



NEIGHBORHOOD 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

Memories are made AT DODGE PARK & THE OASIS



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



Ladies and Gentlemen, Customers, Family and Friends,

Have you ever watched a baby learning to walk? He will cling to you at first but very soon he will want to go it alone. He will fall a few times, of course, but he'll soon get up and try again. That's part of being independent, it's part of growing up.

Today we are celebrating the growing up of our Nation. We are having a party to show the world that we too have our status, our independence. It is a sign, though, of our growing up that our guests may include those from what once were "The Enemy". It is good to know that we now meet as equals and as friends.

Independence should not mean isolation. In a world that is rapidly growing smaller it really means interdependence. It should mean that we can give and receive on an equal footing. We are proud of our heroes of course. Without their bravery we might not now be an independent nation. Yet love of country is not a stagnant thing. It does not always mean dying for it. It also means living and working for it. If we are to benefit from their deaths we must realise that they have handed us a torch to pass on to new generations. The ideal would be for each of us to improve our own little patch of country for our children and our children's' children.

It is fitting to celebrate Independence Day. Throughout history we have always celebrated great events. There have been lavish state functions to commemorate the achieving of goals. Yet whatever a country has achieved has really only done because of the perseverance, and commitment of individuals and families. So it is equally fitting that the descendants of those individuals and families should also celebrate, even if in a slightly less formal manner. In our case we are the descendants of the men who gave our country Independent status.

**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

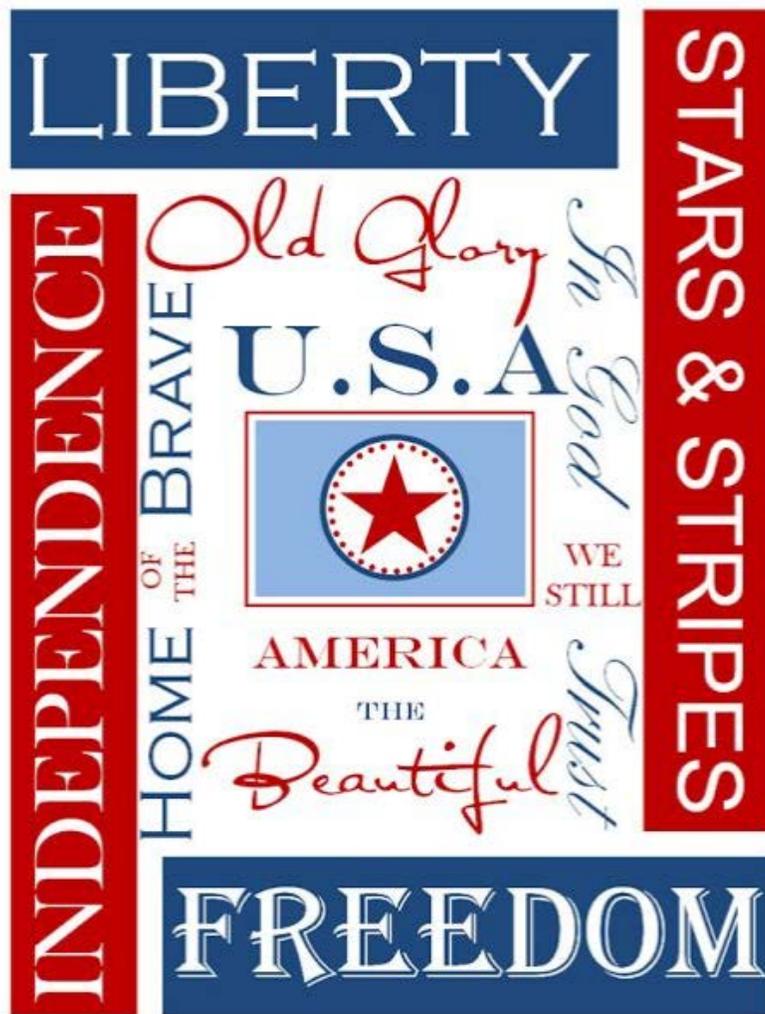
Dusk to Dawn at Dodge Park

The Oasis at Dodge Park

We have been reared on stories of their exploits. They are a part of what we are.

So no matter how or where we celebrate we are doing it with glad hearts. Everyone likes a holiday and our ancestors were no exception. They would be glad that we should enjoy ourselves because of what they did for us. They would be happy that we have our freedom.

Today then let us make a toast. "To a free nation and those who gave us that freedom."



A salute to the Fourth of July

On 1776, the Continental Congress adopted the Declaration of Independence, initiating 200+ years of annual fireworks, outdoor concerts, and picnics. Still, there may be a few things you don't know about our most patriotic holiday:

- The resolution to dissolve ties with Great Britain was actually introduced on June 7 and approved by 12 of the 13 colonies on July 2. New York voted aye a week later.
- It was August before most of the 56 signers managed to affix their signatures to the document. One, Thomas McKean, didn't sign until 1781.
- The Fourth of July is one of only four holidays still observed in the U.S. on the proper calendar day. The others are Halloween, Christmas, and New Year's Day.

The evolution of Independence Day

If Americans have one holiday in common, it's the Fourth of July. How long have we officially been celebrating independence from Great Britain? Here's a timeline:

- July 4, 1776. Members of the Second Continental Congress meet in Philadelphia and adopt the final draft of the Declaration of Independence.
- July 4, 1777. To commemorate the first anniversary of the signing, Philadelphians light candles and set off firecrackers. Yet with no sure outcome in the war for independence, celebrations are kept to a minimum.
- July 4, 1778. On the second anniversary of the signing, Gen. George Washington issues his troops a double ration of rum and orders a Fourth of July artillery salute.
- 1781. Massachusetts carries out the first official state celebration of the Fourth of July.
- 1801. The White House hosts its first public Fourth of July reception.
- 1870. Congress establishes the Fourth of July as an unpaid holiday for federal employees and the District of Columbia.
- 1938. Congress establishes the Fourth of July as a paid holiday for federal employees.
- 1941. Congress expands the 1938 law to include the District of Columbia.

Canada Day, July 1.



A national holiday celebrating the Constitution Act of 1867, which united the separate colonies of Canada, Nova Scotia, and New Brunswick into a single dominion within the British Empire called Canada.

Independence Day, July 4.

The date of the Declaration of Independence, formally announcing the separation of the original 13 colonies of the United States from Great Britain.

Official Shark Awareness Day, July 14.



Much as we love to fear this predator of the seas, the shark has a key role to play in keeping marine ecosystems in balance.

National Mutt Day, July 31.

Also known as National Mixed Breed Dog Day, National Mutt Day is all about embracing, saving, and celebrating mixed-breed dogs. (It's also celebrated on Dec. 2.)

July Observances

National Ice Cream Month

- Jul 1, 1847 First U.S. Postage Stamp Issued
- Jul 1, 1863 Battle of Gettysburg
- Jul 1, 1874 First U.S. Zoo Opened in Philadelphia
- Jul 1, 1961 Diana, Princess of Wales' Birthday
- Jul 1, 2017 Partial Solar Eclipse
- Jul 1, 2017 International Joke Day
- Jul 1, 2017 Canada Day
- Jul 1-23, 2017 Tour de France
- Jul 2, 1937 Amelia Earhart's Disappearance
- Jul 4, 1776 American Revolution
- Jul 4, 1855 Walt Whitman Published First Edition of "Leaves of Grass"
- Jul 4, 1776 Thirteen Colonies Declare Independence from Britain
- Jul 4, 1776 Declaration of Independence
- Jul 4, 1971 Koko the Gorilla's Birthday
- Jul 4, 1803 Louisiana Purchase Announced
- Jul 4, 1997 Pathfinder Landed on Mars
- Jul 4, 2017 Independence Day
- Jul 5, 1810 Phineas T. Barnum's Birthday
- Jul 5, 1954 Elvis Presley Recorded First Album
- Jul 6, 1957 John Lennon meets Paul McCartney
- Jul 7, 1940 Ringo Starr's Birthday
- Jul 8, 2004 Paula Danziger Died
- Jul 8, 2000 Fourth Harry Potter Book Released
- Jul 9, 1958 Lituya Bay Tsunami
- Jul 11, 1899 E.B. White's Birthday
- Jul 11, 1960 "To Kill a Mockingbird" Published
- Jul 12, 1960 Etch-a-Sketch®, Released
- Jul 12, 1976 Family Feud Premieres
- Jul 14, 1798 John Adams' Sedition Act Approved

- Jul 14, 1881 Billy the Kid is Shot and Killed by Sheriff Pat Garrett
- Jul 14, 1789 Bastille Fortress is stormed by Angry Parisians
- Jul 15, 1606 Rembrandt's Birthday
- Jul 16, 2005 Sixth Harry Potter Book Released
- Jul 17, 1955 Disneyland Opens
- Jul 17, 1948 Korea Constitution Day
- Jul 17, 2017 National Ice Cream Day
- Jul 19, 1713 John Newbery's Birthday
- Jul 19, 1941 U.S. Air Force Began Training Tuskegee Airmen
- Jul 19-20, 1848 Women's Rights Convention Held at Seneca Falls, NY
- Jul 20, 1969 Man Walks on the Moon
- Jul 20, 2017 Moon Day
- Jul 21, 2007 Seventh Harry Potter Book Released
- Jul 22, 2017 Pi Approximation Day
- Jul 24, 1897 Amelia Earhart's Birthday
- Jul 26, 1948 President Truman Issues Executive Order That Desegregates the Military
- Jul 27, 2011 US Virgin Islands: Hurricane Supplication Day
- Jul 27, 1953 Korean War Ceasefire Signed
- Jul 28, 1866 Beatrix Potter's Birthday
- Jul 28, 1929 Jacqueline Kennedy Onassis' Birthday
- Jul 28-29, 2011 Delta Aquarids
- Jul 29, 1954 Fellowship of the Ring Published
- Jul 29-30, 2017 Capricornids
- Jul 31, 1980 Harry Potter's Birthday
- Jul 31, 1965 J.K. Rowling's Birthday

National Cell Phone Courtesy Month.

As the cell phone has developed into the smartphone, it's become one of the biggest distractions of all time. National Cell Phone Courtesy Month was founded in 2002 with the intent of making cell phone users more respectful of their surroundings.

Eye Injury Prevention Month.

According to the American Academy of Ophthalmology, an estimated 90 percent of eye injuries are preventable with the use of proper safety eyewear. Even a minor injury to the cornea from a small particle of dust or debris can be painful and become a lifelong issue, so take the extra precaution and always protect your eyes.

Independent Retailer Month.

Independent Retailer Month encourages consumers to shop at independent retailers locally, nationally and globally. Support and shop at independent retailers year round and use July as a time to unite as a celebration for the independent retailers across the country and in your community.

Wheat Month.

Worldwide, wheat is the third-most-produced grain, trailing only corn (maize) and rice. In the United States, wheat accounts for about two-thirds of all grains consumed. However, much of the wheat we eat is refined (missing its nutritious bran and germ) or enriched (refined grain with just five of the dozens of missing or reduced nutrients added back in). Remember that whole grain wheat is best.

Is hidden salt hurting your health? Five tips for taking control

(BPT) - A typical soup and sandwich lunch can seem like a healthy meal. However, the bread, cold cuts and soup can be packed with something that can have a negative impact on your overall wellness: salt.

“Even meals that seem healthy, like a turkey sandwich with a side of cottage cheese, can have high levels of salt. It may not even taste salty,” says John Meigs, Jr., MD, president of the American Academy of Family Physicians.

Meigs says one of the biggest mistakes people make is to assume if they aren't adding salt with a salt shaker, their sodium levels are under control. The truth: The Centers for Disease Control and Prevention estimates Americans get 77 percent of their salt from processed foods and restaurant meals, compared to 6 percent from the salt shaker at the table and 5 percent added during home cooking.

According to the CDC, the top 10 foods that contribute to a significant amount of the salt Americans consume are:

1. Breads and rolls
2. Cold cuts and cured meat (e.g., deli or packaged ham or turkey)
3. Pizza
4. Fresh and processed poultry
5. Soups
6. Sandwiches such as cheeseburgers
7. Cheese
8. Pasta dishes (not including macaroni and cheese)
9. Meat-mixed dishes such as meatloaf and tomato sauce
10. Snacks such as chips, pretzels and popcorn

Some salt is necessary for the body to function properly, but too much can contribute to high blood pressure, heart disease and stroke. The CDC says most people should limit total salt intake to 2,300 milligrams a day or less.



“There are 2,300 milligrams of sodium—the chemical name for salt - in a single teaspoon of table salt,” Meigs notes. “It’s a real challenge to reduce salt intake, even for people who are highly motivated to do so.” Meigs offers some easy strategies to lower hidden salt intake and take control of your nutrition:

Know your numbers

Talk with a doctor about your blood pressure, cholesterol levels, family health history and ways to prevent health problems before they start. Visit familydoctor.org to learn more.

Read nutrition labels

It takes mere seconds to read nutrition labels to see which items are high in sodium. Sometimes this information is even printed on the front of the package.

Keep in mind, different brands of the same foods often contain varying levels of salt. For example, a slice of white bread can range anywhere from 80 to 230 milligrams of salt. Salt levels in a can of chicken noodle



soup can range from 100 to 900 milligrams per serving.

Be a smart diner

Dining out can still be a healthy treat with a little proactive effort. If nutrition information isn't included on the menu, do some homework in advance by visiting the restaurant's website. You may be surprised to find that items billed as "light or healthy fare" are often high in salt.

Opt for whole foods

Whether eating out or dining in, filling your plate with whole foods - items in their natural state or close to it - will help you lower your sodium levels. Non-processed fresh foods that are high in fiber are ideal, for example, fresh fruits, vegetables, lean meat and whole grains. Prepare food at home. It's easier to regulate salt consumption by preparing meals at home. Not only can you select healthy ingredients and pack your plate with whole foods, you can control the salt you add to dishes by manipulating recipes and including flavor-enhancing alternatives like fresh herbs.

Achieve good posture at your workstation

Here are the Occupational Safety & Health Administration's general recommendations for setting up a safe and comfortable computer workstation .

Poor posture at your workstation can lead to all sorts of physical problems. Here are the Occupational Safety & Health Administration's general recommendations for setting up a safe and comfortable computer workstation that won't strain your back, neck, arms, and shoulders:

- The top of your monitor should be at or just below eye level.
- Your head and neck should be balanced and in line with your torso.
- Your shoulders should be relaxed.
- Your elbows should be held close to the body and be supported.
- Your wrists and hands should be in line with your forearms when they are on the keyboard.
- You should have adequate room for your keyboard and mouse.
- Your feet should be flat on the floor.



Watch your waist in your 40s to avoid dementia later

Carrying belly weight during the 40s appears to increase the risk for dementia



Carrying belly weight during the 40s appears to increase the risk for dementia in the 70s, whereas carrying extra midsection weight later in life isn't as accurate an indicator.

Researchers say these findings are disturbing because 50 percent of adults in the United States are considered abdominally obese.

Researchers at Kaiser Permanente studied 6,583 people who were between the ages of 40 and 45. An average of 36 years later, 16 percent of the participants—who had been measured for abdominal density—were diagnosed with dementia.

Abdominal obesity increased the risk of dementia regardless of whether people had normal overall weight or were overweight or obese overall—and regardless of the health conditions including diabetes, cardiovascular disease, and stroke.

Who are the sleepest workers?

Lack of sleep can lead to heart disease, obesity, diabetes, depression, and other ailments. Many Americans, though, are chronically sleep-deprived—meaning they get less than the recommended seven hours of sleep per night.

Who's suffering the most?

From the CBS News website and the Centers for Disease Control and Prevention comes this list of occupations in which people get the least amount of sleep:

- Food industry supervisors and production work supervisors. In a tie, 48.9 percent of employees in both these fields are sleeping less than seven hours per night.
- Plant and systems operators. Among people who run crucial machinery, almost half—49.6 percent—don't get their seven hours a night.
- Printing workers. Slightly more than half—50.9 percent—are probably drowsy during the day.
- Railroad workers. They have a huge responsibility, but 52.7 percent aren't getting enough sleep.
- Transportation workers. Automotive service workers, parking lot attendants, and others tend to get less sleep than they need—54 percent of them

Giving up on losing weight?

The obesity trend in the United States continues, with the number of adults who are either overweight or obese expanding from 53 percent to 66 percent over a 26-year period from 1998 to 2014.

Apparently many of us have given up trying to fight it. According to the Journal of the American Medical Association (JAMA), the number of people actively trying to lose weight in the past year dropped from 56 percent to 48 percent over the same period.

Researchers theorize that the decline is due to changing perceptions about acceptable body weight.

Fight the causes of midafternoon slump

Many people experience it—that sudden, unexplained feeling of fatigue that hits you somewhere between lunch and the end of the workday. You can't focus, your eyes grow weary, and you wish you could just curl up for a quick nap. Here are some explanations for that loss of energy—and what you can do about it:

- **Dieting.** Dieting can cause afternoon fatigue, especially if you're trying to cut too many calories too fast. That slows down your metabolism and can make you feel sluggish. Solution: Multiply your weight by 10; this is a healthy number of calories to maintain your energy each day.
- **Sugar and caffeine.** Sugar and caffeine are stimulants, but the boost they give you is only temporary. Once that's gone, you'll feel more tired than before you consumed them. Solution: Drink a large glass of water in the afternoon and stretch out a bit. If you're hungry, eat some fruit. The natural sugars will give you energy without the drain.
- **Alcohol.** Alcohol causes sleep problems; if you've had too much to drink the night before, you'll feel the effects the next day. Solution: Have a glass of wine early in the evening or none at all.
- **Cheese, turkey, and milk.** These can all make you sleepy about an hour or two after you eat them. The amino acid in these foods acts like a natural sedative. Solution: Eat these foods at night; they'll help you sleep when you really want it.

National Farriers Week, July 9-15.
Honoring the men and women who care for and maintain the hooves of horses, a highly specialized trade that requires skill in hoof care, blacksmithing, and the care of injured and diseased hooves.

Captive Nations Week, July 16-22.
A week aimed at raising public awareness of the oppression of nations under the control of Communist and other nondemocratic governments. It began in 1953 and declared by a congressional resolution and was signed into law by President Dwight D. Eisenhower in 1959.

National Parenting Gifted Children Week, July 16-22.
Parents of gifted children need special understanding in order to raise and advocate for the social and emotional needs of their unique children. NPGC Week celebrates the joys and challenges of raising, guiding, and supporting bright young minds.

National Zoo Keeper Week, July 16-22.
As the need to protect and preserve our wildlife and vanishing habitats has increased, zookeepers' roles as educators and wildlife ambassadors has become essential. Celebrate National Zoo Keeper Week; both keepers and animals deserve professional recognition.

A very Happy Birthday to...



STAFF

Zshanni F July 4th
Joseph C July 9th
Bethany B July 11th
Kristina H July 17th
Nicholas O July 21st
George V July 24th
Lynnette A July 25th
Eleanor D July 27th

RESIDENTS

Rita D July 2nd
George B July 3rd
Laura L July 4th
Josephine S July 6th
Elizabeth P July 13th
Kathleen L July 16th
Nancy B July 18th
Roberta D July 30th



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, 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

Health Benefits and Nutrition Facts About Quinoa

Quinoa (pronounced keen-wah) is a grain that has become more of a household name in recent years. It belongs to a group of foods called “ancient grains” due to their historical beginnings. Quinoa has been consumed in South America for thousands of years and was once sacred to the Incas. Quinoa is actually a seed and not a typical grain. Because of this, it is known as a “pseudo-cereal.”

There are three types of quinoa seeds; white, red and black. Each has a slightly different flavor profile. Quinoa provides many nutritional benefits. It is gluten-free, non-GMO, whole grain. Those that have a gluten-intolerance, have celiac disease or even those that are avoiding gluten by choice can enjoy quinoa without issue. Quinoa is an excellent source of a complete protein. A complete protein is one that contains all nine essential amino acids. Essential amino acids cannot be made by the human body, therefore we must obtain them from our diet. Most plant-based foods do not contain all of the essential amino acids. Quinoa and buckwheat are unique in that they are indeed complete protein, just like animal proteins are. This also makes quinoa a great grain choice for eating a vegan or vegetarian diet.

Each cup of cooked quinoa contains 8 grams of protein, making it one of the highest protein-containing grains. Quinoa, being a whole grain, is a very good source of fiber, with 5 grams in every 1-cup serving. Fiber is very important to include in a healthy diet since it reduces blood sugar levels, reduces cholesterol, increases fullness, which can aid in weight management by reducing one’s overall calorie intake. Quinoa contains a high amount of complex carbohydrates. These complex carbohydrates provide a good source of energy making quinoa a very good fuel source for athletes. Another appealing nutrition fact is that quinoa’s glycemic index is quite low. This means that eating quinoa doesn’t raise one’s blood sugar as much as eating other carbohydrates does. People with diabetes or high triglycerides would benefit from including foods like quinoa into their diet.

Quinoa is also a good source of nutrients such as magnesium, manganese, folate, phosphorus, iron, potassium and zinc. Additionally, quinoa contains several trace plant nutrients, known as phytochemicals. Two of these phytochemicals are quercetin and kaempferol. These act as antioxidants and are anti-viral, anti-inflammatory and anti-cancer agents.

Quinoa is easy to prepare and only takes 15-20 minutes to cook. It is cooked in a similar way as rice, one part grain to two parts water. It has a pleasant, mild, nutty flavor. If quinoa is new to you, try the following recipe to get you started.

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Premier Residential Care Facility For Seniors

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

At Dodge Park Rest Home and the Oasis at Dodge Park, we provide seniors two options for senior residential care.



At Dodge Park Rest Home your loved one is cared for in a unique, home-like setting with custom services tailored to maximize their physical and cognitive well being.

- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
- Your loved one can stay even if your money runs out!



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IN A ROW**

DODGE PARK

REST HOME

CELEBRATING



YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

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



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Quinoa Power Lunch Salad

1 cup cooked quinoa
½ sliced avocado
½ cup grape tomatoes
¼ cup chopped walnuts
¼ cup dried cranberries
3 tablespoons fresh cilantro, chopped
3 tablespoons balsamic vinaigrette

Combine all ingredients and serve.

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).

Stay safe on the stairs

When a clown falls down a flight of stairs as a gag, it's funny. In real life, though, falling down a staircase can be dangerous, even fatal. Here are some basic tips for preventing stairway accidents in your home:

- Handrails. Railings should extend the full length of the staircase, on both sides.
- Lights. The top and bottom of every stairway should be well lit, with light switches at both ends.
- Rugs. Don't leave loose rugs or carpets on the landings. Either fasten them securely to the floor so no one can trip, or get rid of them.
- Steps. Make sure they're not slippery. Put non-stick treads on each step.
- Obstacles. Keep stairs clear of books, toys, and anything else that might clutter the path.
- Gates. If you have small children living in or visiting your house, gates to prevent them from tumbling down the stairs are a must.
- Packages. Don't overload yourself when carrying items up and down the stairs. Be sure you can keep at least one hand on the rail as you ascend or descend.
- The bottom step. Paint the lowest step white, especially for stairs leading into dark basements. This will make seeing the final step easier.

United States of
AMERICA
INDEPENDENCE
DAY

Forever Young: Understanding the Baby Boomer Generation

Having worked as an activity professional for thirty-nine years, I never thought I would reach the day where the topic of activities appealing to my age group would be a topic of discussion. I am a baby boomer. Baby boomers were born between 1946 and 1964. A baby boomer turns 50 every seven seconds and we are 79 million strong. The oldest of our generation is 71 years old and may be entering retirement.

The baby boomer generation has forged through life with gusto, questioning the status quo and introducing change to our society's mores and values. Baby boomers are approaching this later stage of life with no less enthusiasm. Retirement to a baby boomer does not mean sitting in a rocking chair, watching the grass grow. Baby boomers don't even like to use the word retirement; we are simply switching gears and going in a new direction.

The baby boomers are traditionally optimistic, independent minded, industrious and focused on social causes and personal improvement. Fifty percent of baby boomers spend at least thirteen hours per week online and another forty five percent of baby boomers are interested in healthy living and



wellness. These are key points to consider as the baby boomer may be entering our care communities.

Program considerations for baby boomers:

*The music and program topics will need to shift to the time period between the 1960's and 1980's. We have seen this shift already and it is a wise activity professional who has updated their resource library.

*The titles of programs and program content will need to be adjusted. As a baby boomer, I would not attend a coffee klatch or balloon toss. I would attend yoga, art class or go to the Cyber Café for some organic, free trade coffee.

*The baby boomer's programs will need to have clear purpose and meaning. Keeping the baby boomer busy, just to keep them busy, will not be received well. Baby boomers like to see the whole picture and need to know how our participation will contribute to the final outcome.

*Baby boomers will want more amenities such as full spa services and internet access in their room. Concierge services will be necessary to address the individual needs and interests of this population. We are used to getting what we want.

*Baby boomers are going to want more flexibility in programming. Baby boomers have worked hard all their lives and if there is one thing they will take advantage of, during retirement time, is not having to stick to a schedule. Open recreation and smaller, spontaneous groups will be more appealing than committing to a posted schedule of events.

*Specific programs which will appeal to the baby boomer would be community oriented groups such as re-cycling committees, or a committee focusing on making sure the facility is "green". Volunteer or
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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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Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

July 2017

Dodge Park Rest Home and Day Club

<p>10:15 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Paul Belanger 4:00 Ball Game 7:00 Meditation and Relaxation 8:00 The Honeymooners</p>	<p>10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 I Love Lucy Show</p>	<p>10:00 Morning Hellos 10:30 Meditation and Music 11:15 Tai Chi 2:30 Independence Day Celebration: Wayne Page 4:00 Balloon Game 7:00 Movie: Yankee Doodle Dandy <small>Independence Day</small></p>	<p>4:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Ball Game 2:30 The Paint Project 4:00 Sentimental Singing 7:00 Karaoke 8:00 Lawrence Welk Show</p>	<p>5:00 Yoga with Nancy 10:30 Morning Hellos 11:15 Word Games 2:30 Entertainment: Alexandria Bianco 4:00 Balloon Volleyball 7:00 Thursday Night Bingo 8:00 Carol Burnett Show</p>	<p>10:00 Daily Chronicle 10:30 United Congregational Church 3:30 Baking with Deb 11:15 Music and Movement 3:30 Root Beer Floats! 7:00 Friday Night Movie</p>	<p>10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:00 Balloon Game 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Joe Sarasin 8:00 Dean Martin Show <small>Canada Day</small></p>
<p>10:15 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Rob Marona 4:00 Ball Game 7:00 Meditation and Relaxation 8:00 Dick Van Dyke Show</p>	<p>10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:45 Music Therapy 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 I Love Lucy Show</p>	<p>10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games/ Sensory Group 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 The Andy Griffith Show</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Ball Game 3:00 Communion Service 4:00 Sentimental Singing 7:00 Karaoke 8:00 Lawrence Welk Show</p>	<p>12:00 Yoga with Nancy 10:30 Morning Hellos 11:15 Word Games 2:30 Craft Corner/Table Games/Sensory Group 5:30 Family Cookout w/ The Borellis 8:00 Carol Burnett Show</p>	<p>10:00 Daily Chronicle 10:30 Mary Kay 10:30 Parachute Game 11:15 Music and Movement 3:30 Happy Hour! 7:00 Friday Night at the Movies</p>	<p>10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:00 Balloon Game 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Sandy Robinson 8:00 Dean Martin Show</p>
<p>10:15 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Ashley Yarnell 4:00 Ball Game 7:00 Meditation and Relaxation 8:00 The Honeymooners</p>	<p>10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 I Love Lucy Show</p>	<p>10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games/ Sensory Group 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 Ozy and Harriet Show</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Ball Game 2:30 Birthday Party with Bill McCarthy 7:00 Karaoke 8:00 Lawrence Welk Show</p>	<p>19:00 Yoga with Nancy 10:30 Morning Hellos 11:15 Word Games 2:30 Craft Corner/Table Games/Sensory Group 4:00 Balloon Volleyball 7:00 Thursday Night Bingo 8:00 Carol Burnett Show</p>	<p>10:00 Daily Chronicle 10:30 Baking with Deb 10:30 Parachute Game 11:15 Music and Movement 3:30 Milkshake Madness! 7:00 Friday Night at the Movies</p>	<p>10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:00 Arts & Crafts 3:00 Balloon Game 4:00 Game Circle 6:30 Entertainment: Chuck Dee 8:00 Dean Martin Show</p>
<p>10:15 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: John Grundstrom 4:00 Ball Game 7:00 Meditation and Relaxation 8:00 Dick Van Dyke Show</p>	<p>10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:45 Music Therapy 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 I Love Lucy Show</p>	<p>10:00 Morning Hellos 10:30 All Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games/ Sensory Group 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 The Andy Griffith Show</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Ball Game 3:00 Communion Service 4:00 Sentimental Singing 7:00 Karaoke 8:00 Lawrence Welk Show</p>	<p>26:00 Yoga with Nancy 10:30 Morning Hellos 11:15 Word Games 2:30 Craft Corner/Table Games/Sensory Group 4:00 Balloon Volleyball 7:00 Thursday Night Bingo 8:00 Carol Burnett Show</p>	<p>10:00 Daily Chronicle 10:30 Mary Kay 10:30 Parachute Game 11:15 Music and Movement 3:30 Happy Hour! 7:00 Friday Night at the Movies</p>	<p>10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:00 Arts & Crafts 3:00 Balloon Game 4:00 Game Circle 6:30 Entertainment: Chuck Dee 8:00 Dean Martin Show</p>
<p>10:15 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Glen Hillard 4:00 Ball Game 7:00 Meditation and Relaxation 8:00 The Honeymooners</p>	<p>10:15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 I Love Lucy Show</p>	<p>10:00 Morning Hellos 10:30 All Bible Study 11:15 Tai Chi 2:30 Bingo/Table Games/ Sensory Group 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 The Andy Griffith Show</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Move and Groove 11:15 Ball Game 3:00 Communion Service 4:00 Sentimental Singing 7:00 Karaoke 8:00 Lawrence Welk Show</p>	<p>26:00 Yoga with Nancy 10:30 Morning Hellos 11:15 Word Games 2:30 Craft Corner/Table Games/Sensory Group 4:00 Balloon Volleyball 7:00 Thursday Night Bingo 8:00 Carol Burnett Show</p>	<p>10:00 Daily Chronicle 10:30 Mary Kay 10:30 Parachute Game 11:15 Music and Movement 3:30 Happy Hour! 7:00 Friday Night at the Movies</p>	<p>10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:00 Arts & Crafts 3:00 Balloon Game 4:00 Game Circle 6:30 Entertainment: Chuck Dee 8:00 Dean Martin Show</p>

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**
July 2017
Oasis at Dodge Park

<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Wayne Page 4:00 Inspirational Stories 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Adventures in Art 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing/Sensory 7:00 Meditation/Relaxation 8:00 Golden Oldies</p>	<p>9:30 Morning Gathering 10:00 The History of Independence Day 10:30 Tai Chi 11:15 4th of July Facts/Fun 2:30 Independence Day Celebration: Marti Sawyer 4:00 Balloon Game <small>Independence Day</small></p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking Club 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Puzzles & Pondering 10:45 In the News 11:15 Yoga with Nancy 11:45 Music Therapy 2:00 Game Circle 4:00 Story and Discussion 7:00 Meditation & Relaxation</p>	<p>9:30 Morning Hellos 10:00 Table Top Games 2:00 Bible Study 2:00 Musical Bingo/Games 3:30 Root Beer Floats! 4:30 Sing-A-Long/Nails 7:00 Friday Night Movie</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Top Games 4:15 Chris on the Piano 6:30 Entertainment: Heather Ralston 8:00 Reading Roundtable <small>Carolina Day</small></p>
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<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Adventures in Art 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing/Sensory 7:00 Meditation/Relaxation 8:00 Golden Oldies</p>	<p>9:30 Morning Gathering 10:00 Memory Lane 10:30 Tai Chi 11:15 Table Top Time 2:00 Bingo/Guessing Game 3:00 Balloon Volleyball 4:00 Tuesday Trivia 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking Club 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Puzzles & Pondering 10:45 In the News 11:15 Yoga with Nancy 11:45 Music Therapy 2:00 Congregational Mass 5:30 Family Cookout with Paul Belanger</p>	<p>9:30 Morning Hellos 10:00 Mary Kay 10:00 Table Top Games 2:00 Bible Study 2:00 Musical Bingo/Games 3:30 Happy Hour! 4:30 Sing-A-Long/Nails 7:00 Friday Night at the Movies</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Top Game 4:15 Chris on the Piano 6:30 Entertainment: Jim Porcella 8:00 Reading Roundtable</p>
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<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Marylou Ferrante 4:00 Inspirational Stories 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Adventures in Art 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing/Sensory 7:00 Meditation/Relaxation 8:00 Golden Oldies</p>	<p>9:30 Morning Gathering 10:00 Memory Lane 10:30 Tai Chi 11:15 Table Top Time 2:00 Bingo/Musical Memory 3:00 Bean Bag Toss 4:00 Tuesday Trivia 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Word Games 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking Club 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Puzzles & Pondering 10:45 In the News 11:15 Yoga with Nancy 11:45 Music Therapy 2:00 Musical Bingo/Games 3:30 Milkshake Madness! 4:30 Sing-A-Long/Nails 7:00 Friday Night Movie</p>	<p>9:30 Morning Hellos 10:00 Mary Kay 10:00 Table Top Games 2:00 Bible Study 2:00 Musical Bingo/Games 3:30 Musical Bingo/Games 4:30 Sing-A-Long/Nails 7:00 Friday Night Movie</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Top Game 4:15 Chris on the Piano 6:30 Entertainment: Kathy Earabino 8:00 Reading Roundtable</p>
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<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Ashley Yarnell 4:00 Inspirational Stories 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Adventures in Art 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing/Sensory 7:00 Meditation/Relaxation 8:00 Golden Oldies</p>	<p>9:30 Morning Gathering 10:00 Memory Lane 10:30 Tai Chi 11:15 Table Top Time 2:00 Bingo/Guessing Game 3:00 Balloon Volleyball 4:00 Tuesday Trivia 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Resident Council 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking Club 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Puzzles & Pondering 10:45 In the News 11:15 Yoga with Nancy 11:45 Music Therapy 3:00 Story & Discussion 4:00 At the Arts/Musicals 7:00 Meditation & Relaxation</p>	<p>9:30 Morning Hellos 10:00 Table Top Games 2:00 Bible Study 2:00 Musical Bingo/Games 3:30 Birthday Party! 4:30 Sing-A-Long/Nails 7:00 Friday Night at the Movies</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Top Game 3:00 Game Circle 6:30 Entertainment: Dave Cuddy 8:00 Reading Roundtable</p>
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<p>9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: PE James 4:00 Inspirational Stories 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Catholic Mass 11:00 Adventures in Art 2:00 Sentimental Singing 3:00 Board/Table Games 4:00 Reminiscing/Sensory 7:00 Meditation/Relaxation 8:00 Golden Oldies</p>	<p>9:30 Morning Gathering 10:00 Memory Lane 10:30 Tai Chi 11:15 Table Top Time 2:00 Bingo/Guessing Game 3:00 Balloon Volleyball 4:00 Tuesday Trivia 7:00 Short Stories</p>	<p>9:30 Morning Gathering 10:00 Bowling 10:45 Color Craze 11:15 Resident Council 2:00 Pet Therapy 3:00 Sing-A-Long 4:00 Movement/Walking Club 7:00 Hand Massage/Music</p>	<p>9:30 Morning Gathering 10:00 Puzzles & Pondering 10:45 In the News 11:15 Yoga with Nancy 11:45 Music Therapy 3:00 Story & Discussion 4:00 At the Arts/Musicals 7:00 Meditation & Relaxation</p>	<p>9:30 Morning Hellos 10:00 Table Top Games 2:00 Bible Study 2:00 Musical Bingo/Games 3:30 Birthday Party! 4:30 Sing-A-Long/Nails 7:00 Friday Night at the Movies</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Top Game 3:00 Game Circle 6:30 Entertainment: Dave Cuddy 8:00 Reading Roundtable</p>
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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.



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





We take pride
in the food
we serve at
Dodge Park
and the Oasis



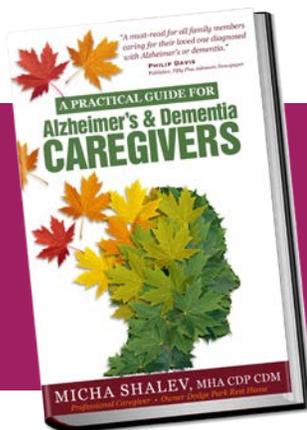
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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 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



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.

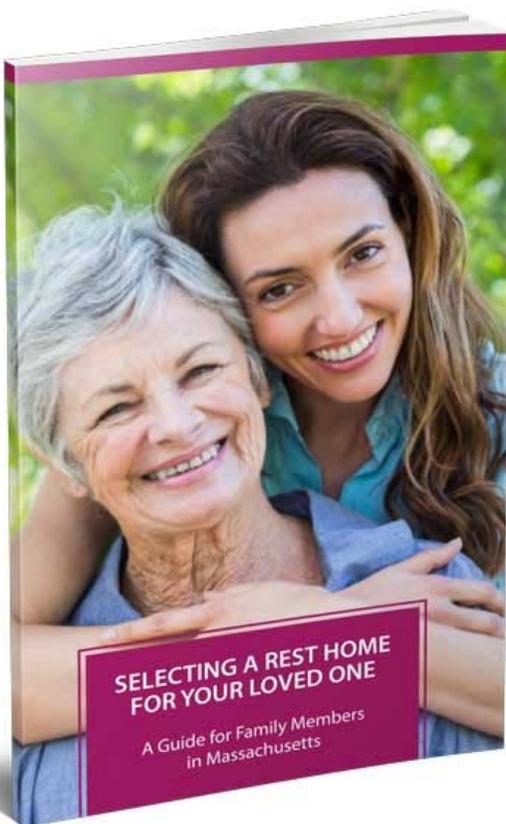
A Higher Level of Care than Assisted Living and more affordable than a Nursing Home

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

Culture Change In Long Term Care Facilities

By Micha Shalev MHA CDP CDCM

Culture Change is a transformation in philosophy and practice to de-institutionalize care and create a resident-directed approach in all aspects of life in long-term care. The essence of culture change is quality care and quality of life – “OBRA in action!” This handout provides ideas that can be immediately implemented, at no-cost, while emphasizing the core component of culture change, resident-directed care.

Resident Routine

- Honor residents’ choice to wake up and go to bed at a time they choose
- Coordinate with physicians so medication times fit the natural flow of the residents’ day
- Implement consistent staff assignment in order for staff to develop a relationship with residents and gain a better understanding of each residents’ routine, interests and needs

Individualized Care Plans

- Create a welcoming assessment process with the goal to get to know the resident (consider the assessment a conversation rather than an interview, serve a beverage and snack during the assessment, place more emphasis on learning about their personal history, interests and strengths)
- Encourage residents to participate in their care plan meetings (explain the purpose and the importance of their input, give them prior notice and time to prepare, hold the care plan meetings in their room)



- Use I-Care Plans
- Include direct care staff in care plan meetings since direct care staff provide the majority of care and will know the resident’s needs, strengths and routines

Hiring and Training of New Employees

- Include a resident in the interview process for new employees
- Include a resident in staff orientation and in-services to share their perspective on quality of life and care
- Conduct learning circles with all staff members to share ideas regarding resident-directed care and culture change*

Resident Council

- Ensure Resident Council meetings are resident-directed (support residents in leading the council meetings, make sure the agenda is set by the residents)
- Create a Culture Change Team and include representatives from the Resident Council
- Invite the Resident Council to hold a learning circle for residents to share their experience as a new resident and how to improve the experience for future residents
- Work with the Resident Council to create a Welcome Committee for new residents and family members
- Invite a resident to participate in tours with prospective residents*
- Involve the Resident Council in solving problems that arise in the nursing home

Family Council

- Host periodic events for family members to meet staff, discuss culture change and share ideas
- Create a Culture Change Team and include representatives from the Family Council
- Include family members in the interview process for new employees

Responding to Call Lights

- Seek resident input regarding the staff response to their requests for assistance
- Implement consistent staff assignment so staff will get to know each resident's needs and routine
- Schedule staff to work when residents' needs are the highest*

Dining Experience

- Survey residents about their satisfaction with the dining experience and meet with the residents to discuss the results and how you will incorporate their input in future plans
- Provide more choices (e.g. buffet-style dining, menus, multiple alternative meal options, expanded dining hours, continuous dining)
- Develop a meal planning team and include residents on the team
- Make snacks and drinks available to residents any time day or night
- Ask residents to choose from personal recipes submitted by fellow residents and acknowledge the recipe's owner on the menu

Defining "Community" and Creating Home

- Encourage residents to decorate their rooms with personal furniture and items
- Speak with the resident and/or family member to choose photos and personal anecdotes and create a visual **life story to post in** their room or near their door
- Involve residents in creating and naming "neighborhoods" within the nursing home
- Introduce a time for "coffee and

conversation" so staff can sit and speak with residents and family members in a casual, relaxed setting

- Increase communication and develop relationships with residents by pairing a staff person with each resident to speak with the resident weekly in order to get to know each resident and discuss concerns

Meaningful Activities and Community Engagement

- Conduct learning circles so residents can share personal interests and identify meaningful activities
- Based on the individualized care plan identify what is meaningful to each resident and help them incorporate those activities into their routine
- Support residents in participating in activities outside of the nursing home (volunteering in community service, making crafts for local art fairs, mentor programs with students, local community events, voting)

Create a Comfortable Bathing Experience

- Ask residents for suggestions to improve their bathing and daily hygiene experience
- Honor residents' preferences regarding a comfortable bathing experience
- Offer residents music, scented lotion, massage and facials during their bath

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 or view more information online at www.dodgepark.com



After The Diagnosis of Alzheimer's Disease --So What Now!!

Are you kidding me, I have what!! It can't be true. It has to be a mistake. You are really "angry". It's normal to have these feelings but the important thing is to find ways to cope, and continue to "have fun and laugh".

What you must understand first and foremost is that you or loved one will lose short term memory but retain some long term memory.

There are several methods and diagnostic tools to help determine fairly accurately whether an individual with memory problems has "possible Alzheimer's disease," "probable Alzheimer's disease,"

or some other memory or neurological problem. "Possible Alzheimer's disease" is defined as a dementia that could be due to another condition. "Probable Alzheimer's disease" means there are no other causes for the symptoms that can be found.

Some individuals with memory problems have a condition called amnesic mild cognitive impairment (MCI) that often precedes AD. Individuals with MCI have more memory problems than normal for individuals their age, but their symptoms are not as severe as those seen in AD. Importantly, not all individuals with MCI develop AD.

At this time, a definitive diagnosis of Alzheimer's disease can only be determined by an autopsy of the brain after death. However, at specialized centers, doctors can diagnose AD in a living person correctly up to 90 percent of the time.

A physician will diagnose Alzheimer's in a living person by:

- Asking questions about an individual's overall health, past medical history, ability to perform daily activities, and changes in behavior and personality



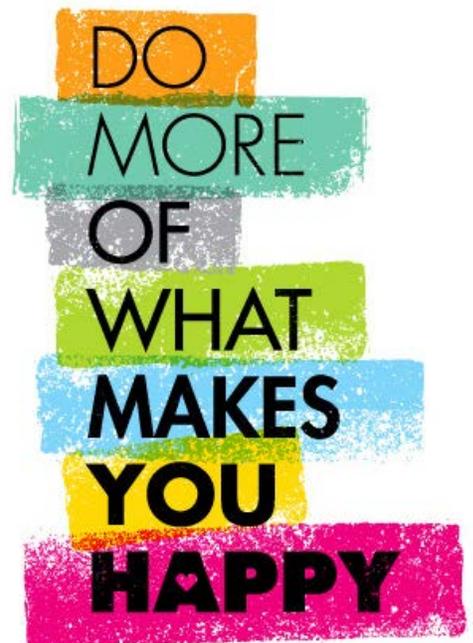
- Conducting memory tests, problem solving, attention, counting, language skills and other abilities related to brain functioning
- Carrying out medical tests of blood, urine, or spinal fluid
- Collecting information provided by family members or other caregivers about changes in a person's day-to-day function and behavior which may help in diagnosis
- Performing brain scans, such as magnetic resonance imaging (MRI), positron emission tomography (PET) scan or a computed tomography (CT) scan

A complete diagnostic workup for AD is lengthy and costly and may take as long as a year or more before a final diagnosis is made. After the diagnosis is made, the family and patient may need considerable guidance and counseling. Family members often wonder whether they should tell their loved one of the diagnosis.

While it is devastating to learn that your loved one has AD, it is frequently more stressful to be aware of the signs and symptoms and yet have no answer for the problem. The family and the patient should agree before the diagnosis is made so appropriate actions are taken.

Not knowing always presents the risk of the person finding out accidentally. Open and honest communications are usually the best, but some families have their own reasons for choosing a different path. Families often look to healthcare professionals for guidance, and it is important to respect their decisions; however, physicians are advised to disclose the diagnosis to their patient.

The American Psychiatric Association (APA) recommends advising Alzheimer's disease patients and their families of the need for financial and legal planning due to the patient's eventual incapacity (e.g., power of attorney for medical and financial decisions, an up-to-date will, and the cost of long-term care).





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