

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

hello
June



*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



Planning and Reducing Stress while Traveling with a Memory-Impaired Resident

Traveling can be an enriching experience for individuals with memory impairment and their caregivers. However, it requires careful planning to ensure comfort and safety. Here are some practical tips for a smooth and stress-free journey.

1. Pre-travel Preparation

Familiarize with the Destination: Research your destination to find quiet, calm places that are less likely to overwhelm your loved one. This includes choosing accommodations that offer a serene environment.
Medical Check-up: Consult with a healthcare provider to ensure your loved one is fit to travel. Discuss medications and obtain a health summary and contact information of healthcare providers in the area you'll be visiting.

2. Create a Detailed Itinerary

Keep a Routine: Try to maintain the daily routine of your loved one as much as possible. Plan activities for the time of day when they are most alert and calm.
Include Rest Periods: Schedule regular breaks and downtime to prevent fatigue and overstimulation.

3. Packing Essentials

Comfort Items: Bring along familiar items that can help soothe and comfort your loved one, such as favorite snacks, a blanket, or a photo album.
Important Documents: Pack copies of important documents, including medical records, emergency contacts, a list of current medications, and any legal documents like power of attorney or advance directives.

4. Travel Arrangements

Choose the Right Mode of Transport: Select the mode of transport that best suits your loved one's needs. For example, direct flights might be preferable to avoid the

Dodge Park & Oasis at Dodge Park

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The Dodge Park Family of Care Services

Dodge Park Rest Home
www.dodgepark.com

The Oasis at Dodge Park
www.oasisatdodgepark.com

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

confusion and hassle of transfers.

Pre-boarding: Many airlines and transport services offer pre-boarding for individuals with special needs, which can help reduce stress and rushing.

5. On the Day of Travel

Communicate with Staff: Inform the travel and accommodation staff ahead of time about your loved one's condition. Many are trained to assist and can help make your journey smoother.

Use Identification Tools: Consider a wearable ID or bracelet for your loved one that includes their name, your contact information, and a note about their condition in case they wander.



6. Maintaining Calm During the Trip

Dealing with Disorientation: New environments can be disorienting. Keep your explanations simple and reorient gently. Maintain patience and stay calm, as this can help soothe your loved one.

Engage and Involve: Encourage your loved one to participate in simple, enjoyable activities that are not mentally taxing but can keep them engaged and connected.

7. Emergency Planning

Prepare for the Unexpected: Always have a backup plan. Know where the nearest hospital is and have a mobile phone with you at all times.

Travel Insurance: Consider purchasing travel insurance that covers medical emergencies for peace of mind.

Conclusion

While traveling with a memory-impaired resident requires extra planning and patience, it can also provide valuable experiences and joyous moments together. By preparing adequately, you can ensure a comfortable and stress-free trip for both you and your loved one.

This article aims to provide caregivers with useful insights and actionable advice to manage travel effectively, helping make every journey a successful and memorable one.

Micha Shalev

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.

♥ Thank you ♥
NATIONAL NURSES WEEK 

Celebrating our Staff for Nursing Home Week - May 10-16, 2026



Thank you ♥

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AROUND DODGE PARK AND OASIS



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Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



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

Making a difference in the lives of seniors and their families



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

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

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

Unparalleled Level of Care and Service

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

Dodge Park

 **OASIS**
AT DODGE PARK



My wife has been at Dodge Park for two and one-half years now. I cannot speak too highly of the staff. They are wonderful, caring workers. They respond to my questions and concerns quickly and professionally. The facility is clean and they are always decorating according to the season. I am so pleased that I found a place I can entrust my wife to.

Mom is well cared for! There are plenty of friendly, attentive staff. The facility and residents are always clean. It was by happenstance that Mom landed here, but we are very glad she did! A BIG thank you goes out to such dedicated employees!

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.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>* All Outdoor Activities are Weather Permitting *</p> <p>6:30- Hot Chocolate Cart 7:30- Word Search Brain Games 10:15- Bubbles in the Courtyard 10:30- Catholic Mass w. Father E. Quiet Companion Moments 2:15- Summertime Madlibs 2:30- Exercise with Paula S. Dodge Park Walking Club 3:00- Finish the Phrase 7:30- Nick at Night Rewind</p>	<p>6:30- Hot Chocolate Cart 7:30- Word Search Brain Games 10:15- Bubbles in the Courtyard 10:30- Catholic Mass w. Father E. Quiet Companion Moments 2:15- Summertime Madlibs 2:30- Exercise with Paula S. Dodge Park Walking Club 3:00- Finish the Phrase 7:30- Nick at Night Rewind</p>	<p>6:30- Coffee Cart & Refreshments Morning Discussion Question 10:15- Patio Small Groups 10:30- Catholic Mass w. Father E. 11:00- Sing Along with Suzie Q 2:15- Would You Rather? 2:30- Outdoor Music w. Sean F. 3:30- Beach Ball Toss 4:00- Famous Beaches 7:00- Resident Interviews & Stories</p>	<p>6:30- Fancy A Cuppa? Sunny Spin Laundry Folding 10:15- Art Therapy w. Lynda S. Catholic Mass in the Courtyard Summertime Sensory Bins 11:00- Ballroom Dancing Routines 2:15- Cornhole Toss 2:30- Live Music with Sandy R. 3:30- Little Giggie Joke Corner 7:30- Movie and Mysteries</p>	<p>6:30- Local Morning News Coloring with Intention 10:15- Courtyard Small Groups Golden Crumbs Baking Club 10:15- Virtual Pet Talent Show 2:15- Parachute Circle Up 2:30- Outdoor Exercise w. Paula 3:30- Handheld Bingo Cards 6:30- Chicken Soup Stories 7:30- Home & Garden Tv</p>	<p>6:30- Morning Coffee Cart Friday Morning Hair Stylings 10:00- Seated Yoga Flow w. Bonnie Kindred Hearts Small Group 10:15- Art Therapy with Lynda S. 2:15- Daily Chronicle Reading 2:30- Live Music with Mike O. 3:30- Summertime Alphabetics 6:30- Favorite Icecream Flavors 7:30- Friday Night at the Movies</p>	<p>6:30- Coffee & Companionship Magazine Reads & Couponing 10:00- Ten Pin Bowling 10:30- Ballon Volleyball 11:00- Game Show Network 2:15- Residents Write A Story Handheld Bingo Cards 3:30- Live Music with Lenny Z. Junk Drawer Detective 6:30- Evening Stretching</p>	
<p>6:30- Daily Chronicle & Coffee 10:15- Hymns of Praise Congregational Church 11:00- Aquarium Tours 2:15- Summertime Whiteboard 2:30- Live Music with TBA Sensory Table 3:30- What Am I? 6:30- Guided Tai Chi 7:30- County Western Film</p>	<p>6:30- Hot Chocolate Cart 7:30- Word Search Brain Games 10:15- Bubbles in the Courtyard 10:30- Catholic Mass w. Father E. Quiet Companion Moments 2:15- Summertime Madlibs 2:30- Exercise with Paula S. Dodge Park Walking Club 3:00- Finish the Phrase 7:30- Nick at Night Rewind</p>	<p>6:30- Coffee Cart & Refreshments Morning Discussion Question 10:15- Patio Small Groups 10:30- Catholic Mass w. Father E. 11:00- Sing Along with Suzie Q 2:15- Would You Rather? 2:30- Outdoor Music w. Russ R. 3:30- Beach Ball Toss 4:00- Famous Beaches 7:00- Resident Interviews & Stories</p>	<p>6:30- Fancy A Cuppa? Sunny Spin Laundry Folding 10:15- Art Therapy w. Lynda S. Catholic Mass in the Courtyard Summertime Sensory Bins 11:00- Ballroom Dancing Routines 2:15- Cornhole Toss 2:30- Live Music with Heather R. 3:30- Little Giggie Joke Corner 7:30- Movie and Mysteries</p>	<p>6:30- Local Morning News Coloring with Intention 10:15- Courtyard Small Groups Golden Crumbs Baking Club 11:00- Virtual Pet Talent Show 2:15- Parachute Circle Up 2:30- Outdoor Music w. Jodie R. 3:30- Handheld Bingo Cards 6:30- Chicken Soup Stories 7:30- Home & Garden Tv</p>	<p>6:30- Morning Coffee Cart Friday Morning Hair Stylings 10:00- Seated Yoga Flow w. Bonnie Kindred Hearts Small Group 10:15- Art Therapy with Lynda S. 2:15- Daily Chronicle Reading 2:30- Live Music with Jim P. 3:30- Summertime Alphabetics 6:30- Favorite Icecream Flavors 7:30- Friday Night at the Movies</p>	<p>6:30- Coffee & Companionship Magazine Reads & Couponing 10:00- Ten Pin Bowling 10:30- Ballon Volleyball 11:00- Game Show Network 2:15- Residents Write A Story Handheld Bingo Cards 3:30- Live Music with Rusty G. Junk Drawer Detective 6:30- Naming Countries 6:30- Evening Stretching</p>	
<p>Flag Day 6:30- Daily Chronicle & Coffee 10:15- Hymns of Praise Congregational Church 11:00- Aquarium Tours 2:15- Learning About Flag Day 2:30- Live Music with Jordan G. Sensory Table 3:30- What Am I? 6:30- Guided Tai Chi 7:30- County Western Film</p>	<p>6:30- Hot Chocolate Cart 7:30- Word Search Brain Games 10:15- Bubbles in the Courtyard 10:30- Catholic Mass w. Father E. Quiet Companion Moments 2:15- Summertime Madlibs 2:30- Exercise with Paula S. Dodge Park Walking Club 3:00- Finish the Phrase 7:30- Nick at Night Rewind</p>	<p>6:30- Coffee Cart & Refreshments Morning Discussion Question 10:15- Patio Small Groups 10:30- Catholic Mass w. Father E. 11:00- Sing Along with Suzie Q 2:15- Would You Rather? 2:30- Birthdays w. Tom G. 3:30- Beach Ball Toss 4:00- Famous Beaches 7:00- Resident Interviews & Stories</p>	<p>6:30- Fancy A Cuppa? Sunny Spin Laundry Folding 10:15- Art Therapy w. Lynda S. Catholic Mass in the Courtyard Summertime Sensory Bins 11:00- Ballroom Dancing Routines 2:15- Cornhole Toss 2:30- Live Music with John M. 3:30- Little Giggie Joke Corner 7:30- Movie and Mysteries</p>	<p>6:30- Local Morning News Coloring with Intention 10:15- Courtyard Small Groups Golden Crumbs Baking Club 11:00- Virtual Pet Talent Show 2:15- Parachute Circle Up 2:30- Outdoor Music w. Rockin Robin 3:30- Handheld Bingo Cards 6:30- Chicken Soup Stories</p>	<p>Juneteenth 6:30- Morning Coffee Cart Friday Morning Hair Stylings 10:00- Seated Yoga Flow w. Bonnie Kindred Hearts Small Group 10:15- Art Therapy with Lynda S. 2:15- A History of Juneteenth 2:30- Live Music with Arizona Doug 3:30- Summertime Alphabetics 6:30- Favorite Icecream Flavors 7:30- Friday Night at the Movies</p>	<p>6:30- Coffee & Companionship Magazine Reads & Couponing 10:00- Ten Pin Bowling 10:30- Ballon Volleyball 11:00- Game Show Network 2:15- Residents Write A Story 2:30- Exercise with Paula S. Junk Drawer Detective 6:30- Naming Countries 6:30- Evening Stretching</p>	
<p>Father's Day Summer Begins 6:30- Daily Chronicle & Coffee 10:15- Photo Opportunity Celebrating Dads 11:00- Aquarium Tours 2:15- Summertime Whiteboard 2:30- Live Music with TBA Sensory Table 3:30- What Am I? 6:30- Guided Tai Chi 7:30- County Western Film</p>	<p>6:30- Hot Chocolate Cart 7:30- Word Search Brain Games 10:15- Bubbles in the Courtyard 10:30- Catholic Mass w. Father E. Quiet Companion Moments 2:15- Summertime Madlibs 2:30- Exercise with Paula S. Dodge Park Walking Club 3:00- Finish the Phrase 7:30- Nick at Night Rewind</p>	<p>6:30- Coffee Cart & Refreshments Morning Discussion Question 10:15- Patio Small Groups 10:30- Catholic Mass w. Father E. 11:00- Sing Along with Suzie Q 2:15- Would You Rather? 2:30- Outdoor Music w. Mike O. 3:30- Beach Ball Toss 4:00- Famous Beaches 7:00- Resident Interviews & Stories</p>	<p>6:30- Fancy A Cuppa? Sunny Spin Laundry Folding 10:15- Art Therapy w. Lynda S. Catholic Mass in the Courtyard Summertime Sensory Bins 11:00- Ballroom Dancing Routines 2:15- Cornhole Toss 2:30- Live Music with Bill M. 3:30- Little Giggie Joke Corner 7:30- Movie and Mysteries</p>	<p>6:30- Local Morning News Coloring with Intention 10:15- Courtyard Small Groups Golden Crumbs Baking Club 11:00- Virtual Pet Talent Show 2:15- Parachute Circle Up 2:30- Outdoor Exercise w. Paula 3:30- Handheld Bingo Cards 6:30- Chicken Soup Stories 7:30- Home & Garden Tv</p>	<p>6:30- Morning Coffee Cart Friday Morning Hair Stylings 10:00- Seated Yoga Flow w. Bonnie Kindred Hearts Small Group 10:15- Art Therapy with Lynda S. 2:15- Daily Chronicle Reading 2:30- Live Music with Curtis M. 3:30- Summertime Alphabetics 6:30- Favorite Icecream Flavors 7:30- Friday Night at the Movies</p>	<p>6:30- Coffee & Companionship Magazine Reads & Couponing 10:00- Ten Pin Bowling 10:30- Ballon Volleyball 11:00- Game Show Network 2:15- Residents Write A Story 2:30- Live Music with Gary L. Junk Drawer Detective 6:30- Naming Countries 6:30- Evening Stretching</p>	
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Dodge Park Rest Home & Day Club 101 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director, A.Laba@DodgePark.com Activities are Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>* All Outdoor Activities Scheduled Are Weather Permitting *</p> <p>10:00- Linked Senior Game Show 10:30- Exercise with Joe F. 11:15- Catholic Mass with Father 11:45- Daily Chronicle Reading 2:00- Bubbles in the Courtyard 2:15- Live Music with Sean F. 3:30- Beach Ball Toss Oasis Book Club 6:30- Hand Massages & Manicures 7:00- Monday Night At the Movies</p>	<p>10:00- Linked Senior Game Show 10:30- Exercise with Joe F. 11:15- Catholic Mass with Father 11:30- Daily Chronicle Reading 2:00- Bubbles in the Courtyard 2:15- Live Music with Sean F. 3:30- Beach Ball Toss Oasis Book Club 6:30- Hand Massages & Manicures 7:00- Monday Night At the Movies</p>	<p>10:00- Courtyard Walking 10:30- Exercise with Paula S. Art Therapy with Lynda S. 11:15- Catholic Mass with Father 2:00- Favorite Ice-cream Polls 2:15- Live Music with Jim P. 3:30- Big Card Bingo Sunny Spin Laundry Folding 6:30- Guided Tai Chi 7:00- Musical Memories</p>	<p>10:00- Mornings On the Patio 10:30- Exercise with Joe F. 11:15- Catholic Mass with Father 11:45- Daily Chronicle Reading 2:00- Art Therapy with Lynda S. 2:15- Live Music with Sean F. 3:30- Cornhole Tournament Coloring with Intentions 6:30- Conversation Ball Toss 7:00- Buddy Comedy</p>	<p>10:00- All About Pollinators Walking Club 10:30- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music with Bill M. 3:30- Lemonade Social Octoband Stretches Table Top Sensory 6:30- Nail Salon Stations 7:00- Summertime Stories</p>	<p>10:00- Whiteboard Name 10 10:30- Exercise with Paula S. 11:45- Daily Chronicle Reading 2:00- Summertime Madlibs 2:15- Live Music with Sean F. 3:30- Beach Sand Sensory Photo Reminiscing Sounds of Summer 6:30- Aquarium Tours 7:00- Red Sox Rewind</p>	<p>10:00- Oasis Game Show Trivia Summertime Slideshows 10:45- Exercise with Paula S. 11:45- Daily Chronicle Reading 2:00- What Am I? 2:15- Live Music with Lenny Z. 3:30- Big Card Bingo 10 Pin Bowling Bird Feeder Cam 7:00- Hallmark Classics</p>	
<p>10:00- All About Fishing Discussion Congregational Service 10:45- Exercise with Paula S. 11:45- All About Flag Day 2:00- Sunday Team Crossword 2:15- Live Music with Rusty G. 3:30- Watercolor Painting Table Top Puzzles 6:30- Fireside Meditations 7:00- National Geographic</p>	<p>10:00- Linked Senior Game Show 10:30- Exercise with Joe F. 11:15- Catholic Mass with Father 11:30- Daily Chronicle Reading 2:00- Bubbles in the Courtyard 2:15- Live Music with Sean F. 3:30- Beach Ball Toss Oasis Book Club 6:30- Hand Massages & Manicures 7:00- Monday Night At the Movies</p>	<p>10:00- Courtyard Walking 10:30- Exercise with Paula S. Art Therapy with Lynda S. 11:15- Catholic Mass with Father 2:00- Favorite Ice-cream Polls 2:15- Birthdays w. Rockin Robin 3:30- Big Card Bingo Sunny Spin Laundry Folding 6:30- Guided Tai Chi 7:00- Musical Memories</p>	<p>10:00- Mornings On the Patio 10:30- Exercise with Joe F. 11:15- Catholic Mass with Father 11:45- Daily Chronicle Reading 2:00- Art Therapy with Lynda S. 2:15- Live Music with Sean F. 3:30- Cornhole Tournament Coloring with Intentions 6:30- Conversation Ball Toss 7:00- Buddy Comedy</p>	<p>10:00- All About Pollinators Walking Club 10:30- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music with Bill M. 3:30- Lemonade Social Octoband Stretches Table Top Sensory 6:30- Nail Salon Stations 7:00- Summertime Stories</p>	<p>Juneteenth 10:00- Learning About Juneteenth 10:30- Exercise with Paula S. 11:45- Daily Chronicle Reading 2:00- Summertime Madlibs 2:15- Live Music with Sean F. 3:30- Beach Sand Sensory Photo Reminiscing Sounds of Summer 6:30- Aquarium Tours 7:00- Red Sox Rewind</p>	<p>10:00- Oasis Game Show Trivia Summertime Slideshows 10:45- Exercise with Paula S. 11:45- Daily Chronicle Reading 2:00- What Am I? 2:15- Live Music with Sandy R. 3:30- Big Card Bingo 10 Pin Bowling Bird Feeder Cam 7:00- Hallmark Classics</p>	
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The Oasis At Dodge Park 102 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director A.Laba@Dodgepark.com Calendar is Subject to Change



Fatherly Wit and Wisdom

Fathers have a unique perspective on parenting. Here are a few thoughts from famous people about parenting or about their fathers.

My father didn't ask me to leave home. He took me down to the highway and pointed.
~ *Henny Youngman*

The worst thing that can happen to a man is his wife comes home and he has lost the child. "How did everything go?" "Great, we're playing hide and seek and he's winning." ~ *Sinbad*

All during the pregnancy when I was supposed to be reading baby books and taking baby classes and learning baby CPR didn't really go to waste because I did use the time to shop for the perfect video camera. ~ *Paul Reiser*

Remember: What Dad wants for Father's Day is a nap. Really. ~ *Dave Barry*

I've been to war. I've raised twins. If I had a choice, I'd rather go to war. ~ *George W. Bush*

You can tell what was the best year of your father's life, because he seems to freeze that clothing style and ride it out. ~ *Jerry Seinfeld*

When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape. ~ *Dave Attell*

Dad taught me everything I know. Unfortunately, he didn't teach me everything he knows. ~ *Al Unser*

There should be a children's song, if you're happy and you know it, keep it to yourself and let your dad sleep.
~ *Jim Gaffigan*

If you ever want to torture my dad, tie him up and right in front of him, refold a map incorrectly.
~ *Cathy Ladman*

Dad Jokes

My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to the supermarket for her. She sent him off with a carefully numbered list of seven items.

Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags. He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers.
~ *Joan Flood*

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were. "Daddy, if the tigers got out and ate you up..." "Yes, son?" the father asked, ready to console him. "Which bus would I take home?"
~ *Ghoulson D.G.*

A man speaks frantically into the phone, "My wife is pregnant, and her contractions are only two minutes apart!" "Is this her first child?" the doctor queries. "No, you idiot!" the man shouts. "This is her husband!"
~ *Author Unknown*

On the day I received my learner's permit, my father agreed to take me out for a driving lesson. With a big grin, he hopped in behind the driver's seat. "Why aren't you sitting up front on the passenger's side?" I asked. "Kirsten, I've been waiting for this ever since you were a little girl," Dad replied. "Now it's my turn to sit back here and kick the seat."
~ *Kirsten Wiley*



First day of summer—are you ready to celebrate?

Summer begins in 2025 on June 20 with the summer solstice, the day when the Earth's axis tilts our northern hemisphere most prominently toward the sun. On this day, the sun will reach its highest point in the sky, and afterward the daylight hours will grow shorter.

The solstice has been a time of celebration and ritual in cultures around the world throughout history. At Stonehenge, a visitor standing in the center of the stone circle can see the sun rising directly over the Heel Stone, located just outside the ring of stones. The Egyptian Great Pyramids were built in such a way that an observer standing near the Sphinx can watch the sun set directly between two of the Pyramids.

Celts and Slavs celebrated the event with bonfires and dancing to help the sun increase its strength. The Native American Hopi tribe had males dress as dancing spirits of rain and fertility known as Kachinas—messengers between humanity and the gods who left the villages at midsummer to live in the mountains, where they were said to visit the dead.

The ancient Druids' belief that the solstice represented the wedding of heaven and Earth is responsible for the tradition of brides planning a lucky June wedding.

Famous fathers and their offspring

Father's Day celebrates the special bond between fathers and their families. Every dad is a celebrity in his child's eyes, of course, but in some families fame and

fatherhood go hand in hand. Take a look at some of these well-known fathers and their successful children from the world of movies, music, and sports:

- Kirk Douglas and Michael Douglas (acting)
- Tony Curtis and Jamie Lee Curtis (acting)
- Lloyd Bridges, Beau Bridges, and Jeff Bridges (acting)
- Archie Manning, Payton Manning, and Eli Manning (football)
- Jon Voight and Angelina Jolie (acting)
- Bob Dylan and Jakob Dylan (music)
- Frank Sinatra and Nancy Sinatra (music)
- Ken Griffey and Ken Griffey Jr. (baseball)
- Henry Fonda, Peter Fonda, and Jane Fonda (acting)

Flag Day trivia

Flag Day is June 14th, when Americans proudly display their patriotism by flying the U.S. flag far and wide. The design of the U.S. flag was originally established by the Second Continental Congress on July 14, 1777. The Flag Resolution stated: "Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

Do you know these words?

How many of these names for common things do you recognize?

- Aglet: The plastic or metal coating at the end of your shoelaces.
- Agraffe: The wire holding a cork over a wine bottle.
- Armscye: The arm in clothes where the sleeve is sewn.
- Columella nasi: The space between your nostrils.
- Dysania: Difficulty getting out of bed in the morning.
- Glabella: The space between your eyebrows.
- Griffonage: Illegible handwriting.
- Petrichor: The smell of the air after a rain.
- Vocables: Words in songs that don't have any meaning, like "la, la, la."



Memory care at Dodge Park Rest Home and Oasis at Dodge Park:

Where everyone knows your name

Imagine a place where individuals suffering from Alzheimer’s and dementia feel right at home. Imagine a place where they can regain a sense of fulfillment. Dodge Park Rest Home and Oasis at Dodge Park on Randolph Road in Worcester are just such a setting. The facilities’ **N’efesh to N’efesh Memory Care Program** (from the Hebrew for “soul to soul”) strives to help those struggling with memory loss at any stage to build and maintain cognitive ability. Based on research from a variety of recent studies, Dodge Park Rest Home and Oasis’s specially designed program is comprised of six pillars of activities in which memory care residents and their families join in. These include Physical Exercise, Stress Reduction, Cognitive Exercise, Specialized Digital Programs, Purposeful Social Activities and Support Groups and Resident Council. Resident-centered care is at the cornerstone of the N’efesh to N’efesh Memory Care Program at Dodge Park and Oasis at Dodge Park. Caregivers, staff and the management team are specially

trained to focus on the strengths of each person and to understand a resident’s preferences, accomplishments and family ties. Each resident’s preferences and life story contribute to the individualized care plan and activities they take part in, from dining choices to daily activities and specialized care.

‘We feel so fortunate that we found the Oasis’

Judy Atkins Bath’s mother Nancy Atkins has been a resident at Oasis at Dodge Park since just after the facility opened in 2017 and is thriving in the environment due in large part to the N’efesh to N’efesh Memory Care Program. “What works best for my mom,” Ms. Bath said, “is the music that’s offered, which brings back memories of entertainers she enjoyed when she was younger: Tom Jones, Frank Sinatra, Dean Martin and Roger Whitaker. We have a little player in her room too. When the music starts, she is in the front row center and singing and very happy and engaged with it. When Bill McCarthy announced ‘this one’s for you, Nancy, and broke into Que Sera Sera (‘Que sera, sera/whatever will be, will be/the future’s not ours to see/Que sera, sera/what will be, will be’), she loved it. It is just wonderful for Oasis’s staff and (Activity Director) Amy Bustin to do this. Amy’s great, dancing and clapping with the residents. We feel so fortunate that we found the Oasis.”

‘Mom is doing fabulous at the Oasis’

Lisa Swalec’s mother Margaret Leroux—“Judy”—benefits immensely from the affection showered on her by an Oasis staff that is “compassionate and patient,” Ms. Swalec says. “She was at home with twenty four-hour care for two years. Oasis gives her more socialization than she was getting. My father was briefly at Dodge Park before he died. The amazing thing is the music, Saturday nights and Sunday afternoons. The whole facility is memory care and residents are allowed to move about; they are not confined to one wing.”

Oasis’s Activity Coordinator Amy Bustin says:

“One of my favorite activities at Oasis at Dodge Park is our Reminiscing Program. Here the residents and caregivers share their personal stories. We use this time to learn about each other and recall experiences from the past. A simple question of ‘where did you grow up?’ brought up old memories for one resident and we were soon talking about summers at ‘the World’s Fair’ in St. Louis. For residents, recalling the past is important as their disease can rob them of these moments. Caregivers in turn have been able to learn about the lives of the residents. Using these tools has seamlessly turned my residents from the people I assist to those who feel like family. I feel blessed to know each of them.



“In my experience, music has been one of the most powerful tools we have in the memory-care program. One resident could not recall how many children they had but was able to sing all of the words to ‘God Bless America’ with me. I have used sing-a-longs many times to redirect those that are upset. The familiarity of the music is comforting while sharing the song experience creates a bond between residents and the aides. A quiet room can quickly be filled with ‘Take Me Out to the Ball Game’ or ‘Grand Ol’ Flag.’ The variety of music programs we have each week is engaging—from drum circle to upbeat aerobics to quiet background music early in the morning. Music has become one of the best ways to make connections on a daily basis.”

www.oasisatdodgepark.com
877-363-4775

https://dodgepark.com
508-853-8180

JUNE OBSERVANCES

Monthly

Alzheimer's and Brain Awareness Month. Worldwide, more than 55 million people are living with Alzheimer's or another type of dementia. Join the Alzheimer's Association in going purple and raising awareness in June. The more people know about the facts about Alzheimer's and dementia, the closer we come to a cure.

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Pride Month. Celebrations include parades, picnics, parties, workshops, symposia, and concerts. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual, and transgender individuals have had on history locally, nationally, and internationally.

National Oceans Month. The ocean is home to fish, turtles, colorful coral reefs, and other unique organisms. National Oceans Month recognizes our connection to the ocean and seeks to raise awareness about the dangers it faces—pollution, overfishing, and more. These days it's more imperative than ever to take action to treat ocean resources with respect.

National Rose Month. Roses come in more than 300 species, and in different sizes and colors across the globe. They have long held a special place in people's hearts, used to show love and affection for weddings, childbirth, and other special occasions. The rose is also a state flower of five U.S. states.

Weekly

National Nursing Assistants Week, June 11-17. National Nursing Assistants' Week provides a timely opportunity to showcase the wonderful hands-on care that nursing assistants provide to patients across the country.

Lightning Safety Week, June 21-27. The National Lightning Safety Council established National Lightning Safety Awareness Week to provide the public with safety information about lightning. Visit NOAA's comprehensive lightning safety website to learn more about lightning and lightning safety.

SPECIAL DAYS

- 1 Dare Day
- 1 Flip a Coin Day
- 1 Go Barefoot Day
- 1 World Milk Day
- 2 National Bubba Day
- 2 National Rocky Road Day
- 3 National Egg Day
- 3 Repeat Day (I said "Repeat Day")
- 3 World Bicycle Day
- 4 Applesauce Cake Day
- 4 Hug Your Cat Day
- 4 Moonshine Day – The first Thursday in June.
- 4 National Cheese Day
- 4 Old Maid's Day
- 5 Hot Air Balloon Day
- 5 National Doughnut Day
- 5 National Gingerbread Day
- 5 World Environment Day
- 6 D-Day, WWII
- 6 National Gardening Exercise Day
- 6 National Trails Day – The first Saturday in June.
- 6 Yo-Yo Day
- 7 Chocolate Ice Cream Day
- 7 Frozen Yogurt Day – The first Sunday in June.
- 7 VCR Day
- 8 Best Friends Day
- 8 Name Your Poison Day
- 8 World Ocean Day
- 9 Donald Duck Day
- 9 International Omelet Day
- 9 National Strawberry Rhubarb Pie Day
- 10 Ball Point Pen Day
- 10 Herb and Spices Day
- 10 Tea Day
- 11 Making Life Beautiful Day
- 11 National Children's Day
- 11 National Corn on the Cob Day
- 12 National Jerky Day
- 12 National Peanut Butter Cookie Day
- 12 Nursing Assistants Day – The date varies.
- 12 Red Rose Day
- 13 National Weed Your Garden Day
- 13 Pigeon Appreciation Day
- 13 Sewing Machine Day
- 14 Flag Day
- 14 Monkey Around Day
- 14 National Cucumber Day
- 15 Global Wind Day
- 15 National Nature Photography Day
- 15 National Prune Day
- 15 Smile Power Day
- 16 Cannoli Day
- 16 Fresh Veggies Day
- 16 International Waterfall Day
- 16 National Fudge Day
- 17 Eat Your Vegetables Day

SPECIAL DAYS

17 Global Garbage Man Day
17 National Root Beer Day
18 Go Fishing Day
18 International Panic Day
18 International Picnic Day
18 Sushi Day
18 National Splurge Day – Oh yeah!!
19 Chinese Dragon Boat Festival – The date varies.
19 Juneteenth
19 National Kissing Day
19 Take a Road Trip Day – The third Friday in June.
19 World Sauntering Day
20 Hollerin' Contest Day – The third Saturday in June.
20 Ice Cream Soda Day
20 National Bald Eagle Day
20 World Juggler's Day -The Saturday closest to June 17th.
21 Father's Day – The third Sunday in June.
21 Finally Summer Day / Summer Solstice – date varies
21 Go Skateboarding Day
21 International Yoga Day
21 National Sea Shell Day
21 National Selfie Day
21 Turkey Lovers Day – The third Sunday in June.
22 National Chocolate Eclair Day
22 National Onion Ring Day
22 World Rainforest Day
23 International Widows Day
23 Let It Go Day
23 National Columnists Day – The fourth Tuesday in June.
23 National Pink Day
24 Celebration of the Senses Day
24 International Fairy (or Faery) Day
24 National Pralines Day
24 Swim a Lap Day
25 Global Beatles Day
25 Global Belly Button Day
25 Handshake Day – The last Thursday in June.
25 National Catfish Day
26 Beautician's Day
26 Forgiveness Day
26 National Canoe Day
26 National Food Truck Day – The fourth Friday in June.
26 Take Your Dog to Work Day – The Friday after Father's Day.
27 National Onion Day
27 Sun Glasses Day
28 Insurance Awareness Day
28 International Body Piercing Day
28 Log Cabin Day – The last Sunday in June.
28 Paul Bunyan Day
29 Camera Day
29 Hug Holiday
29 International Mud Day
29 Waffle Iron Day
30 Meteor Day
30 Social Media Day

Weekly

Learning Disability Week, June 15-21. This week aims to improve the quality of life for individuals with learning disabilities by raising awareness about important issues, fighting stigma and discrimination, and raising funds for outreach and support programs.

Daily

Global Day of Parents, June 1. Emphasizing the crucial role of parents in the lives of children, the Global Day of Parents recognizes that the family has the primary responsibility for nurturing and protecting children.

National Cancer Survivors Day, June 1. Whether you're a cancer survivor yourself, a family member, a friend, or a medical professional, this day provides an opportunity for everyone living with a history of cancer to connect, celebrate milestones, and recognize those who have supported them.

Flag Day, June 14. A day commemorating the adoption of the flag of the United States in 1777.

Father's Day, June 21. This day honors all fathers, grandfathers, and father figures for their contribution to their children's lives.

Summer Solstice, June 21. The solstice marks the official beginning of summer in the Northern Hemisphere.





Plant of the Month – Orchid

Stunning, fragrant orchids are part of the Orchidaceae family of plants. These gorgeous flowers are found all over the world. While some varieties are very rare, orchids as a group are not. In fact, there are over 25,000 wild types of orchids, and they make up about 10 percent of all plant species. There are also orchid hybrids developed by humans. Orchids come in a huge range of sizes, with the tiniest as small as a dime.

The largest, the tiger orchid, typically grows about eight feet long, but this hefty plant can reach 25 feet and weigh several hundred pounds.

Orchids are prized for their range of heady scents, with notes of floral, citrus, and spice. Some orchids smell like cinnamon, chocolate, or vanilla. Others have unpleasant scents like mildew or old cheese, and some

have no scent at all. Avoid touching or overwatering these delicate blooms, which symbolize love, beauty, fertility, and strength.

Flower - Rose

The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word *rosa*, which means “red.” It’s one of the oldest flowers known to man. In fact, Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In modern floral tradition, the red rose symbolizes love, yellow is the rose for friendship, and peach represents appreciation and sincerity.



Birthstone – Pearl

The pearl is a unique birthstone. All other birthstones are formed by inorganic substances like rocks, but pearls are created by a living thing—a mollusk, such as a clam or a mussel. When an irritant like sand gets inside the mollusk’s shell, the mollusk secretes an iridescent substance called nacre (also known as “mother of pearl”) to seal it off. Pearls come in a variety of shapes, sizes, and colors, and the color depends on the kind of mollusk and its habitat. The pearl is a symbol of loyalty, friendship, and purity.



Birthday Critters: The Animal in You

June 1–3: Mouse

You are a sensitive yet mischievous person who others love to be around. You’re always looking for the next fun thing to do.

June 4–14: Turtle

You are a very practical person with a kind heart, clever mind, and a generous spirit. Friends and family know they can come to you for anything.

June 15–20: Dog

You are a loving, loyal friend, and your humble, down-to-earth attitude makes you easy to get along with. You are also very hardworking and popular among your friends.

June 21–24: Monkey

You are a playful person who loves cracking jokes and being the center of attention. You have a unique, spot-on sixth sense that keeps you out of trouble.

June 25–30: Cat

Though shy at times, you warm up to others quickly and have a lovable personality. You enjoy having quiet time to reflect and just be yourself and can often be found with a book in hand.

JUNE FUN FACTS

June is the sixth month of the year in the Julian and Gregorian calendars. June is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere. Some say June is named for the Latin word *juniores*, meaning “youths,” but the name also could have come from the Greek goddess of marriage, Juno. For this reason, some couples think getting married in June brings good luck.

June Birthdays

Morgan Freeman (actor) – June 1, 1937
Anderson Cooper (journalist) – June 3, 1967
Kenny G (musician) – June 5, 1956
Virginia Apgar (doctor) – June 7, 1909
Joan Rivers (comic) – June 8, 1933
Cole Porter (songwriter) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Steffi Graf (tennis star) – June 14, 1969
George Mallory (explorer) – June 18, 1886
Nicole Kidman (actress) – June 20, 1967
Cyndi Lauper (singer) – June 22, 1953
Wilma Rudolph (runner) – June 23, 1940
Sonia Sotomayor (judge) – June 25, 1954
Frank Loesser (composer) – June 29, 1910



Love Those Long Summer Days

June 20 marks this year’s summer solstice. This is the first day of summer in the northern hemisphere and the day with the most daylight hours. This is because the sun is traveling along its northernmost path. Conversely, in the southern half of the world, this date marks the shortest day and the beginning of winter. Many cultures and communities have special traditions to honor the solstice.

What’s Lucky in June?

Lucky Color: Green
Lucky Animal: Jaguar
Lucky Letters: B and V
Lucky Day: Thursday
Lucky Plant: Strawberry



Hip Hip Hooray

June 25 is the Day of Joy, the perfect occasion to reconnect with everything and everyone who warms your heart! Celebrate the laughs, light, love, and happiness all around you, and find more joy in each and every day.

June Zodiacs

Gemini (The Twins) June 1–20
Cancer (The Crab) June 21–30



A very
Happy Birthday to...



Dodge Park Residents

Michael M. June 2
 Lisa T. June 12
 Celia B. June 17
 Joan H. June 17
 James C. June 20
 Jeanne S. June 24

Oasis Residents

Patricia M. June 12
 Catherine P. June 21
 Shirley L. June 24
 Thomas M. June 26

Staff

Katrina L. June 1
 Jaime M. June 4
 Jeffrey C. June 5
 Courteney L. June 6
 Rachel F. June 7
 Aliyah W. June 8
 Noribel T. June 9
 Natasha J. June 13
 Kelly P. June 16
 Patty M. June 17
 Alexandra R. June 22
 Tammy M. June 26
 Kerry G. June 28
 Eugenia K. June 29

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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101 Randolph Road, Worcester, MA



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Strawberries

Here in New England, it's strawberry picking time. June is the perfect month to start visiting your local farmstead for

these sweet and delicious fruits that are nutritious and versatile.

The strawberry that we know today began its origin in France around 1750 but the woodland strawberry had been around for centuries and has been depicted in poetry, plays and paintings throughout history. Today, China is the world's leading producer of the strawberry with the United States in close second place.

Strawberries are very nutritious. They antioxidant and anti-inflammatory properties and are a good source of fiber and vitamin C. Research shows eating strawberries regularly may help to improve heart health and lower the risk of certain types of cancer. This is due to the phytonutrient content strawberries possess. Strawberries help control blood pressure because they are a good source of potassium. The fiber in strawberries helps maintain a healthy digestive system. Additionally, a recent study on vitamin C and rheumatic diseases showed that people who do not consume adequate amounts of vitamin C are three times more likely to develop arthritis. Eating strawberries and other vitamin C sources on a regular basis can help with rheumatic health. Since strawberries are low in calories and contain zero fat, cholesterol and sodium, they are a very good food to consider. Strawberries also have a low glycemic index, which means they are unlikely to cause a spike in blood sugar when eaten in moderation. This makes them a good fruit choice for people with diabetes.

Strawberries are available fresh, frozen and freeze-dried. They are also found in jellies and jams. When choosing strawberries, be sure any frozen packages you find contain no added sugars. Look for lower sugar content jellies and jams for a more nutritious, healthy product.

Strawberries can be stored for 5 to 7 days if you follow some simple but important steps: (1) Keep the berries as dry as possible, (2) store them in the refrigerator in their original packaging between 32 and 34 degrees Fahrenheit, (3) rinse the strawberries in cool water JUST before you're ready to eat them and (4) let them come to room temperature to enhance their natural flavors.

Here's how you can add more strawberries to your weekly meal plan:

- Add to plain, low-fat yogurt or make a parfait layering strawberries, yogurt, high-protein granola and chopped nuts for a healthy breakfast or snack
- Top cereal or oatmeal
- Make a fruit salsa with strawberries and other fruits and serve over grilled chicken
- Blend with yogurt and a banana to make a smoothie
- Top whole grain waffles
- Add to a spinach salad
- Mix into low-fat, low sugar frozen yogurt for a refreshing dessert



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.



Chocolate Coconut Macaroons

Makes 24 servings

You will need:

- 3 cups sweetened shredded coconut
- 3/4 cup sweetened condensed milk
- 1 teaspoon vanilla extract
- 2 egg whites
- 1/4 teaspoon salt
- 1 cup semi-sweet chocolate chips

Directions

1. Preheat oven to 325°F. Line a baking sheet with parchment paper.
2. In a bowl, mix coconut, condensed milk, and vanilla.
3. In a separate bowl, beat egg whites with salt until stiff peaks form.
4. Gently fold egg whites into coconut mixture.
5. Drop rounded tablespoons onto prepared baking sheet.
6. Bake 20–25 minutes until golden brown. Cool completely.
7. Melt chocolate chips and dip bottoms of macaroons. Let set before serving.



Fresh Summer Corn Salad

Makes 6 servings

You will need:

- 4 cups fresh corn kernels
(about 5 ears or 3 [15-ounce] cans of corn, drained)
- 1 cup halved cherry tomatoes
- 1/2 cup diced red onion
- 1/4 cup chopped fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- Salt and pepper to taste

Directions

1. If using fresh corn, cook briefly in boiling water for 3–4 minutes, then cool and drain.
2. In a large bowl, combine corn, tomatoes, red onion, and parsley.
3. Drizzle with olive oil and lime juice.
4. Season with salt and pepper.
5. Toss gently and refrigerate 30 minutes before serving.



Party-Ready Sausage Rolls

Makes 24 servings

You will need:

- 1 sheet puff pastry, thawed
- 1 pound cooked sausage links
- 1 egg, beaten
- 1 tablespoon water

Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Roll out puff pastry and cut into long strips.
3. Place sausage along pastry strips.
4. Roll pastry over sausage and seal edges.
5. Cut into bite-sized pieces and place on the prepared baking sheet seamside down.
6. Mix egg with water and brush over tops.
7. Bake 15–20 minutes until golden brown. Serve warm.



Warm Blueberry Cheesecake Dip

Makes 8 servings

You will need:

- 8 ounces cream cheese, room temperature
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 1 cup blueberry pie filling
- Graham crackers or cookies for serving

Directions

1. Preheat oven to 350°F.
2. Beat cream cheese, sugar, and vanilla until smooth.
3. Spread into a small baking dish.
4. Top with blueberry pie filling.
5. Bake 15–18 minutes until warm and slightly bubbly.
6. Serve warm with graham crackers or cookies.

Mango Mojito Refresher

Makes 2 servings

Ingredients:

- 1 ripe mango, diced
- 10 fresh mint leaves
- 2 tablespoons fresh lime juice
- 2 teaspoons sugar (or substitute)
- Ice cubes
- (Optional) 1/2 cup white rum
- 1 cup club soda

Directions:

1. In a glass, muddle mango, mint leaves, lime juice, and sugar.
2. Fill glass with ice.
3. Add rum if making alcoholic version.
4. Top with club soda and stir gently.
5. Garnish with extra mint and mango slices if desired.



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

Team Tassels

Turn skeins of embroidery floss into two tassels attached with a braided cord.

If you have a favorite sports team, model your color scheme off their uniforms.

You could also use school colors or holiday colors.

You will need:

3 skeins of embroidery floss (1 skein of color A and 2 skeins of color B)

- Large paper clip (2" long)
- Clipboard
- Comb
- Tape measure or yardstick
- Scissors
- Needle-nose pliers



Directions:

1. Leave the paper on the embroidery skeins. Cut off a 24" strand of each color. (Set aside the second skein of color B, which is blue in our example.)



2. Remove the paper from just the second skein of color B. Cut six 24" strands of embroidery floss from this skein. Bundle the strands together and fold them in half.
3. Tie the folded bundle around the center of color A (yellow in our example) with a double knot as shown in the last photo on the previous page.
4. Using the strand of color A you cut in the first step, tie one end around the folded color A skein about 1/2" from the top. Leave a tail about 3" long, as shown in the first photo below.



5. Wrap the long end of the same around the tassel until you have about 3" left, then tie the two ends of strand A together in a double knot as shown in the center photo above. Cut off the excess floss.
6. Clamp the bottom ends of skein A to a clipboard to hold them in place. Braid the long strands of color B. Knot the braid about 3" from the end of the strands.
7. Tie the loose strands at the end of the braid around the center of the skein B with the paper still on it using a double knot.

8. To make the second tassel repeat steps 4 and 5 with the remaining 24" strand of color B.



9. Remove the the remaining paper sleeves and cut the loops in the floss to create fringe.

10. Gently comb the tassels to make them softer and fluffier. Fold the braided cord in half. Tie a double knot leaving a small loop as shown below.



11. Slip a paper clip onto the loop. Pinch the bottom of the paper clip together with needle-nose pliers. Your team spirit tassels are now ready to use as a page marker, charm, ornament, or gift embellishment.

ACTIVITY IDEAS

Shark Pocket Pillow

Create a felt appliqué to add a whimsical pocket to a throw pillow. Use it to hold easily misplaced items such as a TV remote control, cell phone, or glasses.

You will need:

- Shark patterns printed on copy paper
- Throw pillow (12" to 14" square)
- Assorted felt colors and sizes:
- Background color of choice (9" X 9")
- Dark tone for shark nose (10" X 9")
- White/light tone for belly (8" X 9")
- White/light tone for eyes (3" X 3")
- Light tone for fins (3" X 3")
- Two 6" pieces of thick rickrack (5/8" wide)
- 2 small, dark-colored buttons (1/4" to 1/2")
- Embroidery floss (color of choice), needle
- Felt glue or hot glue
- Scissors, stapler
- (Optional) Additional 9" X 9" piece of felt, pillow stuffing



Directions:

1. Cut out the patterns following the rectangular thin black outline.
2. Fold the felt in half for the nose and belly. Then align the dashed line along the fold. Staple the patterns to the felt to hold them in place while cutting. Be sure to place the staples outside of the gray outlined pattern shapes.
3. Glue the straight edge of the eye shapes to the back of the nose shape.



4. Turn the background square so it is positioned like a diamond. Glue a triangular fin to the left side of the background, aligning the longest edge of the triangle to the bottom left edge of the diamond as shown. Repeat to add the other fin on the right side.

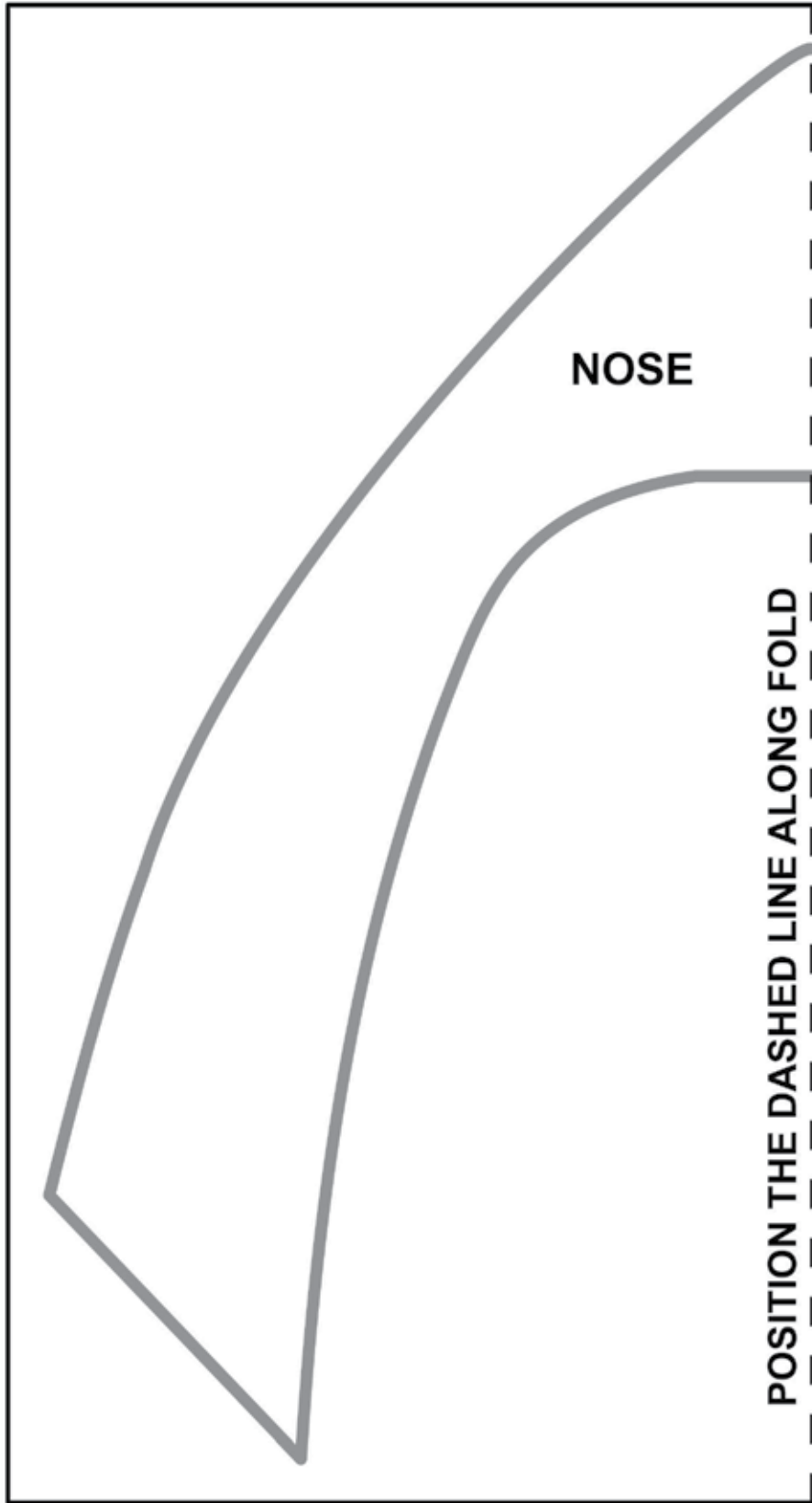
5. Glue the nose portion to the background. Then add rickrack teeth as shown. Add the bottom teeth to the belly shape and then trim off the excess rickrack.

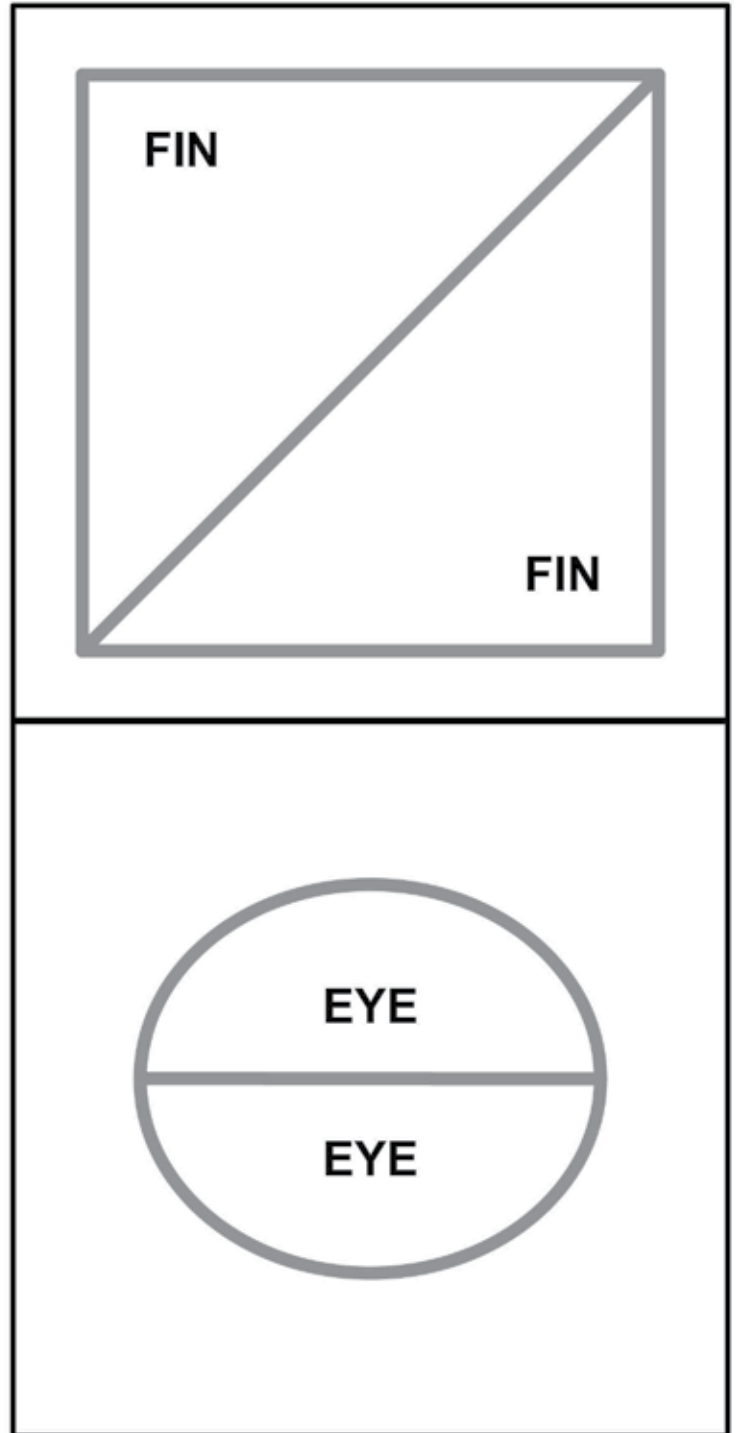
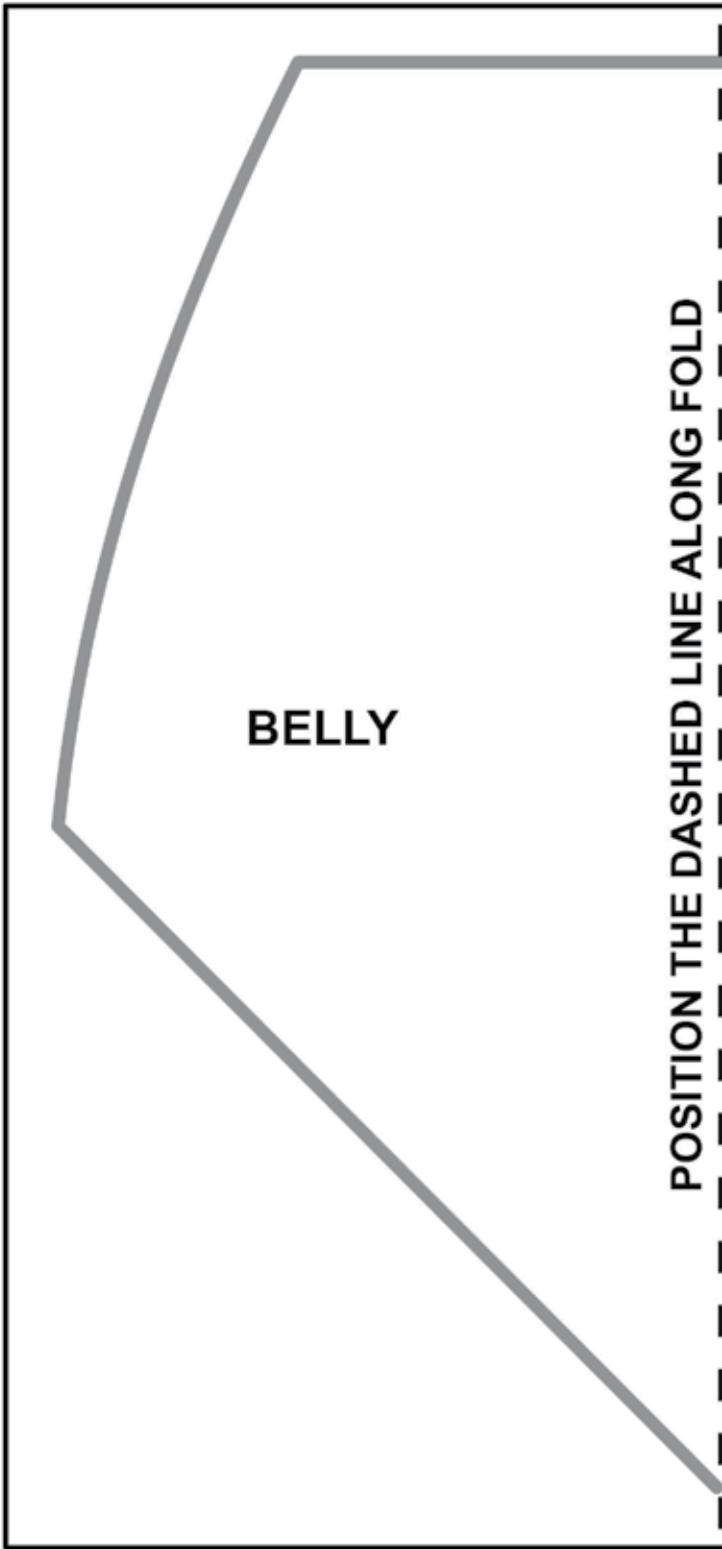
6. Glue the pointed end of the belly to the project, applying glue to the bottom edges first as indicated with arrows in the photo below.

7. Using glue on the side edges, attach the rest of the belly so the top edge with the teeth sticks up from the background as shown. This is the pocket.



8. Use colored embroidery floss to sew on button eyes. Then use a simple stitch to sew the edges of your shark appliqué to a pillow.





24



COLORING PAGE





Dot-to-dot #2

Connect the numbered dots 1–109.



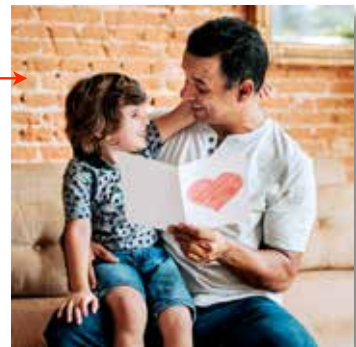
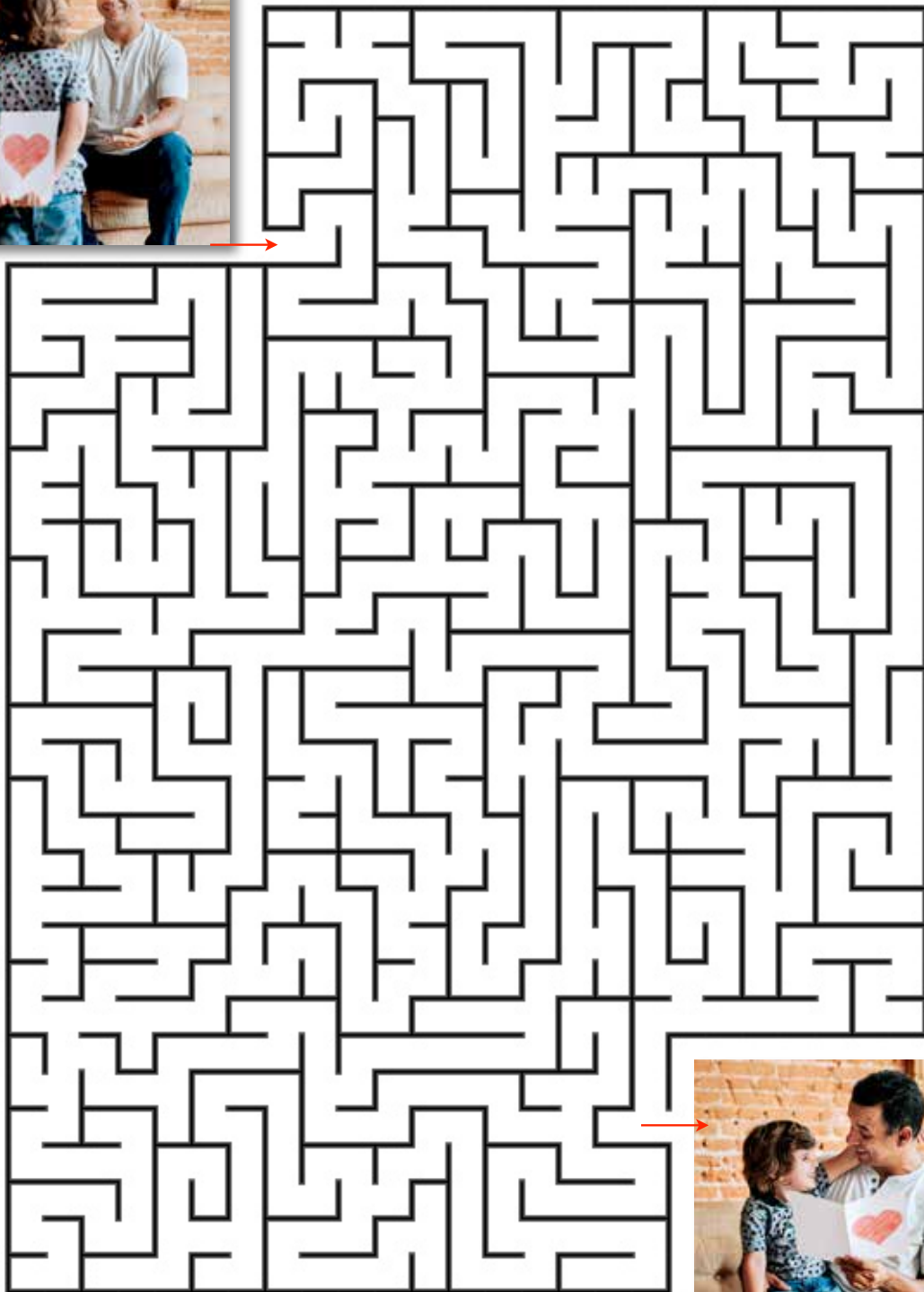
A Day at the Beach

Match the clues to the words associated with the beach.

- | | |
|--|---------------|
| 1. Tiny grains under your feet _____ | A. jellyfish |
| 2. Moving ocean water _____ | B. flip-flops |
| 3. Popular beach sport _____ | C. umbrella |
| 4. Provides beach shade _____ | D. current |
| 5. Casting a line from the shore _____ | E. sunscreen |
| 6. Drifter with a sting _____ | F. breeze |
| 7. Loud beach scavenger _____ | G. sand |
| 8. Dusk _____ | H. reef |
| 9. Playful ocean mammal _____ | I. sunset |
| 10. Keeps drinks cold _____ | J. volleyball |
| 11. Cool off in the ocean _____ | K. boardwalk |
| 12. Wave rider's equipment _____ | L. shells |
| 13. Coral formation offshore _____ | M. fishing |
| 14. Skin protection _____ | N. dolphin |
| 15. Seaside strolling spot _____ | O. surfboard |
| 16. Collector's treasures _____ | P. cooler |
| 17. Light coastal wind _____ | Q. swim |
| 18. Casual beach footwear _____ | R. seagull |



A-Mazing Dad



Mixed-Up Gifts for Dad

Unscramble the letters to reveal words that are gifts for Dad.

1. ELWATL _____
2. FFCEE O MGU _____
3. ECKENTI _____
4. WTSRITCAWH _____
5. FSLLGITHAH _____
6. BRAEEUBC IRGLL _____
7. IXEERSCE EBKI _____
8. LEBSBAAL CPA _____
9. EEBF KRJYE _____
10. NLUAGSSSES _____
11. HBATEOBR _____
12. AMASPAJ _____
13. ESAY ICRHA _____
14. ENSAKRSE _____
15. PZAIZ NOEV _____
16. BAKPACKC _____
17. NUGPITT TMA _____
18. HPONEHEDAS _____



On a Cruise

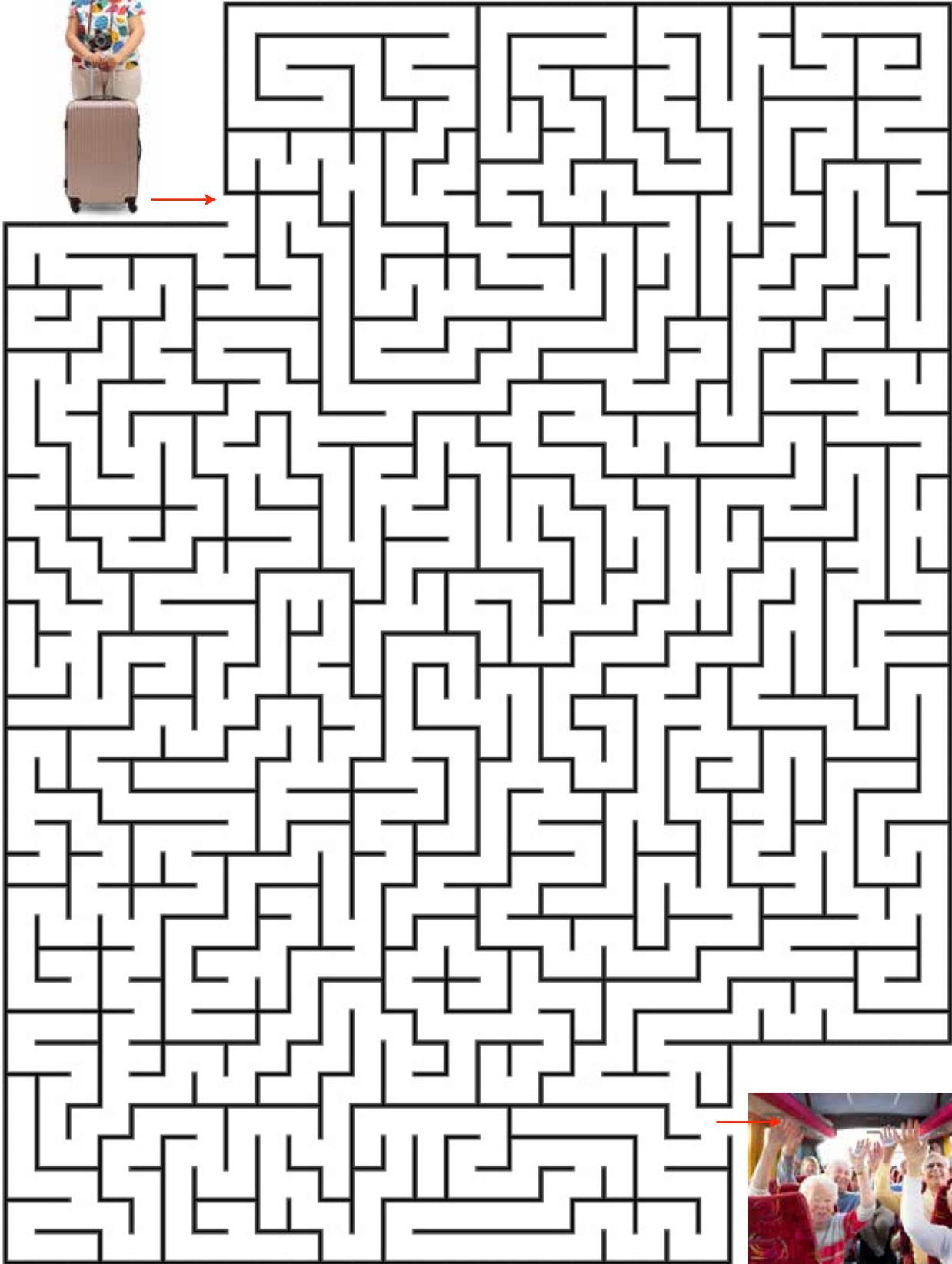
The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- | | | |
|---------|-----------|--------------|
| BUFFET | DINING | PORT |
| CABIN | EXCURSION | SHOWS |
| CAPTAIN | FAMILY | SHUFFLEBOARD |
| CUSTOMS | GAMES | SPA |
| DANCING | GANGWAY | STEWARD |
| DECK | MUSIC | SUNBATHE |

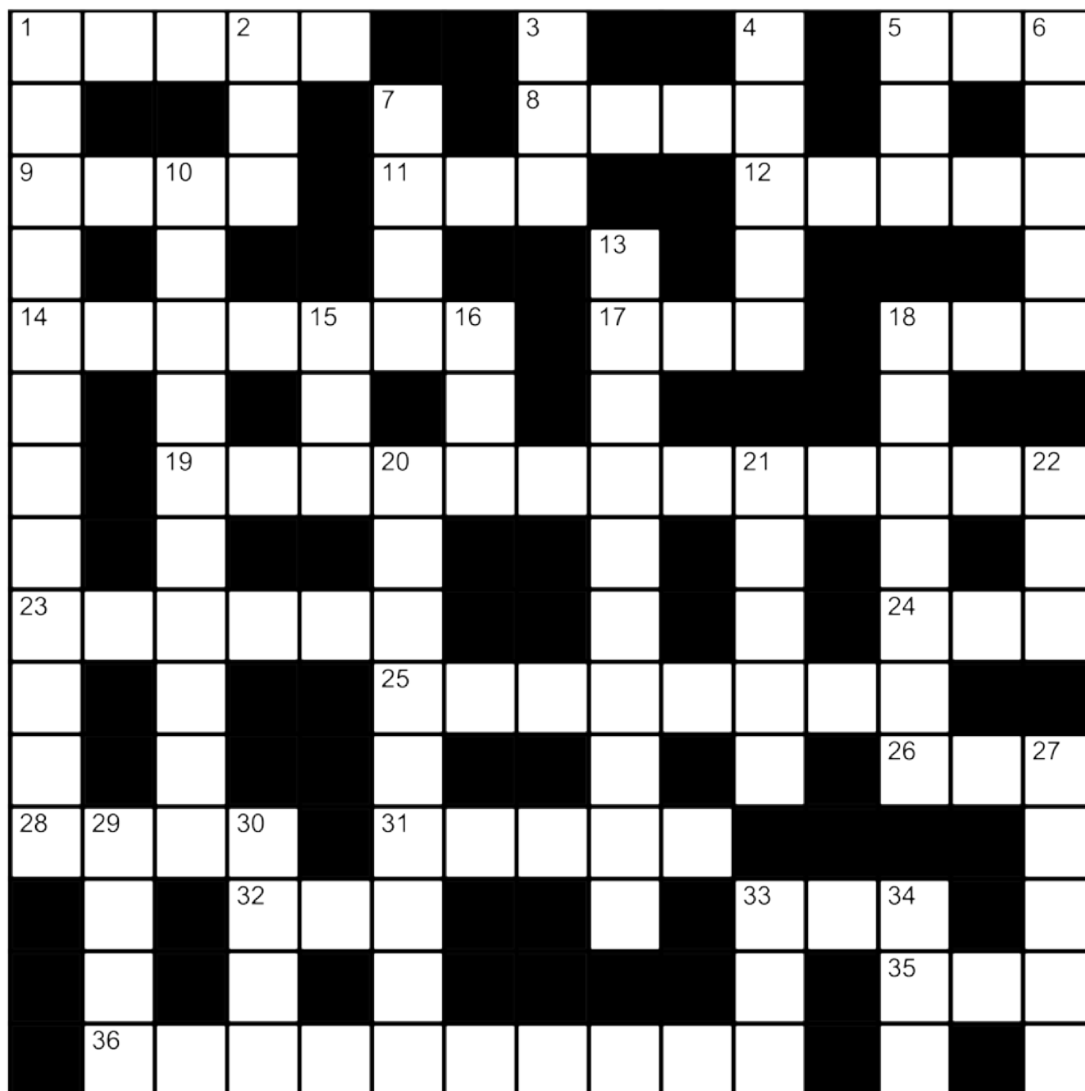


A-MAZING TRAVELERS



Crossword #54

Use the clues to fill in the crossword.



ACROSS

1. The entire ____ of judges gave the skater 10s
5. Greek alphabet's 23rd letter, ψ ; rhymes with sigh
8. Feline-inspired athletic shoe brand
9. Double-reeded instrument; clarinet's cousin?
11. Hawaiian dish; rhymes with soy
12. Ulysses S. ____; president on the \$50 bill
14. An area of fruit trees
17. Helpful tool when rowing a boat
18. "Long ago and ____ away..."
19. At a right angle; not horizontal
23. _____ pancakes; latkes
24. "It's a dog-____-dog world"

25. Feeling gratitude

26. ____ high: about that tall
28. Pros and ____ of an issue
31. A bee's defense
32. Before shot and after hot
33. "____ Now or Never" by Elvis Presley
35. ____ up with; tolerate
36. Not planned; unintentional

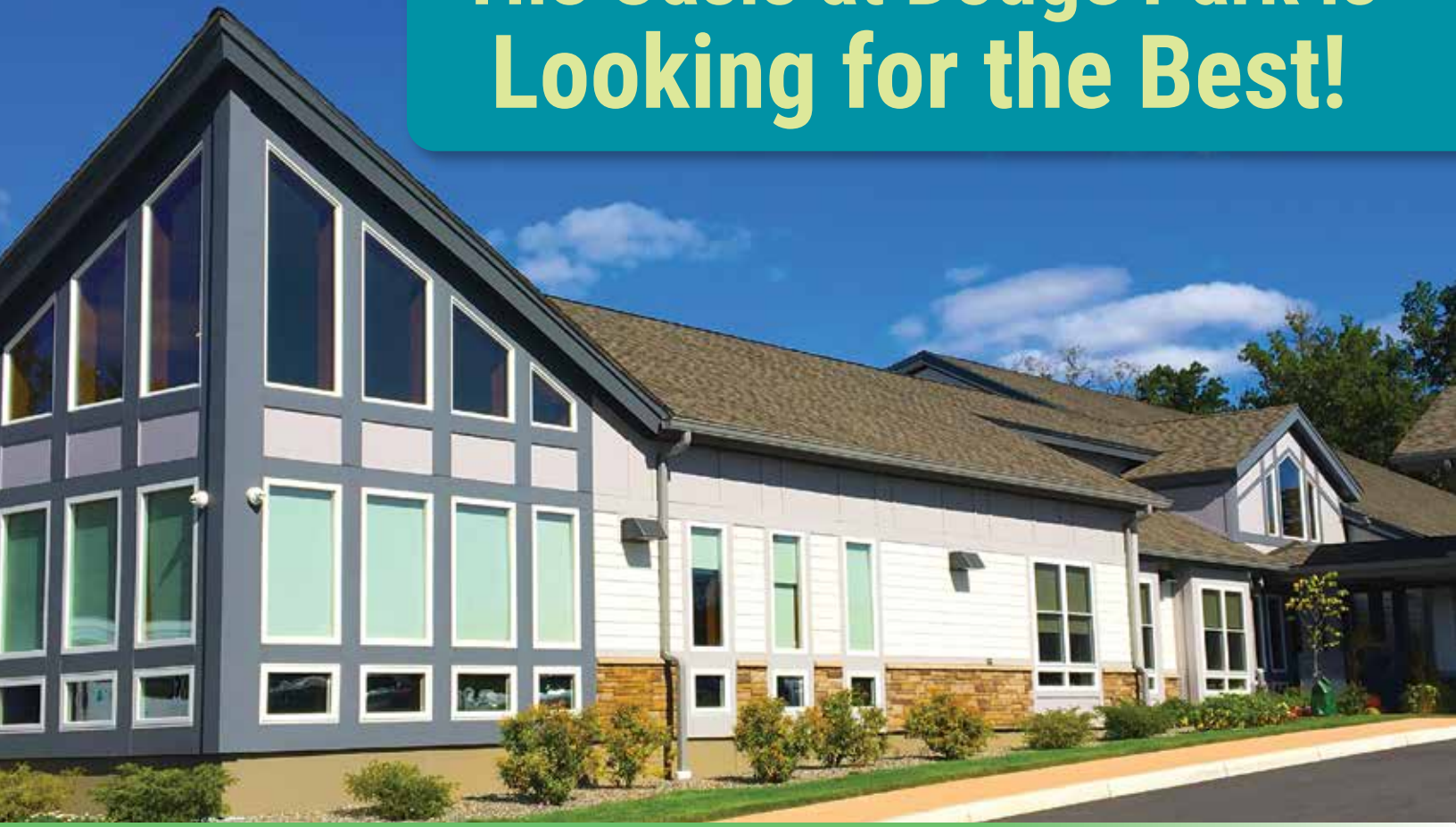
DOWN

1. Extremely keen kind of memory
2. The Three Faces of ____, starring Joanne Woodward
3. Prefix for dermis or pen
4. Racetrack bet
5. Parent Teacher Association, abbrev.

6. Lay to rest; entomb

7. Practice with a boxer
10. Job; profession
13. Ostracizing; punishing
15. "Love Is in the ____"
16. Preceded by past or over
18. Untruthfully
20. Complained; raised an objection
21. Embroidery or pottery for example
22. Mickey's larger cousin?
27. Severe; critical
29. Killer whale
30. Blueprint or plan
33. Not well
34. Hot tub or wellness retreat

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- **Housekeeping**
- **Activity Personnel**
- **LPN for 3pm-11pm shift**

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

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

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

At Dodge Park Rest Home and the Oasis at Dodge Park, we provide seniors two options for senior residential care.



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

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



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& See Why We're
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DODGE PARK REST HOME
CELEBRATING **59** YEARS

Caring for our Community

DODGE PARK REST HOME

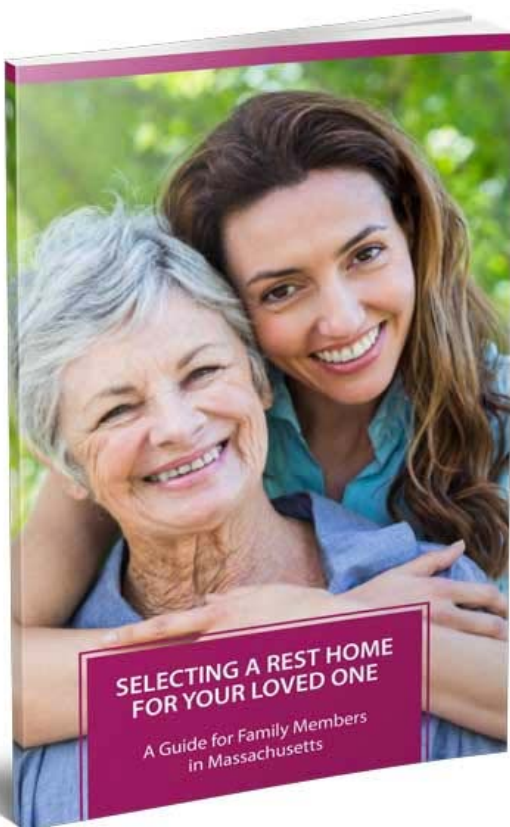
and
The Day Club

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

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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.

**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**

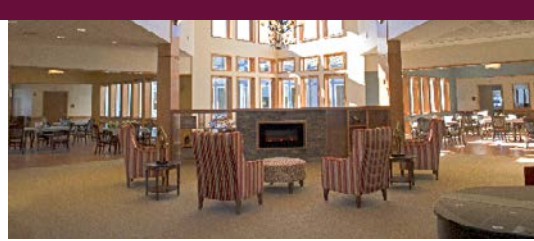
You can also attend the meeting virtually.

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

Dodge Park



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508-853-8180**



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

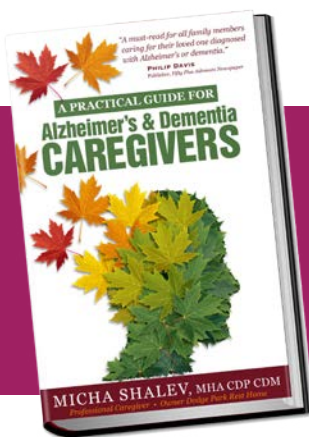
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

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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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The N'efesh to N'efesh™ Memory Care Program

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REST HOME**



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from the Hebrew for
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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
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**For more information
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