

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER



hello
May

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



Wandering and Sundowning at Individuals with Dementia and Long Term Facilities

By Micha Shalev MHA

Wandering may be a response to restlessness, agitation, fear, boredom, or physical discomfort. It may be a continued expression of a life-long habit of walking in a work situation or leisure-time pursuit. Wandering in some cases may be viewed as a positive activity when contained in a hazard free environment.

Sundowning describes increasing confusion or agitation in late afternoon or early evening. The causes are unknown. Possibly, the individual becomes exhausted and unable or unwilling to cope with minimal demands.

Problem:

Other residents or caregivers at home are annoyed by person wandering in around.

Staff and/or caregivers needs to be hyper-alert for resident intent on leaving the area.

Resident insists on "going home."

Resident is suspicious, disoriented, and sometimes hallucinates in the early evening.

Resident paces aimlessly and continuously.

Resident has sore or swollen legs and feet from prolonged pacing.

Goal:

Provide safe, hazard-free environment for resident to explore (in some instances, wandering may provide good exercise and stimulation).

Provide familiar, secure environment where individual needs are met, and thus, reduce the need for wandering.

Suggested Approach:

Provide activities that encourage use of excess physical energy, example: walking in an enclosed area, exercise classes, yoga, stretching, gardening and sweeping.

Attend to the feelings that prompt wandering such as

boredom, worry, hunger, pain, need to use the bathroom.

Provide personal identification such as medical alert

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

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

bracelet should the patient get away. Keep a photo and a piece of unwashed clothing of the resident in a plastic bag to assist in the search if he wanders away from the home or the facility.

Provide structure so that resident feels safe and knows what is expected.

Help resident make sense of his environment to reduce feelings of anxiety and "searching behavior".

Provide needed assistance to prevent frustration. Be sure activity fits the individual. If it is too simple, it may prove demeaning; if it is too difficult, it creates frustration.

Check with family members about the individual's history.



Wandering may be an outgrowth of his work which involved a pattern of walking, i.e. mail man, meter counter, factory supervisor, etc.

Label clearly areas such as bathrooms, dining room, and resident's own room.

Decrease noise, clutter, and activity which can add to confusion and anxiety.

Distract when possible with another activity.

Do not restrain the individual. This may provoke a catastrophic reaction.

Do not argue or rationalize with the patient. Reassure.

Prolonged pacing expends tremendous energy. The residents may lose weight. Check with nurse or physician. Prolonged pacing may also cause loss of fluid. This can be serious if dehydration leads to physical complications and increased confusion.

Observe resident's pattern and time of wandering. Are there triggering incidents including staff behavior which can be avoided?

Judicious use of medication may be useful in controlling agitated or fearful behaviors.

Provide articles or activities which provide comfort or security for the individual, i.e., a favorite blanket or doll, soothing, familiar music, or a quiet task "folding towels".

Provide a night light.

Micha Shalev MHA CDP CDCM CADDCT is the owner of Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 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. The programs at Dodge Park Rest Home specialized in providing care for individuals with dementia and Alzheimer's disease. The facility is holding a FREE monthly support group meeting on the 2nd Tuesday of each month for spouses and children of individuals with dementia and/ or Alzheimer's disease. 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



Dodge Park

OASIS
AT DODGE PARK

PLEASE JOIN US

Dodge Park & Oasis at Dodge Park
to be Honored by the City of Worcester

We are proud to share that Oasis at Dodge Park will be recognized by Mayor Joseph M. Petty and the Worcester City Council with a special proclamation.

This honor celebrates our achievement of winning the **Caring.com Super Star Award** and for being the only facilities in Massachusetts to receive this distinction.



The City of
Worcester

CITY COUNCIL MEETING RECOGNITION

Tuesday, May 5, 2026

6:30 PM

Worcester City Hall

**Esther Howland (South) Chamber, 3rd Floor
455 Main Street, Worcester, MA 01608**

We warmly invite our residents, families, staff, and community members to join us for this special moment of recognition.

Come celebrate this incredible achievement with us!

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



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

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

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

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

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

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

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

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

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

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

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

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



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



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

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

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

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

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

Participants may enjoy activities such as:

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

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

This is not a meal program.

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

Dodge Park

 **OASIS**
AT DODGE PARK

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

AROUND DODGE PARK AND OASIS



AROUND DODGE PARK AND OASIS





Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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102 Randolph Road • Worcester, MA
508-853-8180 • OasisAtDodgePark.com

Making a difference in the lives of seniors and their families



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

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

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

Unparalleled Level of Care and Service

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

Dodge Park

 **OASIS**
AT DODGE PARK



My family member has been a resident at Oasis for one year. The room provided is lovely, clean and spacious, with a large picture window overlooking a pretty courtyard. Laundry is done and delivered to the room daily. There is fun music every day in the main gathering room. The owners are always available for any questions and care very much for the residents. The front desk nurses provide comprehensive oversight for the resident's needs and are very kind, as are the greeters at the front door and the large group of aides who work there. My relative is very content living at the Oasis, a very beautiful and modern facility. Many thanks to all at the Oasis!

The rooms are neat, clean and comfortable for the little time the residents spend there. Each room has a bird feeder outside the window that is kept full by the staff. The staff are very attentive. All of the residents sit in a "family room" where there are activities - exercise, music, games. The staff to resident ratio is very high. Staff includes maintenance, food service, nursing, aides, owners, and reception. Include everyone because they ALL interact with the residents by name. They are friendly and engaging and will stop along their way to say "Hi! How are you?" My aunt is very well cared for here and I feel very comfortable when I am not able to stop in as often as I would like.

The rooms are roomy, very clean, tv, closet, shower, clean linens, windows for sunlight, closely monitored, overall excellent. Laundry included. The food is very appealing with a very good variety, allergies are addressed in preparation. Staff are very friendly and caring. There are many activities, live entertainment daily, music, and movies every night. This is an excellent facility for dementia patients. My husband has dementia and has improved very much since he has been here. All in all I am very pleased with everything regarding this facility and highly recommend it. Security is top notch.

Incredible caring and competent staff Consistent and responsive leadership Beautiful, well-maintained facilities. I always feel welcomed and respected from the receptionists, nurses, caregivers, kitchen staff and leadership team. Having my family member at Oasis has taken a heavy load off my shoulders. I now focus on visiting and not on managing care.

ACTIVITY CALENDARS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h2>May 2026</h2> | | | | | | May Day 6:30- Coffee Cart & Conversations 10:00- Seated Yoga Flow w. Bonnie Art Therapy w. Lynda 10:30- Photo Card Match Up 11:00- Show Tunes Reminiscing 2:15- All About May Day 2:30- Live Music w. Mike O. 6:30- Sharing Recipes Circle | Kentucky Derby 6:30- Daily Chronicle & Hot Cocoa 10:00- Place Your Bets Horse Races 10:30- Photo Opportunity 11:00- Jeopardy Trivia 2:15- Derby Facts & History 2:30- Live Music w. Sandy R. Table Top Sensory 6:50- Live from Churchill Downs |
| 6:30- Sunday Morning News & Tea 10:00- Hymns of Praise Sing-A-Long Congregational Church 10:45- Counting Blessings 2:15- Daily Chronicle 2:30- Live Music w. Curtis M. 6:30- Manicure Stations 7:30- Home & Garden Network | 6:30- Happy Hands Laundry Folding 10:00- Guided Tai Chi Stretches 10:30- Catholic Mass w. Father E. Table Top Puzzles 2:15- Bird Enthusiasts 2:30- Exercise w. Paula S. Green Thumb Gardening Bins 6:30- Springtime Poetry Corner | Cinco De Mayo 6:30- Morning Discussion Question 10:00- Tranquil Tuesday Stretches 10:30- Catholic Mass w. Father E. 11:00- Springtime Singing 2:15- All About Cinco De Mayo 2:30- Live Music w. Sean F. 6:30- Dodge Park Book Club 7:30- Hallmark Classics | 6:30- Salon Hair Stylings & Tea 10:00- Art Therapy w. Lynda S. Free Space Bingo Callers 10:30- Catholic Mass w. Father E. 2:15- Rhyme Time 2:30- Live Music w. Russ R. 6:30- Who, What, Where? 7:30- Movie Night | 6:30- Full Mugs Coffee Station 10:15- Cozy Crumbs Baking Club Watercolor Creations Seasonal Sensory 2:15- Large Scale Crossword Puzzle 2:30- Live Music w. Paula S. Walking Group 6:30- Conversation Ball Toss | 6:30- Coffee Cart & Conversations 10:00- Seated Yoga Flow w. Bonnie Art Therapy w. Lynda 10:30- Photo Card Match Up 11:00- Show Tunes Reminiscing 2:15- Motherly Advice 2:30- Live Music w. Jim P. 6:30- Sharing Recipes Circle | 6:30- Daily Chronicle & Hot Cocoa 10:00- Place Your Bets Horse Races 10:30- Balloon Volleyball 11:00- Jeopardy Trivia 2:15- Finish the Phrase Afternoon Exercises 3:30- Live Music w. Lenny Z. 6:30- Junk Drawer Detectives | |
| Mother's Day 6:30- Sunday Morning News & Tea 10:00- Hymns of Praise Sing-A-Long Congregational Church 10:45- Counting Blessings 2:15- Honoring Mothers 2:30- Live Music w. Paul B. 6:30- Manicure Stations 7:30- Home & Garden Network | 6:30- Happy Hands Laundry Folding 10:00- Guided Tai Chi Stretches 10:30- Catholic Mass w. Father E. Table Top Puzzles 2:15- Bird Enthusiasts 2:30- Exercise w. Paula S. Green Thumb Gardening Bins 6:30- Springtime Poetry Corner | 6:30- Morning Discussion Question 10:00- Tranquil Tuesday Stretches 10:30- Catholic Mass w. Father E. 11:00- Springtime Singing 2:15- May Mad Libs 2:30- Live Music w. Jodie R. 6:30- Dodge Park Book Club 7:30- Hallmark Classics | 6:30- Salon Hair Stylings & Tea 10:00- Art Therapy w. Lynda S. Free Space Bingo Callers 10:30- Catholic Mass w. Father E. 2:15- Rhyme Time 2:30- Live Music w. John M. 6:30- Who, What, Where? 7:30- Movie Night | 6:30- Full Mugs Coffee Station 10:15- Parachute Circle Watercolor Creations Seasonal Sensory 2:15- Large Scale Crossword Puzzle 2:30- Live Music w. Jeff T. Walking Group 6:30- Conversation Ball Toss | 6:30- Coffee Cart & Conversations 10:00- Seated Yoga Flow w. Bonnie Art Therapy w. Lynda 10:30- Photo Card Match Up 11:00- Show Tunes Reminiscing 2:15- Motherly Advice 2:30- Live Music w. Paula S. 6:30- Sharing Recipes Circle | 6:30- Daily Chronicle & Hot Cocoa 10:00- Place Your Bets Horse Races 10:30- Balloon Volleyball 11:00- Jeopardy Trivia 2:15- Finish the Phrase 2:30- Live Music w. Paul B. Table Top Sensory 6:30- Junk Drawer Detectives | |
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*Activities Are Subject to Change Dodge Park Rest Home & Day Club 101 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director A.Laba@Dodgepark.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h2>May 2026</h2> | | | | | | Kentucky Derby 10:00- Derby History & Stories Hats on Parade 10:45- Exercise w. Paula S. 11:45- Run For the Roses Song 2:15- Live Music w. Paul B. 3:30- Place Your Bets Horse Racing Building Block Creations 6:50- Live From Churchill Downs |
|  10:00- Trivial Pursuit 10:45- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Jordan G. 3:30- Free Space Bingo Photo Reminiscing Discussion Walking Group 7:00- Oasis Book Club | 10:00- Act It Out 10:30- Exercise w. Joe F. 10:30- Catholic Mass w. Father E. 2:15- Live Music w. Sean F. 3:30- Table Top Puzzle Solving Board Game Stations Guided Aerobics 7:00- Manicure Stations | Cinco De Mayo 10:00- Holiday History Photo Opportunities 10:30- Catholic Mass w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 2:15- Live Music w. Mike O. 3:30- Cinco De Mayo Fiesta! 7:00- Guided Yoga Meditation | 10:00- Conversation Ball Toss 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 2:00- Art Therapy w. Lynda S. 2:15- Live Music w. Jodie R. 3:30- Ring Toss Tournament Junk Drawer Detectives 7:00- Fireside Poetry Reading | 10:00- Patio Walking Rat Pack Performance 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Jodie R. 3:30- May Flowers Watercolors Large Scale Crossword 7:00- Botanical Garden Tours | 10:00- White Board Word Games 10:30- Exercise w. Paula S. 11:30- Oasis Game Show Trivia 2:15- Live Music w. Jim P. 3:30- Sunny Spin Laundry Folding Common Ground Men's Group Kindred Hearts Circle 7:00- Red Sox Rewind | 10:00- Bubbles & Balloon Toss 10:45- Exercise w. Paula S. 11:45- Run For the Roses Song 2:15- Live Music w. Lenny Z. 3:30- Place Your Bets Horse Racing Building Block Creations Flower Arrangements 7:00- Turner Classic Movie |
| Mother's Day 10:00- Photo Opportunities 10:45- Exercise with Paula S. 11:45- Advise from the Mothers 2:15- Live Music w. Rusty G. 3:30- Free Space Bingo Photo Reminiscing Discussion Walking Group 7:00- Oasis Book Club | 10:00- Act It Out 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 2:15- Live Music w. Sean F. 3:30- Table Top Puzzle Solving Board Game Stations Guided Aerobics 7:00- Manicure Stations | 10:00- Morning Discussion Question 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 2:15- Live Music w. Heather R. 3:30- Springtime Sensory Bins Free Space Bingo 7:00- Guided Yoga Meditation | 10:00- Conversation Ball Toss 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 2:00- Art Therapy w. Lynda S. 2:15- Live Music w. Sean F. 3:30- Ring Toss Tournament Junk Drawer Detectives 7:00- Fireside Poetry Reading | 10:00- Patio Walking Rat Pack Performance 10:30- Exercise w. Paula S. 11:30- Golden Crumbs Baking Club 2:15- Live Music w. Bill M. 3:30- May Flowers Watercolors Large Scale Crossword 7:00- Butterfly Museum Tours | 10:00- White Board Word Games 10:30- Exercise w. Paula S. 11:30- Oasis Game Show Trivia 2:15- Live Music w. Sean F. 3:30- Sunny Spin Laundry Folding Common Ground Men's Group Kindred Hearts Circle 7:00- Red Sox Rewind | 10:00- Bubbles & Balloon Toss 10:45- Exercise w. Paula S. 11:45- Run For the Roses Song 2:15- Live Music w. Bill M. 3:30- Place Your Bets Horse Racing Building Block Creations Flower Arrangements 7:00- Turner Classic Movie |
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| 10:00- Trivial Pursuit 10:45- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Jordan G. 3:30- Free Space Bingo Photo Reminiscing Discussion Walking Group 7:00- Oasis Book Club | Memorial Day 10:00- Memorial Day Service 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 2:15- Live Music w. Sean F. 3:30- Table Top Puzzle Solving Board Game Stations Guided Aerobics 7:00- Manicure Stations | 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:00- Resident Council 11:15- Catholic Mass w. Father E. 2:15- Live Music w. Rockin' Robin 3:30- Springtime Sensory Bins Free Space Bingo 7:00- Guided Yoga Meditation | 10:00- Conversation Ball Toss 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 2:00- Art Therapy w. Lynda S. 2:15- Live Music w. Sean F. 3:30- Ring Toss Tournament Junk Drawer Detectives 7:00- Fireside Poetry Reading | 10:00- Patio Walking Rat Pack Performance 10:30- Exercise w. Paula S. 1:30- Golden Crumbs Baking Club 2:15- Live Music w. Arizona Doug 3:30- May Flowers Watercolors Large Scale Crossword 7:00- Butterfly Museum Tours | 10:00- White Board Word Games 10:30- Exercise w. Paula S. 11:30- Oasis Game Show Trivia 2:15- Live Music w. Sean F. 3:30- Sunny Spin Laundry Folding Common Ground Men's Group Kindred Hearts Circle 7:00- Red Sox Rewind | 10:00- Bubbles & Balloon Toss 10:45- Exercise w. Paula S. 11:45- Run For the Roses Song 2:15- Live Music w. Rusty G. 3:30- Place Your Bets Horse Racing Building Block Creations Flower Arrangements 7:00- Turner Classic Movie |
| 10:00- Trivial Pursuit 10:45- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Curtis M. 3:30- Free Space Bingo Photo Reminiscing Discussion Walking Group 7:00- Oasis Book Club | The Oasis at Dodge Park | | | | | |

The Oasis at Dodge Park 102 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director A.Laba@Dodgepark.com *Calendar is Subject to Change*



The Origins of Memorial Day

In this activity we will learn about the history of Memorial Day. There is a discussion with questions to start a conversation, facts about the day, and additional activities for further exploration of this holiday.

Introduction

Throughout history, humans the world over have honored their dead with ceremonies and rites. These mourning traditions have long provided support for the bereaved and made grief easier to handle. These traditions are especially for those who have lost loved ones suddenly, such as soldiers at war. Every year in the United States, Memorial Day is a public holiday to celebrate and honor fallen American soldiers.

Today, traditional ways to mark the day include decorating soldiers' graves with flowers or a folded American flag, parades, and patriotic music. However, the origins of the holiday were far more humble. While different historians have tried to uncover the exact date the celebration began or which group started it, the most plausible story is that Memorial Day grew out of many different celebrations to memorialize fallen loved ones.

The End of the Civil War

The Civil War ended in 1865, leaving behind a trail of death in its wake. Hundreds of thousands of Americans from both sides were dead, and many could not be returned to their homes to be buried. In May of that year, Charleston, South Carolina, was liberated by Union soldiers, and the

Black residents, now freed, worked diligently to exhume the bodies of the Union soldiers who had died in battle to liberate them. The soldiers had been buried in a mass grave at an abandoned racetrack. The residents reburied the bodies in a proper cemetery and inscribed an archway with the words "Martyrs of the Race Course." During the reburial, almost 10,000 Black people took part in a mourning procession while carrying flowers and singing.

Another spontaneous occurrence of a day of memorial happened in April of 1866, in Columbus, Mississippi, when a group of women carried baskets of flowers to decorate the graves of their fallen Confederate soldiers. According to the story, the women were sad to see that the nearby Union graves were bare and neglected, so they laid flowers on those graves as well.

There are approximately 25 similar stories about memorial ceremonies and celebrations in the post-Civil War years. Then, in May of 1868, the Grand Army of the Republic established its own day of the dead: Decoration Day. May 30 was selected because flowers would be plentiful, and the purpose of the original holiday was to encourage people to decorate graves of the fallen soldiers with flowers. That year, the first official Decoration Day was held at Arlington National Cemetery.

General and Mrs. Ulysses S. Grant presided over the ceremonies, which began with heartfelt speeches followed by a procession through the cemetery led by children from the Soldier's and Sailor's Orphan Home and members of the Grand Army of the Republic. They sang hymns and recited prayers as they

laid flowers on each grave. The ceremony took care to honor the fallen from both sides, reminding those in attendance that brothers had often fought against each other, but they were reunited now.

Discussion Questions

- There are many stories about the “first” Memorial Day. Do you think it’s important to know exactly what happened? Why or why not?
- Grief is a universal emotion. What are your thoughts on public days of mourning, such as Memorial Day, to work through this grief?
- What traditions to honor the dead have you been a part of?

From Regional to National Holiday

In the years after, Decoration Day became more and more popular, although people found themselves preferring to call the date “Memorial Day.” By the 1900s, Memorial Day ceremonies were being held in every state. States individually designated May 30 as the holiday’s date, and the military adopted regulations for proper observance.

For many years, Memorial Day was limited to mourning those who had died in the Civil War. However, when World War I ended, the day was expanded to honor all who died in any American war. With each war thereafter, the public commitment to Memorial Day increased, and in 1971, the day was made into a national holiday by an act of Congress. The date was changed slightly, so that it would always fall on the last Monday in May. In 2000, “The National Moment of Remembrance Act” was passed, which essentially was a way to create a network that would coordinate and encourage all Americans to pause, wherever they may be, for a full minute at 3 p.m. on Memorial Day. It is during this moment of reflection that citizens are encouraged to remember and honor those who have died in service.

During that moment, you may wish to reflect on a tribute written over 24 centuries ago. Ancient Athenian Pericles wrote: “Not only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men.” While modern Memorial Day

has its own American uniqueness, its origins of public mourning are universal and provide us a way to honor our dead and process our grief with joy and thankfulness.

Discussion Questions

- From Decoration Day to Memorial Day, the holiday has changed a lot since it was created. What are your thoughts on these changes? What are some ways you could see it changing in the future? Are there any changes you would like to see?
- What are your thoughts on moments of silence? Do you appreciate the chance to reflect? Do you feel that it connects you with others? Why or why not?
- Pericles lived from 495 BC–429 BC, but his words seem to match our modern sentiment about soldiers. What is your experience with the military? Do you feel that modern Memorial Day reflects the sentiment of Pericles?

Memorial Day Fast Facts

- On Memorial Day, the proper way to raise the flag is to first raise it quickly to the top, then slowly lower it to half-mast until noon, and then back to the top (or full mast) for the rest of the day.
- The idea of using red poppies to commemorate fallen soldiers first appeared in the poem “In Flanders Field,” written by Lieutenant Colonel John McCrae in 1915.
- In 1924, when faced with a shortage of poppies from French manufacturers, the first artificial poppy factory was created in Pittsburgh, Pennsylvania. It employed veterans who needed work.
- On Memorial Day, bikers hold an event known as the Rolling Thunder Run. In this annual motorcycle rally, participants raise awareness of prisoners of war and those missing in action.
- Our tradition to commemorate Memorial Day with a backyard barbecue began with the original tradition of having a picnic lunch on the burial sites of our fallen loved ones.



Mom Humor (Because if you don't laugh, you'll cry!)

- “My mother had a great deal of trouble with me, but I think she enjoyed it.” ~ Mark Twain
- “If evolution really works, how come mothers only have two hands?” ~ Milton Berle
- “Most mothers are instinctive philosophers.” ~ Harriet Beecher Stowe
- Silence is golden. Unless you have kids. Then silence is just suspicious.
- I hate it when I'm waiting for mom to cook dinner and then I remember I am the mom and I'm the one that has to do it.
- When my kids act up in public, I like to yell, “Wait until I tell your mom!” and pretend they're not mine.
- Boys: Less drama than girls, but harder to keep alive.
- Why do my kids never appreciate that I stayed up all night overthinking for them?
- A mother is the person you can call to see how long chicken lasts in the refrigerator.
- I thought to myself, What's the point of cleaning if my family is going to keep living here?
- Our teen has decreed we are the Worst Parents Ever. We will hold our coronation ceremony to accept this honor next Friday. Invitations to follow.
- I told my mom I thought parenting got easier as the kids get older, and she laughed so hard she cried a little.
- Sometimes I open my mouth and my mother comes out.

- Having one child makes you a parent. Having two children makes you a referee.
- My kid is turning out just like me. Well played, karma. Well played!

A Motherly Quiz

1. This woman's nine children included two U.S. senators and one U.S. president.

- A. Eleanor Roosevelt
- B. Dolley Madison
- C. Rose Kennedy
- D. Barbara Bush

Answer: C. Rose Kennedy. The daughter of the mayor of Boston and wife of the U.S.

ambassador to England, Rose Kennedy was the mother of nine children, including President John F. Kennedy and Senators Robert and Ted Kennedy. She died at the age of 104.

2. How many women have been both the wife of one U.S. president and mother of another?

- A. None
- B. Two
- C. Three
- D. One

Answer: B. Two. Abigail Adams and Barbara Bush both hold this honor. They were also both published authors.

3. Despite never having birthed any babies, this woman was known as “mother” by thousands while serving as a missionary in India.

- A. Mother Teresa
- B. Saint Elizabeth Seton
- C. Bernadette Soubirous
- D. Saint Agnes

Answer: A. Mother Teresa. The Catholic nun of Albanian descent was born as Agnes Gonxha Bojaxhiu and lived in India most of her life. She founded the Missionaries of Charity and earned the name Mother Teresa through her tireless dedication to the people living in the slums of India. She was awarded the Nobel Peace Prize in 1979.



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

MAY OBSERVANCES

Monthly

ALS Awareness Month. Numerous organizations and communities get together to spread awareness of amyotrophic lateral sclerosis (ALS), a rare neurological disease affecting nerve cells that control voluntary muscle movement. Though there is no cure for ALS, early detection can help in improving the quality of life of those with the disease.

Lupus Awareness Month. An opportunity for the lupus community to join together across the country to raise funds and awareness of the physical, emotional, and economic impact of lupus. There are many ways to help make lupus visible in May, from sharing your story on social media to starting a fundraiser or making a donation.

Military Appreciation Month. Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show its appreciation for troops past and present. May was chosen because it has many individual days marked to note the military's achievements.

National Inventors Month. National Inventors Month was started in 1998 to help promote a positive image of inventors and the contributions they give to this world. "We want to recognize those talented, brave individuals who dare to be blatantly creative, and therefore different, and whose accomplishments affect every facet of our lives," says Joanne Hayes-Rines, editor of *Inventors' Digest* and a sponsor of National Inventors Month.

Weekly

Be Kind to Animals Week, May 3-9. The American Humane Association created Be Kind to Animals Week in 1915 to encourage humanity towards animals. Each year, animal shelters all over the country hold special events to raise awareness about animals in their communities.

EMS (Emergency Medical Services) Week, May 17-23. The 2022 EMS Week theme is "EMS: Rising to the Challenge." This theme reminds people that every day, EMS workers are faced with new challenges, and yet they still respond, support, and care for the needs of their communities.

SPECIAL DAYS

- 1 Hawaiian Lei Day
- 1 International Tuba Day – The first Friday in May.
- 1 Loyalty Day
- 1 May Day
- 1 Mother Goose Day
- 1 Save the Rhino Day
- 1 Space Day – The first Friday in May.
- 2 Baby Day
- 2 Brothers and Sisters Day
- 2 Free Comic Book Day – The first Saturday in May.
- 2 Herb Day – The first Saturday in May.
- 2 Kentucky Derby Day – The first Saturday in May.
- 2 National Fitness Day – The first Saturday in May.
- 3 Garden Meditation Day
- 3 Lumpy Rug Day
- 3 World Press Freedom Day
- 4 Bird Day
- 4 National Candied Orange Peel Day
- 4 Renewal Day
- 4 Star Wars Day
- 5 Cartoonist Day
- 5 Cinco de Mayo
- 5 National Hoagie Day
- 5 Oyster Day
- 6 Beverage Day
- 6 Bike to School Day – The first Wednesday in May.
- 6 National Day of Prayer – The first Thursday in May.
- 6 National Teacher's Day – The Tuesday of the first full week of May.
- 6 No Diet Day
- 6 Nurses Day
- 6 School Nurses Day – The Wednesday during Nurse's Week.
- 6 Tourist Appreciation Day
- 7 National Paste Up Day
- 7 Tourism Day
- 8 Child Care Provider Day or Daycare Provider Day
- 8 Iris Day
- 8 Military Spouses Day – The Friday before Mother's Day.
- 8 National Outdoor Intercourse Day
- 8 No Socks Day
- 8 V-E Day
- 8 World Red Cross Day / World Red Crescent Day
- 9 Birth Mother's Day – The Saturday before Mother's Day.
- 9 Hanging Flower Baskets Day – The Saturday before Mother's Day.
- 9 International Migratory Bird Day – The second Saturday in May.
- 9 Lost Sock Memorial Day
- 9 National Babysitters Day – The Saturday before Mother's Day.
- 9 National Train Day – The Saturday closest to May 10th.
- 9 Windmill Day – The second Saturday in May.
- 9 Tear the Tags of the Mattress Day
- 10 Clean up Your Room Day
- 10 Lilac Sunday – The second Sunday in May.
- 10 Mother's Day – The second Sunday in May.
- 10 Eat What You Want Day
- 10 Twilight Zone Day
- 12 Fatigue Syndrome Day
- 12 International Nurses Day
- 12 Limerick Day
- 13 Frog Jumping Day
- 13 International Hummus Day
- 13 Leprechaun Day
- 13 National Apple Pie Day
- 13 National Receptionist Day – The second Wednesday in May.
- 14 Dance Like a Chicken Day
- 14 National Buttermilk Biscuit Day

SPECIAL DAYS

15 Bike to Work Day – The third Friday of the month.
15 Endangered Species Day – The third Friday in May.
15 National Chocolate Chip Day
15 National Slider Day
15 Police Officer's Memorial Day
16 Armed Forces Day – The third Saturday of the month.
16 Love a Tree Day
16 National Mimosa Day
16 Wear Purple for Peace Day
16 Sea Monkey Day
17 National Walnut Day
17 Pack Rat Day
17 World Baking Day – The third Sunday in May.
18 International Museum Day
18 INo Dirty Dishes Day
18 IVictoria Day (Canada) – The Monday preceding the 25th of May.
18 IVisit Your Relatives Day
19 Boy's Club Day
19 National Devil's Food Cake Day
19 World Plant a Vegetable Garden Day
20 Amelia Earhart Day
20 Be a Millionaire Day – Now, we all can go for that.
20 Pick Strawberries Day
21 National Memo Day
21 National Waiters and Waitresses Day
22 Buy a Musical Instrument Day
22 Don't Fry Friday – The Friday before Memorial Day.
22 National Maritime Day
22 World Goth Day
23 Lucky Penny Day
23 National Taffy Day
23 World Turtle Day
24 International Tiara Day
24 National Escargot Day
25 Brown Bag It Day
25 Memorial Day – The last Monday of the month.
25 Missing Children's Day
25 National Nurses Day – The last Monday in May.
25 National Towel Day – in the UK
25 Tap Dance Day
25 National Wine Day
26 Blueberry Cheesecake Day
26 National Paper Airplane Day
26 Sally Ride Day
27 Eid ul-Adha – The date varies widely.
27 National Cellophane Tape Day
27 Sun Screen Day
27 World Otter Day – The last Wednesday in May.
28 Amnesty International Day
28 National Hamburger Day
28 World Hunger Day
29 Flip Flop Day – The Friday after Memorial Day.
29 International Space Day – The last Friday in May.
29 Learn About Composting Day
29 National Paperclip Day
30 International Jazz Day – May International holidays are a musical treat.
30 Mint Julep Day
30 Water a Flower Day
31 National Macaroon Day
31 Save Your Hearing Day
31 World No Tobacco Day

Weekly

Bike to Work Week, May 11-17. Forty percent of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get around.

American Craft Beer Week, May 11–17. Head over to your local brewpub or taproom and enjoy a pint, or grab a sixer or growler to go. Here's to American craft beer!

Daily

Star Wars Day, May 4. May the fourth be with you today.

Mother's Day, May 10. Don't forget to give your mother a gift, send a card, or buy her some nice flowers to show her how special she is.

Endangered Species Day, May 15. Wildlife refuges, zoos, aquariums, gardens, schools, libraries, museums, community groups, nonprofits, and individuals hold special programs or events celebrating species at risk of extinction.

Memorial Day, May 25. A holiday in the United States honoring U.S. military personnel who have died while serving in the United States armed forces.





White-Tailed Deer

White-tailed deer are very common in North America, preferring to live in open woodland, forests, or farmland, by streams or rivers, feeding on a wide variety of vegetation. Their coats shine reddish-brown in the summer and turn grayish-brown in winter, but their distinctive white tails catch the eye all year long as the deer lift them while scampering through the forest and wave them side to side to signal danger. The maximum life expectancy for white-tailed deer is 20 years, but most don't survive more than 10, with many living only two to three years in the wild. Male deer have antlers, which are primarily used to fight off other males during the breeding season. The antlers are dropped and regrown each year. White-tailed deer are crepuscular, which means they are most active before and just after dawn and again near dusk. They tend to be relatively inactive or resting during mid-day hours.

Flower - Lily of the Valley



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bellshaped flowers, which bloom in May, first grew from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving lilies as a gift sends the message, "I am humbled by my love for you."

Birthstone – Emerald



The emerald is the birthstone for May. This stone's name was derived from the Greek word smaragdus, which is a term that was applied to several kinds of green stones. In the Middle Ages, the stone was thought to foretell the future. It was also believed to cure epilepsy and fever and to protect the wearer from panic. Emeralds frequently occur inside shale, a fine-grained sedimentary rock. They are found in many parts of the world, but Colombia is known to mine the largest and highest-quality emeralds.

May Days in History

May 1, 1930

The planet Pluto, which has now been downgraded to a dwarf planet, was officially named by 11-year-old Venetia Burney. The "dark planet" is named in honor of Pluto, the Roman god of the underworld.

May 3, 1802

Washington, D.C., was incorporated as a city by the U.S. Congress.

May 6, 1527

The army of the Holy Roman Emperor Charles V attacked and plundered Rome.

May 8, 1899

New Zealand-born scientist Ernest Rutherford published his discovery of alpha and beta radiation particles. The physicist and chemist is known as the father of nuclear physics.

May 15, 1863

Salon des Refusés, an art show of works rejected by established exhibition halls, opened to the public, featuring paintings by Cézanne, Pissarro, and Manet.

May 20, 1498

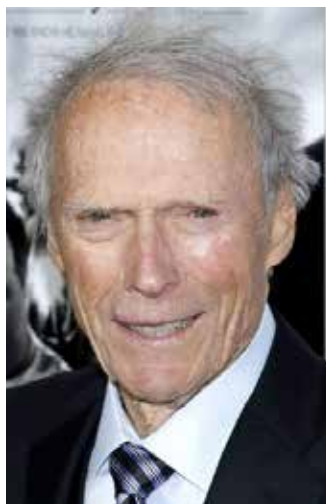
Portuguese explorer Vasco de Gama landed on the shores of Calicut, India. He and his crew became the first to sail from Europe to India in search of the country's gold and spices.

MAY FUN FACTS

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake: Maia, goddess of the life cycle. Maia means "she who brings increase" in Latin.

May Birthdays

Kate Smith (singer) – May 1, 1907
David Beckham (soccer star) – May 2, 1975
Adele (singer) – May 5, 1988
Louise Meriwether (author) – May 8, 1923
Irving Berlin (composer) – May 11, 1888
Florence Nightingale (nurse) – May 12, 1820
Kadir Nelson (artist) – May 15, 1974
Janet Jackson (singer) – May 16, 1966
Tina Fey (comedian) – May 18, 1970
Georgie Auld (saxophonist) – May 19, 1919
Cher (singer) – May 20, 1946
Sir Arthur Conan Doyle (novelist) – May 22, 1859
Bill Robinson (tap dancer) – May 25, 1878
Clint Eastwood (actor) – May 31, 1930



May Wedding Days

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during this month. "Marry in May, you'll rue the day," warned an anonymous poet, who advised waiting until June.

What's Lucky in May?

Lucky Color: Turquoise
Lucky Animal: Lion
Lucky Letters: N and W
Lucky Day: Saturday
Lucky Plant: Peony



Mad for Mercury

In addition to its association with the Greek goddess Maia, May is affiliated with Mercury (known in Greek as Hermes), the Roman god of merchants, trade, thieves, and travelers. Maia was Mercury's mother. Both gods were routinely celebrated during the Mercuralia, or Festival of Mercury, held each year on the Ides of May, Mercury's birthday. Honoring him was said to bring good luck and money.

May Zodiacs

Taurus (The Bull) May 1–20
Gemini (The Twins) May 21–31



A very *Happy Birthday* to...



Dodge Park Residents

Sheila F. May 10
Theodore K. May 12

Oasis Residents

Jane C. May 3
William D. May 4
Mark G. May 20
Edwina R. May 27
Robert B. May 29
Morgan M. May 31

Staff

Ryalla E. May 3
Rita O May 5
Ammielle C. May 8
Susan J. May 16
Sheriff A. May 21
Jamama E. May 25
Yudelka M. May 26
Emely M. May 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?

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Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

How to Eat Well in Today's Economy

High food costs at the grocery store are at an all-time high level of concern. Consumers still want

to eat foods and meals that excite them, taste great, offer the most nutrients and showcase international cuisines. But getting all this at a fair price is a real challenge. A concern to dietitians and other health professionals is that nutrition may take a back seat to price. Here's how to make your food dollars stretch without compromising nutrition and flavor.

Stock Your Pantry With Good Fiber and Protein Sources

Dried beans (such as black beans and pinto beans), lentils, canned kidney beans and chickpeas, brown rice, farro and oats. Canned meats such as tuna and nut butters such as peanut or cashew butters are also good protein sources.

Frozen Fruits & Vegetables

The freezer can be a real money saver when it comes to produce. Unlike fresh fruits and vegetables, the freezer can help keep these foods a lot longer without them spoiling and therefore, wasted. They usually come at a more affordable price and because they are flash-frozen at the peak of freshness, they are as nutritious as fresh options.

Stay in Season

When shopping for fresh produce, choose those items that are in-season. These foods will be more affordable than foods that need to be grown out of region or out of the country. The higher transpiration costs will be passed on to the consumer, limiting your food dollars even more.

Eat Less Processed Foods

Processed foods are ore than likely overridden with sodium, sugar and saturated fat. Avoid spending tightly-stretched dollars on foods that don't provide any nutritional benefits. Fresher, whole foods will contain more nutrients such as vitamins and minerals that will enhance good health instead of being harmful.

Plan Out Your Meals For the Week

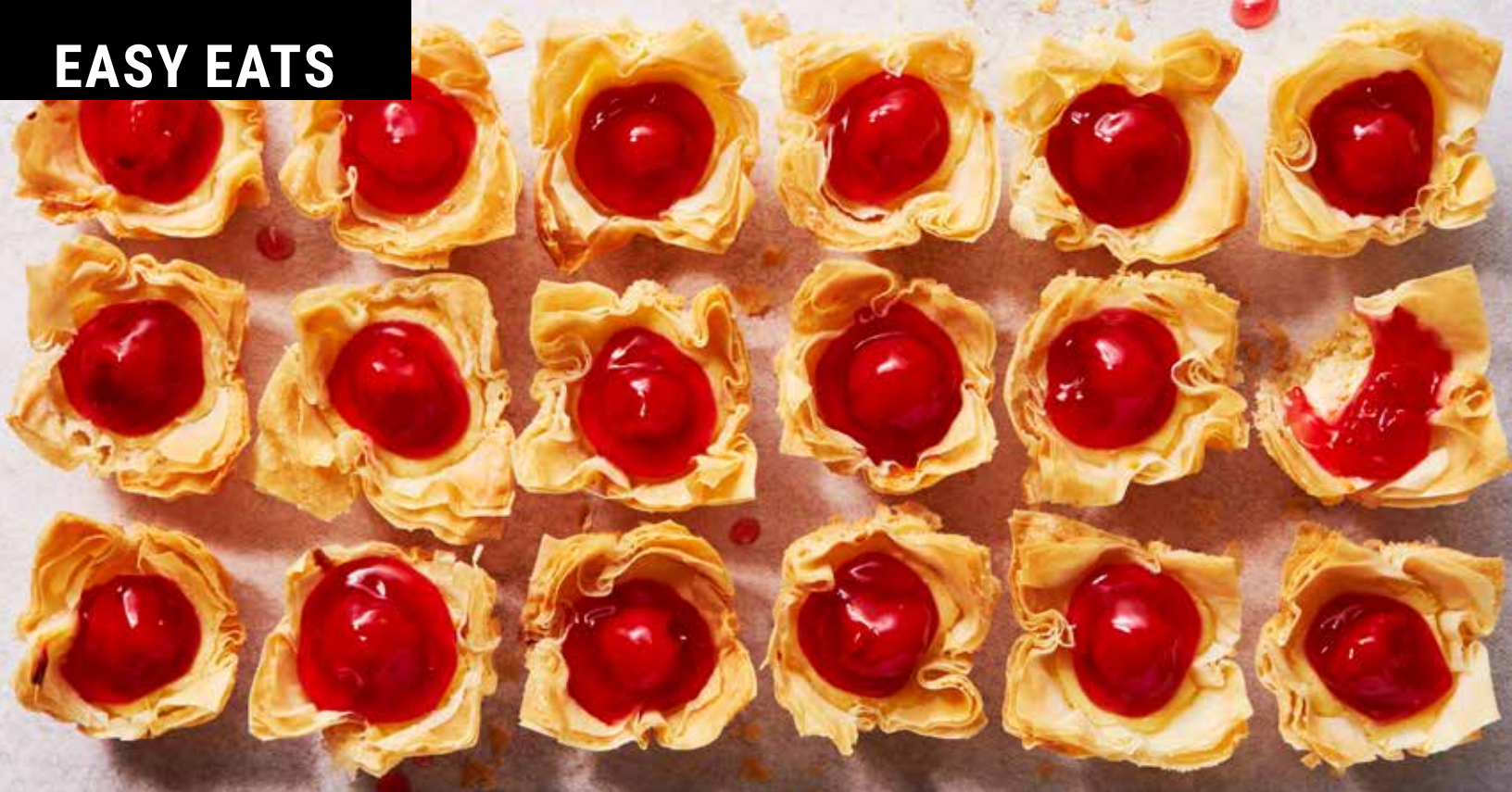
Whether it's for a few days or an entire week or longer, planned out meals are essential to sticking to a food budget. Read the store circulars to see what items are on sale, make a shopping list and stick to it. A well-planned week's worth of meals will also limit the high cost of take-out foods.

Store Brands

Most grocery stores stock a good selection of generic or store brands. These ingredients can be just as tasty and at the same quality as your favorite brands. In fact, many name-brand companies also make a store brand at a cheaper cost. So, don't be turned off by generic or store brands because the misconception is that they are not as good.



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.



Cherry Cobbler Bites

Makes 15 servings | A diabetic-friendly recipe

You will need:

- 15 phyllo cups
- 1 cup no-sugar-added cherry pie filling (or canned tart cherries, drained and chopped)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon almond extract (optional)
- 1/4 cup old-fashioned oats
- 2 tablespoons almond flour (or finely ground oats)
- 2 tablespoons brown sugar substitute
- 1 tablespoon melted butter

Directions

1. Preheat oven to 350°F. Place phyllo cups on a baking sheet.
2. In a small bowl, stir together cherry filling, cinnamon, and almond extract.
3. In another bowl, mix oats, almond flour, brown sugar substitute, and melted butter until crumbly.
4. Spoon about 1 tablespoon cherry filling into each phyllo cup.
5. Sprinkle a small amount of oat topping over each.
6. Bake 8–10 minutes, until warmed through and lightly golden. Cool slightly before serving.



Ravioli in Garlic Butter

Makes 8 servings | A slow-cooker recipe

Ingredients:

- 1 (25-ounce) bag frozen cheese ravioli
- 4 tablespoons butter
- 3 cloves garlic, minced or grated
- 1/4 cup grated Parmesan
- Salt and pepper to taste

Directions:

1. Add ravioli to a slow-cooker.
2. Melt butter and mix with garlic. Pour over ravioli.
3. Cook on low for 2–3 hours, stirring once.
4. Sprinkle with Parmesan before serving.



Chili Corn Dip

Makes 18 servings

Ingredients:

- 1 (22-ounce) can mexicorn (corn mixed with bell peppers), drained
- 1 (7-ounce) can chopped green chiles, drained
- 1 cup mayonnaise
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- Dash salt and pepper

Directions:

1. Combine all ingredients in a large bowl.
2. Cover and chill 30 minutes before serving.
3. Serve with tortilla chips or veggie sticks.

Cooking Tidbit

Letting this dip chill for 30 minutes is not just about temperature. It gives the spices time to blend and deepen in flavor, making the dip taste richer without adding more seasoning.

Mint Julep Cookies

Makes 16 servings | A diabetic-friendly recipe

Ingredients:

- 1 1/2 cups almond flour
- 1/3 cup powdered sugar substitute
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/2 teaspoon peppermint extract

Directions:

1. Preheat oven to 350°F. Line a baking sheet.
2. Mix all ingredients until dough forms.
3. Roll into small balls and flatten slightly.
4. Bake 10–12 minutes. Cool completely.



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

Flower Frog

Craft an air-dry clay, stem-supporting, flower frog.

You will need:

- 2 1/2" ball of Air-dry clay
- 4" flower cookie cutter or circle-shape cutter
- Jumbo smoothie straw
- Wax paper, rolling pin, metal fork
- Mod Podge, paintbrush

Directions:

1. Use a rolling pin to flatten the clay ball on wax paper. The flattened disk should be about 1/8" thick.
2. Cut out a circle or flower shape using a cookie cutter.
3. Use the end of a jumbo straw to cut out holes. Keep the holes 1" away from the outer edge of the project.
4. For a decorative touch, use a fork to press into the edges or crimp the edges with your fingers. Let the flower frog air dry overnight.
5. Brush a thin layer of Modge Podge on the frog. Let it dry for 30 minutes.
6. Place the finished flower frog on top of your vase or jar, and then insert flower stems through the holes.



ACTIVITY IDEAS

Pastry Bag Bouquet

Arrange a bouquet of faux flowers, wrap them with colorful tissue paper, and place them in a pastry bag.

You will need:

- 12" disposable, plastic pastry bag
- Assorted faux spring flowers
- Tissue paper (1 white sheet, 2 colored sheets)
- 28" strand wide ribbon, 16" strand thin ribbon
- Rubber band
- Hole punch
- Scissors
- (Optional) Decorating tip and coupler



Directions:

1. Gather an assortment of faux flowers. Hold the arrangement together with a rubber band around the stems.
2. Fold the white tissue paper in half and then wrap it around the stems, creating a cone shape.



3. Stack the colored tissue paper, shifting the layers at slightly different angles. Place the pointed end of the flowers in the center of the colored tissue.

4. Gather the edges of the colored tissue upward. Lightly scrunch the paper around the stems and then set them aside.

5. Punch out a hole in the side of the pastry bag. Position it about 1 1/2" from the top of the bag. Thread the end of the wide ribbon through the hole (from the inside out) and then tie a knot. Repeat on the other side of the bag.



6. To add a decorating tip, place the coupler base in the pastry bag (narrow end toward the point of the bag). Push to the tip until it's wedged in snugly. Cut off the excess plastic at the tip.

7. Place the metal tip onto the end of the coupler base. Screw on the coupler ring to hold the tip in place. Your pastry bag is ready to fill.

8. Place your bouquet into the pastry bag. Gather the bag about 3" from the top and then wrap and tie the thin ribbon around it.

9. Fold down the top 1 1/2" of the bag, fluff the tissue, and adjust the flowers if needed. Use the wide ribbon to hang your May flowers on a wall, door, or doorknob.



ACTIVITY IDEAS

Turtle Favors

Print, cut, and assemble the provided turtle designs with a “shell.”

Attach candy for tasty favors or add crafty embellishments for decorative ones.

(Downloadable file included for Cricut users.)

You will need:

- Turtle designs printed on colored card stock (Note: If using a Cricut machine, download the turtle favor SVG file, then upload it to Cricut Design Space.)
- 9 turtle shells about 1" in diameter (miniature Reese's cups, foil-wrapped Dove chocolates, chocolate coins, buttons, small faux flower blossom, pom-poms, coiled 6" pipe cleaner, etc.)
- Glue Dots, scissors
- (Optional) Pinking shears

Directions:

1. To hand-cut the turtle designs, cut out the black rectangular border around each turtle. Fold them in half along the dashed line and then cut out the turtle shape. (Tip: Use pinking shears to cut the claws at the end of the legs.)
2. Unfold the designs and then use Glue Dots to attach a shell to each turtle.

Uses:

- Share them at a party or give them to folks SHELL-ebrating a special day or achievement.
- Attach two decorative turtles back-to-back with a string to make an ornament.
- Add a pin clasp to the back of a decorative turtle to make a playful pin.

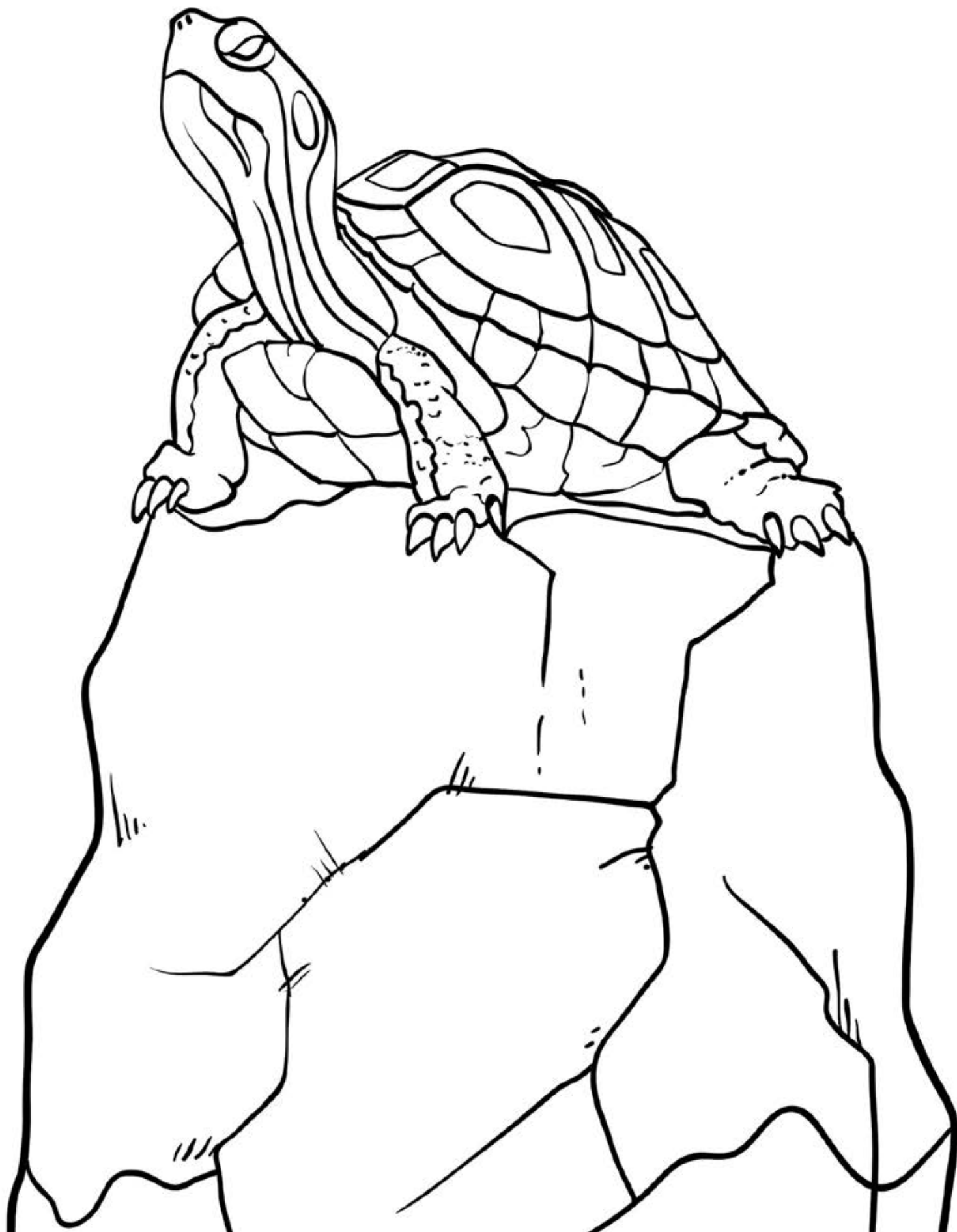




COLORING PAGE







A Mother Wears Many Hats

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



ACUTNACNTO _____

ASASSTNI _____

BKRAE _____

VRRIEGEAC _____

FCEUURAFH _____

ACERDRLHEEE _____

HAOCC _____

VCEEITDTE _____

EUKERSEHEPO _____

RANMAGE _____

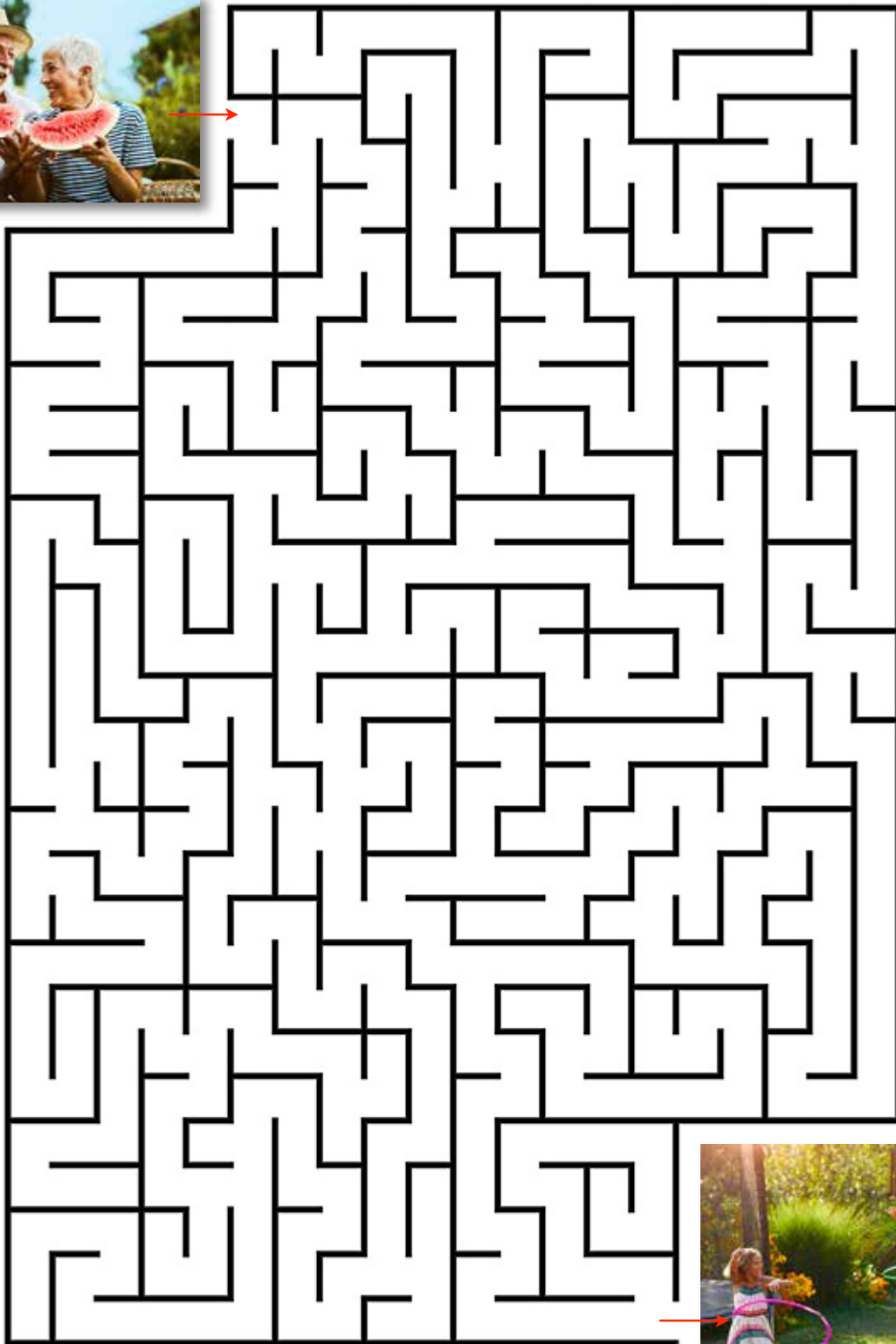
RSUNE _____

ORGINZERA _____

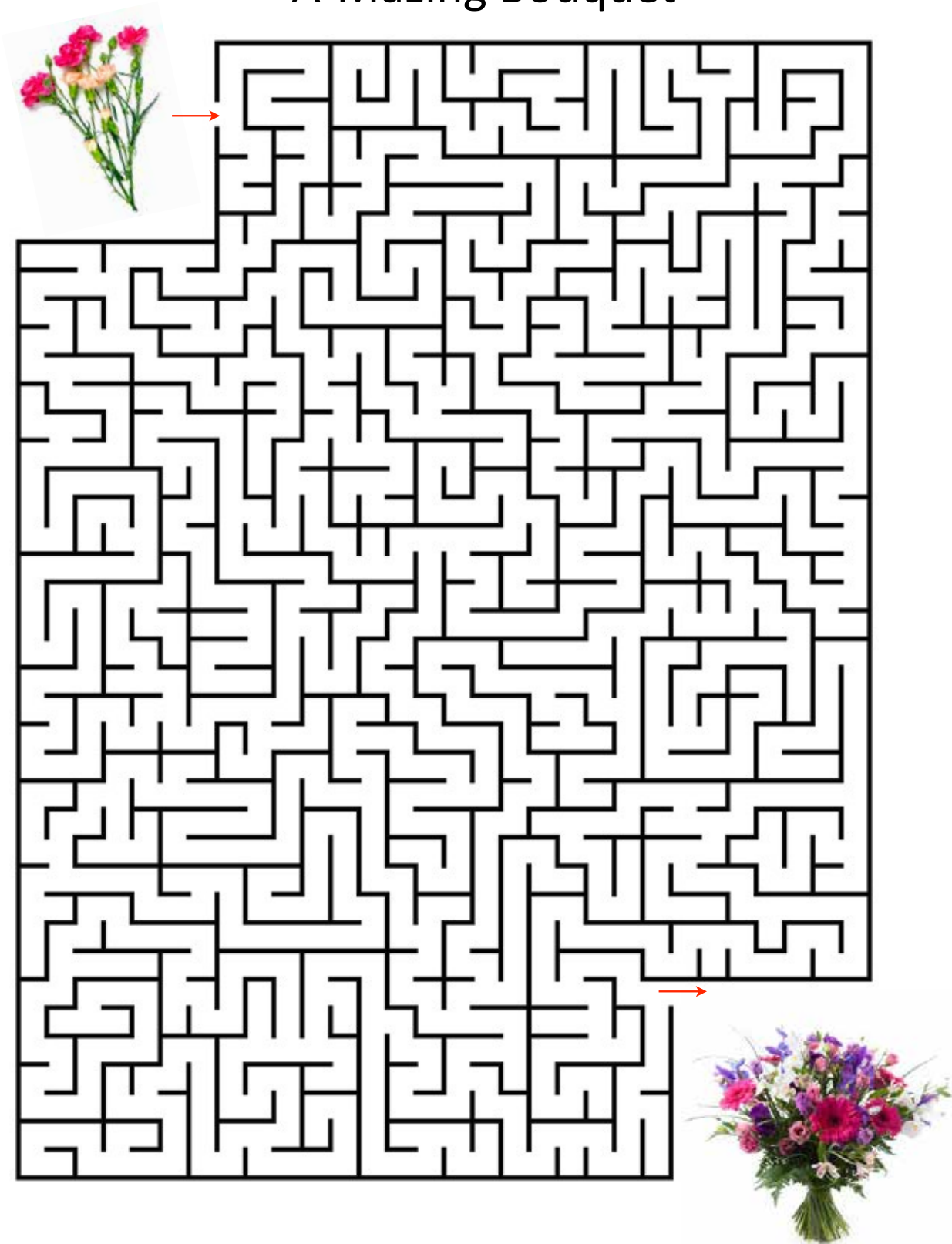
FEEERRE _____

ECRHEAT _____

A-Mazing Backyard



A-Mazing Bouquet



Coca-Cola

Match the clues to the words associated with Coca-Cola.

- | | |
|--------------------------------------------|----------------------|
| 1. Glass drink container _____ | A. Atlanta |
| 2. Christmas ad star _____ | B. "Mean" Joe Greene |
| 3. Timeless version _____ | C. vanilla |
| 4. Popular flavor addition _____ | D. Santa Claus |
| 5. "It's the ___ Thing" | E. diet |
| 6. Big sip _____ | F. Smile |
| 7. Soda-dispensing station _____ | G. carbonation |
| 8. Where Coke originated _____ | H. Coke |
| 9. Coke's winter mascot _____ | I. fountain |
| 10. Football star in popular Coke ad _____ | J. cap |
| 11. Bottle topper _____ | K. bottle |
| 12. Low-cal option _____ | L. gulp |
| 13. Familiar red script _____ | M. Classic |
| 14. Energy-boosting compound _____ | N. formula |
| 15. Fizz in a drink _____ | O. polar bear |
| 16. Recipe _____ | P. Real |
| 17. "Have a Coke and a _____" | Q. caffeine |
| 18. "_____ Is It" | R. logo |



Vietnam War

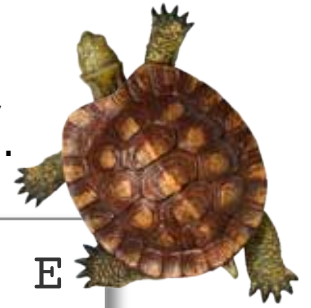
Match the clues to the words associated with the Vietnam War.

- | | |
|------------------------------------------------------------|----------------------|
| 1. Communist leader of North Vietnam _____ | A. Charlie |
| 2. South Vietnam capital until 1975 _____ | B. Johnson |
| 3. South Vietnam communist guerrillas _____ | C. napalm |
| 4. U.S. president who escalated the war _____ | D. Ho Chi Minh |
| 5. U.S. helicopter nickname _____ | E. ambush |
| 6. Directional antipersonnel mine _____ | F. claymore |
| 7. Compulsory military service _____ | G. protests |
| 8. Common terrain for combat _____ | H. Vietcong |
| 9. U.S. commander in Vietnam _____ | I. jungle |
| 10. Capital of North Vietnam _____ | J. firebase |
| 11. Public demonstrations against the war _____ | K. Saigon |
| 12. Soviet-aligned doctrine spread in Southeast Asia _____ | L. draft |
| 13. Supply route through Laos and Cambodia _____ | M. communism |
| 14. Hidden hazards used by Vietcong _____ | N. Westmoreland |
| 15. Outpost for U.S. mortar and gun crews _____ | O. Huey |
| 16. Sticky incendiary jelly _____ | P. booby traps |
| 17. G.I. slang for Vietcong _____ | Q. Hanoi |
| 18. Sneak attack _____ | R. Ho Chi Minh Trail |



Slow and Steady

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



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

ANCHORED

LEISURELY

ROOTED

BALANCED

MEASURED

SAFE

EASY

MODERATE

SECURE

FIRM

MOORED

SEDATE

FIXED

PLODDING

STABLE

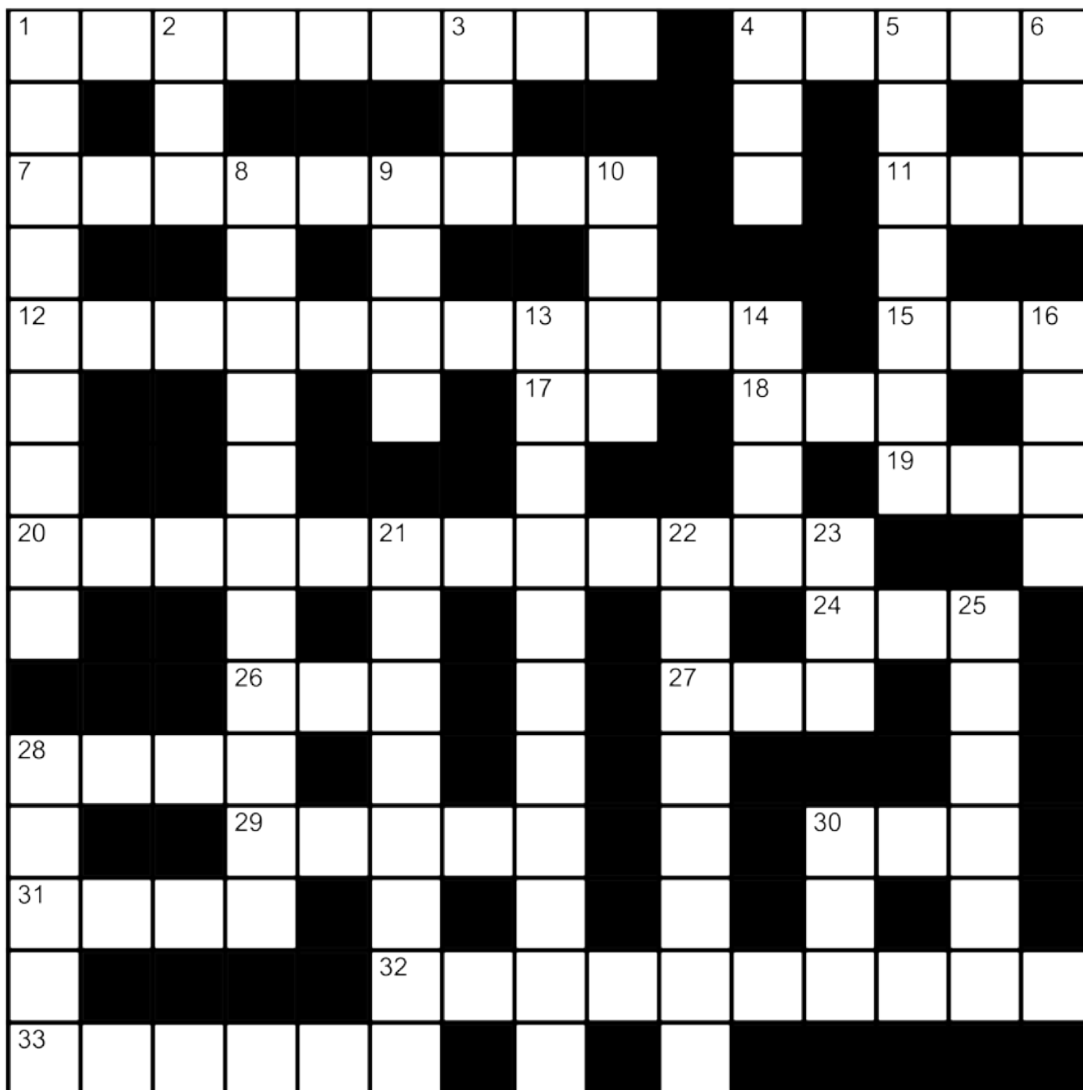
GENTLE

RELAXED

UNHURRIED

Crossword #53

Use the clues to fill in the crossword.



ACROSS

1. Melted
4. Fancy tie
7. Traders or dealers
11. Hog haven
12. Transmit information
15. Frigid
17. Either ___
18. Long ___ and far away
19. Fishing aid
20. Building or creating
24. Finale
26. Prefix meaning "three"
27. Dog doc

28. It's hailed by city dwellers

29. Proposal
30. Freshly painted
31. Maize
32. English major's subject
33. Film follow-up

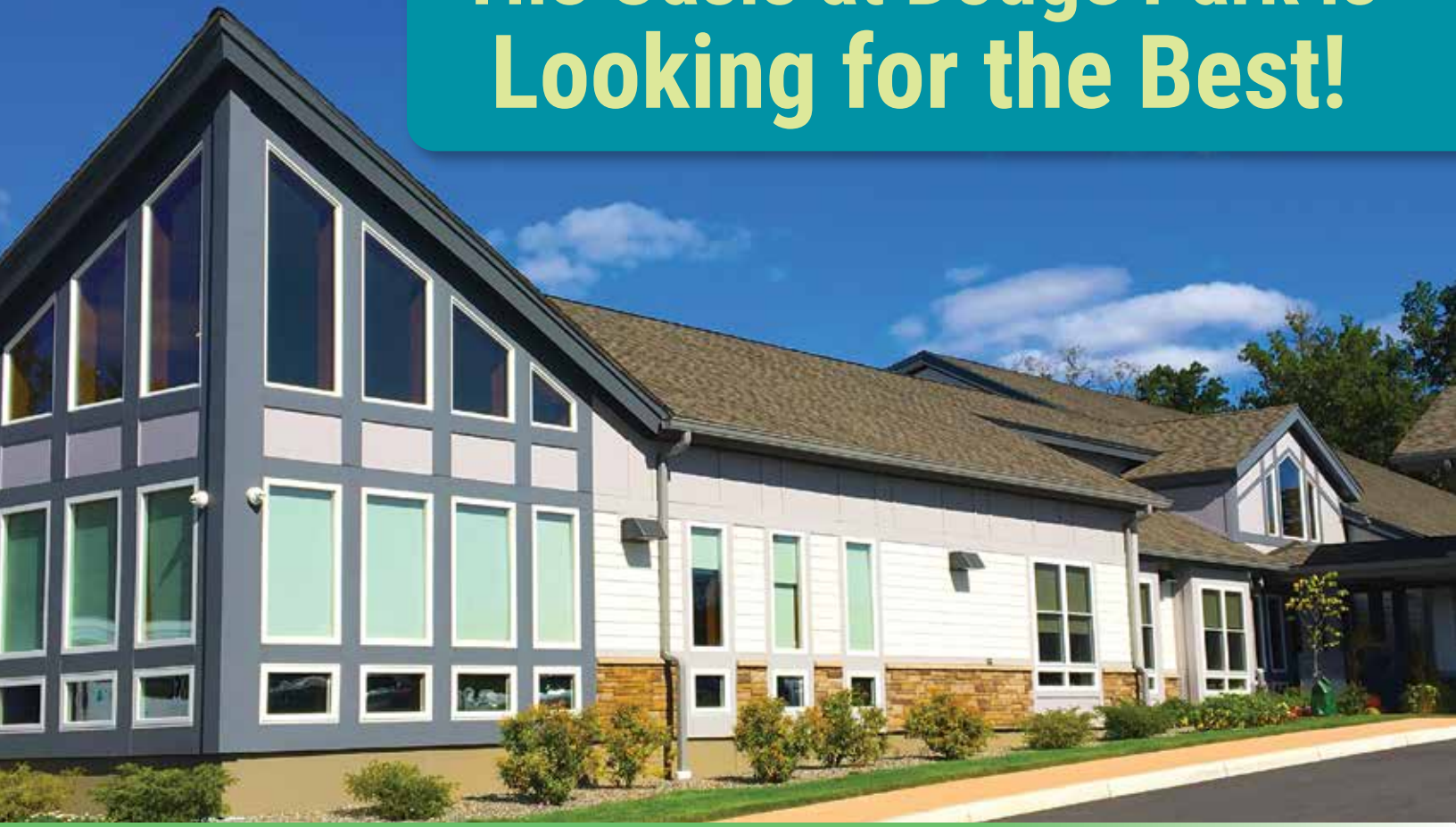
DOWN

1. Government by the people
2. Used before name and charge
3. Vehicle with sliding doors
4. Stomach muscles, for short
5. Shock absorber?
6. Attempt

8. Musical arrangement

9. Teen affliction
10. Brand, in a way
13. Focus intently
14. Work for pay
16. Abominable Snowman
21. Wet-weather indicator
22. H. G. Wells' Martians are some
23. Figure out
25. Physician
28. The sounds of time passing?
30. Humorist's specialty

The Oasis at Dodge Park is Looking for the Best!



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

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- Assistance with dressing, bathing & grooming
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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
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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

Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

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

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

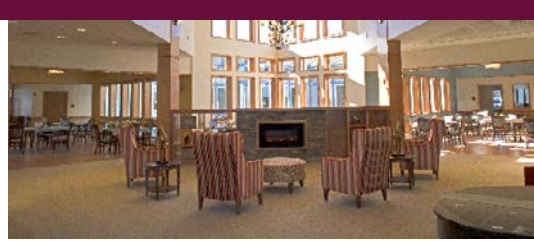
You can also attend the meeting virtually.

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

Dodge Park



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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

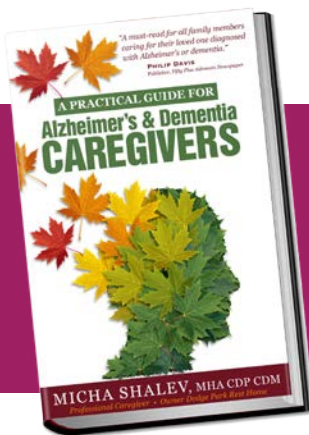
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



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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.

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REST HOME**



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

**For more information
please click here**

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