



# NEIGHBORHOOD C O N N E C T I O N

*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

## Memories are made AT DODGE PARK & THE OASIS



**Neighborhood Connection is now digital!**  
Email [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) to get it delivered to your inbox each month. Print editions will mail out every other month only.



## Wandering and Dementia -Aspects and the Risk of Falling

By Micha Shalev

Wandering, a complex motor, cognitive and behavioral disorder, is a common symptom among patients with dementia. A contemporary definition for wandering is: “A syndrome of dementia-related locomotion behavior having a frequent, repetitive, temporally disordered, and/or spatially disoriented nature that is manifested in lapping, random, and/or pacing patterns, some of which are associated with eloping, eloping attempts, or getting lost unless accompanied.”

Regardless of complex descriptions and sophisticated definitions and although multifaceted, wandering is easily identified by family members and straightforwardly diagnosed by experienced medical staff.

Older adults and senior citizens with Alzheimer’s disease and other forms of dementia are at elevated risk of wandering away from their home or medical care facility, which poses unique challenges for their family and specialized care facilities that house these patients. Wandering puts them in harm’s way; they could fall, get into an accident, become a crime victim, or suffer from exposure to the elements.

There are four major steps in the commonly accepted clinical best practice for wander-risk patients:

1. Identify which patients are at greatest risk of wandering.
2. Correctly supervise at-risk patients.
3. Identify and control wandering triggers in the environment (many time an impossible task)
4. Treat the root causes of wandering (if known).

Although patients do not seem to be disturbed by this phenomenon, the caregiver burden is high as patients with

### DODGE PARK REST HOME & OASIS AT DODGE PARK

Micha Shalev MHA Executive Director/Owner  
m.shalev@DodgePark.com

Ben Herlinger Administrator/Owner  
b.herlinger@DodgePark.com

Carrie Lindberg RN, BSN Director Of Nursing  
c.lindberg@DodgePark.com

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

Phone: 508.853.8180 Fax: 508.853.4545

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

dementia may walk around aimlessly for hours, at times through most of the day and night. The prevalence of wandering differs across studies: 50% among community-residing elderly with dementia compared to 21% of patients with moderate to severe cognitive impairment in long-term care facilities.

Quality of life is a major concern at the advanced stages of dementia. For the healthy population, walking is a common and favorable leisure-time activity. Walking has both physical and social purposes and may have a relaxing effect on both healthy people and people with

dementia. The physical activity may be beneficial for cardiopulmonary function, osteoporosis, muscle fitness, constipation and more. Walking may also contribute to “brain fitness” as it activates brain areas responsible for gait. However, wandering in dementia raises safety concerns. The association between wandering and falls is one such example.

Sleep disturbances were more common among patients with severe dementia who wander than among those who do not wander, but interestingly those patients who wander and suffer from sleep disturbances do not preferentially wander at night. Based on these clinical findings, it is generally assumed that although sleep disturbances and wandering co-occur there is no circumstantial association between the two symptoms.

Why patients with dementia wander is an unresolved mystery. It may be a remnant of an evolutionary essential inner drive to move and may also carry an evolutionary advantage. Animals, as well as human beings who wander, increase their chances to acquire food, mate and find shelter. Basic knowledge on the anatomical localization of this behavior is lacking. A SPECT study showed that wanderers with the diagnosis of Alzheimer’s disease had more severely reduced regional cerebral blood flow in the left parietal-temporal lobe compared to patients who do not wander . However, the exact meaning of this finding is not clear and the role of other brain areas, such as brainstem, frontal lobes and the reward system, has yet to be investigated.



In view of the growing numbers of patients with severe dementia, the clinical, theoretical and ethical issues regarding wandering should be addressed in future researches.

Micha Shalev MHA CDP CDCM CADDCT is the owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is 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](mailto:m.shalev@dodgepark.com) or view more information online at [www.dodgepark.com](http://www.dodgepark.com).

# THIS MONTH

## Global Day of Parents, June 1.

The Global Day of Parents was proclaimed by the UN General Assembly in 2012 to honor parents throughout the world in appreciation of their selfless commitment to children.

**National Marina Day, June 10.** A nationwide boating event dedicated to growing boating participation across North America.



## Flag Day, June 14.

Fly Old Glory with pride!

## Father's Day, June 18.

A day to honor fathers everywhere.

## American Eagle Day, June 20.

Celebrated annually on June 20, this observance commemorates the day in 1782 when the bald eagle was added to the official Seal of the United States



*Happy 101 Years!!!*



# June Observances

- Adopt-a-Shelter-Cat Month
- National Rose Month
- Cancer from the Sun Month
- Dairy Month
- National Rivers Month
- National Fireworks Safety Month
- Zoo and Aquarium Month
- National Fresh Fruit and Vegetable Mo.
- Jun 1, Start of Hurricane Season
- Jun 1, Jerusalem Day
- Jun 1, 1968 Helen Keller Dies
- Jun 1, 1843 Isabella Baumfree Chooses the Name Sojourner Truth
- Jun 2, 1946 Italy Republic Day
- Jun 2, 1953 Queen Elizabeth Crowned
- Jun 4, 620 BC Aesop's Birthday
- Jun 4, 1989 Tiananmen Square Massacre
- Jun 5, 2004 Ronald Reagan Dies at Age 93
- Jun 5, 1752 Ben Franklin Flies a Kite
- Jun 5, National Gingerbread Day
- Jun 6, 1944 D-Day Normandy Invasion
- Jun 7, 1955 "\$64,000 Question" Game Show Premiered
- Jun 8, 2004 Transit of Venus
- Jun 8, National Oceans Day
- Jun 10, 1928 Maurice Sendak's Birthday
- Jun 12, 1929 Anne Frank's Birthday
- Jun 12, 1987 President Reagan Urges Gorbachev to Tear Down Berlin Wall
- Jun 13, 1884 World's First Roller Coaster Opened at Coney Island
- Jun 14, 1777 First American Flag Adopted
- Jun 14, 1820 John Bartlett's Birthday
- Jun 14, 1954 Phrase "under God" Added to Pledge of Allegiance
- Jun 14, Flag Day
- Jun 15, 1804 Twelfth Amendment Added to US Constitution
- June 15-17, 2017 Duct Tape Days
- June 15-21, 2017 National Pollinator Wk
- Jun 16, 2017 World Juggling Day
- Jun 17, 1898 M.C. Escher's Birthday
- Jun 17, 1775 Bunker Hill Day
- Jun 17, 1972 Watergate Democratic Headquarters Burglary
- Jun 18, 1942 Paul McCartney's Birthday
- Jun 18, Family History Day
- June 18, 2017 Father's Day
- Jun 19, 1865 Juneteenth: Anniversary of Emancipation for Texas Slaves
- Jun 19, 1910 Sonora Smart Dodd Celebrates First Father's Day

# THIS MONTH

## **Adopt a Cat Month.**

Your local shelter has tons of cute, cuddly newborn kittens, mellow older cats, and everything in between. Shelter staffers are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

## **National Dairy Month.**

Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.



## **National Zoo and Aquarium Month.**

June is an excellent time to explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, activities, and sounds so real you'll think you're there.

## **PTSD Awareness Month.**

The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren't sure why some people develop PTSD and others don't, but if stress reactions don't improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.

## You think your meds are expensive?

If you're annoyed at the cost of the prescription drugs you take, check out this list of the world's most expensive medications ...



Medication can be expensive. If you're annoyed at the cost of the prescription drugs you take, check out this list of the world's most expensive medications (from the GoodRx website):

- Sovaldi. This treatment for hepatitis C costs \$75,600 for a 30-day supply.
- Harvoni. Another hepatitis C drug from the same manufacturer is \$74,000 for 30 days.
- Cinryze. This injectable medication is used to prevent swelling and pain caused by hereditary angioedema. It goes for \$72,100 for a 30-day supply.
- H.P. Acthar. At \$51,600 for a 30-day supply, this medication is the most expensive drug on a perpatient basis for Medicare.
- Daklinza. Another hepatitis C medication, this one goes

## Like father, like child

Father's Day celebrates the special bond between fathers and their families.



Father's Day celebrates the special bond between fathers and their families. Every dad is a celebrity in his child's eyes, of course, but in some families fame and fatherhood go hand in hand. Take a look at some of these well-known fathers and their successful children from the world of entertainment and sports:

- Kirk Douglas and Michael Douglas (acting)
- Tony Curtis and Jamie Lee Curtis (acting)
- Lloyd Bridges, Beau Bridges, and Jeff Bridges (acting)
- Archie Manning, Payton Manning, and Eli Manning (football)
- Jon Voight and Angelina Jolie (acting)
- Bob Dylan and Jakob Dylan (music)
- Frank Sinatra and Nancy Sinatra (music)
- Ken Griffey and Ken Griffey Jr. (baseball)
  
- Henry Fonda, Peter Fonda, and Jane Fonda (acting)

## Keep family summer outings safe

Keep everyone safe by watching the sky for dangerous storms and the ground for common hazards ...



July and August are the most common times for family outings, picnics, and other outdoor events. Keep everyone safe by watching the sky for dangerous storms and the ground for common hazards.

- Treat storms with respect. Everyone knows about the dangers of lightning and strong winds, but people are injured by them every year. If lightning occurs or seems likely, find shelter in buildings or cars. Ideal shelters are located far from bodies of water, trees, telephone poles, or power lines that could blow down. Stay in your shelter until the storm passes. If you're caught in lightning far from shelter, crouch on the ground instead of running. You'll be wetter but safer.
- Watch your step. Outdoor events involving sports, games, and contests carry the risk of injuries from falls. Scope out

## Watch out for 'masked' hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it's not? Scariest still.



The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn't show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it.

To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called "white-coat hypertension," in which patients' blood pressure increases at the doctor's office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don't appear to be at a higher risk of heart disease.

# Save some bucks on your summer vacation

## Planning your family's summer vacation?



Even if you're not staying in luxury hotels and renting limousines, you may feel like you need a bank loan—or a bank robbery—to finance your trip. Here are some smart ideas for saving money and still having a good time:

- Research your destination thoroughly. The internet, along with a good guidebook, can help you find inexpensive hotels and restaurants. You may also discover free or inexpensive attractions and find out whether museums,

parks, and other attractions offer reduced admission on certain days.

- Stay outside the city. You're going to New York, but you don't have to sleep there. Often you'll find better hotel rates and cheaper restaurants a few miles outside city limits.

- Go to the grocery store. Avoid the overpriced hotel gift shops for snacks and drinks. You should be able to find a local grocery store where you can buy cheaper (and healthier) supplies for your travels.

- Drive efficiently. Before an extended trip, check your engine. Oil, air filters, and other components can affect your vehicle's performance. On the highway, keep your speed between 50 mph and 60 mph for the best fuel efficiency. Don't use drive-through windows at fast-food restaurants; idling your car while waiting for your food wastes gas and pollutes the air.

## Exercise may improve cognitive functions in stroke patients

**Exercise is essential to good health for everyone.**

Now a recent study suggests that an exercise routine can have positive mental health benefits for stroke survivors. A stroke cuts off the flow of blood to the brain, and frequently leaves survivors with physical and mental impairments. An analysis of 13 clinical trials at the

University of Pittsburgh appears to indicate that moderate aerobic exercise along with strength and balance training is effective at helping survivors regain such cognitive skills as attention and processing speed. Exercise programs of four to 12 weeks can be beneficial, even long after a stroke occurs.

The most effective programs emphasized strength, balance, stretching, and aerobic fitness that increases your heart rate just enough to make patients sweat. Instead of an intense workout, walking on a treadmill or riding a recumbent bike appears to have a positive impact—important news for anyone dealing with the aftermath of a stroke.

## Cleaner air = longer life

Take a deep breath. Lots of them. You'll be breathing longer these days, thanks to improved air quality.

Researchers at Brigham Young University and the Harvard School of Public Health, writing in the *New England Journal of Medicine*, say that since the introduction of the Clean Air Act in 1978, Americans' life expectancy has increased by 2.72 years.

Although changes in smoking habits and better socioeconomic living conditions are a major factor in our increased longevity, the scientists note that as much as five weeks of our lengthened lifespans are due to better air because of cuts in auto emissions, steel mills, diesel engines, and coal-fired power plants.

## Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger's healthy benefits from the [Huffington Post website](#):



- The common cold. Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.
- Muscle aches. One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That's because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.
- Indigestion. Ginger can help speed up the digestive process, allowing you to empty your stomach faster. It also helps eliminate excess gas from the intestinal tract.

## National Automotive Service Professionals Week, June 11-17.

A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

## Men's Health Week, June 12-18.

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



## National Nursing Assistant Week, June 15-22.

Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

# A very Happy Birthday to...

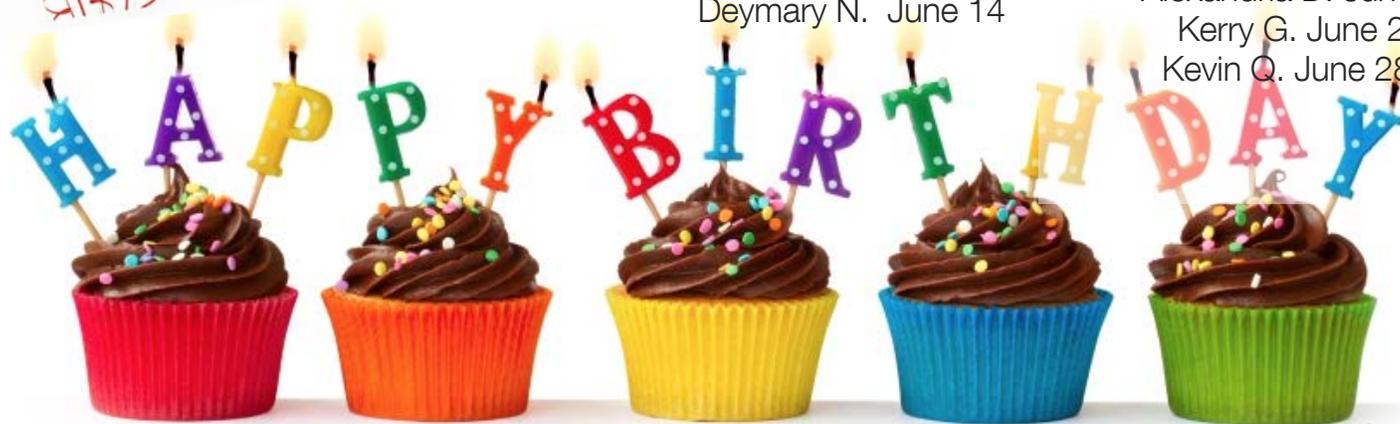
## RESIDENTS

Barbara A. June 1  
Margaret L. June 23

## STAFF

Lena R. June 5  
Anthony M. June 5  
Jeffrey C. June 5  
Courteney L. June 6  
Elizabeth P. June 12  
Junior R. June 12  
Deymary N. June 14

Patricia B. June 17  
Casandra Z. June 17  
Theresa S. June 20  
Cheryl M. June 21  
Jonnathan T. June 23  
Summer S. June 24  
Mary H. June 24  
Alexandria D. June 25  
Kerry G. June 28  
Kevin Q. June 28th



Are you caring for a loved one diagnosed  
with Alzheimer's or other dementia and  
need  
a break during the day?

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,





# 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.

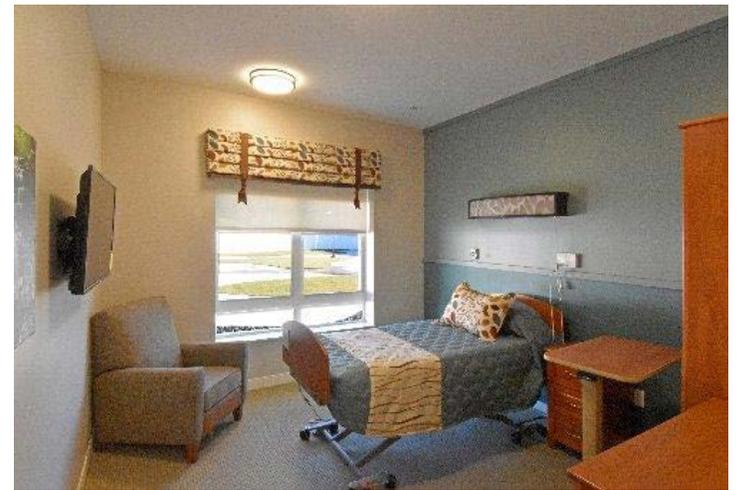
Nuts add texture, crunch and flavor to any recipe. Nuts are a choice when snacking on the go. They require no refrigeration and once shelled, can be eaten anywhere. For those following a vegetarian or vegan lifestyle, nuts are a good source of plant protein.

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**

## 5 simple steps to be your best at any age

They say you're only as young as you feel, and if you're an older American, the ability to feel young a little while longer is always appealing. Having a youthful state of mind goes a long way toward accomplishing this goal, but you can't ignore the importance of solid physical health.

To improve your physical and mental health and prove age is just a number, apply these five tips from Mayo Clinic today.

\* Find the perfect interval. If you've never participated in high-intensity interval training before, here's a compelling reason to start. Researchers at the Mayo Clinic found high intensity aerobic exercise actually reversed some cellular aspects of aging. The research also found that the exercise improved muscle proteins, enlarged muscles and increased energy levels.

\* The benefit of brain games. A sharp mind is every bit as important as a healthy body, and exercising your brain can be a lot of fun. Spend time learning new things on the internet, enroll in a class for that craft you've always wanted to master, go out with friends or sit down and play a board game. All of these activities can greatly improve your mental health. For example, a Mayo Clinic study found playing games decreased a person's risk of mild cognitive impairment by 22 percent making this enjoyable activity healthy as well.

\* Supplementing your health. Health supplements should never completely replace whole food offerings, but they may offer you real health value as well.



According to the Dietary Guidelines for Americans, supplements may be ideal for vegans and vegetarians or those who consume less than 1,600 calories per day. People with a condition affecting the way their body absorbs nutrients and those who have had surgery on their digestive tract should also speak with their doctor about supplements that may improve their overall health.

\* The importance of sleep. A good night's sleep offers health benefits at any age, but getting enough rest can be more difficult as you get older. To get a better night's sleep, review your medications with your doctor to see if anything is impacting your rest. You should also try to limit your daytime napping (just 10 to 20 minutes per day is best) and avoid alcohol, caffeine or even water within a couple hours before bedtime.

\* Focus on your sexual health. This topic may not be as widely discussed as your physical or mental health, but it is no less important. Men should talk to their doctors about their lessening testosterone levels, which drop about 1 percent per year after age 30. Women may experience a similar drop in estrogen levels as well and should consult their doctor for treatment options. Don't be shy about discussing sexual health issues with your doctor, from STDs to annual checkups, having a thorough understanding of your current sexual health - and what you need to do to protect or improve it - will benefit every other part of your life.

With aging comes new challenges and the need to be more vigilant in maintaining your overall well-being. By incorporating some of the tips above from the experts at Mayo Clinic, you'll make sure the best years of your life are still to come. You can learn more about improving your health at any age through the advice offered in Mayo Clinic on Healthy Aging, or visit <http://www.mayoclinic.org/healthy-lifestyle> for more healthy lifestyle ideas.



## Flag Day

In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on June 14, 1777, by resolution of the Second Continental Congress. The United States Army also celebrates the U.S. Army Birthdays on this date; Congress adopted “the American continental army” after reaching a consensus position in the Committee of the Whole on June 14, 1775. In 1916, the president of the United States issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday. Title 36 of the United States Code, Subtitle I, Part A, CHAPTER 1, § 110 is the official statute on Flag Day; however, it is at the president’s discretion to officially proclaim the observance. On June 14, 1937, Pennsylvania became the first U.S. state to celebrate Flag Day as a state holiday, beginning in the town of Rennerdale. New York Statutes designate the second Sunday in June as Flag Day, a state holiday.

Perhaps the oldest continuing Flag Day parade is in Fairfield, Washington. Beginning in 1909 or 1910, Fairfield has held a parade every year since, with the possible exception of 1918, and celebrated the “Centennial” parade in 2010, along with some other commemorative events. Appleton, Wisconsin, claims to be the oldest National Flag Day parade in the nation, held annually since 1950. It was also named “Most Patriotic City in America” by AmericaTheBeautiful.com in 2008. Quincy, Massachusetts, has had an annual Flag Day parade since 1952 and claims it “is the longest-running parade of its kind

in the nation.”

The largest Flag Day parade is held annually in Troy, New York, which bases its parade on the Quincy parade and typically draws 50,000 spectators. In addition, the Three Oaks, Michigan, Flag Day Parade is held annually on the weekend of Flag Day and is a three-day event and they claim to have the largest flag day parade in the nation as well as the oldest. The Observance of Flag Day.

The week of June 14 (June 12–18, 2016; June 11 –17, 2017; June 10–16, 2018) is designated as “National Flag Week.” During National Flag Week, the president will issue a proclamation urging U.S. citizens to fly the American flag for the duration of that week. The flag should also be displayed on all government buildings.

Some organizations, such as the town of Dedham, Massachusetts, hold parades and events in celebration of America’s national flag and everything it represents. Other organizations and tribal groups hold counter-celebrations and protests.

The National Flag Day Foundation holds an annual observance for Flag Day on the second Sunday in June (June 12, 2016; June 11, 2017; June 10, 2018). The program includes a ceremonial raising of the national flag, the recitation of the Pledge of Allegiance, the singing of the national anthem, a parade and other events.

The Star-Spangled Banner Flag House in Baltimore, Maryland birthplace of the flag that inspired Francis Scott Key to pen his famous poem, has celebrated Flag Day since the inception of a museum on the property in 1927. The annual celebration commemorates the Star-Spangled Banner and its creator Mary Pickersgill.

The Betsy Ross House has long been the site of Philadelphia’s observance of Flag Day. Coincidentally, June 14th is also annual anniversary of the “Bear Flag Revolt.” On June 14th 1846, thirty three American settlers and mountain men arrested the Mexican general in Sonoma, and declared the “Bear Flag Republic” as an independent nation. A flag emblazoned with a bear and a star was raised to symbolize independence from Mexico. The Bear Flag was adopted as California’s state flag upon joining the union in 1850. Prominently flying both the U.S. and state flag on June 14th is a tradition for some Californians.



## How Do I Choose The Right Adult Day Care Program?

by Micha Shalev

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,

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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.*

## CREAMY LEMON BARS

Easy dessert bars always seem to hit the spot when you are looking for a sweet treat, and these Creamy Lemon Bars are just what you are looking for. Made with a delicious homemade buttery crust, each bar has a wonderful refreshing lemon filling and an addictive creamy frosting that will have you eating square after square. Perfect for when you are looking for a little bite sized dessert, this lemon bar recipe is sure to satisfy. Enjoy!

### Ingredients

#### For the Crust

1 1/2 cup unbleached all-purpose flour  
1/4 teaspoon salt  
1 teaspoon lemon zest  
1 stick (1/2 cup) cold unsalted butter, cubed

#### For the Lemon Filling

3 eggs  
3/4 cup sugar  
1 tablespoon flour  
1 tablespoon lemon zest  
3 tablespoons lemon juice, freshly squeezed

#### For the Cream Topping

1 cup sour cream  
3 tablespoons sugar  
1/2 teaspoon clear vanilla extract

### Directions

#### For the Crust

Preheat oven to 350 degrees F and line a 9x9 square baking pan with foil and spray with cooking spray. Be sure that foil hangs over the edges, you will use it to lift out the bars when they are cool.

In bowl of your food processor, pulse to combine flour, powdered sugar and salt. Add lemon zest and pulse to combine. Add butter all at once and process until coarse



crumbs are formed, just as the dough begins to come together. Dump crumb mixture into prepared pan and press evenly.

Bake for 11-12 minutes, until lightly browned. Remove from oven and allow to cool on wire rack.

#### For the Filling

Wipe out the food processor bowl and add all three eggs. Pulse to lightly beat the eggs. Add sugar and flour and pulse to combine. Add lemon zest and lemon juice. Process mixture for one minute or so.

Pour filling over crust and bake for 15-20 minutes, or until filling is set. Remove from oven and place on cooling rack.

#### For the Topping

Stir together the sour cream, sugar and vanilla until well combined.

Spread over warm filling and put back in the oven for 5 minutes.

Remove and let cool to room temperature. Use the foil as handles, lift the dessert out of the pan and transfer to a cutting board. Cut into squares and serve.



# 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](http://oasisatdodgepark.com).**



102 RANDOLPH ROAD, WORCESTER  
OASISATDODGEPARK.COM • (508) 853-8180

# Save the Date

**September 13, 2017**



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

**DODGE PARK REST HOME**

*and*  
*The Day Club*

4:00pm-7:00pm • 102 Randolph Road, Worcester, MA  
*Musical Entertainment • Food & Drink • Guest Speakers*



## **AROUND THE OASIS AT DODGE PARK**



Bringing LIFE to those we serve

# 2017 Support Group Schedule



## 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 be provided.

January 10 & 18	July 11 & 19
February 14 & 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.

Please RSVP to Debbie Williams or Erin Lemoine at **(508) 853-8180**

# AROUND DODGE PARK



# WHERE MEMORIES ARE MADE





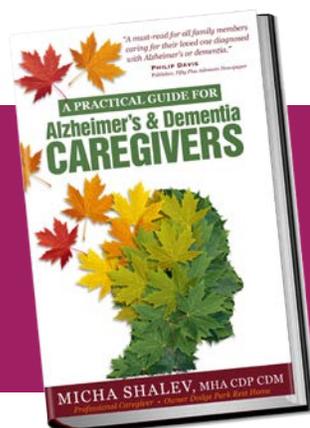
# *Peace of mind for your family* EXTRAORDINARY ELDERLY CARE

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.



## *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](http://dodgepark.com) [oasisatdodgepark.com](http://oasisatdodgepark.com)



**DODGE PARK**  
Rest Home and Day Club

## Yes, we can help if your loved one:



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

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

Download at [dodgepark.com](http://dodgepark.com)



## SCHEDULE A TOUR

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

## FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

*We hope to see you there.*

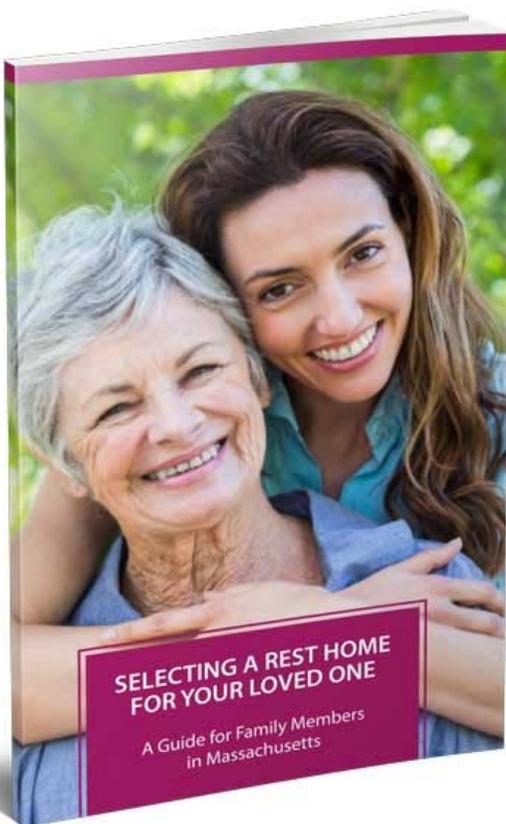
**A Higher Level of Care than Assisted Living and more affordable than a Nursing Home**

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

# 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

**CLICK TO GET INSTANT ACCESS**

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



## Managing Chronic Pain in Patients with Dementia

**Chronic pain affects 1.5 billion people worldwide, an estimated 100 million of whom live in the United States. Yet we currently have no effective treatment options. Fortunately, research advances have determined some of the ways in which chronic pain changes the brain, and several promising research areas could lead to better treatment approaches.**

Chronic pain is a frequent health problem in the elderly and is not part of the normal ageing process. The prevalence levels range between 45% and 80% in line with an age-related increase in patient comorbidity. Chronic pain is usually defined as lasting onwards of three months or pain that persists after an injury has fully healed. Research has highlighted the association of chronic pain in the elderly to loss of independence, poor diet and social

isolation. Importantly as with many disease processes, chronic pain and its subsequent effects upon life is not evenly distributed throughout the population. Females and patients from a lower socioeconomic status have been shown to report more chronic pain.

Assessing pain accurately and communicating it to the healthcare team is clearly the keystone for effective management of pain. However, there are significant obstacles to doing this accurately in patients with cognitive impairment. These obstacles, particularly language deficits, make it challenging for the patient to convey the pain they are feeling.

In addition, AD can be associated with challenging patient behavior, often as a result of pain, that can make physical assessment difficult. In line with the fact that many elderly patients suffer from persistent pain, a methodical approach must be taken with patients with underlying cognitive impairment to avoid under-treating a patient for pain syndromes.

Evaluating pain is best done in two distinct parts: Is the patient experiencing pain? There are a wide range of validated pain assessment tools that can aid healthcare professionals, caregivers and families in making decisions about a patient's pain management. The selected assessment tool can

vary between regions and certainly varies between countries. It is important for healthcare professionals to become familiar and competent with the locally approved pain assessment tools.

Evaluate the nature of pain syndrome; In simplistic terms there are four chronic pain syndromes that are important to differentiate due to variation in subsequent management.

Firstly, the most common syndrome in the general population is pain due to excess of nociceptive inputs. Secondly, neuropathic pain is an intensively painful syndrome brought about by nerve injury or dysfunction of nerve pathways. Differentiating between neuropathic and nociceptive pain syndromes has important implications for diagnostic and treatment decisions. Thirdly, chronic pain syndrome (or dysfunctional pain syndrome) is a constellation of syndromes that do not respond adequately to medical care. Finally, in a hospital setting it is common for patients to present with mixed pain syndrome. The classic example is a patient with cancer, as due to the nature of the disease, the patient can experience a number of different forms of pain

Approaching chronic pain as a national emergency would allow for a better future in terms of both treatments for chronic pain, costs to society, and individual well-being. It is time to take an honest look at where we are, get rid of unnecessary and unproven treatments, and advance neuroscience to the patient in the form of better treatments. Pain neuroscience has never been so exciting or well positioned



in terms of the potential it offers to change the current impasse. But it will take bold decisions to put into place a vision and plan of action.

Micha Shalev MHA CDP CDCM CADDCT is the owner of Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 Randolph Road in Worcester as well as the new state of the art Oasis At Dodge Park which schedule to open fall 2015. He is a graduate of the National Council of Certified Dementia Practitioners program, and well known speaker covering Alzheimer's and Dementia training topics. The programs at Dodge Park Rest Home specialized in providing care for individuals with dementia and Alzheimer's disease. The facility is holding a FREE monthly support group meeting on the 2nd Tuesday of each month for spouses and children of individuals with dementia and/or Alzheimer's disease. He can be reached at 508-853-8180 or by e-mail at [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or view more information online at [www.dodgepark.com](http://www.dodgepark.com)



## DODGE PARK REST HOME



## The Day Club

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](mailto:m.shalev@dodgepark.com) to get it delivered to your inbox each month.

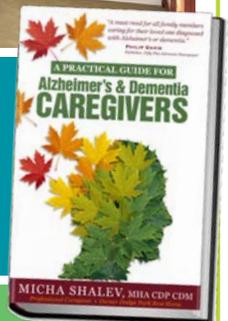
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- Central Massachusetts' premier residential care facility
- Safe, comfortable & secure with the amenities of home
- Individual wellness plans with medication management
- Basic residency rates will never go up!
- Special discount rate for couples

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



**Schedule a Tour and Discover the Difference!**

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