

NOVEMBER 2026

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HELLO
November

ELECTION DAY

Tuesday, November 3, 2026

VETERANS DAY

Wednesday, November 11, 2026

THANKSGIVING

Thursday, November 26, 2026



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*

Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month.



Bringing LIFE to Those We Serve

10 Common Mistakes People Make When Selecting a Long Term Care Facilities for Loved One Diagnosed with Dementia and/or Alzheimer's Disease

By Micha Shalev MHA CDP

When families and seniors select an long term care community, it's a momentous, life changing decision. You want to get it right the first time. It can be such an intimidating choice that many families come down with "analysis paralysis" and indefinitely postpone a decision out of fear of making the wrong choice. Fortunately, the decision becomes easier as you expand your knowledge. Here are ten common mistakes that families make during the process of selecting a senior community:

1. Not Being Realistic About Current or Future Needs

It's important to balance optimism with a dose of realism. Be realistic about you or your loved one's current care needs as well as their anticipated care needs. Ideally, you will choose a community that is equipped to provide care now, and in the future as your loved one ages. For example, if your loved one has Alzheimer's disease, it may be prudent to choose a community where dedicated memory care is available, even if it's not necessary at the moment. Moving a loved one from facility to facility is not only burdensome and costly on your long term financial planning to your family, it can also be emotionally and physically detrimental to the senior, particularly a loved one is affected dementia, which makes adapting to changes especially difficult.

2. Judging the Book by its Cover

People provide care, not facilities. Lavish features are not necessarily an indicator of quality care. Sometimes families assume a community is right for their loved one because it has lavish features, but later realize fancy furniture and beautifully landscaping are not telltale indicators of quality care. They often find that they need move their loved one another community, one that's, perhaps, less shiny but more appropriate in terms of care or atmosphere. Luxury senior living does not necessarily equate to quality senior care. A beautiful, modern, and upscale facility is just as prone to oversights and errors as a community that looks a little dated or tired, or that has more modest features and amenities than its opulent competitor. Quality of care is not something you can discern just by driving past a community to see how green the lawn is, or by poking your head in the lobby-door to gauge the ambiance and whether or not it smells nice. Yes, comfort is important and some seniors appreciate a posh lifestyle, but try to look beyond the overstuffed pillows and other trappings of luxury

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

to get more balanced view of communities that you are considering. Most important check the facility reviews online and see what other family members has to say.

3. Choosing a Community to Match Your Tastes Instead of Your Parent's

Often the adult child chooses the place that they like most instead of thinking about what their loved one likes – for example, new chandeliers and a wonderful heated pool when Mom's house is homey and she never liked swimming." Obviously, we encourage families to get their older loved ones as involved as possible in the decisions making process, but if your loved one is too frail or too afflicted with memory loss to participate in the decision making process or to visit communities with you, carefully consider his or her personality and preferences rather than your own as you weigh the options.

4. Overplaying the Importance of Proximity

Another mistake that families make is overemphasizing the importance of finding the closest community possible. Sometimes the adult child chooses the nearest community based on the intention of visiting their parent everyday even though another community 10 or 20 miles further away may be a much better fit. Remember that your parent will be engaged in many activities at the community and that visiting every day is usually an unrealistic expectation to put on yourself. Go with the best fit.

5. Making a Decision Too Quickly

In the introduction we noted that some families become so overwhelmed with the choice that they need to make that they don't make a decision at all. But sometimes families do the opposite. They are in such a rush to resolve a difficult crisis that they choose the very first open room they find in the very first facility they visit, which is probably even less effective than choosing randomly. While delaying necessary care is obviously dangerous, choosing too quickly is also problematic.

6. Choosing a Community Appropriate for the Parent of Yesteryear Instead of the Parent of Today

The problem with many family well-meaning plan was that they are making arrangements for the mom or dad that they used to know, and not who she had become.

7. Not Reading the Fine Print

Facility contracts are generally relatively straightforward, at least compared to other kinds of legal documents, but they still can contain confusing legalese, or involve additional fees that aren't completely apparent. Some families are caught unprepared by fees or price increases that they would have been aware of had they reviewed their contract. Some communities charge individually for each service ("à la carte pricing") while other communities may rank the level of care that a resident needs on a scale (for example, one a 1 to 5 scale), with care costs based on the level of care the nursing staff determines is needed. Some communities don't charge a care fee at all, but instead opt to provide an "all inclusive" pricing model whereby resident's fees do not depend at all on care needed. At a community with all inclusive pricing, a very frail resident who requires a high level of care has the same fees as a resident who is mostly or even entirely independent (assuming they are in comparably priced apartments), and this is your best choice for future financial planning.

8. Going It Alone

There's no need struggle through the search alone, risking costly mistakes or dangerous blunders.

Many people pride themselves on their independent spirit, but when making a decision this big, it's usually wise to gather multiple perspectives on your senior housing options. Get feedback from as many people as possible: friends who have gone through the process, your care management team of loved ones', a geriatric

care manager and a Senior Living Advisor. This kind of professional can help save you hours of time and stress by narrowing your choices to the places that meet your specific needs. They help families evaluate issues such as care requirements, finances, and amenity preferences."

If you do find that your loved one is living in an inappropriate senior community, don't be afraid to admit that you may have made the wrong decision. Then pivot and make a change quickly rather than digging into a situation that isn't going to work out in the long run.

9. Fail to interview

Many children are not asking for references. Ask to speak with current residents and or their responsible party. You will be able to get the real picture of a life at the community. Ask to review the most recent state survey and talk with the facility licensing agency. In most state it is a public record. Contact the ombudsman office who is in charge of the facility. Most Ombudsman program visiting the facility on a regular base, sometimes on a weekly base. They can provide you an insight as well.

10. Long Term Financial Planning.

Always think about the end game. Many consumers are moving into assisted living and when money run out, they asked to leave the community. Make sure that any facility you will go, there is a plan in place to ensure that your loved one will be able to stay at the facility. I have been personally witnessed to cases where residents asked to leave outside of assisted living communities after paying for 3, 4 and 5 years of private pay, and when money run out so their options to find a decent communities.

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





Gathering with Gratitude

ENJOY A FUN AND RELAXING
AFTERNOON WITH FOOD
AND MUSIC!



Dodge Park

**THURSDAY,
NOVEMBER 12, 2026
3:00PM - 5:00PM**

RSVP to
dodgeparkreception@dodgepark.com



**TUESDAY,
NOVEMBER 10, 2026
3:00PM - 5:00PM**

RSVP to
oasisreception@dodgepark.com



101 & 102 RANDOLPH ROAD, WORCESTER



•  •

Making Spirits Bright



Enjoy a fun and relaxing afternoon
with food and music!



Dodge Park

**TUESDAY,
DECEMBER 8, 2026
3:00PM - 5:00PM**

RSVP to
dodgeparkreception@dodgepark.com



OASIS

AT DODGE PARK

**THURSDAY,
DECEMBER 10, 2026
3:00PM - 5:00PM**

RSVP to
oasisreception@dodgepark.com

101 & 102 RANDOLPH ROAD, WORCESTER

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.



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
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Lock In Your Rate and Monthly Fees Never Increase



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

Making a difference in the lives of seniors and their families



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

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

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

Unparalleled Level of Care and Service

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

Dodge Park

 **OASIS**
AT DODGE PARK

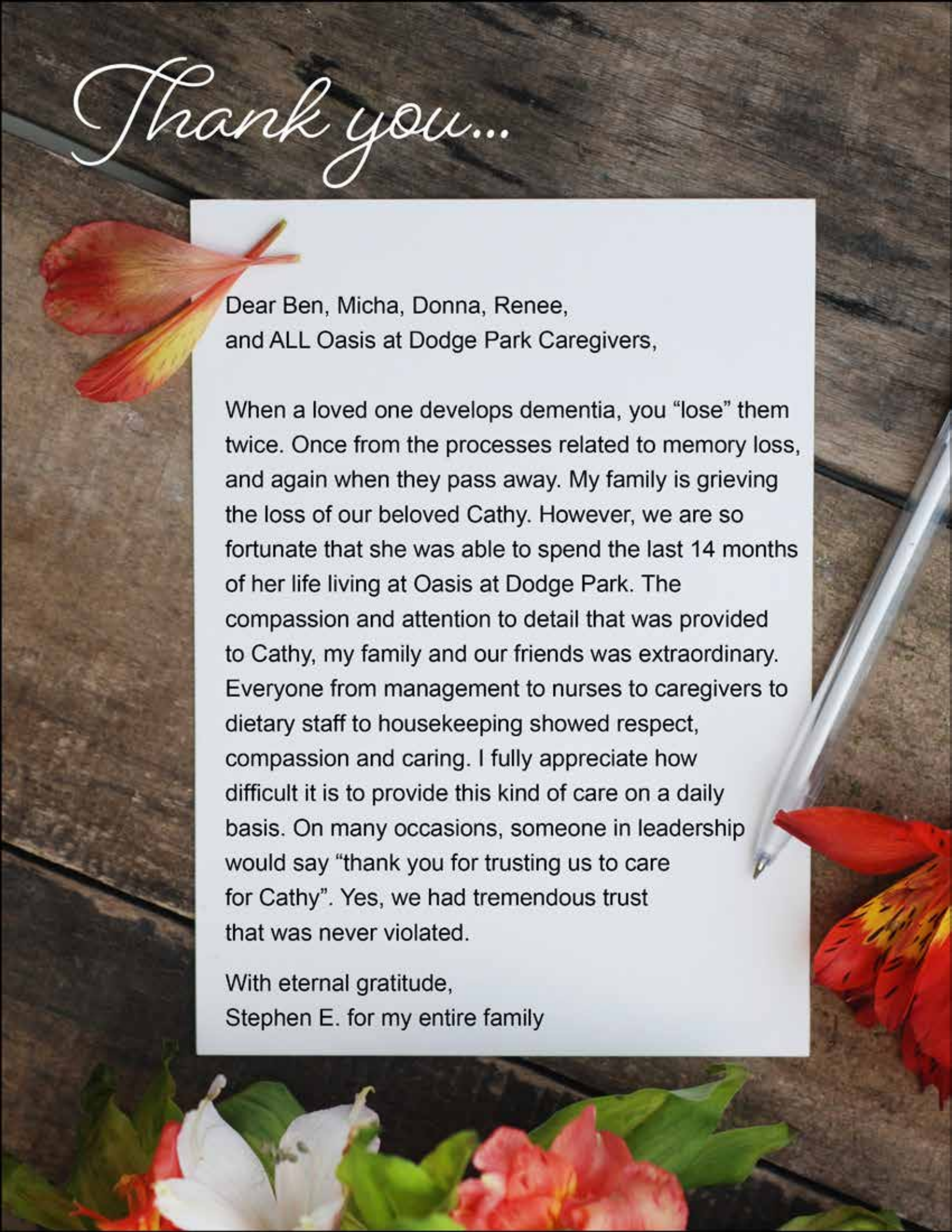


I find the services at Oasis @ Dodge Park to be exceptional. From the cleaning staff, the kitchen prep (good food) crew, building maintenance, to the personal assistants and nursing staff provide superb care for their residents day in and day out. They have daily activities such as bingo, exercises and word games, as well as live music every day. I highly recommend Oasis at Dodge Park to anyone looking for quality care for their loved ones.

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.

Rooms at Dodge Park are always kept exceptionally neat and clean. Dodge Park serves very nutritious food and residence have two choices at every meal. Staff shows warmth and compassion to all residents as well as family members of residents.

The staff is wonderful. They are very attentive and involved with the residents. There is an entertainer every afternoon. The owner is often walking around the place with his dog. He is very approachable and visible. The nursing staff is caring and gentle. I don't worry about my family member because I know he is safe and well cared for at The Oasis.



Thank you...

Dear Ben, Micha, Donna, Renee,
and ALL Oasis at Dodge Park Caregivers,

When a loved one develops dementia, you “lose” them twice. Once from the processes related to memory loss, and again when they pass away. My family is grieving the loss of our beloved Cathy. However, we are so fortunate that she was able to spend the last 14 months of her life living at Oasis at Dodge Park. The compassion and attention to detail that was provided to Cathy, my family and our friends was extraordinary. Everyone from management to nurses to caregivers to dietary staff to housekeeping showed respect, compassion and caring. I fully appreciate how difficult it is to provide this kind of care on a daily basis. On many occasions, someone in leadership would say “thank you for trusting us to care for Cathy”. Yes, we had tremendous trust that was never violated.

With eternal gratitude,
Stephen E. for my entire family

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 1 6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:00- Congregational Bible Study 10:30- Singing Hymns of Praise 2:00- History of Daylight Savings Colors of the Season 3:00- Conversation Ball Toss 3:30- Live Music w/ Lenny Z. 6:30- Manicure Stations Holiday Group Discussions	6:30- Coffee Cart & Local News 10:00- What We Are Thankful For 10:30- Catholic Mass w/ Father E. 11:00- 1950's Thanksgiving Rewind 2:15- Daily Chronicle 2:30- Group Exercise w/ Paula S. Counting Steps Walking Group 3:30- November Pictionary 6:30- Thankful A-Z List 7:00- Page Turner Book Club	6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:00- Move & Groove Workouts Kindred Hearts Group Builders 10:30- Catholic Mass w/ Father E. 2:15- Harvest Mad Libs 2:30- Live Music w/ Sean F. Companion Corner 3:30- Thankful A-Z List 6:30- Meditation & Mindfulness	6:30- Coffee Cart & Local News 10:00- Homemade Cards & Stamps 10:15- Art Therapy w/ Lynda S. Ping Pong Gatherers 10:30- Catholic Mass w/ Father E. 2:30- Live Music w/ Russ R. Coloring with Intention 3:30- Autumn Poetry 6:30- Bucket Ball Toss 7:00- Family Friendly Movie Night	6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:15- Parachute Circle Group Table Top Settings Classic Holiday Recipes 2:15- Group Boggle 2:30- Group Exercise w/ Paula S. Chain Reaction Word Game 6:30- Big Board Jeopardy 7:00- Chicken Soup For The Soul	6:30- Coffee Cart & Local News 10:15- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. Water Doodle Creations 11:00- Leaf Peeping Trivia 2:15- Linked Senior Trivia 2:30- Live Music w/ Rusty G. 3:15- Cranberry Smash Social 3:30- Hand Held Bingo 6:30- Evening Tai Chi & Reflections	6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:00- Bucket Ball Table Top Shuffle Board Page Turner Book Club 11:00- Karaoke Sing-Along 2:15- Residents Write a Story 2:30- Live Music w/ Sandy R. 3:30- Silver Sneakers Aerobics 7:00- Holidays with Hallmark
6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:00- Congregational Bible Study 10:30- Singing Hymns of Praise 2:15- Our Favorite Side Dishes 2:30- Live Music w/ TBA 3:30- Colors of the Season 4:00- Visiting Plimoth Patuxet 6:30- Manicure Stations Holiday Group Discussions	6:30- Coffee Cart & Local News 10:00- What We Are Thankful For 10:30- Catholic Mass w/ Father E. 11:00- 1950's Thanksgiving Rewind 2:15- Daily Chronicle 2:30- Group Exercise w/ Paula S. Counting Steps Walking Group 3:30- November Pictionary 6:30- Thankful A-Z List 7:00- Page Turner Book Club	6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:00- Move & Groove Workouts Kindred Hearts Group Builders 10:30- Catholic Mass w/ Father E. 2:15- Harvest Mad Libs 2:30- Live Music w/ Jodie R. Companion Corner 3:30- Thankful A-Z List 6:30- Meditation & Mindfulness	6:30- Coffee Cart & Local News 10:00- Patriotic Sing-A-Long 10:15- Art Therapy w/ Lynda S. Ping Pong Gatherers 10:30- Catholic Mass w/ Father E. 2:30- Live Music w/ Bill M. Coloring with Intention 3:30- Honoring Our Veterans 6:30- Bucket Ball Toss 7:00- Family Friendly Movie Night	6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:15- Parachute Circle Group Table Top Settings Classic Holiday Recipes 2:15- Group Boggle 2:30- Live Music w/ Rockin' Robin Chain Reaction Word Game 6:30- Big Board Jeopardy 7:00- Chicken Soup For The Soul	6:30- Coffee Cart & Local News 10:15- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. Water Doodle Creations 11:00- Leaf Peeping Trivia 2:15- Linked Senior Trivia 2:30- Live Music w/ Curtis M. 3:15- Cranberry Smash Social 3:30- Hand Held Bingo 6:30- Evening Tai Chi & Reflections	6:30- Coffee Cart & Local News 7:30- Daily Chronicle 10:00- Bucket Ball Table Top Shuffle Board Page Turner Book Club 11:00- Karaoke Sing-Along 2:15- Residents Write a Story 2:30- Live Music w/ Tom G. 3:30- Silver Sneakers Aerobics 7:00- Holidays with Hallmark
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November 2026
Dodge Park Rest Home & Day Club



Dodge Park Rest Home & Day Club 101 Randolph Road, Worcester, Ma 01606 Amy Laba, Activity Director *Activities are Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Time Ends 1 10:00- Daily Chronicle Congregational Bible Study 10:15- Big Board Jeopardy 10:45- Exercise Class w/ Paula S. 11:45- History of Daylight Savings 2:15- Live Music w/ Lenny Z. 3:30- Bucket Ball Toss Table Top Sensory Family Traditions Discussion 6:30- Manicure Spa Stations	10:00- Daily Chronicle Colors of the Season 10:30- Exercise Class w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:45- Group Boggle 2:15- Live Music w/ Sean F. 3:30- Pokeno Club Coloring with Intention Thankful Leaves 6:30- 1950's Thanksgiving Rewind	10:00- Daily Chronicle Classic Holiday Recipes 10:30- Exercise Class w/ Paula S. 11:15- Catholic Mass w/ Father E. 11:45- Thankfulness Mining 2:15- Live Music w/ Bill M. 3:30- Sunny Spin Laundry Folding Free Space Bingo 7:00- Evening Tai Chi & Meditations	10:00- Daily Chronicle Karaoke Sing-Along 10:30- Exercise Class w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:45- Autumn A Through Z 2:15- Live Music w/ Sean F. 3:30- Visiting Plimoth Patuxet Table Top Shuffle Board Page Turner Book Club 7:30- Family Friendly Movie	10:00- Daily Chronicle Our Favorite Side Dishes 10:30- Exercise w/ Paula S. 11:45- History Buffs 2:15- Live Music w/ Russ R. 3:30- Counting Steps Walking Club Homemade Cards & Stamps Leap Frog 6:30- Manicure Spa Stations Fireside Poetry Club	10:00- Daily Chronicle Chain Reaction Pop Quiz 10:30- Exercise Class w/ Paula S. 11:45- Linked Senior Game Shows 2:15- Live Music w/ Jim P. 3:15- Cranberry Smash Social 3:30- Noodle Hockey Junk Drawer Detectives Seasonal Craft Stations Patriots Football Rewind	10:00- Daily Chronicle November Scattergories 10:45- Exercise Class w/ Paula S. 11:15- Hydration Station 11:45- What Am I? 2:15- Live Music w/ Rockin Robin 3:30- Companion Corner Basket Grabbers Bug Squashers Team Game 7:30- Holidays with Hallmark
10:00- Daily Chronicle Congregational Bible Study 10:15- Big Board Jeopardy 10:45- Exercise Class w/ Paula S. 11:45- History of Daylight Savings 2:15- Live Music w/ Gary L. 3:30- Bucket Ball Toss Table Top Sensory Family Traditions Discussion 6:30- Manicure Spa Stations	10:00- Daily Chronicle Colors of the Season 10:30- Exercise Class w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:45- Group Boggle 2:15- Live Music w/ Sean F. 3:30- Pokeno Club Coloring with Intention Thankful Leaves 6:30- 1950's Thanksgiving Rewind	Oasis Family Party 10:00- Daily Chronicle Classic Family Recipes 10:30- Exercise Class w/ Paula S. Art Therapy w/ Lynda S. 11:15- Catholic Mass w/ Father E. 11:45- Thankfulness Mining 2:15- Live Music w/ Sean F. 3:00- Oasis Family Party Free Space Bingo 7:00- Evening Tai Chi & Meditations	Veterans Day 10:00- Honoring Our Veterans Patriotic Sing-Along 10:30- Exercise Class w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:45- Autumn A Through Z 2:15- Live Music w/ Sean F. 3:30- Visiting Plimoth Patuxet Table Top Shuffle Board Page Turner Book Club 7:30- Family Friendly Movie	10:00- Daily Chronicle Our Favorite Side Dishes 10:30- Exercise w/ Paula S. 11:45- History Buffs 2:15- Live Music w/ Heather R. 3:30- Counting Steps Walking Club Homemade Cards & Stamps Leap Frog 6:30- Manicure Spa Stations Fireside Poetry Club	10:00- Daily Chronicle Chain Reaction Pop Quiz 10:30- Exercise Class w/ Paula S. 11:45- Linked Senior Game Shows 2:15- Live Music w/ Sean F. 3:15- Cranberry Smash Social 3:30- Noodle Hockey Junk Drawer Detectives Seasonal Craft Stations Patriots Football Rewind	10:00- Daily Chronicle November Scattergories 10:45- Exercise Class w/ Paula S. 11:15- Hydration Station 11:45- What Am I? 2:15- Live Music w/ Arizona Doug 3:30- Companion Corner Basket Grabbers Bug Squashers Team Game 7:30- Holidays with Hallmark
10:00- Daily Chronicle Congregational Bible Study 10:15- Big Board Jeopardy 10:45- Exercise Class w/ Paula S. 11:45- History of Daylight Savings 2:15- Live Music w/ Rusty G. 3:30- Bucket Ball Toss Table Top Sensory Family Traditions Discussion 6:30- Manicure Spa Stations	10:00- Daily Chronicle Colors of the Season 10:30- Exercise Class w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:45- Group Boggle 2:15- Live Music w/ Sean F. 3:30- Pokeno Club Coloring with Intention Thankful Leaves 6:30- 1950's Thanksgiving Rewind	10:00- Daily Chronicle Classic Holiday Recipes 10:30- Exercise Class w/ Paula S. Art Therapy w/ Lynda S. 11:15- Catholic Mass w/ Father E. 11:45- Thankfulness Mining 2:15- Live Music w/ Jodie R. 3:30- Sunny Spin Laundry Folding Free Space Bingo 7:00- Evening Tai Chi & Meditations	10:00- Daily Chronicle Karaoke Sing-Along 10:30- Exercise Class w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:45- Autumn A Through Z 2:15- Live Music w/ Sean F. 3:30- Visiting Plimoth Patuxet Table Top Shuffle Board Page Turner Book Club 7:30- Family Friendly Movie	10:00- Daily Chronicle Our Favorite Side Dishes 10:30- Exercise w/ Paula S. 11:45- History Buffs 2:15- Live Music w/ East West Duo 3:30- Counting Steps Walking Club Homemade Cards & Stamps Leap Frog 6:30- Manicure Spa Stations Fireside Poetry Club	10:00- Daily Chronicle Chain Reaction Pop Quiz 10:30- Exercise Class w/ Paula S. 11:45- Linked Senior Game Shows 2:15- Live Music w/ Sean F. 3:15- Cranberry Smash Social 3:30- Noodle Hockey Junk Drawer Detectives Seasonal Craft Stations Patriots Football Rewind	10:00- Daily Chronicle November Scattergories 10:45- Exercise Class w/ Paula S. 11:15- Hydration Station 11:45- What Am I? 2:15- Live Music w/ Sandy R. 3:30- Companion Corner Basket Grabbers Bug Squashers Team Game 7:30- Holidays with Hallmark
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November 2026



Oasis At Dodge Park 102 Randolph Road, Worcester, Ma 01606 Amy Laba, Activity Director *Activities Are Subject to Change*

AROUND DODGE PARK AND OASIS



AROUND DODGE PARK AND OASIS





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

NOVEMBER OBSERVANCES

Monthly

American Diabetes Month. For the millions of people at risk for diabetes, November is a time to get educated, find resources, and make sure everyone is aware of their risk. And for the millions of people living with diabetes, it's a chance to tell their stories and awaken the world.

National Epilepsy Awareness Month. One in 10 people will have a seizure in life, and one in 26 will develop epilepsy during their lifetime. Emotional health is important for people with epilepsy, along with their family members, caregivers, and friends. With the power of community, we can bring hope to everyone experiencing the challenges of epilepsy.

National Native American Heritage Month. What started at the turn of the century as an effort to win a day of recognition for the first Americans and the significant contributions they made to the establishment and growth of the United States has resulted in a whole month dedicated to that purpose.

National Runaway Prevention Month. National Runaway Prevention Month is a public awareness campaign designed to spotlight the experiences of runaway and homeless youth who too often remain invisible, and to highlight the resources available to support youth in crisis around the nation.

Weekly

National Animal Shelter Appreciation Week, Nov. 1-7. There are approximately 3,500 animal shelters across the United States, housing the estimated 6-8 million homeless animals that seek refuge each year—only half of which are adopted. National Animal Shelter Appreciation Week is a perfect opportunity for you, your family, and your community to become acquainted with your local shelter and help homeless pets.

Hunger and Homelessness Awareness Week, Nov. 14-22. Hunger and Homelessness Awareness Week is an annual program where people come together to draw attention to the problems of hunger and homelessness. Participating groups spend the week holding a series of educational, service, fundraising, and advocacy events.

SPECIAL DAYS

- 1 All Saint's Day
- 1 Daylight Savings Time – It ends at 2:00 a.m. The date varies.
- 1 Días Los Muertos , a two-day celebration on November 1 and 2
- 1 National Author's Day
- 1 World Vegan Day
- 2 All Soul's Day
- 2 Devil'd Egg Day
- 2 Look for Circles Day
- 2 Plan Your Epitaph Day
- 3 Cliché Day
- 3 Housewife's Day
- 3 Pumpkin Toss Day
- 3 Sandwich Day
- 3 U.S. General Election Day
- 4 King Tut Day
- 4 Check Your Blood Pressure Day
- 4 Use Your Common Sense Day
- 5 Gunpowder Day – Also called Guy Fawkes Day
- 5 National Chinese Takeout Day
- 5 Men Make Dinner Day – The first Thursday of the month.
- 6 Marooned without a Compass Day
- 6 National Nacho Day
- 6 Saxophone Day
- 7 Bittersweet Chocolate with Almonds Day
- 7 Book Lovers Day – The first Saturday of the month.
- 7 International Merlot Day
- 7 National Bison Day – The first Saturday in November.
- 8 Cook Something Bold Day
- 8 Dunce Day
- 8 Hindu Diwali Day – The date varies.
- 9 Chaos Never Dies Day – you've got that right
- 9 World Freedom Day
- 10 Forget-Me-Not Day
- 10 USMC Day
- 10 World Science Day for Peace and Development
- 10 Young Readers Day – The second Tuesday of the month.
- 11 Veteran's Day
- 11 World Origami Day
- 12 Chicken Soup for the Soul Day
- 12 National French Dip Day
- 12 World Pneumonia Day
- 13 Caregiver Appreciation Day
- 13 Friday the 13th
- 13 National Indian Pudding Day
- 13 Sadie Hawkins Day
- 13 World Kindness Day
- 14 Loosen Up Day
- 14 National Pickle Day
- 14 Operating Room Nurse Day
- 14 Pumpkin Destruction Day
- 14 World Diabetes Day
- 15 America Recycles Day

SPECIAL DAYS

15 Clean Your Refrigerator Day
15 National Philanthropy Day
16 Button Day
16 Have a Party With Your Bear Day
16 International Tolerance Day
16 National Fast Food Day
17 Electronic Greeting Card Day
17 Homemade Bread Day
17 Take A Hike Day
17 World Peace Day
18 Apple Cider Day
18 National Princess Day
18 Occult Day
19 Great American Smokeout – The third Thursday in November.
19 Have a Bad Day Day
19 Play Monopoly Day
20 Absurdity Day
20 Beautiful Day
20 Universal Children's Day
21 Adoption Day – The Saturday before Thanksgiving.
21 False Confession Day
21 World Hello Day
22 Go For a Ride Day
22 Love Your Freckles Day
23 Eat a Cranberry Day
23 National Cashew Day
23 National Espresso Day
24 All Our Uncles Are Monkeys Day
24 Evolution Day
25 Blasé Day
25 National Jukebox Day – The day before Thanksgiving.
25 National Parfait Day
25 Tie One On Day – The day before Thanksgiving.
26 International Cake Day
26 Shopping Reminder Day
26 Thanksgiving
27 Black Friday – The Friday after Thanksgiving.
27 Buy Nothing Day
27 You're Welcome Day – The day after Thanksgiving.
27 Pins and Needles Day
28 French Toast Day
28 Make Your Own Head Day
28 Red Planet Day
28 Small Business Saturday
29 Advent Begins – The date varies.
29 Chia Pet Day
29 Square Dance Day
30 Cyber Monday – The Monday After Thanksgiving.
30 National Mason Jar Day
30 Stay At Home Because You Are Well Day

Weekly

National Nurse Practitioner Week, Nov. 8-14.

National Nurse Practitioner Week is held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so nurse practitioners will be allowed to use the full extent of their experience and education.

Daily

Fountain Pen Day, Nov. 6. Celebrated by enthusiasts worldwide as a time to embrace, promote, and share the use of fountain pens.

Armistice Day, Nov. 11. Also called Veterans Day in the United States, the date of the signing of the armistice that ended World War I.

National Check Your Wipers Day, Nov. 16. The change of seasons and start of holiday travel is the perfect time to start thinking about the condition of your vehicle's wiper blades.

International Survivors of Suicide Loss Day, Nov. 21. An event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

Thanksgiving, Nov. 26. Enjoy some turkey while spending time and giving thanks with your family and friends.





Animal of the Month – Striped Bark Scorpion

The venomous striped bark scorpion, *Centruroides vittatus*, is distinctive due to its markings, which include (you guessed it) two dark stripes along the top of the body and a dark triangle on the head. Native to the South-Central U.S. and northern Mexico, these skilled climbers belong to Buthidae, the largest family of scorpions. Like other scorpions, they have eight legs; a long, flattened ovalshaped body with pincers in the front; and a curled tail with a stinger. In addition to several sets of lateral eyes at the front of the head, they also have a pair of median eyes in the middle of the head plate. Sensitive “hairs” on their legs and pincers, and comblike organs called pectines on their undersides help them navigate their surroundings and find prey, which consists of a range of insects, spiders, centipedes, and even other scorpions. To survive the winter, they enter a state of dormancy called diapause.

Flower – Chrysanthemum

November’s birth flower is the chrysanthemum, a beautiful perennial and a favorite of many gardeners and flower enthusiasts. Chrysos is Greek for “gold.” Although mums can be found in a rainbow of colors today, their wild ancestors were limited to a fine, goldenyellow hue. Beautiful as they are, this flower is more than just a pretty face. In fact, mums are used in a variety of products, such as teas, wine, and a medicine that helps ward off the flu. Additionally, NASA discovered that mums planted indoors can remove air pollutants.



Birthstone – Yellow Topaz

Yellow topaz, known as “precious topaz,” is one of November’s birthstones. Topaz was named for the ancient Red Sea island Topasos, now called St. John.

Topaz is most commonly found in shades of yellow and gold. However, it also comes in blue, pink, red, orange, green, brown, and even black. In the ancient world, yellow topaz was the symbol of Ra, the Egyptian sun god, because of its golden glow. A gift of a yellow topaz symbolizes friendship and is said to give the wearer strength and smarts. find true love.



November Weather Trivia

- More than six inches of snow fell in Tucson, Arizona, on November 16, 1958.
- On November 18, 1929, a magnitude 7.2 earthquake occurred on the Grand Banks of Newfoundland. Known as the South Shore Disaster, the earthquake and subsequent tsunami killed at least 28 people.
- On Thanksgiving Day 1987, a snowstorm hit New England. Snowfall totals reached up to 20 inches!
- On November 23, 1909, Rattlesnake Creek in Idaho was deluged with a state record 7.17 inches of rain in 24 hours.
- The temperature in Tallahassee, Florida, dipped to 23 degrees on November 26, 1970.
- On November 27, 1883, fire engines were called out in New York City. However, there was no fire—just the afterglow of the sunset affected by ash in the atmosphere from the eruption of Indonesia’s Krakatoa volcano three months earlier.

NOVEMBER FUN FACTS

November The month of November gets its name from the Latin novem, meaning “nine,” as it was the ninth month in the original Roman calendar. It became the 11th month centuries later when the start of the new year changed to January. Since Julius Caesar had renamed July after himself and Emperor Augustus did the same for August, the Roman Senate offered to name the 11th month after Tiberius. However, Tiberius rejected the entire premise of the idea, jokingly asking the Senate, “What will you do if you have 13 Caesars?”

November Birthdays

Stephen Crane (novelist) – November 1, 1871
Burt Lancaster (actor) – November 2, 1913
Alfred Heineken (brewer) – November 4, 1923
Art Garfunkel (singer) – November 5, 1941
Joni Mitchell (singer) – November 7, 1943
Richard Burton (actor) – November 10, 1925
Claude Monet (artist) – November 14, 1840
Margaret Atwood (writer) – November 18, 1939
Gail Devers (track star) – November 19, 1966
René Magritte (painter) – November 21, 1898
Amy Grant (singer) – November 25, 1960
Jimi Hendrix (musician) – November 27, 1942
Louisa May Alcott (author) – November 29, 1832
Dick Clark (entertainer) – November 30, 1929



Headlines from Novembers Past

British and American Representatives
Sign Preliminary Articles of Peace
November 30, 1782

Lincoln Delivers Gettysburg Address
November 19, 1863

Panama Canal Treaty Signed
November 18, 1903

What's Lucky in November?

Lucky Color: Vermilion

Lucky Animal: Wolf

Lucky Letters: C and U

Lucky Day: Tuesday

Lucky Plant: Celosia



Celebrate Snail Mail

November 15th is I Loved to Write Day. The first postage stamp, issued in Great Britain in 1840, was the One Penny Black. It cost—you guessed it—one penny. By the 1860s, over 70 countries had created their own stamps.

November Zodiacs

Scorpio (The Scorpion) November 1–21

Sagittarius (The Archer) November 22–30



A very *Happy Birthday* to...

Staff

Gabrielle R. November 9
Estephania E. November 9
Kateleanne R. November 10
Adrianna P. November 10
Mami M. November 11
Bernard O. November 12
Marie I. November 15
Jessica G. November 18
Valeria G. November 22
Merline V. November 27
Kassee C. November 28

Dodge Park Residents

Dorothy M. November 3
Marion K. November 20
Barbara S. November 24
Armand C. November 26

Oasis Residents

Charles H. November 2
Nellie D. November 7
Dr. Charles K. November 24



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**

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The Armistice Day Blizzard rocked the nation

Nov. 11 is Armistice Day (called Veterans Day in the United States), the date in 1918 that marked the end of World War I. It's also the date of one of the biggest snowstorms ever to hit the U.S.—the Armistice Day Blizzard of 1940, which killed 150 people and thousands of livestock in the Midwest.

According to the National Weather Service website, a strong weather system originating in the Pacific Northwest destroyed the Tacoma Narrows Bridge on Nov. 7, and moved across Colorado by Nov. 10, headed for the central states. In Minnesota and western Iowa, Nov. 11 started out with temperatures in the 50s, prompting many duck hunters to head out in search of game. At first these hunters were pleased with the number of ducks and waterfowl flying overhead, not realizing they were fleeing the oncoming storm. When temperatures dipped rapidly, falling rain turned to sleet and snow, and hunters in boats encountered 15-foot swells and winds of 70-80 mph. Hundreds lost their boats, and many drowned or froze to death when the early moderate temperatures dropped below freezing.

The storm created drifts of snow up to 20 feet high across the Midwest, burying cars and stranding passenger trains. Three large ships in the Great Lakes sank, with a loss of 58 sailors. Iowa's apple industry was devastated by the storm, causing farmers to shift from orchards to fields of corn and soybeans.

The storm forced the National Weather Service to revise its forecasting procedures. Instead of being directed by the Chicago office, forecasting responsibilities shifted to regional centers that could offer more timely and accurate weather predictions.

On the scene at the first Thanksgiving

We all know the story of the first Thanksgiving—how the pilgrims who settled in Plymouth, Massachusetts, were aided by a Pawtuxet native named Squanto who taught them how to cultivate corn, catch fish, avoid poisonous plants, and other necessary skills for survival.

After the pilgrims' first successful corn harvest in November of 1621, Governor William Bradford invited the Native Americans living around the colony to a feast of celebration. Here's how one Pilgrim, Edward Winslow, recorded the event:

“Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together, after we had gathered the fruits of our labors; they four in one day killed as much fowl, as with a little help beside, served the Company almost a week, at which time amongst other Recreations, we exercised our Arms, many of the Indians coming amongst us, and amongst the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five Deer, which they brought to the Plantation and bestowed on our Governor, and upon the Captain and others. And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty.”

And that's what Thanksgiving is all about.





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutrition Spotlight... Delicata Squash

Autumn is in it's full glory and with it comes an abundance of squash. Butternut and acorn squash are very common but another variety is starting to make quite a showing. Delicata squash have been around for quite a while but nearly disappeared completely about 75 years ago. Since then, they have been cultivated back to a healthy size crop. Restaurants have been incorporating it into their fall menus but recently they have become more popular in home kitchens.

Delicata squash are oblong in shape and are about 8-10 inches long. Their unique pale-yellow skin has thin green stripes. They look like decorative gourds but they are indeed very edible. The beautiful skin is thinner than most other squashes and completely edible. They cook fast, in about half the time of butternut squash. And since the skin is edible, they are easier to prepare for cooking since they don't need to be peeled.

Whole delicata squash will stay fresh and safe when stored in a cool, dry place for about 3 months. Refrigeration will actually shorten the storage time so instead, keep the squash at 50-60 degrees F.

Like other squash varieties, delicata squash are a recommended addition to a healthy diet. As their yellow-orange flesh hints, they are an excellent source of vitamin A, which is important for skin and eye health. They are also a very good source of vitamin C and antioxidants which play an important role in immunity. With cold and flu

season upon us, eating more foods high in vitamin C can be very beneficial. Delicata squash contain a good amount of fiber, especially if the skin is eaten. This will provide digestive and cardiovascular health benefits. Potassium is a mineral that has many functions in the body including balancing fluid, keeping muscles functioning properly (even the heart muscle), helping maintain a healthy blood pressure and keeping calcium in balance therefore protecting bones and preventing kidney stones. Delicata squash is a good source of potassium. One cup of delicata squash only contains about 80 calories and contains zero fat, saturated fat, cholesterol and sodium.

Preparing delicata squash is easy and can be very simple. However, more creative home cooks can certainly dress up the squash to their heart's content. To roast delicata squash cut off both ends and slice the squash in half lengthwise. Scoop out the seeds then slice each half into half-moon slices, about 1/2 inch thick. Toss the slices with a drizzle of olive oil and whatever seasoning is desired. Lay the squash slices in a single layer on a baking sheet and roast in a 425-degree F oven for 25-30 minutes or until tender.

Whether for your Thanksgiving table or for any week night's dinner, delicata squash can add color, flavor and nutrition to a healthy autumn diet.



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.



Cranberry Orange Quick Bread

Makes 10 servings | A bread-machine recipe

You will need:

- Cooking spray
- 2 eggs
- 1/2 cup orange juice
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon grated orange zest
- 1 cup dried cranberries

Directions:

1. Lightly spray the bread-machine pan with cooking spray.
2. Add eggs, orange juice, vegetable oil, and vanilla to the pan.
3. Add flour, sugar, baking powder, baking soda, salt, and orange zest.
4. Select the Quick Bread or Cake setting on the bread machine.
5. Add dried cranberries when the machine signals for mix-ins, or after the ingredients are partly blended.
6. When the cycle is complete, remove the pan from the machine. Cool for 10 minutes, then turn the bread onto a wire rack.



Pumpkin Spice Snickerdoodles

Makes 24 servings

- Cooking spray
 - 1/2 cup butter, softened
 - 3/4 cup sugar
 - 1 egg
 - 1 teaspoon vanilla extract
 - 1 1/2 cups all-purpose flour
 - 1 teaspoon cream of tartar
 - 1/2 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1 teaspoon pumpkin pie spice
- For rolling:
- 1/4 cup sugar
 - 1 teaspoon cinnamon
 - 1/2 teaspoon pumpkin pie spice

Directions:

1. Preheat oven to 350°F. Lightly spray baking sheets with cooking spray.
2. Beat butter and sugar in a large bowl until creamy. Add egg and vanilla.
3. In a separate bowl, combine flour, cream of tartar, baking soda, salt, and pumpkin pie spice.
4. Gradually stir the dry ingredients into the butter mixture until a soft dough forms.
5. Combine the rolling sugar, cinnamon, and pumpkin pie spice in a small bowl.
6. Roll dough into 1-inch balls and coat each ball in the sugar mixture.
7. Place cookies 2 inches apart on the prepared baking sheets. Bake for 9–11 minutes. Cool slightly before removing from the pans.



Stuffing Muffins with Turkey

Makes 8 servings

You will need:

- Cooking spray
- 3 cups prepared stuffing
- 1 1/2 cups chopped, cooked turkey
- 1 egg
- 1/2 cup shredded cheddar cheese
- 2 tablespoons prepared turkey gravy

Directions:

1. Preheat oven to 375°F. Spray a muffin pan with cooking spray.
2. Place the prepared stuffing, turkey, egg, cheese, and gravy in a large bowl. Stir until combined.
3. Spoon the mixture evenly into the prepared muffin cups, pressing lightly.
4. Bake for 20–25 minutes, or until heated through and lightly browned.
5. Let stand for 5 minutes before removing from the pan.



Peanut Butter Chocolate Bark

Makes 12 servings

You will need:

- Parchment paper
- 2 cups semisweet chocolate chips
- 1 tablespoon vegetable or coconut oil
- 1/2 cup creamy peanut butter
- 1/2 cup peanut butter chips
- 1/2 cup chopped salted peanuts
- (Optional) Holiday sprinkles

Directions:

1. Line a baking sheet or large plate with parchment paper.
2. Place chocolate chips and vegetable oil or coconut oil in a microwave-safe bowl.
3. Microwave in 30-second intervals, stirring after each, until smooth.
4. Spread the melted chocolate into an even layer on the prepared pan.
5. Warm the peanut butter for 15–20 seconds. Spoon it over the chocolate and swirl gently with a knife.
6. Sprinkle with peanut butter chips, chopped peanuts, and holiday sprinkles, if desired.
7. Refrigerate for 1–2 hours until firm. Break into pieces before serving.

Cranberry Sparkler

Makes 6 servings

Ingredients:

- 2 cups cranberry juice
- 1 cup orange juice
- (Optional) 1 cup vodka
- 2 cups lemon-lime soda or sparkling water, chilled
- Ice
- Fresh cranberries for garnish
- Orange slices for garnish

Directions:

1. Combine cranberry juice and orange juice in a large pitcher.
2. Stir in vodka, if using.
3. Just before serving, gently stir in lemon-lime soda or sparkling water.
4. Fill serving glasses with ice.
5. Pour the cranberry mixture over the ice.
6. Garnish with fresh cranberries and orange slices.



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**



Acorn Eggs

Turn a simple egg into a cozy acorn with a sweet surprise inside.

Wrap a plastic egg with twine and yarn. Fill the acorn with small treats or a special message to share with a friend, family member, or staff.

You will need:

- Plastic egg in fall color of choice
- 24" strand of twine
- 24" strand of yarn (orange, yellow, red, or brown)
- 1" piece of twig
- Scissors, glue gun, double-sided tape



Directions:

1. Apply 2 pieces of double-sided tape to the largest section of the egg. The tape should intersect at the bottom tip of the egg and then come up to stick on the sides.
2. Wrap yarn around the egg so the rows of yarn are touching. When it is completely covered, cut off the excess.
3. Repeat steps 1 and 2 to cover the other section with twine to make the cap.
4. Hot glue the twig stem to the top center of the cap.
5. Fill the acorn with treats or a message and then snap the acorn closed.



Stuffed Snacking Turkey

Carve open this fun paper-bag turkey before watching a Thanksgiving Day football game, parade, or movie.

You will need:

- Large brown paper grocery bag with no printing on at least one side
- 2 brown paper lunch bags
- White copy paper (8 1/2" X 11")
- Popped popcorn (about 24 ounces, or 60 cups)
- Glue Dots (permanent tack)
- Masking tape and Scotch tape
- Scissors
- Platter or tray for serving



Directions:

1. Scoop popcorn into the grocery bag until it is half full. Fold the top corners together and tape them. Then fold the flap down and hold it in place with more masking tape, like you're wrapping a present. Note: This will be the bottom of the turkey, so if there's any print on the bag, tape the ends onto the printed side as shown.



2. Scrunch the bottom corners of the bag inward. When you turn the bag over, it should resemble the torso of a turkey.
3. To make the legs, pour popcorn into the two lunch bags until they are about half full. Twist the ends of the bags so they look like drumsticks.



4. To make paper frills for the drumsticks, cut a sheet of copy paper in half widthwise and then fold both pieces in half lengthwise. Cut fringes about halfway down the folded edges as shown in the first photo above.
5. Wrap the paper frills around the legs and secure in place with Scotch tape.
6. Attach a leg to each side of the narrow end of the turkey using some Glue Dots.
7. Serve the turkey on a plate or platter. Slice open the center with a knife or scissors.

ImPRESSive Fall Foliage

Apply fall colored paint to leaves, then press them onto the provided design. No two impressions are alike, making each autumn landscape one of a kind.

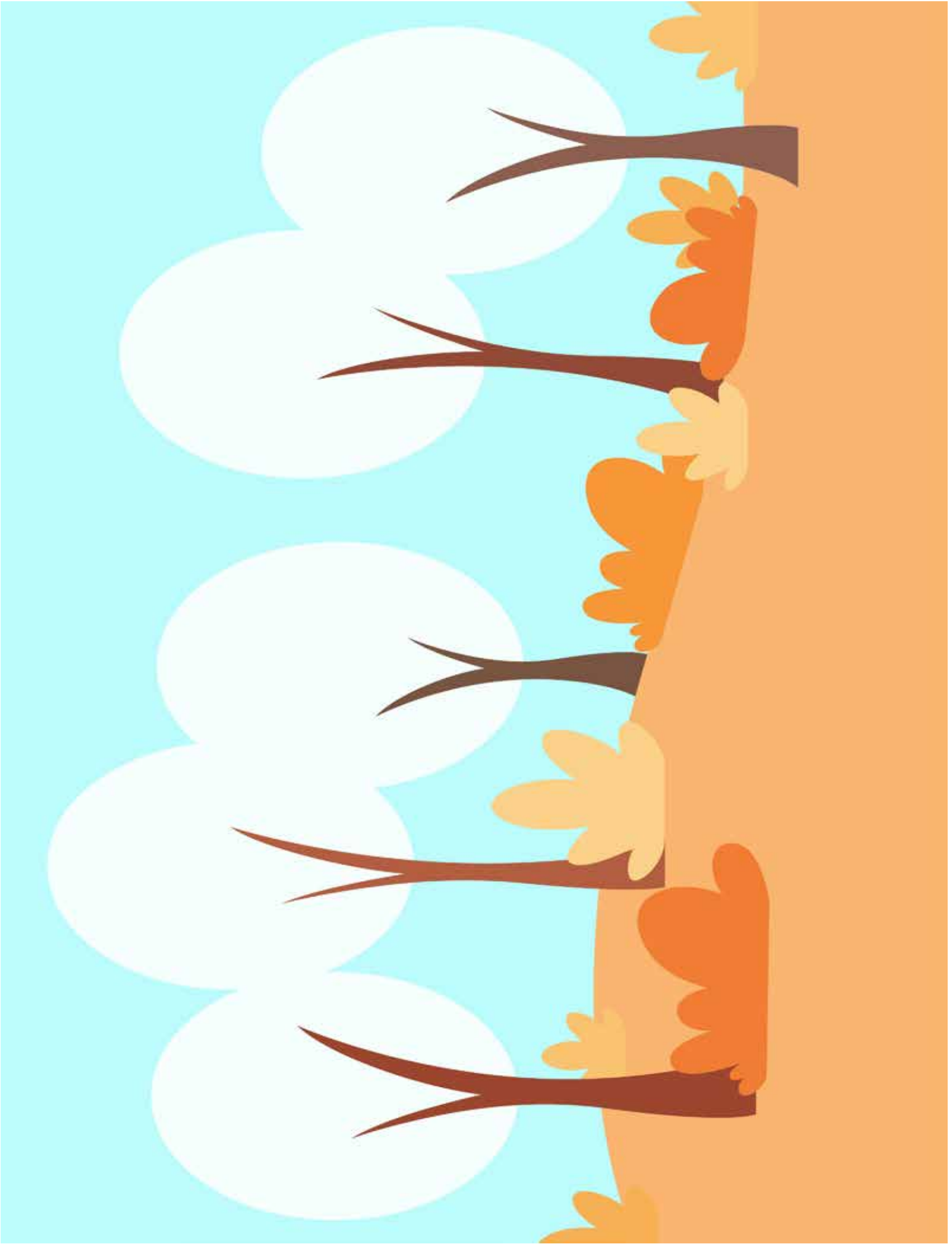
You will need:

- Landscape design printed in color on card stock
- 5 real fall leaves (about 3" tall)
- Acrylic paint in fall colors (orange, red, yellow, brown)
- Paintbrush and painting supplies
- Disposable plate
- 10" X 8" picture frame or mounting putty

Directions:

1. Put some paint on the disposable plate. This will be your palette.
2. Apply a layer of paint on the veiny backside of a leaf, covering it completely with paint.
3. Turn the leaf over and then press it onto the top portion of a tree trunk in the landscape design.
4. Repeat steps 2 and 3 to add more fall foliage to the rest of the tree trunks. Allow paint to dry for 20 minutes.
5. Frame your masterpiece or display it on a wall using mounting putty.





Golden Gobblers

Craft favorite candies into adorable little turkeys! These festive treats are easy to assemble and make charming Thanksgiving decorations or edible gifts.

To make one Golden Gobbler, you will need:

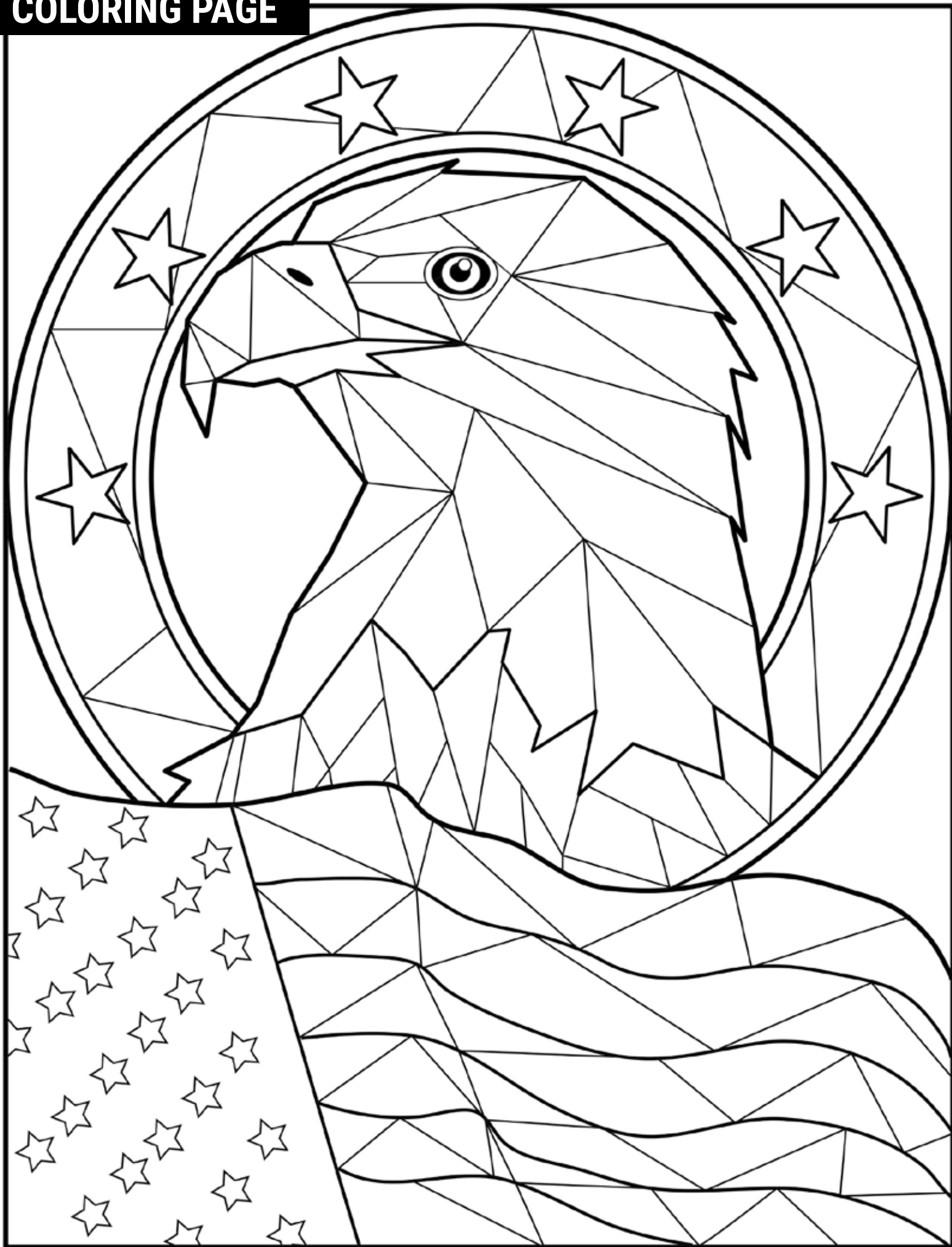
- Reese's Miniature Peanut Butter Cup with gold wrapper (base)
- Ferrero Rocher chocolate, with gold wrapper intact (body)
- 5" piece of fluffy gold pipe cleaner (neck and head)
- 1" piece of red pipe cleaner (wattle)
- Empty brown regular-size Reese's Peanut Butter Cup wrapper (tail)
- Small plate, Gold paint pen, Glue Dots, Scissors

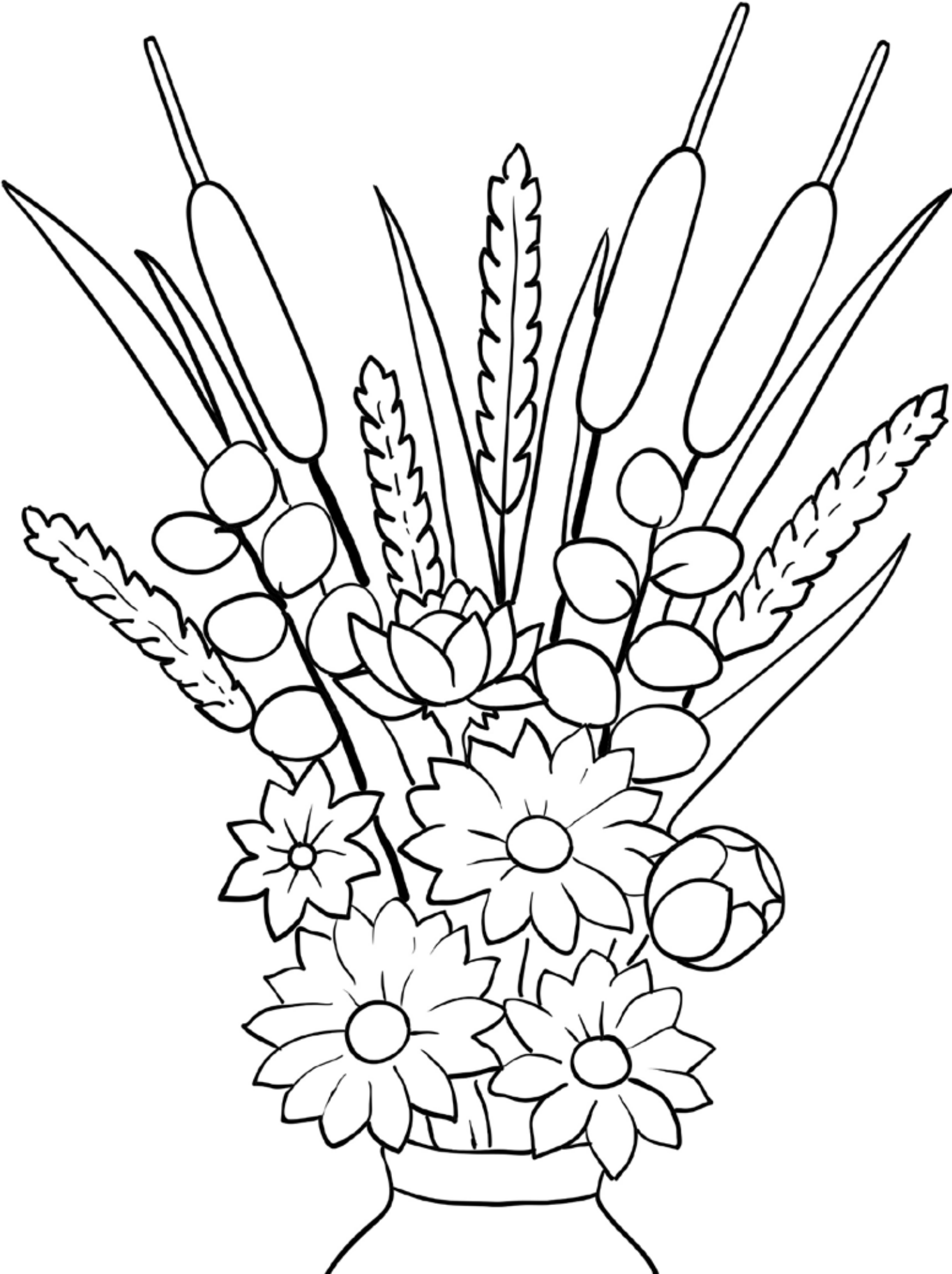


Directions:

1. Set the mini Reese's Cup on a small plate with the top face down. Place the Ferrero Rocher on top for the body. Secure it in place with Glue Dots.
2. To make the head and neck, coil one end of the gold pipe cleaner. Use a Glue Dot to attach the opposite end to the body as shown in the example. Bend the neck slightly to make it curve.
3. To add a wattle, slip the red pipe cleaner through the bottom coil of the gold pipe cleaner head. Then pinch the pipe cleaner wattle in half.
4. Using a gold paint pen, draw short lines to add "feathers" to the regular-size Reese's Cup wrapper as shown in the example. Then use a Glue dot to add the tail feathers.

COLORING PAGE





Collage Detective: Pie

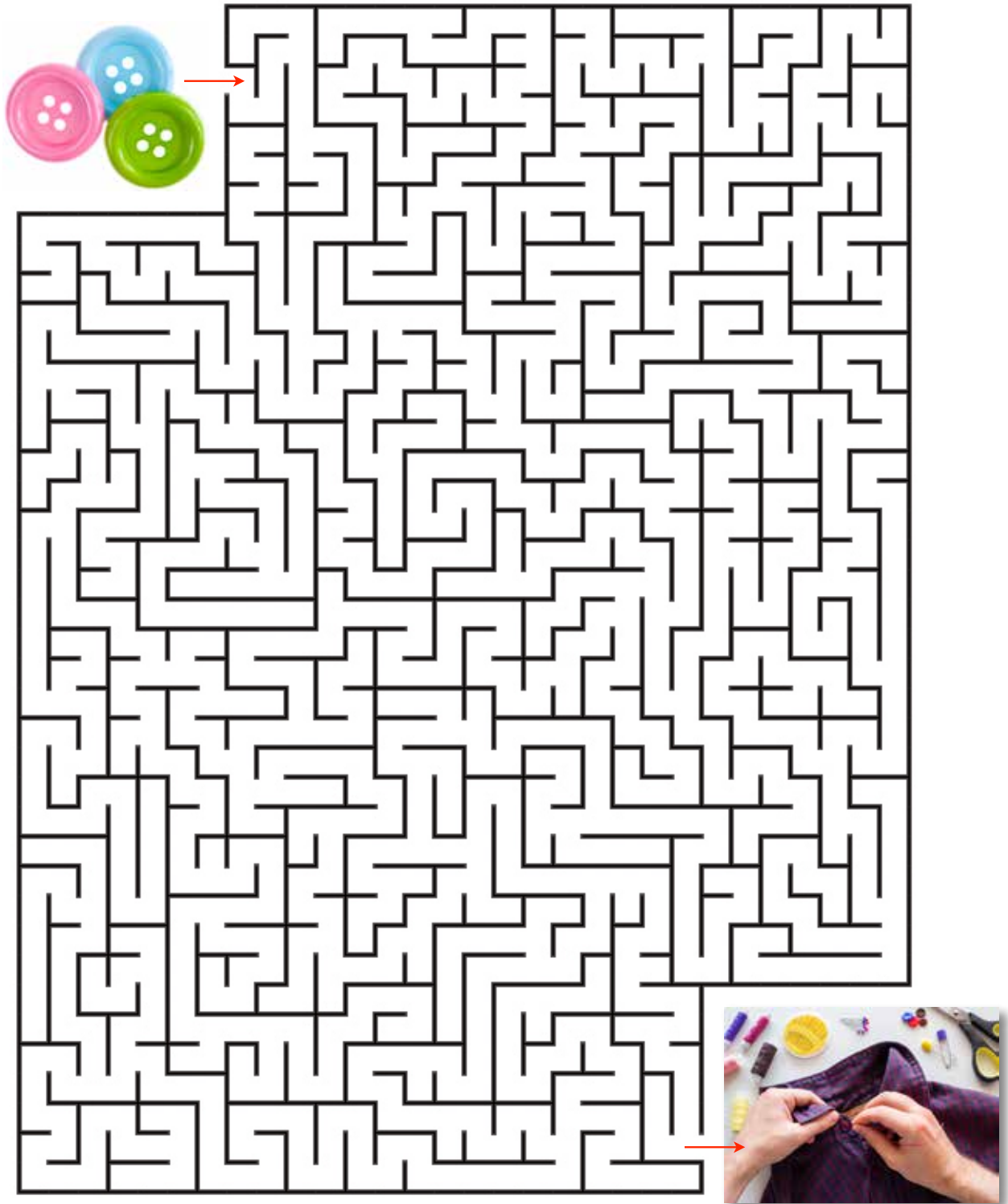
Search the puzzle to find the items listed below.
Mark them with a check when they've been detected.

- | | |
|---------------------------|--|
| ___ 2 whole pumpkin pies | ___ 2 rolling pins |
| ___ 3 oven mitts | ___ 1 pumpkin |
| ___ 7 cinnamon sticks | ___ 1 whole cherry pie |
| ___ 2 bags of flour | ___ 3 whisks |
| ___ 2 wooden spoons | ___ 1 coffee maker |
| ___ 5 Granny Smith apples | ___ 4 sticks of butter |
| ___ 2 slices of pie | ___ 2 dozen eggs |
| ___ 1 whole apple pie | ___ 5 cups of coffee |
| ___ 1 whole pecan pie | ___ Something that's the opposite of pie |

What else do you see in the picture?



A-Mazing Buttons



Airplane Parts

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



ANTENNA
CABIN
COCKPIT
ENGINE
FIN
FLAP

FUSELAGE
GALLEY
NOSE
PROPELLER
RUDDER
SLAT

SPINNER
SPOILER
STABILIZER
WHEEL
WINDSHIELD
WINGLET

Mixed-Up Poppies and Pride

Unscramble the letters to reveal words associated with Remembrance Day.

1. SIRAICCEF _____
2. TAIMSIERC _____
3. "O ADCANA" _____
4. INECELS _____
5. "NI AFSNLRED SILDEF" _____
6. NITNLAOA RAW IOMRALME _____
7. PESPIOP _____
8. TERAWH _____
9. EERMFDO _____
10. CESEFRAIE _____
11. VOMENBRE _____
12. 21-NGU LAUSET _____
13. KWONNNU SORLIED _____
14. VARETEN _____
15. TRPCEES _____
16. ADREPA _____
17. "LSAT PTSO" _____
18. OOFNDEIARTNCE EQRUSA _____



Military Movies

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



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

AMERICAN SNIPER
APOCALYPSE NOW
BLACK HAWK DOWN
 THE DEER **HUNTER**
 A **FEW** GOOD **MEN**
FULL METAL JACKET

GLORY
GOOD MORNING, **VIETNAM**
HACKSAW RIDGE
PATTON
PLATOON
SAVING PRIVATE **RYAN**

Fun with Puns

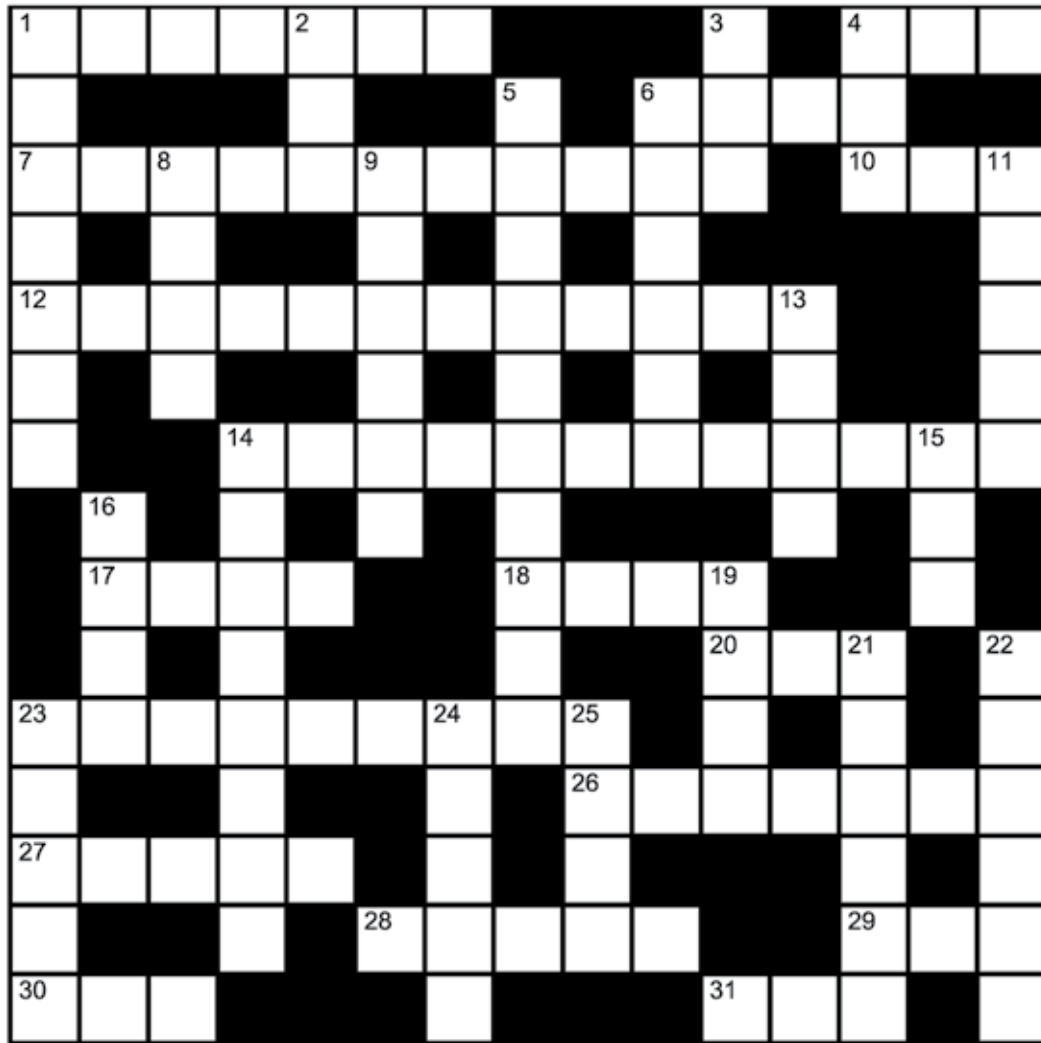
Match the beginning of each pun to the correct ending.

- | | |
|---|--------------------------------------|
| 1. I'm reading a book about antigravity. _____ | A. It was tense. |
| 2. Need an ark? _____ | B. He was outstanding in his field. |
| 3. I'm friends with 25 letters of the alphabet. _____ | C. They're remarkable. |
| 4. The past, present, and future walked into a bar. _____ | D. It's impossible to put down. |
| 5. If you're terrified of elevators, _____ | E. I don't know how I feel about it. |
| 6. How do you organize a space party? _____ | F. but I turned myself around. |
| 7. I'm on a seafood diet. _____ | G. I Noah guy. |
| 8. To the guy who invented zero: _____ | H. but toucan. |
| 9. I'm a big fan of whiteboards. _____ | I. is a little shellfish. |
| 10. One bird cannot make a pun, _____ | J. take steps to avoid them. |
| 11. I used to be addicted to the hokey pokey, _____ | K. but cats can. |
| 12. People shouldn't trust atoms. _____ | L. I don't know Y. |
| 13. The tallest building in town is the library. _____ | M. Thanks for nothing. |
| 14. The scarecrow won an award. _____ | N. It's a rap. |
| 15. I lost my mood ring. _____ | O. I see food and I eat it. |
| 16. An egotistical shrimp _____ | P. It has thousands of stories. |
| 17. Dogs can't operate MRI machines, _____ | Q. You planet. |
| 18. There's a new song about burritos. _____ | R. They make up everything. |



Crossword #59

Use the clues to fill in the crossword.



ACROSS

1. Makes satisfied
4. Mind the ____ (subway station warning)
6. Destroy
7. Instructive; providing knowledge
10. Got together
12. Skilled; proficient
14. Effectively
17. Pile
18. Acquires
20. Corn serving
23. Obtained for a price
26. Put forward for consideration
27. Soccer scores
28. Baggy
29. Laugh Out Loud, abbrev.

30. Tree juice

31. Foot the bill

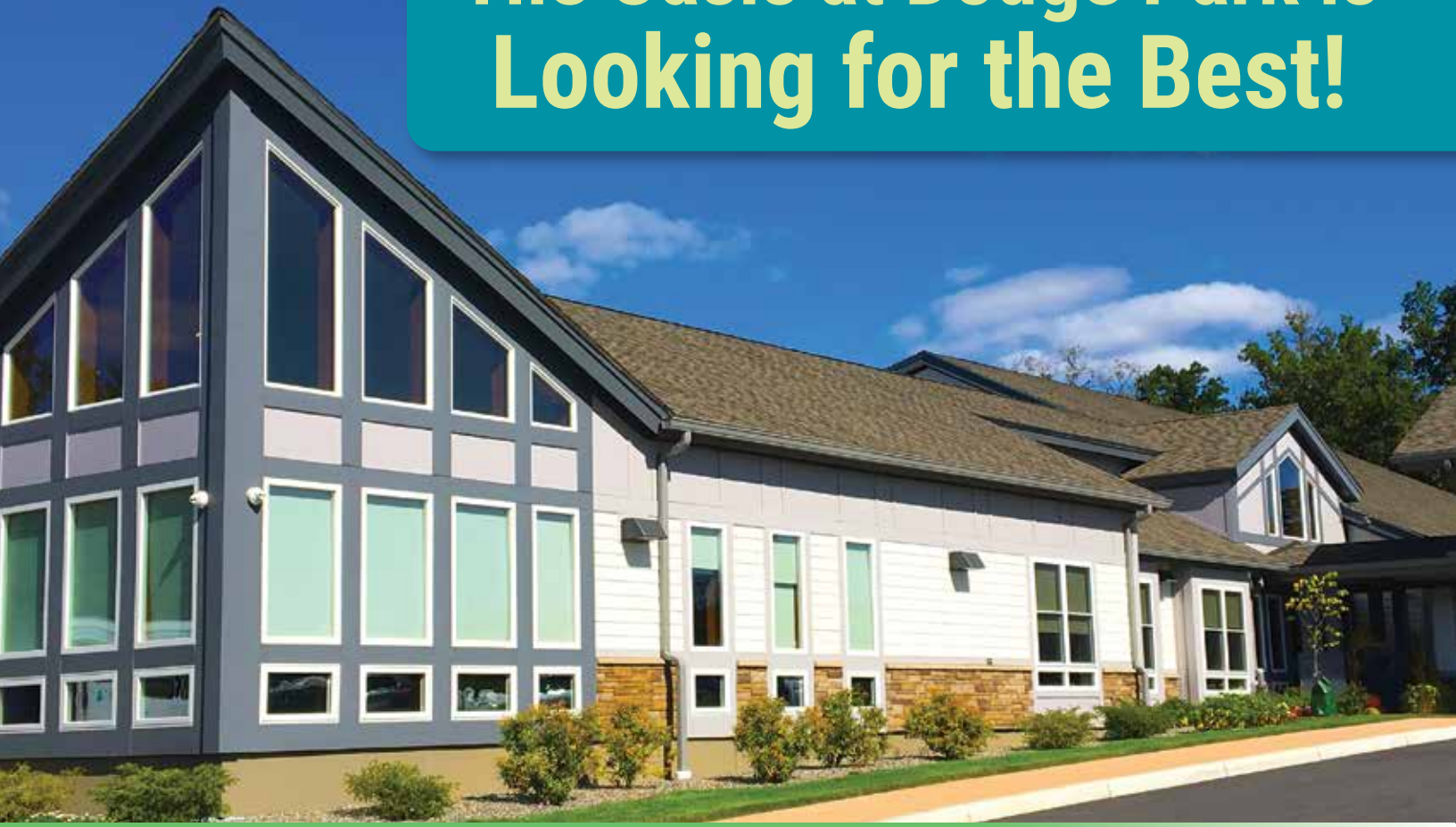
DOWN

1. Set up
2. Caribbean or Red, for example
3. Entirely
4. Place to work out
5. Conspicuous
6. Pageant attire
8. University of Northern Colorado, abbrev.
9. Themes or subjects
11. Delicious
13. Medicinal substance
14. Barely
15. Fall behind
16. From beginning to end, informally

19. "To thine own ____ be true"

21. Nearly never
22. Cowboy's seat
23. Sheets of a book
24. Tavern perch
25. Pixels

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How do you know they will be safe, secure and live with dignity?



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- ➔ 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

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Memory Care Support Group



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

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

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

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

Meet Dennis Goguen

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

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

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

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

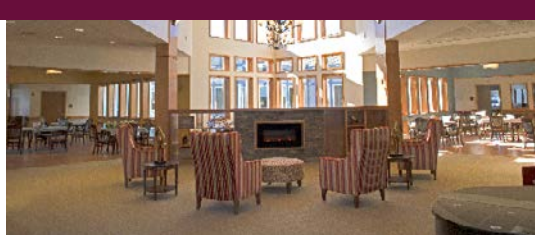
You can also attend the meeting virtually.

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

Dodge Park



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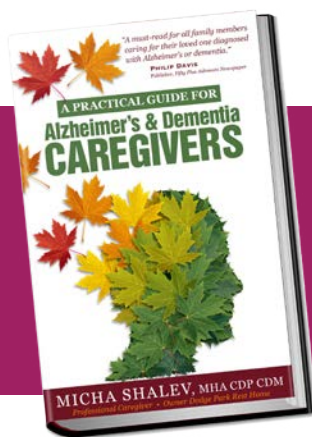
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



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Yes, we can help if your loved one:



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- 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

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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.

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ability. Based on research and
recent studies, the program
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