



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

*Dodge Park Rest Home has been serving the Worcester area since 1967 with the specific purpose to be recognized by the consumer and industry as the most professional, ethical and highest quality care facility for the elderly. We are committed to listening and responding to the needs of the residents, their family members and our employees. We are committed to going the extra mile when assistance is required by the public, the residents and their family members. We will remain committed to an entrepreneurial spirit, which does not tolerate waste or bureaucracy, but rewards achievement.*

-Micha Shalev & Ben Herlinger, Administrators /Owners

## Memories are made AT DODGE PARK & THE OASIS



**Neighborhood Connection is now digital!**

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



**Bringing LIFE to Those We Serve**

Throughout the last several decades, the average American's life expectancy has increased significantly. Statistics show that in 2011 there were 5.7 million people 85 or older; by 2040 that number is expected to be 14.1 million.

Advances in medicine and technology, as well as growing awareness of healthy lifestyle practices, mean that Americans not only live longer, but they also live better.

However, as the population ages, needs change and senior living communities are becoming a vital partner in addressing those needs. The decision to relocate to a senior living community is not easy. However, making that choice offers a number of important benefits, including physical, emotional, social and mental stimulation, as well as the opportunity to thrive in a safe, supervised environment. Currently, approximately one million Americans live in some type of senior living facility and an anticipated two million seniors will reside in such communities by 2030.

Alzheimer's is the most expensive disease in America, with costs soaring past a quarter of a trillion dollars.

- In 2017, the direct costs to American society of caring for those with Alzheimer's will total an estimated \$2 59 billion.
- Average per-person Medicare spending for those with Alzheimer's and other dementias is more than three times higher than average per-person spending across all other seniors. Medicaid payments are 23 times higher.
- Unless something is done, in 2050, Alzheimer's will cost \$1.1 trillion (in 2017 dollars).
- Nearly one in every five Medicare dollars is spent on people with Alzheimer's. In 2050, it will be more than one in every three dollars.

Alzheimer's kills – and deaths have nearly doubled in the last 14 years.

- Alzheimer's disease is the 6th leading cause of death in the United

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

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

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

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

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

Phone: 508.853.8180 Fax: 508.853.4545

### **The Dodge Park Family of Care Services**

Dodge Park Rest Home

The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

The Oasis at Dodge Park

States and the 5th leading cause of death for those aged 65 and older.

- Deaths from Alzheimer's increased 89 percent from 2000 to 2014, while deaths from other major diseases (including heart disease, stroke, breast and prostate cancer, and HIV/AIDS) decreased.
- Alzheimer's is the only cause of death among the top 10 in America that cannot be prevented, cured, or even slowed.

Caring for someone with Alzheimer's is exceptionally demanding.

- In 2016, more than 15 million family members and friends provided 18.2 billion hours of unpaid care to people with Alzheimer's



and other dementias, at an economic value of more than \$230 billion.

- The tasks required of dementia caregivers are particularly intrusive and burdensome. Nearly half provide help getting in and out of bed. And, compared with other caregivers, they are much more likely to assist with bathing or showering and to deal with incontinence or diapers.

- Compared with other caregivers, Alzheimer's and dementia caregivers are two and a half times as likely to help with emotional or mental health problems and nearly four times as likely to assist with behavioral issues.

More than one out of three Alzheimer's caregivers report their health has gotten worse due to care responsibilities, compared with one out of five caregivers of other older adults.

- In all, the physical and emotional impact of caregiving on Alzheimer's and other dementia caregivers resulted in an estimated \$10.9 billion in increased caregiver health costs in 2016.



The caregiving burden is only going to increase as the number of Americans living with Alzheimer's rapidly grows.

- Today, 5.5 million Americans are living with Alzheimer's, including an estimated 200,000 under the age of 65.
- One in 10 Americans aged 65 and older has Alzheimer's. Among people aged 85 and older, one in every three does.
- Nearly two-thirds of those with Alzheimer's – 3.3 million – are women.
- Every 66 seconds, someone in America develops Alzheimer's – resulting in nearly a half million new cases this year.
- By 2050, someone in the United States will develop Alzheimer's every 33 seconds. At that time, the total number living with Alzheimer's is projected to reach 13.8 million – and could be as high as 16 million

Today's senior living communities, unlike facilities in years past, are designed to offer a range of services and programs for seniors in every phase of the aging process, from the minimal needs of the relatively active older adult to more hands-on assistance for frail seniors and everyone in between. Senior living communities in recent times have come to represent a trend in high-quality workmanship, attention to detail and customized solutions for current and future health requirements.

In keeping with this growing tradition, the Dodge Park Rest Home and the Oasis at Dodge Park both embody the values that transitioning seniors demand: integrity, passion, joy, respect, accountability and excellence. Come explore what this award-winning facility has to offer.

## National “Wear Red” Day for Women’s Heart Health, Feb. 5.



Heart disease is the No. 1 killer of women in United States. Raise awareness of heart health issues and disease prevention by wearing something red on this day.

### **Make a Friend Day, Feb. 11.**

Friends are the jewels that enrich our lives. Reach out and make a connection with someone.

### **World Radio Day Feb. 13.**

Before social media, podcasts, or cable television, families gathered around the radio to listen to news of the world, popular music, and radio plays. This day marks the anniversary of the United Nations international broadcasting service established in 1946.

### **National Tell a Fairy Tale Day, Feb. 26.**

Some have morals that help guide our actions and others are filled with magic where goodness triumphs. Reread a classic, share your favorite with a group, or discover a new one on this day.

## FEBRUARY Observances

- 1 National Freedom Day
1. No Politics Day
- 2 Bubble Gum Day - first Friday of the month
- 2 Candlemas
- 2 Ground Hog Day
- 3 Eat Ice Cream for Breakfast Day - first Saturday of month
- 3 Feed the Birds Day
- 3 The Day the Music Died - Buddy Holly, Richie Valens and the Big Bopper died in a plane crash in 1959.
- 4 Create a Vacuum Day
- 4 Stuffed Mushroom Day
- 4 Superbowl Sunday - Superbowl 52, date varies
- 4 Thank a Mailman Day
- 5 National Weatherman’s Day
- 6 Lame Duck Day
- 6 National Chopsticks Day
- 7 Wave All you Fingers at Your Neighbor Day
- 7 Send a Card to a Friend Day - obviously created by a card company
- 8 Boy Scout Day - celebrates the birthday of scouting
- 8 Kite Flying Day - in the middle of winter!?!
- 9 National Pizza Day
- 9 Toothache Day
- 10 Umbrella Day
- 11 Don’t Cry over Spilled Milk Day
- 11 Make a Friend Day
- 11 National Inventors Day
- 11 White T-Shirt Day
- 12 Abraham Lincoln’s Birthday
- 12 Clean out Your Computer Day - second Monday of Month
- 12 National Lost Penny Day
- 12 Plum Pudding Day
- 13 Get a Different Name Day
- 13 Mardi Gras / Fat Tuesday
- 14 Ash Wednesday - date varies

---

14 Ferris Wheel Day  
 14 National Organ Donor Day  
 14 Valentine's Day  
 15 Candlemas - on the Julian Calendar  
 15 National Gum Drop Day  
 15 Singles Awareness Day  
 15 Susan B Anthony Day  
 16 Chinese New Years - date varies  
 16 Do a Grouch a Favor Day  
 17 Random Acts of Kindness Day  
 18 National Battery Day  
 18 National Drink Wine Day  
 19 National Chocolate Mint Day  
 19 President's Day - third Monday of month  
 20 Cherry Pie Day  
 20 Hoodie Hoo Day  
 20 Love Your Pet Day  
 21 Card Reading Day  
 22 George Washington's Birthday  
 22 Be Humble Day  
 22 International World Thinking Day  
 22 National Margarita Day  
 22 Walking the Dog Day  
 23 International Dog Biscuit Appreciation Day  
 23 Tennis Day  
 24 National Tortilla Chip Day  
 24 Open That Bottle Night - last Saturday of month  
 25 Pistol Patent Day  
 26 Carnival Day  
 26 National Pistachio Day - it's a nutty day!  
 26 Tell a Fairy Tale Day  
 27 Polar Bear Day  
 27 No Brainer Day - this day is for me!  
 28 Mardi Gras / Fat Tuesday - date varies  
 28 Floral Design Day

## **Black History Month.**

This monthlong celebration of the accomplishments of African Americans throughout history began in the early 20th century as a result of the efforts of Dr. Carter G. Woodson and the organization he founded, The Association for the Study of African American Life and History.

## **National Children's Dental Health Month.**

Highlighting the practices and benefits of good oral hygiene and their effect on health and well-being. The theme of the American Dental Association's 2018 campaign is, "Brush your teeth with fluoride and clean between your teeth for a healthy smile."

## **Creative Romance Month.**

Not big on candy and flowers? Plan the perfect rendezvous with your valentine. Consider an overnight stay at a bed and breakfast, a day hike at a scenic location, or a romantic movie marathon. Let love inspire your imagination to express what's in your heart.

## **Great American Pie Month.**

What better way to spread love and happiness than with a freshly baked pie? It doesn't matter if it's sweet or savory. If February has you snowed in, you've got plenty of time to perfect your crust-making and lattice-weaving skills.

**National Cherry Month.** Because every day is a good day to enjoy cherries, we celebrate this fruit in the winter while we anticipate the blossoms of the spring and the coming summer harvest. Hint: Cherries are great in pies.



### Can beet juice keep your brain young?

Beet juice may keep your brain young and fit, according to an article on the Runner's World website.



Beet juice may keep your brain young and fit, according to an article on the Runner's World website. The article cites a study reported in the Journal of Gerontology: Medical Sciences that found that a shot of beet juice an hour before exercise can have positive benefits to brains as they get older.

In the study, 26 sedentary men with an average age of 65 participated in six weeks of exercise. Some took daily shots of beet juice; others received a placebo. The participants walked on a treadmill three times a week for six weeks, building up to 50 minutes per session at increased effort. Comparing MRIs from before and after the trial, researchers found that the group that drank beet juice had significantly higher levels of "community consistency" within their brains.

The nitrate in beet juice, which converts to nitrite and then nitric oxide in the blood, has a strong positive affect on responsiveness in blood vessels, which in turn can increase the amount of oxygen reaching the brain and boost aspects of cognitive function.



### Make sure drinking glasses are safe

Do you have decorative glasses for water, wine, beer, or whatever you drink during the day?

Take a look in your kitchen cabinet at your drinking glasses. Do you have decorative glasses for water, wine, beer, or whatever you drink during the day? They may be hazardous to your health.

The Medline Plus website reports that researchers at the University of Plymouth in the United Kingdom analyzed more than 70 new and used drinking glasses and found that seven out of 10 tested positive for lead or cadmium—both toxic metals.

Lead was found in all colors and goldleaf designs. Cadmium was found in the highest concentrations in red enamel.

Lead in children's bodies can cause growth and developmental difficulties. Cadmium can cause cancer. Studies have also linked it to bone softening and kidney problems.



- Buy a water filter. A good filter can remove many cancer-causing chemicals.

- Eat organic foods. You'll cut your exposure to pesticides and other chemicals and support an industry that doesn't pollute the environment.
- Bring your own mug. Foam cups from most coffee shops contain styrene, which gets pulled out when in contact with hot liquids. Take your own travel mug when you go out for coffee, tea, or other hot beverages.

# Obesity around the world is a growing problem

Obesity is a worldwide epidemic, and it's only likely to get worse.

Obesity is a worldwide epidemic, and it's only likely to get worse. A report by Renew Bariatrics suggests that approximately 775 million people around the world are obese. That's 10.3 percent of the global population. An estimated 125 million are children and adolescents.

The top 10 most obese nations are:

United States	73,872,022	33.7 percent
China	65,706,627	6.9 percent
India	44,332,755	4.9 percent
Brazil	28,279,032	20 percent
Mexico	24,520,821	28.1 percent
Russia	23,444,354	24.1 percent
Egypt	19,047,097	28.9 percent
Turkey	16,092,644	29.5 percent
Iran	14,311,564	26.1 percent
Nigeria	14,185,907	11 percent



The report notes that obesity has skyrocketed among countries large and small in the past 30 years.





## 4 Beneficial Herbs For Your Tea

Before medicine and pharmaceuticals, food and food ingredients were considered healing agents. Here are four common ingredients that have been used as herbal remedies.

1. Turmeric is said to brighten our spirits, and has also been found to have some anti-inflammatory properties.
2. Ginger is commonly used to soothe a stomach ache. It also has anti-inflammatory properties and can help reduce pain.
3. Cinnamon is known for its healthy antioxidant properties. It may help reduce inflammation and be heart

healthy, regulate blood sugar levels and have some protective effect against colds.

4. Chamomile has historically been associated with relaxation and calming.

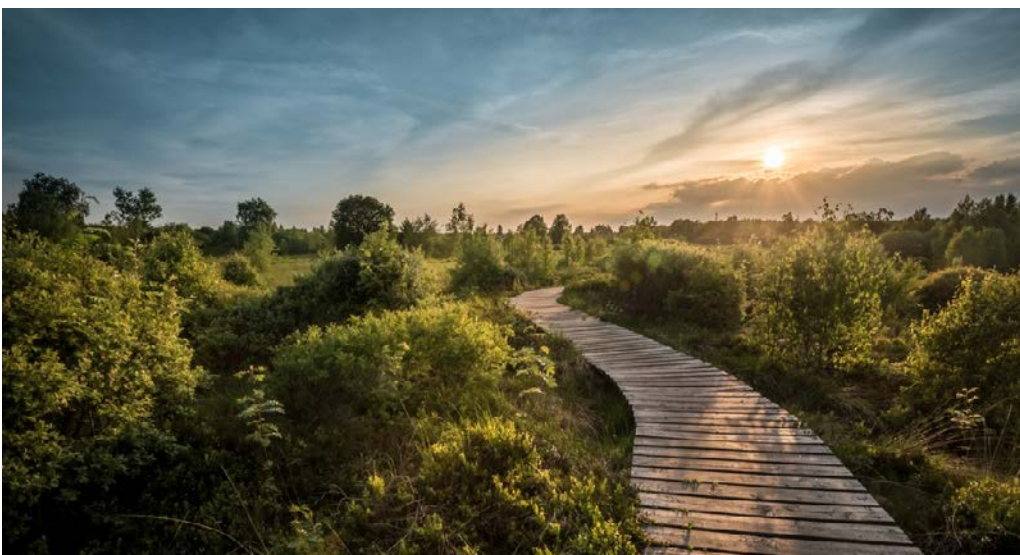
Many of these ingredients can be found in our pantries, and including them in our diets is as simple as incorporating them into recipes or brewing up a cup of tea. Tea itself (from the plant *Camellia sinensis*) contains healthy compounds such as polyphenols, which are great antioxidants. Learn more at [bigelowtea.com/benefits](http://bigelowtea.com/benefits).

## Find your own path

French entomologist Henri Fabre once conducted an experiment that illustrates why it's best to distance yourself from the crowd and follow your own path.

Fabre observed the actions of a group of processionary caterpillars that travel in a line head to tail with no clear sense of a destination. Their path is determined by the "leader" ahead of them.

Fabre lined the rim of a flowerpot with an unbroken chain of caterpillars. Inside the pot he placed a plethora of food. Without breaking the chain, the caterpillars began their slow track around the rim of the pot. There was no way to



distinguish the leader in this group, and the caterpillars kept moving around the rim of the pot at a steady pace.

After several days, the caterpillars—who had never stopped their trek—began to die and fall off the rim. All the while, the food they needed lay inches away. This thoughtless mass movement caused them to lose even the most basic instincts to allow them to change their behavior in order to survive.



## Presidential wisdom

A college student sought part-time employment to support himself during the school year. On a Friday, he was offered a stenographer position. He accepted and explained to his new employer he'd be able to start the following Wednesday. The employer agreed, and the young man arrived ready to work on the appointed day.

"I like your promptness and enthusiasm," said the employer when the student arrived that morning. "But I do have one question. Why couldn't you start until today?"

"Well, you see, sir," replied the young man, "I had to find a typewriter and figure out how to use it."

That young man was Herbert Hoover, who later remarked: "No difficult or simple job ever gets done until someone decides right now to do what it takes to get the job done. Unfortunately, too many people stand by ready to carry the stool when there is a piano to be moved."



## Dealing with family conflict

To foster an atmosphere of harmony at your next family event, try these tactics ...

Let's face it, conflict is a part of our lives, and dealing with it in an effective manner can be challenging. If you host large family gatherings, you're well aware of this, as well as the possibility your opinionated Uncle Jerry is going to create strife within minutes of his arrival. To foster an atmosphere of harmony at your next family event, try these tactics:

- Establish rules. No one wants to hear a debate about politics or religion at Nana's 98th birthday party. To ensure everyone is on their best behavior, keep them focused on the purpose of the event and the importance of their presence for that purpose. Let everyone know what topics are off-limits, even if that means pulling Uncle Jerry aside for a one-on-one before he hangs up his coat.
- Use strategic interruptions. If you spy contorted facial expressions and raised eyebrows coming from guests huddled in conversation in the corner, jump in and break it up. Volunteer members of this group to assist with random tasks. If your party is well attended, there will always be something that needs to be tidied up, moved, or thrown out.
- Create a diversion. If you need to disrupt several small groups or take control back from a larger one, offer up some form of distraction. Announce the start of a game of charades, serve dessert, or pass out lyrics to familiar tunes for a family singalong. The point is to have an activity planned that will engage your guests and elevate their moods.
- Listen and moderate. Sometimes things held inside for too long have a way of revealing themselves. Don't aggravate tensions with a debate. Defuse the situation with compassionate listening. Allow everyone the opportunity to be heard with the objective of gaining understanding.

Remember: Your mission is maintaining the peace and ensuring that everyone has a good time. Let your actions be influenced by kindness and grace. Extend to others the courtesy and respect that you expect from them.



## Little liars

Research by McGill University of Montreal found that by age 3, roughly 40 percent of children begin telling lies—even though they know it is wrong. The good news is that most tots aren't great liars. Studies conducted in the United Kingdom, Japan, China, West Africa, and North America revealed that when pressed for more information, little ones will often betray their own deception with a smile or other facial expressions, or by uttering the truth. The bad news is that once these children turn 4 years old, 74 percent of them will engage in telling lies and become better at maintaining their falsehoods when questioned.

Researchers believe that children under 4 take their cues on honesty from parental examples. As they grow older, their attitude toward truth telling versus lying is influenced by the consequences attached to the information. An older child may be willing to rat out or accuse a sibling, but won't own his or her share of the blame in a misdeed.

What can parents do? Start addressing the situation when your children are young. Share stories that have a moral with little ones so they have an example that is easy to understand and remember. Use positive reinforcements to stress the importance of honesty when they are communicating and sharing information with you—even when that information isn't good. Finally, be a role model for honesty in your household, because your children are watching everything you do.

## Save more cash with these simple tips

Here are some simple tips for spending less money every day.



We all want to save money, but that doesn't mean you have to take a vow of poverty and devote yourself to a diet of rice and water. Here are some simple tips for spending less money every day:

- Use the library. Stay away from bookshops, music stores, and video rental services. You can get almost anything you want in the way of entertainment from your local library for free.
- Delay your purchases. Don't give in to impulse buying. Before putting anything into your shopping cart at the grocery store, wait 10 seconds and consider whether you really need it. For larger purchases, wait one or two days. For major items, such as appliances or carpeting, wait 30 days to be sure a purchase is really necessary. Of course, if the fridge is shot, you can waive the 30 days; just be sure to get the best value.
- Cut down on meat. You can get needed protein in your diet from other, less expensive foods. You don't have to become a vegan, but limiting meat to once or twice a week will cut your grocery bill.
- Use energy efficiently. Any appliance that contains a clock—video recorders, microwaves, etc.—uses electricity even when the device is turned off. Unplug unused appliances, or hook them up to a smart power strip that doesn't draw electricity when the device isn't on. Wash your clothes in cold water to save up to 50 percent of the energy you'd use washing them in hot water.
- Avoid soft drinks. When dining out, order water instead of pricier sodas. It's free.



## Teach your children to handle their allowance wisely

One reason parents give children allowances is to help them learn how to manage money. For it to be a truly effective teaching tool, though, parents should spell out what the allowance will cover, how it can be spent, the consequences of overspending, and how much should be saved or given to charity. Here are some guidelines:

- Encourage planning. When deciding how much the allowance should be, consider giving enough to encourage saving or charitable giving. Be careful not to give too much, though. If the kids can buy anything they want, the allowance fails to teach them how to prioritize and set goals.
- Set up a payday. Try choosing a day early in the week to encourage kids to plan ahead for weekend expenses.
- Set limitations and guidelines. If you don't want them to buy things you don't want them to have, require that they consult you before making purchases over a specific amount, like \$10.
- Expect mistakes. Children will probably overspend at first. Don't get angry. Help the child correct his or her mistakes and learn from them.
- Don't link the allowance to chores. If allowance is "payment" for chores, children can too easily decide to skip their chores and accept not getting any allowance, which defeats the purpose.



## Americans assess their prospects for retirement

You may dream of retirement, but many Americans are less than fully confident that they'll be able to. According to the Retirement Conference Survey, six out of 10 U.S. workers say they feel confident in their ability to retire comfortably, but only 18 percent feel "very confident." Overall confidence levels have decreased since 2016, down from 64 percent to 60 percent.

Among current retirees, 79 percent say they feel either somewhat or very confident that they'll continue to have enough money to live on comfortably (up from 75 percent in 2016). Thirty-two percent describe themselves as "very confident," although 8 percent aren't confident at all.



# Translating Assessment Information into Person Centered Care

By Debbie Hommel,  
ACC/MC/EDU, CTRS



The Requirements for Participation (ROP) emphasize person centered care which is care focusing on individual needs, interests and preferences. The activity professional learns early in their career that the activity assessment is the foundation of the therapeutic process. It is also the foundation for person centered care. One cannot emphasize enough the importance of collecting individualized information and how it is noted within the assessment. Specific information about the resident/client's functioning, including physical, cognitive and psychosocial needs, is helpful in designing just the right approach that can be introduced with success.

The ROP also outlines the importance of gathering very specific information about the individuals' past and present leisure and recreational preferences with the intent to involve the elder in programs tailored to their individual likes and dislikes.

Translating that information into appropriate and individualized programming is often taken for granted and sometimes overlooked. Common assessment mistakes include not collecting enough individualized information or worse yet, not translating the documented individual needs or preferences into applicable or appropriate programming.

The most common type of program approach relates identified needs to the programs that can fulfill those needs. When first learning about therapeutic activities, categories of activities are commonly utilized. For example, physical activities are active games, exercise

programs and other programs encouraging range of motion and movement. To use the program therapeutically, the activity professional would recommend or encourage resident/client involvement in the physical activity if the assessment determined a need to increase physical movement, improve circulation, improve mood, or strengthen different parts of the body. Knowing the resident/client and knowing the scope of program benefits allows the activity professional to use activities in a therapeutic way. Knowing the person's interests can also contribute to success. Using the right type of music, supplies, resources and verbal approach – based on individual preferences can impact directly on success or failure.

## **Other categories of activities include:**

**Cognitive:** Stimulate basic and past cognitive skills of memory and decision making. Sample activities would include rote trivia, matching activities, and games like "Penny Ante".

**Intellectual:** Stimulates more complex cognitive skills and intellectual functioning of learning and reasoning. Sample activities include more difficult word games involving reasoning and problem solving, discussion groups requiring debate and opinion, and learning activities.



**Social:** Stimulating interactive and social skills in a group setting and meeting the individuals' need to belong and be part of a group. Sample activities would include food and discussion socials, parties, and any program where conversation is fostered.

**Spiritual:** Stimulation of faith or religious based values and needs. Sample activities include formal church services of any kind, bible readings, hymn sing and meditative programs

**Expressive or creative:** Focus on creative expression and personal expression through tangible means. Sample programs would include drama, writing, painting, creative arts, crafts, cooking, or gardening.

**Affective:** Focus on the emotional expression or emotional connections between individuals. Sample activities would include reminiscing, life review, theme programs with familiar tasks from the past and discussions on shared life topics.

**Awareness, sensory or diversional:** These are some of the categories which focus on the needs of individuals with cognitive impairment. These activities offer a sensory or solace oriented approach for individuals with more impairment or a diverting approach for the more active cognitively impaired elder. Sample activities would include sensory programs of all kinds, hand massages, environmental videos or sounds, or life skill tasks.

The activity professional introduces activities in a way that contributes to the benefits the resident may derive through engagement in the particular activity. An individualized assessment provides the information we need to have this success. With experience, we learn rather quickly that many activities have multiple benefits, depending on how they are implemented and how the person is engaged. For example, a physical activity can enhance physical functioning but there are also social aspects to most physical programs which is also beneficial. It is the activity professional who uses the activity appropriately and in a therapeutic way with the right resident. It is the activity assessment which leads to an individualized person centered care plan.

**Elvis Presley Birthday Celebration Week, Jan. 5-8 .** If you can make it to Memphis, you can walk in the footsteps of "The King" and visit Elvis' estate, Graceland, where plenty of activities will honor the legendary singer.

**Universal Letter Writing Week, Jan 8-14.** Since 1971, the Universal Postal Union has held a letter writing competition for young people age 15 and under. The event is a way to promote both literacy and the development of composition skills throughout the world. The theme of this year's contest asks writers: "Imagine you are a letter travelling through time. What message do you wish to convey to your readers?"

**Healthy Weight Week, Jan. 16-22.** This isn't about diets or the latest weight loss trends. A healthy body image is the key to establishing realistic goals and strategies that will help you to achieve and maintain a healthy weight and body mass. Factors such as age, bone structure, height, and physical ability should also be considered when developing personal health standards. Check in with your physician before making any changes to your diet, nutrition, and activities.

**National Clean Out Your Inbox Week, Jan. 22-29.** This can be a challenge of epic proportions for those who don't prioritize, sort, and organize incoming emails. Use this week to unsubscribe from or change delivery preferences for electronic communications cluttering your inbox. Save only what's necessary. Delete, delete, delete.

# A very Happy Birthday to...

## DODGE PARK RESIDENTS

Marie-Louise B. Feb 3rd  
Donald R. Feb 4th  
David G. Feb 5th  
Eleanor B. Feb 19th  
Beatrice S. Feb 19th  
Diane C. Feb 22nd  
Jean B. Feb 24th

## OASIS RESIDENTS

Mary O. Feb 7th  
Doris C. Feb 9th  
Leon R. Feb 12th  
Dolores L. Feb 17th  
Louise H. Feb 18th  
Nancy A. Feb 22nd  
Estelle R. Feb 27th

## STAFF

Ashley G. Feb 6th  
Diana J. Feb 8th  
Abraham B. Feb 11th  
Deanna R. Feb 11th  
Audrey G. Feb 16th  
Bercky N. Feb 18th  
Natasha J. Feb 21st  
Casandra S. Feb 23rd  
Benson M. Feb 24th  
Heather W. Feb 24th  
Tyriq W. Feb 24th



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 February 15, 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.



## Is It a cold or the flu? When to seek care

Your nose is running. You are coughing and tired. Are you sure it's just a cold?

You could have influenza, commonly referred to as "the flu." Although common, the flu can be serious and even lead to hospitalization or death. Knowing the difference between a cold and the flu is very important so you can get the right care, prevent worsening symptoms, and help prevent the spread to family, friends and coworkers.

Even if you've had the flu vaccination this year, it's still possible to catch the flu and to pass it on to others. "Every year we find that patients have a tendency to underestimate the flu and forget what a serious health risk that the flu presents, particularly for the very young and for seniors, but really for anyone when it is left unaddressed," said Dr. Jason Tibbels, MD, board-certified family physician and director for quality programs at Teladoc, the world's largest and most trusted provider of virtual care delivery services. "Without proper care, the flu can be life-threatening, so it's vital to seek care as soon as you're experiencing any symptoms."

The Centers for Disease Control and Prevention (CDC) estimates that in the last seven years the flu has been responsible for more than 700,000 hospitalizations and more than 55,000 deaths across the U.S.

Furthermore, the risk of flu varies state by state, and some regions - including Texas, Florida and California - tend to see more flu cases than others. To find out the flu risk in your state, visit [www.Teladoc.com/flu](http://www.Teladoc.com/flu).

If you're experiencing flu symptoms, don't wait to seek care. Telehealth is an ideal option, and yet many people don't realize that they have access to a telehealth solution like Teladoc through their health benefits.



With telehealth, you can visit with a doctor from the comfort and safety of your home - or wherever you are, at any time of day or night. Within minutes, using a phone, mobile app or the web, you can access boardcertified doctors from any location, getting you and your family the care you need, when you need it. This keeps you out of places like the ER, which can be breeding grounds for illness, and in a flu-free zone, and enables children and adults to stay at home when sick.

So how do you know if you have the flu? Flu symptoms are often very similar to those of a cold and include nasal congestion, cough, aches and fatigue. We asked Teladoc's Dr. Tibbels for the top five signs you may have the flu. Here's what he said:

1. Quick onset. The flu often comes on suddenly, whereas cold symptoms can slowly worsen over the span of a few days and are generally milder.
2. Fever. A moderate to high fever (at or above 101 degrees Fahrenheit) and chills are associated with the flu, and are not typical symptoms of the common cold.

continued on page 20



# Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN .....

## **Beta-Glucans...What are they and what benefits do they provide?**

Beta-glucans are carbohydrates, or sugars, found in the cell walls of some plants such as oats and barley. Beta-glucans are one form of fiber called soluble fiber. Soluble fiber is recommended by Registered Dietitians to help improve cholesterol levels. Scientific studies have examined the potential health benefits beta-glucans may have, particularly in the area of cholesterol and heart disease and diabetes.



Beta-glucans are also found in certain bacteria and fungi, including certain mushroom varieties. Researchers have been studying the positive effects of mushrooms on the immune system. As part of this physiology, research is also showing that beta-glucans have anti carcinogenic (cancer-preventing) activity.

Beta-glucans in oats is showing promise to significantly reduce LDL (“bad”) cholesterol. Because beta-glucans are a soluble fiber, they help slow down digestion in the intestines. This can be particularly beneficial for those with diabetes, as the slower carbohydrates are digested and broken down into glucose (sugar), the slower these sugars are absorbed, keeping blood sugar levels more stable. As beta-glucans travel through the digestive system they take cholesterol with it, keeping it from building up in the body which otherwise could end up contributing to clogged arteries.

Food labeling guidelines allow certain health claims to be used on food packaging. The effects the soluble fiber, including beta-glucans, has on cholesterol is one such allowance. Cereal advertisements, such as Cheerios commercials are using such health claim allowances to promote their food product.

Oats are an easy and delicious way to include beta-glucans into your diet. As a breakfast cereal, quick snack or even dessert such as a topping to an apple crisp, it’s a very versatile food. Add dried fruits to oatmeal to add even more nutrition. Sprinkle oat cereal on yogurt for a more satisfying and filling snack.

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).



# Louis Armstrong

Louis Armstrong helped shape jazz music in some of America's biggest cities – like Chicago, New York, and New Orleans. A skilled trumpet and cornet player, he also sang well! People nicknamed him "Satchmo." Louis Armstrong rose from poverty to become a legend in jazz.





## Dementia Care Dos & Don'ts: Dealing with Dementia Behavior Problems

Mid-to-late stage dementia often presents challenging behavior problems. The anger, confusion, fear, paranoia and sadness that people with the disease are experiencing can result in aggressive and sometimes violent actions.

Learn more about which strategies are most effective in dementia behavior management.

### Dealing with Dementia Behavior

Communication difficulties can be one of the most upsetting aspects of caring for someone with Alzheimer's or another type of dementia — and it's frustrating for those with the disease and for loved ones.

Although it can be hard to understand why people with dementia act the way they do, the explanation is attributable to their disease and the changes it causes in the brain.

Familiarize yourself with some of the common situations that arise when someone has dementia, so that if your loved one says something shocking, you'll know how to respond calmly and effectively:

### Common Situation #1: Aggressive Actions or Speech

Examples: Statements such as "I don't want to take a shower!," "I want to go home!," or "I don't want to eat that!" may escalate into aggressive behavior.

Explanation: The most important thing to remember about verbal or physical aggression, says the Alzheimer's Association, is that your loved one is not doing it on purpose. Aggression is usually triggered by something—often physical discomfort, environmental factors such as being in an unfamiliar situation, or even poor communication. "A lot of times aggression is coming from pure fear," says Tresa Mariotto, Family Ambassador at Silverado Senior Living in Bellingham, WA. "People with dementia are more apt to hit, kick or bite" in response to feeling helpless or afraid.

Ann Napoletan, who writes for Caregivers.com, is all too familiar with this situation.

"As my mom's disease progressed, so did the mood swings. She could be perfectly fine one moment, and the next she was yelling and getting physical. Often, it remained a mystery as to what prompted the outburst. For her caregivers, it was often getting dressed or bathing that provoked aggression."

**DO:** The key to responding to aggression caused by dementia is to try to identify the cause—what is the person feeling to make them behave aggressively? Once you’ve made sure they aren’t putting themselves (or anyone else) in danger, you can try to shift the focus to something else, speaking in a calm, reassuring manner.

“This is where truly knowing your loved one is so important,” says Napoletan. “In my mom’s case, she didn’t like to be fussed over. If she was upset, oftentimes trying to talk to her and calm her down only served to agitate her more.

Likewise, touching her—even to try and hold her hand or gently rub her arm or leg—might result in her taking a swing. The best course of action in that case was to walk away and let her have the space she needed.”

**DON’T:** “The worst thing you can do is engage in an argument or force the issue that’s creating the aggression,” Napoletan says. “Don’t try to forcibly restrain the person unless there is absolutely no choice.” Mariotto agrees: “The biggest way to stop aggressive behavior is to remove the word ‘no’ from your vocabulary.”

## **Common Situation #2: Confusion About Place or Time**

Examples: Statements such as “I want to go home!”, “This isn’t my house.”, “When are we leaving? “Why are we here?”

**Explanation:** Wanting to go home is one of the most common reactions for an Alzheimer’s or dementia patient living in a memory care facility. Remember that Alzheimer’s causes progressive damage to cognitive functioning, and this is what creates the confusion and memory loss.

There’s also a psychological component, says Mariotto:


“Often people are trying to go back to a place where they had more control in their lives.”

**DO:** There are a few possible ways to respond to questions that indicate your loved one is confused about where he or she is. Simple explanations along with photos and other tangible reminders can help, suggests the Alzheimer’s Association. Sometimes, however, it can be better to redirect the person, particularly in cases where you’re in the process of moving your loved one to a facility or other location.

“The better solution is to say as little as possible about the fact that they have all of their belongings packed and instead try to redirect them—find another activity, go for a walk, get a snack, etc.,” says Napoletan. “If they ask specific questions such as ‘When are we leaving?’ you might respond with, ‘We can’t leave until later because...’ the traffic is terrible / the forecast is calling for bad weather / it’s too late to leave tonight.”

“You have to figure out what’s going to make the person feel the safest,” says Mariotto, even if that ends up being “a therapeutic lie.”





*Wanting to go home is one of the most common reactions for an Alzheimer's or dementia patient living in a memory care facility. Remember that Alzheimer's causes progressive damage to cognitive functioning, and this is what creates the confusion and memory loss.*

**DON'T:** Lengthy explanations or reasons are not the way to go. "You can't reason with someone who has Alzheimer's or dementia," says Ann. "It just can't be done." In fact, says Mariotto. "A lot of times we're triggering the response that we're getting because of the questions we're asking."

This was another familiar situation for Ann and her mother. "I learned this one the hard way. We went through a particularly long spell where every time I came to see my mom, she would have everything packed up ready to go—EVERYTHING! Too many times, I tried to reason with her and explain that she was home; this was her new home. Inevitably things would get progressively worse."

### **Common Situation #3: Poor Judgment**

Examples: Unfounded accusations: "You stole my vacuum cleaner!" Trouble with math or finances: "I'm having trouble with the tip on this restaurant bill." Other examples include unexplained hoarding or stockpiling and repetition of statements or tasks.

Explanation: The deterioration of brain cells caused by Alzheimer's is a particular culprit in behaviors showing poor judgment or errors in thinking. These can contribute to delusions, or untrue beliefs. Some of these problems are obvious, such as when someone is hoarding household items, or accuses a family member of stealing something. Some are more subtle, however, and the person may not realize that they are having trouble with things that they never used to think twice about.

According to Napoletan, "There came a time when I began to suspect my mom was having problems keeping financial records in order. At the time, she was living independently and was very adamant about remaining in her house. Any discussion to the contrary, or really

any comment that eluded to the fact that she may be slipping, was met with either rage or tears. It was when she asked me to help with her taxes that I noticed the checking account was a mess.”

**DO:** First you’ll want to assess the extent of the problem. “If you’re curious and don’t want to ask, take a look at a heating bill,” suggests Mariotto. “Sometimes payments are delinquent or bills aren’t being paid at all.” You can also flip through their checkbook and look at the math, or have them figure out the tip at a restaurant.

The Alzheimer’s Association says to be encouraging and reassuring if you’re seeing these changes happen. Also, you can often minimize frustration and embarrassment by offering help in small ways with staying organized. This is what Napoletan did for her mother: “As I sifted through records to complete her tax return, I gently mentioned noticing a couple of overdraft fees and asked if the bank had perhaps made a mistake.

As we talked through it, she volunteered that she was having more and more difficulty keeping things straight, knew she had

made some errors, and asked if I would mind helping with the checkbook going forward. I remember her being so relieved after we talked about it.” From there, over time, Napoletan was gradually able to gain more control over her mother’s finances.

**DON’T:** What you shouldn’t do in these circumstances is blatantly question the person’s ability to handle the situation at hand, or try to argue with them. “Any response that can be interpreted as accusatory or doubting the person’s ability to handle their own affairs only serves to anger and put them on the defensive,” says Napoletan.



Are you a caregiver or family member of someone with dementia? Do any of these situations sound familiar to you? We want to hear your stories — share them with us.



## AROUND THE OASIS









# Pfizer Halts Research Into Alzheimer's And Parkinson's Treatments

Pfizer has announced plans to end its research efforts to discover new drugs for Alzheimer's and Parkinson's diseases. The pharmaceutical giant explained its decision, which will entail roughly 300 layoffs, as a move to better position itself "to bring new therapies to patients who need them."

"As a result of a recent comprehensive review, we have made the decision to end our neuroscience discovery and early development efforts and re-allocate [spending] to those areas where we have strong scientific leadership and that will allow us to provide the greatest impact for patients," Pfizer said in a statement emailed to NPR.

Pfizer added that it will "continue to fully support" development on tanezumab and Lyrica, two treatments targeting chronic pain, as well as programs researching rare neurological diseases.

The round of several hundred layoffs "will take place over the coming months" at its research and development labs in the Northeast — specifically, sites in Cambridge and Andover, Mass., and in Groton, Conn.

"Any decision impacting colleagues is difficult; however, we believe this will best position the company to bring meaningful new therapies to market, and will bring the most value for shareholders and patients."

The decision is likely to come as a blow not only to Pfizer employees, but also the millions of people worldwide suffering from Alzheimer's and Parkinson's, two neurodegenerative disorders that target memory and motor functions, respectively. Neither has a known cure — and, as British neuroscientist Joseph Jebelli recently told Fresh Air, current treatments have proved far less than ideal.

"The current medication for Alzheimer's disease is approved, essentially, because it's better than nothing," Jebelli said last week.



"These drugs were pioneered in the '70s and '80s and they treat the symptoms, as opposed to the underlying biology. And we found that in about 60 percent of patients these drugs will delay the symptoms by about six months to a year. And that is certainly better than nothing. ... But six months to a year is just simply not good enough."

Despite heavily funding research efforts into potential treatments in the past, Pfizer has faced high-profile disappointment in recent years, as Reuters notes: "In 2012, Pfizer and partner Johnson & Johnson (JNJ.N) called off additional work on the drug bapineuzumab after it failed to help patients with mild to moderate Alzheimer's in its second round of clinical trials."

Another potential treatment for neurodegenerative disorders — this one developed by Axovant, another pharmaceutical company — also found itself recently abandoned. The company dropped its experimental drug intepirdine after it failed to improve motor function in patients with a certain form of dementia



— just three months after it also failed to show positive effects in Alzheimer’s patients.

The stock prices of both Pfizer and Axovant fell Monday on news of the companies’ decisions. As The Wall Street Journal reports, treatments for Alzheimer’s and Parkinson’s diseases are seen as a crucial beacon of hope for patients and their families. And with an estimated 5.5 million people suffering from Alzheimer’s in the U.S. and about half a million Americans suffering from Parkinson’s, these treatments are seen by many in the pharmaceutical industry and other market watchers as having “multibillion-dollar sales potential,” the Journal says.

And so, the paper explains, other companies plan to carry these efforts forward:

“Some big drugmakers, such as AstraZeneca PLC, Biogen Inc. and Eli Lilly & Co., keep pursuing Alzheimer’s treatment despite setbacks, though analysts consider the projects very risky.

“Much of the early drug research is now in the hands of startups established in the past few years, including some led by former executives and scientists from big drug companies.

“Venture investment in neuroscience companies was nearly \$1 billion, or 42%, higher from 2012 to 2016 compared with the five-year period prior, according to the LifeSciVC blog by a venture-capital executive whose firm has funded such companies.”

Pfizer also notes it plans to “create a dedicated neuroscience venture fund to support continued efforts to advance the field.”

In the meantime, Jebelli said hope persists for patients and researchers alike.

“Just the last few years alone have seen some serious breakthroughs in Alzheimer’s research,” he said. “Ten years should be enough time for us to develop, if not a cure, certainly a much better treatment than what we have at the moment.”



# 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

## Follow these tips to avoid accidents at home

To make sure your home is a safe home, review this safety checklist ...

Every year about 30,000 fatal accidents occur in people's homes, most of which were largely preventable. Making your home accident-proof isn't hard. To make sure your home is a safe home, review this safety checklist:

- Stairwells, stoops and steps. Tack down loose carpeting, augment dim lighting, and bolt handrails to walls with long screws.
- Exterior walkways and steps. If painted, repaint with a nonslip additive that prevents slipping or affix with nonslip strips.
- Electric garage door. Test periodically to make sure the safety stop mechanism is operational.
- Free-standing furniture. Secure bookshelves and storage units to walls with angled brackets, screws or bolts.
- Gas and water cutoff valves. Know how to close them. Use tags to identify each one, if necessary.
- Heating and water system. Have the vent stacks professionally checked annually to prevent toxic gases from entering the home.
- Water heater. Set temperature at or below 120 degrees Fahrenheit. Test highest temperature in running water with meat thermometer. Alternatively, install an anti-scald device on faucets and showerheads.
- Clothes dryer. Make sure it vents directly outside, not through a chimney flue, as lint is combustible and the fumes can be toxic.
- Radiators. Cover with a frame that is not touching the unit.
- Steam irons. Always unplug before filling with water.
- Toasters. Avoid toasting sugarcoated or filled pastries because the sugar can ooze, gumming up the inside and causing a fire.
- All appliances. Check to make sure they have UL listings, which guarantee the product meets safety standards. And make sure electrical appliances are not next to heating equipment.
- Light switches. Relocate any that are within reaching distance of a tub or shower.
- Electrical cords and plugs. Replace any worn piece, as they cause many household fires. Keep out of high traffic areas where they can trip children and adults. And never run under carpeting or rugs.
- Extension cords. Avoid using. If necessary, use cords with the same or greater wattage/ampereage than the appliance. Never run under carpeting or rugs.
- Electrical panel box. Ensure there's a main disconnect to cut off all power in case of a fire. Also, properly mark all circuit breakers.
- Fire extinguishers. Have at least two dry-chemical extinguishers, mount near kitchen and bedrooms, and check the pressure gauge at least twice a year.
- Smoke alarms. Test every six months.
- Medicines. Separate external and internal medications, and discard outdated ones.
- Kitchen knives. Store in blocks, not loose in drawers where blades are exposed.
- Stove tops. Cook on back burners when possible.
- Indoor locks. Make sure all locks can be opened from the outside in case of emergency.

I shared this list with our readers several years ago. I hope you get a kick out of it!

## Red-Neck Medical Terms



Artery.....The study of paintings.  
Benign.....What you be after you be eight.  
Bacteria.....Back door to cafeteria.  
Barium.....What doctors do when patients die.  
Cesarean Section.....A neighborhood in Rome.  
Catscan.....Searching for Kitty.  
Cauterize.....Made eye contact with her.  
Colic.....A sheep dog.  
Coma.....A punctuation mark.  
D&C.....Where Washington is.  
Dilate.....To live long.  
Enema.....Not a friend.  
Fester.....Quicker than someone else.  
Fibula.....A small lie.  
G.I.Series.....World Series of military baseball.  
Hangnail.....What you hang your coat on.  
Impotent.....Distinguished, well known.  
Labor Pain.....Getting hurt at work.  
Medical Staff.....A Doctor's cane.  
Morbid.....A higher offer than I bid.  
Nitrates.....Cheaper than day rates.  
Node.....I knew it.  
Outpatient.....A person who has fainted.  
Pap Smear.....A fatherhood test.  
Pelvis.....Second cousin to Elvis.



continued from page 11

3. Aches and headaches. Severe muscle or body aches are a telltale flu symptom.

4. Known exposure: Close contact with individuals known to have influenza can increase the chance of contracting the virus.

5. Time of year. You can catch a cold at any time of year, but flu season typically runs from November through March. Symptoms that show up outside of flu season are more likely to be from a cold or an allergy.

“If you are feeling sick, going to the ER or visiting urgent care may make you feel worse, while also putting others at risk of catching your illness,” said Dr. Tibbels.

“Visiting a Teladoc doctor is the most effective way to get quality care, while also containing symptoms and stopping the spread of flu.”

To learn more about Teladoc and the level of flu risk where you live, visit [Teladoc.com/flu](https://www.teladoc.com/flu).





## 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,



# February 2018

## Dodge Park Rest Home and Day Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 Rosary/Meditation Hymn Singing <b>4</b></p> <p>11:00 Aerobics with Jorge <b>2:30 Entertainment:</b> <b>Bill McCarthy</b> 4:00 Football Toss 4:30 Patriots Trivia &amp; Fun Facts <b>6:15 Superbowl LII Party</b></p>	<p>10:00 Daily Chronicle 10:30 Music and Movement <b>11:15 Catholic Mass</b> 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle <b>10:00 Music Therapy</b> <b>11:15 Tai Chi</b> 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game 7:00 Tuesday Night Trivia Challenge 8:00 Hand Massage &amp; Music</p>	<p><b>6:00 Pet Therapy</b> 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Parachute Game <b>2:00 Greendale Mens Chorus Performance</b> 3:30 Game Circle 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation</p>	<p>10:00 Daily Chronicle <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle <b>10:00 Mary Kay</b> <b>10:30 Congregational Church Service</b> 11:15 About Groundhogs 2:30 Well Grounded Story <b>3:00 Groundhog Day Social</b> 4:00 Sing-A-Long 7:00 "Groundhog Day" Movie</p>	<p>10:00 Daily Chronicle <b>2</b> <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories and Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment: Paul Belanger</b> 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing <b>11</b></p> <p>11:00 Aerobics with Jorge <b>2:30 Entertainment:</b> <b>Duane Sullivan</b> 4:00 Balloon Game 7:00 Inspirational Stories 8:00 Sunday Night at the Movies</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement <b>11:15 Catholic Mass</b> 2:30 Art Group: Making Valentine Cards 4:00 Game Circle 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle 10:30 Circle Games <b>11:15 Tai Chi</b> 2:30 Mardi Gras Discovery Discussion Group <b>3:30 Mardi Gras Party!</b> 4:30 Jazz Music &amp; Movement 7:00 Elvis Movie "King Creole"</p>	<p><b>9:00 Pet Therapy</b> 10:00 Daily Chronicle 10:30 Chair Dancing 11:15 Love is in the Air Trivia 2:30 Circle Games <b>3:30 Valentines Day Social with Marylou Ferrante</b> 4:30 Sentimental Singing 7:00 Movie "Casablanca"</p>	<p>10:00 Daily Chronicle <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Chinese New Year Fun Facts &amp; Discussion <b>10:00 Mary Kay</b> <b>10:30 Congregational Church Service</b> 2:30 Cupcake Liner Dragon <b>3:00 Chinese Fusion Cocktail Hour</b> 4:00 History of China</p>	<p>10:00 Daily Chronicle <b>16</b> <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories and Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment: Wayne Page</b> 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing <b>18</b></p> <p>11:00 Aerobics with Jorge <b>2:30 Entertainment:</b> <b>Dave Cuddy</b> 4:00 Balloon Game 7:00 Inspirational Stories 8:00 Sunday Night at the Movies</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement <b>11:15 Catholic Mass</b> 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle <b>10:00 Music Therapy</b> <b>11:15 Tai Chi</b> 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game 7:00 Tuesday Night Trivia Challenge 8:00 Hand Massage &amp; Music</p>	<p><b>9:00 Pet Therapy</b> 10:00 Daily Chronicle 10:30 Chair Dancing <b>11:00 Resident Council</b> 2:30 The Paint Project 3:30 Game Circle 4:30 Sentimental Singing 7:00 Reminiscing and Relaxation</p>	<p>10:00 Daily Chronicle <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:30 Move and Groove 11:15 Bucket Ball Game 2:30 Manicures and Music Creative Arts <b>3:00 Happy Hour!</b> 4:30 Sing-A-Long 7:00 Friday Night at the Movies</p>	<p>10:00 Daily Chronicle <b>23</b> <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories and Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment: John Gundstrom</b> 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing <b>25</b></p> <p>11:00 Aerobics with Jorge <b>2:30 Entertainment:</b> <b>Ted Powers</b> 4:00 Balloon Game 7:00 Inspirational Stories 8:00 Sunday Night at the Movies</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement <b>11:15 Catholic Mass</b> 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings</p>	<p>10:00 Daily Chronicle 10:30 Circle Games <b>11:15 Tai Chi</b> 2:30 Birthday Party with <b>Alexandria Bianco</b> 3:30 Game Circle 7:00 Meditation and Music 8:00 Classic TV or Movie Choice</p>	<p><b>9:00 Pet Therapy</b> 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 Reminiscing and Relaxation</p>	<p>10:00 Daily Chronicle <b>10:30 Yoga with Nancy</b> 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 4:00 Sing-A-Long 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicle 10:30 Move and Groove 11:15 Bucket Ball Game 2:30 Manicures and Music Creative Arts <b>3:00 Happy Hour!</b> 4:30 Sing-A-Long 7:00 Friday Night at the Movies</p>	<p>10:00 Daily Chronicle <b>24</b> <b>11:00 Aerobics with Jorge</b> 2:30 Short Stories and Poetry Readings <b>3:00 Chris on the Piano</b> 4:00 Game Circle <b>6:30 Entertainment: John Gundstrom</b> 8:00 Saturday Night Social</p>



# February Recipe

February 23rd is National Banana Bread Day. Here is a simple and delicious recipe for your Cooking Club.

## Ripped-Off Starbucks Banana Bread Recipe

### Ingredients

- 2 cups flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 egg
- 1K cup sugar
- ½ cup vegetable or canola oil
- 2 tablespoons buttermilk or milk
- ½ teaspoon vanilla
- 3 bananas mashed very well
- ½ cup chopped walnuts or chocolate chips(optional)

### Instructions

1. Preheat oven to 325 degrees.
2. Add flour, baking soda and salt to a small bowl and set aside.
3. Mix egg, sugar and oil and stir until well combined
4. Add the dry ingredients to the wet and stir well. The mixture will be thick and dry.
5. Next add milk, vanilla and bananas and stir until incorporated.
6. Mix in walnuts and pour into a loaf pan.

Cook 50-75 minutes, checking regularly until a knife comes out clean.

Note the success of banana bread depends on bananas. You really want super ripe or slightly brown bananas for the best flavor.





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2018

Oasis at Dodge Park

9:30 Meditation/Rosary <b>10:00 Aerobics with Jorge</b> 4 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Dancers of Central MA</b> 4:00 Football Toss 4:30 Patriots Trivia <b>6:15 Superbowl Party!!!</b>	<b>10:00 Catholic Mass</b> 5 11:00 Music & Movement 11:45 Finishing Lines 2:00 Valentines Heart Suncatchers 3:00 Balloon Game 4:00 Fireside Stories 7:00 Hand Massage & Music 8:00 Poetry Readings	9:30 Daily Chronicle 10:00 Heart to Hearts <b>10:30 Tai Chi</b> 11:15 Music & Rhythm 2:00 Tuesday Trivia 3:00 Musical Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul	9:30 Daily Chronicle 10:00 Move and Groove 10:45 Parachute Game <b>11:30 Music Therapy</b> 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 7:00 Meditation & Relaxation	9:30 Daily Chronicle 10:00 Name "10" Game 10:45 In the News <b>11:15 Yoga with Nancy</b> 2:00 The Paint Project 3:30 Games and Cards 4:00 Reminiscing 7:00 Hand Massage & Music 8:00 Classic TV	9:30 Daily Chronicle 10:00 About Groundhogs <b>11:00 Drum Circle with Tim</b> <b>11:30 Shabbat Service</b> 2:00 Phils Retirement Plan Groundhog Day Skit <b>3:00 Groundhog Day Social</b> 4:00 Well Grounded Story <b>7:00 Marie Pascale</b>	9:30 Morning Gathering <b>10:00 Aerobics with Jorge</b> 3 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Reading Roundtable <b>4:15 Chris on the Piano</b> <b>6:30 Entertainment:</b> <b>Jim Porcella</b>
9:30 Meditation/Rosary <b>10:00 Aerobics with Jorge</b> 11 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Bill McCarthy</b> 4:00 Inspirational Stories 7:00 Meditation and Relaxation	<b>10:00 Catholic Mass</b> 12 11:00 Music & Movement 11:45 Finishing Lines 2:00 Valentine Heart Dot Painting 3:00 Balloon Game 4:00 Fireside Stories 7:00 Hand Massage & Music 8:00 Poetry Readings	9:30 Daily Chronicle 10:00 Heart to Hearts <b>10:30 Tai Chi</b> 11:15 Music & Rhythm 2:30 Mardi Gras Discovery Discussion Group <b>3:00 Mardi Gras Party!</b> 4:30 Jazz Music & Movement 7:00 Movie "King Creole"	9:30 Daily Chronicle 10:00 Move and Groove 10:30 Love is in the Air Trivia <b>11:30 Music Therapy:</b> <b>2:00 Entertainment:</b> <b>Marylou Ferrante</b> <b>3:00 Valentines Day Social</b> 4:30 Sentimental Singing 7:00 Movie "Casablanca"	9:30 Daily Chronicle 10:00 Name "10" Game 10:45 In the News <b>11:15 Yoga with Nancy</b> <b>2:00 Congregational Church Service</b> 3:00 Games and Cards 4:00 Reminiscing 7:00 Hand Massage & Music 8:00 Classic TV	9:30 Chinese New Year Fun Facts & Discussion <b>11:00 Drum Circle with Tim</b> <b>11:30 Shabbat Service</b> 2:00 Cupcake Liner Dragon <b>3:00 Chinese Fusion Cocktail Hour</b> 4:30 History of China <b>7:00 Marie Pascale</b>	9:30 Morning Gathering <b>10:00 Aerobics with Jorge</b> 17 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Reading Roundtable <b>4:15 Chris on the Piano</b> <b>6:30 Entertainment:</b> <b>Sandy Robinson</b>
9:30 Meditation/Rosary <b>10:00 Aerobics with Jorge</b> 18 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Heather Ralston</b> 4:00 Inspirational Stories 7:00 Meditation and Relaxation	<b>10:00 Catholic Mass</b> 19 11:00 Music & Movement 11:45 Finishing Lines 2:00 Craft Corner & Table Games 3:00 Balloon Game 4:00 Fireside Stories 7:00 Hand Massage & Music 8:00 Poetry Readings	9:30 Daily Chronicle 10:00 Heart to Hearts <b>10:30 Tai Chi</b> 11:15 Music & Rhythm 2:00 Tuesday Trivia 3:00 Musical Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul	9:30 Daily Chronicle 10:00 Move and Groove 10:45 Parachute Game <b>11:30 Music Therapy</b> 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 7:00 Meditation & Relaxation	9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News <b>11:15 Yoga with Nancy</b> <b>2:30 Birthday Party with Bill McCarthy</b> 4:00 Reminiscing 7:00 Hand Massage & Music 8:00 Classic TV	9:30 Daily Chronicle 10:00 Octaband <b>11:00 Drum Circle with Tim</b> <b>11:30 Shabbat Service</b> 2:00 Manicures and Music Table Top Time <b>3:00 Happy Hour!</b> 4:00 Word Games <b>7:00 Entertainment:</b> <b>Marie Pascale</b>	9:30 Morning Gathering <b>10:00 Aerobics with Jorge</b> 24 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Reading Roundtable <b>4:15 Chris on the Piano</b> <b>6:30 Entertainment:</b> <b>Paul Belanger</b>
9:30 Meditation/Rosary <b>10:00 Aerobics with Jorge</b> 25 11:00 Hymn Singing 11:45 Game Circle <b>2:30 Entertainment:</b> <b>Wayne Page</b> 4:00 Inspirational Stories 7:00 Meditation and Relaxation	<b>10:00 Catholic Mass</b> 26 11:00 Music & Movement 11:45 Finishing Lines 2:00 Craft Corner & Table Games 3:00 Balloon Game 4:00 Fireside Stories 7:00 Hand Massage & Music 8:00 Poetry Readings	9:30 Daily Chronicle 10:00 Heart to Hearts <b>10:30 Tai Chi</b> 11:15 Music & Rhythm 2:00 Tuesday Trivia 3:00 Musical Bingo 4:00 Reminiscing/Sensory 7:00 Chicken Soup for the Soul	9:30 Daily Chronicle 10:00 Move and Groove 10:45 Parachute Game <b>11:30 Music Therapy</b> 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 7:00 Meditation & Relaxation	9:30 Daily Chronicle 10:00 Name "10" Game 10:45 In the News <b>11:15 Yoga with Nancy</b> 2:00 Making Valentines Day Cards & Crafts 4:00 Reminiscing 7:00 Hand Massage & Music 8:00 Classic TV	9:30 Daily Chronicle 10:00 About Groundhogs <b>11:00 Drum Circle with Tim</b> <b>11:30 Shabbat Service</b> 2:00 Phils Retirement Plan Groundhog Day Skit <b>3:00 Groundhog Day Social</b> 4:00 Well Grounded Story <b>7:00 Marie Pascale</b>	9:30 Morning Gathering <b>10:00 Aerobics with Jorge</b> 3 11:00 Sing-A-Long 2:00 Bingo/Table Games Sensory Group 3:00 Reading Roundtable <b>4:15 Chris on the Piano</b> <b>6:30 Entertainment:</b> <b>Jim Porcella</b>

## 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.

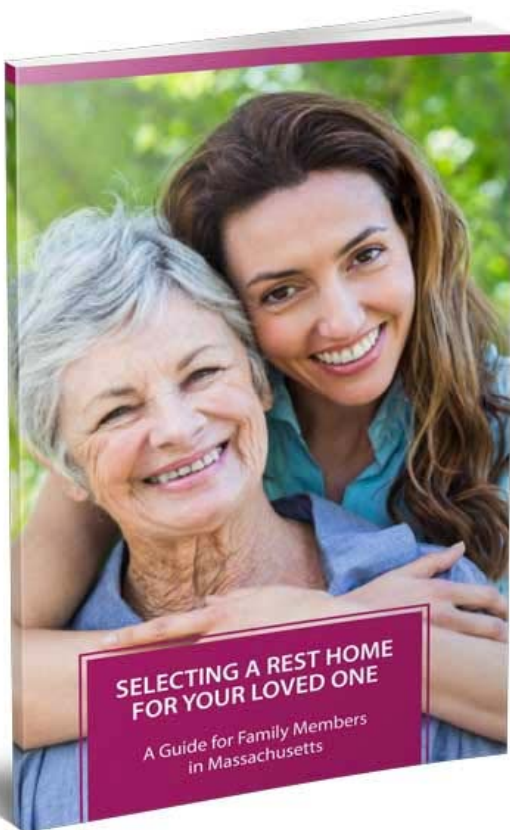
Finally, a recent Swedish study found a high BMI in old age is associated with an increased risk of dementia in women.

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.

# 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

**CLICK TO GET INSTANT ACCESS**

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



# 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	<b>2019</b>
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**

## National Weather Person's Day

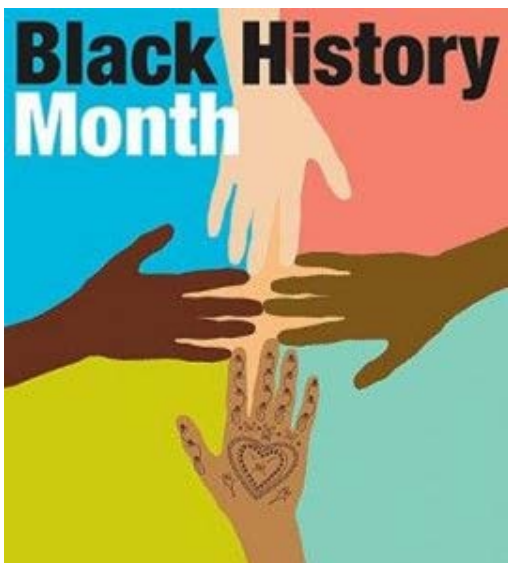
In February there is a day that will get your residents talking and engaged in the suggested activities.

Everyone likes to talk about the weather, Thus why not celebrate this day on or around February

5th with these activities. Perhaps you or your residents have some other great ideas on how to celebrate this day.

Discussions about weather can be wide and varied because there are just so many things to talk about when it comes to the weather. People, both young and old, high functioning or low functioning, always have something to say about the weather or the weather person predicting it.

Maybe there is one resident or a group of residents who are really interested in the weather. They could predict the weather for the next several days or for just the present day.



Certainly, even the expert weather people do not get the forecast right a good deal of the time so whatever the residents predict, within reason, they have a good shot at being correct.

Members of the group can watch forecasts on TV, listen to the radio, read the newspaper or go online to see what the experts have to say and then draw their own conclusions about what the weather is going to be like.

They could do a weather board or announce, to their fellow residents, their predictions. They or you could devise surveys or contests about weather prediction.

Your group can talk about their favorite kind of weather. Related to this is to talk about the four seasons. Probably it is best to talk about winter since National Weather Person's Day is right in the middle of winter.

If you live in a cold snowy climate, you may want to bring freshly fallen snow inside. That way some of the residents can see and touch the snow up close. Some residents may not like to touch the snow because it is cold.

Related to this is talking about types of clothing you wear during different seasons. In fact maybe some residents might want to put on gloves or mittens before they handle the snow.

# Weather

C	S	N	O	W	C	L	O	U	M
A	K	A	L	F	D	E	W	D	I
L	E	G	B	H	A	I	L	W	S
M	L	N	L	R	S	Q	R	O	T
C	I	I	I	A	I	U	A	B	S
L	G	N	Z	Z	N	A	I	N	N
E	H	T	F	A	L	L	E	R	O
A	R	F	R	R	D	D	D	S	W
M	O	O	O	W	I	N	N	T	M
S	G	G	S	T	T	H	U	O	R

Find all the words from the word list (ignore spaces and dashes, if any):

BLIZZARD	MIST
CALM	RAIN
CLEAR	RAINBOW
CLOUD	SMOG
DEW	SNOW
FOG	SNOWFLAKE
FROST	SQUALL
HAIL	THUNDERSTORM
LIGHTNING	WIND



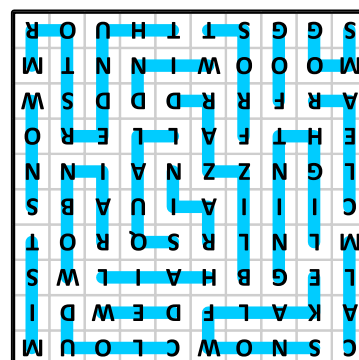
This is zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

\*

Grid size:  
10 x 10 squares,  
10 x 10 letters,  
90 x 90 mm.

Square size:  
9 x 9 mm.

ANSWER:







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

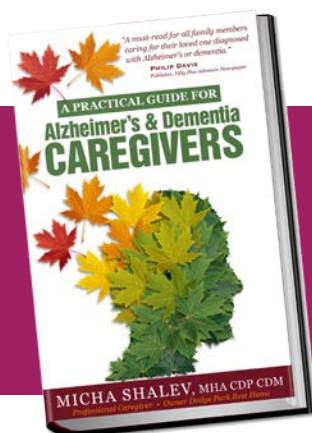
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory 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](http://dodgepark.com) [oasisatdodgepark.com](http://oasisatdodgepark.com)



**DODGE PARK**  
*Rest Home and Day Club*

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



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

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

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



## SCHEDULE A TOUR

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

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

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

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

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

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

*We hope to see you there.*

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

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

# Lead With Your Heart

Amy Laughlin, AP-BC, ADC, CDP



Activity Professionals often identify February as the month of LOVE, when we honor and celebrate St. Valentine's Day. Many of our planned activities involve heart-shaped crafts, sweet recipes, making or assembling love gifts for volunteers or community members, reminiscing about first loves, weddings and lost loves, listening to love songs, and more. We recognize and applaud loving relationships; the deep bonds that hold families and friends together.

Leadership is also about love, or at least equally as much about heart as about head. Certainly, being a good leader requires job knowledge, experience and the ability to create and implement strategic ideas, but a leader without heart can quickly become authoritative and punitive or ineffective and insincere. Being a strong and effective leader involves building a trusting relationship with each person on the team, since trusting teams use each other's expertise and skills, solve problems more easily, adapt to change more quickly and achieve results faster. In her book *Radical Candor*, Kim Scott writes that pillars of effective leadership are to Care

Personally and Challenge Directly. Leadership is not "just business", and in order to build trusting relationships, you have to care about each person's ability to perform their job and each person as a human being. Caring Personally occurs when you acknowledge that your team members are all individuals with lives and goals and dreams that go beyond the work you do together.

Challenging Directly occurs when you care enough to confront a team member's poor behavior or performance and encourage them to challenge yours. Intentional focus on building and maintaining trust means that your team members are more likely to

accept your praise AND criticism, and they are more likely to tell you what they think you are doing well, and not doing well. Trusting team members are less tolerant of poor behavior and hold each accountable, while remaining committed to reaching goals and getting results.

Effective leaders go beyond Caring Personally and Challenging Directly. They understand that team members need to be Inspired with Passion, since very little is ever achieved without vision, energy and positive change. And finally, team members need genuine appreciation, personalized to their accomplishments and their needs in order to really "feel the love" of their leader.

## How to Care Personally:

- What are your team members' passions and priorities? Life goals? Career goals?
- Find time to get to know each other on a human level: what's important, and what motivates, as well as what doesn't.
- Know (and recognize) birthdays and annual work anniversaries
- Celebrate graduations, weddings and new babies and offer support through challenging life transitions such as divorce and death
- Treat everyone as an individual
- Use time together at work to get to know people – including meetings, projects and committees.
- Hold regular 1:1 meetings with direct reports
- Strive to connect with people who are different to you: backgrounds, education, family, religion, race, culture, politics.
- Practice respect: never judge anyone for having a different opinion.
- NOTE: social events organized at work can feel mandatory, even if they are not. Don't force attendance or participation.



### **How to Challenge Directly:**

- Challenging often involves saying no or disagreeing with someone – so conflict is embraced rather than avoided.
- People will initially be angry or upset with you – but if no one on your team is ever upset with you, you probably aren't challenging your team enough!
- You have to tell people their work isn't good enough – and why.
- Remember that challenging directly is helpful to you, the individual and to the whole team.
- Keep it factual by describing three things:
  - (1) the situation
  - (2) their behavior
  - (3) the impact of their behavior
- Don't delay challenging – it is much more stressful to put it off, plus the poor behavior or performance continues.
- Keep feedback frequent and quick – 2- 3mins.
- Feedback IS personal, even when you don't mean it to be. We are all humans with feelings.
- Recognize that you cannot manage another person's emotions – only your own.
- Have a strategy to handle emotional out bursts.

### **How to Inspire with Passion:**

- Bring your best self to work every day (and take it home again)
- Make a strong first impression – people know whether they like you within the first 7 seconds.
- Love your job!
- Know your job
- Have and share your vision – and the individual roles in creating the “big picture”
- Expect the best – and share those expectations often.
- Use positive body language and tone of voice
- Listen – and ask clarifying questions.
- Respond to questions and concerns quickly even if there's no concrete solution or answer yet.

- Great people by name (and use their name in conversation)
- Leaders are not entitled to have a bad day!
- Don't be tired. People respond best to an energetic, enthusiastic leader.
- Don't complain about your workload or schedule or problems.
- Negativity from a leader fuels fear, frustration and eventually apathy. Be an optimist!
- “To an employee, the boss's whisper is like a lion's roar!”  
- Jeffrey J. Fox

### **How to Recognize with Sincerity:**

- Recognize contributions
- Make the recognition memorable, thoughtful and respectful
- Make the recognition personal: a handwritten card and shout-out in a team meeting, a thank you in front of residents and family members, bringing them a coffee or a favorite snack, taking them out to lunch...
- Celebrate the successes: develop a culture of celebrating the small steps towards achieving a goal.
- Be genuine – be comfortable enough with your team to be who you really are. No one like a faker!

Leading with Heart can be time consuming and take a significant amount of energy. We may feel that the residents need more of our effort and enthusiasm than our team members. But our residents are the ones who reap the rewards of a strong and trusting Life Enrichment or Recreation team. If your team members will feel respected and valued, their commitment to your organization will increase and turnover will decline. If your team member know that poor performance and behavior isn't tolerated, they will hold themselves and their peers accountable. And if your team members are excited by the positive changes implemented and goals attained, they will seek to invest themselves more deeply in you as their role model and visionary leader.

## AROUND DODGE PARK





## AROUND DODGE PARK





## 2. Keeping Active

Meaningful activities promote a sense of well being, provide enjoyment, maintain functioning levels and support independence. The daily program offers small and large group activities to appeal to each resident's personal interests.

## 3. Worthy Staff

Taking care of those with memory loss takes a special caregiver. The N'efesh to N'efesh Program staff is specially trained to work with residents to make their lives better by including activities and care that promote self-esteem, laughter, fun and enjoyment of everyday life. Caring for a family member with memory loss can be extremely difficult. In a community that serves residents with Alzheimer's and dementia, the task of caring for a loved one is shared by many dedicated and highly-trained individuals. With the knowledge that a loved one is well taken care of, caregivers can enjoy more fulfilling time together.

### *N'efesh to N'efesh Community Included Amenities*

- Licensed Nurse on-site 24 hours per day
- Medical director, nurse practitioner and a geriatric psychiatrist weekly visit
- Trained Resident Assistant staff on-site 24 hour per day
- DON and ADON oversight and on-call support 24/7
- Daily ADL assistant as needed
- Registered Dietitian and social workers weekly visit
- Three nutritious meals a day, plus snacks
- Residential setting with secure access
- Personalized Social Care Plan designed and regularly reviewed by interdisciplinary team in conference with resident and family members
- Daily Personalized Activities Program from 6am to 11pm
- Spiritual Enrichment Program
- Religious services
- Regular gatherings for family members of residents
- Spacious, secure indoor and outdoor courtyard with walking path and patio
- Daily housekeeping and laundry service
- Beautiful, spacious rooms
- All utilities including gas, electricity, water, sewer, and trash
- Emergency call system
- Satellite TV service and installation
- Basic telephone service (local access)
- Zen Spa

The Bible presents growing old as a normal, natural part of life in this world. There is honor involved in the aging process, because growing old is normally accompanied by increased wisdom and experience. "Gray hair is a crown of splendor; it is attained by a righteous life" (Proverbs 16:31; see also Proverbs 20:29). God wants us to remember that life is short (James 4:14) and that the beauty of youth is soon gone (Proverbs 31:30; 1 Peter 1:24).

Jewish tradition emphasizes that taking care of a parent is a tremendous blessing and mitzvah. As the Talmud in Shabbat 127a says: "These are the fruits a person enjoys in this world, and continues to enjoy them in the World to Come. They are: honoring one's parents..."

This is particularly true when the elderly have diminished physical and mental capacity, and are confronting their own mortality. But the task of taking care of them need not feel overwhelming.

Among the most disturbing aspects of growing old—especially in cultures that set a high value on rugged individualism—is the increasing frequency of senile dementia as human lifespan increases. It seems eminently unfair that people so afflicted should be robbed of their intellectual, emotional and social vitality while their physical bodies continue to survive. Alzheimer's disease is a particularly difficult pill to swallow because the cause is unknown and it does not seem to be related to any particularly bad health habits. While progression of Alzheimer's can be stalled, in part, by continued active involvement in mind-stimulating and physical activity, progression of the disease is nevertheless inexorable.

With Alzheimer's and other forms of dementia on the rise, finding quality care can be a challenge. Recognizing this challenge, The Dodge Park Rest Home and Oasis at Dodge Park developed a new program designed specifically to meet the needs of residents with memory loss. Based on years of experience caring for Alzheimer's and dementia residents, Dodge Park and The Oasis at Dodge Park Programs partners with family members and care providers to develop a framework that supports the individual, physical, emotional and spiritual needs of memory impaired residents through Cognitive, Fitness and Wellness design.

While there is currently no cure for most progressive forms of dementia, it doesn't mean we're powerless against them. Mounting research is building an understanding that there may be ways to slow the progression and change the pathologies of many common dementias, giving those afflicted with them and their families the possibility of more precious, fulfilling moments together.

# *The N'efesh to N'efesh™ Memory Care Program*

**DODGE PARK  
REST HOME**

Bringing LIFE to those we serve  
**OASIS**  
AT DODGE PARK



**101-102 Randolph Road, Worcester, MA 01606**  
**Tel: 508-853-8180 • Fax: 508-459-6176**  
**Toll Free: 1-877-363-4775**  
**[www.DodgePark.com](http://www.DodgePark.com)**  
**[www.OasisAtDodgePark.com](http://www.OasisAtDodgePark.com)**

*N'efesh to N'efesh – from the Hebrew for “soul to soul” – is our specially-designed program to help individuals suffering from Alzheimer’s and dementia at any stage to build and maintain cognitive ability.*

*Based in research from a variety of recent studies, the program is comprised of six pillars of activities in which memory care residents and their families will participate.*



### *Physical Exercise*

Physical activity and aerobic exercise have been found to have significant brain benefits.

- Low-impact Aerobics Exercise Classes
- Dancing
- Wii Fit, Bowling, Golf
- Walking Club
- Gardening Club
- Chair Yoga

### *Stress Reduction*

Methods such as guided meditation, Yoga, Tai-chi and more have been shown to provide benefits such as improved activity in the hippocampus of the brain. Lotion Therapy and Music Therapy are additional samples of elements to assist stress reduction.

### *Cognitive Exercise*

Engagement in cognitively stimulating activities early in the course of Alzheimer’s has been associated with slower cognitive decline.

- Reminiscing and Discussion Groups
- My Personal Album
- Cultural and Language Study
- Current Events Discussion Group
- Life Skill Stations
- Intergenerational Program

### *Specialized Digital Programs*

Tools promoting critical thinking and brain fitness have been shown to improve auditory processing speed, attention and memory.

### *Purposeful Social Activities*

A strong social network involving purpose-oriented activities has been found to protect against cognitive decline.

- Music Programs
- Art/Music Therapy
- Book Clubs
- Religious Services

### *Support Groups and Resident Council*

Studies suggest that support groups may benefit individuals with dementia by reducing depression and improving quality of life and self-esteem.

Our program provides 84 hours per week of specialized activity programming along with individualized assessments and tracking that is provided to families during social care plan meeting and/or as requested by family. N'efesh to N'efesh is focused on the beneficial activities and components of brain fitness that may slow the progression of dementia and is not anticipated to reverse or restore any cognitive losses.

### *N'efesh to N'efesh Integration with Resident Center Care*

Resident-centered care is at the cornerstone of the N'efesh to N'efesh Memory Care Program at Dodge Park and Oasis at Dodge Park. Caregivers, staff and the management team are specially trained to focus on the strengths of each person and to understand a resident's preferences, accomplishments and family ties.

The N'efesh to N'efesh program provides residents with an engaging lifestyle supported by compassionate care from our highly-trained staff. Each resident's preferences and life story contribute to the individualized care plan and activities they partake in – including daily activities, dining choices and specialized care.

### *What Sets the N'efesh to N'efesh Memory Care Program Apart*

- Activities programs that enhance the lives and touch the heart of each resident
- Daily life activities that support independence
- A culture that promotes family involvement and teamwork
- Engaging the whole person through one's life history and personalized activities
- Outdoor exploration and purposeful outings
- Complete wellness focus on each individual
- Family partnership and framework to enhance focus and understanding

### **1. Eating Well**

The N'efesh to N'efesh dining experience nurtures the mind, body and soul and is a highlight of the day. Residents are seated with dining partners to promote social interactions and meaningful connections. Meals are served restaurant-style with a 5 week cycle of freshly designed menus with meal presentation and service to rival a five-star restaurant.





## DODGE PARK REST HOME



### *The Day Club*

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

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



#### Neighborhood Connection is now digital!

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



# ADULT DAY CARE

**Care for your parent or spouse while you're  
at work or just when you need a break.**

- Transportation available
- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment, special events and outings
- Hot meals and snacks
- Extended hours and weekends to fit caregivers schedules
- Available 7am - 7pm, seven days a week - you choose the hours

**— The Most Affordable Program in Central MA —**



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

**DODGE PARK REST HOME**



DODGE PARK REST HOME  
CELEBRATING **50** YEARS  
*Caring for our Community*

**Call and  
schedule a  
FREE DAY  
today!**

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