



NEIGHBORHOOD CONNECTION

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

-Micha Shalev & Ben Herlinger, Administrators /Owners

Memories are made AT DODGE PARK & THE OASIS



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



Happy New Year

New Year is a time for celebrations, resolutions and memories. We celebrate because we have survived another year. We make resolutions because most of us realized we need improvement. Finally, at this time, we cannot help but recollect the past.

Dodge Park Rest Home is pleased to continue its tradition of service to the community. This coming year (2018), it's going to be a milestone year for Dodge Park Rest Home and Day Club, as we are celebrating our 51 years anniversary. Just recently, we were awarded a top senior care facilities in the country that receive the Caring Superstar award by Caring.com for 2018 (5th year in a row). This unique achievement, position Dodge Park Rest Home as one of the top long term care facilities in the country.

Our new state of art facility The Oasis At Dodge Park is now open for 1 full year (1st happy birthday) and this new facility is well position to set a very new high standard in caring for those diagnosed with dementia and Alzheimer's disease. The Oasis at Dodge Park also awarded a Caring Star recognition by Caring.com and it is the only facility in the country awarded this unique recognition only after 1 year in the business. It is awesome. It is a testimonial to the commitment all the staff at Dodge Park Rest Home and Oasis at Dodge Park has to deliver the best possible care for those diagnose with dementia and Alzheimer's disease.

A New Year is part of the cycle of life. In some countries it's a promise of the buds on the trees and the snowdrops peeping out through slanting rain. In other places, of course, it is celebrated in the blazing sunshine Whatever about the climate, though, there is something about the beginning of a new year that makes us stop and think about the future and about what it holds for us.

If you are in London, New Year's Eve means waiting for Big Ben to strike at midnight. If you are celebrating the Scottish Hogmanay it's

DODGE PARK REST HOME & OASIS AT DODGE PARK

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The Dodge Park Family of Care Services

Dodge Park Rest Home

The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

The Oasis at Dodge Park

a case of waiting for a dark haired man to cross your doorstep at midnight. If you are in the U.S., you are likely to wait for New Year's Day to celebrate with football games, mummer's parades and rose festivals. The Chinese, of course, celebrate on a different date and with lots of fireworks. Wherever or whenever you celebrate, though, the arrival of a New Year is something special.

Has it ever occurred to you that the New Year is just like a birthday? It's really only the start of a new era in your life. The New Year celebrations, of course, are on a more lavish scale than most birthday parties. The feeling of having something to celebrate, though, is

exactly the same. So we can be excused at new year eve t if we too have a feeling of excitement.

We have, after all, enjoyed a new beginning. We may be a bit battle scarred, we may have a few more grey hairs but at least we are alive and kicking and looking forward to the future. This time the feeling of anticipation is stronger because a year will surely mean something special, some changes.

None of us can remember the beginning of the old millennium. Few of us can remember a hundred years ago. Not one of us can remember a thousand. We rely on historians to tell us all about the good and not so good old days. Yet even in our lifetime there have been truly amazing events. Some of these events brought misery and hardship but it is well worth thinking of the huge advances that benefited us so much. Many of you will have telephoned friends and relatives to wish them a happy new year. You couldn't have done that 500 years ago. Millions of people worldwide will have travelled by car to parties. They couldn't have done that even 200 years ago.



There were lots of people alive to celebrate because of the advances in medicines and vaccines. So a new year should make us thankful as well as joyful. We should rejoice in the ingenuity and the talents of mankind. We should be looking forward to a time when men will conquer new frontiers of space and science. Perhaps we should be thinking of what we can do to make the New Year a better one for all of us.

That is not to say that we can all create cures for cancer or planes that won't crash. We can though, as individuals, create an environment where initiative and drive are encouraged. We can influence Governments and groups even by writing just one letter of complaint or suggestion. We can do marvelous things if we believe in them, even if it's designing supermarket trolleys that go in the right direction.

On this day let us toast our better tomorrows. So with upraised glasses we say Here's to the future, another new year May it bring plenty, love and good cheer. May we continue providing the best care for our residents and continue carry the Dodge Park Rest Home and Oasis at Dodge Park name and reputation around the Commonwealth. We are all in this game together for a better tomorrow to all of us.

Ladies and gentlemen, let's toast please for the New Year. May it be a time when we make all our dreams come true.

On behalf of all the management at Dodge Park Rest Home, we would like to wish all our residents, past and current family members, our medical team, employees, friends and supporter a happy New Year.

Micha Shalev, Ben Herlinger, Carrie Lindberg and Renee Kublbeck

National Cream Puff Day, Jan 2.

If you haven't vowed to start a diet, treat yourself to these delicious pastries for dessert.

National Sunday Supper Day, Jan.

14. The second Sunday in January is a time for families to gather in the home and around the hearth and reconnect over the evening meal and hopefully establish a new monthly habit in the year ahead.

National Compliment Day, Jan. 24.

Be sincere as you offer a few words of praise to those you might encounter today.



National Plan for Vacation Day,

Jan. 31. There's a disturbing trend that the average American worker fails to use any or most of their vacation days. Let's change that in 2018. Set aside time in your schedule on this day to plan a getaway.

JANUARY Observances

- 1 National Hangover Day
- 1 New Year's Day
- 2 Run up the Flagpole and See if Anyone Salutes Day
- 3 Festival of Sleep Day
- 3 Fruitcake Toss Day
- 3 Humiliation Day
- 4 National Spaghetti Day
- 4 Trivia Day
- 5 National Bird Day
- 6 Bean Day
- 6 Cuddle Up Day
- 6 Feast of the Epiphany - Three Kings
- 7 Old Rock Day
- 8 Bubble Bath Day
- 8 Male Watcher's Day
- 9 Play God Day
- 10 Bittersweet Chocolate Day
- 10 Houseplant Appreciation Day
- 10 National Take the Stairs Day - second Wednesday of month.
- 10 Peculiar People Day
- 11 Step in a Puddle and Splash Your Friend's Day
- 12 Feast of Fabulous Wild Men Day
- 12 National Pharmacist Day
- 13 International Skeptics Day
- 13 Make Your Dream Come True Day
- 14 Dress Up Your Pet Day
- 15 Martin Luther King Jr. Birthday
- 15 National Hat Day
- 16 Appreciate a Dragon Day
- 16 National Nothing Day
- 17 Ditch New Years Resolutions Day

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- 18 Thesaurus Day
 - 18 Winnie the Pooh Day -The Birthday of Winnie's author A.A. Milne
 - 19 National Popcorn Day
 - 19 National Tin Can Day
 - 20 National Buttercrunch Day
 - 20 National Cheese Lover Day
 - 20 Penguin Awareness Day
 - 21 National Hugging Day
 - 21 Squirrel Appreciation Day
 - 22 National Blonde Brownie Day
 - 23 national Pie Day
 - 23 National Handwriting Day
 - 23 Measure Your Feet Day- we only ask...."Why!?"
 - 24 Beer Can Appreciation Day
 - 24 Compliment Day
 - 25 Opposite Day
 - 26 Australia Day
 - 26 Spouse's Day
 - 27 Chocolate Cake Day
 - 27 Punch the Clock Day
 - 28 Data Privacy Day
 - 28 Fun at Work Day
 - 28 National Kazoo Day
 - 29 Bubble Wrap Appreciation Day
 - 29 National Puzzle Day
 - 29 National Cornchip Day
 - 30 National Inane Answering Message Day
 - 31 Backward Day
 - 31 Inspire Your Heart with Art Day

Book Blitz Month.

This is a time for authors of all genres to put themselves out there and promote their work. For the rest of us, it's a time to celebrate literacy, set personal goals to read more, and curl up with a good book.

National Braille Literacy Month.

Developed in the 19th century by Louis Braille, this tactile system allows visually impaired and blind individuals a way to read, write, and learn.

International Creativity Month.

Whether you're a homemaker, student, employee, employer, or retiree, this is the month to challenge yourself and your usual way of doing things. Try something new, explore, innovate, broaden your horizons of expression, and create something.



Hot Tea Month.

Black, white, green, herbal, oolong, Darjeeling, Ceylon, chai—the list can go on for several pages. There are thousands of teas and blends to try. Find a new favorite and warm up with a cup of fragrant goodness this winter.

Self-Love Month.

Many of us have already promised to become better at being better this year. Why not start by showing yourself some TLC? Find a way to honor, appreciate, and love yourself this January.

Stay healthy by managing your digestion

If you're trying to watch your weight, consider what you know about the digestive process.



If you're trying to watch your weight, consider what you know about the digestive process. According to the Medical News Today website, digestion actually begins when food enters the mouth, but the entire process can take 24 to 72 hours. Food high in protein and fats, like meat and fish, takes longer; high-fiber foods like fruit and vegetables are quicker to digest; sweets like candy and pastries are fastest. To improve digestion, follow these guidelines:

Eat a balanced diet.

Concentrate on foods high in fiber: fruits, vegetables, legumes, and whole grains. Limit your meat consumption, along with processed and fast foods.

Keep yourself hydrated.

Water, juice and tea keep food moving through the digestive system and help to prevent constipation.

Eat probiotics.

These foods supply helpful bacteria that can keep the bacteria

in your gut in balance. Try yogurt, kefir, sauerkraut, kimchi, miso, and fermented vegetables.

Exercise.

Regular physical activity aids the digestive tract. A simple walk can relieve bloating, gas, and constipation.

Manage your stress.

Stress can slow digestion and cause heartburn, cramping, and bloating. Practice meditation, deep breathing exercises, and yoga.

Practice good dental hygiene.

Because digestion begins in the mouth, keeping your teeth in good health is important. Visit a dentist regularly, and be sure to brush and floss daily.



Make the right choice when paying for running shoes

If you're a runner, you know that choosing the right shoes is important to your health—and your pocketbook. Whether you regularly run in marathons or just take a jog in the park, you should be aware of your options for footwear.

The Washington Post website has reported on a study by the Danish website runrepeat.com, which analyzed data on customer reviews of running

shoes over the course of a year. The results: The more expensive running shoes received the lowest ratings from runners.

“In fact,” The Post reported, “the 10 most expensive running shoes, with an average list price of \$181 per pair, were rated 8.1 percent lower than the 10 cheapest models (average price \$61).”

When buying shoes for your running activities, don't jump to the conclusion that pricier is better.

Try these tactics to save on groceries

The Huffington Post offers these tips for saving money on your next shopping trip ...

We've all got to eat, and unless you're growing (or hunting for) your own food, that means you're got to head to the grocery store on a regular basis. The Huffington Post offers these tips for saving money on your next shopping trip:

- Avoid the inner aisles. Most grocery stores place essential items—dairy and produce—at opposite sides of the store. Pushing your cart through the inner aisles can tempt you to buy stuff you don't really need. Stick to the perimeter and pick out only what you're really after.

- Go for generics. Often generic items have the same ingredients as higher-priced brand items. Check the labels, and choose generics as much as you can.

- Look up and down. Grocery stores generally place more expensive items at eye level, because that's where they're most easily seen. Scan the top and bottom shelves for lower-priced alternatives.

- Stay away from prepared foods. A packaged dinner may seem convenient, but you can usually make the same meal for a fraction of the cost.

- Grate your own cheese. Buy a cheese grater and a block of Parmesan instead of buying it in packaged form. It's cheaper and fresher, and you'll be sure of what you're getting.



One hour of exercise may relieve depression

Feeling depressed? Get moving. As the Medline Plus website reports, a survey of some 34,000 adults found that people who exercise just one hour a week have a 44 percent lower risk of depression over 10 years than those who don't exercise at all.

A Norwegian survey tracked exercise habits along with depression and anxiety risk among people with an average age of 45 who underwent physical exams and filled out questionnaires about their medical needs and lifestyles. The results showed that the intensity of the exercise didn't matter—an hour-long walk provided just as much relief as a high-impact workout.

Exercise didn't appear to have any effect on anxiety risk, but the researchers found that regular exercise for at least one hour per week was connected to a lower risk of depression, regardless of gender or activity intensity.

However, more than an hour's exercise didn't appear to further decrease the risk of depression substantially. Also, the scientists have noted that they haven't proven a direct cause-and-effect relationship between exercise and depression.

Listen to your internal clocks

The “clocks” in our bodies are important to maintaining good health—and messing with them can cause big problems.

Three researchers recently won the Nobel Prize for their work studying how these clocks influence every cell in the human body. According to the NPR website, pulling an all-nighter for work or school, or jet lag caused by a transatlantic flight, can cause blood pressure to go up, disrupt hunger hormones, and increase blood sugar levels. You can overcome these problems over time, but a regular schedule that throws off your body clock can lead to such health problems as weight gain and Type 2 diabetes.



Late-night snacking can also disrupt your body clock. When darkness falls, your “master clock” advises other clocks not to eat. When you override that command, the pancreas starts releasing insulin to break down the food. This can reset the pancreas' clock and take it out of synch with other clocks in your body. The takeaway? Pay attention to the clocks inside your body for better health.

Don't shield your children from this difficult conversation

Here are three things to keep in mind before you begin your dialogue ...

A grandparent or parent with a terminal diagnosis requires hospice care. A neighbor is undergoing a series of treatments to stop the spread of cancer, and you step up to shuttle them to appointments and provide other caregiving duties for them. A friend or loved one suddenly dies.

The question most parents struggle with is how much to share with their children. Here are three things to keep in mind before you begin your dialogue.

Information.

Be transparent, and never underestimate how much your children perceive about the events impacting your family. Make sure they have the right information so they don't speculate or develop theories about what is happening. If children are allowed visits with the patient, explain what equipment will be present at the bedside and what it is used for. You should also explain the symptoms this person is experiencing, and how it might affect their appearance or ability to speak.

Honesty.

Don't ignore their questions. Every exchange can be a teachable moment that shapes your children's understanding and expectations surrounding the events that are unfolding. Be honest when you don't have the answers, but offer reassurance to quell their fears.

Patience.

This can be a stressful time for your family, and your children may seem anxious, exhibit aggressive behavior, or begin to wet the bed. Know that this may be an emotional response to a situation for which they can't adequately articulate their feelings. Focus on keeping your home a stress-free environment and sticking to your normal routine for meals and playtimes. If you are obligated to spend time away from the home tending to another's needs, arrange for adequate care so children feel safe.

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...

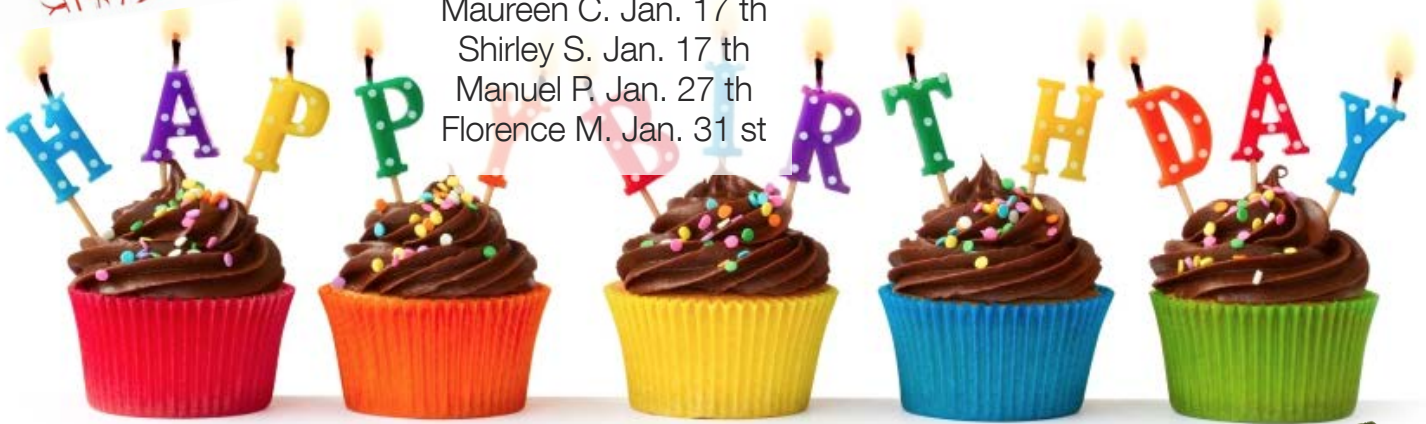


RESIDENTS

Beverly C. Jan. 1 st
Zartar T. Jan. 2 nd
Ruth B. Jan. 3 rd
Mary W. Jan. 10 th
Gail S. Jan. 12 th
Thomas F. Jan. 16 th
Maureen C. Jan. 17 th
Shirley S. Jan. 17 th
Manuel P. Jan. 27 th
Florence M. Jan. 31 st

STAFF

Madelyn R. Jan. 4 th
Kimberly S. Jan. 9 th
Hipolito S. Jan. 16 th
Yvonne M. Jan. 17 th
Michael C. Jan. 20 th
Christopher S. Jan. 21st



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 January 18, 2017

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

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

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

The full moons of 2018

Here's a list of the full moons of 2018 and what they symbolize ...

In January the Wolf moon will appear on the first of the month. This moon was named by Native American tribes for a time when packs of wolves roamed the land during winter in search of food. A second full moon will illuminate the sky on the 31st. The second full moon in the same month is known as a Blue Moon.

The Blue Moon in January means there will be no Snow Moon in February—the shortest month in the year and the time of most snowfall in some areas.

We'll celebrate the spring equinox in March and also its two moons: The Worm Moon or the Sap Moon will appear on March 1, heralding the coming of a new season, the return of migratory birds, and maple trees ready to be tapped. The second Blue Moon of the year will rise on the 31st.

The Pink Moon of April, appearing on the 29th, is also known as the Fish Moon or Sprouting Grass Moon. It celebrates the awakening of nature from a season of dormancy as creatures and plants begin to populate the landscape.

The Flower Moon on May 29 is symbolic of growth and fertility as more plant and animal life springs forth during these warm days. May's moon is also called the Milk Moon or the Mother's Moon.

Depending on what's growing in your area, June 27 brings the Strawberry Moon or the Rose Moon.

The storms of July precede the Thunder Moon on the 27th. It is also known as the Buck Moon, as the growth of deers' antlers occurs during this time of year.

August's Sturgeon Moon is revered by fishermen of North America's Great Lakes as a time when the region offers the most generous catches. Appearing on Aug. 26, this moon is often referred to as the Moon When All Things Ripen and the Blueberry Moon.



The full moon on Sept. 24 comes days after the autumnal equinox and therefore is the Harvest Moon. The moon closest to this change of season will always carry that honor.

The Hunter's Moon on the 24th of October is symbolic of a time when Native American tribes prepared and stored provisions for the coming winter. This moon is also called the Dying Grass Moon.

November's Frost Moon arrives on the 22nd with a chill which will surely be felt in the air. The Algonquin tribes referred to this moon as the Beaver Moon and set traps to collect pelts that would keep them warm through the cold days and nights ahead.

December's Cold Moon marks the arrival of short days, long nights, and the winter solstice. By the time this moon appears on the 22nd, the year will almost be over and a new lunar cycle about to begin.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Stay Warm and Healthy This Winter with Soup

Canned soups are often loaded with unhealthy sodium and lack enough vegetables to even count as a single serving size. Most don't contain enough meat to offer any valuable protein source. While opening a can is convenient and fast, making homemade soups is worth the effort. They are satisfyingly warming and delicious but can also be a way to get some missing nutrients into your diet.

Broth-based soups are easy to make and don't contain the high amounts of fat and cholesterol as cream soups do. If using a soup base, choose one low in sodium. Broths can otherwise be seasoned with a variety of spices such as Italian seasoning, oregano, parsley and pepper or with aromatics like garlic, lemon and onions.

Soups with a lean protein component such as chicken, turkey, beans, lentils are healthy and economical. Beans and lentils are also an excellent source of fiber, which is important for a healthy digestive system and a healthy heart. Fiber also helps control blood sugars and make you feel fuller longer so they are an important part of a weight management program. Shrimp, fish and other seafoods are other lean proteins that are a wonderful addition to soups.

Be sure to add plenty of vegetables to your homemade soups and choose a wide variety. By choosing vegetables with differing colors you are ensuring a bigger assortment of vitamins, minerals and phytochemicals. Phytochemicals such as flavonoids, indoles, and carotenoids are natural components in plants that contain protective or disease-preventive properties.

When soup is intended to be the main course you want to be sure to make it hearty and satisfying. Adding starch or carbohydrates will make your soup a good source of fuel or energy. Potatoes, pasta and rice are good examples. To boost the nutritional value, choose whole wheat pasta and brown rice varieties. Barley, quinoa and kamut are other recommended grains that will enhance your favorite soup recipes and provide even more nutrition for your family.

So when it's cold outside and you're looking to stay healthy this winter get creative in the kitchen and make some homemade soups.

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).

January 15, 2018

This day in history ...

This day marks what would have been the 89th birthday of the great civil rights leader, Dr. Martin Luther King Jr. The third Monday of January is a day of observance in honor of Dr. King, civil rights, and the thousands of men and women whose efforts and sacrifices helped bring about social reform so generations beyond theirs would inherit a better and more just world. Let us not forget the battles that have been fought, the obstacles overcome, and the distances bridged in the spirit of humanity and equality for all.

Dear Micah & Ben and Entire Oasis staff,

We just want to thank you ALL, so VERY much, for a beautiful, generous outpouring of your exceptional care and love 😊 of the residents, families and guests during the holiday celebration.

Wednesday evening was so wonderful, in so many ways. Our family is continually grateful and in awe of how caring and dedicated you ALL are. Unfortunately, it seems uncommon, when ALL staff members of many enterprises contribute equally to the daily needs of a 'business'. It warms our hearts to know that every one of you genuinely care, and work so tirelessly.

Amazing accommodating of such a large turn out with food, coffee, desserts—engaging music and entertainment to enjoy. Bright and beautiful holiday decorations—Santa's appearance for young and old....and on top of all of that, a well thought out gift for each resident—hand delivered. A warm and cozy blanket to wrap around the one's YOU ALL care so well for---a very accurate sentiment of all that you do every day, and night.

On behalf of Nancy Atkins and her family—Heartfelt Thank you'sand tremendous gratitude



AROUND DODGE PARK





AROUND THE OASIS





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



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.

What makes Old Faithful so faithful?

Yellowstone Park's Old Faithful geyser erupts every 90 minutes ...

Yellowstone Park's Old Faithful geyser erupts every 90 minutes, sending water and steam high into the air to the delight of spectators. According to the Science Magazine website, geophysicists have identified the origin of all that water. Listening to natural vibrations (instead of relying on seismic waves produced by explosives that would damage the park's environment), the scientists discovered a region of porous rock 200 meters across and 50 meters deep slightly to the west of the geyser. The underground tank contains hundreds of millions of liters of water heated by magma, so there's no chance of Old Faithful running dry soon.



Friends,

I would like to say, and I know I speak also for my siblings, a heartfelt thank you to you and the entire Dodge Park staff for the years of great care that you gave our mother Josephine.

It was under extreme circumstances and at a very trying time for Jo and us that you first took her into your care. Your skillful management of her condition brought her to a level of calm and comfort that at the time we couldn't imagine even possible. And in being relieved of the stress and burden, Lisa, our family, and I were able to return to living a "normal" life.

I don't think we could have chosen a better place for Jo to have spent the past four (plus) years. So, we thank you again and wish you all the best of health and luck in the future.

Sincerely,
John and Lisa

To Micha, Ben, Carrie, Renee + the whole Oasis Staff,
My family cannot thank you enough for the amazing care that you provide to Mom and all your residents, day in and day out. Everyone is always kind, patient, and professional. Friends and family who have visited mom always comment on your fabulous staff, beautiful facility, and on how "content" Mom is in her new home.
My brothers and I can't thank you all enough for all you do.
Happy holidays!

♥ Lisa Swalec



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,

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Bible Study/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Duane Sullivan 4:00 Inspirational Stories 7:00 Meditation and Relaxation</p>	<p>9:30 Daily Chronicle 10:00 Catholic Mass 11:00 Dancing in Our Seats 2:00 New Year Resolutions and Jokes 3:00 Finishing Lines 4:00 Game Circle 6:30 Musical Memories 7:30 Holiday Movie <small>New Year's Day</small></p>	<p>9:30 Daily Chronicle 10:00 Heart to Hearts 10:30 Tai Chi 11:15 Music & Rhythm 2:00 Tuesday Trivia 3:00 Scents & Sounds 4:00 Table Top Time 6:30 Reading Roundtable 7:30 Musical Memories</p>	<p>9:30 Daily Chronicle 10:00 Sit & Stretch 10:45 Sing-A-Long 11:30 Music Therapy 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 6:30 Meditation & Relaxation</p>	<p>9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:30 Octaband 3:30 Balloon Volleyball 4:00 Fireside Chat 7:00 Hand Massage and Music</p>	<p>9:30 Daily Chronicle 10:00 Parachute Game 11:00 Drum Circle with Tim 11:30 Shabbat Service 2:00 Noodle Hockey 3:30 Hot Cocoa Social! 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Snowball Toss 4:15 Chrs on the Piano 6:30 Entertainment: Ted Powers</p>
<p>9:30 Bible Study/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories 7:00 Meditation and Relaxation</p>	<p>9:30 Daily Chronicle 10:00 Catholic Mass 11:00 Dancing in Our Seats 2:00 Craft Corner 3:00 Finishing Lines 4:00 Game Circle 6:30 Musical Memories 7:30 Hand Massage & Music <small>Maundy Thursday</small></p>	<p>9:30 Daily Chronicle 10:00 Heart to Hearts 10:30 Tai Chi 11:15 Music & Rhythm 2:00 Tuesday Trivia 3:00 Scents & Sounds 4:00 Table Top Time 6:30 Reading Roundtable 7:30 Musical Memories</p>	<p>9:30 Daily Chronicle 10:00 Sit & Stretch 10:45 Sing-A-Long 11:30 Music Therapy 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 6:30 Meditation & Relaxation</p>	<p>9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:30 Octaband 3:30 Balloon Volleyball 4:00 Fireside Chat 7:00 Hand Massage and Music</p>	<p>9:30 Daily Chronicle 10:00 Parachute Game 11:00 Drum Circle with Tim 11:30 Shabbat Service 2:00 Noodle Hockey 3:30 Hot Cocoa Social! 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Snowball Toss 4:15 Chrs on the Piano 6:30 Entertainment: John Grundstrom</p>
<p>9:30 Bible Study/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Dave Cuddy 4:00 Inspirational Stories 7:00 Meditation and Relaxation</p>	<p>9:30 Daily Chronicle 10:00 Catholic Mass 11:00 Dancing in Our Seats 2:00 Craft Corner 3:00 Finishing Lines 4:00 Game Circle 6:30 Musical Memories 7:30 Hand Massage & Music <small>Good Friday</small></p>	<p>9:30 Daily Chronicle 10:00 Heart to Hearts 10:30 Tai Chi 11:15 Music & Rhythm 2:00 Tuesday Trivia 3:00 Scents & Sounds 4:00 Table Top Time 6:30 Reading Roundtable 7:30 Musical Memories</p>	<p>9:30 Daily Chronicle 10:00 Sit & Stretch 10:45 Sing-A-Long 11:30 Music Therapy 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 6:30 Meditation & Relaxation</p>	<p>9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:30 Octaband 3:30 Balloon Volleyball 4:00 Fireside Chat 7:00 Hand Massage and Music</p>	<p>9:30 Daily Chronicle 10:00 Parachute Game 11:00 Drum Circle with Tim 11:30 Shabbat Service 2:00 Noodle Hockey 3:30 Happy Hour! 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Snowball Toss 4:15 Chrs on the Piano 6:30 Entertainment: Dan Kirouac</p>
<p>9:30 Bible Study/Rosary 10:00 Aerobics with Jorge 11:00 Hymn Singing 11:45 Game Circle 2:30 Entertainment: Wayne Page 4:00 Inspirational Stories 7:00 Meditation and Relaxation</p>	<p>9:30 Daily Chronicle 10:00 Catholic Mass 11:00 Dancing in Our Seats 2:00 Craft Corner 3:00 Finishing Lines 4:00 Game Circle 6:30 Musical Memories 7:30 Hand Massage & Music <small>Easter Sunday</small></p>	<p>9:30 Daily Chronicle 10:00 Heart to Hearts 10:30 Tai Chi 11:15 Music & Rhythm 2:30 Celebrating January Birthdays w/Alexandra 4:00 Table Top Time 6:30 Reading Roundtable 7:30 Musical Memories</p>	<p>9:30 Daily Chronicle 10:00 Sit & Stretch 10:45 Sing-A-Long 11:30 Music Therapy 2:00 The Paint Project 3:00 Games & Cards 4:00 Story and Discussion Group 6:30 Meditation & Relaxation</p>	<p>9:30 Daily Chronicle 10:00 The Baking Beauties 10:45 In the News 11:15 Yoga with Nancy 2:30 Octaband 3:30 Balloon Volleyball 4:00 Fireside Chat 7:00 Hand Massage and Music</p>	<p>9:30 Daily Chronicle 10:00 Parachute Game 11:00 Drum Circle with Tim 11:30 Shabbat Service 2:00 Noodle Hockey 3:30 Happy Hour! 4:30 Sing-A-Long 7:00 Entertainment: Marie Pascale</p>	<p>9:30 Morning Gathering 10:00 Aerobics with Jorge 11:00 Sing-A-Long 2:00 Bingo/Table Games 3:00 Snowball Toss 4:15 Chrs on the Piano 6:30 Entertainment: Dan Kirouac</p>

January 2018

Oasis at Dodge Park

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

The Shewell

January Recipe

National Cream Puff Day is January 2nd.



BASIC CREAM PUFFS

Ingredients:

- 1/2 c. butter
- 1 c. water
- 1/8 tsp. salt
- 1 c. all-purpose flour
- 4 eggs

Directions:

Preheat oven to 375 degrees. Bring water, butter and salt to a boil. Add flour all at once. Stir until mixture comes together and looks like mashed potatoes. Remove from heat. Add eggs, one at a time, beating well with a wire whisk after each addition. Beat until smooth and pasty.

Drop by heaping teaspoonful onto 2 greased baking sheets, making 12 mounds. Bake 45 minutes. Remove from oven. Working quickly with a small knife make a 1/2 inch slit in the side of each puff. Bake 10-15 minutes longer to let steam escape from inside the puffs. Let cool on wire rack. Split and fill with desired fillings when ready to serve (e.g. ice cream, custard, whipped cream).

THE *Ultimate* LIST

1. GET MORE SLEEP.
2. DRINK MORE WATER.
3. GET MORE EXERCISE.
4. READ MORE.
5. GET MORE ORGANIZED.
6. CLEAN MORE OFTEN.
7. EXPLORE MORE.
8. RELAX MORE.
9. HAVE MORE PATIENCE.
10. FORGET DOING 'MORE'!

Just try your best.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Bucket Ball/Movement Group 7:00 Inspirational Stories 8:00 Sunday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:15 New Year Resolutions and Jokes 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Meditation and Music 8:00 Holiday Movie <small>New Year's Day</small></p>	<p>10:00 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 Hand Massage and Music Appreciation</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Dancing in our Seats 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 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 3:30 At the Arts/Musicals 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicles 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Story and Discussion 2:30 Manicures and Music Creative Arts 3:30 Hot Cocoa Social! 4:30 Sing-A-Long 7:00 Friday Night Movie <small>7:00 Friday Night Movie</small></p>	<p>10:00 Daily Chronicles 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on The Piano 4:00 Game Circle 6:30 Entertainment: Paul Belanger 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Heather Ralston 4:00 Bucket Ball/Movement Group 7:00 Inspirational Stories 8:00 Sunday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:00 Catholic Mass 2:30 Art "Open Studio" Table Games/Sensory 4:00 Game Circle 7:00 Meditation and Music 8:00 Short Stories or Poetry Readings <small>Maundy Thursday</small></p>	<p>10:00 Daily Chronicle 10:30 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 Hand Massage and Music Appreciation</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Dancing in our Seats 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 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 3:30 At the Arts/Musicals 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicles 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Story and Discussion 2:30 Manicures and Music Creative Arts 3:30 Hot Cocoa Social! 4:30 Sing-A-Long 7:00 Friday Night Movie <small>7:00 Friday Night Movie</small></p>	<p>10:00 Daily Chronicles 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on The Piano 4:00 Game Circle 6:30 Entertainment: Sandy Robinson 8:00 Saturday Night Social</p>
<p>10:15 Rosary/Meditation Hymn Singing 11:00 Aerobics with Jorge 2:30 Entertainment: Sean Fullerton 4:00 Bucket Ball/Movement Group 7:00 Inspirational Stories 8:00 Sunday Night Movie</p>	<p>10:00 Daily Chronicle 10:30 Music and Movement 11:00 Catholic Mass 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 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Balloon Game 7:00 Tuesday Night Trivia 8:00 Hand Massage and Music Appreciation</p>	<p>9:00 Pet Therapy 10:00 Daily Chronicle 10:30 Dancing in our Seats 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 10:30 Yoga with Nancy 11:15 Finish the Phrase 2:30 Bowling/Circle Games Mens Group 3:30 At the Arts/Musicals 7:00 Chicken Soup for the Soul 8:00 Classic TV</p>	<p>10:00 Daily Chronicles 10:00 Mary Kay 10:30 Congregational Church Service 11:15 Story and Discussion 2:30 Manicures and Music Creative Arts 3:30 Hot Cocoa Social! 4:30 Sing-A-Long 7:00 Friday Night Movie <small>7:00 Friday Night Movie</small></p>	<p>10:00 Daily Chronicles 11:00 Aerobics with Jorge 2:30 Short Stories and Poetry Readings 3:00 Chris on The Piano 4:00 Game Circle 6:30 Entertainment: Duane Sullivan 8:00 Saturday Night Social</p>

January 2018

Dodge Park Rest Home & Day Club

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

TU & SCHEDULE

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

CLICK TO GET INSTANT ACCESS

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

2017/2018 Support Group Schedule

Bringing LIFE to those we serve



Alzheimer's and Dementia Support Group at **Dodge Park Rest Home**

Dodge Park Rest Home and Oasis at Dodge Park would like to invite you, the spouse, the children and/or the care-givers of individuals with Alzheimer's disease to take part in one of our new monthly support group meetings. Enclosed please find our 2017-2018-2019 schedule.



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

The support group meet on the 2nd Tuesday of each month at Dodge Park Rest Home and on the 3rd Wednesday of each month at the Oasis at Dodge Park. Refreshment will be provided.

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

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

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



Brain drained? These habits can help maintain a healthy brain

Everyone has those days.

You're operating in a fog, or perhaps you spaced out on a family member's name in the middle of dinner, or maybe you just find it hard to concentrate on work or hobbies. When these unwanted situations begin to come up more often, you may start to worry. Aging has long been associated with a slow mental decline.

The good news is there are simple things you can do to clear the cobwebs and regain your focus. Dr. Mike Dow, a psychotherapist and bestselling author, says we often don't realize the brain is just like the heart, our muscles, our lungs and bones - it needs maintenance, and healthy habits to help keep it working at its very best.

"People understand pretty well that if they eat healthy, quit smoking and start exercising, they can improve their cardiovascular health," Dow says. "But they don't always connect the dots of living a healthy lifestyle to improving cognitive health."

To help you reach your optimal brain health, Dow offers these everyday tips.

Give yourself a daily challenge

If you catch yourself in a rut or locked in your routine, it may be time to find ways to stretch your mind muscles with a new and challenging activity. Researchers have discovered that healthy brains need certain levels of reserves, and challenging them is one way to build those reserves. "Think of your brain like a bank account," Dow says. "Every time you learn something new, or play a challenging game or read a book, it's like depositing a dollar into that account. The more cash deposits you make, the more you have to spare."

Feed your brain

Like other parts of the body, the brain needs food and nutrients, and the right food can go a long way to support brain health. An antioxidant-rich diet including things like unsweetened tea, berries and turmeric can protect the brain from damage that comes from aging and oxidative stress.

Dow also recommends taking a supplement like Natrol Cognium. It contains a unique silk protein that's been shown in human clinical studies to protect the brain from

oxidative stress. The studies also show that it improves memory and concentration by increasing blood flow and nutrition to the brain. If you're interested in learning more about the benefits of Natrol Cognium, visit natrol.com/benefits/brain-health/.

Tend to your relationships

As life and circumstances bring inevitable changes, the number of people we count as friends and loved ones can change over the years. It takes effort, but Dow says it's important to try to maintain our relationships and be open to creating new ones, because they can have a profound effect on brain health.



“Relationships tend to buffer us from the stress of daily life, which is good because over time, excess stress can cause inflammation,” Dow says. “At the same time, good, healthy relationships give our lives meaning.”

To meet new people, try simple things like inviting a neighbor over for dessert, joining a book club or volunteering for a nonprofit or cause that’s important to you.

Get enough sleep

We often short ourselves on sleep when life gets busy, but it’s important to make it a priority, Dow says.

“Think of nighttime sleep as a wash-and-rinse cycle that clears away the ‘bad stuff that builds up during the day,” Dow says. “Brain fog and dementia-causing plaques are

washed away by cerebrospinal fluid, and this process is more effective when you’re sleeping.” Dow recommends practicing healthy sleep habits, such as striving for eight hours each night, being consistent with your bedtime routine and using melatonin instead of prescription and over-the-counter sleep aids to help you drift off.

National Peanut Butter Day is January 24th.

PEANUT BUTTER PRETZLE BITES

Ingredients:

- ½ cup SKIPPY® peanut butter
- 2 tablespoons butter, softened
- ¾ cup powdered sugar
- ¼ cup light brown sugar, firmly packed
- About 50 small pretzels
- ½ (12-ounce) package semi-sweet chocolate morsels

Directions:

1. In medium bowl, combine peanut butter and butter with electric hand mixer until smooth. Gradually add sugars until well blended. Shape mixture into 1 inch balls. Place each ball between 2 pretzels and gently press together. Refrigerate 1 hour.

2. Melt chocolate morsels according to package directions. Dip each pretzel sandwich in chocolate to cover half.

3. Place on parchment paper-lined baking sheet and let stand 30 minutes or until chocolate sets.



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

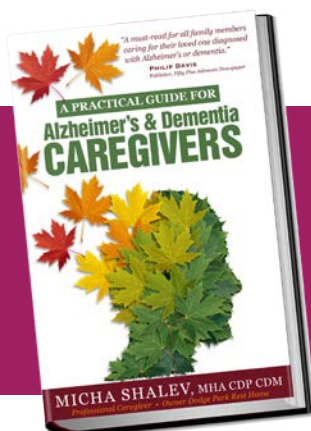
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

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- 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.
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508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

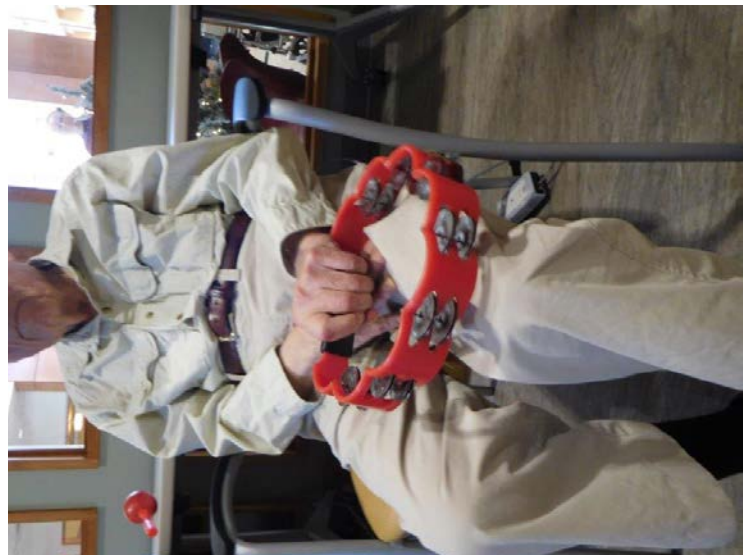
AROUND DODGE PARK



AROUND DODGE PARK



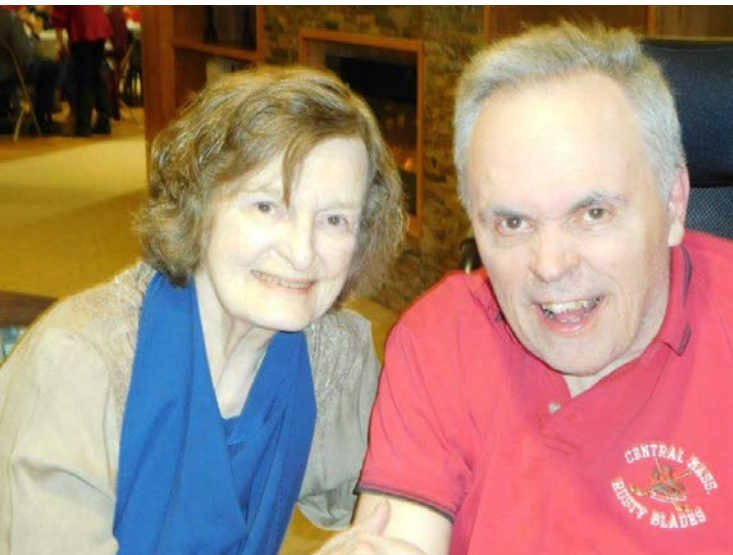
AROUND THE OASIS DODGE PARK



AROUND THE OASIS DODGE PARK



AROUND THE OASIS DODGE PARK





**DODGE PARK
REST HOME**



The Day Club

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

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



Neighborhood Connection is now digital!
Email m.shalev@dodgepark.com to get it delivered to your inbox each month.

ADULT DAY CARE

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- Extended hours and weekends to fit caregivers schedules
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DODGE PARK REST HOME



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