



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 to get it delivered to your inbox each month. Print editions will mail out every other month only.



Dodge Park Rest Home: Senior Living at Its Best

From the exterior, the Dodge Park Rest Home resembles a stately, beautifully landscaped home situated in a quiet neighborhood. And in fact, the building had been the Heald Mansion back when horse drawn buggies were the main source of transportation.

Today, when you walk through the front doors that feeling of “home” still permeates the facility. Those who choose to reside at Dodge Park Rest Home will find a warm, welcoming atmosphere that fosters engagement.

When Ben Herlinger and Micha Shalev moved from Israel to the United States over 3 decades ago, the two men didn’t envision a lifelong friendship, let alone a successful business partnership.

They hail from vastly different professional backgrounds: Herlinger specialized in cattle feeding equipment and Shalev was trained as an electrical engineer. But when the duo arrived in America, they decided to focus on helping individuals diagnosed with dementia and Alzheimer’s disease.

More than 30 years ago, Herlinger and Shalev acted on that passion and opened the Shalev Family Home in Los Angeles, which earned a reputation as one of the best residential care facility, providing services to the frail, the elderly and those diagnosed with dementia and Alzheimer’s disease. In time, the men grew the business, opening seven different locations and founding a well-respected home care agency.

By 2006, Herlinger and Shalev sold all seven properties and decided to move back to the New England area. When they relocated to Massachusetts with their families, the two men harbored a deep-seated need to help the frail and elderly in this state, just as they had in California. Thus began a search for an appropriate elder care facility to purchase.

Fate brought them to the Dodge Park Rest Home, which had previously been the Heald Mansion. This stately home had been built at a time when horse-drawn carriages transported passengers on the unpaved streets of Worcester.

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

Coincidentally, Dodge Park’s original owners, brothers Bob and Tony Penny, had decided to retire and wanted to sell the facility. Interested in the property, Shalev and Herlinger engaged in negotiations and soon came to an agreement. Although they envisioned a facility that would appeal to seniors, the business partners realized that goal that they faced a significant challenge. The house was seriously outdated and in need of cosmetic and structural improvements to both the interior and exterior.

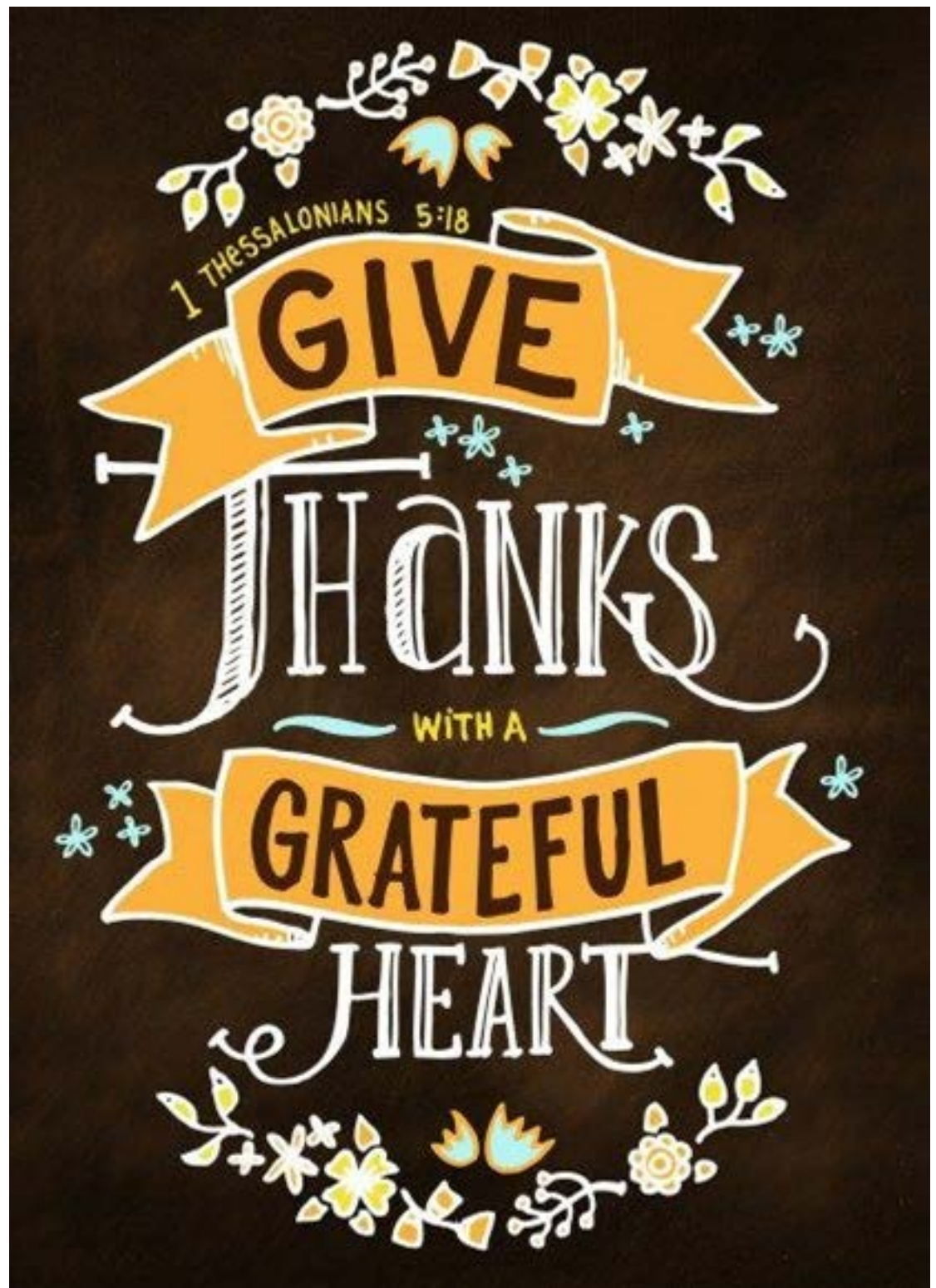
“We invested heavily in remodeling the facility and attempted to combine the warm feeling of an old mansion with the luxurious feeling of a senior care facility. We also had to comply with rules and regulations issued by the Department of Public Health,” said Shalev. “One of the very first big items on our shopping list was

to purchase and install air conditioning for the facility. We also had to upgrade the water delivery system and the heating system. We added a new roof and flooring and purchased all new furniture. And we did all this within the first year.”

As newcomers to the area, the two new owners also had to establish themselves in the community. “We had to work hard to overcome the skepticism that comes when you are strangers from the other side of the country,” Shalev noted. “We had to work very hard to establish our reputation. Since all of our credit from the West coast was not accepted here, we had to start from square one.”

The men worked diligently to assemble a professional, knowledgeable management team that would provide excellent care and keep the facility running smoothly. Shalev said, “We felt it was very important to have a top-notch staff from the beginning. This is critical in this industry and not be taken for granted.”

Their hard work has paid off. The resulting 60-bed rest home, which is licensed by the Massachusetts Department of Public Health (DPH), offers residents all the amenities of a modern facility with the charm of the original mansion.



Daylight Savings Time, Nov. 5.

Get an extra hour of sleep or partying when you dial back the clock in the wee hours of the morning on this first Sunday in November.

Color The World Orange, Nov. 6.

The first Monday in November helps to raise awareness for those diagnosed with Complex Regional Pain Syndrome/Reflex Sympathetic Dystrophy (CRPS/RSD). Wear your favorite orange scarf or shirt to show your support. Look for orange decorations and lights on landmarks and buildings around town.

International Tongue Twister Day, Nov. 12.

Observed on the second Sunday in November, this day is a fun way to challenge your pronunciation skills.

Take A Hike Day, Nov. 17.

Head to the nearest state park or nature preserve and follow the path to wherever it may lead.

Thanksgiving, Nov. 23.

Whatever you eat, this day is all about gratitude, togetherness and sharing.



NOVEMBER Observances

Adopt a Turkey Month

- American Indian Heritage Month
- Aviation History Month
- Nov 1, 1800 President First Occupies the White House
- Nov 1, 2017 National Authors Day
- Nov 2, 1755 Marie Antoinette's Birthday
- Nov 2, 1734 Daniel Boone's Birthday
- Nov 2, 1920 First Scheduled Radio Broadcast
- Nov 2, 1920 Over 8 Million American Women Vote for the First Time in History
- Nov 2, 2000 International Space Station Inhabited
- Nov 4, 1922 King Tut's Tomb Discovered
- Nov 6, 1860 Lincoln Elected President
- Nov 7, 1867 Marie Curie's Birthday
- Nov 8, 1958 Hope Diamond Mailed to Smithsonian
- Nov 8, 1519 Cortes Conquers Mexico
- Nov 9, 1989 Fall of the Berlin Wall
- Nov 11, 1982 Vietnam Veterans Memorial Dedicated
- Nov 11, 2017 Veterans Day
- Nov 14, 1889 Nellie Bly Begins Her Trip Around the World
- Nov 15, 2017 America Recycles Day
- Nov 16, 2017 International Day for Tolerance
- Nov 16, 1805 Lewis & Clark Expedition Reaches Pacific Ocean
- Nov 18, 1928 Mickey Mouse's Birthday
- Nov 19, 1863 Lincoln's Gettysburg Address
- Nov 20, 2017 Great American Smokeout
- Nov 20-25, 2017 National Game & Puzzle Week
- Nov 22, 1963 John F. Kennedy Assassinated
- Nov 23, 1859 Billy the Kid's Birthday
- Nov 25, 2017 National Flossing Day
- Nov 26, 1865 Lewis Carroll's "Alice's Adventures

in Wonderland” Published

- Nov 29, 1832 Louisa May Alcott’s Birthday
- Nov 30, 1835 Mark Twain’s Birthday

1. Day of the Dead
2. Cookie Monster Day
3. Men Make Dinner Day
4. Candy Day
5. Pumpkin Destruction Day
6. Nachos Day
7. Chocolate with Almonds Day
8. Cook Something Bold and Pungent Day
9. Chaos Never Dies Day
10. Sesame Street Day
11. Origami Day
12. Pizza with the Works Day
13. World Kindness Day
14. Pickle Day
15. Clean Out the Refrigerator Day
16. Button Day
17. Homemade Bread Day
18. Apple Cider Day
19. Have a Bad Day Day
20. Peanut Butter Fudge Day
21. World Television Day
22. Go for a Ride Day
23. Dr. Who Day
24. Thanksgiving Day 2017 is on 23rd
25. Sink Day
26. Cake Day
27. Pins and Needles Day
28. Cyber Monday 2017 is on 27th
29. Square Dancing Day
30. Mousse Day

Family Stories Month.

Celebrate the histories and experiences that make families unique. Gather your clan and grow the bonds of kinship this month by sharing tales across the generations.

Historic Bridge Awareness Month.

They cross rivers and connect people to towns. No matter where they are on the planet, bridges are an extraordinary example of engineering brilliance.

Movember.

Grow a moustache or take on a “Move” challenge to raise awareness and funds for men’s health issues. Visit <https://movember.com> to learn more.

National Aviation History Month.



Recognizing man’s quest to conquer the skies and the aircrafts that have been developed along the way. Find an exhibit at a museum in your area.

Inspirational Role Model Month.

Honor those who inspire you to do your very best and lead by example. Use #InspirationalRoleModelsMonth on social media when you do.

National Scholarship Month.

This is the time for students to start researching opportunities and filling out applications for grants and scholarships that will offset tuition and expenses for college.

Kidney Function

People with reduced kidney function miss this important warning sign. Anyone with a chronic disease knows the importance of monitoring personal health data to keep on top of one's disease. If you suffer from heart disease, for example, you watch your cholesterol and blood pressure closely, and if you are diabetic, you monitor your blood sugar. People suffering from reduced kidney function have important health measures to monitor - key among these is their potassium level.

Not knowing and keeping track of this important health measure could have serious, and even fatal consequences. The dangers of high potassium A naturally existing mineral, potassium is an essential nutrient that helps your body regulate its fluid levels, balance other minerals in the cells and contract your muscles. Potassium can even help lower your blood pressure by warding off the potentially harmful effects of sodium.

However, like sodium, potassium can be harmful to the body if levels in the blood become too high. Because 90 percent of all excess potassium is released through the kidneys, people suffering from reduced kidney function or chronic kidney disease are at an increased risk of suffering from the complications of high potassium.

The condition of high potassium is otherwise known as hyperkalemia, and failure to treat it can result in abnormal heart rhythms and even sudden death. Raising awareness Despite the potential for serious complications, awareness and understanding of the dangers of high potassium remains low. A new online survey of 488 patients conducted by the National Kidney Foundation (NKF) and Relypsa Inc. finds that 50 percent of the respondents - all of whom have chronic kidney disease - said high potassium was very important to them personally, ranking ahead of heart disease and anemia, diabetes and high cholesterol. Yet while patients said their concern over their potassium levels was real, 80 percent stated they did not know their potassium level. Thirty percent had never heard the term hyperkalemia and 53 percent had no idea what it meant.

In addition, there was a clear gap in perception of the treatment needs associated with high potassium. Although 68 percent of those surveyed had been living with high potassium levels for more than a year, 71 percent felt that managing their high potassium levels was a short-term issue.

Establishing a baseline for future treatment High potassium poses a potentially serious threat, and 38 percent of respondents report they have needed emergency care because of high levels of potassium in their blood. However, despite potential danger, symptoms of high potassium can be difficult to spot and are sometimes nonexistent.

In cases where warning signs do appear, a person may feel shortness of breath, chest pain, nausea or vomiting, heart palpitations or muscle paralysis. However, an absence of any of these symptoms does not always mean a person's potassium levels are within healthy guidelines.

Patients who suffer from chronic kidney disease and other reduced kidney function complications are at an increased risk for high potassium complications and cannot ignore this potential danger. If you suffer from such a condition, talk to your doctor about the dangers of high potassium. A simple blood test can determine your current potassium levels and your doctor can help you develop a treatment regimen to lower and/or manage your potassium levels. Make the call today. Because your potassium levels are simply too important not to monitor.



Factors for avoiding dementia

Physicians estimate that cases of Alzheimer's disease and dementia could reach 141 million people by 2050, but a new study reported in *The Lancet* says that one-third of such cases could be prevented through better lifestyle management, including:

- Getting an education (staying in school until over age 15)
- Reducing high blood pressure, obesity, and diabetes
- Avoiding or treating hearing loss in mid-life
- Not smoking
- Physical exercise
- Reducing depression and social isolation later in life.

One minute a day may lead to stronger bones

Keeping your bones in good shape is vital to your health as you grow older, especially for women.

Research reported on the Medical News Today website suggests that women may be able to keep their bones strong by running just one minute a day.

Examining data from more than 2,500 women, researchers found that women who participated in high-intensity, weight-bearing physical activity like running 60-120 seconds a day had 4 percent better bone health than women who took part in less than a minute of physical activity.

Women who performed more than two minutes of exercise had 6 percent better bone health.

The researchers cautioned, though, that they can't be sure whether high-intensity exercise leads to better bone health, or whether people with better bone health tend to exercise more.

Coffee + nap = more energy

Want to take a nap that will leave you refreshed and ready to go again? Try drinking a cup of coffee first.

It sounds counterintuitive, but that's the advice from the Health.com website. The reason why it works: The caffeine in a cup of coffee takes about 30 minutes to kick in. After a 30-minute nap, you'll wake up just as the caffeine takes effect.

Research backs the idea up. In 1997 the journal *Psychophysiology* reported that sleepy adults who drank 200 mg of caffeine (twice the amount in 8 ounces of brewed coffee) and then took a short nap performed better on a simulated driving test than people who got only the caffeine.



Keep your naps short—15-30 minutes—and take them at least six hours before your regular bedtime so the caffeine doesn't keep you up at night. If you're sensitive to caffeine, try green tea instead.

If you are what you eat . . .

This information isn't for the squeamish, but you might want to know it anyway. According to an article on the Huffington Post website, insects are so ubiquitous that the FDA allows a certain amount of bugs and insect fragments in the food we eat. Insect control organization Terro released data on just how much you might be eating in a year:

- | | |
|------------------------------|---------------------|
| • Coffee beans | 136,080 (fragments) |
| • Wheat flour | 91,650 (fragments) |
| • Macaroni/noodle products | 7,031 (fragments) |
| • Chocolate | 5,988 (fragments) |
| • Broccoli (frozen) | 1,660 |
| • Peanut butter | 408 (fragments) |
| • Mushrooms | 254 |
| • Berries (canned or frozen) | 84 |
| • Brussel sprouts (frozen) | 54 |

Follow these fireplace safety tips

The fall is a perfect time for a fire in the fireplace. You'll want to make sure your fireplace is not a hazard to your home, though. Here are a few tips from the Hearth, Patio & Barbecue Association:

- Make sure to clear the area around the fireplace and chimney..
- Always use a fireplace screen.
- Don't overload your fireplace with too many logs.
- Don't try to burn your Christmas tree or other refuse in your fireplace.
- Always keep a fire extinguisher on hand and equip your home with smoke detectors. Don't forget to check your batteries on a regular basis.
- Place your logs to the rear of your fireplace on a grate.
- Never leave the fire unattended. Make sure the fire is extinguished before you go to bed.
- Keep firewood stacked, covered and out of doors—away from the house and off the ground.
- Have your fireplace inspected annually. Make sure it is cleaned by a certified chimney sweep.

Relax with a nice warm bath



What's more relaxing than a long hot bath? Jacuzzi Luxury Bath commissioned a survey to explore Americans' bathing habits, and found that 38 percent of us take baths at least once a week. Frequent bathers take an average of 3.3 baths weekly for an average of 28 minutes. Among other results:

- Timing. The most popular times for taking a bath are weekend evenings and Monday mornings.
- Demographics. Bathing breaks down 50-50 between men and women. Younger people are more likely to be frequent bathers: 48 percent of people 25-44 said they bathe on a regular basis.
- Benefits. Women tend to take baths because it helps them relax, while men feel baths lead to better mental acuity. Bathers 18-44 said baths make them feel more alert.
- Exercise. Baths are popular for relieving soreness and fatigue caused by exercise.

Your holiday shopping might include these pricey items

Got money to burn? Consider putting these outrageously priced items on your shopping list (from, appropriately enough, the Richest.com website):

- **Fountain pen.** The Goldsmith Jack Row Pen, studded with 0.90 carat diamonds set on white gold, has an inner barrel made of sterling silver which is plated with 22 carats' worth of gold. Price: \$43,000.
- **Dog collar.** The Amour Dog Collar is made from crocodile leather and comes with 1,600 diamonds and a 7-carat centerpiece, all set in white gold. Price: \$3.2 million.
- **Razor.** The Zaffiro Razor is made with medical-grade stainless steel. Its blades are made from artificial sapphires and the handle is iridium (a metal similar to platinum). Only 99 were ever produced, for a price of \$100,000 each.
- **Sunglasses.** Dolce & Gabbana's DG2027b sunglasses have a frame made of gold. Price: \$383,609.
- **High heels.** These stilettos by Christopher Michael Shellis are made from solid gold and come with 2,200 diamonds that are valued at 30 carats. Price: \$220,000 a pair.



National Fig Week, Nov. 1-7.

Figs are rich in calcium, potassium, and vitamin A. Take time this week to savor all this delicate fruit has to offer.

American Education Week, Nov. 13-17.

The spotlight is on the accomplishments and requirements of public schools and the many dedicated people who devote their lives to teaching.

International Fraud Awareness Week, Nov. 12-18.

Keeping the public aware of the latest scams that make us vulnerable to crime. Get informed.

National Farm City Week, Nov. 17-23.



Ending on Thanksgiving Day, this week allows us to pay homage to farmers in locations across the country for their contributions to our communities and economy. Bring the farm to your table this week.

A very Happy Birthday to...

OASIS RESIDENTS

Agnes H. Nov 8

DODGE PARK RESIDENTS

Laura M. Nov 1

Alice P. Nov 11

Claire D. Nov 15

Victoria L. Nov 23

Paul B. Nov 26

Irene B. Nov 29

STAFF

Ivy W. Nov 2

Roger H. Nov 5

Tarence W. Nov 6

Brashell G. Nov 16

Matilda T. Nov 19

Norma C. Nov 24

Miguel B. Nov 25

Rahsheem M. Nov 25

Brandi B. Nov 26

Merline V. Nov 27

Nereida R. Nov 29

Yvonne W. Nov 29



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 November 16, 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.

Veterans Day

Veterans Day is an official United States public holiday, observed annually on November 11, that honors military veterans; that is, persons who served in the United States Armed Forces.

It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect.

The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954.

Veterans Day is not to be confused with Memorial Day, a U.S. public holiday in May; Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who died while in military service.

It is also not to be confused with Armed Forces Day, a minor U.S. remembrance that also occurs in May, which specifically honors those currently serving in the U.S. military.





Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutritious Foods to Donate to a Food Drive

In light of the devastation in Texas brought on by Hurricane Harvey and the outpouring of donations by those around the country I wanted to provide some information on food donations, specifically what kinds of foods are good to donate to those in need. This spirit of giving is also very prominent around the winter holiday season, which is right around the corner.

An important thing to remember is that perishable items or those items that need to be refrigerated are very often not accepted. Another consideration is that while all foods have a place in one's diet, those that contain key nutrients are better choices. Candy bars and desserts will provide valuable calories but not much else in the way of nutrition. Also, foods that require no cooking or those that can be cooked easily will be most desired by those that have temporary living situations or for those living in a shelter.

Foods high in protein and whole-grain carbohydrate foods provide a good, healthy energy sources for the consumer. Here are some foods that meet that criteria:

- Canned tuna and other canned meats such as chicken
- Peanut butter and loose nuts
- Canned beans such as kidney beans or baked beans
- Canned chick peas
- Hearty soups such as lentil soup, black bean soup, beef stew or clam chowder (Ready-to-eat soups do not require the addition of milk or water so choose those over condensed soups if possible)
- Shelf-stable milk (like Parmalat)
- 100% juice drinks
- Canned fruits and fruit cups in juice
- Protein bars and low sugar granola bars
- Microwavable popcorn
- Low sodium canned vegetables
- Whole grain pasta (pair it with a jar of meat sauce)
- Microwavable brown rice packets
- Instant oatmeal
- Low sugar, whole grain cereals

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).

It's never too late to begin. It's never too early to start.

ageless

Grace®



Timeless Fitness
for the Body & Brain™

Ageless Grace® Neuroplasticity Exercises Almost Anyone Can Do!

The Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple Tools for Lifelong Comfort and Ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to stimulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements, or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special choreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (i.e. joint mobility, balance, spinal flexibility, upper body strength, coordination) - and all promote the "Three R's" of Ageless Grace® the ability to respond, react and recover.

For more information, please visit: www.agelessgrace.com



Maria Skinner is an Ageless Grace® Educator Trainer. She is the owner of StarFish Dance & Yoga in MA. In addition to Ageless Grace®, Maria is a BeSoul™ Dance Trainer & a former White Belt Nia Trainer. She co-authored the book "My Hungry Head" and co-authored the Spanish translation of Our Bodies, Ourselves; Nuestros Cuerpos, Nuestras Vidas.

The Ageless Grace® Program
is ideal for:

Anyone who wants to stay
cognitively fit and vibrant
through stimulation of
neuroplasticity

All health and fitness
professionals desiring
brain health skills
on their resume

Special populations,
including those with
physical or mental
limitations

Caregivers working with
special populations

Introduction to Ageless Grace®

Wednesday, November 8th

Location: Dodge Park Rest Home
101 Randolph Road Worcester MA 01606

Time: 6:00-6:45pm

Come learn play with me and increase your neuroplasticity through fun,
music and simple movement!

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!



Schedule a Tour
& See Why We're
#1 On Caring.com in MA
**5 YEARS
IN A ROW**

DODGE PARK REST HOME
CELEBRATING **50** YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

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

Here Comes Phase II



For the first time in almost thirty years, the long-term care industry is in the midst of significant changes to the federal regulations. These changes are so significant that they are being introduced in three phases. Phase one was introduced last November and mainly set the tone for changes to come, introducing language changes. These language changes are “activity friendly” as the push toward Person Centered Care is getting stronger.

Activity Professionals have long embraced Person Centered Care concepts and many of these regulatory changes validate the importance of quality of life. The wording of our federal tag was revised slightly to more clearly define the scope of programming and emphasize individual preferences.

The second phase is to be implemented November 28th, 2017 and will be introducing the most significant changes of the three-phase implementation.

The following is a summary of the planned changes:

- The regulations have been re-arranged and re-numbered. Whereas activities used to be F-248 and F-249, we are now F-679 and F- 680. Same requirements but located differently.

There are references to activities in at least 52 additional regulations which strengthens the importance of quality of life as an interdisciplinary approach.

- Resident rights have been redefined and strengthened. There are more specific guidelines for responding to the exercising of individual rights, abuse and neglect. All care communities should be sharing the current set of resident rights with their residents at resident council as well as individually, as appropriate.

- New Behavioral Health regulations are being introduced. These regulations emphasize non-pharmacological interventions for behavioral expressions. The activity profession will play a significant role in these new requirements as individualized activity interventions, both group and 1-1, can be an effective nonpharmacological approach. We will need to be prepared with a wide spectrum of interventions for individuals with all sorts of behavioral needs.

- | -Part of these Behavioral Health regulations define the need for sufficient and competent staff. The activity professional needs to ensure they have acquired the necessary training to appropriately respond to elders with cognitive loss. To assume a strong role in defining and implementing non-pharmacological alternatives, we need to acquire the necessary knowledge, skills and competencies.

Obtaining a national certification through NCCAP or NCTRS would be one way to secure the basic knowledge of therapeutic interventions.

Acquiring a memory care specialization or at the very least, additional training on the subject, would contribute to your knowledge in understanding behaviors and developing individualized approaches that might be effective in meeting individual needs. The activity manager should be developing a training program for the staff in their department, offering regular in-services on dementia care, understanding behaviors and relevant communication strategies.

is suggested to maintain a training binder which outlines the specific training of the staff on the special needs of your residents. The activity professional can also be a strong asset in providing in-services to the rest of the facility staff on individualized nonpharmacological interventions.

-Phase II also introduces a new survey process implemented by the state surveys.

This Quality Indicator Survey process has already been introduced in parts of the country and with this phase II, the entire country will now be surveyed under this method. This new survey process requires that the surveyor enter all findings into a tablet or PC. The software will organize the data and contribute to a more objective and consistent assessment.

-The new survey process will be using Critical Element Pathways which are investigative protocols. The activity professional should have copies of the Critical Pathways not only for activities, but resident council, dementia care, sufficient and competent

staff, behavior and emotional health, communication and sensory problems, hospice and end of life, as well a pain management. These pathways can assist the activity professional in assuring all systems are in place and effectively meeting the needs of the residents.

This brief listing is just the “tip of the iceberg” as they say. Yes, these changes are monumental and yes, they seem overwhelming. However, the goal is to provide individualized care for the individuals living in our care communities.

It will be challenging for sure but these regulations support the goal of the activity profession – which is individualized, person centered care. We can assist our communities in meeting these new requirements with our knowledge and skills that we have been practicing all along.





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,

November 2017

Oasis at Dodge Park

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Movement Group 7:00 Hand Massage & Music	5 9:30 Puppy Visits 10:00 Catholic Mass 11:00 Fun with Fitness 2:00 Art "Open Studio" 3:00 Board & Table Games Walking Group Singing-A-Long 7:00 Meditation and Music	6 9:30 Puppy Visits 10:00 Remember When? 10:30 Tai Chi 11:15 Music and Rhythm 2:00 Entertainment: Trinity Big Band 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	7 9:30 Puppy Visits 10:00 Chair Dancing 10:45 "20" Questions 11:30 Music Therapy 2:00 Craft Corner The Gentlemans Club 3:30 Movement/Walking Group 4:30 Reminiscing 7:00 Hand Massage & Music	1 9:30 Puppy Visits 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:00 Octaband 3:00 Tell Me Something Good 4:00 Story and Discussion Scents and Senses 7:00 Poetry Readings	2 9:30 Puppy Visits 10:00 Sittercize 10:00 Mary Kay 11:00 Creative Arts Manicures & Music 2:00 Noodle Hockey 3:30 Happy Hour! 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale	3 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 4:15 Chris on the Piano 6:30 Entertainment: Heather Ralston 8:00 Reading Roundtable
9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Darlene Bailey 4:00 Inspirational Stories 6:30 Laura Ramsay Plays 7:00 Hand Massage & Music	12 9:30 Puppy Visits 10:00 Catholic Mass 11:00 Fun with Fitness 2:00 Art "Open Studio" 3:00 Board & Table Games Walking Group 4:00 Reminiscing/Sensory Singing-A-Long 7:00 Meditation and Music	13 9:30 Puppy Visits 10:00 Remember When? 10:30 Tai Chi 11:15 Music and Rhythm 2:00 Bingo The Circle of Friends 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	14 9:30 Puppy Visits 10:00 Chair Dancing 10:45 "20" Questions 11:30 Music Therapy 2:00 Craft Corner The Gentlemans Club 3:30 Reminiscing 5:00 Oasis Family Thanksgiving Celebration! 8:00 Hand Massage & Music	15 9:30 Puppy Visits 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:00 Congregational Church Service 3:00 Tell Me Something Good 4:00 Story and Discussion Scents and Senses 7:00 Poetry Readings	16 9:30 Puppy Visits 10:00 Sittercize 10:00 Mary Kay 11:00 Creative Arts Manicures & Music 2:00 Turkey Feathers Show 3:30 Happy Hour! 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale	17 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 4:15 Chris on the Piano 6:30 Entertainment: Ted Powers 8:00 Reading Roundtable
9:30 Bible Study 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Paul Belanger 4:00 Inspirational Stories Movement Group 7:00 Hand Massage & Music	19 9:30 Puppy Visits 10:00 Catholic Mass 11:00 Fun with Fitness 2:00 Art "Open Studio" 3:00 Board & Table Games Walking Group 4:00 Reminiscing/Sensory Singing-A-Long 7:00 Meditation and Music	20 9:30 Puppy Visits 10:00 Remember When? 10:30 Tai Chi 11:15 Music and Rhythm 12:30 Mens Lunch 2:00 Bingo 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	21 9:30 Puppy Visits 10:00 Thanksgiving Baking 11:30 Music Therapy 2:00 Thank You Card Craft 3:00 The Thanksgiving "Price Is Right" 4:00 Fireside Story: An Old Fashioned Thanksgiving 7:00 "A Charlie Brown Thanksgiving"	22 Happy Thanksgiving!! 9:00 Macys Thanksgiving Day Parade 10:00 Facts re:Macys Parade 11:00 What I'm Thankful For 2:00 Gratitude Trees 3:00 Thanksgiving Games & Fun 4:00 History of Thanksgiving Thanksgiving Day (US)	23 9:30 Puppy Visits 9:30 Drum Circle with Tim Kane 11:00 Story and Discussion 2:30 Birthday Party with Clyde Wheatley 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale	24 9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 4:15 Chris on the Piano 6:30 Entertainment: Dave Cuddy 8:00 Reading Roundtable
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 Movement Group 7:00 Hand Massage & Music	26 9:30 Puppy Visits 10:00 Catholic Mass 11:00 Fun with Fitness 2:00 Art "Open Studio" 3:00 Board & Table Games Walking Group 4:00 Reminiscing/Sensory Singing-A-Long 7:00 Meditation and Music	27 9:30 Puppy Visits 10:00 Remember When? 10:30 Tai Chi 11:15 Resident Council 2:00 Bingo The Circle of Friends 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	28 9:30 Puppy Visits 10:00 Chair Dancing 10:45 "20" Questions 11:30 Music Therapy 2:00 Craft Corner The Gentlemans Club 3:30 Movement/Walking Group 4:30 Reminiscing 7:00 Hand Massage & Music	29 9:30 Puppy Visits 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:00 Octaband 3:00 Tell Me Something Good 4:00 Story and Discussion Scents and Senses 7:00 Poetry Readings	30 November 5th -National Doughnut Day November 12th -National "Chicken Soup for the Soul" Day November 13th -National World Kindness Day November 18th -Mickey Mouse Birthday November 28th -National French Toast Day	

Oasis at Dodge Park 102 Randolph Road Worcester, MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar is subject to change.

November 9th is National Scrapple Day



Scrapple is an old dish that many of your residents may remember. The old recipe used different parts of the pig. This recipe simplifies things by using sausage. Give it a try. You'll like it. - Linda

Easy Scrapple

Recipe by Kit Redmond

Ingredients:

- 1 lb sausage
- 2 cups water
- 1 tablespoon red pepper flakes
- 1 teaspoon rubbed sage
- 1 cup cornmeal

Directions:

1. Pour 2 cups of water in a sauce pan and bring to a boil.
2. Cut sausage into pieces and add to boiling water mixing thoroughly (a potato masher works well). Once sausage is done take pan off heat and add red pepper flakes and sage.
3. Add cornmeal and mix thoroughly and pour into loaf pan.
4. Refrigerate until completely cooled.
5. Slice and fry in frying pan with cooking spray.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2017

Dodge Park Rest Home & Day Club

10-15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies	10-15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 3:30 Bowling or Bucket Ball Game 4:00 Positive Thoughts 7:00 Tuesday Night Trivia Challenge	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Parachute Game 2:30 The Paint Project 3:30 Game Circle 4:30 Sentimental Singing 6:00 Memorial Service 8:00 Classic TV	10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Craft Corner/Table Top Time 4:00 Ball Game 7:00 Reminiscing and Relaxation 8:00 Golden Oldies	10:00 Daily Chronicle 10:30 Mary Kay 10:30 Congregational Church Service 11:00 Morning Stretch 2:30 Cards & Games 3:30 Happy Hour! 4:30 Sing-A-Long 7:00 Friday Night at the Movies	10:00 Morning Hellos 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Sandy Robinson 8:00 Saturday Night Social Club	4
10-15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Rob Marona 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies	10-15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 3:30 Bowling or Bucket Ball Game 4:00 Positive Thoughts 7:00 Tuesday Night Trivia Challenge	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Parachute Game 2:30 The Paint Project 3:30 Game Circle 4:30 Sentimental Singing 7:00 Circle of Friends 8:00 Classic TV	10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Craft Corner/Table Top Time 4:00 Poetry and Short Stories 5:00 Dodge Park Family Thanksgiving Celebration! 8:00 Golden Oldies	10:00 Daily Chronicle 10:30 Mary Kay 10:30 Congregational Church Service 11:00 Story and Discussion 2:45 Music Therapy 3:30 Hot Cocoa Social 4:30 Sing-A-Long 7:00 Friday Night at the Movies	10:00 Morning Hellos 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Chuck Dee 8:00 Saturday Night Social Club	18
10-15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Ashley Yarnell 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies	10-15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 3:30 Bowling or Bucket Ball Game 4:00 Positive Thoughts 7:00 Tuesday Night Trivia Challenge	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Parachute Game 2:00 Thank You Card Craft 3:00 The Thanksgiving "Price Is Right" 4:00 "An Old Fashioned Thanksgiving" Story 7:00 Charlie Brown Special	9:00 Macys Thanksgiving Day Parade 10:00 Facts re:Macys Parade 11:00 What I'm Thankful For 2:00 Gratitude Tree 3:00 Thanksgiving Games 4:00 "Unexpected Blessings" Story & Discussion Thanksgiving Day (US)	10:00 Daily Chronicle 10:30 Baking with Deb 11:00 Drum Circle with Tim Kane 2:30 Cards & Games 3:30 Hot Cocoa Social 4:30 Sing-A-Long 7:00 Friday Night at the Movies	10:00 Morning Hellos 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Jim Porcella 8:00 Saturday Night Social Club	25
10-15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies	10-15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 3:30 Bowling or Bucket Ball Game 4:00 Positive Thoughts 7:00 Tuesday Night Trivia Challenge	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Parachute Game 10:30 Birthday Party with Bill McCarthy 4:30 Sentimental Singing 7:00 Circle of Friends 8:00 Classic TV	10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Craft Corner/Table Top Time 4:00 Ball Game 7:00 Reminiscing and Relaxation 8:00 Golden Oldies	10:00 Daily Chronicle 10:30 Baking with Deb 11:00 Drum Circle with Tim Kane 2:30 Cards & Games 3:30 Hot Cocoa Social 4:30 Sing-A-Long 7:00 Friday Night at the Movies	10:00 Morning Hellos 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Jim Porcella 8:00 Saturday Night Social Club	25
10-15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Ball Game 7:00 Short Stories 8:00 Sunday Night at the Movies	10-15 Daily Chronicle 10:45 Catholic Mass 11:15 Sing-A-Long 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Chicken Soup for the Soul 8:00 Classic TV or Movie	10:00 Morning Hellos 10:30 All Faith Bible Study 11:15 Tai Chi 2:30 Bingo/Sensory Group Table Games 3:30 Bowling or Bucket Ball Game 4:00 Positive Thoughts 7:00 Tuesday Night Trivia Challenge	9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Parachute Game 10:30 Birthday Party with Bill McCarthy 4:30 Sentimental Singing 7:00 Circle of Friends 8:00 Classic TV	10:00 Morning Hellos 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Craft Corner/Table Top Time 4:00 Ball Game 7:00 Reminiscing and Relaxation 8:00 Golden Oldies	10:00 Daily Chronicle 10:30 Baking with Deb 11:00 Drum Circle with Tim Kane 2:30 Cards & Games 3:30 Hot Cocoa Social 4:30 Sing-A-Long 7:00 Friday Night at the Movies	10:00 Morning Hellos 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Jim Porcella 8:00 Saturday Night Social Club	25

Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, MA 01606 Erin Lemoine, Activity Director 508-853-8180 X117 Calendar is subject to change.

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.

"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.



*Micha Shalev,
owner and administrator*



Bringing LIFE to those we serve

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THANKSGIVING DINNER AT DODGE PARK REST HOME

PLEASE JOIN US FOR A **THANKSGIVING** *dinner celebration*



JOIN US TO CELEBRATE THANKSGIVING TOGETHER.
We are so blessed and we count you among our blessings.

You are cordially invited (with all of your family and friends) to
join us for our Thanksgiving Dinner Party celebration with
Wayne Page and Alexandria Bianco.

NOVEMBER 16, 2017 | 5:00PM - 7:00PM
101 Randolph Rd, Worcester MA 01606

RSVP is a Must!!! RSVP to Micha, Ben or Erin by November 10th
at 508-853-8180 or to m.shalev@dodgepark.com

2017/2018 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 2017-2018-2019 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 meet on the 2nd Tuesday of each month at Dodge Park Rest Home and on the 3rd Wednesday of each month at the Oasis at Dodge Park. Refreshment will be provided.

2017	2018 (Continue)	2018 (Continue)
November 14 & 22	April 10 & 18	September 11 & 19
December 12 & 20	May 8 & 16	October 9 & 17
2018	June 12 & 20	November 13 & 21
January 9 & 17	July 10 & 18	December 11 & 19
February 13 & 21	August 14 & 22	2019
March 13 & 21		January 8 & 16

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**

A Cause for Common Courtesy

Don't you feel a little better when someone you work with genuinely extends a sincere act of kindness toward you? Or, perhaps when you least expect it, and you are just about at wit's end ready to walk out, that one person walking down the hallway smiles and lets you know that this too shall pass?

Today, right now, is the time to show common courtesy. What exactly is common courtesy? Does its meaning have the same implications for one person as it does for another? And, what significance does common courtesy have for Recreation/Activity Professionals?

According to the Oxford Dictionary, "Courtesy is the showing of politeness in one's attitude and behavior toward others." Synonyms for courtesy include gracious, considerate, respectful, well-mannered and cordial.

We are charged to be all these things and more! In fact, let's push the boundary line out a bit further and recommend that common courtesy be a required action not only toward residents, but also include residents' family members, professional colleagues and even those team members that 'rub us the wrong way' and make our days uniquely challenging!

The masterful art and science of extending common courtesy truly applies life skills that positively connect healthcare professionals to the people they serve every day.

Our mission as Quality of Life Champions should always be to use common courtesy throughout the day. Many of our hours are spent working and communicating with people and we need to always know that those personal and professional

interactions are being carefully watched by the residents and families we serve. Thus the importance of modeling courtesy and respect toward every person in our building. Furthermore, we need to encourage our residents to show kindness toward one another and display respect for those that can't do the things they did once before.

Many people were raised by parents that took careful time to teach them acts of kindness; however, we can't always expect the same from others; and, yes this includes our residents. As we learn more about person-centered care, Quality of Care/Life standards, and continue to implement the 3 Phases of the CMS Final Rule to Reform the Requirements for Long-Term Care Facilities, let's focus our attention toward common courtesy; a necessary quality standard in every Activity Professional's toolbox.

The words we say, the non-verbal gestures we use, and the way we socially interact with others is critical to our department's overall success and more importantly to the lives that we touch and inspire every single day.

"Successful and effective Recreation/Activity Professionals demonstrate excellent workplace etiquette that begins with strong interpersonal skills." (Joseph Grenny, *Crucial Conversations*). Specifically, Grenny's statement supports the position that interpersonal skills include common courtesies.

Most people don't intentionally aim to be rude or thoughtless, but, oftentimes they are unaware that many 'subtle' nuisances can negatively impact and affect working relationships. Here are a few helpful suggestions, which encourage and promote common courtesy in the workplace:

"Start each and every day by saying, "Good morning," and mean it! Healthcare communities have distinct unique cultures, but it's standard practice most everywhere to exchange a daily, positive greeting. You don't have to get into lengthy conversations. Research indicates that team members appreciate being acknowledged. It makes them



feel important and makes you more approachable and friendly.

“ Be a good neighbor and respect each person’s privacy. Should a brief greeting become a longer conversation, move to an open room or more private section of the healthcare community to continue your conversation.

“ Go the extra mile and do things that other team members would never expect you to do; helping the nursing and dietary teams with duties that are not in your specific work responsibilities. As always, talk with fellow healthcare team members and get permission to ‘help out’ before beginning any duty that is not in your job’s scope of practice.

Practicing and refining these common courtesies are certainly a win-win for everyone involved!

“Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart.” ~ Henry Clay

Louisa May Alcott: A real working writer

During her career, Alcott wrote more than a dozen novels ...

Louisa May Alcott is heralded for her novel *Little Women*. Published in 1868 and selling over 87,000 copies in its first three years in print, the book gained Alcott both recognition as a writer and wealth. Yet in the years prior to the release of this classic work, Alcott had been writing and publishing both fiction and poetry.



She was born November 29, 1832 in Germantown, Pennsylvania to parents A. Bronson Alcott, a philosopher and teacher, and his wife, Abigail May. She had three sisters: Anna, Elizabeth, and Abba May. The family’s relocation to Concord Massachusetts in 1844 would have a significant impact on Alcott’s life.

Alcott’s father believed that children of all ages should receive an education. He was the primary instructor for his children. In Massachusetts Alcott benefitted from the tutelage of family friends that included Henry David Thoreau, Margaret Fuller, Nathaniel Hawthorne, and Ralph Waldo Emerson.

Though the family faced many hardships, Alcott was determined to help out in any way possible. She worked as a seamstress, a teacher, a servant and a governess to help support her family. When her first book, a collection of poetry *Flower Fables*, was published in 1954, Alcott embarked on a career as a writer.

Several of her short stories were published in *The Atlantic*. Some of them can be accessed through that publication’s online archives today. In 1862, Alcott spent time in Washington D.C. as a civil war nurse. Based on her experiences, she wrote *Hospital Sketches*, published in 1863. Another book, *Moods*, was published the following year.

The request from her publisher for a story about young women resulted in Alcott penning the novel *Little Women*, inspired by her life with her own sisters.

During her career, Alcott wrote more than a dozen novels, along with scores of short stories, poems, and novellas. This year we commemorate the 185th birthday of Louisa May Alcott.



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

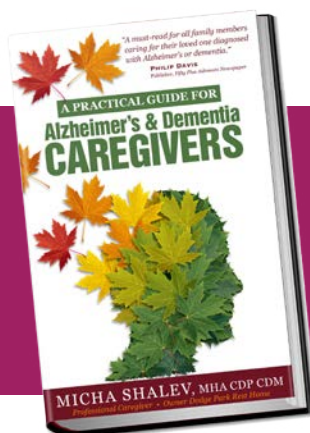
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

Schedule a Tour and discover the difference

508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

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.

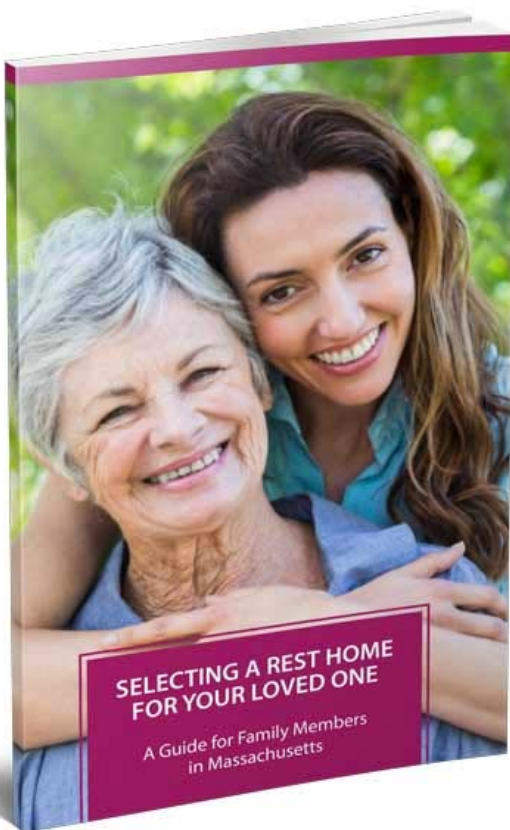
A Higher Level of Care than Assisted Living and more affordable than a Nursing Home

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 to look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

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Dementia: Will I Get It?

It would appear that “Dementia”, in its milder forms, is nothing more than a mild loss of memory. In its more severe, but still mild, forms, it can take the guise of mild disorientation; sometimes so mild that one is not even aware of being disoriented. The milder cases were likely referred to in olden times as “senility”. Something none of us ever aspired to.

However, there is a new body of information accumulating, and now published, which indicates that “dementia” could be the result of a natural condition, and which, if true, puts at least half of the North American population “at risk”!

What is that condition? It is “obesity” and it is rampant in North America, affecting at some estimates upwards of 60% of the population. And, according to a recent study published in the British Medical Journal, it is particularly harmful to people in the 40’s and up. The study tracked 10,000 men and women over a period of 27 years.

US scientists found people who were obese and between the ages of 40 and 45 were 74 per cent more likely to have dementia later in life compared to those of “normal” weight. And it’s worse for women: women were 200 per cent more likely to have dementia if they were obese in their 40’s.

Another downer: overweight people generally were 35 percent more likely to have the brain illness (or condition).



According to Rachel A. Whitmer, a research scientist at Kaiser Permanente, a non-profit medical group in Oakland, CA, “We’re having an epidemic of obesity that we’ve never seen before and we know it causes a wide variety of illness. And now we can add to the list. We are going to see an unprecedented increase in dementia as the baby boomers age.”

It’s not known whether people can lower their risk of dementia if they lose the excess weight, “but that’s one of the implications of the study,” Whitmer says.

In addition, two smaller studies also found signs of brain atrophy, or shrinkage, among women with a high body mass index (or BMI – a measure of body fat based on a ratio of weight to height). A normal BMI is between 18.6 and 24.9.

Finally, a recent Swedish study found a high BMI in old age is associated with an increased risk of dementia in women.

OK, the jury is still out. Is it guaranteed that just being overweight means I will get dementia? And, is this a “disease” or is it a “condition of imbalance”. Finally, in either case, can it be corrected and if so Health Fitness Articles, how? Will it respond to diet? Will it respond to aromatherapy? Will it respond only to medical (read that chemical”) intervention? Interesting questions for future articles on Dementia so stay tuned.



Tips for Traveling

Living with Alzheimer's disease or another dementia does not mean it's necessary to stop participating in meaningful activities such as travel. However, it does require planning to ensure safety, comfort and enjoyment for everyone.

For all travel, regardless of distance or duration, it's important to take into account the specific needs, abilities and preferences of everyone involved. For example, if you have always gone to Florida in the winter, you can continue the tradition until the trip becomes too difficult or is no longer relaxing for the person with dementia or the caregiver.

Tips for a calm traveling experience:

- Plan ahead.
- Learn to recognize the warning signs of anxiety and agitation and identify strategies to reduce them. Discuss this plan with the person with dementia.
- Try not to overload the person with a lot of directions or too much information.

General travel considerations:

- Environmental changes can trigger wandering or confusion. Enroll in MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with dementia who wander or have a medical emergency. Call 888.572.8566 or visit alz.org/safety to enroll.

Those already enrolled should notify MedicAlert + Safe Return of travel plans.

- It may be helpful to stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible.
- Evaluate options for the best mode of travel. Based on needs, abilities, safety and preferences, decide what would provide the

most comfort and the least anxiety.

- When selecting destinations, consider those that have easy access to emergency health services and pharmacies.
- Consider everyone's needs and desires as you plan your trip; elaborate sightseeing trips or complicated tours may cause anxiety and confusion.
- If you will be staying in a hotel, consider informing the staff ahead of time of your specific needs so they can be prepared to assist you.
- Have a backup plan in case your trip needs to change unexpectedly. This may mean purchasing travel insurance if you have booked flights or hotels.
- Carry with you an itinerary that includes details about each destination. Give copies to family members or friends you will be visiting or to emergency contacts at home.

Travel during the time of day that is best for the person. For example, if he or she becomes tired or more agitated in the late afternoon, avoid traveling at this time.

- Have a bag of essentials with you at all times that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks and activities.
- Remember to pack necessary medications, up-to-date medical information, a list of emergency contacts and photocopies of important legal documents.

- Allow plenty of time for rest. Don't over-schedule.
- Contact the Alzheimer's Association to learn if services are available at your destination.

What to keep in mind for visits to family and friends:

Prepare friends or family members for the visit by explaining dementia and any changes it has caused. Go over any special needs and explain that the visit could be short or that you may need to change activities on short notice.

Some additional considerations:

- It may be helpful to stay as close to your normal routine as possible. For example, keep meal and bed times on a similar schedule to that followed at home. Eating in may be a better choice than at a crowded restaurant.
- Be realistic about abilities and limitations. Allow extra time when scheduling activities.

Suggestions for air travel:

Moving through an airport requires focus and attention, as the level of activity can be distracting, overwhelming and difficult to understand.

Consider the following for air travel:

- Make your reservation through a travel agency or by calling the airline directly. Doing so allows you to add notes or instructions to the reservation for special needs such as wheelchair assistance or in-flight meals.
- Avoid scheduling flights that require tight connections.
- If traveling through an unfamiliar airport, review a map of the facility to plan for distance between connecting flights, locations where security re-entry may be required and locate convenient locations such as restrooms.



- If walking is difficult, consider requesting a wheelchair or motorized cart so that an airport employee is assigned to help you get from place to place. Most airlines ask for at least 48 hours of notice.

- Even if the passenger does not require support for mobility, consider requesting wheelchair assistance to help with navigation through security checkpoints. This support may help expedite the process and reduce stress.

- Contact the Transportation Security Administration (TSA) at least 72 hours prior to travel for information about what to expect during the security screening. While at the airport, ask what to expect and inform the TSA agent at the security checkpoint about the dementia diagnosis.

Do not hesitate to ask for assistance from airport employees and in-flight crew.

- If the person needs help using the restroom, look for companion care bathrooms so you can more easily assist.

- Stay with your travel companion at all times.

Traveling alone with dementia.

Some individuals in the early stage of Alzheimer's who remain independent may be able to travel alone, but planning ahead is necessary.

Consider the following:

- When booking flights, inquire if the airline offers a "meet-and-greet" service to escort passengers through security and to their gate terminal. This service may also be used to help passengers transfer between connecting flights.

- Inquire about any other services that would offer companion support to meet the safety needs of the passenger.

- Include all emergency contacts on the airline reservation.

- Contact TSA to determine if a pass can be issued to family members or friends to escort the passenger through security to their gate terminal.

- Make sure that all travel documents and identification are readily accessible. It may be helpful for the person to wear a document holder.

Source: Alzheimer's Association

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You are cordially invited (with all of your family and friends)
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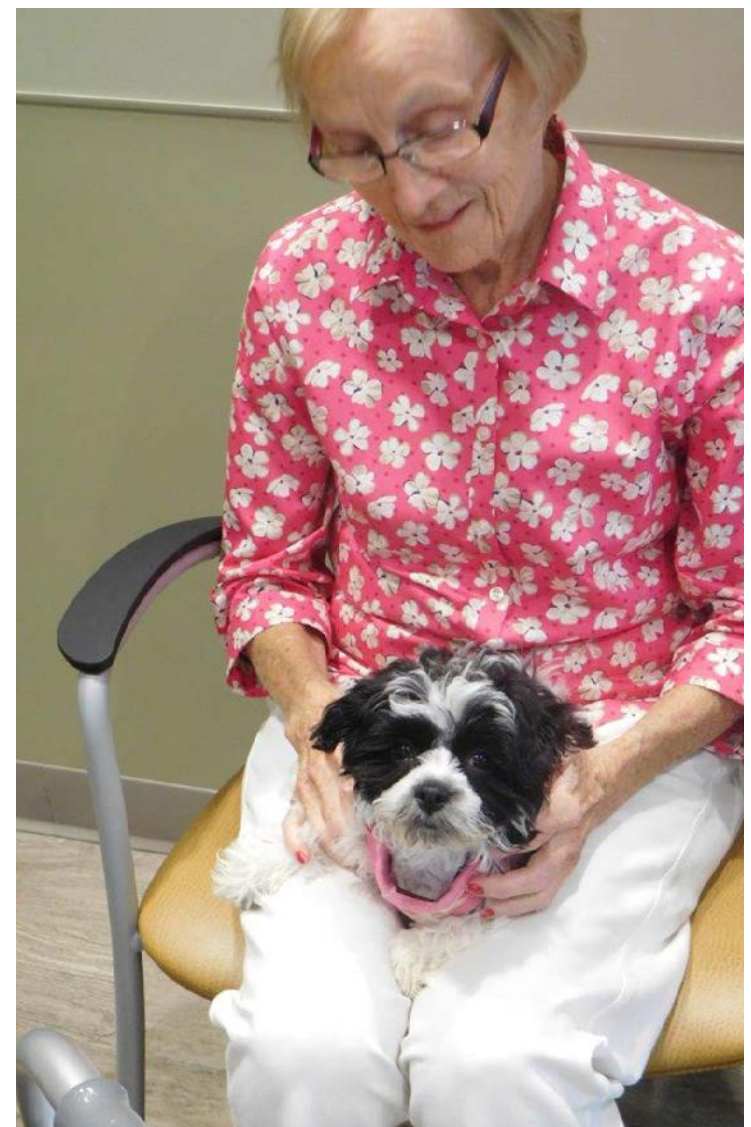
NOVEMBER 15, 2017 | 5:00PM - 7:00PM
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RSVP is a Must!!! RSVP to Micha, Ben or Erin by November 10th
at 508-853-8180 or to m.shalev@dodgepark.com

AROUND DODGE PARK



AROUND DODGE PARK



Tips for the Holidays

The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care.

In the early stage, a person with Alzheimer's may experience minor changes. Some may withdraw and be less comfortable socializing, while others may relish seeing family and friends as before.

The key is to check in with each other and discuss options. A simple "How are you doing?" or "How are you coping with everything?" may be appreciated. Plan the holidays together, focusing on the things that bring happiness and letting go of activities that seem overwhelming or stressful.

As the disease progresses into the middle and late stages, consider rethinking your holiday plans. Everyone is unique and finding a plan that works can involve trial and error. The following tips may help you make the holidays easier and happier occasions:

Adjust expectations.

- Call a face-to-face meeting or arrange for a group discussion via telephone, video chat or email for family and friends to discuss holiday celebrations.



Make sure that everyone understands your caregiving situation and has realistic expectations about what you can and cannot do. No one should expect you to maintain every holiday tradition or event.

- Give yourself permission to do only what you can reasonably manage. If you've always invited 15 to 20 people to your home, consider inviting five for a simpler meal. Think about having a potluck dinner, asking someone to order and bring dinner, or asking others to host.
- Familiarize others with your situation by writing a letter or email similar to the following:

I'm writing to let you know how things are going at our house. We're looking forward to your visit, and we thought it might be helpful for you to understand our current situation before you arrive.

You may notice that ____ has changed since you last saw him/her. Among the changes you may notice are _____. I've enclosed a picture

so you know how ____ looks now. Because ____ sometimes has problems remembering and thinking clearly, his/her behavior is a little unpredictable.

Please understand that ____ may not remember who you are and may confuse you with someone else. Please don't feel offended by this. He/she appreciates your being with us and so do we. Please treat ____ as you would any person. A warm smile and a gentle touch on ____'s shoulder or hand will be appreciated more than you know.

We would ask that you call when you're nearby so we can prepare for your arrival. With your help and support, we can create a holiday memory that we'll all treasure.

Involve the person living with Alzheimer's.

- Involve the person in safe, manageable holiday preparation activities that he or she enjoys. Ask him or her to help you prepare food, wrap packages, help decorate or set the table. (Avoid using candies, artificial fruits and vegetables as decorations because a person with dementia might confuse them with real food. Blinking lights may also confuse the person.)
- Maintain the person's normal routine as much as possible, so that holiday preparations don't become disruptive or confusing. Taking on too many tasks can wear on both of you.
- Build on traditions and memories. Your family member may find comfort in singing holiday songs, but you may also experiment with new traditions that might

be less stressful or a better fit with your caregiving responsibilities, such as watching seasonal movies.

Adapt gift giving.

- Provide people with suggestions for useful and enjoyable gifts for the person, such as an identification bracelet (available through MedicAlert® + Alzheimer's Association Safe Return®); comfortable, easy-to-remove clothing; CDs of favorite music; photo albums of family and friends; or favorite treats.
- Advise people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.
- Depending on his or her abilities and preferences, involve the person in gift giving. For example, someone who once enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that the person can wrap it.
- If friends or family members ask you what you'd like for a gift, you may want to suggest a gift certificate or something that will help make things easier, like housecleaning; lawn, handyman or laundry services; restaurant gift cards; or even volunteer to visit with the person for an afternoon so you can have some time off. Try to be flexible.
- Celebrate over lunch or brunch, rather than an evening meal, so you can work around the evening confusion, or sundowning, if it sometimes affects the person with Alzheimer's. Consider serving nonalcoholic drinks and keeping the room bright.
- Prepare for post-holiday letdown. Arrange for in-home care so you can rest, enjoy a movie or have lunch with a friend, and reduce post-holiday stress and fatigue.

Resources

MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or other dementias who wander or have a medical emergency. To learn more or to enroll, call 888.572.8566 or register online at alz.org/safety.

AROUND DODGE PARK





DODGE PARK
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Christmas & Hanukkah Party

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SPECIAL PERFORMANCES BY
BILL MCCARTHY & DUANE SULLIVAN

RSVP TO ERIN LEMOINE AT 508-853-8180 BY DEC 9TH

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Friends & Family are all invited to join us!

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AROUND THE OASIS DODGE PARK





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Thursday, November 2, 2017

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Why do families or others use Aging Life Care Professionals?

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Meet the Presenter:



DEBORAH LISS FINS is president of Deborah Fins Associates, PC, an Aging Life Care and organizational consulting firm. She is a licensed independent clinical social worker and certified care manager. Debbie has lectured extensively in the areas of care options for elders, financing of care, planning for aging parents, caregiver stresses, and guardianship and related matters. She is a member of the Aging Life Care™ Association and its New England chapter.

She is a Fellow of the Leadership Academy of ALCA. She has served on the National Board of ALCA since 2014 and currently chairs its Standards Committee. Debbie was the 2013 President of ALCA New England Chapter. She is a past co-chair of the Worcester Alzheimer's Partnership and is an "Elite Feet" individual fundraiser for the Central Mass. Walk to End Alzheimer's. She is also a member of the National Association of Social Workers, National and Massachusetts Guardianship Associations, the Worcester Area Geriatric Social Workers (WAGS) and Worcester Elder Networking Group (WENG). Debbie is a graduate of Brandeis University and the Columbia University School of Social Work.



LOCATION: Dodge Park Rest Home Social Room, 101 Randolph Rd, Worcester, MA
Toll Free: 1-877-363-4775 www.oasisatdodgepark.com www.dodgepark.com

DODGE PARK REST HOME



**The presentation is FREE of charge and open to the public. Please RSVP to Micha at
508-853-8180 or via email at m.shalev@dodgepark.com.**



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Christmas & Hanukkah Party

5pm - 7pm
DECEMBER 20th

SPECIAL PERFORMANCE BY: BILL MCCARTHY

Please join your loved one as we celebrate with Santa and give out traditional Christmas gifts to our residents.

RSVP TO ERIN LEMOINE AT 508-853-8180 BY DEC 9TH

102 RANDOLPH ROAD, WORCESTER, MA 01606



DODGE PARK REST HOME



The Day Club

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