

SELECTING A REST HOME FOR YOUR LOVED ONE

*A Guide for Prospective
Clients and Care-givers*



DODGE PARK REST HOME

and
The Day Club

*Bringing LIFE to
Those We Serve*

Dodge Park Rest Home
101 Randolph Road

Oasis at Dodge Park
102 Randolph Road

Worcester, MA 01606

(Office) 508-853-8180 (Fax) 508-853-4545

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DODGE PARK REST HOME

Serving Worcester County since 1967

Come and visit **Dodge Park Rest Home and Day Club** and find out how your loved one can be cared for in a unique setting with quality custom services tailored to maximize their physical, cognitive and social well being.



Dodge Park Rest Home and Day Club offer the best direct care staff ratio in the industry.

Dodge Park Rest Home's unique concept of care includes:

- ◆ Memory impaired program
- ◆ Complete medication management program
- ◆ RN and Medical Director available 24 hours
- ◆ Unlimited assistance with all activities of daily living
- ◆ Daily therapeutic bath / shower
- ◆ Activity program 7 days a week
- ◆ Special diet and food accommodations
- ◆ Transportation arrangement
- ◆ All inclusive - All included program
- ◆ 24 hour care and supervision
- ◆ Post hospital / Rehab / Surgery care

Come visit & Discover the Difference at _____

DODGE PARK REST HOME

and
The Day Club

Call Ben, Mike or Carrie at 508-853-8180.

SELECTING A REST HOME FOR YOUR LOVED ONE

A Guide for Prospective Clients and Care-givers

Dodge Park Rest Home strives to provide its clients the highest quality, most professional and ethical residential care facility for the elderly. We are dedicated to listening and responding to the needs of our residents, their families, and our staff.

Dodge Park remains committed to the entrepreneurial spirit. As such, we reward achievement and do not tolerate waste or bureaucracy.



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The Day Club

Come and Discover the Difference

At The Day Club we provide:

- An opportunity to make new friends
- Hot meals and snacks prepared in our own kitchen
- Activities to engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment, special events and outings



If you have a loved one who lives at home and requires assistance or social interaction during the day, The Day Club at Dodge Park may be just what you're seeking. We serve frail elders, seniors with medical needs, and disabled adults of any age who require support and supervision throughout the day. Our compassionate and professional staff provides quality care, supervision, support and social activities in a safe, nurturing and home-like environment.

For More information contact the Day Club at Dodge Park at
(508) 853-8180 or visit us at 101 Randolph Road, Worcester MA 01606

Frequently Asked Questions (FAQ)

Information to Help You Select a Rest Home in Massachusetts

One of life's greatest challenges is deciding when a loved one is no longer capable of living independently. Often, a time of crisis precipitates this decision, such as when the individual is ready to leave the hospital after a serious illness, diagnosed with dementia, or when events make it clear that severe limitations exist.

Any placement in long term care and/or rest home, must be done with the consent of the individual or his or her legal agent (Health Care Proxy and/or Guardian). Since those communities will become the individual's new residence, that person should take part in the decision-making process if he/she has cognitive capacity. Before the situation becomes an emergency, it is important to discuss the decision thoroughly with the individual.

A good starting place is for the family and the individual in need to discuss the options available for best meeting their needs.

A hospital social worker, physician or representative or a social workers / care manager, may be helpful.

Always keep the individual's needs and preferences at the forefront of the process. It is the individual's lifestyle that will change, and he or she has the right to be involved in this consequential decision.

Our goal at Dodge Park and Oasis at Dodge Park:

- 1) Surprise and delight our residents and their family members
- 2) Provide residents and customers empathy
- 3) Delivering daily what our residents and customers did not know they wanted or need.
- 4) Provide the element of positive surprise.

What is a Rest Home?

It may be time to consider a rest home when a loved one:

- Needs help with activities of daily living (ADL), such as bathing, oral care, dressing, grooming, toileting, shopping, preparing meals, eating, managing finances, using the phone, climbing stairs, housework, driving and other personal activities.

Rest homes provide a higher level of care than assisted living.

- Shows signs of short-term memory loss or dementia.

- Shows signs of incontinence.
- Has needs that cannot be met by the family or community services, or the cost to provide those services at home is unrealistic.
- Need higher level of care than assisted living
- Need diabetic management care program including insulin injection

Our communities, Dodge Park and/or the Oasis at Dodge Park serve individuals 60 and older. Though many rest homes still serve younger adults suffering from mental disability, this guide focuses on our communities that serve the frail and elderly and those diagnosed with cognitive impairment.

Rest homes generally provide room, board, housekeeping, supervision and personal care assistance with ADL, such as personal hygiene, dressing, eating and walking.

Our communities have a nursing staff (Medical directors, NP, DON, ADON, RN,LPN, etc.) that provide nursing services. In addition, our communities can distribute medications to their residents in the same manner as nursing homes do. (this is one of the big difference between our communities and assisted living).

However, like many other states, there is a trend here to use the term residential care facility for the elderly, or RCFE.

On many levels, rest homes are held to a much higher standard than assisted-living facilities and are regulated in the same manner as nursing homes. This level of care and supervision is designed to accommodate individuals who are unable to live comfortably and safely by themselves, need a higher level of care than what assisted living can provide, but who do not want to be admitted to traditional nursing.

This is where Dodge Park and Oasis at Dodge Park excel. We provide a beautiful environment altogether with nursing care 24/7.

How does a rest home for the elderly differ from an assisted living facility?

From a licensing standpoint, there is a big difference. Rest homes are licensed by the Massachusetts Department of Public Health (DPH) and classified as Nursing Home Level IV. Most of the rules and regulations that apply to nursing homes Level I and Level II (regular nursing homes) apply to rest homes as well.

Assisted living facilities are licensed by the Massachusetts Executive Office of Elder Affairs.

Assisted living facilities have more restrictions on administration of medications. They are not permitted to administer medications, but rather they can only remind the resident to take his or her medication. Rest homes can administer medications and they offer a better staffing ratio than assisted-living facilities when it comes to assistance with ADL. Rest homes also provide a home-away-from-home atmosphere.

Are rest homes regulated?

Yes. Rest homes must meet care and safety standards set by the Commonwealth and are licensed and inspected by the Department of Public Health (DPH). For details, please refer to 105CMR 150.000-159.000 at www.sec.state.ma.us/spr/sprcat/agencies/105.htm.

Senior housing complexes, retirement villages or retirement hotels that provide housing, housekeeping and meals only do not require the same licensing as rest home facilities.

Can rest homes care for individuals with dementia?

Dodge Park and Oasis at Dodge Park are very well known for their state-of-the-art memory care program. Both communities have been recognized for years as one of MA top communities by Caring.com. Both communities are the only MA communities with a Super-Star rating by caring.com for multiple years in a row.

My loved one suffers from incontinence. How can rest homes help?

Urinary incontinence (UI) is any involuntary leakage of urine. In rest homes, more than 50% of residents experience UI either occasionally or on a regular basis, and many of these individuals also have fecal incontinence. UI is a contributing factor to skin breakdown, falls, urinary tract infections, social isolation, frustration, anxiety, calling out, and wandering.

A continence care program can help greatly. Education and behavioral changes increase the likelihood that residents can maintain continence, regain continence, or lessen the severity of incontinence. This can improve quality of life, such as avoiding falls and fractures, dehydration and urinary-tract infections. Residents also enjoy a greater sense of independence and self-sufficiency.

What does a rest home for the elderly cost?

The cost depends on a variety of factors, such as the type of accommodations (e.g., apartment, private room, shared room), the

range of services needed and the geographic location of the facility. Rest Homes with specialized services, such as dementia or hospice care, or those that provide a much higher level of care and better staffing ratio, are more costly. Rest homes in general are a less costly approach than nursing homes and can play a significant role in estate planning due to the Commonwealth's more liberal Look-Back standard.

Who pays the bill for rest home or assisted living care?

Individuals with sufficient financial resources may pay privately for a stay in a well-known rest home. Residents whose income is limited may be eligible for Supplemental Security Income (SSI) or the Massachusetts Emergency Aid to Elders, Disabled and Children (EAEDC) program. EAEDC provides cash assistance to individuals and families who meet certain criteria for income and assets.

In addition, certain eligible Veterans may have their rest home stay paid partially through the Veterans Administration or through the V.A.'s Aid and Attendance benefit program (www.veteranaid.org). Check with the rest home on eligibility.

All clients should review the facility's admission contract closely before signing. With private payment, the individual may also be required to disclose personal financial information. This ensures a proper placement in the future through the state.

Qualities that Define an Exceptional Rest Home

You should consider a rest home not merely a temporary residence but a permanent home for a loved one. Therefore, exceptional care includes not only providing care with dignity and respect, but also:

- Dietary services that provide appetizing and nutritious meals.
- Housekeeping services that keep physical surroundings pleasant.
- Planned activities that foster social interaction.
- Stable staffing
- Ensure that there are nurses available 24/7
- Ensure that there is a medical director visiting the residents at the facility

When you begin your search for a rest home, it is important to assess the opportunities for personal growth and choice for the individual as well as the care that is provided.

A good place to start the selection process is compiling a list of facilities that fit the needs and preferences of the individual. The Long Term Care Ombudsman Program (www.mass.gov) provides guidance on homes located in your area and the basic services each home provides. While ombudsmen do not rate facilities, they can help sort out the information and assist you in making your decision.

The state inspection report provides some initial information regarding a home's ability to provide care. You should consider this report when compiling a list of potential rest homes. Make sure to contact the Department of Public Health and personally inquire about your facility of choice.

The Massachusetts Department of Public Health (DPH) can also provide a list of facilities. In addition, you can request inspection of specific facilities' annual survey reports and any citations for poor care. Some ombudsman programs also have listings and offer preplacement services, including access to licensing reports.

Contact:

Massachusetts Department of Public Health (DPH)
617.624.6000

Visiting Potential Rest Homes Is Vital

Try to visit the potential rest home more than once and at different times of the day. Visit in the late morning or midday to observe the noon meal being served.

Another visit should be in the afternoon to observe activities and dinnertime. Plan to spend at least one hour at each visit. If possible (due to physical and/or cognitive limitations), take your loved one to visit the rest homes before you make that important decision. Make an appointment to meet with the facility owner or administrator the first time you visit. After a guided tour, it is wise to talk to residents and even family members and observe conditions by yourself without facility staff present. To help you during the visit, a checklist is included in this guide.

When visiting a rest home, look at residents' rooms, activity space and the dining area. Observe how comfortable residents appear in their home. Residents have the right to choose special foods,

activities, clothing and room decorations. In addition, residents have the right to exercise choice about meal and bed times. These factors enhance an individual's sense of personal control and foster a sense of well being.

Interacting with the Staff

A resident should have opportunities to engage in religious, political, civic, recreational or other social activities to promote dignity and independence. Privacy – for medical treatment, visits with family and friends, and personal solitude – contributes to self-esteem.

Staff attitudes are also critical to quality of life and care in a rest home. Polite, happy, patient staff members who anticipate residents' needs add tremendously to the residents' comfort. Interaction with staff should provide a supportive environment conducive to independence and mutual respect. You can observe the interaction between residents and staff when you tour the home.

Although the family's role changes when an individual is admitted to a rest home, family contact remains as important as ever, sometimes more so. Your continued care, support, love and involvement are absolutely essential.

A good way to help the staff to get to know the resident is to share details in writing about the resident's likes, dislikes and daily routine. Family members should visit frequently and encourage others to visit.

Attending care plan meetings for the resident is a good way to advocate for individualized care and address concerns about the resident's care.

Finally, remember the Long Term Care Ombudsman is available to all long-term care residents to ensure their rights are respected.

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.

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

Our Support Group Meets 6pm-8pm on the Third Wednesday of Each Month at
Dodge Park, 101 Randolph Road, Worcester, MA

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508-853-8180

Rest Home Selection Checklist

This checklist can serve as a useful tool when investigating and evaluating rest home facilities. The checklist is divided into two sections: Quality Dimensions and Practical Dimensions.

Although the quality dimensions are crucial, they need to be balanced by practical considerations. Sometimes the best home might be a little further than you had hoped to drive. But if this facility provides the best possible care for your loved one, it will be worth a visit. Depending on the person's needs and preferences, some questions can be more important than others.

Keep in mind the following general tips:

- Start the process early, before there is a crisis.
- Involve the prospective resident as much as possible in the process, if this is possible and practical.
- Use the checklist to get an overall impression of the facility and its practices.
- Pay special attention to how residents are being treated by staff and the quality and responsiveness of the services.
- Don't be sold only on the attractiveness of the facility. The care provided is the most vital element of the placement.
- Narrow the options down to two or three facilities.
- Visit each facility several times. Show up without notice.
- When you visit, walk through the entire facility and visit at different times of the day.
- Drop by unannounced and visit at night and/or on the weekend.
- Make sure you visit during a mealtime.
- Obtain a copy of the admission agreement. Read it carefully. Understand the services, costs and conditions for transfer. Always look for the availability of all-inclusive care. Knowing the monthly cost of care in advance allows for best financial planning practices.
- Before you make a final decision, check the latest annual survey report and any citations issued by the state licensing agency. Facilities should make these reports available to you upon request. Talk with current residents and, if possible, their family members.

Quality Dimensions

Quality of Care and Service

- Do residents appear well cared for?
- Are residents up, clean and dressed by 8:30 AM?
- Are the residents well groomed, e.g., shaved, clean clothes, nails trimmed and hair done?
- Is there a written plan of care for each resident? How often is the care plan reviewed and changed? By whom?
- Does the facility offer programs and /or services that meet your particular care needs, e.g., dementia?
- What is the system for distribution of medications? Does the facility's licensing permit include dispensing of medications? Or does it only permit the facility to remind the resident to take his or her medications? Who actually dispenses meds? What is their level of training?
- Are a medical director and/or physician(s) on premises?
- Does the facility provide transportation to medical services? Does it charge for this kind of transportation?
- Are there clear procedures for responding to medical emergencies?

Quality of Food

- Does the food look and smell appealing?
Are fresh ingredients used?
- Do residents seem to be enjoying the food?
- Does the facility offer two main meals – lunch and dinner – or is dinner a smaller meal? Unfortunately, many facilities provide only sandwiches for dinner.
- Are residents receiving needed dining assistance?
- Are meals served at appropriate temperatures?
- Do menus offer daily choices? How often are menus changed?
Ask to see a copy of the week's menu.
- Can the facility meet special dietary needs and ethnic preferences?
- Are nutritious snacks available?
- Is fresh drinking water readily available?

- [] Is a staff dietician available to review residents' dietary needs and provide recommendations?
- [] Does the facility make provisions to serve residents in rooms when needed? Extra cost?

Quality of Social Interaction

- [] Are residents interacting with staff and/or each other?
- [] Are residents occupied in meaningful activities?
- [] Does the facility have a planned activities program? Are activity calendars posted? What activities are provided on weekends?
- [] Is there a designated staff member who coordinates activities? Are activities individualized or only conducted in large groups?
- [] Do volunteers and outside groups regularly visit the facility?
- [] Are there planned trips outside the facility?
- [] Is transportation provided for shopping and personal errands? Extra fees?
- [] Are pets permitted? Does the facility have its own pets?
- [] Are residents encouraged to bring in some of their own furnishings?
- [] Are religious services offered at the facility?

Quality of Participation

- [] Are residents and family members involved in assessment and care planning?
- [] Do residents have an opportunity to provide input into menu and activity planning?
- [] Are there procedures for responding to requests for information and complaints?
- [] Is the Ombudsman Program's poster and telephone number posted?
- [] Does the facility have a residents' council? Does the facility have a family council or support group?

Quality of Staff

- [] How long has the key staff been working at the facility, i.e., administrator, director of nursing, activities director, head chef, floor manager, nurse consultant, medical director?
- [] Has there been major turnover in key staff recently?
- [] How many direct-care staff are there for each shift?

- [] What is the staff to resident ratio? What is the ratio on the night shift? Weekends?
- [] How many hours of nursing care per day are available?
- [] What is the turnover rate among direct-care staff?
- [] Does the direct-care staff understand and speak English?
- [] What special training does the staff receive in working with individuals with dementia?
- [] Do the administration and staff know the residents by name?
- [] Does the staff take time to talk with residents?
- [] Do members of the administration and staff interact with residents in a respectful way?
- [] How long does it take for staff to respond to a resident's request for help or to the call bell?
- [] Does the staff respect residents' privacy by knocking on doors or announcing themselves before entering rooms?
- [] Does the staff wear name badges?

Quality of the Environment

- [] Are emergency exit signs prominently posted and lit?
- [] Is the overall decor pleasant and homelike?
- [] Is the environment clean and odor-free?
- [] Is the facility quiet or noisy?
- [] Is the temperature comfortable?
- [] Does the building seem safe and free from dangerous hazards?
Cluttered?
- [] Are the residents' rooms, hallways, and common areas well lit?
- [] Are floors finished with non-skid material? Are carpets firm and safe to provide easy walking and prevent falls?
- [] Is the dining room pleasant and inviting?
- [] Are common areas, bedrooms and bathrooms accessible to wheelchairs and walkers?
- [] Are bathrooms conveniently located?
- [] Do all bathrooms, showers, and bathtubs have handgrips or rails?
- [] Are call signals easily accessible to residents? At bedside?
In bathrooms?
- [] Do residents' rooms offer privacy, especially in shared rooms?
- [] Is there a convenient place to conduct private conversation?

- [] Does every resident's room include for each occupant a bedside table, reading light, chest of drawers and at least one comfortable chair?
- [] Is there adequate storage space for clothing and personal belongings in each room?
- [] Does the facility have extra storage space for residents' belongings?
- [] Are there outside sitting or walking areas for residents? Are any of them covered to protect the residents from sun and rain?
- [] Is there a fenced yard? Locked?
- [] Is a disaster plan posted? How often does the facility hold drills?

Practical Dimensions

Accessibility

- [] Is the facility located close to family and friends who will be visiting most frequently?
- [] Will you be willing to drive a little longer for a well establish facility?
- [] Is the facility near public transportation?
- [] Is the facility in a location that is safe to visit at night?
- [] Is the facility convenient to the resident's doctor?
Home health agency?
- [] Is the facility close to a hospital?
- [] Are families and friends welcome at any time, or are there strict visiting hours?
- [] Are emergency services, such as fire and police stations, close by?

Suitability

- [] Does the facility have a good reputation in the community?
- [] Will the facility provide a list of references?
- [] Are residents and/or family members willing to talk with you about the facility?
- [] How does the staff treat you when you visit?
- [] Did they answer all your questions to your satisfaction?

- [] Did they show you around the entire facility? Were any areas or sections not shown to you? Why?
- [] Do you feel that the staff consists of people you can work with and communicate with honestly?
- [] How would you or your loved one fit in? Is this facility compatible with your lifestyle?
- [] Can you imagine yourself or your loved one living here?
- [] What was your overall impression of the facility when you visited?

Affordability

- [] Are there any upfront fees, e.g., assessment, community fees?
- [] What services are not included in the basic rate?
- [] What is the cost for extra services? Levels of care? How is the need for extra services or higher levels of care determined?
- [] What are the costs for specialized services, e.g., dementia care?
- [] Are the costs and payment schedule clearly described in the admission agreement?
- [] Are the total monthly charges affordable over time?
- [] Would your loved one be able to stay once all funds are depleted?
- [] Did the facility explain the EAEDC program to you?
Pay special attention to the following factors when considering a placement for an individual with dementia.

Environment

- [] Is the facility calm and quiet?
 - [] Does the facility provide soft music and/or natural scents to create a soothing atmosphere?
 - [] Is the facility well lit? Is there adequate natural light?
- 20 Selecting a Rest Home
- [] Are there complex patterns on carpets or walls, which can cause confusion or other difficulties?
 - [] Can staff easily observe the facility's common areas?
Outside areas?
 - [] Can staff easily observe the residents' rooms?
 - [] How does the environment promote resident functioning, e.g., a picture of a toilet on the bathroom door?
 - [] Does the facility have a wander alert system?

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We believe when you try
our program you will find
the answer to your problem.

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- Hot Lunches included.
- Memory impaired welcome.
- You can choose a schedule that fits your lifestyle; Monday-Friday 9am-4pm.
- Transportation in our safe van is available.



THE ADULT DAY CLUB at Dodge Park

101 Randolph Road, Worcester, MA • www.dodgepark.com

Call Ben or Mike at 508-853-8180 for a free tour or your Free 1-Day Trial.

DAY CLUB AVAILABLE 7AM - 7PM, SEVEN DAYS A WEEK. YOU CHOOSE ONLY THE HOURS YOU WANT!

- [] Are the doors equipped with a system to delay exit?
The exception, of course, involves an emergency, such as fire.
- [] Is there a locked or secured outside area for walking?

Philosophy of Care

- [] Is the facility's philosophy for caring for persons with dementia consistent with your beliefs?
- [] Does the facility provide services to persons at all stages of the disease process?
- [] What conditions or behaviors determine whether a facility will admit and retain someone with dementia?
- [] Is dementia care provided in a separate unit or as an integrated part of facility services?
- [] Is the facility's philosophy and practice of handling "difficult behaviors" compatible with your views? Offer a few examples and ask staff how they would handle the situation.
- [] What is the facility's philosophy in using physical restraints to deal with certain behaviors? Rest home facilities for the elderly, such as Dodge Park, are severely restricted by law in the use of restraints and psychoactive medications.
- [] Does the facility recommend the use of psychoactive drugs to treat behaviors?

Services

- [] Are there activities specially designed for individuals with dementia?
- [] Do activity programs operate throughout the day?
Evenings? Weekends?
- [] Are activities individualized for each resident?
- [] Does the facility provide nutritious snack foods?
- [] Are water and decaffeinated beverages readily available throughout the day?
- [] Does the facility conduct periodic night checks?
- [] How many staff members are awake during the night?

Staff

- [] Is the assessment and care planning process coordinated by a person with special knowledge and training in dementia?

- [] What role does the resident and family or legal representative play in the care planning process?
- [] Is the activity program planned and coordinated by a person with special training? Is this person full-time? Have assistants?
- [] Does the activity coordinator design customized activities for each resident? Who leads one-on-one activities?
- [] Is a staff member assigned to work with the same residents all the time, or do the staff rotate among residents?
- [] What is the ratio of direct-care staff to residents in each shift?
- [] What type of specialized dementia training does the direct-care staff receive initially and on an on-going basis? Content? Number of hours? Frequency?
- [] Specifically, what type of training does the direct-care staff receive in handling difficult behaviors? Content? Number of hours? Frequency?
- [] Who supervises the direct-care staff? What are their qualifications?
- [] What special training do the administrators and supervisors receive in dementia care? Content? Number of hours? Frequency?
- [] Is the facility in contact with experts in dementia care, such as Alzheimer's diagnostic centers, Alzheimer's Associations, or Regional Caregiver Resource Centers?
- [] Does the facility have a family support group or refer to community-based groups?
- [] What does the facility charge for special dementia services? Is there a basic rate that covers all services? Are there additional charges for changing care needs?

Helpful Resources

Dodge Park Rest Home / Oasis at Dodge Park and The Day Club

101/102 Randolph Road • Worcester, MA 01606

508.853.8180 • Fax: 508.853.4545

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m.shalev@dodgepark.com

Ben Herlinger, Co-Owner, b.herlinger@dodgepark.com
www.dodgepark.com

Massachusetts Department of Public Health (DPH)

617.624.6000 • www.mass.gov.dph

Massachusetts Executive Office of Elder Affairs

250 Washington Street • Boston, MA 02108

1.800.AGE.INFO (1.800.243.4636) • www.ma.gov/elder

Massachusetts Rest Home State Regulations

www.sec.state.ma.us/spr/sprcat/agencies/105.htm

Massachusetts Long Term Care Ombudsman Program

www.mass.gov/Eelders/docs/ltc_ombudsman_choose.pdf



OASIS

AT DODGE PARK

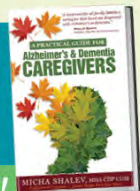


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Two Communities... One Unique Mission

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 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 Adult Day Care, Care, Home Care, Alzheimer's, Dementia and Memory Care.

DODGE PARK REST HOME



At Dodge Park Rest Home your loved one is cared for in a unique setting with quality custom services tailored to maximize their physical, cognitive and social 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
- 24 hour care and supervision
- Post hospital / Rehab / Surgery care

ADULT DAY CLUB

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

- Transportation available
- Hot meals and snacks
- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment, special events and outings
- Extended hours and weekends to fit caregivers schedules
- Available 7am - 7pm, seven days a week - you choose the hours you want!



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"I can unequivocally say that the specialized dementia care provided at Dodge Park is unique in Central Massachusetts, and indeed uncommon in the state as a whole. I have had a series of my own patients with dementia with behavioral issues who were deemed "uncontrollable" by assisted living facilities and nursing homes, who upon transfer to Dodge Park gained significant improvements in behaviors, functional ability and quality of life.

Mr. Shalev and Mr. Herlinger share a tremendous passion and vision for dementia care that exceeds that of any other residential administrators I have known in my over two decades as a geriatrician. I have specifically sought their expertise for our geriatric fellowship training program and for the Department of Medicine Grand Rounds at UMass Memorial."

Catherine E. DuBeau, MD

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



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A higher level of care than assisted living for the elderly and those diagnosed with Dementia and Alzheimer's in Central Massachusetts.

- Premier memory care program
- Safe, comfortable with amenities of home
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- 24 hour RN and Medical Director
- State of the art facility with contemporary design
- Daily activities program
- Caregivers Support group
- Basic Residency Rate will never go up



FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

The support group meeting is FREE and open to all individuals in the community, especially for those that are Alzheimer's and Dementia caregivers. 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 FREE by our Day Club personnel during the meeting.

The meeting takes place at Dodge Park Rest Home at 101 Randolph Road, Worcester, MA from 6:00pm-8:00pm

We hope to see you there.

Micha, Ben and Renee,

My family and I write to you to offer our sincerest thanks and gratitude for the care, love and thoughtfulness the staff at Oasis at Dodge Park has shown our mother Carol Moore. Your staff are some of the friendliest, most qualified people I have encountered.

Their jobs are no doubt very challenging at times and not everyone is cut out for that line of work, so we would like to commend your organization for putting together a staff to be very proud of! Our mother has been blessed to have received such excellent care from the staff at Oasis, and we would like to give special thanks to Anthony, Natasha and Treasure. They are a credit to their profession and show such a high level of professionalism, warmth and devotion. Again, thank you for providing world-class care and for taking such wonderful care of our mother.

With sincerest thanks and admiration
Susan Wilder

Schedule a Tour and Discover the Difference!

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EXTRAORDINARY ELDERLY CARE

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Does your loved one need help with daily activities and you want the convenience and peace of mind of a secure setting, knowing you will not have to move them again?

Unlike assisted living facilities, the Oasis at Dodge Park is a luxury facility where your loved one receives state-of-the-art care and can stay, even if your money runs out.

Where is the right place for your loved one?



There is a staggering difference from one facility to another. Only at the Oasis at Dodge Park will you find:

- Exclusive "One Rate" and "Rent Lock"
- Special trained direct care staff - best in the industry
- Luxury 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
- A Caring.com award winning community (top in MA)

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The Most
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in Central MA



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

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

Spaces are Limited,
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or visit DodgePark.com



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*Minimum hours may apply. See management for details.

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

101 Randolph Road, Worcester, MA

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One of life's greatest challenges is deciding when a loved one is no longer capable of living independently. At Dodge Park, we provide outstanding residential care.



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Our unique concept of care includes:**

- Higher level of care than assisted living
- More affordable than a nursing home
- 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
- Post hospital / Rehab / Surgery care
- All inclusive - All included program

Schedule a Tour & See Why We're
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If your loved one's funds ever depleted, they can still stay at Dodge Park.*

*Subject to DPH & EAEDC approval.

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101 Randolph Road, Worcester, MA

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Dodge Park Rest Home provides services tailored to meet your specific needs from minimal to long-term care including:

- 24 hour a day RN services
- Respite care
- Caregiver support groups
- Call for a free, no obligation tour.
- Memory impaired program
- Freshly prepared meals
- Unique programs & activities
- **All inclusive ADL** care at no additional charge.

If your loved one's funds are ever depleted they will still be able to stay at Dodge Park*

*Subject to EAEDC approval.