

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER



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

*A Cheerful
Heart is Good
Medicine*



Bringing LIFE to Those We Serve

The Connection Between Dementia Residents and the Importance of Natural Light

Natural light plays a crucial role in the overall well-being of individuals, especially for residents with dementia. Research has consistently shown that exposure to natural light can have significant benefits for dementia patients, impacting their physical health, emotional state, and cognitive function. Understanding these benefits can help caregivers and families create environments that promote better quality of life for their loved ones.

Regulating Circadian Rhythms

One of the most significant benefits of natural light is its ability to regulate circadian rhythms. Circadian rhythms are the body's internal clock that dictates sleep-wake cycles. For individuals with dementia, these rhythms often become disrupted, leading to sleep disturbances and increased agitation, commonly referred to as sundowning. Exposure to natural light, particularly in the morning, helps reset these internal clocks, promoting better sleep patterns and reducing the severity of sundowning.

Enhancing Mood and Reducing Depression

Natural light exposure has been linked to improved mood and reduced symptoms of depression. Dementia patients are at a higher risk of developing depression due to the progressive nature of the disease and the associated cognitive decline. Sunlight stimulates the production of serotonin, a hormone that contributes to feelings of well-being and happiness. Ensuring that dementia residents have ample access to natural light can help mitigate feelings of sadness and isolation.

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

Boosting Vitamin D Levels

Vitamin D is essential for maintaining bone health, supporting the immune system, and improving mood. Natural sunlight is a primary source of Vitamin D. Dementia residents often spend a significant amount of time indoors, which can lead to deficiencies. Facilitating opportunities for outdoor activities or ensuring that indoor environments are well-lit with natural light can help maintain adequate Vitamin D levels, promoting overall health.



Improving Cognitive Function

Studies have shown that natural light can enhance cognitive function in individuals with dementia. Bright light therapy has been found to improve attention, memory, and other cognitive skills. By integrating natural light into living spaces, caregivers can support cognitive health and potentially slow the progression of dementia symptoms.

Creating a Calming Environment

Natural light can also contribute to creating a more calming and soothing environment. Bright, artificial lighting can sometimes be overstimulating or create harsh shadows that may confuse or distress dementia patients. In contrast, natural light provides a softer, more diffused illumination that can make spaces feel more open and welcoming. This can reduce anxiety and help residents feel more comfortable and secure in their surroundings.

Practical Tips for Maximizing Natural Light

To maximize the benefits of natural light for dementia residents, consider the following practical tips:

Design spaces with large windows: Ensure that living areas, dining rooms, and common spaces have ample windows to allow natural light to flood in.

Use light-colored, reflective surfaces: Decorate with light colors and reflective materials to enhance the natural light available.

Encourage outdoor activities: Facilitate daily outdoor activities, such as walks in the garden, to ensure residents get direct sunlight exposure.

Position furniture wisely: Arrange furniture to make the most of natural light, placing seating areas near windows.

Utilize window treatments effectively: Use sheer curtains or blinds that can be easily adjusted to control the amount of light entering a room without blocking it entirely.

Incorporating natural light into the daily lives of dementia residents is more than just an architectural consideration; it's a vital part of their care strategy. By understanding and utilizing the benefits of natural light, we can create healthier, happier, and more supportive environments for those living with dementia.

Micha Shalev MA CDP CDCM CADDCT

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
- Arts and crafts
- Group activities, games, music, and light programming
- 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.

CITY OF WORCESTER • INAUGURAL LEGACY BUSINESS AWARD

Oasis at Dodge Park Named a 2026 Legacy Business

Dodge Park Rest Home and The Oasis at Dodge Park Honored with Worcester's Inaugural Legacy Business Award

Dodge Park Rest Home and The Oasis at Dodge Park are proud to share that Dodge Park Rest Home has been selected as a recipient of the [City of Worcester's inaugural Legacy Business Award](#). This is a very special honor for the Dodge Park and Oasis family. For nearly 60 years, Dodge Park Rest Home has served Worcester seniors and their families, and we are grateful to be recognized as part of the city's first class of Legacy Businesses.

What Is a Worcester Legacy Business?

A Worcester Legacy Business is a long-standing, locally owned small business that has become part of the city's history, character, and community life.

The City of Worcester launched the [Legacy Business Program](#) to recognize businesses that have contributed to Worcester's cultural, economic, and social identity. To be eligible, businesses must have been operating for at least 10 years, be physically located and actively operating in Worcester, be locally

owned, have fewer than 250 employees, and demonstrate community and cultural significance.

In other words, a Legacy Business is not recognized for longevity alone. These businesses are selected because they have stayed rooted in Worcester, served local residents, provided jobs and services, and helped define the city's neighborhoods.

For Dodge Park Rest Home, this recognition is especially meaningful. Since 1967, Dodge Park has served Worcester seniors and their families with professional, ethical, and high-quality care. To be named among Worcester's first Legacy Businesses is an honor that reflects not only our years of service, but our continued commitment to the people and families who make this city so special.

Recognized Among Worcester's First Legacy Business Class

The City of Worcester announced its first annual Legacy Business program on June 18, 2026, selecting 24 businesses from across the city. Dodge Park LLC dba Dodge Park Rest Home was named among this special inaugural class.

The City received 309 nominations for 62 eligible businesses. Nominations were scored in partnership with the Museum of Worcester, Preservation Worcester, and the Worcester Regional Chamber of Commerce. According to the City, the 24 selected businesses have been in operation in Worcester for an average of 70 years.

A Legacy Built on Care, Service, and Trust

At [Dodge Park Rest Home](#) and [The Oasis at Dodge Park](#), our work has always been personal. We care for residents during an important stage of life, and we support families as they make decisions that are often emotional, difficult, and deeply meaningful.

Over the years, our services have grown, and The Oasis at Dodge Park has continued that same commitment to compassionate, [specialized care](#) in a [warm and friendly home-like environment](#). Through that growth, our mission has remained the same: to listen and respond to the needs of our residents, their family members, and our employees, while going the extra mile when assistance is needed.

Being named a Legacy Business reflects decades of care, trust, and commitment to the Worcester community. It also reflects the dedication of our

staff, whose compassion and professionalism are at the heart of everything we do.

Thank You to Our Worcester Community

We extend our sincere thanks to the City of Worcester for this recognition, and to the residents, families, employees, and community partners who have been part of our story over the years.

The City of Worcester will honor the inaugural class of 2026 Legacy Businesses at an award ceremony later this summer.

As we celebrate this milestone, Dodge Park Rest Home and The Oasis at Dodge Park remain committed to [serving Worcester families](#) with the same care, warmth, and dedication that have guided Dodge Park for decades.



OUR A MEETING WITH **JIM O'DAY**

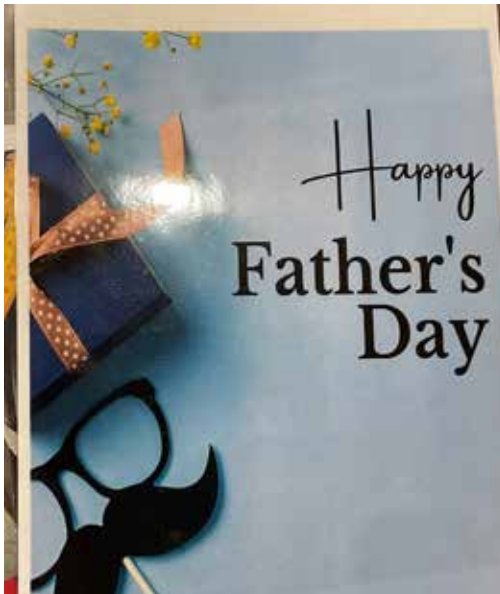
STATE REPRESENTATIVE FOR THE 14TH WORCESTER DISTRICT OF MASSACHUSETTS



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



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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.

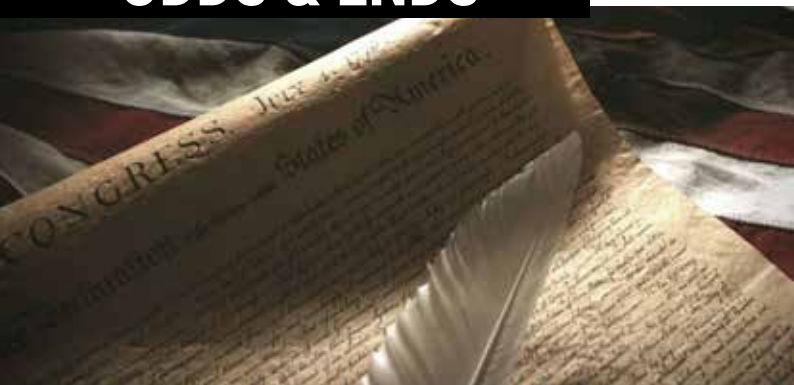
ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026						
6:30- Morning News & Tea 10:00- Hymn Sing A Long 11:00- Sandcastle Competition 2:00- Name 10: Beach Edition 2:30- Afternoon Stretches 3:30- Live Music with Lenny Z. 6:30- Conversation Ball Toss 7:30- At the Movies	6:30- Coffee Cart and Conversations 10:00- American Landmarks 11:00- Best of Martha's Vineyard 2:15- Name The States 3:30- Red, White & Blue Categories 6:30- Guided Yoga 7:30- Home & Garden Network	6:30- Hot Coffee Cart & Magazines 10:00- Range of Motion Stretches 10:30- Catholic Mass w. Father E. 11:00- Patriotic Bandstand 2:15- Finish the Lyrics 2:30- Outdoor Music w. Sean F. 3:30- Name 10: Cookout Edition 4:00- Shirley Temple Sing A Long 6:30- Aromatherapy & Meditations	Canada Day 6:30- Local News & Hot Chocolate Seasonal Coloring 10:15- Art Therapy with Lynda S. Catholic Mass in the Courtyard Seasonal Sensory Bins 11:00- Jeopardy Trivia Rewind 2:15- Daily Chronicle 2:30- Outdoor Music w. Jim P. 3:30- Bean Bag Toss 6:30- Evening Exercises	6:30- Coffee Cart & Morning Socials Daily Chronicle Reading 10:15- Golden Crumb's Baking Club Dodge Park's Walking Club Trivia in the Courtyard 2:15- Name the Presidents 2:30- Group Exercise w. Paula S. Companion Circle 3:30- Photo Match Up 7:30- Hallmark Movie	6:30- Morning Discussion Question Hot Drink Cart 10:15- Seated Yoga w. Bonnie D. Art Therapy w. Lynda S. 11:00- Stops on Route 66 2:15- Balloon Toss Up 2:30- Live Music w. Tom G. 3:00- Cherry Spritzers 3:30- Summertime Whiteboard 7:30- Manicures & Hand Massages	Independence Day 7:30- Fun on the Fourth Parade 10:15- Photo Opportunities Ring Toss Tournament 11:00- Patriotic Sing A Long 2:15- Historic Boston Moments 2:30- Live Music w. Sandy R. 3:30- July's Would You Rather 4:00- Boston Pop's Performance 6:30- Firework's Display 7:00- Saturday Night Feature
6:30- Morning News & Tea 10:00- Hymn Sing A Long 11:00- Sandcastle Competition 2:00- Name 10: Beach Edition 2:30- Live Music with Lenny Z. 6:30- Conversation Ball Toss 7:30- At the Movies	6:30- Coffee Cart and Conversations 10:00- American Landmarks 11:00- Best of Martha's Vineyard 2:15- Name The States 3:30- Red, White & Blue Categories 6:30- Guided Yoga 7:30- Home & Garden Network	6:30- Hot Coffee Cart & Magazines 10:00- Range of Motion Stretches 10:30- Catholic Mass w. Father E. 11:00- Patriotic Bandstand 2:15- Finish the Lyrics 2:30- Outdoor Music w. Sean F. 3:30- Name 10: Cookout Edition 4:00- Shirley Temple Sing A Long 6:30- Aromatherapy & Meditations	6:30- Local News & Hot Chocolate Seasonal Coloring 10:15- Art Therapy with Lynda S. Catholic Mass in the Courtyard Seasonal Sensory Bins 11:00- Jeopardy Trivia Rewind 2:15- Daily Chronicle 2:30- Outdoor Music w. Russ R. 3:30- Bean Bag Toss 6:30- Evening Exercises	6:30- Coffee Cart & Morning Socials Daily Chronicle Reading 10:15- Pin Pals Bowling Dodge Park's Walking Club Trivia in the Courtyard 2:15- Name the Presidents 2:30- Live Music w. Curtis M. Companion Circle 3:30- Photo Match Up 7:30- Hallmark Movie	6:30- Morning Discussion Question Hot Drink Cart 10:15- Seated Yoga w. Bonnie D. Art Therapy w. Lynda S. 11:00- Stops on Route 66 2:15- Balloon Toss Up 2:30- Live Music w. Rusty G. 3:00- Cherry Spritzers 3:30- Summertime Whiteboard 7:30- Manicures & Hand Massages	6:30- Salon Hair Stylings 10:15- Ring Toss Tournament Scrapbooking Committee 11:00- Patriotic Sing A Long 2:15- Historic Boston Moments 2:30- Live Music w. Sandy R. 3:30- Group Crossword 4:00- Boston Pop's Performance 6:30- Guess That Sound 7:00- Saturday Night Feature
6:30- Morning News & Tea 10:00- Hymn Sing A Long 11:00- Sandcastle Competition 2:00- Name 10: Beach Edition 2:30- Live Music with Gregory P. 3:30- Afternoon Stretches 6:30- Conversation Ball Toss 7:30- At the Movies	6:30- Coffee Cart and Conversations 10:00- American Landmarks 11:00- Best of Martha's Vineyard 2:15- Name The States 3:30- Red, White & Blue Categories 6:30- Guided Yoga 7:30- Home & Garden Network	6:30- Hot Coffee Cart & Magazines 10:00- Range of Motion Stretches 10:30- Catholic Mass w. Father E. 11:00- Patriotic Bandstand 2:15- Finish the Lyrics 2:30- Outdoor Music w. Jodie R. 3:30- Name 10: Cookout Edition 4:00- Shirley Temple Sing A Long 6:30- Aromatherapy & Meditations	6:30- Local News & Hot Chocolate Seasonal Coloring 10:15- Art Therapy with Lynda S. Catholic Mass in the Courtyard Seasonal Sensory Bins 11:00- Jeopardy Trivia Rewind 2:15- Daily Chronicle 2:30- Live Music w. Arizona Doug 3:30- Bean Bag Toss 6:30- Evening Exercises	6:30- Coffee Cart & Morning Socials Daily Chronicle Reading 10:15- Golden Crumb's Baking Club Dodge Park's Walking Club Trivia in the Courtyard 2:15- Name the Presidents 2:30- Live Music w. Rockin' Robin Companion Circle 3:30- Photo Match Up 7:30- Hallmark Movie	6:30- Morning Discussion Question Hot Drink Cart 10:15- Seated Yoga w. Bonnie D. Art Therapy w. Lynda S. 11:00- Stops on Route 66 2:15- Balloon Toss Up 2:30- Live Music w. Heather R. 3:00- Cherry Spritzers 3:30- Summertime Whiteboard 7:30- Manicures & Hand Massages	6:30- Salon Hair Stylings 10:15- Ring Toss Tournament Scrapbooking Committee 11:00- Patriotic Sing A Long 2:15- Historic Boston Moments 2:30- Live Music w. TBA 3:30- Group Crossword 4:00- Boston Pop's Performance 6:30- Guess That Sound 7:00- Saturday Night Feature
6:30- Morning News & Tea 10:00- Hymn Sing A Long 11:00- Sandcastle Competition 2:00- Name 10: Beach Edition 2:30- Live Music with Lenny Z. 6:30- Conversation Ball Toss 7:30- At the Movies	6:30- Coffee Cart and Conversations 10:00- American Landmarks 11:00- Best of Martha's Vineyard 2:15- Name The States 3:30- Red, White & Blue Categories 6:30- Guided Yoga 7:30- Home & Garden Network	6:30- Hot Coffee Cart & Magazines 10:00- Range of Motion Stretches 10:30- Catholic Mass w. Father E. 11:00- Patriotic Bandstand 2:15- Finish the Lyrics 2:30- Live Music with Arizona Doug 3:30- Name 10: Cookout Edition 4:00- Shirley Temple Sing A Long 6:30- Aromatherapy & Meditations	6:30- Local News & Hot Chocolate Seasonal Coloring 10:15- Art Therapy with Lynda S. Catholic Mass in the Courtyard Seasonal Sensory Bins 11:00- Jeopardy Trivia Rewind 2:15- Daily Chronicle 2:30- Outdoor Music w. Kevin W. 3:30- Bean Bag Toss 6:30- Evening Exercises	6:30- Coffee Cart & Morning Socials Daily Chronicle Reading 10:00- Resident Council 10:15- Pin Pals Bowling Dodge Park's Walking Club Trivia in the Courtyard 2:15- Name the Presidents 2:30- Outdoor Music w. Tim B. Companion Circle 3:30- Photo Match Up 7:30- Hallmark Movie	6:30- Morning Discussion Question Hot Drink Cart 10:15- Seated Yoga w. Bonnie D. Art Therapy w. Lynda S. 11:00- Stops on Route 66 2:15- Balloon Toss Up 2:30- Group Exercise w. Paula S. 3:00- Cherry Spritzers 3:30- Summertime Whiteboard 7:30- Manicures & Hand Massages	6:30- Salon Hair Stylings 10:15- Ring Toss Tournament Scrapbooking Committee 11:00- Patriotic Sing A Long 2:15- Historic Boston Moments 2:30- Live Music w. Rusty G. 3:30- Group Crossword 4:00- Boston Pop's Performance 6:30- Guess That Sound 7:00- Saturday Night Feature
6:30- Morning News & Tea 10:00- Hymn Sing A Long 11:00- Sandcastle Competition 2:00- Name 10: Beach Edition 2:30- Live Music with Jordan G. 3:30- Afternoon Stretches 6:30- Conversation Ball Toss 7:30- At the Movies	6:30- Coffee Cart and Conversations 10:00- American Landmarks 10:30- Catholic Mass w. Father E. 11:00- Best of Martha's Vineyard 2:15- Name The States 3:30- Red, White & Blue Categories 6:30- Guided Yoga 7:30- Home & Garden Network	6:30- Hot Coffee Cart & Magazines 10:00- Range of Motion Stretches 10:30- Catholic Mass w. Father E. 11:00- Patriotic Bandstand 2:15- July Birthday Party! 2:30- Outdoor Music w. Sean F. 3:30- Name 10: Cookout Edition 4:00- Shirley Temple Sing A Long 6:30- Aromatherapy & Meditations	6:30- Local News & Hot Chocolate Seasonal Coloring 10:15- Art Therapy with Lynda S. Catholic Mass in the Courtyard Seasonal Sensory Bins 11:00- Jeopardy Trivia Rewind 2:15- Daily Chronicle 2:30- Outdoor Music w. Mike O. 3:30- Bean Bag Toss 6:30- Evening Exercises	6:30- Coffee Cart & Morning Socials Daily Chronicle Reading 10:15- Golden Crumb's Baking Club Dodge Park's Walking Club Trivia in the Courtyard 2:15- Name the Presidents 2:30- Group Exercise w. Paula S. Companion Circle 3:30- Photo Match Up 7:30- Hallmark Movie	6:30- Morning Discussion Question Hot Drink Cart 10:15- Seated Yoga w. Bonnie D. Art Therapy w. Lynda S. 11:00- Stops on Route 66 2:15- Balloon Toss Up 2:30- Live Music w. Paula S. 3:00- Cherry Spritzers 3:30- Summertime Whiteboard 7:30- Manicures & Hand Massages	*All Outdoor Programs Are Weather Pending*

Dodge Park Rest Home & Dayclub 101 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director *Activities Are Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026						
10:00- Ring Toss Tournament Courtyard Walking Club 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Lenny Z. 3:30- Watercolor Creations Men's Group Circle Manicure & Spa Treatments 6:30- Fireside Poetry 7:00- Buddy Comedy Movie	10:00- Summer Hangman 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Name the Presidents 2:15- Outdoor Concert Series with Sean F. 3:30- Home Run Derby Table Top Leap Frog 6:30- Best of Martha's Vineyard 7:00- Feature Presentation	10:00- Name 10: Beach Edition 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Name the States Trivia 2:15- Outdoor Concert Series with Russ R. 3:30- Pool Side Splish Splashers Bubbles in the Courtyard 6:30- Guided Tai Chi	Canada Day 10:00- Learning About Canada 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Baseball Teams & Positions 2:00- Art Therapy w. Lynda S. 2:15- Outdoor Concert Series with Sean F. 3:30- Pool Side Splish Splashers Bubbles in the Courtyard 6:30- Guided Tai Chi	10:00- Route 66 Stops & Travels Courtyard Walking Club 10:30- Exercise w. Paula S. 11:45- At the Ice-cream Shop 2:15- Outdoor Concert Series with Curtis M. 3:30- Bucket Ball Oasis Book Club July Coloring with Purpose 7:00- Turner Classic Movies	10:00- Opposites Attract 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:00- Summertime Word Puzzles 2:15- Outdoor Concert Series with Mike O. 3:30- Cherry Spritzer Social Bug Squashers 6:30- Chicken Soup Stories 7:00- America's Got Talent	Independence Day 10:00- Patriotic March & Songs Photo Opportunities 10:45- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Rusty G. 3:30- Red, White & Blue Social Parachute Pals Manicure Spa & Treatments 6:30- Sensory Companions 7:00- Documentary Series
10:00- Ring Toss Tournament Courtyard Walking Club 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Lenny Z. 3:30- Watercolor Creations Men's Group Circle Manicure & Spa Treatments 6:30- Fireside Poetry 7:00- Buddy Comedy Movie	10:00- Summer Hangman 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Name the Presidents 2:15- Outdoor Concert Series with Sean F. 3:30- Home Run Derby Table Top Leap Frog 6:30- Best of Martha's Vineyard 7:00- Feature Presentation	10:00- Name 10: Beach Edition 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Name the States Trivia 2:15- Outdoor Concert Series with Jodie R. 3:30- Roll the Dice Races Ten Pin Bowling 6:30- America's Bandstand	10:00- Horseshoe Toss Tournament 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Baseball Teams & Positions 2:00- Art Therapy w. Lynda S. 2:15- Outdoor Concert Series with Sean F. 3:30- Pool Side Splish Splashers Bubbles in the Courtyard 6:30- Guided Tai Chi	10:00- Route 66 Stops & Travels Courtyard Walking Club 10:30- Exercise w. Paula S. 1:30- Golden Crumbs Baking Club 2:15- Outdoor Concert Series with Arizona Doug 3:30- Bucket Ball Oasis Book Club July Coloring with Purpose 7:00- Turner Classic Movies	10:00- Opposites Attract 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:00- Summertime Word Puzzles 2:15- Outdoor Concert Series with Sean F. 3:30- Cherry Spritzer Social Bug Squashers 6:30- Chicken Soup Stories 7:00- America's Got Talent	10:00- Patriotic March & Songs Photo Opportunities 10:45- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Jim P. 3:30- Noodle Hockey Parachute Pals Manicure Spa & Treatments 6:30- Sensory Companions 7:00- Documentary Series
10:00- Ring Toss Tournament Courtyard Walking Club 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Lenny Z. 3:30- Watercolor Creations Men's Group Circle Manicure & Spa Treatments 6:30- Fireside Poetry 7:00- Buddy Comedy Movie	10:00- Summer Hangman 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Name the Presidents 2:15- Outdoor Concert Series with Tim B. 3:30- Home Run Derby Table Top Leap Frog 6:30- Best of Martha's Vineyard 7:00- Feature Presentation	10:00- Name 10: Barbeque Menu 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Name the States Trivia 2:15- Outdoor Concert Series with Jodie R. 3:30- Roll the Dice Races Ten Pin Bowling 6:30- America's Bandstand	10:00- Horseshoe Toss Tournament 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Baseball Teams & Positions 2:00- Art Therapy w. Lynda S. 2:15- Outdoor Concert Series with TBA 3:30- Pool Side Splish Splashers Bubbles in the Courtyard 6:30- Guided Tai Chi	10:00- Route 66 Stops & Travels Courtyard Walking Club 10:30- Exercise w. Paula S. 1:30- Golden Crumbs Baking Club 2:15- Outdoor Concert Series with Rockin' Robin 3:30- Bucket Ball Oasis Book Club July Coloring with Purpose 7:00- Turner Classic Movies	10:00- Opposites Attract 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:00- Summertime Word Puzzles 2:15- Outdoor Concert Series with Sean F. 3:30- Cherry Spritzer Social Bug Squashers 6:30- Chicken Soup Stories 7:00- America's Got Talent	10:00- Patriotic March & Songs Photo Opportunities 10:45- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Sandy R. 3:30- Noodle Hockey Parachute Pals Manicure Spa & Treatments 6:30- Sensory Companions 7:00- Documentary Series
10:00- Ring Toss Tournament Courtyard Walking Club 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Robbie W. 3:30- Watercolor Creations Men's Group Circle Manicure & Spa Treatments 6:30- Fireside Poetry 7:00- Buddy Comedy Movie	10:00- Summer Hangman 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Name the Presidents 2:15- July Birthday Party with Sean F. 3:30- Home Run Derby Table Top Leap Frog 6:30- Best of Martha's Vineyard 7:00- Feature Presentation	10:00- Name 10: Vacation Spots 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Name the States Trivia 2:15- Outdoor Concert Series with Bill M. 3:30- Roll the Dice Races Ten Pin Bowling 6:30- America's Bandstand	10:00- Horseshoe Toss Tournament 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Baseball Teams & Positions 2:00- Art Therapy w. Lynda S. 2:15- Outdoor Concert Series with Sean F. 3:30- Pool Side Splish Splashers Bubbles in the Courtyard 6:30- Guided Tai Chi	10:00- Route 66 Stops & Travels Courtyard Walking Club 10:30- Exercise w. Paula S. 11:45- At the Ice-cream Shop 2:15- Outdoor Concert Series with Heather R. 3:30- Bucket Ball Oasis Book Club July Coloring with Purpose 7:00- Turner Classic Movies	10:00- Opposites Attract 10:30- Exercise w. Paula S. 11:45- Daily Chronicle 2:00- Summertime Word Puzzles 2:15- Outdoor Concert Series with Sean F. 3:30- Cherry Spritzer Social Bug Squashers 6:30- Chicken Soup Stories 7:00- America's Got Talent	*All Outdoor Programs Are Weather Pending*

The Oasis At Dodge Park 102 Randolph Road, Worcester Ma 10606 Amy Laba, Activity Director *Activities Are Subject to Change*



Share these facts about the Declaration of Independence

You know July 4th is for fireworks and parades, but how much do you know about its history? The facts may surprise you. The Automatic Payroll Systems website shares these little-known facts about the nation's founding:

- **The Declaration of Independence wasn't signed on July 4.** The Second Continental Congress voted on the Declaration on July 2, 1776, and it was finalized on July 4, but it wasn't signed by a majority until Aug. 2. Because of all this, John Adams, the 2nd president of the United States, didn't recognize or celebrate July 4th as Independence Day.

- **The vote was not unanimous.** Richard Henry Lee proposed a bill declaring independence on June 7, 1776. Twelve of the 13 colonies voted to adopt it; New York abstained. On July 4, only nine of the colonies voted in favor of the declaration; Pennsylvania and South Carolina voted against it, New York abstained again, and Delaware was undecided.

- **The declaration had a strategic purpose.** The point of the formal declaration was to attract foreign allies in the fight for independence. The signers wanted to present the 13 colonies as a united front, or they felt other countries like France wouldn't take them seriously. About the signers: Fifty-six people signed the document. Eight were born in Britain; the rest were born colonists (all were still technically British subjects at the time of the signing). One signer recanted after being captured by British forces. The last person to sign was Matthew Thornton, on Nov. 4, 1776.

Get yer hot dogs! The (sort of) true origin of a treat

Americans love hot dogs. Every year we eat about 7 billion of them between Memorial Day and Labor Day alone. And the typical American eats about 60 a year. Where do hot dogs come from (aside from ballpark vendors, of course)? Their origins are shrouded in mystery. Some sources say they date back to the 1st century, when the Roman emperor Nero's cook first experimented with stuffing the intestines of pigs with spiced meats. The word "frankfurter" comes from Frankfurt, Germany, where pork sausages in buns are said to have been served in the 15th century; "wiener" is from Vienna (Wien), home to pork sausages originally called "wienerwurst" (Vienna sausage) in the 1800s.

In the United States, a German immigrant named Charles Feltman is credited with selling sausages in rolls around the year 1870, in Coney Island, N.Y. Another German native, Antonoine Feuchtwanger, is said to have sold sausages in St. Louis at around the same time, offering a split bun to hold them at the suggestion of his wife.

And the term "hot dog" itself? That's similarly shrouded in mystery. According to one of the more popular tales, a newspaper cartoonist in 1900 drew a picture of a frankfurter with legs, a tail, and a head, but unable to spell "Dachshund," dubbed it a "hot dog." The story is disputed, however. What's beyond doubt is that hot dogs are the meal of choice for lots of hungry people around the world—whatever condiments they want to load them up with.





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

JULY OBSERVANCES

Monthly

Eye Injury Prevention Month. Of the approximately one million eye injuries in the United States each year, health experts say 90% are preventable. The leading causes of eye injury are sports accidents, fireworks, yard and workshop debris, and household chemicals.

National Hot Dog Month. The warm summer months are perfect for grilling, and what better food to toss on the grill than a juicy hot dog? National Hot Dog Month was founded by the U.S. Chamber of Commerce about 65 years ago. Since that time, the National Hot Dog and Sausage Council promotes this monthlong celebration each year.

Park and Recreation Month. Since 1985, Americans have celebrated Park and Recreation Month in July to promote the importance of parks and recreation in health and wellness, conservation, and social equity. Parks are the cornerstone of nearly every community, serving millions of people as places anyone can go to be active and healthier, connecting with nature and gathering together.

World Watercolor Month. Grab some watercolors and make a watercolor painting each day during the month. Share your work online for others around the world to enjoy. Use the hashtag #WorldWatercolor-Month when posting your art and use it to meet other watercolor artists around the globe.

Weekly

National Therapeutic Recreation Week, July 5–11.

Established by the National Therapeutic Recreation Society, this week is intended to raise awareness of therapeutic recreation programs and services that improve the health and well-being of people with physical, mental, and emotional disabilities.

National Zoo Keeper Week, July 19–25. National Zoo Keeper Week focuses on the need to protect and preserve our wildlife and vanishing habitats via conservation messages created by their institutions. During the third week of July each year, celebrate National Zoo Keeper Week; both keepers and animals deserve recognition.

SPECIAL DAYS

- 1 Creative Ice Cream Flavors Day
- 1 International Chicken Wing Day
- 1 International Joke Day – And, we're not kidding.
- 1 National Postal Worker Day
- 2 I Forgot Day
- 2 Made in America Day
- 2 World UFO Day
- 3 Compliment Your Mirror Day
- 3 Disobedience Day
- 3 Dog Days of Summer begins
- 3 Eat Beans Day – They're good for the heart.
- 3 Stay out of the Sun Day
- 4 Independence Day (U.S.) – Happy Birthday, America!!
- 4 International Cherry Pit Spitting Day
- 4 National Country Music Day
- 4 Sidewalk Egg Frying Day
- 5 Build A Scarecrow Day – The first Sunday in July.
- 5 National Apple Turnover Day
- 5 International Bikini Day
- 5 Work-a-holics Day
- 6 International Kissing Day
- 6 National Fried Chicken Day
- 7 Chocolate Day
- 7 Global Forgiveness Day
- 7 Father-Daughter Take a Walk Together Day
- 7 National Strawberry Sundae Day
- 8 Body Painting Day
- 8 National Blueberry Day
- 8 Video Games Day
- 9 Fashion Day
- 9 National Dimples Day
- 9 National Sugar Cookie Day
- 10 National Motorcycle Day -The second Friday in July.
- 10 Pick Blueberries Day
- 10 Pina Colada Day
- 10 Teddy Bear Picnic Day
- 10 World Kebab Day – The second Friday of the month.
- 11 Cheer up the Lonely Day
- 11 Make Your Own Sundae Day
- 11 National Blueberry Muffins Day
- 11 World Population Day
- 12 Different Colored Eyes Day
- 12 Pecan Pie Day
- 13 Barbershop Music Appreciation Day
- 13 Embrace Your Geekness Day
- 13 Fool's Paradise Day
- 13 National French Fries Day
- 13 National Nitrogen Ice Cream Day
- 13 Oxymoron Day
- 14 Barn Day
- 14 Bastille Day
- 14 Cow Appreciation Day
- 14 Pandemonium Day
- 14 National Macaroni and Cheese Day
- 14 National Nude Day
- 14 Shark Awareness Day
- 15 Be a Dork Day
- 15 Gummi Worm Day
- 15 National Give Something Away Day
- 15 National Hot Dog Day – The third Wednesday in July.
- 15 Tapioca Pudding Day

SPECIAL DAYS

16 Fresh Spinach Day
16 National Cherry Day
16 World Snake Day
17 Peach Ice Cream Day
17 World Emoji Day
17 Yellow Pig Day
18 National Caviar Day– something's fishy here.
18 National Tropical Fruit Day
18 Women's Dive Day – The third Saturday in July.
18 World Listening Day
19 National Daiquiri Day
18 National Ice Cream Day
18 Raspberry Cake Day
18 Stick Out Your Tongue Day
20 Ice Cream Soda Day
20 National Lollipop Day
20 Moon Day
20 Space Exploration Day
20 Ugly Truck Day – It's a guy thing.
21 Be Someone Day
21 National Junk Food Day
22 Hammock Day
22 Ratcatcher's Day
22 Spooner's Day – Also called Spoonerism Day.
23 National Sprinkle Day
23 Picnic Table Day
23 Vanilla Ice Cream Day
24 Amelia Earhart Day
24 Cousins Day
24 National Drive-Thru Day
24 National Tequila Day
24 Tell an Old Joke Day
25 Culinarians Day
25 Day of the Cowboy – The fourth Saturday in July.
25 National Carousel Day
25 National Chili Dog Day
25 Threading the Needle Day
26 All or Nothing Day
26 Aunt and Uncle Day
26 Parent's Day – The fourth Sunday in July.
26 World Tofu Day
27 National Love is Kind Day
27 Take Your Houseplants for a Walk
27 Take Your Pants for a Walk Day
27 Walk on Stilts Day
28 Buffalo Soldiers Day
28 National Milk Chocolate Day
28 National Waterpark Day
29 International Tiger Day
29 Lasagna Day
29 National Chicken Wing Day
29 National Lipstick Day
30 Father-in-Law Day
30 International Day of Friendship
30 National Cheesecake Day
30 Paperback Book Day
31 International Lifeguard Appreciation Day
31 Mutt's Day
31 National Avocado Day
31 System Administrator Appreciation Day

Weekly

National Moth Week, July 18-26. National Moth Week celebrates the beauty, life cycles, and habitats of moths. "Moth-ers" of all ages and abilities are encouraged to learn about, observe, and document moths in their backyards, parks, and neighborhoods.

Daily

Independence Day, July 4. Celebrating the U.S. Declaration of Independence and the founding of the United States of America.

Simplicity Day, July 12. Choosing to live a life of simplicity is not about choosing to live in poverty; it's about living in balance.

Bastille Day, July 14. The anniversary of the storming of the Bastille on July 14th, 1789, a major event of the French Revolution.

World Snake Day, July 16. There are about 3,400 known species of snakes living in almost every region in the world playing a vital role in maintaining the well-being, sustainability, and biodiversity of various ecosystems.

National Disability Independence Day, July 26. Commemorating the signing of the Americans with Disabilities Act in 1990, assuring Americans with disabilities access to civic and economic opportunities.





Animal of the Month – Humpback Whale

Humpback whales are a type of baleen whale, creatures that have a comblike filtering system in their mouths rather than teeth. Baleen plates, which are made of keratin, are used as a sieve to separate krill and small fish from the salt water. Humpback whales use a unique “bubble-netting” technique to trap prey, surrounding them in groups and blowing bubbles to keep them in place before eating them. These enormous animals can grow to 60 feet long, weigh up to 40 metric tons, and live 80 to 90 years. At 5,000 miles, they have one of the longest yearly migrations of any mammal, and the males sing intricate songs that last up to 30 minutes and can be heard for miles. Known for their impressively acrobatic breaching and tail slapping, humpbacks also have long pectoral flippers, a knobby head, and distinctive tail flukes that can be used for identification,

similar to human fingerprints.

Flower - Larkspur

Many flowers take their names from their colors, but the larkspur takes its name from an animal. The flower’s scientific name, *delphinium*, from the Greek word *delphis*, means “dolphin.” As the larkspur blooms, its petals curve in a bottle-like shape, resembling the joyful marine mammal. The purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity, and an open heart.



Birthstone – Ruby

Not surprisingly, the word ruby comes from the Latin word *rubens*, meaning “red.” But rubies come in a range of colors, from light raspberry to dark purple.

The Mogok rubies from Myanmar, formerly Burma, are the most valuable and sought-after because of their color, described as pigeonblood red. Large rubies of good quality are very rare—and very expensive. In fact, in May 2015, a Burmese ruby sold for \$30 million at Sotheby’s Geneva auction.



Summer Blockbusters of Julys Past

Back to the Future – July 3, 1985

Michael J. Fox stars as Marty McFly, an endearing, timetraveling teen, in this sci-fi comic adventure that became the highest-grossing film of 1985, raking in over \$380 million worldwide. The movie spawned two popular sequels and made Fox into a heartthrob.

Ghost – July 13, 1990

Demi Moore, Patrick Swayze, and Whoopi Goldberg delight audiences in this romantic drama about lovers separated by tragedy. The smash hit earned Oscars for Best Supporting Actress (Goldberg) and Best Original Screenplay. *Ghost* was the highest-grossing movie of 1990.

Forrest Gump – July 6, 1994

This touching drama won six Academy Awards, including Best Picture, Best Actor, and Best Director. Tom Hanks plays Forrest Gump, a kind man with a mild intellectual disability who succeeds in everything he tries, from running to football to shrimping, and unwittingly influences major events in history.

JULY FUN FACTS

July is the seventh month of the year in the Julian and Gregorian calendars. It falls in the middle of summer and is usually the hottest month of the year in the northern hemisphere. In the ancient Roman calendar, which began the year with March, July was the fifth month, known as Quintilis. When January and February were added to the calendar, Roman Emperor Augustus changed the name to Julius (July) in honor of Julius Caesar, who was born in July.

July Birthdays

Carl Lewis (track star) – July 1, 1961
Richard Petty (auto racer) – July 2, 1937
Dave Barry (humorist) – July 3, 1947
Ann Landers (advice columnist) – July 4, 1918
Nancy Reagan (first lady) – July 6, 1921
Michelle Kwan (ice skater) – July 7, 1980
Marty Feldman (actor) – July 8, 1934
Ed Ames (singer) – July 9, 1927
E. B. White (writer) – July 11, 1899
Eleanor Steber (soprano) – July 17, 1914
Ernest Hemingway (author) – July 21, 1899
Alexander Calder (sculptor) – July 22, 1898
Mick Jagger (rock star) – July 26, 1943
Beatrix Potter (writer) – July 28, 1866



To Infinity and Beyond

This month we celebrate NASA! It was created on July 29, 1958, when President Eisenhower signed the National Aeronautics and Space Act of 1958, paving the way for moon landings and other exciting space exploration.

What's Lucky in July?

Lucky Colors: Yellow and Pink

Lucky Animal: Tortoise

Lucky Letters: J and V

Lucky Day: Wednesday

Lucky Plant: Blueberry



July Moon Phases

First Quarter – July 2

Full Buck Moon – July 10

Last Quarter – July 18

New Moon – July 24



July Zodiacs

Cancer (The Crab) July 1–22

Leo (The Lion) July 23–31



A very *Happy Birthday* to...

Dodge Park Residents

Woodford S.....July 9
Margaret F.July 27
Elaine H.July 30
Joan S.July 31

Oasis Residents

Mary PJuly 12
Carol R.July 22

Staff

Joseph C.July 9
Michael A.July 10
Anita D.July 11
Affi K.July 11
Elisabeth RJuly 12
Chantel C.July 26
Hagar K.July 27
Noelia V.July 31



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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508-853-8180



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101 Randolph Road, Worcester, MA



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutrition Spotlight... 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.



Cherry Cheesecake Cookie Bars

Makes 12 servings

You will need:

- Cooking spray
- 1 (17.5-ounce) package sugar cookie mix
- 1 egg
- 1/2 cup butter, softened
- 1 (8-ounce) package cream cheese
- 1/3 cup sugar
- 1 teaspoon vanilla
- 1 cup cherry pie filling

Directions

1. Preheat oven to 350°F. Spray a 9 X 13-inch baking pan with cooking spray.
2. Combine cookie mix, egg, and butter in a medium bowl; press into a pan.
3. Beat cream cheese, sugar, and vanilla; spread over dough.
4. Spoon cherry filling on top.
5. Bake 30–35 minutes.
6. Cool completely before slicing.



BLT Dip

Makes 6–8 servings

You will need:

- 1 cup sour cream
- 1 cup mayonnaise
- 1/2 cup crumbled, cooked bacon
- Salt and pepper to taste
- 1 cup chopped lettuce (chopped small)
- 1 cup diced tomatoes
- Chips or crackers for serving

Directions

1. Combine sour cream and mayonnaise in a medium bowl.
2. Stir in bacon, salt, and pepper.
3. Spread mixture in a serving dish.
4. Top with lettuce and tomatoes.
5. Cover and chill before serving. Serve with chips or crackers.



Bacon and Cheese Muffins

Makes 8 servings

You will need:

- Cooking spray
- 2 cups biscuit mix
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1/2 cup crumbled, cooked bacon
- 1 egg

Directions

1. Preheat oven to 375°F and spray a muffin tin with cooking spray.
2. Combine all ingredients in a large bowl until just combined.
3. Spoon into prepared muffin cups.
4. Bake 18–20 minutes until golden.
5. Cool slightly before serving.



Star-Spangled Sugar Cookies

Create an American flag sugar cookie with fresh fruit and frosting. This colorful treat is easy to assemble, visually striking, and perfect for patriotic celebrations.

You will need:

- Cutout sugar cookie (2" X 3" rectangle)
- White frosting
- 4 blueberries
- Strawberries, sliced lengthwise (patted dry with a paper towel)
- Knife or small spatula

Directions:

1. Spread a smooth, even layer of white frosting across each cookie.
2. Add the 4 blueberries in the upper left corner of each rectangle to represent the stars.
3. Place strawberry slices in straight lines to create red stripes.

Limeade Cherry Fizz

Makes 4 servings

Ingredients:

- 1 cup cherry juice
- 1/2 cup lime juice
- 2–3 tablespoons sugar
- 2 cups sparkling water
- (Optional) 1/2 cup vodka
- Ice

Directions:

1. Combine cherry juice and lime juice.
2. Stir in sugar.
3. Add sparkling water and mix gently.
4. Add vodka if desired and stir.
5. Serve over ice.



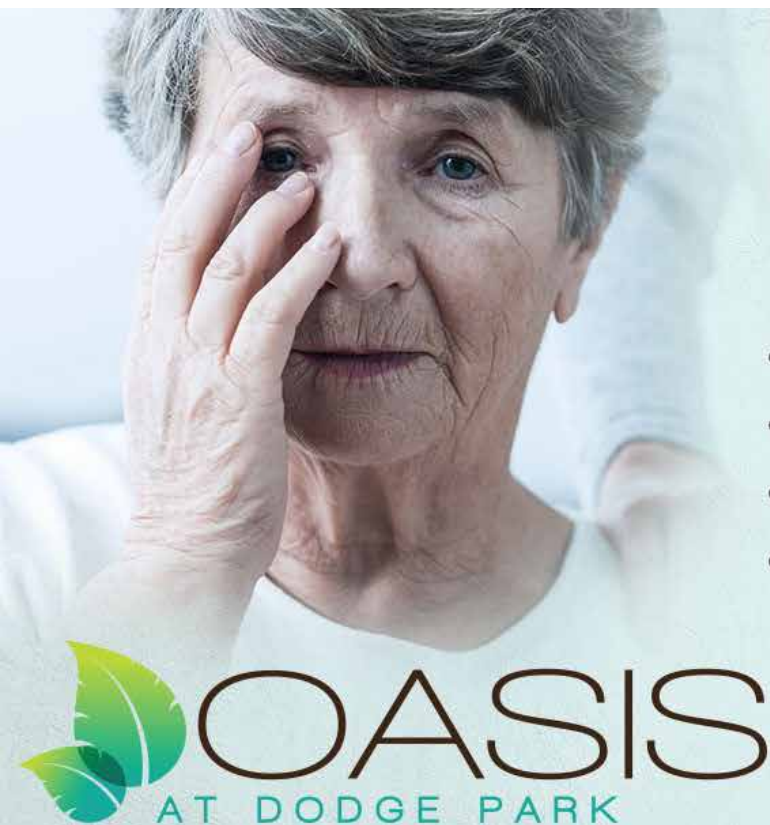
Worried about a loved one with memory loss?

Dementia Warning Signs

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



Call us to get help today.
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Button Flag

Attach buttons to the provided flag design. Use as many or as few buttons as you desire, leaving the white stripes bare. Display your completed flag to celebrate Flag Day.

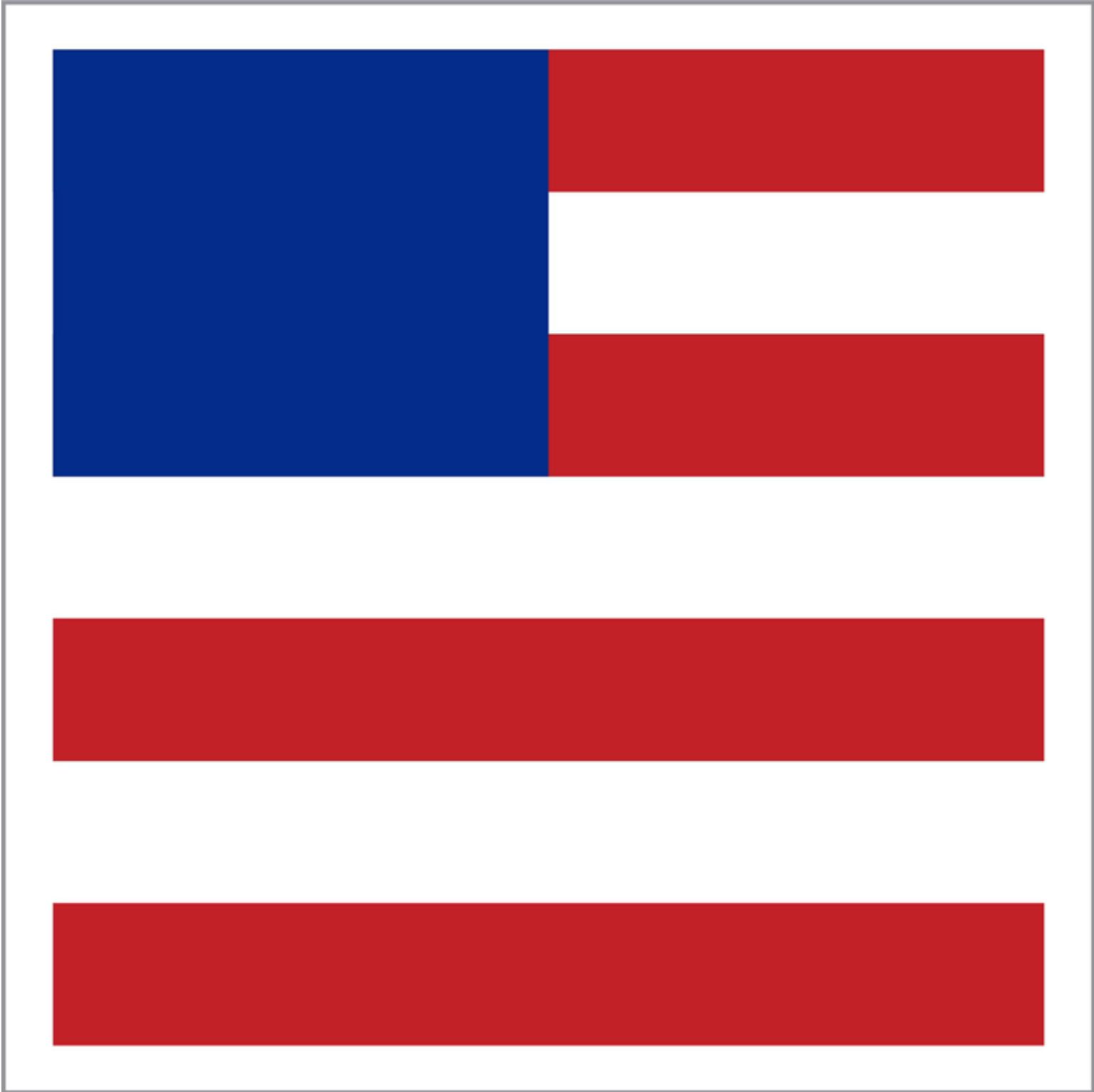
You will need:

- Flag design printed on card stock
- 60 to 90 red buttons (assorted shades and sizes)
- 25 to 40 blue buttons (assorted shades and sizes)
- Aleene's tacky glue or Glue Dots
- Cotton swab
- (Optional) Mounting putty, tape, or square frame for displaying a button flag.

Directions:

1. Working on small sections at a time, use a cotton swab to apply small dabs of glue onto a colored section of the flag design. Place buttons onto the glue dabs. As an alternative, use Glue Dots instead of glue.
2. Repeat step 1 to cover the rest of the colored sections of the flag with buttons.
3. Use tape or mounting putty to display your flag on a wall. For a more finished touch, sign your creation and frame it in a square frame.





Pretty Platters

Attach a colored design to a heavy-duty platter-style paper plate.

Use it to hold everyday items or individually wrapped candy and snacks.

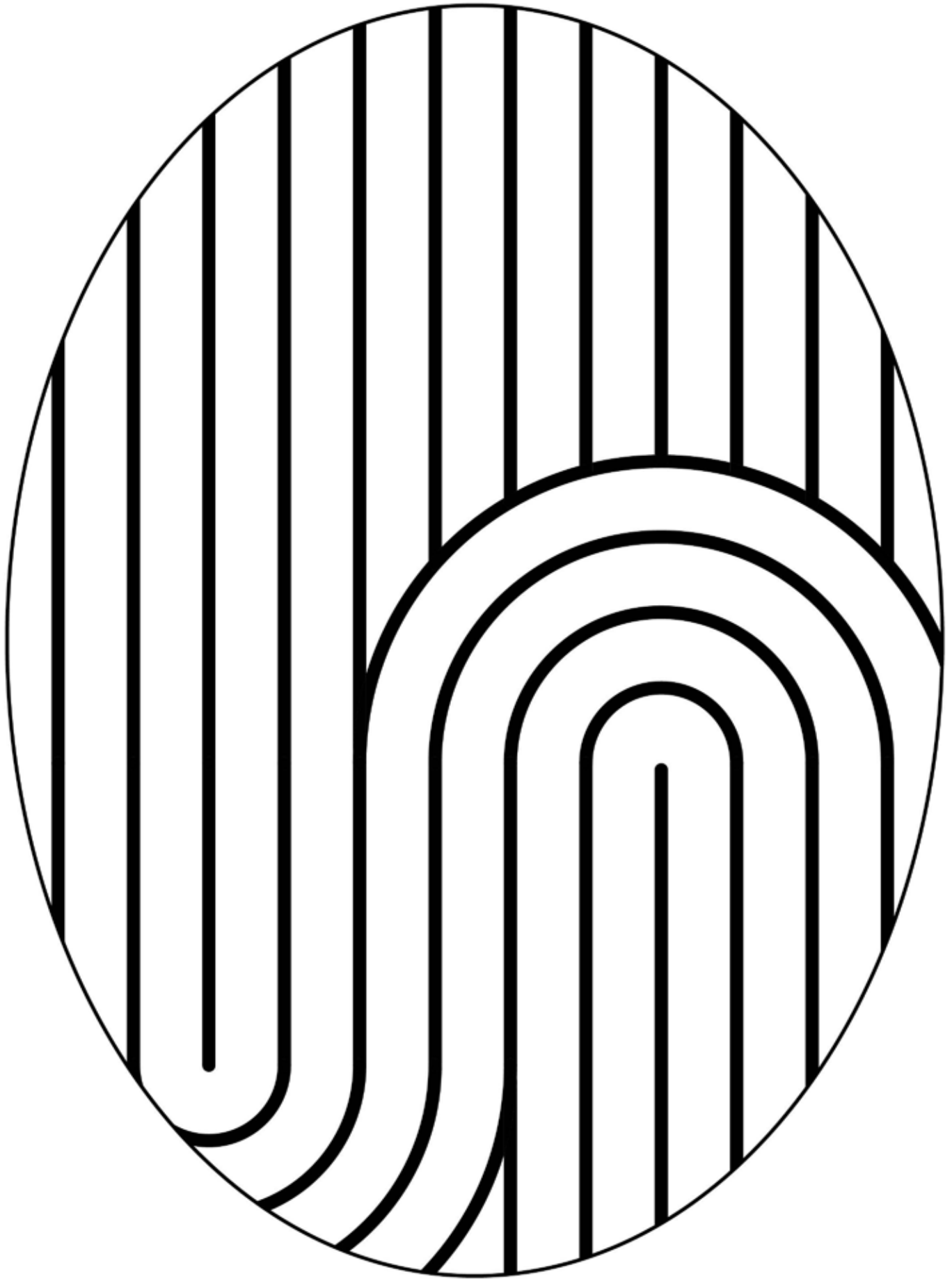
You will need:

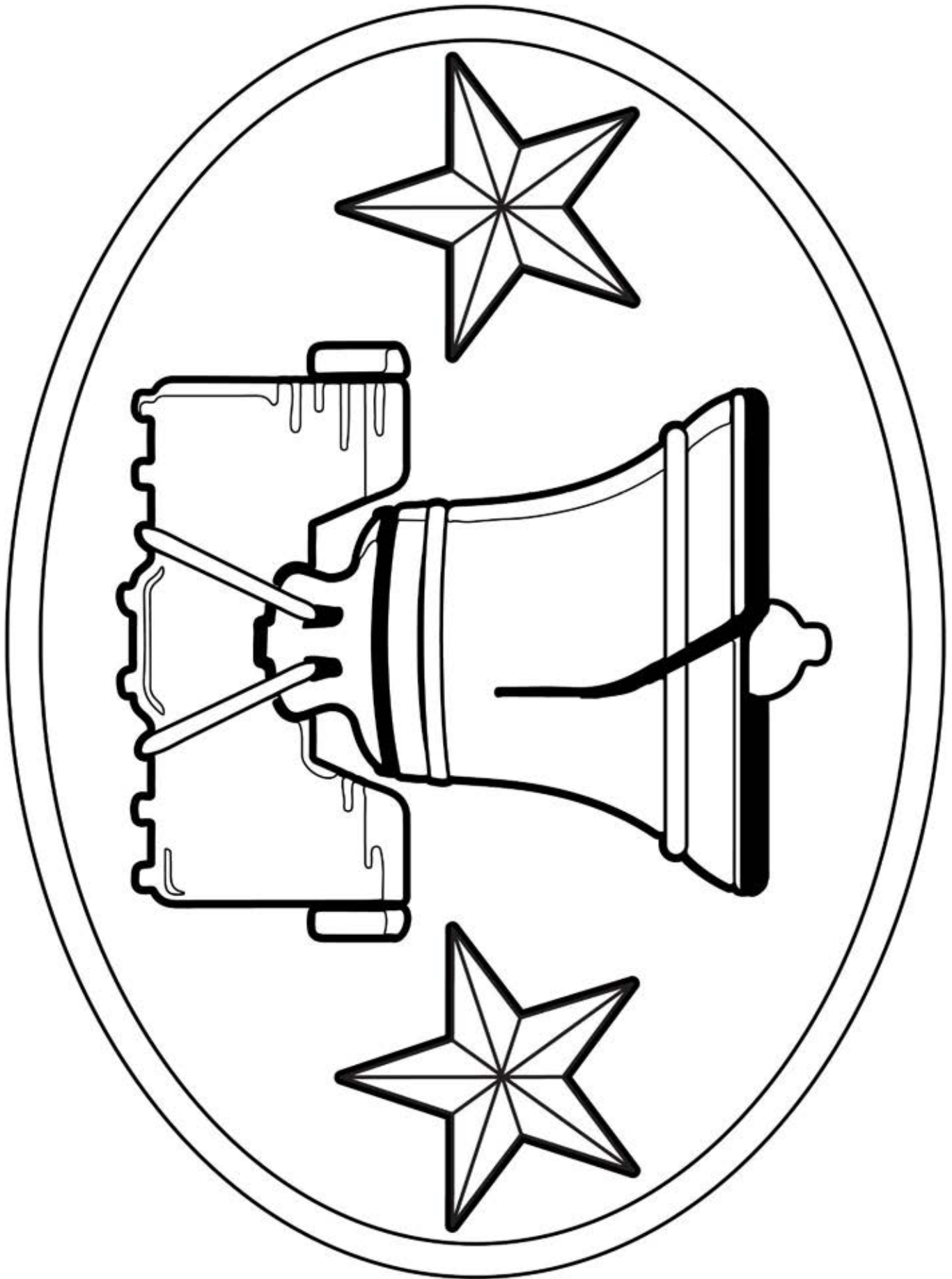
- Platter designs printed on copy paper
- 12" heavy-duty oval paper plate
- Clear contact paper (8" X 10")
- Colored pencils or markers
- Scissors, glue stick

Directions:

1. Color a platter design.
2. Laminate it using clear contact paper.
3. Cut out the oval design and then use a generous amount of glue stick to attach it to the paper platter.

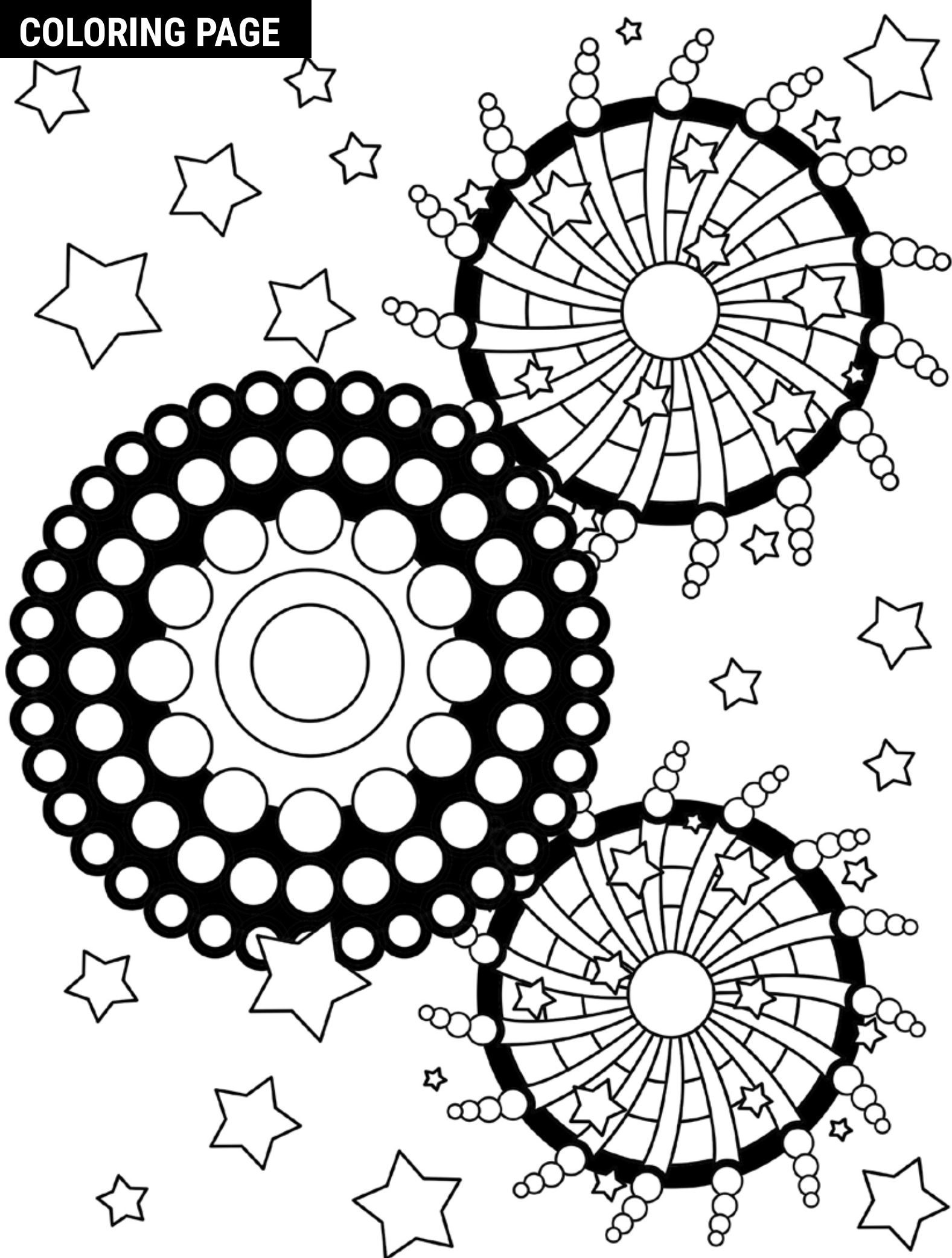


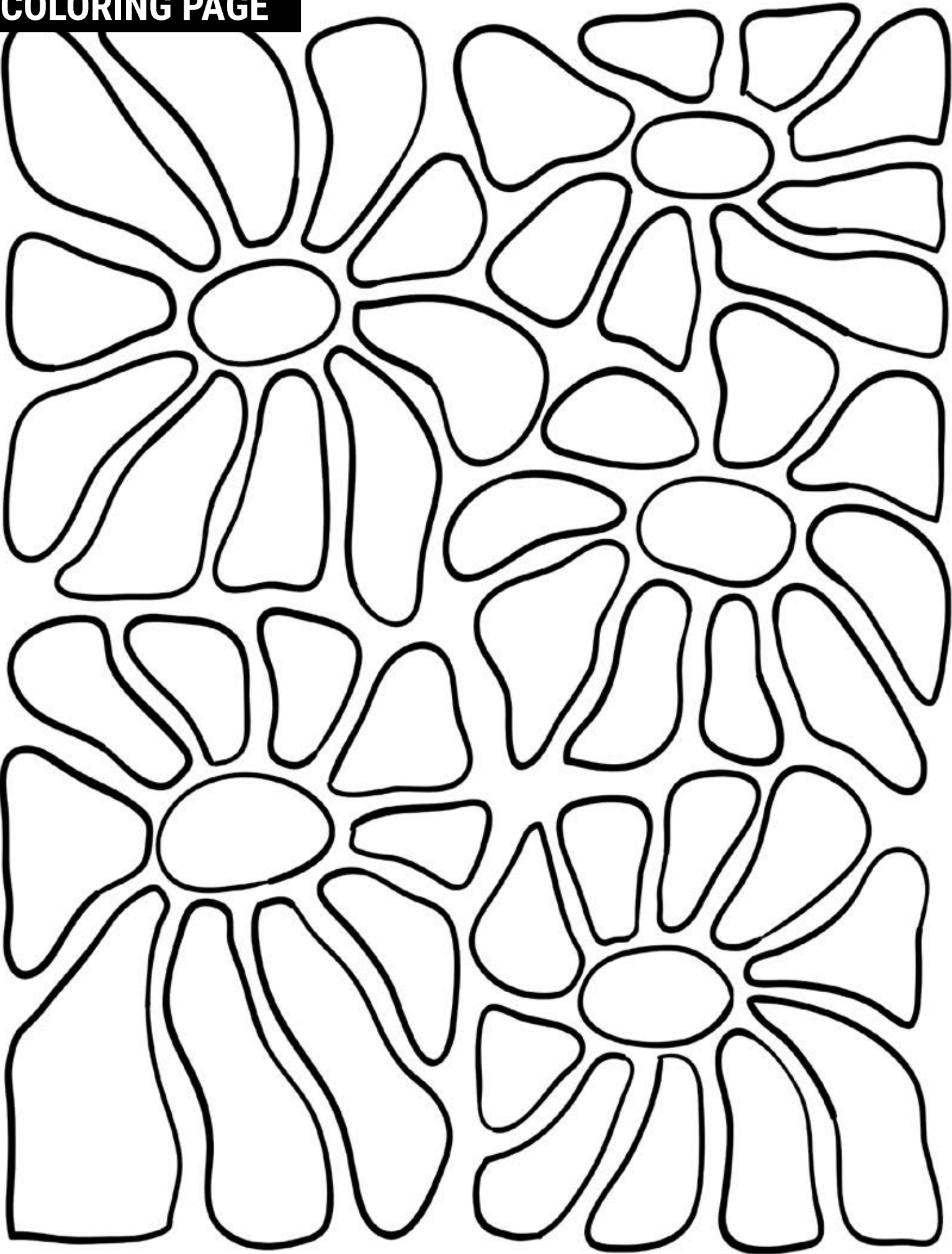






COLORING PAGE





COLORING PAGE



Collage Detective: Colonial Times



Collage Detective: Colonial Times

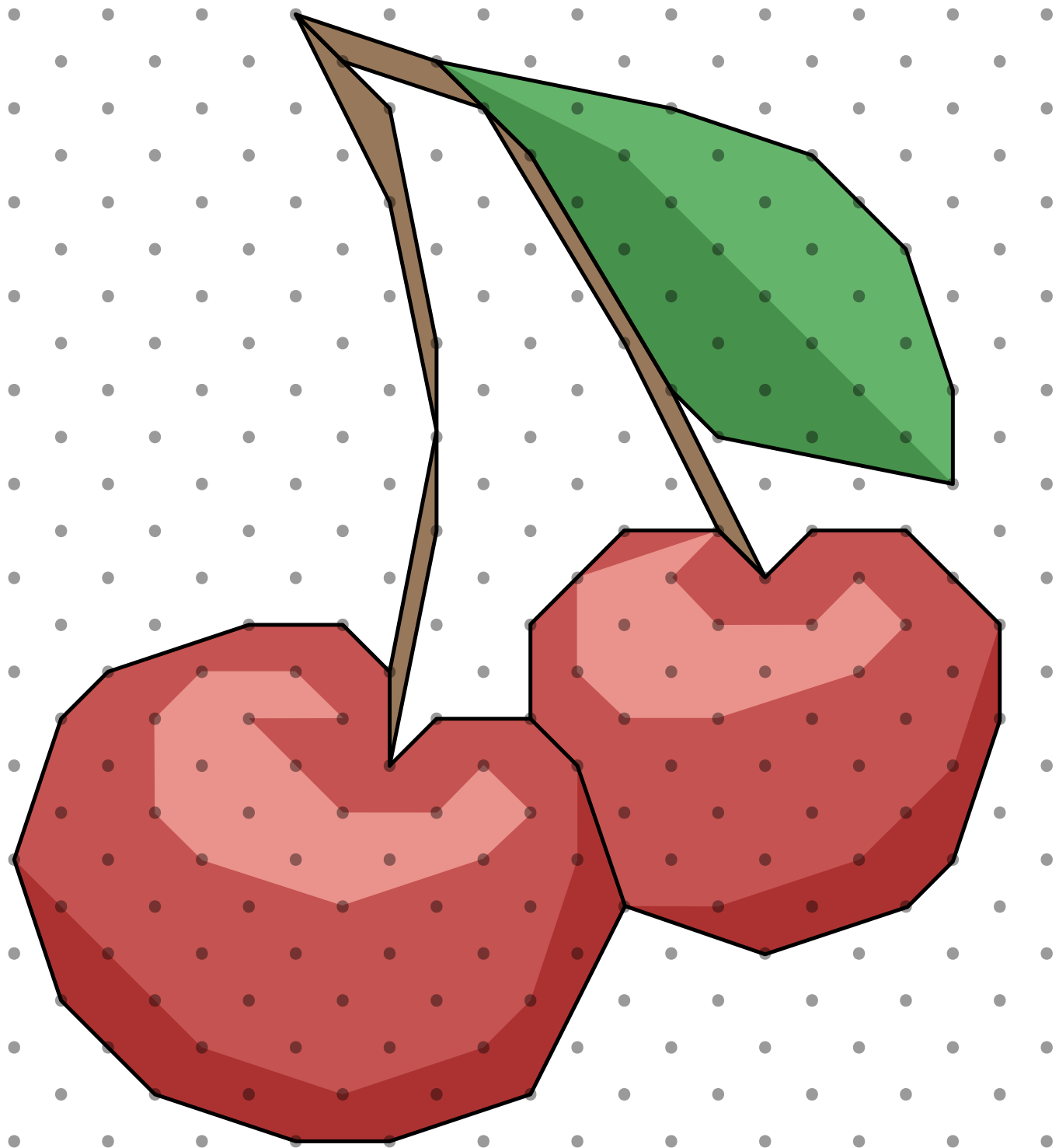
Search the puzzle to find the items listed below.
Mark them with a check when they've been detected.

- | | |
|-------------------------|-----------------------------------|
| ___ 2 buckets | ___ 2 barrels |
| ___ 4 quill pens | ___ 5 lanterns |
| ___ 1 powder horn | ___ 2 muskets |
| ___ 1 spinning wheel | ___ 4 pairs of spectacles |
| ___ 3 horseshoes | ___ 2 kettles |
| ___ 2 anvils | ___ 2 school slates |
| ___ 3 cast-iron pots | ___ 3 drums |
| ___ 4 candles | ___ 2 pewter tankards (mugs) |
| ___ 2 butter churns | ___ 1 Liberty Bell |
| ___ 3 flintlock pistols | ___ Something that doesn't belong |

What else do you see in the picture?

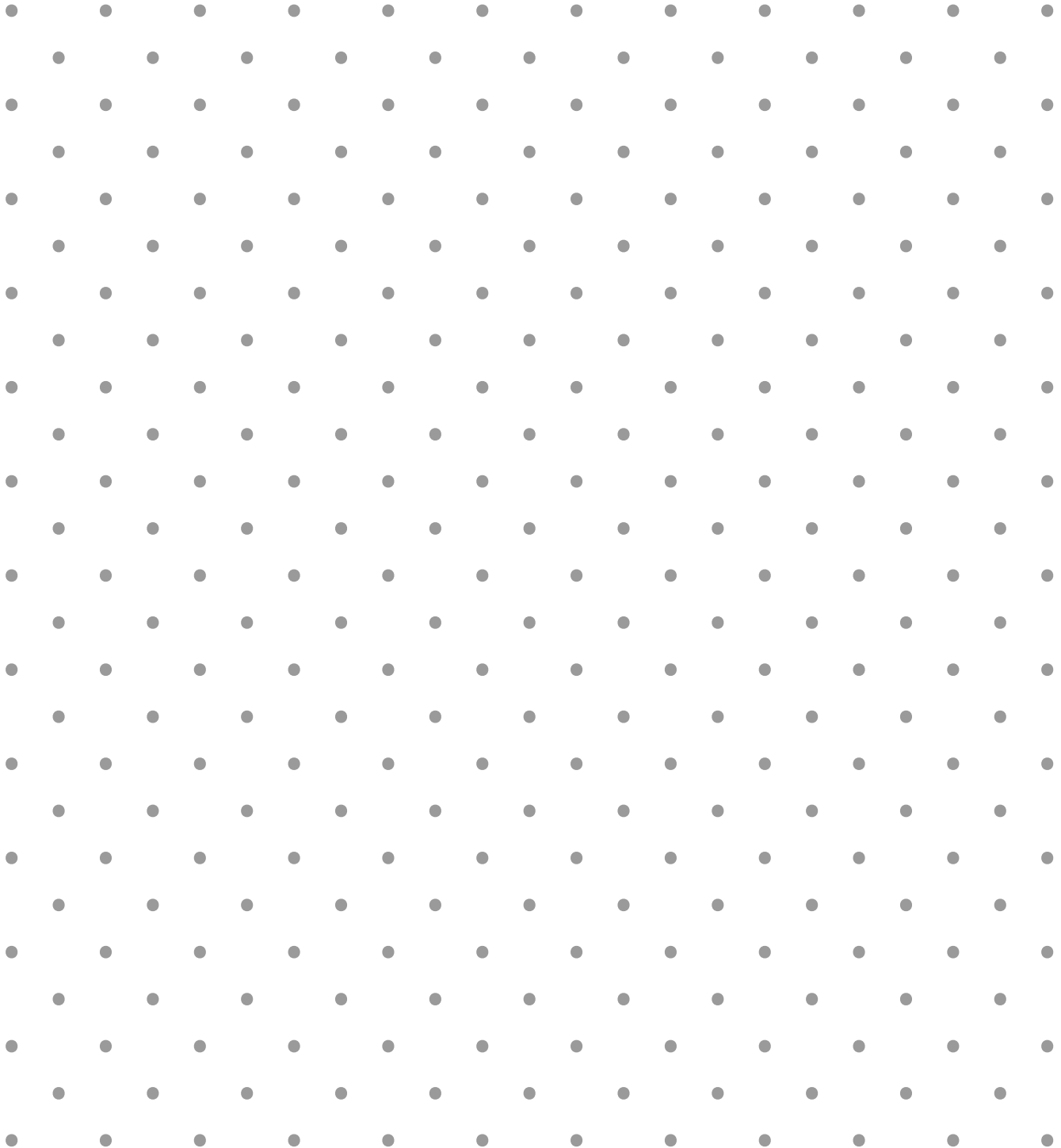
Dot Doodles #1

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



Dot Doodles #1

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



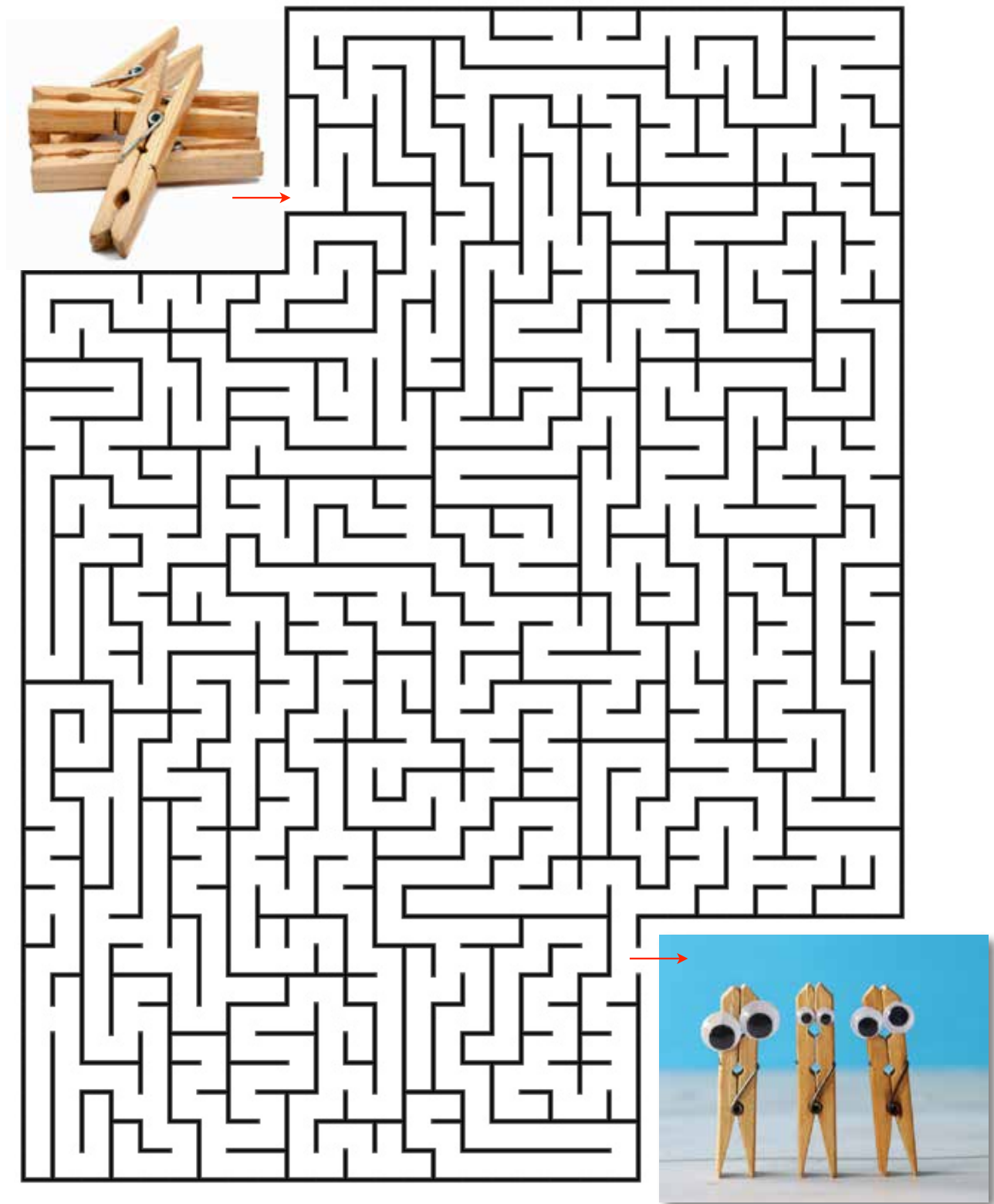
All Things Blue

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



AZURE	GLACIER	NAVY
BLUEBERRY	HERON	OCEAN
BLUEPRINT	INDIGO	PEACOCK
BUTTERFLY	JEANS	SAPPHIRE
COBALT	LAGOON	SKY
DENIM	MOON	WHALE

A-Mazing Clothespin Crafts



Family Reunion

The words listed below can be found vertically and horizontally.



CHILDREN
COUSINS
FAMILY
MEMORIES
ORIGINS



PARENTS
PICNIC
PORTRAIT
POTLUCK
TOGETHER

James Bond

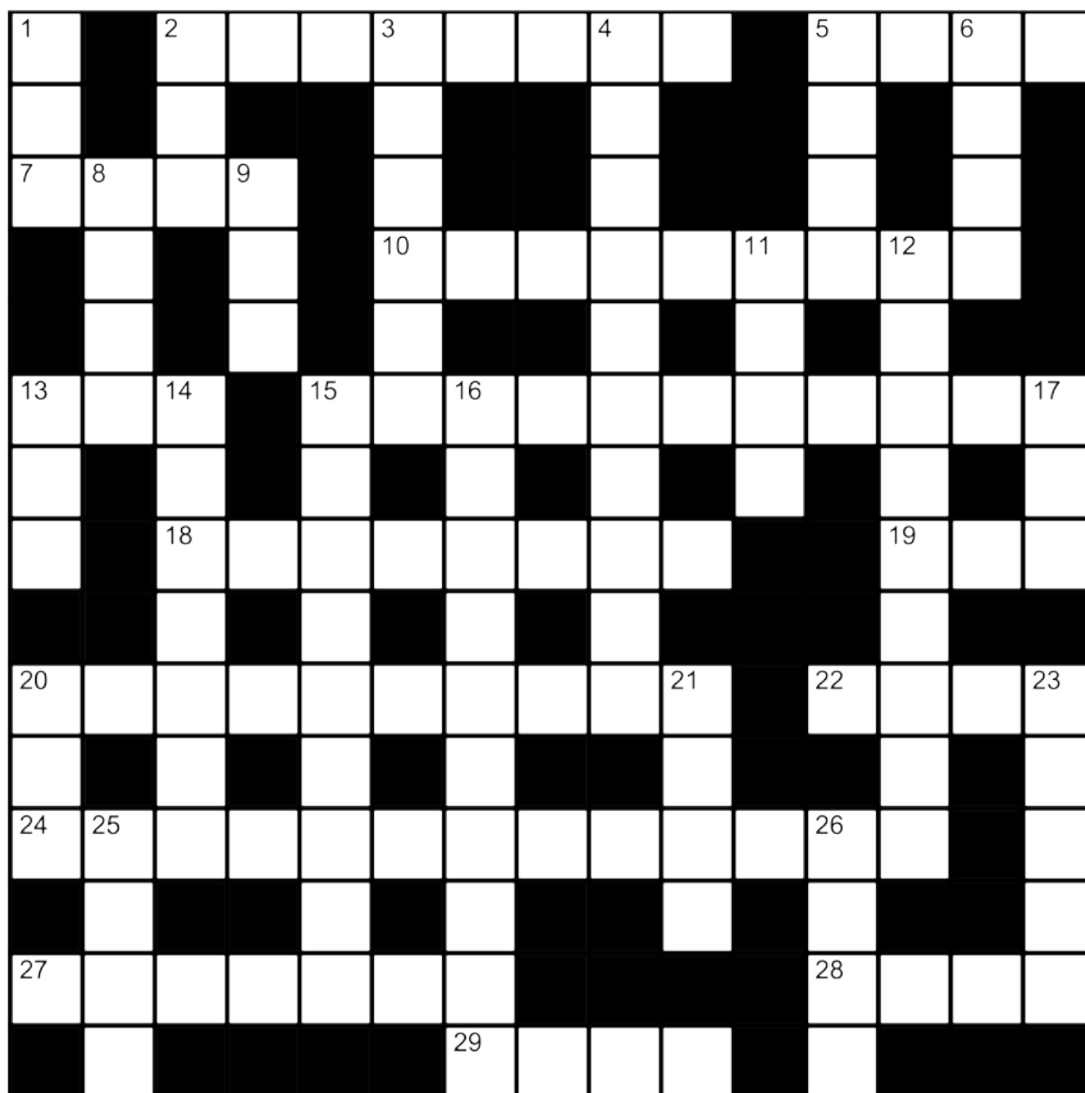
Match the clues to the words associated with James Bond.

- | | |
|--|-----------------|
| 1. British intelligence agency _____ | A. Bond girl |
| 2. Gadget master for Bond _____ | B. Walther PPK |
| 3. Bond's iconic car brand _____ | C. license |
| 4. Spy working undercover _____ | D. Aston Martin |
| 5. MI6 secretary fond of Bond _____ | E. explosives |
| 6. Card game Bond often plays in casinos _____ | F. MI6 |
| 7. Author who created James Bond _____ | G. Ian Fleming |
| 8. Intelligence-gathering through covert means _____ | H. secret agent |
| 9. Bond's signature handgun _____ | I. tuxedo |
| 10. How Bond prefers his martini _____ | J. casino |
| 11. Female character who partners with 007 _____ | K. baccarat |
| 12. Bond's boss at MI6 _____ | L. Q |
| 13. Suave and stylish _____ | M. shaken |
| 14. Formal wear _____ | N. 007 |
| 15. Combustibles _____ | O. Moneypenny |
| 16. Bond's famous code number _____ | P. debonair |
| 17. Glamorous gambling setting _____ | Q. M |
| 18. Bond has one "to kill" _____ | R. espionage |



Crossword #55

Use the clues to fill in the crossword.



ACROSS

2. Brazil, Mexico, and Canada are in these
 5. Laundry load
 7. Key lime and apple are some
 10. Schoolboy's stipend
 13. Andy Taylor to Opie
 15. Bouncing platforms
 18. Pressed for cash
 19. Shed tears
 20. Special benefits
 22. Alternative to plastic wrap; aluminum ____
 24. Potential choices
 27. Beach Boys hit "____ It Be Nice"

28. Pinball mishap

29. Two, four, or six

DOWN

1. ____, skip, and jump
 2. "The best things in life ____ free"
 3. Fix
 4. Ambience
 5. Alert someone about danger
 6. "____ Like It Hot"
 8. "Eureka! What a great ____!"
 9. Stitch a seam
 11. Comrade in arms
 12. Alert and awake
 13. Hair coloring
 14. Throw out, as in a court case
 15. Extremely scared

16. Value

17. Timid

20. Protagonist in Dickens' Great Expectations

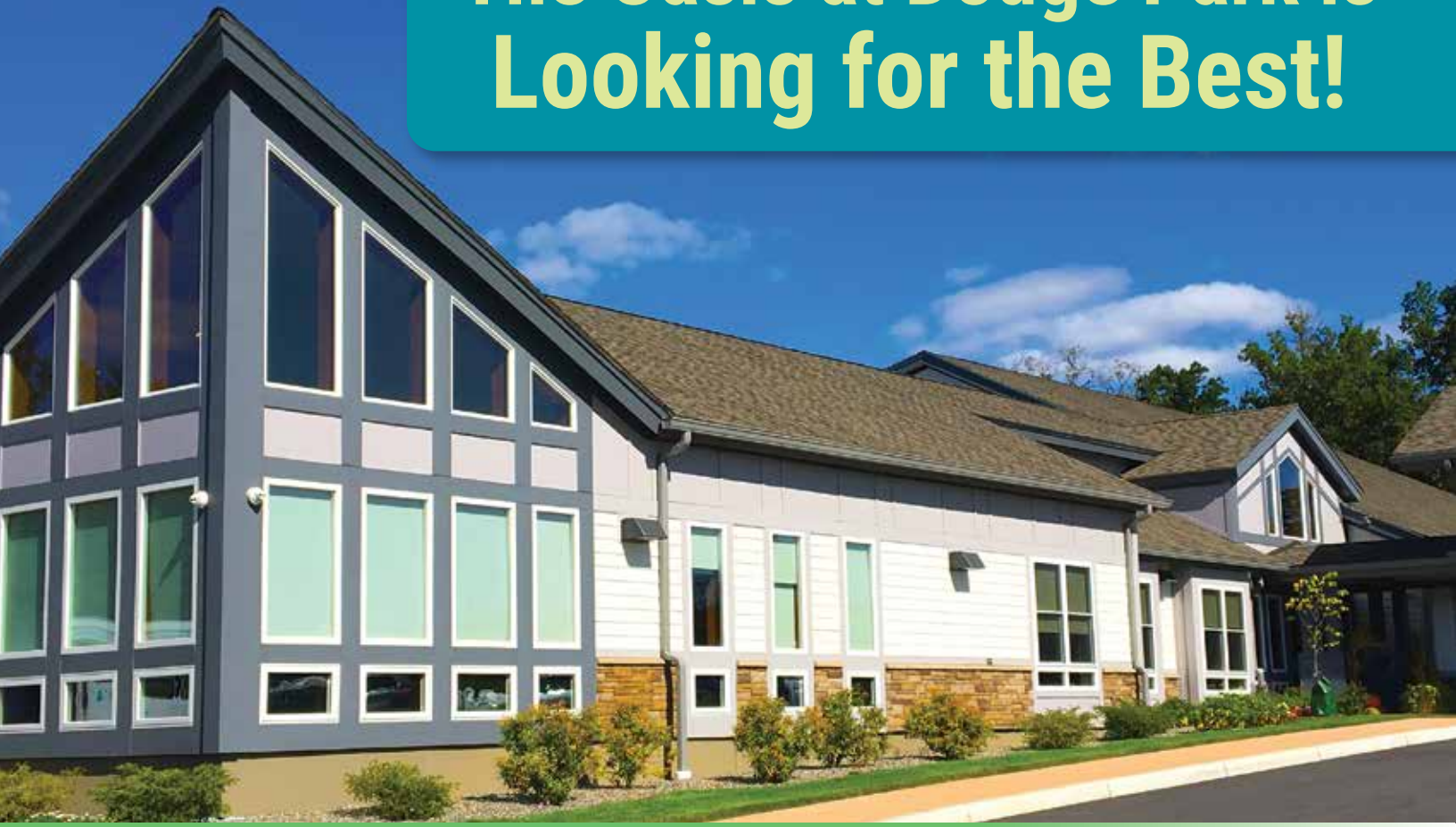
21. Adjusts, as in a clock

23. Smallest

25. Hugs and kisses; cutesy letter-closer

26. Dines

The Oasis at Dodge Park is Looking for the Best!



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

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

Your Loved Ones Deserve the Best

Worcester's Premier Senior Residential Care Facility



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



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

Premier Residential Care Facility For Seniors

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

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



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

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



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& See Why We're
#1 on Caring.com
in MA**

DODGE PARK REST HOME
CELEBRATING **59** YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

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Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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

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



In this guide, you'll learn:

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

CLICK TO GET INSTANT ACCESS

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

Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

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

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

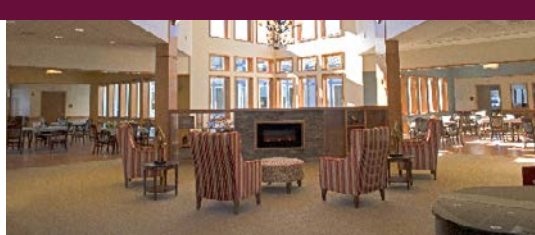
You can also attend the meeting virtually.

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

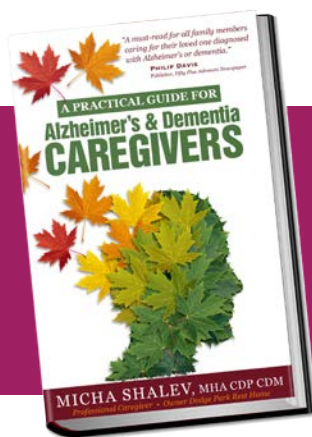
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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

Download at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



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

**For more information
please click here**

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Toll Free: 1-877-363-4775
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July

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Holidays and Observances: 4-Independence Day

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