

NEIGHBORHOD CONNECTION

Dodge Park Rest Home has been serving the Worcester area since 1967 with the specific purpose to be recognized by the consumer and industry 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











Aging in Place concept for Individuals Diagnosed with Dementia/Alzheimer's Disease and required long term care.

The phrase "home is where the heart is" captures the sentiments of many older adults when it comes to making choices about where they live as they age. 89 percent of those people 50 and over surveyed stated that they would prefer to remain in their home indefinitely as they age.

Should they find themselves unable to do so, almost 85 percent of respondents agreed with the statement "What I'd really like to do is remain in my local community for as long as possible."

Social connections with friends and neighbors, familiarity with local amenities, and proximity to services and even doctors are among the many things that may be lost when an older adult has to move from his or her community.

While steps are being taken to make Aging in Place easier, the real challenge is answering "What strides are required for Aging in Place to reach its promise, and what level of care can be provided at a facility level to fully embrace the concept?"

As we age, health problems tend to be episodic, chronic, and sometimes progressive, resulting in an increasing need for assistance. Most ordinary "service-enriched" assisted living, resthomes, nursing homes and independent living communities are organized to provide care at a certain level of need, sometimes too much or too little for a particular individual. As a result, a housing arrangement often becomes a poor match, requiring residents to move multiple times, until the proper level of care is found.

When dealing with individuals with dementia and Alzheimer's disease, the situation is much more complicated. Moving between facilities is often disorienting, disturbing, and undesirable, not only for the individual but for the entire family.

The process of selecting the right facility for your loved one's long-term care can be a difficult one. Often the decision needs to be made quickly and occurs within the context of strong emotions such as guilt, fear, and doubt.

DODGE PARK REST HOME & OASIS AT DODGE PARK

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The Dodge Park Family of Care Services

Dodge Park Rest Home

The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

The Oasis at Dodge Park

Long-term facilities must respect the independence and judgment of residents. Aging in Place is dedicated to maintaining and supporting independent living as long as possible. This model encourages a host of community services and resources to support seniors.

Not only is Aging in Place a cost-effective way to manage the upcoming surge of seniors needing such services, it also supports what many seniors want most: living in the least restrictive environment as well as a facility where they can wake up late, take showers as often as they wish, receive visitors any time

AROUND DODGE PARK





during the day, host a child or a friend for a lunch or dinner and feel free to engage in activities.

I would contend that the very word "place" (in the Aging-In-Place concept) is the root cause of much of the confusion and the reason many communities use this as more as of a public relation "gimmick".

By its very nature, it implies one's "house"--the place where we raised the kids, shared family experiences, and ventured from to walk the neighborhood. I propose we discard the term or at least change its definition.

Aging in Place should have nothing to do with physical location. It should have everything to do with self-fulfillment and personal empowerment.

Aging in Place reflects an attitude and a way of environmentally enhancing the ability of seniors to maintain personal control over their lives, to the extent that is practical, but is important to them regardless of the fact that they are suffering from dementia and/or Alzheimer's disease.

Micha Shalev and Ben Herlinger





THIS MONTH

Mother Goose Day, May 1.

Take a day to re-appreciate the old nursery rhymes.

Cinco de Mayo, May 5.

A commemoration of the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862.

National Children's Mental Health Awareness Day, May 11.

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

National Wine Day, May 25.

Enjoy a glass of wine.

Memorial Day, May 29.

Remember the people who died while serving in the United States' armed forces.

AROUND DODGE PARK







May Observances

- · National Physical Fitness and Sports Month
- National Youth Traffic Safety Month
- Sudoku First Published as Number Place in Dell Puzzle Magazine
- May 1, 2017 May Day
- May 1, 2017 Mother Goose Day
- May 1, 2017 Holocaust Day
- May 1, 2017 Whale Awareness Day (in Massachusetts)
- May 1-7, 2017 Children's Book Week
- May 4, 1961 First Freedom Ride
- May 5, 1864 Elizabeth Jane Cochran's, Known as Nellie Bly, Birthday
- May 5, 2017 Cinco de Mayo
- May 5, 2017 Cartoonist Day
- May 5-6, 2017 Eta Aquarids Meteor Shower
- May 6, 2017 Space Day
- May 7, 1824 Beethoven's Ninth Symphony Premiere
- May 7, 2017 World Password Day
- May 8, 2017 International Migratory Bird Day
- May 8, 1945 Victory in Europe
- May 10, 1869 Central and Union Pacific Railroads Meet
- May 11, 1918 Richard Feynman's Birthday
- May 12, 1812 Edward Lear's Birthday (Celebrated as Limerick Day)
- May 12, 1812 Edward Lear's Limericks
- May 12, 1848 Start of California Gold Rush
- May 18, 1980 Major Mount St. Helens Volcanic Eruption
- May 19, 1884 Circus Day, Anniversary of First Ringling Brothers

Performance

- May 19, 1999 Premiere of Star Wars: Episode
- May 20-21, 1927 Charles Lindbergh Flies Historic Solo Nonstop

Transatlantic Flight

- May 20, 1932 Amelia Earhart's Atlantic Crossing
- May 20, 2017 Weights and Measures Day
- May 21-May 27, 2017 National Backyard games week
- May 22, 1960 Most Powerful Earthquake of the 20th Century in Chile
- May 23, 1910 Margaret Wise Brown's Birthday
- May 23, 2017 World Turtle Day
- May 27, 1937 Golden Gate Bridge Opened
- May 28-29, 1851 Sojourner Truth Gives "Ain't I Woman?" Speech
- May 29, 1917 John F. Kennedy's Birthday
- May 29, 2017 Memorial Day
- May 30, 1916 President Woodrow Wilson Proclaims June 14 Flag Day
- May 30, 1783 First Daily American Newspaper Published
- May 31, 1819 Walt Whitman's Birthday
- May 31, 2005 Mark Felt Revealed as Watergate's Deep Throat

THIS MONTH

Children's Book Week, May 1-7. Established in 1919, Children's Book Week is an annual celebration of books for young people. Every year, commemorative events are held nationwide at schools, libraries, bookstores, homes—wherever young readers and books connect.

Drinking Water Week, May 7-13. For more than 35 years the American Water Works Association and its members have celebrated Drinking Water Week—an opportunity for water professionals and the communities they serve to join together in recognizing the vital role that water plays in our daily lives.

National Women's Health Week, May 14-20. National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal: to empower women to make their health a priority.

Hurricane Preparedness Week, May 21-27. Tropical cyclones are among nature's most powerful and destructive phenomena. If you live in an area prone to tropical cyclones, you have to be ready. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts, and analyses of hazardous tropical weather.





National Nursing Home Week Travels Route 66

The theme of this year's National Nursing Home Week is "The Spirit of America." The example is a trip down Route 66 from Chicago to Los Angeles. In the free Activities Professionals Planning Guide put out by the NAAP, members will find many excellent activities tailored by many of the towns and cities along the way. Because the guide is has so many activities, too many to use here, we have selected an easy Los Angeles activity for an example. Hope you enjoy it. Also, members can get the guide from the source at the end of this article- Bob You've made it to Los Angeles: Turn you residents into TV stars!! Film residents acting out famous TV quotes, edit and host an Emmy style event to show it. You can find famous TV quotes/catchphrases at this great site: http://www.tvguide.com/news/tvs-60-greatest-catchphrases-1070102/

Celebrate by making your residents TV Stars! Dress residents in character & use a simple but appropriate backdrops for example:

- "Look! Up in the sky! It's a bird! It's a plane!" 50's style dress & hat / blue background with clouds & a picture of superman flying
- "Baby, you're the greatest." A couch maybe a homemade afghan
- "To the Batmobile!" Batman, photo of the batmobile in the background
- "Live long and prosper." —dark background with blinking lights
- "Sock it to me!" —hippie. Background of big flowers
- "Book 'em, Danno." Hawaiian shirts blue sky, palm tree

- "Just one more thing..." Colombo, trench coat and cigar, no special background
- "Marcia, Marcia, Marcia!" Jan, The Brady Bunch
- "Stifle!" Archie, All in the Family
- "Who loves ya, baby?" Kojak, bald, lollipop, no special background
- "Good night, John Boy." just a photo of the house in the background and 11 people saying goodnight to: mama, daddy, grandpa, grandma, John Boy, Mary Ellen, Jason, Ben, Jim Bob, Erin and Elizabeth good night off camera.

There are many more phrases to choose from so let your creativity run wild. The filming can be done from as simple as a phone (use the SD memory) or a digital camera to a digital video camera. Editing is the more difficult challenge but if you contact a local high school, community school or even university audio visual dept. you can usually find a volunteer to help or even complete the project. "Take that California trip" NAAP members Get the Activity Professionals

Planning Guide at: http://www.naap.info



TO ALL EMPLOYEES

Monday May 8, 2017 - Oasis/Chair Message 2pm Dodge/Ice Cream Truck 2:30pm/10:30pm

Tuesday May 9, 2017—Oasis/Ice Cream Truck 2:30pm/10:30pm Dodge/Chair Message 2pm BBQ Lunch/Dinner Employees

Wednesday May 10, 2015—Dinner Wicked Wings 6pm-8pm

Thursday May 11, 2017 - Dinner Wicked Wings 6pm-8pm

Friday May 12, 2017 – Chinese food to all staff

Keep your home safe to prevent injury

Follow this advice to protect yourself and your family from common household injuries—and even death.

Your home might be your castle, but that doesn't mean you're necessarily safe there at all times. Follow this advice to protect yourself and your family from common household injuries—and even death:

- Check your smoke detectors. Fire kills more than 2,900 people and injures 16,000 each year. And most of the fires break out when people are asleep. Install a smoke detector on each floor and outside each bedroom; change batteries at least twice a year.
- Buy carbon monoxide detectors. Carbon monoxide is an odorless, colorless gas that can kill you or send you to the hospital. Most detectors cost between \$40 and \$170.
- Invest in nightlights. It may sound basic, but a simple nightlight could prevent you from tumbling down the stairs and breaking something.
- Other tidbits include: deadbolt locks, grab bars for the tub, rubbersuction bath mats, handrails on stairs, fire extinguishers, flashlights, a fire evacuation plan, and posting local emergency numbers on the refrigerator.

Diet and save money at the same time

Just remember this advice for stocking your pantry with foods that are good for you without spending a lot of money ...

Sticking to a diet doesn't have to be complicated or expensive. Just remember this advice for stocking your pantry with foods that are good for you without spending a lot of money:

- Buy in bulk. Most prepackaged food items tend to cost more, and you'll be less likely to run out of something healthy to eat.
- Plan your shopping. Before heading to the store, check prices at competing stores to get the best deal. Clip coupons and put them in a spot where you won't forget them.
- Go vegetarian. Try not eating meat at least once a week. You'll save some money and improve your overall health.

Eating more fish may help prevent Alzheimer's

Alzheimer's, a disease that afflicts some 5.1 million Americans, is a type of dementia that affects a person's memory, thinking, and behavior. Although at this point no cure exists, you can take measures to reduce your chances of suffering from this debilitating condition.

New evidence suggests that eating more fish—as long as it's not

fried—may help to protect your brain from the shrinkage and decline associated with Alzheimer's. Researchers from the University of Pittsburgh Medical Center tracked the diets of 260 people with normal cognitive function for more than 10 years.

Using magnetic resonance imaging (MRI), they measured the brain volume and function of each participant at the beginning of the study, and again at the end. The results: The 163 subjects who ate fish on a weekly basis (the majority consuming it one to four times a week) had a larger orbital frontal cortex and hippocampus (two areas of the brain that are known to shrink in Alzheimer's patients) and better memory function that those who ate less fish.

The researchers determined that the risk for Alzheimer's and mild cognitive impairment was lowered fivefold within the five years following the brain scans. So start eating more fish today.

Follow this 'Golden Rule' to reduce cancer risk

Want to cut your risk of developing cancer? Check the color of your food—particularly your toast and potatoes. Scientists in the United Kingdom day that cooking those two items too long can increase levels of a naturally occurring chemical called acrylamide, which has been linked to cancer in rats.

Acrylamide is formed when starchy foods like potatoes and root vegetables are cooked at over 120 degrees. To reduce it in your foods, follow these guidelines:

- Cook until golden. Whether you're making toast, roasting potatoes, or baking vegetables, cook until the food is gold-colored, not brown.
- Check the instructions. Follow instructions for baking or frying packaged vegetables like fries or parsnips.
- Keep raw potatoes fresh. Don't put them in the refrigerator if you're going to roast or fry them. Colder temperatures can increase acrylamide levels.

THIS MONTH

A solemn tradition: Memorial Day

Memorial Day began in the 19th century as "Decoration Day," when citizens were encouraged to decorate the graves of soldiers who'd died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America's wars.

Decoration Day officially became Memorial Day in 1967. In 1968 the Uniform Holidays Act established it as one of three holidays (including Veteran's Day and George Washington's birthday, now called Presidents Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.



Wearing poppies is a popular Memorial Day tradition. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem "In Flanders Fields," by Canadian poet and doctor John McCrae. The poem's opening lines read:

In Flanders Fields, the poppies blow Between the crosses, row on row.

During the Overseas War Secretaries' annual conference held in New York City in 1918, shortly before the signing of the armistice that ended the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself).

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.

ALS Awareness Month. Sponsored by the ALS Association to focus the public spotlight on ALS—amyotrophic lateral sclerosis, commonly known as Lou Gehrig's Disease. ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. It usually strikes people ages 40 to 70 and afflicts about 20,000 Americans.

Clean Air Month. Supported by the American Lung Association, Clean Air Month educates people about the importance of clean air in their lives. It's also a time to celebrate the Clean Air Act of 1970 and its impact on the way people think about the environment and on the overall health of everyone.

Mental Health Awareness Month. One in five Americans lives with a mental disorder, with depression topping the list of health-related productivity costs in the workplace, responsible for more than \$51 billion in absenteeism. Strive to make mental health at work a top priority for employers.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give biking a try.



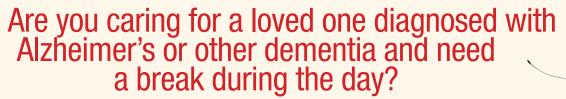
A very Happy Birthday to...

RESIDENTS

Mary Ann F. May 3
Dorothy H. May 13
Phyllis S. May 18
Richard F. May 4
June L. May 8
Sally G. May 11
Jeanne O. May 19

EMPLOYEES

Justin B. May 7
Carmelo V. May 9
Aneesah N. May 12
Aryielle A. May 15
Michelle S. May 22
William M. May 23
Augustin G. May 25



The Adult Day Care at Dodge Park offer the right solution for your respite care.

To learn more about our Adult Day Care Program please join us for an afternoon of fun at our monthly Day Club open house with your loved one on the 3rd Thursday of each month between the hours of 1:30pm and 4:00pm .

The next open house will be on May 18, 2017

This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. The afternoon will consist of group discussions, music, arts, refreshments, and most importantly, laughter.

The monthly open house is FREE and open to the public.

It is open to anyone at any stage of the Alzheimer's/Dementia disease process accompanied by friend, family, and loved ones.



Health Corner

WITH CARA ZECHELLO

DODGE PARK REST HOME REGISTERED DIETITIAN

Nuts About Nuts

Nuts are one of nature's power foods. They are delicious, nutritious and easily accessible and widely available. Nuts are different than peanuts as peanuts grow underground and are considered legumes. Nuts grow on trees and are often referred to as tree nuts. They are categorically different however tree nuts and peanuts share many of the same nutritional traits.



In general, nuts are considered heart-healthy since they contain omega-3 fatty acids, monounsaturated fats, are high in fiber and are rich in antioxidants. Nuts are also cholesterol and sodium free. Walnuts contain the highest amount of the fatty acid ALA (alpha-linolenic acid), which is required by the body to function. Walnuts also contain the most antioxidants of all the nuts. Almonds have the most fiber of all types of nuts. When compared to other nuts, macadamia nuts are the highest in monounsaturated fatty acids, which help to lower low-density lipoprotein cholesterol (LDL, otherwise known as "bad" cholesterol).

The fiber in nuts helps satisfy one's appetite, which is a great for weight management. Eating just a small handful of nuts a few times a week is a great way to boost energy and nutrition for good health and choosing from a variety of nuts is the best way to ensure the best nutritional intake. For example, almonds are particularly rich in the antioxidant, vitamin E while cashews are a good source of iron, which is important in the prevention of anemia. Nut oils, for example walnut oil, contain similar nutrients as eating the whole nut. However oils lack the fiber that makes eating the whole nuts so healthy.

Nuts add texture, crunch and flavor to any recipe. Nuts are a choice when snacking on the go. They require no refrigeration and once shelled, can be eaten anywhere. For those following a vegetarian or vegan lifestyle, nuts are a good source of plant protein.



Nuts can be added to any meal. For breakfast, add nuts to a yogurt, fruit and granola parfait. When it's lunchtime simply sprinkle nuts to any kind of salad and for dinner try adding nuts to a chicken and vegetable stir-fry. Be creative and treat your palate regularly to delicious nuts. Your good health will benefit.

I will be available to meet with family member to address any concern or questions regarding dietary needs or special diet for their loved one. I can be reach at Dodge Park Rest Home number (508-853-8180).

THE OASIS IS NOW OPEN! VIEW THE NEW STATE OF THE ART FACILITY













CALL FOR A TOUR 508-853-8180

Mother's Day has a long history of love

The second Sunday in May was officially proclaimed "Mother's Day" by President Woodrow Wilson in 1914, but it had a long history before then.

The ancient Greeks held a festival for Cybele, the mythical mother of many Greek gods, during the spring. The Romans dedicated a holiday called Matronalia to the goddess Juno, mother of Mars, Minerva, and Vulcan. Gifts to one's real mother were common that day.

"Mothering Sunday" in Europe and the British Isles honored mothers and motherhood on a specific Sunday. The Catholic liturgical calendar marked the fourth Sunday of Lent to honor the Virgin Mary and "mother church," and families offered token gifts and took charge of traditionally female tasks such as cooking and cleaning for the day.

In the United States, Anna Reeves Jarvis organized Mother's Work Day in the 19th century. Her goal was to heighten awareness of local sanitation issues in her home state of West Virginia. Julia Ward Howe, author of the lyrics to "The Battle Hymn of the Republic," promoted a "Mother's Day for Peace" in 1872.

In 1908, Anna Marie Jarvis (daughter of Anna Reeves Jarvis) organized a celebration of motherhood at her church in Grafton, West Virginia; more than 400 children and their mothers participated. After that, Jarvis proposed a national day of recognition for mothers. West Virginia recognized Mother's Day first, in 1912. President Wilson's proclamation came in 1914.

Today Mother's Day is a big business. Greeting cards, flowers, perfume, jewelry, and dining out are all a big part of how we express appreciation to the women who raised us.

• Unusual deductions: A parent was able to deduct the expenses for her child's clarinet lessons because she claimed they corrected the child's overbite. A junkyard owner deducted cat food for the cats he kept to drive away mice and rats, and the IRS approved it as a

business expense. A bodybuilder claimed a deduction for the cost of the body oil that he used in competitions, and again the IRS allowed it as a business expense.

Keep your teeth in good health

Remember these tips from the American Dental Association to maintain good dental health ...

Diet and exercise are important to good health, but so is taking care of your teeth. Remember these tips from the American Dental Association to maintain good dental health:

- Toothbrush. Use a brush with short bristles that's gentle on your gums. Replace your toothbrush when the bristles fray, or every four months, if not sooner. Store your brush standing up in open air, not lying down in a case.
- Timing. Brush your teeth for two minutes at least twice a day. Wait 30 minutes or so after eating before you brush, especially if you've eaten something highly acidic.
- Technique. Hold the brush at a 45-degree angle to your gums. Brush gently back and forth, using short strokes. Remember—keep brushing for two minutes.





Safeguard your identity with these security tips

The Federal Trade Commission says that millions of Americans become victims of identity theft each year. You don't have to add to this year's total. Here's some expert advice, compiled from various websites, on protecting your identity:

Online

- Explore the websites you shop. Reliable merchants will provide their address (not a post office box!) and phone number. Do some research before giving your credit card to a seller you know nothing about.
- Look for secure transactions. The URL's prefix should change from http to https, or shttp, to indicate that sales are encrypted or otherwise secure from hacking.
- Print out records. When you make a purchase, save and print a copy of the transaction (and any other correspondence) so you can back up your claims in case of any dispute.

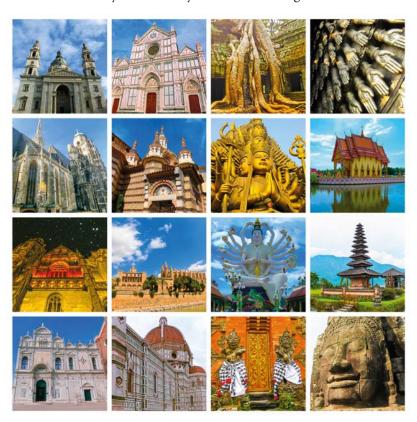
At home

- Mail with care. Don't leave outgoing credit card payments of tax documents in your residential mailbox for the letter carrier to pick up. Take them to a Postal Service mailbox or post office to ensure their safety.
- Shred after reading. You know this, but it bears repeating: When you discard credit card bills or anything bearing your personal information, rip it up or shred it so garbage divers can't salvage it to use against you.

• Keep track of your credit cards. Don't keep more charge cards that you can monitor for fraudulent activity. Pay attention to expiration dates; if you don't get a replacement on time, contact your bank immediately in case it's been stolen.

Everywhere

• Memorize essential data. You don't want a lost wallet or stolen briefcase to compromise everyone's identity. Commit Social Security numbers, ATM passwords, and other important data to memory so you don't need to carry them with you and risk losing them.



Spiritual search: What kind of church should you join?

What do you look for when you're trying to find a new church? About half of Americans have searched for a different religious community at least once in their lives, usually because they've moved. A Pew Research Center study examined what factors guide them in choosing a new congregation:

- Quality of the pastor's sermons 83 percent
- Feeling welcomed 79 percent
- Style of church services 74 percent
- Church location 70 percent
- Education for children 56 percent
- Friends/family in the congregation 48 percent
- Volunteer opportunities 42 percent
- Other 29 percent



No matter how efficiently and effortlessly you have adapted your life to the role of caregiver; eventually you are going to need a break. Occasional breaks are essential not only to your emotional well-being, but to the well-being of your relationships with your family, friends, and the person you are caring for.

Taking an occasional break is also essential to maintaining your capability as a caregiver. For some caregivers a nearby family member can step in and provide the care, but for other caregivers that option is not available. In those cases, adult day care is one of a better option.

The role of adult day care is gaining increased attention as the nation prepares for the large cohort of baby boomers entering their later years. Many boomers are aging with physical and cognitive impairments, including Alzheimer's disease and related dementias. Moreover, these boomers have a strong preference to age in place in their communities. It is estimated that 70% of persons with dementia and Alzheimer's disease, reside at home while receiving care from family members.

Life, liberty, and the pursuit of happiness are central ideals in American society. Health and aging issues in the United States are shaped by "independence, autonomy, the application of principles, and a preeminent concern for individual rights".

In the United States, the National Adult Day Services (ADS) Association provides leadership in all areas of ADS. The most current definition for ADS in the United States comes from the NADSA Standards and Guidelines for ADS: "Adult day services are community-based group programs designed to meet the needs of adults with impairments through individual plans of care. These structured, comprehensive, residential programs provide a variety of health, social, and related support services in a protective setting. By supporting families and other caregivers, adult day services enable participants to live in the community. Adult day services assess the needs of participants and offer services to meet those needs. Participants attend on a planned basis".

The Components of A Quality Program Family members must do some research to determine whether the adult day care center is right for their loved ones.

The components of a quality adult day care program should include the following:

- Conducts an individual needs assessment before admission to determine
 - the person's range of abilities and needs;
- Provides an active program that meets the daily social and recreational
 - needs of the person in care;
- Develops an individualized treatment plan for participants and monitors
 - it regularly, adjusting the plan as necessary;
- Has clear criteria for service and guidelines for termination based on the
 - functional status of the person in care;
- Provides a full range of in-house services, which may include transportation, meals, health screening and monitoring, educational programs and counseling;
- Provides a safe, secure (lock if needed) environment;
- Provide transportation;

Be sure to ask each program you are considering which services are included, and whether or not supplemental services may be purchased to complement the specific care and services required.

Micha Shalev MHA is the owner of Dodge Park Rest Home and the Adult Day Care at Dodge Park located at 101 Randolph Road in Worcester. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com.

9:30 Bible Study 28 10:00 Aerobics with Jorge 11:00 Rosary 11:45 Game Circle 2:30 Entertainment: Dave Cuddy 4:00 Inspirational Stories Oasis at Dodge Park 102	Jorge 11:00 Rosary 11:45 Game Circle 2:30 Mothers Day Social w/Ashley Yarnell 4:00 Inspirational Stories 9:30 Bible Study 21 10:00 Aerobics with Jorge 11:00 Rosary 11:45 Game Circle 2:30 Entertainment: Wayne Page 4:00 Inspirational Stories	9:30 Bible Study 11:45 Game Circle 2:30 Entertainment: Darlene Bailey 4:00 Inspirational Stories 9:30 Bible Study 11:45 Game Circle
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Here is an easy recipe for you to try during National Nursing Home Week.

Easy Individual Cherry Cobblers What You'll Need

- 1 can (20 ounces) cherry pie filling
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 3 teaspoons granulated sugar
- 1/8 teaspoon salt
- 4 tablespoons melted butter (2 ounces)
- 1/2 cup milk
- Vanilla sugar or cinnamon-sugar, for topping

How to Make It

- 1. Butter four 6-ounce ramekins*. Divide the pie filling among the ramekins. Set them on a foil-lined baking sheet.
- 2. Preheat oven to 375 F.
- 3. In a medium bowl, combine flour, baking powder, sugar, cream of tartar and salt. Add the melted butter and milk, stirring just until moistened. Drop batter by heaping tablespoon onto the filling.
- 4. Sprinkle cinnamon-sugar or vanilla sugar over the biscuits.
- 5. Bake for about 20 minutes, or until biscuits are browned and filling is hot and bubbly. Makes 4. *Use six 4-ounce ramekins to make 6 cobblers.

Tips

Homemade Fresh Cherry Pie Filling: In a large saucepan, combine 6 cups of fresh destemmed and pitted cherries with 1/2 cup of water, 1/14 cups of granulated sugar, and 4 tablespoons of cornstarch. Stir well and then bring the mixture to a boil. Reduce the heat to low and cook, stirring frequently, for about 8 to 10 minutes. Cool slightly and use in any recipe calling for cherry pie filling.

May 17th is National Cherry Cobbler Day.





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Oasis at Dodge Park offers specialized Alzheimer's care in state-of-the-art facility

The owners responsible for establishing Worcester's Dodge Park Rest Home as top facility for seniors with Alzheimer's disease and dementia are close to unveiling of first phase their new endeavor – Oasis at Dodge Park.

Micha Shalev and Ben Herlinger took over the operation of Dodge Park in 2007 and created an innovative program for their residents. Oasis at Dodge Park is building on that success.

"The focus of Oasis is mainly to help people with dementia and Alzheimer's disease," said Shalev, "those people who don't need to be in a nursing home, but need constant care."

The \$16 million 60,000-square-foot project, located at the site of the former Odd Fellows Home across the street from Dodge Park, is being constructed in two phases. The first, a 50-bed building is due to open in May 2016, pushed back from fall of 2015 due to the previous harsh winter. The second will include a 32-bed building that will eventually be expanded to 51.



Oasis, designed by Levi + Wong Associates of Concord, will combine the feel of a luxurious hotel with all the comforts and amenities of home. Once completed, the secure, 60,000-square-foot facility will encourage enjoyment of the natural surroundings, including a large, central courtyard and many large gardens so residents are able to keep all their senses active. Two dining rooms will be built around the central courtyard and the common activity area will have a two-story high ceiling and multiple glass windows to bring natural light into the facility.

The new facility will have rooms with four different layouts, including some private rooms and rooms with a view of nearby Indian Lake.

Shalev noted that last year, Massachusetts passed new regulations supported by the Alzheimer's Association to improve the safety of residents with dementia and Alzheimer's living in care facilities.



Micha Shalev, owner and administrator

"They are very tough standards," said Shalev, "and this facility goes above and beyond."

The state-of-the-art facility is designed to promote independence within a comfortable and safe environment.

The "small house philosophy" encourages flexibility and responsiveness to resident's needs. The plan offers several common areas that will allow a variety of activities. Each household has its own dining area, living room (day room), and dedicated activity spaces that will support appropriate activities for residents with different cognitive abilities. Each household also has a family-style kitchen, where residents can freely access juices, fruits and light snacks.

With the increase in those with Alzheimer's and dementia, "there is a need for this type of housing," Shalev said. "We are not a nursing home. We want to create an environment more like home, more social, but with the piece of mind of nursing available on site 24/7."

The Alzheimer's Program staff at Oasis of Dodge Park receive special training and seek to adapt to each resident's individual patterns of behavior. Staff members provide customized personal assistance with daily living tasks and encourage participation in life-enriching activities.

Oasis at Dodge Park is now accepting applications for admission. For more information, visit oasisatdodgepark.com.



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50 and older are especially at risk for shingles

A few years ago, a Harris Interactive- sponsored poll* found that Americans consider 50 to be the "perfect age" to live forever in good health. For many, the halfW-century mark can be a time when experience and opportunity balance perfectly - as told by the saying "50 is the new 30." At 50 there may be more time to spend on your hobbies or other activities that interest you.

At 50, the last thing anyone would want is to be blindsided by illness. Yet risks of certain medical conditions increase with age.

For example, shingles is a condition caused by the same virus that causes chickenpox - a virus that 98 percent of adults have had according to the U.S. Centers for Disease Control and Prevention (CDC).

Even after recovery from chickenpox, the virus never leaves the body. At some point later in life, it can unexpectedly reactivate and emerge as shingles - a painful blistering rash that can last for 30 days.

When Edwin DePeiza discovered he had shingles, he learned the meaning of the adage: "You don't miss something until it's gone." DePeiza, who is in his 60s and resides in Massachusetts, first noticed a burning sensation on his torso. By the

time he saw his doctor, a rash had developed. Upon seeing the rash, his doctor quickly diagnosed it as shingles.

DePeiza, a passionate guitar player, witnessed how shingles can interrupt the moments that matter in life. His guitar playing had taken him all over the world, but the intense pain of shingles forced him to put his passion on hold. "The things I love to do most I couldn't do, like playing in the band and spending time with [my wife] Marylou," DePeiza recalls. "The sensation of having shingles for me was like being scalded by hot water, [or] having hot cereal spill on you. I have never experienced that kind of pain or burning sensation."

According to the CDC, one in three people will get shingles in their lifetime, and every year, about 1 million cases are diagnosed in the United States. Adults aged 50 and older are especially at risk for shingles, as the risk increases with age due to naturally declining immune systems. There is no way to tell who will get shingles, nor how severe the case will be. Shingles most commonly surfaces on a single side of the torso, but it can appear anywhere on the body - even the face. For most people, after the shingles rash and blisters heal, the pain and itch subside - though some people may experience permanent scarring even after the rash heals. In some cases, shingles can cause complications like postherpetic neuralgia (PHN), a long-Wterm nerve pain that can last for months or even years after the blisters heal and the rash disappears.

Speaking with a healthcare professional to understand one's personal risk for shingles is important. Learn more about Edwin's shingles experience, and talk to your doctor or pharmacist about a vaccine that can help prevent shingles. For more information go to www.ShinglesInfo.com.

* Poll was not sponsored by Merck



Alzheimer's and Dementia Support Group

at Dodge Park Rest Home

Dodge Park Rest Home and Oasis at Dodge Park would like to invite you, the spouse, the children and/or the care-givers of individuals with Alzheimer's disease to take part in one of our new monthly support group meetings. Enclosed please find our 2017 schedule.



The support groups are open to all Dodge Park customers and family members and to the general public. The support group meeting is **FREE** and open to all individuals in the community, especially for those that are Alzheimer's and Dementia caregivers. Light supper will be provided. Activity and supervision for memory impaired individuals will be provided for **FREE** by our Day Club personnel during the meeting.

The support group meets on the second (2nd) Tuesday and third (3rd) Wednesday of each month. The meetings take place at Dodge Park Rest Home at 101 Randolph Road, Worcester, MA from 6 pm. to 8 pm. Refreshment will provided.

January 10 & 18 July 11 & 19
February14 & 22 August 8 & 16
March 14 & 22 September 12 & 20
April 11 & 19 October 10 & 18
May 9 & 17 November 14 & 22
June 13 & 21 December 12 & 20

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



COMING EVENTS

Thursday, April 27, 2017

When and Why to Transition Someone with Dementia From Home to Long Term Care Facility - Dr. Philip D. Gottlieb

Wednesday, May 24, 2017

Create a Memorable and Fun Moment For The Resident With Dementia

- Micha Shalev MHA CDP CDCM

Tours and refreshments will be available between 5:30 and 6:00 pm with the workshop from 6:00 to 7:00 pm.

SAVE THE DATES

Meet the Presenters:



Dr. Philip D. Gotlieb is the medical director of Dodge Park Rest Home and Oasis at Dodge Park since 2008. Specialties: Psychiatry and Geriatric psychiatry. He used to be the medical director of Clinton Hospital the Geriatric unit until January 2017. He is a well know geritrician in Worcester county and this is our honor to host a presentation by him in our community.



Micha Shalev, MHA, CDP is the co-owner of Dodge Park Rest Home and Oasis at Dodge Park and a proud graduate of the NCCDP council's intensive train the trainer program, and will be happy to share his 30+ years of experience caring for Dementia and Alzheimer residents with the general public and Dodge Park Rest Home customers.



LOCATION: Oasis at Dodge Park, 102 Randolph Road, Worcester, MA 01606
Toll Free: 1-877-363-4775 www.oasisatdodgepark.com www.dodgepark.com

DODGE PARK REST HOME



The workshops are FREE of charge and open to the public, so space is limited. Please RSVP to Erin or Debbie at 508-853-8180.



The 2ND Worcester Black Tie Gala

SATURDAY, MAY 13, 2017
SPONSORED BY THE BOARD OF DIRECTORS OF THE
ODD FELLOWS HOME
THE BEECHWOOD HOTEL, 363 PLANTATION ST.,
WORCESTER, MA 01605
6PM – 11PM

On Saturday, May 13, 2017 the Board of Directors of the Odd Fellows Home will be hosting the 2nd Worcester Black Tie Gala. Please join us for this prestigious fundraising event, there will be wine tasting, dinner, dancing and a silent auction.

There will be a special presentation of the Odd Fellows Home Salute to Achievement Award to Dr. Gail E. Carberry, President of Quinsigamond Community College for her service, support and generosity throughout the Worcester area community.

The Odd Fellows Home is a not-for-profit, skilled nursing and rehabilitative facility located in Worcester that has been a staple of the community for over 119 years! It offers a broad range of skilled care and therapeutic services designed to promote independence, optimize mobility in a home like atmosphere. Dedicated to the basic tenets of Friendship, Love and Truth, the staff extends compassionate care in a comfortable environment! Our residents range from those who receive long and short term care, rehabilitation and those who require hospice services.

Tickets to the event are \$75.00 each and tables of 8 and 10 are available upon request. There is an option to purchase advertisement space in our Program Booklet. One hundred percent of your tax deductible donation will be used toward enhancing the daily lives of our residents.

All checks are to be made payable to the Odd Fellows Home.

If you wish to join us for the evening, or partake in a sponsorship opportunity, please respond with advertising and/or congratulatory messages and ticket requests by May 1, 2017.

For more information please contact Nancy Cyr at 508-853-6687 x 124 or ncyr@oddfellowshome.com

Odd Fellows Home is a 501(c) (3) Organization. (Tax ID # 04- 2104414)

Save the Date September 13, 2017





Dodge Park 50th Anniversary Celebration The Oasis at Dodge Park Grand Opening

DODGE PARK REST HOME



4:00pm-7:00pm • 102 Randolph Road, Worcester, MA

Musical Entertainment • Food & Drink • Guest Speakers



Dodge Park Rest Home Monthly Family Activity Council

Please join us on Thursday, May 11th,2017 at 6:00pm for our monthly family activity council meeting.



All family members are welcome to attend and share their input and ideas with our activity director Erin Lemoine and all activity department staff. We would like to elevate our program to a one of a kind meaningful engagement and need your help.

Light refreshments will be served.

Dodge Park Family Activity Council with ErinPlease contact Erin Lemoine
With any questions

Oasis at Dodge Park Monthly Family Activity Council

Please join us on Thursday, May 18th,2017 at 6:00pm for our monthly family activity council meeting.



All family members are welcome to attend and share their input and ideas with our activity director Erin Lemoine and all activity department staff. We would like to elevate our program to a one of a kind meaningful engagement and need your help.

Light refreshments will be served.

Please contact Erin Lemoine With any questions 508-853-8180 X117

Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

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

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



In this guide, you'll learn:

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

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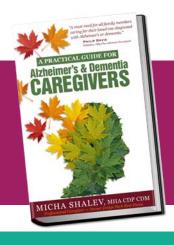
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



Two Communities—One Unique Mission

- Special trained direct care staff best in the industry
- Luxurious accommodations / Homelike accomodations
- 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.











Yes, we can help if your loved one:

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 at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there,

AROUND THE OASIS AT DODGE PARK













WHERE MEMORIES ARE MADE













Dear Ben and Micha,

April 26, 2017

Just a note to express my appreciation for the wonderful environment you have provided.

It is reassuring too me that Elizabeth my wonderful wife of 62 years is getting a level of

care that is above and beyond.

Your new home is appropriately called "Oasis" which it truly is, in my opinion. The services

you provide for the residents, are well thought out, you only have to look at the monthly

calendar.

The building itself is truly amazing. It has a homeiness about it. It also has an out door yard

with benches, flower garden and walking area, as well as, an outside patio in the interior of

the building, truly amazing.

The staff is also a credit. They are a great team, well trained, kind, helpful and well

oriented. There are many departments and they all work well together. They are, in a way,

like a family.

I'm surprised that Oasis is still an undiscovered gem.

Clarence

Gratefully,

1





DODGE PARK REST HOME



101 Randolph Road, Worcester, MA 01606 102 Randolph Road, Worcester, MA 01606

Tel: (508) 853-8180 Fax: (598) 853-4545



Neighborhood Connection is now digital!

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

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Take a Tour and Receive a FREE Copy of our Book!

Schedule a Tour and Discover the Difference!

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