

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HELLO

September



Monday,
September 7th



Begins at Sundown,
Friday, September 11th



Friday,
September 11th

Other Important Days:

Grandparents Day
Sunday, September 13th

Yom Kippur (Begins at Sundown)
Sunday, September 20th



Memories are made at Dodge Park & Oasis

Dodge Park Rest Home (since 1967) and the Oasis at Dodge Park (Since 2017) has been serving the Worcester area as the most professional, ethical and highest quality care facility for the elderly.

We are committed to listening and responding to the needs of the residents, their family members and our employees. We are committed to going the extra mile when assistance is required by the public, the residents and their family members.

We will remain committed to an entrepreneurial spirit which does not tolerate waste or bureaucracy, but rewards achievement.

– Micha Shalev & Ben Herlinger, Administrators /Owners

A Cheerful
Heart is Good
Medicine



Bringing LIFE to Those We Serve

Dementia and Shower (“Bath”) Time

By Michal Shalev

One of the challenges in caring for someone with Alzheimer’s disease or another kind of dementia can be bath (or shower) time. Although some people with dementia don’t mind it, others are fearful and extremely resistive.

When a person is combative or resistive with a bath or a shower, there can be many causes for her behavior. Here are a few possible ones:

- **Embarrassment** - If a person is concerned about privacy, bathing with someone else present could make him feel very uncomfortable and embarrassed.
- **Fear of Water** - Some people are afraid of water, whether it’s due to some traumatic incident or just increased anxiety. Others react negatively especially to a shower since they may have always grown up with the routine of a bath.
- **Lack of Understanding** - A person with middle or later stage dementia might not understand why you’re present, why you’re trying to take her clothes off or why she needs to be in the water and be washed. Understandably, this often causes significant resistance.

Occasionally, the person with dementia may become sexually inappropriate during bathing because he does not understand why you are assisting him. If he misinterprets your help, don’t yell at him. Simply explain: “Mr. Smith, I’m a nurse’s aide and I’m here to help you bathe today. Your wife will be here soon to visit you.”

Tips to Improve Bath Time for the Person with Dementia

1. **Prepare First**- Have the soap and shampoo ready, as well as a large, warm towel.
2. **Offer a Choice between a Bath or a Shower** - Some people might not have a strong preference, but for many, providing this choice (either to the person or to their family member who may be able to tell you what they have normally preferred) can improve the outcome. A lot of water in a tub may cause fear for some, while the spraying of a shower can make others anxious.

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

3. **Adjust the Time of Day** -If you don’t know the person’s typical routine, find out from the family if he liked to start his day out with a shower or enjoyed a bath before bed. That’s an important routine for many people, so honoring that for a person with dementia can go a long way toward a good outcome for both the person and the caregiver.

4. **Routine** - As much as possible, stick to a routine, both as it relates to the time of day for a shower and the steps you use when helping the person bathe. Using a consistent caregiver to maintain this routine can also be very helpful to both the caregiver and the person with dementia.

5. Ensure a Warm Room Temperature - Ensure that the room is warm enough. A cold room plus water does not equal a positive experience.

6. Encourage Independence - If the person is able, ask them to wash themselves. Independence can restore a little bit of the dignity that's lost when help is needed with bathing.

7. Offer a Caregiver of the Same Sex to Provide the Bath - If someone is embarrassed or becomes sexually inappropriate, offer a caregiver of the same sex to provide the shower.

8. Large Bath Towels or Shower Capes - Provide a large bath towel or a shower cape to offer some privacy and warmth.

9. Music - Use music in the bathroom to set the tone. Choose something the person with dementia enjoys and perhaps could join in the singing.

10. Pain Relief - Be aware of the possibility that your loved one is resistant to a shower because he's in pain. If that appears to be the case, speak to the physician about trying pain medication prior to his bath time.

11. Anti-Anxiety Medications - Some people experience so much anxiety that they might benefit from an anti-anxiety medication prior to their bath time. Be careful, however, that your goal is their comfort and that the medication would facilitate that comfort, rather than hasten your ability to cross a bath off your to-do list. A person with dementia still has the right to refuse a bath.

12. Humor - Don't forget to use humor. Humor is a great tool to reduce anxiety, increase comfort and distract from the task at hand.

13. Spa-Like Atmosphere - Create a pleasant setting. Rather than have the shower room look like a hospital, place some art on the walls, music in the air and invest in towel heater for comfort.

14. Doctor's Orders - Reminding a person who is resistant to bathing that the doctor wants them to take a bath might be helpful and temporarily direct his irritation toward the physician rather than you.

15. Consider Using a No-Rinse Soap and Shampoo - If a longer bath time increases anxiety, you can shorten the process by using no-rinse products.

16. Use Different Words- "Let's Wash Up" - Some people react to specific words such as "shower time." Try naming it "washing up" or "getting ready for the day."

17. Hire an Experienced Home Health Care Aide - Some people respond better to someone who is not a family member when it comes to an intimate task like bathing.

18. Try a Different Family Member - It's not unusual for different family members to receive different reactions. If your mother is extremely resistant to your help with a shower, perhaps your sister may have more success.

19. Assist with Sponge Bathing if Necessary - The ideal may be a shower or a bath, but you might still be able to accomplish the goal by sponge bathing. If bathing presents a constant battle, choose to set aside that battle and encourage your loved one to sponge bathe.

Safety Tips

- Offer a shower chair.
- Ensure that the water temperature is not too hot.
- Don't leave a person with dementia alone in a shower or a bath.
- Install grab bars.
- Place non-slip decals or mats in the tub and on the floor.
- Don't store cleaning products in the bathroom.

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



Patriot Day: We Remember, We Honor, We Carry Forward

September 11, 2026

Twenty-five years have passed since the morning of September 11, 2001, yet for so many Americans, the memories remain vivid.

We remember the lives that were lost. We remember the families whose lives were forever changed. We remember the firefighters, police officers, emergency personnel, members of our military, and countless ordinary citizens who responded with extraordinary courage.

But September 11 is also a day to remember what happened after the tragedy.

In the midst of tremendous sadness, Americans reached out to one another. Neighbors helped neighbors. Strangers became friends. Communities gathered together. People donated blood, brought food to first responders, comforted grieving families, displayed American flags, and asked a simple question:

“How can I help?”

Twenty-five years later, perhaps that is one of the most meaningful ways we can honor Patriot Day.

We can remember that kindness matters.

We can check on a neighbor who may be alone. We can thank a first responder or veteran. We can listen to someone else's story. We can offer patience instead of frustration and compassion instead of judgment. We can remember that caring for one another is one of the strongest expressions of community.

For many of our residents and families, September 11 is not simply something recorded in a history book. It is something they witnessed and experienced. Everyone may remember the day differently, and we respect that this anniversary can bring many emotions.

Today, we pause together.

We remember those who never came home.

We honor those who ran toward danger to help others.

We recognize the families who have carried the loss for 25 years.

And we carry forward the spirit of compassion, courage, service, and community that brought Americans together during one of our nation's most difficult moments.

We will remember. We will honor. And we will continue to care for one another.



Happy Rosh Hashanah

We would like to wish our customers, family members, employees, readers and the many friends and supporters of Dodge Park Rest Home and The Oasis At Dodge Park, who celebrate the Jewish New Year holiday season,

"Le-shana Tova tikatavu -May you all be inscribed for a good year".

What's in a greeting? When we pass an acquaintance on the way to work or school we may nod and mutter a casual "Good Morning." If we see a friend at the grocery store we exclaim "Hey, what's going on?" When we run into someone we have not seen for a while, we may cry out, "Where have you been?"

We often greet one another based on our relationship with that person. Judaism, however, takes the art of greeting one step further. Here I am not just referring to the generous offers that often accompany a Jewish greeting, like, "would you like something to eat?" Jewish greetings reflect the nature of our relationships and relate to our Jewish context. Jewish holidays come with greetings attached to them to help convey the meaning of the day. For example, on Shabbat we wish one another "Shabbat Shalom," a "Peaceful Shabbat." More than just a "hello," this greeting communicates one of the fundamental meanings of Shabbat - a wish for peace.

The prevalent practice among Ashkenazi Jews is "L'Shana Tova Ti'kateivu v'Tekhateimu," "You should

be written and sealed for a good year." This is often shortened to simply "Shana Tova," "a good year." This greeting expresses a basic hope we all have on Rosh Hashanah - that we be inscribed in the Book of Life for another good year. Other greeting customs also use the metaphor of the Book of Life to convey the essence of the holiday, but use it in a different way.

Similar to the Ashkenazi custom, Kurdish Jews greet each other with a variation on this theme, saying: "T'kateiv b'sefer chaim tovim," "You should be written in the book of good life." Instead of focusing on a "good year," the Kurdish greeting emphasizes a "good life."

Many Sephardic Jews greet each other with "L'shana Tova Ti'kateiv, Tizku l'shanim rabbot," "You should be written for a good year, and you should merit many years."

Sephardim who use this phrase do not limit their blessing to one year, but rather wish each other many good years to come. The response to this greeting is



"Tizke v'Tikhye v'Taarikh Yamim," "You should merit, and you should live, and you should lengthen days." In other words, "right back at you!"

An inscription in the Book of Life is not enough for the Jews of Yemen, they want to be written in the Book of Remembrance as well. "Tay'khateiv b'sefer ha'chaim v'basefer ha'zikaron," "May you be written in the Book of Life and the Book of Remembrance." Yemenite Jews want to make sure to cover all their bases.

While our diverse Jewish world may phrase Rosh Hashanah greetings differently, we are united by the main idea behind all of them: That God should grant us a healthy and happy new year. Amen!

Rosh Hashanah is the time in which we reflect on the past year and renew our spiritual attachment. We also renew our commitments to our families, friends, community and our synagogue.

Perhaps the most often repeated word in the Torah and for sure in the prayer book is the word "blessed." During these Days of Awe we will take stock of our blessings and our challenges both as individuals and as members of the health care community in Worcester. Permit me to identify some of our blessings.

We are blessed by having the most dedicated and caring staff, that work day and night to provide a unique living experience to those diagnosed with dementia and Alzheimer's disease.

We are blessed by all of our residents and their family members who support our program to allow us to sustain our community growth. We never take this trust for granted. We are working day and night to keep improve our service and commitment to care at a very challenging time for our industry.

On behalf of the managers of Dodge Park Rest Home and The Oasis At Dodge Park, we would like to wish all of our customers, employees, friends and supporters a year of health, happiness and prosperity, and that it is a year of peace and security and most important a year of getting back to normal life.

Micha Shaler and Ben Herlinger

Dodge Park Rest Home
The Oasis At Dodge Park

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.

AROUND DODGE PARK AND OASIS

Congratulations, Dori!



We are very proud to congratulate our own Dori on successfully passing her State Board Exam and officially becoming a Licensed Practical Nurse (LPN)!

This is a wonderful accomplishment that reflects Dori's hard work, dedication, and commitment to growing professionally while continuing to care for our residents.

Please join the entire Dodge Park & Oasis at Dodge Park family in congratulating Dori on this exciting milestone!

Way to go, Dori! We are proud to have you on our team!

AROUND DODGE PARK AND OASIS



STAFF APPRECIATION WEEK

We truly have an
Award Winning Staff –
Thank you for all
that you do!



AROUND DODGE PARK AND OASIS

HAPPY 55th 
anniversary





Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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

Making a difference in the lives of seniors and their families



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

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

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

Unparalleled Level of Care and Service

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

Dodge Park

 **OASIS**
AT DODGE PARK



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

The care your team at Dodge Park is excellent. The level of kindness and respect that they provided to my mother made her last years ones filled with dignity and love. Dodge Park creates an incredible environment for their residents. The staff was welcoming and understanding. No question too small and all concerns listened to and addressed. Dodge Park eliminated my daily worries about my mother, because I knew she was in a safe and supportive environment.

My sister, Susan, has been a resident at Dodge Park since October 2023. I've delayed giving a review because I wanted to see, long term, how she fared health-wise, which 100% depends on the round-the-clock care she receives from the staff, doctor, & nurses. I'm happy to report that she is much healthier, physically, than when she entered Dodge Park. She enjoys a balanced diet so she's lost excess weight, which is helpful for her diabetes management. She received physical therapy, & now she walks with a walker. As a patient with progressive dementia, her mobility has declined but I've witnessed firsthand how she responds positively to the care she receives. She is well taken care of & the staff are caring & kind. Residents don't sit in their rooms all day or stay in bed all day. If they're well, they participate in activities all day long. When we arrive to visit, Susan is always smiling & happy. She's happy there, and that means the world to her family. Many thanks to Ben, Micha, Courteney, Debbie, Carrie, Denise & the entire caring staff at Dodge Park.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* All Outdoor Programs are Weather Pending *						
6:30- Coffee Cart & Morning News 10:00- Daily Chronicle 10:15- Hymns of Worship Congregational Church 11:00- Autumn in New England 2:15- Afternoon Discussion: What is Your Favorite Soup? 2:30- Live Music w/ Gary L. 3:30- Harvest Hangman 6:30- Poetry Corner	Labor Day 6:30- Coffee Cart & Morning News 10:00- History of Labor Day Naming Occupations 10:30- Catholic Mass w. Father E 11:00- Grand Of Opry Performances 2:15- Whiteboard Alphabets 2:30- Group Exercise w/ Paula S. Dodge Park Walking Club 3:30- Finish the Phrases 6:30- Conversation Ball Toss 7:00- Inspirational Stories	6:30- Coffee Cart & Morning News 10:00- Courtyard Cornhole Toss Guided Tai Chi Kindred Hearts Small Group 10:30- Catholic Mass w/ Father E 2:15- History of the Covered Bridge 2:30- Live Music w/ Russ R. Manicure & Spa Stations 3:30- Picture Match Up 7:00- Buddy Comedy	6:30- Coffee Cart & Morning News 7:00- Helping Hands Laundry Folds 10:15- Art Therapy w/ Lynda S. Catholic Mass in the Courtyard Pokeno Players 2:15- Daily Chronicle 2:30- Live Music w/ Heather R. 3:30- Name Ten September Edition 4:00- Antique Tractor Show 6:30- Seated Yoga Session	6:30- Coffee Cart & Morning News 10:15- Golden Crumbs Baking Club Table Top Games & Sensory Kindred Hearts Guided Stretches 2:15- Name the Football Team 2:30- Group Exercise w/ Paula S. Dodge Park Walking Group 3:30- Linked Senior Games 6:30- Page Turners Book Club 7:00- At the Movies	6:30- Coffee Cart & Morning News 10:15- Seated Yoga w/ Bonnie D. Art Therapy w. Lynda S. Watercolor Creations 2:15- Daily Chronicle 2:30- Live Music w/ TBA 3:15- Apple Cider Social 3:30- Cranium Crunches 4:00- Photo Reminiscing 6:30- Aeromotherapy & Mindfulness	6:30- Coffee Cart & Morning News 7:00- The Big E Fair Tours 10:15- Noodle Hockey Open Art Studio NFL Greatest Players in History 2:15- Name that Scent Afternoon Aerobics 3:30- Live Music w/ Lenny Z. 6:30- Musical Memories 7:00- Chicken Soup Stories
6:30- Coffee & Morning News 10:00- Daily Chronicle 10:15- Hymns of Worship Congregational Church 11:00- Autumn in New England 2:15- Afternoon Discussion: What is Your Favorite Soup? 2:30- Live Music w/ Gary L. 3:30- Harvest Hangman 6:30- Poetry Corner	6:30- Coffee & Morning News 10:00- Moving & Grooving Aerobics 10:30- Catholic Mass w. Father E 11:00- Grand Of Opry Performances 2:15- Whiteboard Alphabets 2:30- Group Exercise w/ Paula S. Dodge Park Walking Club 3:30- Finish the Phrases 6:30- Conversation Ball Toss 7:00- Inspirational Stories	6:30- Coffee Cart & Morning News 10:00- Courtyard Cornhole Toss Guided Tai Chi Kindred Hearts Small Group 10:30- Catholic Mass w/ Father E 2:15- History of the Covered Bridge 2:30- Live Music w/ Rockin Robin Manicure & Spa Stations 3:30- Picture Match Up 7:00- Buddy Comedy	6:30- Coffee Cart & Morning News 7:00- Helping Hands Laundry Folds 10:15- Art Therapy w/ Lynda S. Catholic Mass in the Courtyard Pokeno Players 2:15- Daily Chronicle 2:30- Live Music w/ John M. 3:30- Name Ten September Edition 4:00- Antique Tractor Show 6:30- Seated Yoga Session	6:30- Coffee Cart & Morning News 10:15- Ten Pin Bowling Table Top Games & Sensory Kindred Hearts Guided Stretches 2:15- Name the Football Team 2:30- Live Music w/ Bill M. Dodge Park Walking Group 3:30- Linked Senior Games 6:30- Page Turners Book Club 7:00- At the Movies	6:30- Coffee Cart & Morning News 10:15- Seated Yoga w/ Bonnie D. Art Therapy w. Lynda S. Watercolor Creations 2:15- Daily Chronicle 2:30- Live Music w/ Jim P. 3:15- Apple Cider Social 3:30- Cranium Crunches 4:00- Photo Reminiscing 6:30- Aeromotherapy & Mindfulness	6:30- Coffee Cart & Morning News 7:00- The Big E Fair Tours 10:15- Noodle Hockey Open Art Studio NFL Greatest Players in History 2:15- Name that Scent 2:30- Live Music w/ Rockin Robin 3:30- Mid Day Stretching Circle 6:30- Musical Memories 7:00- Chicken Soup Stories
6:30- Coffee & Morning News 10:00- Daily Chronicle 10:15- Hymns of Worship Congregational Church 11:00- Autumn in New England 2:15- Afternoon Discussion: Prefer Apple Cider Hot or Cold? 2:30- Live Music w/ Jordan G. 3:30- Harvest Hangman 6:30- Poetry Corner	6:30- Coffee & Morning News 10:00- Moving & Grooving Aerobics 10:30- Catholic Mass w. Father E 11:00- Grand Of Opry Performances 2:15- Whiteboard Alphabets 2:30- Group Exercise w/ Paula S. Dodge Park Walking Club 3:30- Finish the Phrases 6:30- Conversation Ball Toss 7:00- Inspirational Stories	Autumn Begins 6:30- Coffee Cart & Morning News 10:00- Courtyard Cornhole Toss Guided Tai Chi Kindred Hearts Small Group 10:30- Catholic Mass w/ Father E 2:15- History of the Covered Bridge 2:30- Live Music w/ Mike O. 3:30- Alpaca Pet Visit 6:30- Mindful Coloring 7:00- Buddy Comedy	6:30- Coffee Cart & Morning News 7:00- Helping Hands Laundry Folds 10:15- Art Therapy w/ Lynda S. Catholic Mass in the Courtyard Pokeno Players 2:15- Daily Chronicle 2:30- Live Music w/ Jeff T. 3:30- Name Ten September Edition 4:00- Antique Tractor Show 6:30- Seated Yoga Session	6:30- Coffee Cart & Morning News 10:15- Resident Council Table Top Games & Sensory Kindred Hearts Guided Stretches 2:15- Name the Football Team 2:30- Group Exercise w/ Paula S. Dodge Park Walking Group 3:30- Linked Senior Games 6:30- Page Turners Book Club 7:00- At the Movies	6:30- Coffee Cart & Morning News 10:15- Seated Yoga w/ Bonnie D. Art Therapy w. Lynda S. Watercolor Creations 2:15- Daily Chronicle 2:30- Live Music w/ Rockin Robin 3:15- Apple Cider Social 3:30- Cranium Crunches 6:30- Aeromotherapy & Mindfulness	6:30- Coffee Cart & Morning News 7:00- The Big E Fair Tours 10:15- Noodle Hockey Open Art Studio NFL Greatest Players in History 2:15- Name that Scent 2:30- Live Music w/ Tom G. 3:30- Mid Day Stretching Circle 6:30- Musical Memories 7:00- Chicken Soup Stories
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September 2026
Dodge Park Rest Home & Day Club

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Oasis at Dodge Park						
10:00- Morning Devotionals Hymn Sing-a-long 10:45- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Mike O. 3:30- Let's Get Crafty Table Top Shuffleboard Balloon Volleyball 6:30- Poetry Corner 7:00- Family Movie Night	Labor Day 10:00- Labor Day Facts & History 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Naming Occupations 2:15- Live Music w. Sean F. 3:30- Roll the Dice Races Water Doodles Oasis Book Club 6:30- Guided Meditations 7:00- Feel Good Featured Film	10:00- Musical Memories 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Autumn Whiteboard Games 2:15- Live Music w. Jodie R. 3:30- Hole in One Golfers Sunny Spin Laundry Folding Manicure & Spa Stations 7:00- Television Classics	10:00- What Am I? Teamed Trivia 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Found At the Fair 2:00- Art Therapy w. Lynda S. 2:15- Live Music w. Sean F. 3:30- Conversation Ball Toss Kindred Hearts Circle Table Top Games & Sensory 6:30- Antique Tractor Show	10:00- The Big E Fair Tours 10:30- Exercise w. Paula S. 11:45- History Buffs 2:15- Live Music w. Jim P. 3:30- Stroll Patrol Walking Club Lucky Strike Bowling Stamp Creations 4:00- Connect 4 Tournament 6:30- Fireside Short Stories 7:00- Golden Oldies	10:00- Linked Senior Games Small Group Discussions 10:30- Exercise w. Paula S. The Man Cave 2:15- Live Music w. Curtis M. 3:15- Apple Cider Social 3:30- Photo Reminiscing Basket Grabbers Pokeno Card Players 6:30- Carry On Reading Rosh Hashanah Begins	7:30- Morning Affirmations 10:00- NFL Greatest Players 10:45- Exercise w. Paula S. 11:15- Hydration Station 2:15- Live Music w. Lenny Z. 3:30- Free Space Bingo Jigsaw Puzzles Whiteboard Word Games 4:30- Foliage Tours 7:00- Buddy Comedy
10:00- Morning Devotionals Hymn Sing-a-long 10:45- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Robbie W. 3:30- Let's Get Crafty Table Top Shuffleboard Balloon Volleyball 6:30- Poetry Corner 7:00- Family Movie Night	10:00- Autumn in New England 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Name 10 September Edition 2:15- Live Music w. Sean F. 3:30- Roll the Dice Races Water Doodles Oasis Book Club 6:30- Guided Meditations 7:00- Feel Good Featured Film	10:00- Musical Memories 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Autumn Whiteboard Games 2:15- Live Music w. Bill M. 3:30- Hole in One Golfers Sunny Spin Laundry Folding Manicure & Spa Stations 7:00- Television Classics	10:00- What Am I? Teamed Trivia 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Found At the Fair 2:00- Art Therapy w. Lynda S. 2:15- Live Music w. Sean F. 3:30- Conversation Ball Toss Kindred Hearts Circle Table Top Games & Sensory 6:30- Antique Tractor Show	10:00- The Big E Fair Tours 10:30- Exercise w. Paula S. 11:45- History Buffs 2:15- Live Music w. Tim B. 3:30- Stroll Patrol Walking Club Lucky Strike Bowling Stamp Creations 4:00- Connect 4 Tournament 6:30- Fireside Short Stories 7:00- Golden Oldies	10:00- Linked Senior Games Small Group Discussions 10:30- Exercise w. Paula S. The Man Cave 2:15- Live Music w. Sean F. 3:15- Apple Cider Social 3:30- Photo Reminiscing Basket Grabbers Pokeno Card Players 6:30- Carry On Reading Rosh Hashanah Begins	7:30- Morning Affirmations 10:00- NFL Greatest Players 10:45- Exercise w. Paula S. 11:15- Hydration Station 2:15- Live Music w. Rusty G. 3:30- Free Space Bingo Jigsaw Puzzles Whiteboard Word Games 4:30- Foliage Tours 7:00- Buddy Comedy
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10:00- Morning Devotionals Hymn Sing-a-long 10:45- Exercise with Paula S. 11:45- Daily Chronicle 2:15- Live Music w. Jordan G. 3:30- Let's Get Crafty Table Top Shuffleboard Balloon Volleyball 6:30- Poetry Corner 7:00- Family Movie Night	10:00- Autumn in New England 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Name 10 September Edition 2:15- Birthday Party w. Sean F. 3:30- Roll the Dice Races Water Doodles Oasis Book Club 6:30- Guided Meditations 7:00- Feel Good Featured Film	10:00- Musical Memories 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 11:15- Catholic Mass w. Father E. 11:45- Autumn Whiteboard Games 2:15- Live Music w. Rusty G. 3:30- Hole in One Golfers Sunny Spin Laundry Folding Manicure & Spa Stations 7:00- Television Classics	10:00- What Am I? Teamed Trivia 10:30- Exercise w. Joe F. 11:15- Catholic Mass w. Father E. 11:45- Found At the Fair 2:00- Art Therapy w. Lynda S. 2:15- Live Music w. Sean F. 3:30- Conversation Ball Toss Kindred Hearts Circle Table Top Games & Sensory 6:30- Antique Tractor Show	10:00- The Big E Fair Tours 10:30- Exercise w. Paula S. 11:45- History Buffs 11:00- Resident Council 12:00- Golden Crumbs Baking 2:15- Live Music w. Arizona Doug 3:30- Stroll Patrol Walking Club Lucky Strike Bowling Stamp Creations 4:00- Connect 4 Tournament 6:30- Fireside Short Stories 7:00- Golden Oldies	10:00- Linked Senior Games Small Group Discussions 10:30- Exercise w. Paula S. The Man Cave 2:15- Live Music w. Sean F. 3:15- Apple Cider Social 3:30- Photo Reminiscing Basket Grabbers Pokeno Card Players 6:30- Carry On Reading Rosh Hashanah Begins	7:30- Morning Affirmations 10:00- NFL Greatest Players 10:45- Exercise w. Paula S. 11:15- Hydration Station 2:15- Live Music w. Gary L. 3:30- Free Space Bingo Jigsaw Puzzles Whiteboard Word Games 4:30- Foliage Tours 7:00- Buddy Comedy

September 2026



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



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

SEPTEMBER OBSERVANCES

Monthly

Baby Safety Month. Keeping your baby safe is your No. 1 priority as a parent or caregiver. Whether you're expecting your first baby, adding to your family, or enjoying being a grandparent, now is the ideal time to take some simple steps to keep your baby healthy and safe.

Hunger Action Month. For tens of millions of people in America, a daily meal isn't a choice between different dishes. It's a choice between food and other crucial needs—like medicine, electricity, or child care. This September, join Feeding America for Hunger Action Month by choosing to stand against hunger.

National Happy, Healthy Cat Month. One of the easiest ways to make a cat happy is with a new toy. Not all toys have to be store bought. Paper sacks, wadded up paper, and empty boxes will entertain cats for hours.

Ovarian Cancer Awareness Month. Ovarian cancer is a leading cause of cancer-related death in American women, largely because early ovarian cancer often has no symptoms. Age and a family history of the disease are the strongest risk factors. Screening for ovarian cancer is difficult, but pelvic imaging and blood tests are currently the best tests for diagnosing ovarian cancer.

Weekly

National Suicide Prevention Week, Sept. 13–19.

People have become increasingly comfortable talking about their mental health in recent years. But the topic of suicide is still scary for many people to think about. It's time to deepen the conversation.

Chef Appreciation Week, Sept. 14–18.

Chef Appreciation Week is the opportunity for everyone in the community to say, "Thank you" for the meaningful contributions made by chefs and their teams.

National Indoor Plants Week, Sept. 14–20.

National Indoor Plant Week exists to "... promote and increase awareness of the importance of live plants in internal spaces". Those spaces can be your home, an office where you work, a hospital, or even an indoor shopping mall. Benefits to having indoor plants are they are a natural air cleaner, produce oxygen, help to reduce noise levels and are soothing, therapeutic, and stress relieving!

SPECIAL DAYS

- 1 National Cherry Popover Day
- 1 National Tofu Day (UK)
- 2 National Beheading Day
- 2 Pierce Your Ears Day
- 2 VJ Day, WWII
- 3 Skyscraper Day
- 4 Bring Your Manners to Work Day
- 4 Newspaper Carrier Day
- 5 Be Late for Something Day
- 5 Cheese Pizza Day
- 5 International Bacon Day – The Saturday before Labor Day.
- 5 National Tailgating Day – The first Saturday of September
- 5 World Beard Day – The first Saturday of September.
- 6 Fight Procrastination Day – Surely, a day for quick decisions.
- 6 National Coffee Ice Cream Day
- 6 Read a Book Day
- 7 Labor Day The first Monday of the month.
- 7 National Salami Day
- 7 Neither Rain nor Snow Day
- 8 International Literacy Day
- 8 National Ampersand Day
- 8 Pardon Day
- 8 Star Trek Day
- 9 International Sudoku Day
- 9 National Chrysanthemum Day
- 9 Teddy Bear Day
- 10 National TV Dinner Day
- 10 Sewing Machine Day
- 10 Swap Ideas Day
- 11 911 Remembrance
- 11 Make Your Bed Day
- 11 No News is Good News Day
- 11 Rosh Hashanah – Begins at sundown. The date varies.
- 12 Chocolate Milk Shake Day
- 12 National Day of Encouragement
- 13 Defy Superstition Day
- 13 Fortune Cookie Day
- 13 Grandparent's Day – The first Sunday after Labor Day.
- 13 Kids Take Over the Kitchen Day
- 13 National Peanut Day
- 13 Pet Memorial Day – The second Sunday in September.
- 13 Positive Thinking Day
- 13 Uncle Sam Day – His image was first used in 1813.
- 14 International Crab Fest Day
- 14 National Cream-Filled Donut Day
- 14 National Eat a Hoagie Day
- 15 Make a Hat Day
- 15 Felt Hat Day
- 15 National Creme de Menthe Day
- 16 American Legion Day

SPECIAL DAYS

16 Collect Rocks Day
16 Step Family Day
16 Mayflower Day
16 Mexican Independence Day
17 Citizenship Day
17 Constitution Day
17 National Apple Dumpling Day
18 Cheeseburger Day
18 National First Love Day
18 National POW/MIA Recognition Day
18 World Bamboo Day
19 International Red Panda Bear Day
19 International Talk Like A Pirate Day
19 National Butterscotch Pudding Day
19 Oktoberfest begins in Germany – The date varies.
20 Fried Rice Day
20 National Punch Day
20 National Women's Friendship Day
20 Pepperoni Pizza Day
20 Wife Appreciation Day – The third Sunday in September.
20 Yom Kippur – It begins at sundown. The date varies.
21 International Peace Day
21 Miniature Golf Day
21 World Gratitude Day
22 Autumn Equinox – Fall begins! – The date varies.
22 Business Women's Day
22 Elephant Appreciation Day
23 Checkers Day / Dogs in Politics Day
23 International Day of Sign Languages
24 National Cherries Jubilee Day
24 National Punctuation Day
25 Chinese Moon Festival – The date varies.
25 National Comic Book Day
25 National Quesadilla Day
25 Native American Day – The fourth Friday of the month.
25 Sukkot– The holiday begins at sundown. The date varies.
25 World Dream Day – Undoubtedly, a day for dreamers.
26 Breakfast in Bed Day – The fourth Saturday of the month.
26 Hunting and Fishing Day – The fourth Saturday in September.
26 International Rabbit Day – The fourth Saturday in September.
26 Johnny Appleseed Day
27 Crush a Can Day
27 National Chocolate Milk Day
28 National Good Neighbor Day
28 National Public Lands Day
29 Confucius Day – Try your luck. Get a Fortune Cookie.
30 Ask a Stupid Question Day
30 National Mud Pack Day

Daily

Labor Day, Sept. 7. Celebrate the contributions of the American worker.

National Iguana Awareness Day, Sept. 8. Iguanas make great pets for people cramped for space or who don't want to spend a lot of time looking after a pet. These cold-blooded reptiles can be amazing and affectionate pets for many decades if they are given proper care and attention.

National Sober Day, Sept. 14. Getting sober at any age is one of the hardest, messiest, happiest, and most exhilarating experiences a person can have.

National Public Lands Day, Sept. 26. Celebrated annually at public lands in the United States on the fourth Saturday of September. A signature event of the National Environmental Education Foundation, it promotes both popular enjoyment and volunteer conservation of public lands.

National Psychotherapy Day, Sept. 25. Therapy is an effective, economical, natural, and meaningful way to improve lives.



LABOR DAY



Animal of the Month – Raven

Ravens are extremely intelligent, playful birds, known for acrobatic flying skills such as flying upside down, diving, and somersaults. While similar in appearance to crows, ravens sport thicker beaks and shaggier throat feathers, and are significantly larger, with a wingspan of about 45 inches. They symbolize prophecy, transformation, cunning, and magic. Some of their abilities include using tools, complex problem-solving, trickery, remembering faces, and planning. They can also make a wide variety of sounds, including mimicking human speech, car engines, and other animals. Ravens live in a variety of habitats including forests, coastal cliffs, rural areas, and cities. These often territorial hunters are known to pursue prey in groups, known as cooperative hunting. Ravens eat a diverse range of foods, scavenging carcasses and garbage and hunting small mammals, reptiles, birds, and insects.

Flower - Aster



The aster is a flower with brightly colored petals that unfold in the shape of a star. It should come as no surprise, then, that these blooms take their name from the Greek word for star. There are about 180 species of asters throughout North America and Eurasia, with colors ranging from purples and blues to reds, pinks, and whites. This flower's wide variety of shapes and colors makes it an ideal plant for residential gardens. Along with mums, asters are considered a classic autumnal flower.

Birthstone – Sapphire



It's fitting that this month's gemstone, the sapphire, is most commonly royal blue. The gem has been revered by royalty since ancient times. King Solomon was said to have worn a sapphire ring for protection, and Russia's Ivan the Terrible adorned himself with sapphires because he believed they strengthened the body and fostered courage. Sapphires also symbolize loyalty, respect, and lasting affection. Princess Diana had a gorgeous sapphire engagement ring. The famous blue gem now adorns the hand of Catherine, Princess of Wales.

September's Birthday Colors

September 1–5: Peach People born under this color are active and sporty. They don't hold a grudge and adjust easily to new situations.

September 6–12: Aqua "Aqua" people can change their feelings suddenly. They are truthful and believe in other people.

September 13–18: Lime If you were born "lime," you appear calm even when you are stressed. You can get jealous (as in lime green with envy), but you are likable and trusting.

September 19–22: Pink You are elegant, patient, and thrive under pressure. Friends seek you out for your clever advice and wisdom.

September 23–25: Olive "Olive" people are kind, cheerful, warm, and lighthearted. They seem to get along well with friends and family.

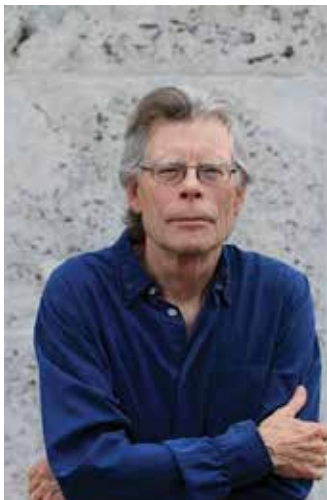
September 26–30: Purple "Purple" people are mysterious, popular, and unselfish. They are spontaneous and easily interested in things.

SEPTEMBER FUN FACTS

September got its name from the Latin word *septem*, meaning “seven,” because it was the seventh month in the old Roman calendar. Around 46 BC, Julius Caesar reformed the calendar and made September the ninth month. The Anglo-Saxons called it the *gerst monath*, meaning “barley month,” because it was the month they harvested their barley crops. September originally had 29 days, but it gained a day under the Julian reform and has since had 30 days.

September Birthdays

Gloria Estefan (singer) – September 1, 1957
Shaun White (snowboarder) – September 3, 1986
Idris Elba (actor/rapper) – September 6, 1972
Queen Elizabeth I (queen) – September 7, 1533
Hugh Grant (actor) – September 9, 1960
Adam Sandler (comedian) – September 9, 1966
Roger Maris (ball player) – September 10, 1934
Jennifer Hudson (singer) – September 12, 1981
Stella McCartney (designer) – September 13, 1971
Agatha Christie (author) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Stephen King (writer) – September 21, 1947
Mark Rothko (artist) – September 25, 1903
Gwyneth Paltrow (actress) – September 27, 1972



Only in September

The final day of each September is always on a different day of the week than the last day of any other month each year. It's also the only month with the same number of letters (nine) in its name as the number of the month.

What's Lucky in September?

Lucky Color: Yellow

Lucky Animal: Porcupine

Lucky Letters: S and L

Lucky Day: Monday

Lucky Plant: Goldenrod



Month of Fire

Even without flames, trees look ablaze each September, when green leaves turn bright reds, oranges, and yellows. The ancient Romans believed that Vulcan, the god of fire and forge, looked after the month of September, which was associated with fires and volcanic eruptions. Maybe they were on to something, because the Great Fire of London started on September 2, 1666, and destroyed one-third of the city.

September Zodiacs

Virgo (The Virgin) September 1–22

Libra (The Scales) September 23–30



A very *Happy Birthday* to...

Staff

Micha S..... September 2
Vincent V September 2
Annabel P. September 4
Racheal G..... September 5
Alba P. September 7
Deborah W. September 8
Betsy S. September 8
Yanzell M..... September 12
Elizabeth A..... September 14
Beatrice A. September 14
Anabel C..... September 24
Carlene M. September 28

Dodge Park Residents

William C. September 5
Brian R..... September 20
Jane G. September 26



Dementia Warning Signs

- **Difficulty planning or problem solving**
- **Mixing up times, places, or images**
- **Problems with words (speaking or writing)**
- **Withdrawal from work or social activities**

Worried about a loved one with memory loss?

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in MA**

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101 Randolph Road, Worcester, MA



What is Labor Day all about?

Labor Day is a yearly celebration of the American worker. Created by the labor movement, it's a national tribute to workers' contributions to the social and economic achievements of the United States.

There is some uncertainty about how Labor Day began. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first to suggest a day to honor those "who from rude nature have delved and carved all the grandeur we behold." Other sources suggest that machinist Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York.

The first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882, in New York City, in accordance with the plans of the Central Labor Union.

In 1884, the first Monday in September was selected as the official holiday.

The first governmental recognition of Labor Day came through municipal ordinances passed in 1885 and 1886. The State of Oregon passed the first law recognizing the Labor Day holiday on Feb. 21, 1887. Four more states—Colorado, Massachusetts, New Jersey, and New York—followed suit that same year.

On June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in all the states, the District of Columbia, and all U.S. territories.

What to know about September

It's September! Summer is over, school has started, and the leaves are starting to turn. As we're getting ready for fall and winter, remember these factoids about the ninth month of the year:

September was originally the seventh month, according to the ancient Roman calendar, and that's where it gets its name. It became the ninth month after the calendar changed in 451 B.C.

The Romans associated September with Vulcan, the god of fire, possibly because as the seventh month it was in the middle of the hot summer.

The Anglo-Saxons called September Gerst Monath, which meant "Barley Month," because barley was harvested at that time of year. The barley was also brewed as a popular beverage in celebration of the harvest.

In another calendar change, the British eliminated Sept. 2–14 in 1752 to bring the month in accordance with the Gregorian calendar, which replaced the Julian calendar.

Fall begins in the northern hemisphere on the equinox, which falls between Sept. 21–23. In the southern hemisphere, the equinox signifies the beginning of spring.



Quotes

"It is labor indeed that puts the difference on everything."

—John Locke



Health Corner

WITH CARA ZECELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Keeping Food Safe and Preventing Food-Borne Illness in Summer

In July, the FDA issued a public health alert about a large Cyclospora outbreak linked to lettuce. Anyone eating the contaminated lettuce was at high risk for developing unpleasant gastrointestinal symptoms. At-risk populations including seniors, young children and people with a compromised immune system are more likely to suffer more devastating symptoms which could be detrimental to their health. Because lettuce is almost never prepared using high heat, the Cyclospora parasite can easily grow to dangerous levels. The parasite is also resistant to freezing, chlorine sanitizers and soap. The best way to prevent Cyclospora from being ingested is to scrub all produce thoroughly and then submerging it in a solution of 1 part vinegar and 3 parts water. This procedure won't kill the parasite but rather it can help remove it from the food.

Handwashing is the first line of defense we have to help prevent Cyclosporiasis and other food-borne illnesses. Wash your hands with warm soapy water for 20 seconds or more before handling food. Dry hands with paper towels. That kitchen dish towel can become a playground for germs that cause illness. And be sure to wash your hands after touching potentially hazardous foods such as raw meats and dairy products.

The rate of food-borne illness peaks in summer months. Most food-borne illnesses are caused

by bacteria and these harmful bacteria thrive and multiply in hot weather. Most bacteria that cause illness grow fastest at temperatures from 90° to 110° F. Humid conditions are even more favorable because most bacteria also like moisture. When the temperature is above 90°F, the time perishable food can be left outside the refrigerator or freezer drops from two hours to one hour.

It is important to store foods properly to reduce the risk of food-borne illnesses. Be sure your refrigerator is running at the right temperature. Use a refrigerator thermometer to know for sure. Your refrigerator should be just below 40 degrees Fahrenheit. Your freezer should be at 0 degrees Fahrenheit. And don't forget that refrigeration only slows down the growth of bacteria, it does not kill bacteria. So be sure to read the expiration dates on packaged foods in your refrigerator. If you have prepared foods or leftovers in your refrigerator, eat them within 2 to 3 days. After that, it is best to throw them away. The freezer will stop the growth of bacteria but it will not kill bacteria. This is why it is very important to thaw frozen foods in the refrigerator and not on the kitchen counter, especially in the warm summer months.

Summer is a great time to eat outdoors but it is important to not leave foods out for too long. Remember to follow safe food handling practices to prevent bacteria from growing to dangerous levels so that your summer outings stay fun and don't make you sick.

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.



Cozy Coffee Cake

Makes 8 servings | A diabetic-friendly recipe

You will need:

- Cooking spray
- 2 cups almond flour
- 1/2 cup sugar-free granulated sweetener
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 tablespoon instant coffee granules
- 2 eggs
- 1/2 cup unsweetened applesauce
- 1/4 cup melted butter
- 1 teaspoon vanilla
- 1/4 cup chopped pecans

Directions:

1. Preheat oven to 350°F. Spray an 8-inch baking dish with cooking spray.
2. Combine almond flour, sugar-free sweetener, baking powder, cinnamon, and instant coffee granules in a medium bowl.
3. In another bowl, whisk eggs, applesauce, melted butter, and vanilla.
4. Stir wet ingredients into dry ingredients until combined.
5. Spread batter evenly into prepared baking dish.
6. Sprinkle chopped pecans over the top.
7. Bake 25–30 minutes until lightly golden and a toothpick inserted in the center comes out clean.
8. Cool slightly before serving.



Monte Cristo Sandwiches

Makes 4 servings

You will need:

- 8 slices bread
- 4 slices deli ham
- 4 slices turkey
- 4 slices Swiss cheese
- 2 eggs
- 1/4 cup milk
- 2 tablespoons butter
- Powdered sugar and jam for serving

Directions:

1. Assemble sandwiches with ham, turkey, and cheese between bread slices.
2. Whisk eggs and milk in a shallow bowl.
3. Melt butter in a skillet over medium heat.
4. Dip sandwiches lightly into egg mixture.
5. Cook 3–4 minutes per side until golden and the cheese melts.
6. Dust lightly with powdered sugar and serve with jam if desired.



Pineapple Upside-Down Sugar Cookies

Makes 18 servings

You will need:

- 1 (16.5-ounce) package sugar cookie mix
- 1 egg
- 1/2 cup butter, softened
- 1/2 cup crushed pineapple, drained
- 18 maraschino cherry halves
- 2 tablespoons brown sugar

Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Combine cookie mix, egg, and butter until dough forms.
3. Stir in drained pineapple gently.
4. Scoop dough onto baking sheet.
5. Press a cherry half into the center of each cookie and sprinkle lightly with brown sugar.
6. Bake 12–15 minutes until lightly golden.
7. Cool before serving.



Rice Krispies Treat Cookies

Makes 18 servings

You will need:

- 1 (16.5-ounce) package sugar cookie mix
- 1 egg
- 1/2 cup butter, softened
- 2 cups Rice Krispies cereal
- 1 cup mini marshmallows

Directions:

1. Preheat oven to 350°F.
2. Combine cookie mix, egg, and butter in a large bowl.
3. Fold in cereal and marshmallows gently.
4. Drop spoonfuls onto a baking sheet.
5. Bake 10–12 minutes until lightly golden.
6. Cool slightly before serving.

Fancy Orange Julius

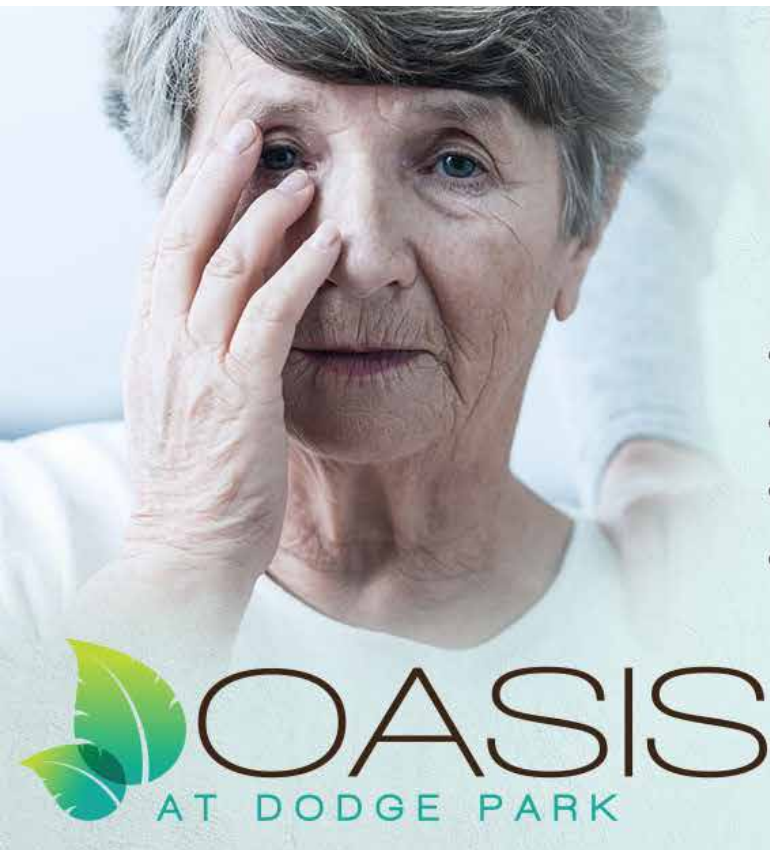
Makes 4 servings

Ingredients:

- 1 cup orange juice
- 1/2 cup milk
- 1 teaspoon vanilla
- 2 tablespoons sugar
- 2 cups ice
- (Optional) 1/2 cup vanilla vodka

Directions:

1. Combine orange juice, milk, vanilla, sugar, and ice in a blender.
2. Blend until smooth and frothy.
3. Add vodka if desired and blend briefly again.
4. Pour into glasses and serve immediately.



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

OKTOBERFEST



All About Oktoberfest

Beer, sausage, sauerkraut, schnitzel, strudel, amusement park rides, great music, and more beer. Sound like fun? It is—it's Oktoberfest!

A Royal Wedding Started It All

Now billed as the largest volksfest, or “people's fair,” in the world, the first Oktoberfest was held on October 12, 1810, in honor of the wedding of Crown Prince Ludwig (later King Ludwig I) and Princess Therese of Saxe-Hildburghausen. The happy couple wanted to share their joy with all of Munich, so they invited the entire city to join in the festivities held in the fields in front of the city gates. A parade led to feasting, music, and dancing that went on for several days.

Horse races attended by the royal family ended the celebration. When it was later decided to make the horse races an annual event, the tradition of Oktoberfest was born.

Why Does Oktoberfest Begin in September?

In 1811, an agricultural show was added to the horse races to help promote the food products—including beer—of Bavaria. The races continued until 1960, and the agricultural show is now held every four years instead of every year. Carnival booths, games, and sideshows appeared in 1816.

In 1819 the citizens of Munich, rather than the royal family, assumed the responsibility for the planning and management of Oktoberfest. Later, it was decided to lengthen the celebration. The festival was moved forward a few weeks from the original wedding anniversary date to the end of September, taking advantage of the lingering longer, warmer days of summer.

As Munich became a more modern European city in the late 19th century, Oktoberfest changed as well. Electricity illuminated the more than 400 booths and tents for the first time in 1880, and the next year, booths selling bratwurst were everywhere. Stoneware

beer mugs were replaced by heavy glass mugs in 1892, because, so the story goes, patrons complained that they couldn't be sure the stoneware mugs were full to the brim! By the end of the 1800s, Oktoberfest had been reorganized from a highly agrarian festival to a more commercial national celebration with plenty of room for guests to dance to world-famous bands, and large hall-style beer tents replaced the old booths.

Oktoberfest in Modern Times

After World War II, Munich slowly rebuilt and reinstated the fun and flamboyance of Oktoberfest, albeit with some significant changes. One important change, initiated in 1950, was a formal opening ceremony. Since then, after a 12-gun salute, the mayor of Munich taps the first keg of special Oktoberfest beer, exclaims “O'zapft is!” (translation: “It's tapped!”), and hands a glass to the minister-president of the State of Bavaria. The parade that was part of the royal wedding celebration in 1810 was reinstated in 1850 as the Grand Parade that now helps kick off the festival. Over 8,000 people wearing traditional Bavarian costumes participate. The parade includes many of the bands that play throughout the festival, as well as ornately decorated teams of horses representing official Oktoberfest breweries.

It's All About the Beer

Oktoberfest beer is brewed especially for the festival and must conform to strict standards, the most important of which is that it is brewed within the city limits of Munich. While it must be at least six percent alcohol by volume, many are as high as eight percent. Most American and Canadian beer is about five percent alcohol by volume, and visitors from North America may quickly feel the difference, especially on a hot September day. Only six Munich breweries are authorized to produce beer for Oktoberfest, and each has a separate beer hall at the festival.

Beer is served in only one size—one-liter glass mugs. The mugs belong to the brewery; tourists who try to take them as souvenirs are likely to be fined and banned from the beer tents. Although there really were tents in earlier times, today's beer tents are huge temporary halls erected each year for Oktoberfest and then taken down until the next year.

Rosh Hashanah Apple in the Round

Assemble cupcake liners, a toilet paper roll, a green straw, and a paper leaf to make a Rosh Hashanah apple decoration.

You will need:

- Toilet paper roll (or paper towel roll cut to length)
- 2 red or green paper cupcake liners
- White paper (6" X 4")
- Green drinking straw
- Heavy green scrapbook paper (1" X 1 1/2")
- Fine-tip marker (brown or black)
- Wooden skewer
- Double-sided tape
- Aleene's Tacky Glue
- Scissors
- Ruler

Directions:

- 1.Wrap a toilet paper roll with white paper, securing the paper in place with double-sided tape. Draw three to five seeds with a fine-tipped marker as shown in the example. Draw a set of seeds on the front and the back.
- 2.Glue the bottom of the toilet paper roll to the inside bottom of the cupcake liner.
- 3.Poke a hole through the center of the other cupcake liner using a wooden skewer as shown on the following page. Wiggle the skewer to enlarge the hole, making it about the same width as your straw.
- 4.Cut a 5" piece of green drinking straw and poke it through the hole.
- 5.Cut a leaf (approximately 1" X 1 1/2") out of scrapbook paper.



6. Glue the top cupcake liner to the top of the toilet paper roll.
7. Glue the leaf to the side of the straw.

ACTIVITY IDEAS

Paper Doll Shelfies

Personalize paper dolls using a selfie photo and decorative retro paper.

Fold the dolls and then display them sitting on a ledge.

You will need:

- Paper doll design printed on card stock
- Selfie photo with 1 1/2" X 2" head size
- Scrapbook paper in 1970s colors and patterns
- Colored pencils or markers (colors of choice for skin tone, hair, shoes)
- Pencil, scissors, glue stick, Scotch tape, or mounting putty



Directions:

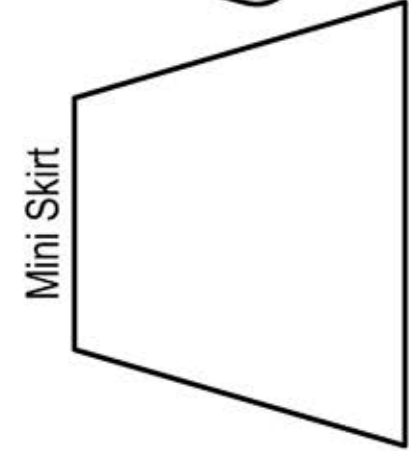
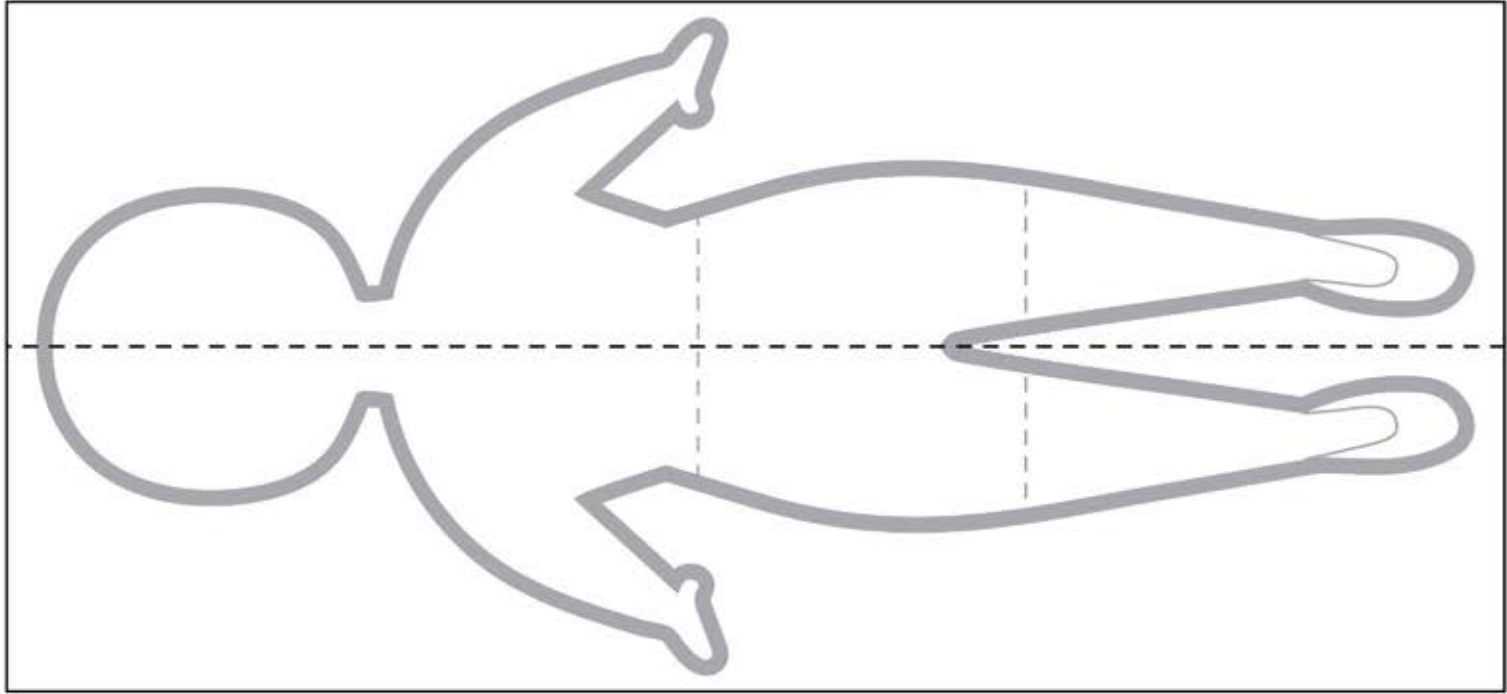
1. Select a paper doll design. Then cut out the figure following the rectangular black border.
2. Fold and unfold along all the dashed lines to create creases.



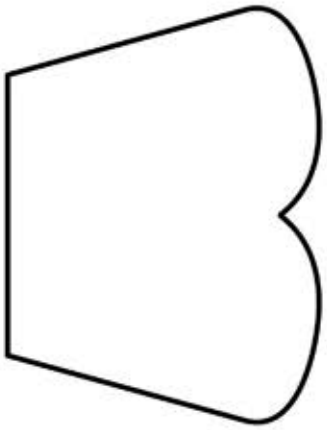
3. Color the figure using a skin color of choice. The torso doesn't need to be colored since it will be covered with clothes. Also color the shoes.
4. Refold the paper in half lengthwise. Holding the front and back together, cut out the doll following the thick gray outline. Unfold and then set the doll aside.
5. Select patterns for the clothing. Cut them out and then use a pencil to trace them onto scrapbook paper. Select a hairstyle and cut it out. Keep it white or color it. As an option, skip the cut-out hairstyle.
6. Cut the face out of the photograph. Use a glue stick to attach it to the head of the doll. Then glue on the clothes and hair to dress your shelfie.
7. Refold the horizontal creases to make the doll sit upright. Display your doll on a ledge or shelf using a small piece of rolled tape or mounting putty to keep the paper in place.

Variations:

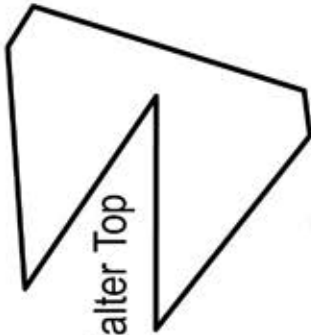
- Create shelfies for grandchildren, family, and friends. Display them in a row on a ledge.
- Make staff appreciation shelfies.
- Hide shelfies for a fun search-and-find activity similar to Elf on a Shelf shenanigans.



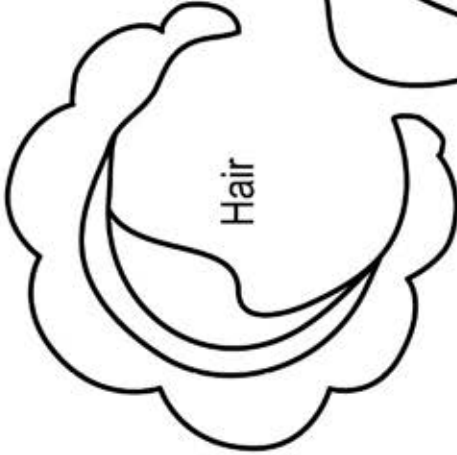
Mini Skirt



Short Shorts



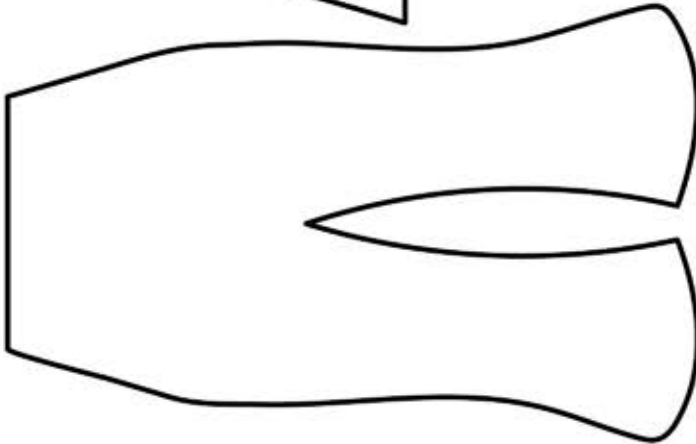
Halter Top



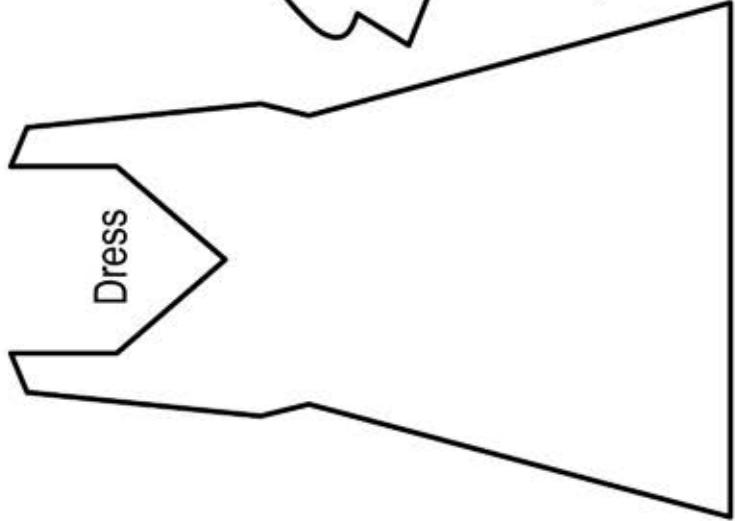
Hair



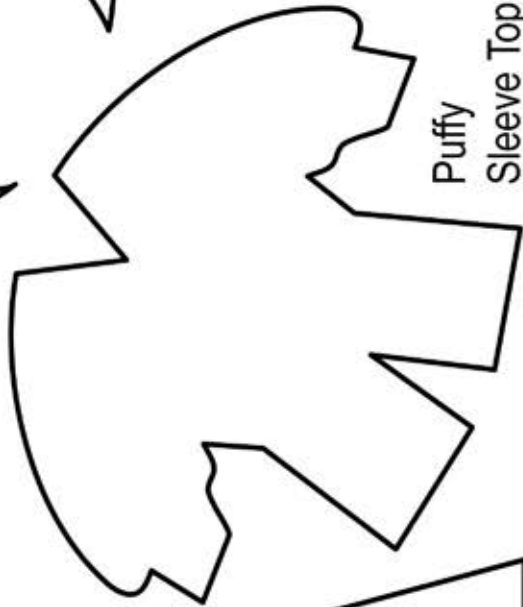
Hair



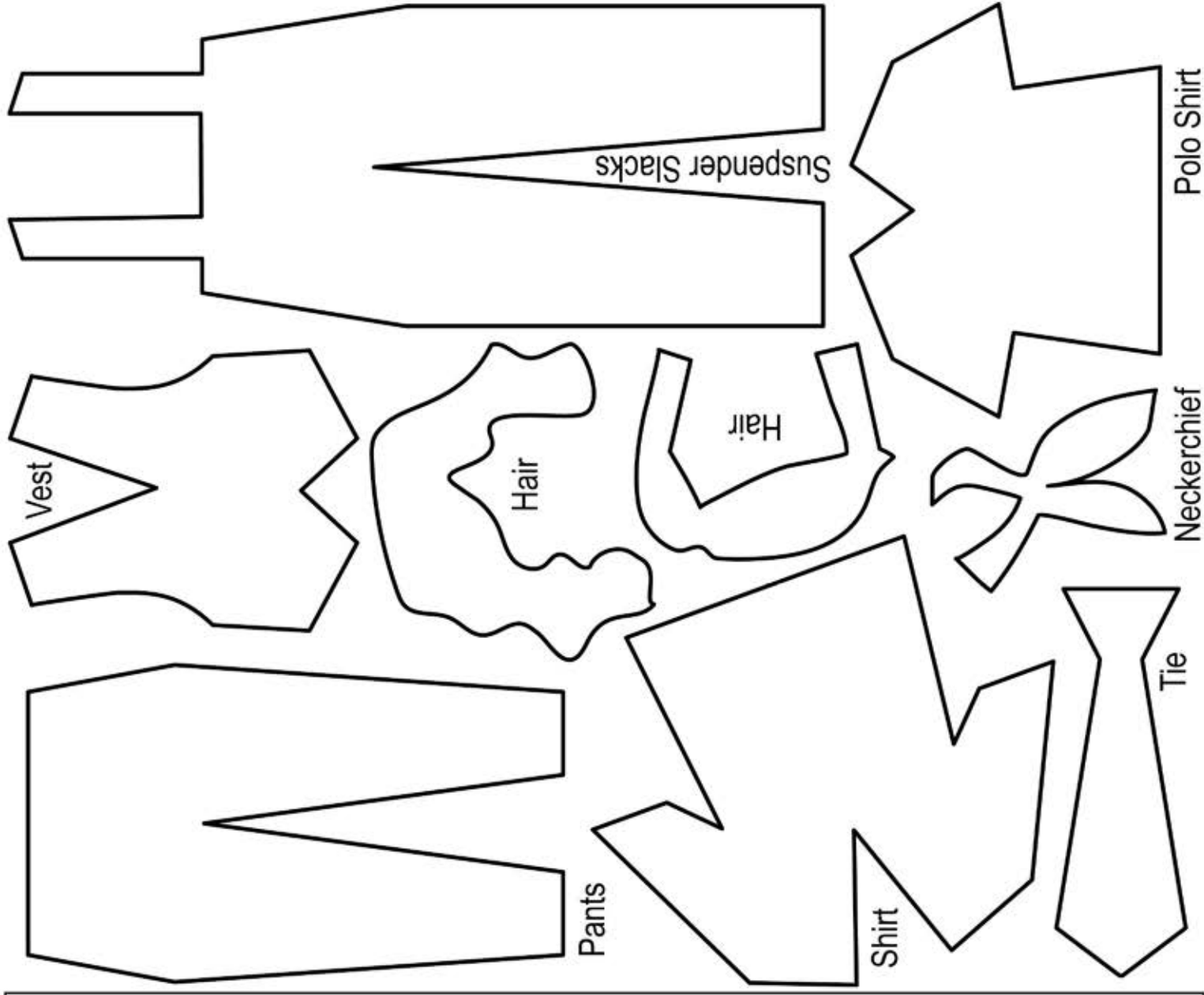
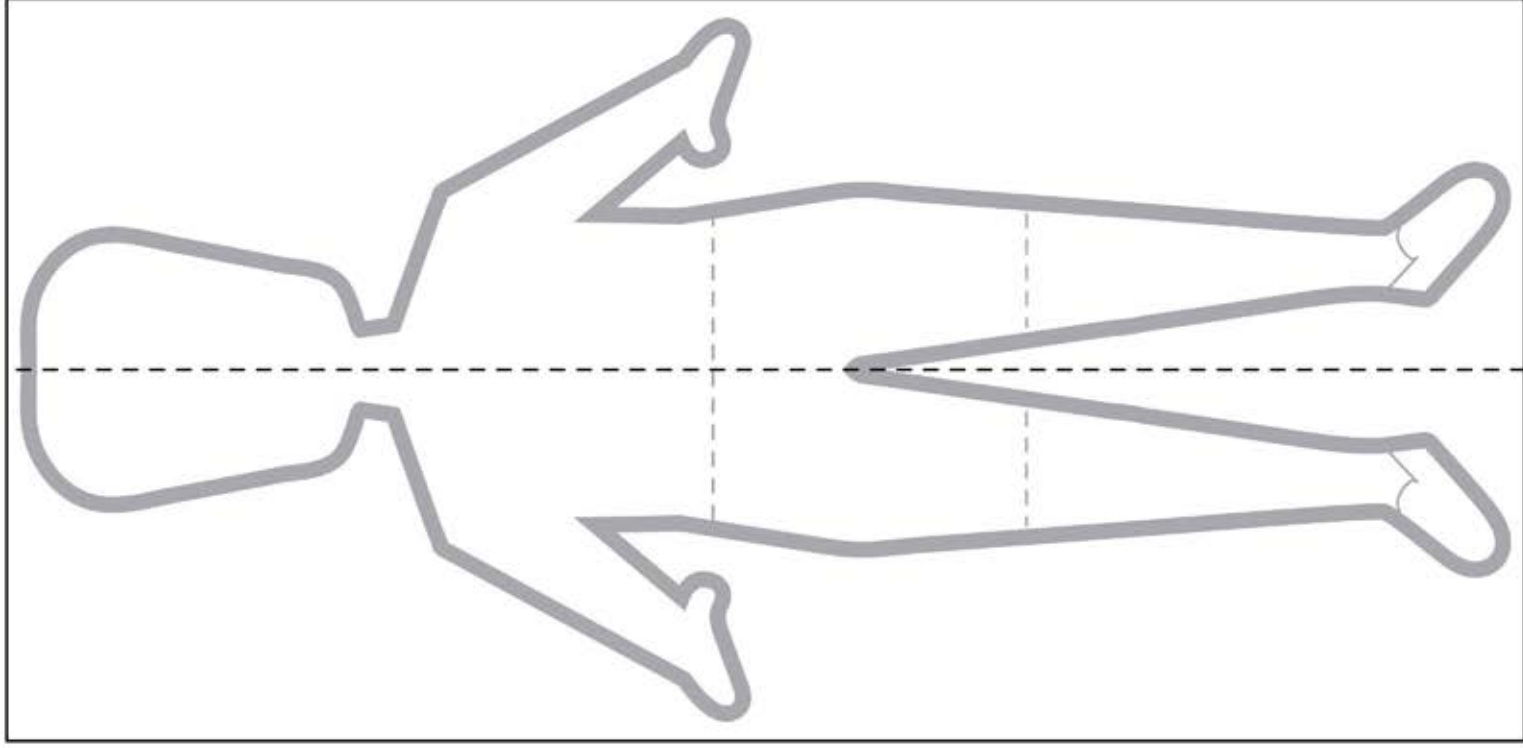
Bell-Bottom Pants



Dress



Puffy
Sleeve Top



Macrame Keychains

Learn how to make square knots to craft a macrame keychain with beads.

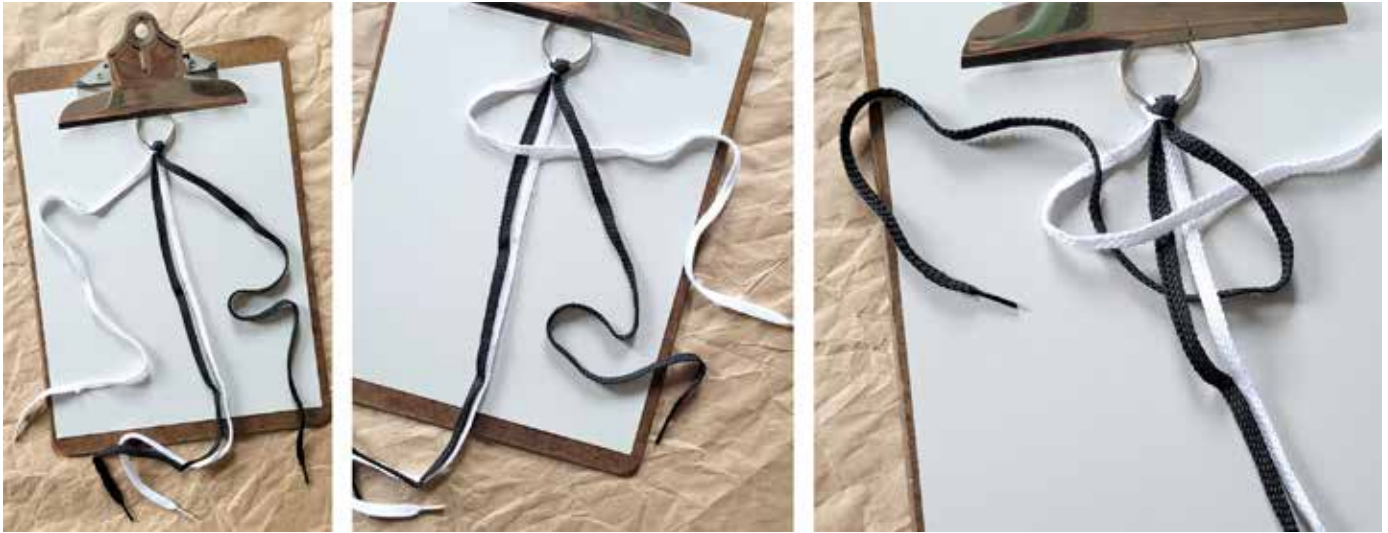
You will need:

- One black and one white flat shoelace (31" or longer)
- 1" split round keyring
- Wooden beads with large holes
- Disposable fork
- Clipboard or tape, scissors, tacky glue



Directions:

1. Attach the shoelaces to the keyring using a lark's head knot. To do this, hold the laces together and then fold them in half. Bring the folded end through the ring and then pull the loose ends through the loop the folded end created. Pull the loose ends of the laces to tighten the knot.
2. Clamp the ring to a clipboard or tape it down to your work surface to keep it from moving. Then arrange the laces so you have a white one on the left and a black one on the right, leaving a black lace and a white lace in the center, like railroad tracks. The "tracks" always remain in the center.
3. Make the first square knot by bringing the white shoelace on the left over the tracks and then under the black lace on the right, as shown in the center photo on the following page.
4. Bring the black lace that's on the right under the tracks and then up through the white shoelace loop that's on the left, as shown in the last photo on the following page.



5. Pull the ends of the left and right laces outward to tighten the knot around the center tracks. Scoot the woven laces upward as you pull the knot tighter, positioning the tightened knot just below the ring. This first knot is the top half of the square knot.

6. To complete the bottom half of the square knot, bring the white lace (which is now on the right) over the tracks and then under the black lace.



7. Guide the black lace under the tracks and then up through the white loop on the right.

8. Repeat step 5 to tighten the knot. Notice the shape of the knot before it's completely tightened. It forms a square, as shown in the last photo above.

9. Repeat steps 3 through 8 to make 3 to 5 more square knots. Tip: Always start each knot using the white shoelace. By doing so, the macrame strip will have lines of black on the outside edges on the front of the project, while the back has a center line of black with white outer edges.



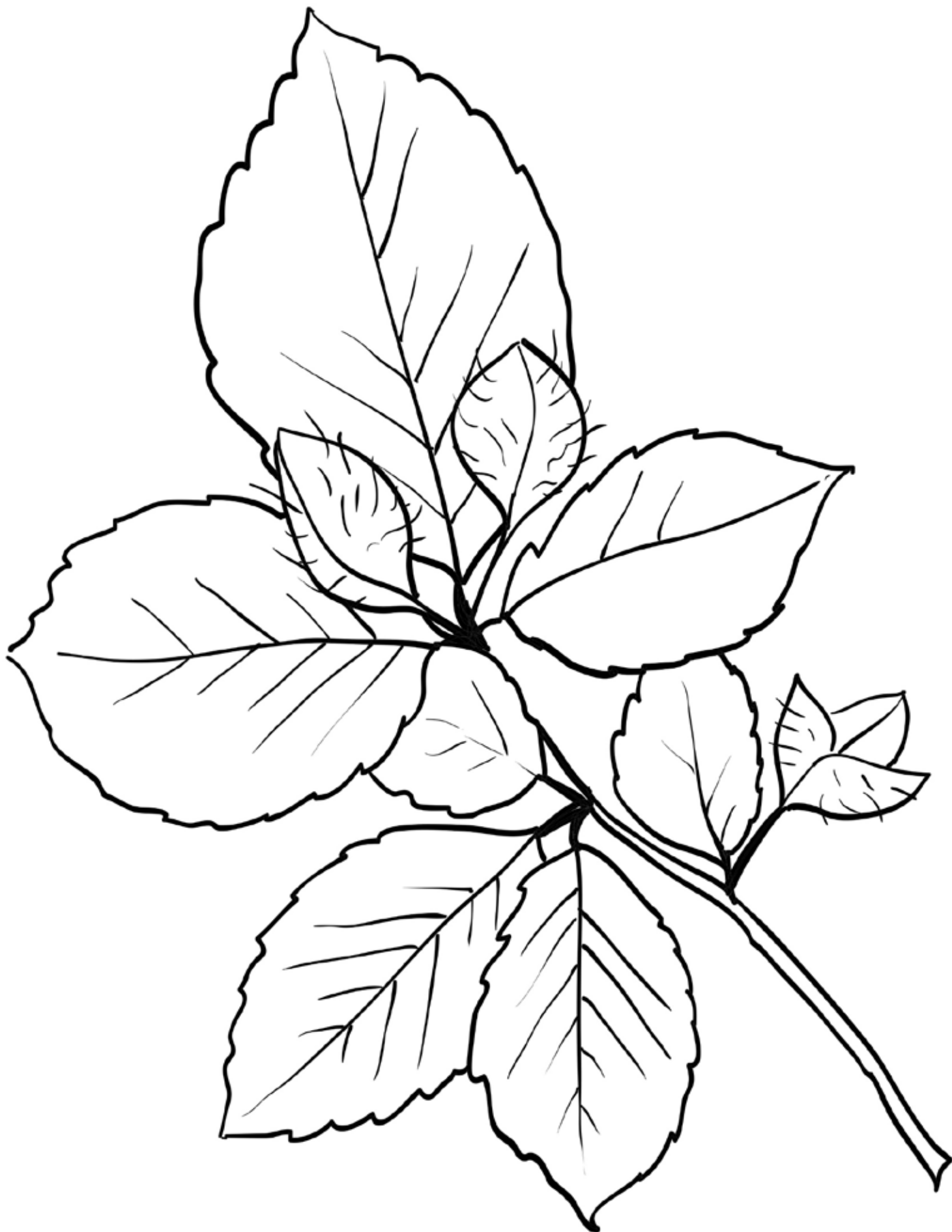
10. Thread a bead onto the center tracks. Then resume making square knots. The bead will be hugged by a lace on each side.

11. After adding 2 to 3 more square knots, slide a bead onto all 4 laces. Apply a dab of tacky glue to secure the bead in place.

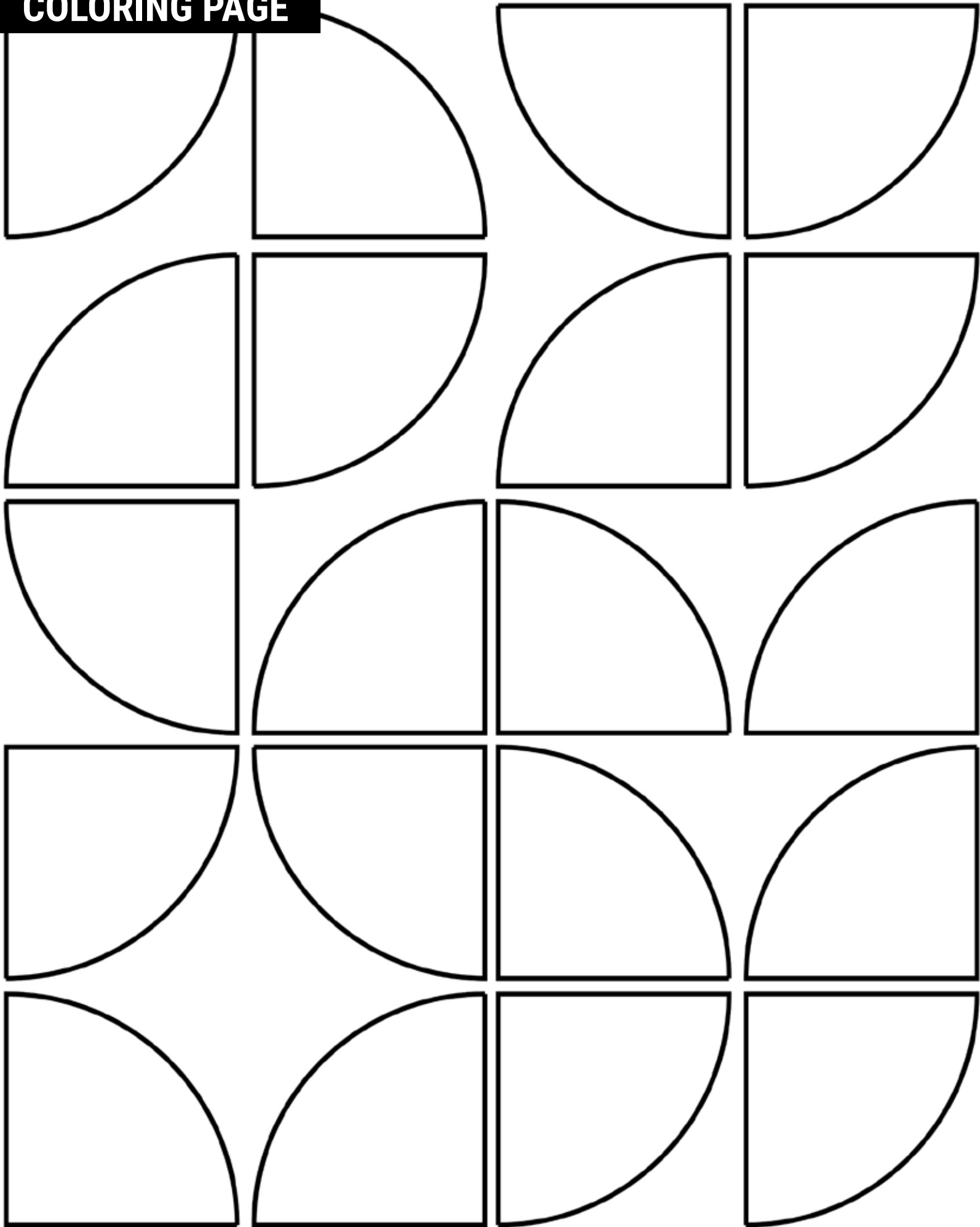
12. Cut off the excess shoelaces, leaving 2" of the laces extending from the last bead. Then use a fork to comb through the tips of the laces to fray them, creating a soft, fluffy tassel.

Variations:

- After mastering macrame using black and white laces, try your hand at using a single tone, adding more beads for added color.
- Use colorful shoelaces or thicker round laces for a chunkier style.
- Instead of fraying the shoelaces to make a tassel, add beads to the ends of the laces using a little glue to hold them in place.



COLORING PAGE



School Teacher Detective

Search for the items in bold.

Theo Brown was a teacher who, though he loved his job, always welcomed June, Because each year, the start of summer vacation could never come too soon. He happily retired his **alarm clock** and gave his **lunch box** a needed break, Then packed his bags for a relaxing month spent chilling on a Maine lake.

Alas, all too soon, summer was over, and school was about to start. Theo bought a **stapler** and locker **padlock**, since teachers do more than their part. **School glue, safety scissors, Crayola markers, and 3 rulers** he also did buy, Because in setting up their classrooms, teachers pay out of pocket, oh my!

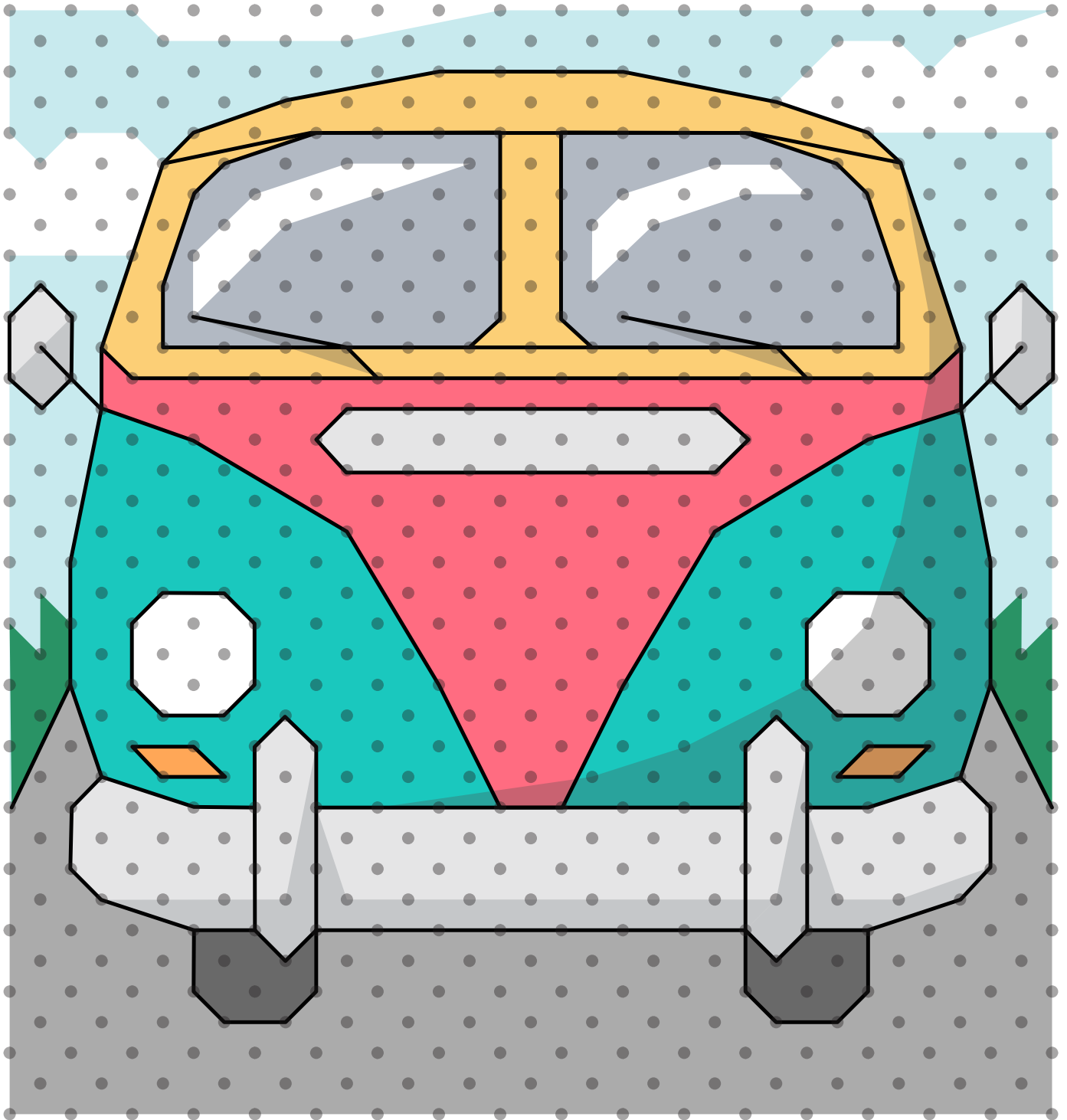
On his list were **2 composition notebooks, 3 metal clips, and glasses for reading,**
 Along with **6 pencils and multiplication flash cards** to help kids in succeeding.
6 Sharpies, a blue highlighter, and sharp scissors were part of his stash;
 His prized **label maker, dictionary, and calculator** he would not trade for cash.

With a **brown bag** of **Altoids**, **animal crackers**, and **3 tiny candy bars** so sweet, Day 1 was off to a good start and got even better when a new student he did meet. "Mr. Brown, you taught my sisters," he said, "And they told me that you're the best!" Theo smiled as he realized this was the very reason that he endured all the rest.



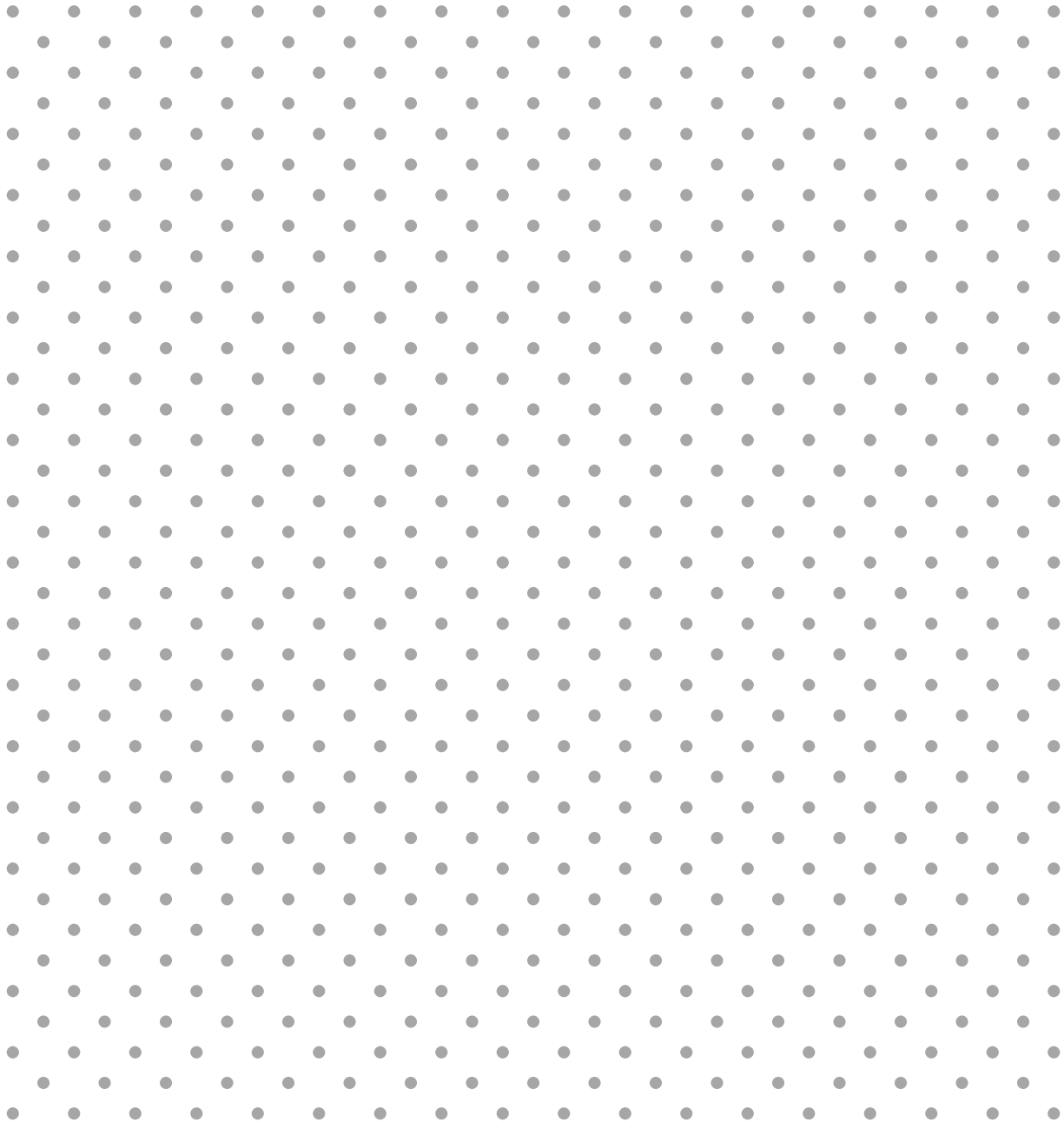
Dot Doodles #2

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



Dot Doodles #2

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



Advertising Slogans

Match the advertising slogan to the correct product.

- | | |
|---|-----------------------|
| 1. "A Diamond Is Forever" _____ | A. Morton Salt |
| 2. "Put a Tiger in Your Tank" _____ | B. Almond Joy |
| 3. "Sometimes You Feel Like a Nut" _____ | C. BMW |
| 4. "Be All You Can Be" _____ | D. De Beers |
| 5. "The Quicker Picker Upper" _____ | E. Disneyland |
| 6. "Betcha Can't Eat Just One" _____ | F. Yellow Pages |
| 7. "You're in Good Hands" _____ | G. L'Oréal |
| 8. "Because You're Worth It" _____ | H. General Electric |
| 9. "Breakfast of Champions" _____ | I. Esso/ExxonMobil |
| 10. "The Happiest Place on Earth" _____ | J. Wheaties |
| 11. "Look, Ma! No Cavities!" _____ | K. United States Army |
| 12. "Fly the Friendly Skies" _____ | L. Allstate |
| 13. "You Deserve a Break Today" _____ | M. Crest |
| 14. "The Ultimate Driving Machine" _____ | N. Campbell's |
| 15. "When It Rains It Pours" _____ | O. Lay's |
| 16. "M'm! M'm! Good!" _____ | P. McDonald's |
| 17. "We Bring Good Things to Life" _____ | Q. Bounty |
| 18. "Let Your Fingers Do the Walking" _____ | R. United Airlines |



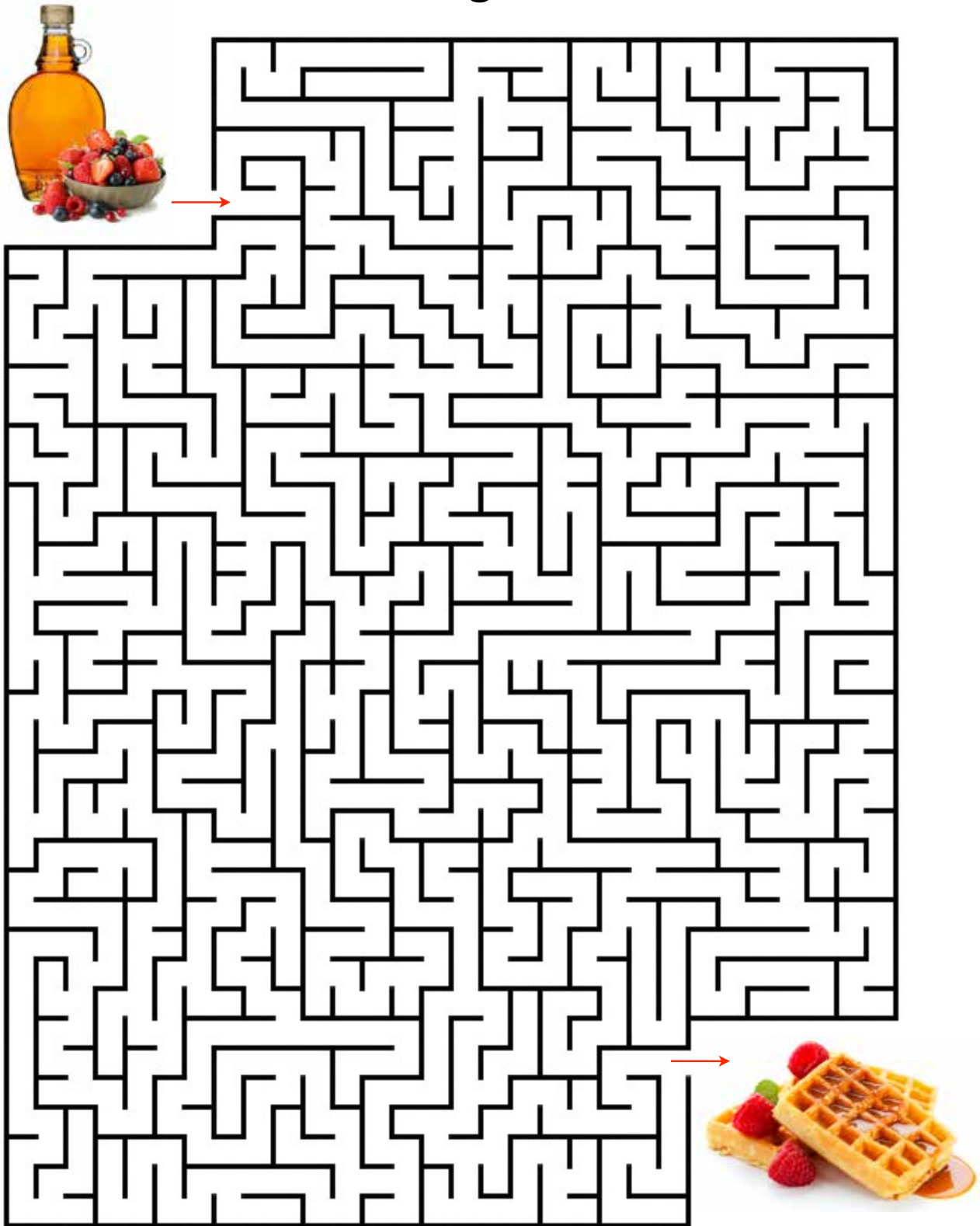
Community Mix-Up

Unscramble the letters to reveal words associated with community life.

1. GOBNI _____
2. NGIINSG _____
3. ZPLUESZ _____
4. NEFDRSI _____
5. NKTTIGNI _____
6. REXCIEES _____
7. CPUKTLO _____
8. UCMIS _____
9. GTNIIPNA _____
10. REIAGGNND _____
11. PORUPST _____
12. LTOERNUVE _____
13. ISBOEHB _____
14. UTIMOYNMC _____
15. NTUGIOS _____
16. EEFOFC _____
17. TETGHERO _____
18. GNAKWIL _____

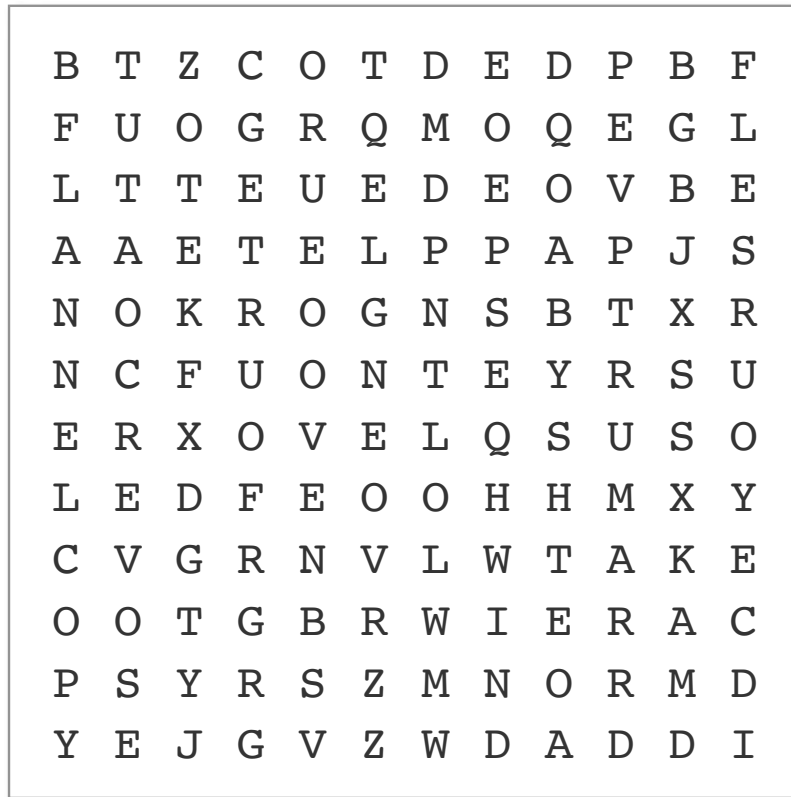


A-Mazing Waffles



Button up Your Overcoat

Fill in the missing lyrics and then find the words in the puzzle. Search vertically, horizontally, diagonally, forward, and backward.



_____ up your overcoat
When the _____ is free
Take good care of yourself
You _____ to me

Eat an _____ every day
Get to _____ by three
Oh, take good care of _____
You belong to me

Be careful crossing _____, ooh, ooh
Cut out sweets, ooh, _____
Lay off _____, ooh, ooh
You'll get a pain and ruin your
tum-tum

Wear your _____ underwear
When you climb a _____
Oh, take good _____ of yourself
You belong to me

Button up your _____
When the wind is _____
Oh, _____ good care of yourself
You belong to me
Boop-boop-a-_____

When you sass a traffic _____
Use diplomacy
Just take _____ care of yourself
You belong to me



Famous September Birthdays

The following people were born in September. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Lance **ARMSTRONG**
- B. Gloria **ESTEFAN**
- C. David **COPPERFIELD**
- D. F. Scott **FITZGERALD**
- E. Jerry Lee **LEWIS**
- F. Thomas **NAST**
- G. Bob **NEWHART**
- H. John J. **PERSHING**
- I. Keanu **REEVES**
- J. Oliver **STONE**
- K. William Howard **TAFT**
- L. Serena **WILLIAMS**

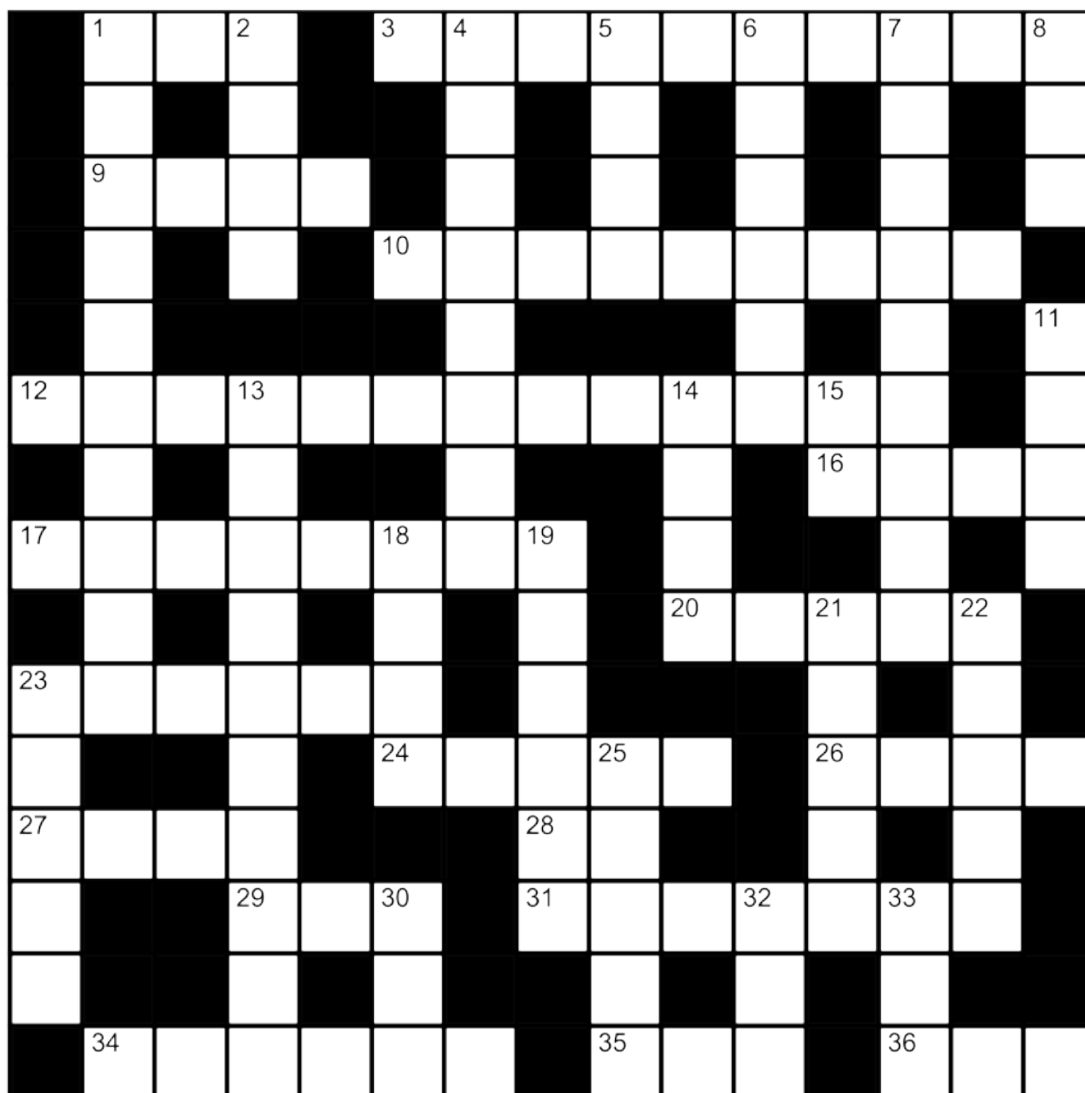
S	P	N	V	H	P	B	W	J	C	W	F
E	T	G	A	Q	G	T	I	L	O	O	V
V	R	F	W	S	R	T	L	D	P	D	A
E	S	I	A	A	T	S	L	L	P	G	W
E	G	N	H	T	T	P	I	O	E	N	U
R	H	W	A	O	T	X	A	D	R	O	D
H	E	T	N	F	Z	P	M	I	F	R	B
N	S	E	P	T	E	D	S	W	I	T	L
L	E	W	I	S	W	T	Y	S	E	S	B
I	Y	G	O	B	X	X	S	F	L	M	P
G	N	I	H	S	R	E	P	E	D	R	Q
D	L	A	R	E	G	Z	T	I	F	A	V

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|-------------------------------|
| 1. Comedian/actor ____ | 7. <i>Speed</i> actor ____ |
| 2. Tennis player ____ | 8. Singer/musician ____ |
| 3. Novelist ____ | 9. Magician ____ |
| 4. Director/screenwriter ____ | 10. World War I general ____ |
| 5. Professional cyclist ____ | 11. Political cartoonist ____ |
| 6. U.S. president ____ | 12. "Conga" singer ____ |

Crossword #57

Use the clues to fill in the crossword.



ACROSS

1. Trade Expansion Act, abbrev.
3. Incapable of being done
9. Paul Newman film,
____ Hand Luke
10. Extinct prehistoric reptiles
12. By way of contrast; relatively
16. Tablet or capsule, perhaps
17. Christmas and New Year's
20. To clear out or throw away
unwanted items
23. Business magnate
24. It will end at midnight
26. Excursion
27. "What's gotten ____ you?"
28. Offensive line, abbrev.
29. Plum part

31. Glass house features;
picture ____

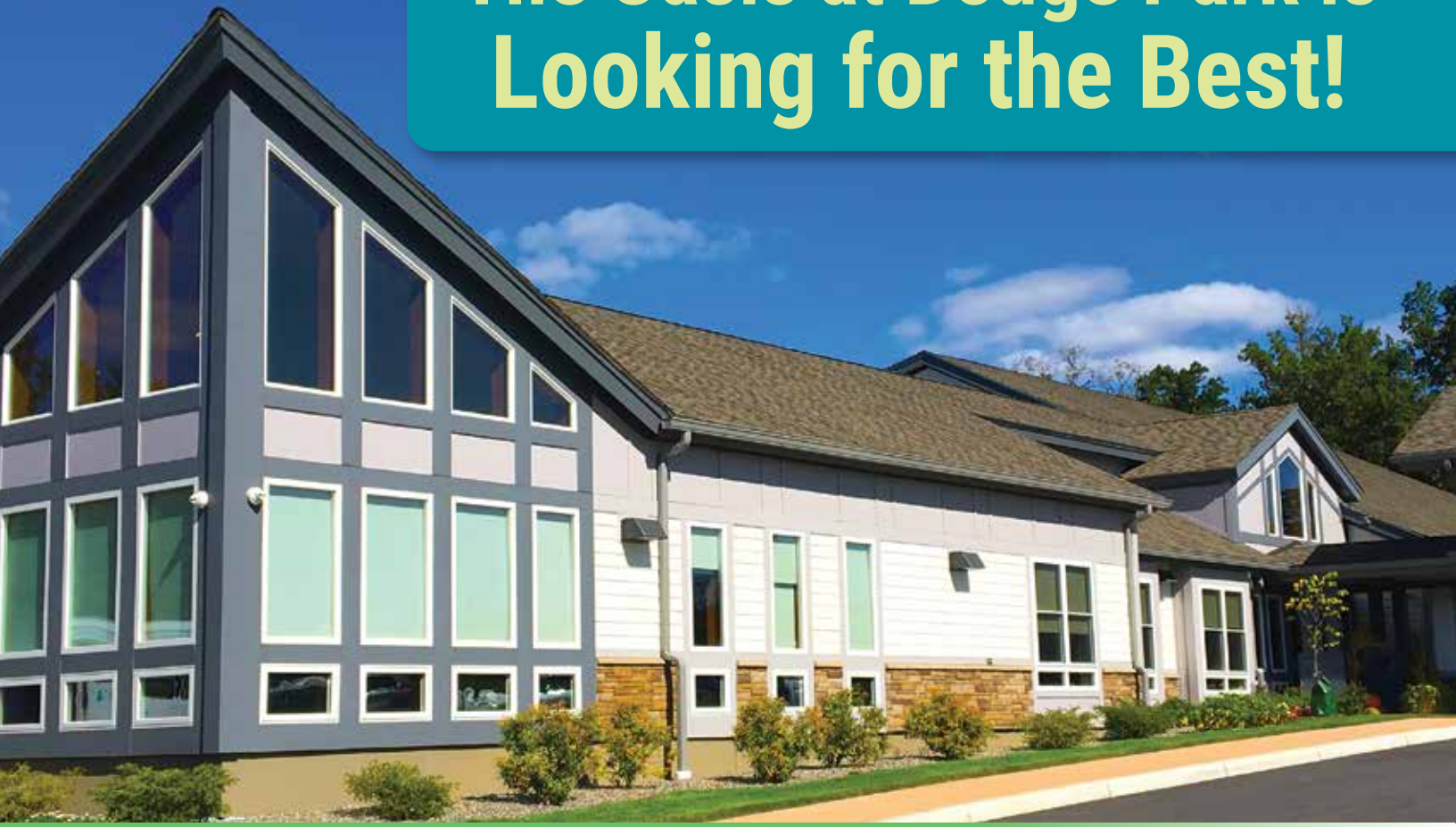
34. Tom, Dick, or Harry
35. Individual Study Time, abbrev.
36. "Tasty!"

DOWN

1. The T in IT: Information ____
2. Molecule part
4. Of the armed forces
5. Butter alternative
6. Equal-sided rectangle
7. Double-crossing
8. Corn serving
11. Darkroom development
13. Study of the nature of existence
and morality
14. A dangerous seductress

15. Vinyl record
18. Em, to Dorothy
19. Peter Pan lost his
21. 4:1, for example
22. Goes offstage
23. "I ____ I can, I ____ I can"
25. Cover story?
30. Roman numeral X = ____
32. Period
33. Kid's query

The Oasis at Dodge Park is Looking for the Best!



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

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CELEBRATING **59** YEARS

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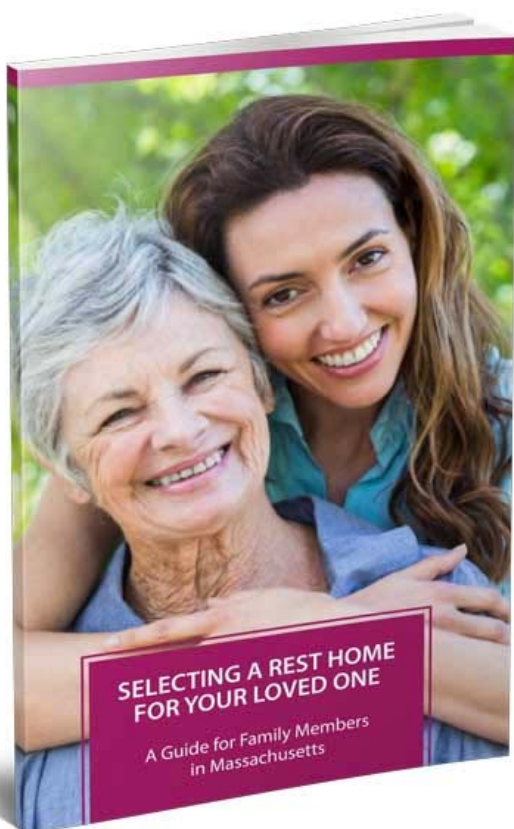
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Selecting a Rest Home For Your Loved One

A Guide For Family Members in Massachusetts

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



In this guide, you'll learn:

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

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

Memory Care Support Group



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

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

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

Meet Dennis Goguen

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

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

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

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

You can also attend the meeting virtually.

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

Dodge Park



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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

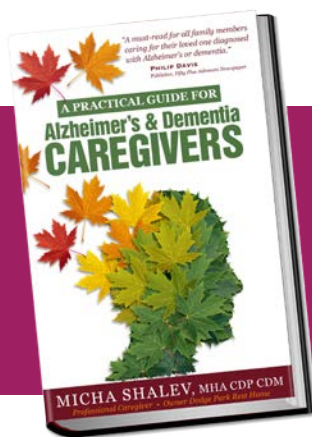
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

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in Massachusetts 5 years in a row

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

**For more information
please click here**

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