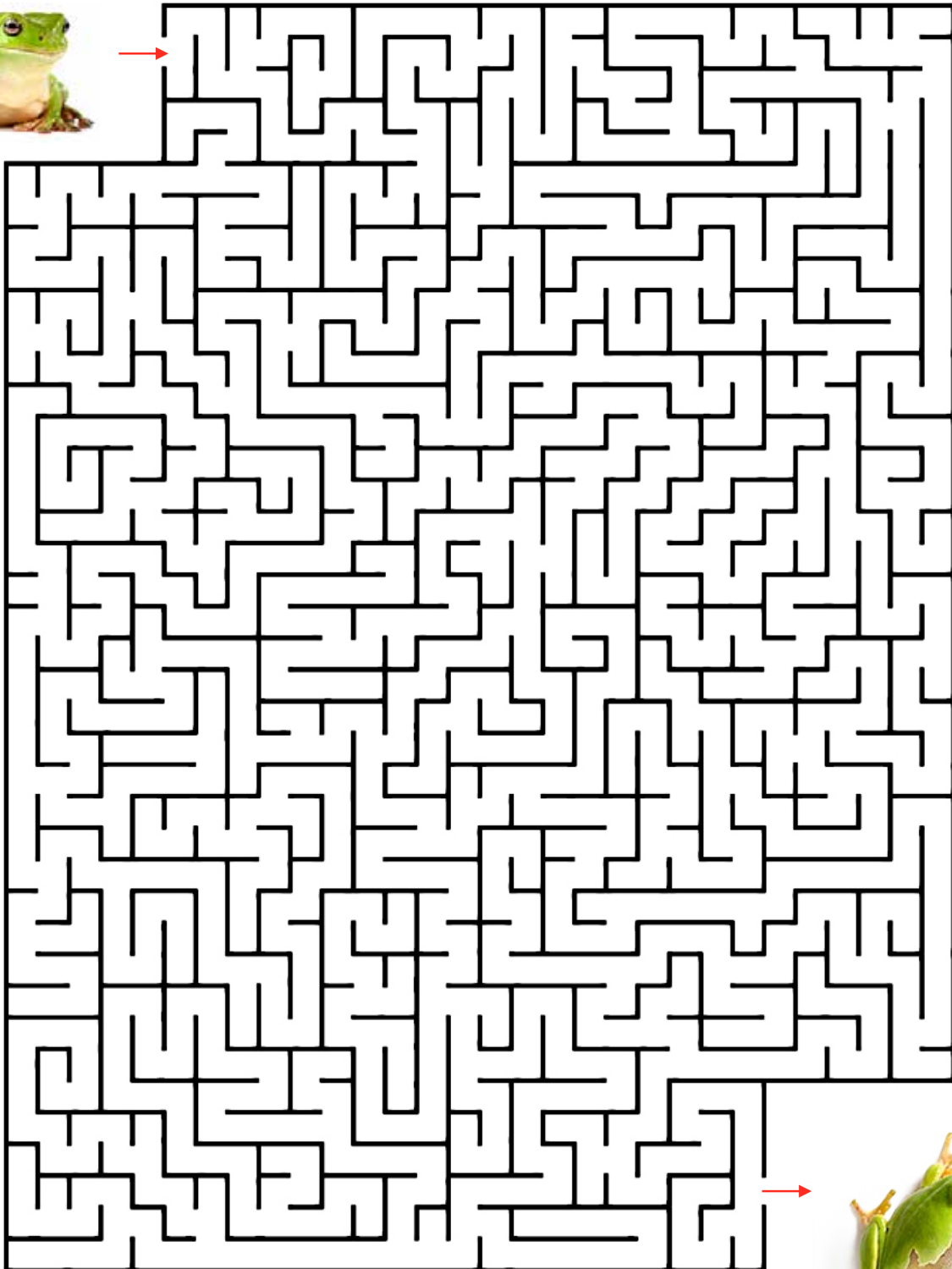
What else do you see in the picture?

# Dot-to-dot #1

Connect the numbered dots 1–92.



# A-Mazing Frogs



# Seder Dinner

Unscramble the letters to reveal words associated with seder. Then search vertically, horizontally, diagonally, forward, and backward to find the words in the puzzle.



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

TZAMHA \_\_\_\_\_

ORACHTES \_\_\_\_\_

TLAS TWREA \_\_\_\_\_

GESG \_\_\_\_\_

NKASH NOBE \_\_\_\_\_

GETBAEVLSE \_\_\_\_\_

NIWE \_\_\_\_\_

FILGETE SFIH \_\_\_\_\_

BTEKSRI \_\_\_\_\_

OORNMACA \_\_\_\_\_

TOPOAT GKULE \_\_\_\_\_

TELTUCE \_\_\_\_\_

# Easter Parade

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



In your \_\_\_\_\_ bonnet, with all the \_\_\_\_\_ upon it,  
 You'll be the \_\_\_\_\_ lady in the Easter \_\_\_\_\_.  
 I'll be all in \_\_\_\_\_ and when they \_\_\_\_\_ you over,  
 I'll be the proudest \_\_\_\_\_ in the Easter parade.

On the \_\_\_\_\_, fifth avenue, the photographers will \_\_\_\_\_ us,  
 And you'll \_\_\_\_\_ that you're in the \_\_\_\_\_.  
 Oh, I could \_\_\_\_\_ a \_\_\_\_\_ about your Easter bonnet,  
 And of the \_\_\_\_\_ I'm taking to the Easter parade.

# Searching for April

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



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

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BLOOMS

CHICKS

DAISY

DIAMOND

EARTH DAY

EASTER

JELLY BEANS

JOKES

PASSOVER

PINK MOON

RAINCOAT

TAURUS

TAX DAY

THUNDER



# Famous April Birthdays

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

- A. Beverly **CLEARY**
- B. Francis Ford **COPPOLA**
- C. Betty **FORD**
- D. David **LETTERMAN**
- E. Loretta **LYNN**
- F. Arthur **MURRAY**
- G. Eliot **NESS**
- H. Al **PACINO**
- I. Joseph **PULITZER**
- J. Debbie **REYNOLDS**
- K. Muddy **WATERS**
- L. William **WORDSWORTH**

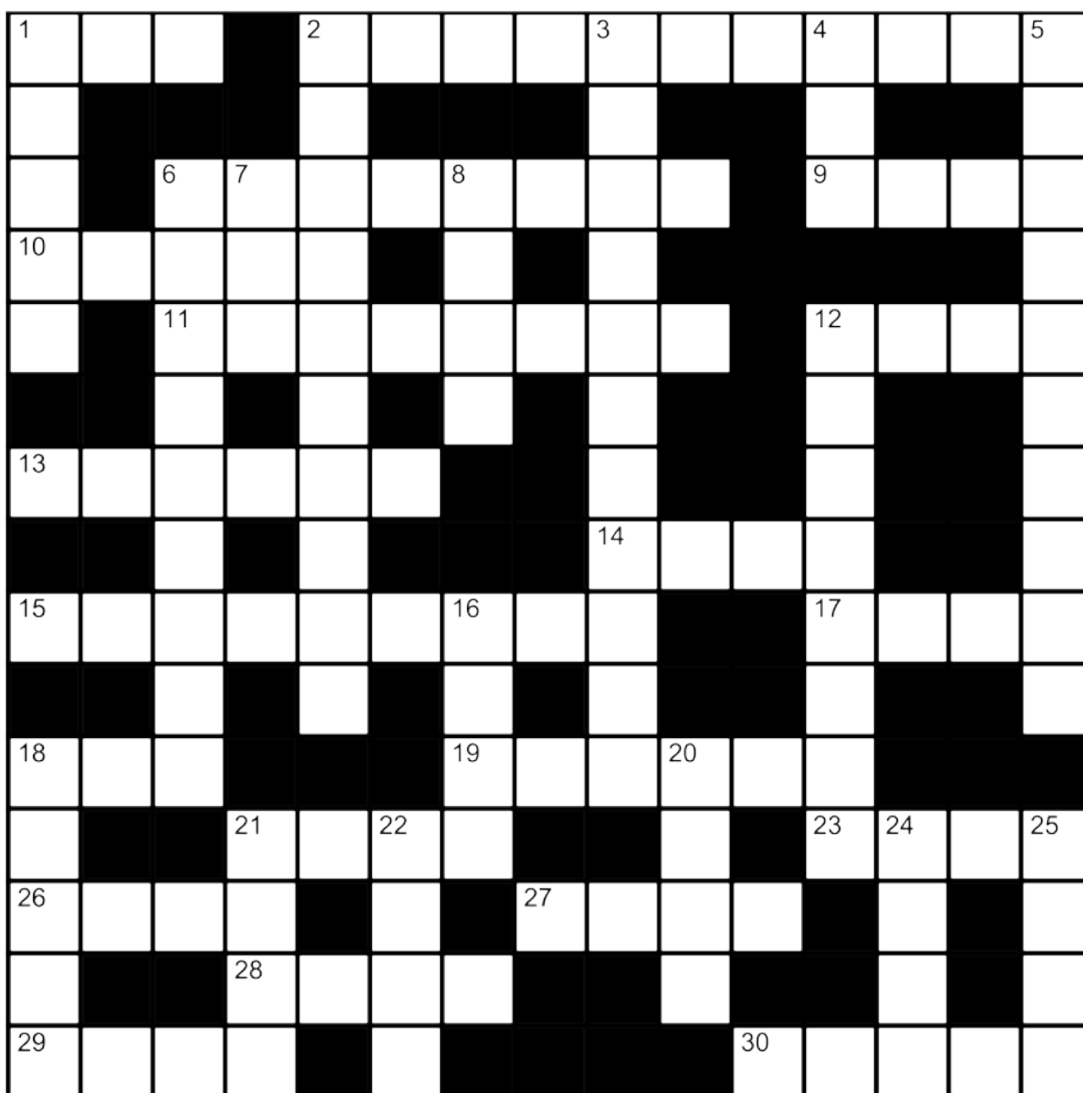
C	W	G	R	D	N	G	T	Q	N	G	Z
L	O	F	X	E	F	C	K	G	N	L	X
E	R	P	S	R	T	L	J	T	Y	R	L
A	D	S	P	R	E	Z	T	I	L	U	P
R	S	V	V	O	F	E	R	U	Q	N	S
Y	W	D	J	I	L	R	Y	K	H	Z	K
L	O	I	L	O	W	A	T	E	R	S	B
V	R	C	I	O	R	Y	F	E	B	A	Z
N	T	L	W	R	N	O	N	I	C	A	P
S	H	B	U	C	R	Y	Z	Y	D	B	Y
Y	O	M	G	D	V	M	E	R	D	Z	E
P	W	C	L	E	T	T	E	R	M	A	N

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

- |                           |                                 |
|---------------------------|---------------------------------|
| 1. Poet/philosopher ____  | 7. TV personality/comedian ____ |
| 2. Actress ____           | 8. Country singer ____          |
| 3. American lawman ____   | 9. Journalist/publisher ____    |
| 4. U.S. first lady ____   | 10. Filmmaker ____              |
| 5. Children's author ____ | 11. Dancer/businessman ____     |
| 6. Blues singer ____      | 12. Actor ____                  |

# Crossword #52

Use the clues to fill in the crossword.



## ACROSS

1. Coal container
2. Joyous occasion
6. Most uncomplicated
9. Longtime boyfriend
10. Little Bo Peep lost this
11. Expressing approval or admiration
12. Not low
13. Error allowance
14. Mix up
15. Thick crude oil
17. Eye part
18. Soldiers in the U.S. Army, abbrev.
19. Beach shoe
21. "Where the heart is"
23. Distant admirer, ogler, or viewer

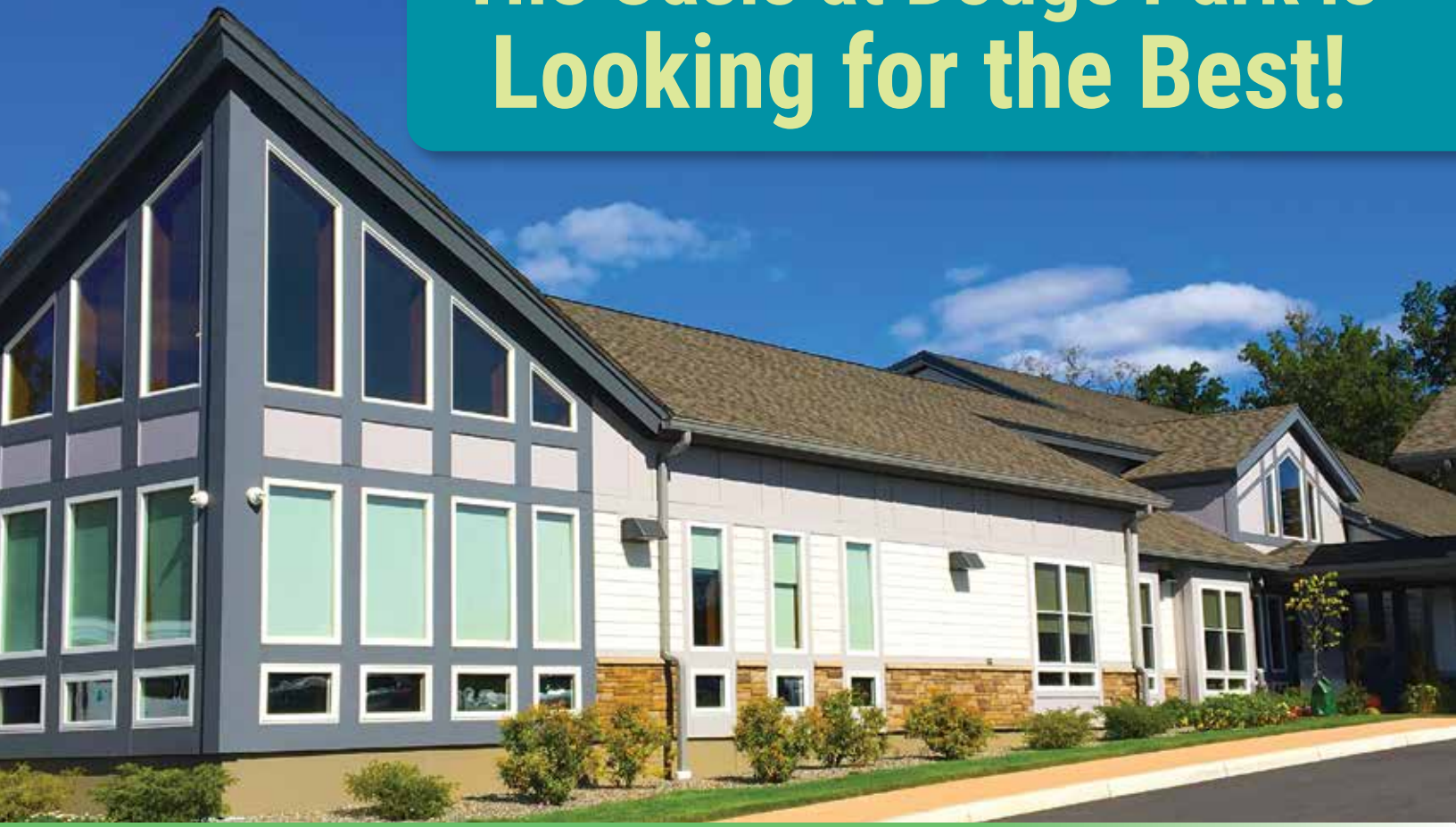
26. Rod for a hot rod
27. Show off biceps
28. The Sun \_\_\_\_ Rises, Hemingway
29. Bought the farm
30. Things you can hang your hat on

## DOWN

1. Advice from a dentist
2. Examining two things side by side
3. A chap engaged in commerce
4. Is often rhymed with rub and dub
5. Most disobedient
6. Splits up

7. Institute for Energy Research, abbrev.
8. Where nice guys finish
12. Like Hägar of the comics
16. "\_\_\_\_ on Down the Road"
18. Watch over
20. Female deer (plural)
21. \_\_\_\_ of lettuce, for example
22. Buses and subway systems; \_\_\_\_ transit
24. It goes up and down
25. Marble, pumpernickel, and Russian are some

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



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

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

# Your Loved Ones Deserve the Best

Worcester's Premier Senior Residential Care Facility



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



Schedule a no-obligation tour  
and receive our **FREE** book



(508) 853-8180 • [OasisAtDodgePark.com](http://OasisAtDodgePark.com)

*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!



**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*

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

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

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

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



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

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

**CLICK TO GET INSTANT ACCESS**

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

# Memory Care Support Group



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

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

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

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

## Meet Dennis Goguen

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

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

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

Please RSVP via email to Micha Shalev at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or call 508-853-8180

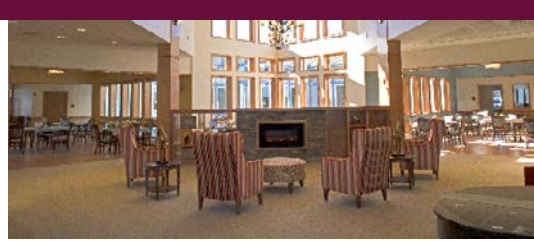
**You can also attend the meeting virtually.**

Please email [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) to receive the Zoom address prior to the meeting.

**Dodge Park**



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



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

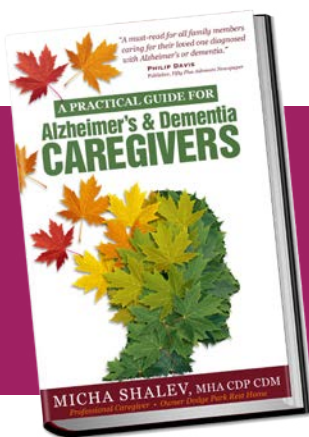
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



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

## *Two Communities—One Unique Mission*

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



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

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



**DODGE PARK**  
Rest Home and Day Club

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



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

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

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



## SCHEDULE A TOUR

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

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

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

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

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

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

*We hope to see you there.*

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

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

# *The 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](http://www.DodgePark.com)  
[www.OasisAtDodgePark.com](http://www.OasisAtDodgePark.com)**



# Dodge Park



101 and 102 Randolph Road, Worcester, MA 01606

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

DodgePark.com • OasisAtDodgepark.com

