

NEIGHBORHOOD CONNECTION

Dodge Park and the Oasis at Dodge Park Community Newsletter

September 2018

Memories
are made at Dodge Park & Oasis

HAPPY
Labor Day
SEPTEMBER 3RD

HAPPY
Rosh Hashanah
BEGINS SEPTEMBER 9TH

Yom Kippur
BEGINS SEPTEMBER 18TH



A Cheerful Heart is Good Medicine



Dodge Park Rest Home (since 1967) and the Oasis at Dodge Park (Since 2017) has been serving the Worcester area 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

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.



Common Myths of Aging

By Micha Shalev

Like any form of bias, ageism has led many of us to make false assumptions about seniors. As mentioned, society holds several myths about the elderly. Many of these myths may be easily disputed based on data from the U.S. Census and other studies.

• **Myth:** Most older adults do not have enough money and end up becoming destitute.

Fact: As of 2009, only 8.9% of Americans 65 years of age and older live in poverty, which is lower than the overall poverty rate in the United States (14.3%). This population is also more likely to have health insurance coverage than the general population. In 2009, only 1.9% of adults 65 years of age and older had no health insurance coverage, compared to 16.7% of all adults in the United States.

• **Myth:** Most older adults live alone and are isolated.

Fact: According to a survey conducted in 2009, 9 out of 10 individuals 65 years of age and older stated they talked to family and friends on a daily basis. In terms of living arrangements, the percentage of those 65 years and older living alone has slightly decreased, from 28.8% in 1990 to 27.4% in 2008. An estimated 66.2% of those 65 years of age and older resided in a household with others. The statistics are also significantly different when the age cohorts are broken down further. An estimated 76.1% of Americans 65 to 74 years of age, and 60.3% of those 75 to 84 years of age reside in a household with others. This may be due in part to an increase in multigenerational households. In 2008, an estimated 16% of the U.S. population lived in a household comprised of two adult generations or a grandparent or at least one other generation, compared to 12% in 1980. This multigenerational household trend has particularly affected those 65 years and older. Several factors have contributed to this trend, including the poor economy, an increase in immigrants, and adults getting married later.

• **Myth:** Many older Americans end up living in nursing homes.

Fact: In 2006, only about 4.4% of adults 65 years of age and older lived in nursing homes. Of those who reside in nursing homes, they tend to be the oldest-old (85 years of age and older); three-quarters of nursing home residents are the oldest-old and women.

• **Myth:** Most older adults engage in very minimal productive activity.

Fact: U.S. Census data shows 37.8% of individuals 65 years of age and older worked full-time in the past 12 months (41.8% of men and 32.7% of women in this age-group). The elderly are more engaged in self-employed activities than younger persons. In 2003, 14.3% of those 65 years of age and older were self-employed, compared to 6.8% of those 25 to 54 years of age.

• **Myth:** Life satisfaction is low among the elderly.

Fact: Field examined data from the Berkeley Older Generation Study and found that many elders are quite satisfied with their life. More than one-third (36%) of persons older than 59 years of age and 15% of those older than 79 years of age stated they were currently experi-

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The Dodge Park Family of Care Services

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The Oasis at Dodge Park

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The Adult Day Club at Dodge Park

Dodge Park At Home

Dusk to Dawn at Dodge Park

encing the best time in their lives. A 2009 survey found that 60% of individuals 65 years of age and older stated they were very happy. Most of the factors that predict happiness for the young, such as good health and financial stability, also apply to the elderly.

• **Myth:** Old people feel old.

Fact: According to a 2009 telephone survey, only 21% of individuals 65 to 74 years of age stated they felt old, and only 35% of those 75 years of age and older reported feeling old.

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Couldn't recommend this place more. The owners and staff are incredibly helpful and I'd trust them with anyone. The facility isn't new, but everything works great, and the most important thing in healthcare is the staff and there is none better.

To know that my Mom is safe every day means the world to me. She has been a resident at Dodge Park for just over a year now and the difference in her is amazing. She is very happy living there and she appreciates how much the staff do for her day in and day out. She tells me all the time she feels lucky to have made so many friends including the residents and staff. The entire staff continue to go above and beyond every day with her care. Her room is immaculate, her clothes are always clean, the dining hall is spotless, kudos to the staff for the upkeep of such a large facility.

The bottom line is, we're quite satisfied with where she is. The staff is very, very helpful and I really get the impression that they have the team concept there where people are really helping each other, and that's impressive. I've had meals there and the food is really good, restaurant style. They also take into consideration when somebody is diabetic. They have diabetic meals and so forth.

The one thing that impresses you most when you enter Dodge Park is that it is NOT a hospital setting nursing home. The main entrance brings you into the old Heald Mansion. They have maintained the old charm of this mansion and you feel as if you've stepped back in time. The resident rooms are clean, large and very well kept. I was impressed with their activity board and the number of activities they provide the residents. Staff was wonderful with residents being very attentive and responsive to their needs. They provide respite care, memory care and offer an Adult Day Program, which I thought was great for those that didn't need a full time living situation but could benefit from the social setting. I was able to walk the dining room during lunch time and the quality of the food looked terrific.

Dodge Park is an outstanding rest home. The facility is warm, the staff is dedicated, loving and so interactive with all the residents and families. The food is creative and varied; the activities range from live music weekly, activities and exercise classes to cook outs and holiday parties. My Mother has and is receiving wonderful care there both medically and emotionally. I wouldn't want her to be anywhere else. I'm there every Saturday and Sunday and have been for over a year and a half. I can not speak highly enough of Dodge Park, its staff and its model of care.

SEPTEMBER OBSERVANCES

Monthly

Be Kind to Writers and Editors Month. Yes, it's a real thing, so be creative in your efforts to shamelessly promote your craft while persuading your colleagues to pay tribute to your brilliance and dedication.

Intergeneration Month. Promoting the sharing of knowledge, awareness of needs, exchange of ideas, and growth that can occur only when people interact with those of differing age groups. Expand your base to broaden your horizons.

National Pediculosis Prevention Month. September means our children have gone back to school, and it's time to review the facts and figures about head lice. Go to <https://www.headlice.org/> to learn more and protect your family from an outbreak.

One on One Month. Take time to get better acquainted with your staff, team members, and coworkers to boost morale in your organization. Carve out quality time to do the same with family, friends, and members of your community.

Weekly

International Enthusiasm Week, Sept. 1-7. Each of us can find something to be grateful and enthusiastic about this week and each week thereafter. Count your blessings and enjoy life.

Self-University Week, Sept. 1-7. The first week of the month is committed to lifelong learning. Open your mind to the discoveries that await the daring among us with a desire for knowledge.

Line Dance Week, Sept. 10-15. If you can follow directions, you can learn to line dance. It's simple and fun, as long as you don't step on anyone's toes.

International Clean Hands Week, Sept. 16-22. As autumn arrives, so too does the start of the cold and flu season. Keep in mind that proper handwashing with soap and water can help prevent the spread of germs in schools, workplaces, and other public spaces.

SPECIAL DAYS

- 1 Emma M. Nutt Day, the first woman telephone operator
- 1 National Cherry Popover Day
- 2 International Bacon Day - Saturday before Labor Day
- 2 VJ Day, WWII
- 3 Labor Day First Monday of month
- 3 Skyscraper Day
- 4 Newspaper Carrier Day
- 5 Be Late for Something Day
- 5 Cheese Pizza Day
- 6 Fight Procrastination Day
- 6 Read a Book Day
- 7 National Salami Day
- 7 Neither Rain nor Snow Day
- 8 International Literacy Day
- 8 National Date Nut Bread Day - or December 22!?
- 8 Pardon Day
- 9 Grandparent's Day - first Sunday after Labor Day
- 9 National Pet Memorial Day - second Sunday in September
- 9 Rosh Hashanah - begins at sundown, date varies
- 9 Teddy Bear Day
- 10 Sewing Machine Day
- 10 Swap Ideas Day
- 11 911 Remembrance
- 11 Make Your Bed Day
- 11 No News is Good News Day
- 12 National Chocolate Milkshake Day
- 12 National Video Games Day - also see Video Games Day in July
- 13 Defy Superstition Day
- 13 Fortune Cookie Day
- 13 Blame Someone Else Day - first Friday the 13th of the year.
- 13 Friday the 13th
- 13 National Peanut Day
- 13 Positive Thinking Day
- 13 Uncle Sam Day - his image was first used in 1813
- 14 National Cream-Filled Donut Day
- 15 Make a Hat Day
- 15 Felt Hat Day - On this day, men traditionally put away their felt hats.
- 16 American Legion Day
- 16 Collect Rocks Day
- 16 Step Family Day

SPECIAL DAYS

16 Mayflower Day
16 Mexican Independence Day
16 National Play Doh Day
16 National Women's Friendship Day -
third Sunday in September
16 Wife Appreciation Day - third Sunday in September
16 Working Parents Day
17 Citizenship Day
17 Constitution Day
17 National Apple Dumpling Day
18 National Cheeseburger Day
18 Yom Kippur - begins at sundown
19 International Talk Like A Pirate Day
19 National Butterscotch Pudding Day
20 National Pepperoni Pizza Day
20 National Punch Day
21 International Peace Day
21 Miniature Golf Day
21 World Gratitude Day
22 Eid-UI-Adha - date varies
22 Business Women's Day
22 Elephant Appreciation Day
22 Hobbit Day
22 International Rabbit Day -
Fourth Saturday in September
22 National Hunting and Fishing Day -
Fourth Saturday in September
22 Oktoberfest begins in Germany - date varies
23 Autumn Equinox - Fall begins! - date varies
23 Checkers Day
23 Dog in Politics Day
23 Sukkot - begins at sundown, date varies
24 National Cherries Jubilee Day
25 National Comic Book Day
26 Johnny Appleseed Day
27 Crush a Can Day
28 Ask a Stupid Question Day (one of my favorite days)
28 National Good Neighbor Day - Always September 28,
previously the 4th Sunday in month
28 Native American Day - fourth Friday of the month
29 Confucius Day - Try your luck. Get a Fortune Cookie.
30 National Mud Pack Day

Banned Books Week, Sept. 23-29. Most banned books deal with themes of inclusion, tolerance, and diversity. Read a banned book this week, and support the American Library Association as it champions free speech. The theme this year is, "Banning Books Silences Stories. Speak Out!"

Daily

National Tailgating Day, Sept.1. The first Saturday of September is when we celebrate the return of football, sport our favorite team's colors, and fill our bellies with food served off the grill by men and women who know how to party in a stadium parking lot.

International Day of Charity, Sept. 5. This day honors the life and work of Mother Teresa on the anniversary of her death. What better way to memorialize her spirit of her selfless service to the unfortunate and underserved than by volunteering your time and effort for a worthy cause in your area?

National Bring Your Manners to Work Day, Sep. 7. Greet your co-workers when you enter the office. Make a fresh pot of coffee when you take the last cup. Hold the door open for the person behind you. Don't microwave smelly food in the kitchen. Be a good citizen of your workplace.

World Clean Up Day, Sept. 15. In 2008 citizens throughout Estonia worked for five hours to clean up their country. What could you do with a few hours and a few friends on this day? Visit <https://www.worldcleanupday.org/get-involved/> to learn more.



Grandparent's Day is September 9th



Does Sugar Make You Stupid?

Research appearing in the Journal of Physiology (Published online before print April 2, 2012, doi: 10.1113/jphysiol.2012.230078 May 1, 2012) looked at sugar consumption in rats and how it affected their ability to learn complex tasks. Scientists at UCLA conducted a five-day training session, teaching the rats how to navigate a complicated maze.

After the training session, the rats were divided into two groups. One group was given an omega-3 fatty acid mixture containing flaxseed oil and DHA, the other group was not. For six weeks, both groups of rats were fed a solution containing high fructose corn syrup instead of water.

At the end of the six weeks, the rats were then given the opportunity to navigate the maze. "The DHA-deprived animals were slower, and their brains showed a decline in synaptic activity," said Fernando Gomez-Pinilla, a professor of neurosurgery at the David Geffen School of Medicine at UCLA. "Their brain cells had trouble signaling each other, disrupting the rats' ability to think clearly and recall the route they'd learned six weeks earlier."

Sugar consumption interfered with the regulation of how the cells use and store sugar (insulin resistance). Because of the problems with sugar and cellular energy production, the rats' brain function was affected.

Examination of the brains of the rats not fed the omega-3/DHA supplement revealed signs of insulin insensitivity. The study showed that high-fructose corn syrup harms the brain as well as the body. Supplementation with omega-3 fatty acids seems to offer some protection from the damage done by sugar consumption.

"Our findings illustrate that what you eat affects how you think," said Gomez-Pinilla. "Eating a high-fructose diet over the long term alters your brain's ability to learn and remember information. But adding omega-3 fatty acids to your meals can help minimize the damage."



Dr. Abbas Qutab, also known as "Dr. Q", holds degrees in Medicine, Chiropractic, Oriental Medicine, and a PhD in Ayurvedic Medicine



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Driving and transportation of the individual diagnosed with dementia and/or Alzheimer's disease.

Alzheimer's disease and other dementias cause changes that affect a person's ability to drive a motor vehicle safely. A diagnosis of dementia, however, does not automatically mean that a person is incapable of driving. Some people may be capable of driving safely for some time after the diagnosis, depending on when in the disease progression the person has been diagnosed and the rate the disease progresses. Eventually, however, people with Alzheimer's disease must stop driving, as it will no longer be safe.

While the person with Alzheimer's disease is still driving

For people who have been driving for many years, driving may feel mostly automatic. But driving is a complex task that requires quick reactions, thought processes and dexterity.

If you think the person with Alzheimer's disease may be having difficulty driving, watch for these signs:

- Traffic violations
- Accidents
- Getting lost
- Misjudging distances
- Forgetting the rules of the road
- Slow response times
- Taking too long to reach a destination.

A diagnosis of dementia does not mean automatic denial of insurance. If you have been diagnosed with dementia, talk to your doctor about the progression of the disease and your driving abilities. Consider contacting your car insurance provider to share the information received from your doctor. Your provider will determine your car insurance coverage based on your specific situation. Failure to disclose a diagnosis could impact your insurance policy.

What you can do:

1. Plan ahead
2. Arrange for a driving assessment
3. Monitor driving habits
4. Increase safety

Plan ahead

Plan ahead for the time when driving must stop. Talk with the person with Alzheimer's disease to find out when driving is needed most and why. For example, is it for keeping medical appointments, shopping, entertainment, meeting with friends? Or is it perhaps more a form of escape or relaxation?

Once you've found out the person's driving needs, talk about other ways of getting around.

These can include:

- Public transit
- Rides provided by community organizations
- Lifts from family members and friends.

Arrange for a driving assessment

Look into special testing to assess the driving abilities of a person with dementia. This could be a driving simulation test and/or a road test, carried out by someone with experience in testing drivers with cognitive problems.



If this type of driving assessment is not available, ask a doctor to determine if and when the person is no longer able to drive. The doctor may ask the person and family members questions about:

- Driving patterns (when and where the person drives)
- Any differences noticed in driving skills
- Any unsafe or abnormal driving behaviour
- Traffic tickets (for going too slowly, too quickly, improper turns, failing to stop)
- Crashes, fender benders or near-misses
- Instances where the driver has been lost
- How comfortable the person or family members feel about the person's driving abilities.

Monitor driving habits

Throughout the disease, the person with dementia, family members and a doctor or other health care professional should monitor the person's driving ability. When appropriate, the person should stop driving.

If you are the person with Alzheimer's disease, here are some things to consider:

- Ask someone you know if he or she has noticed changes in your driving.
- Arrange for driver testing.
- Ask family members and friends to drive you where you need to go, or use public transit and take taxis.

Increase safety

Here are some tips to minimize the risks while the person with Alzheimer's disease is still driving:

- Take short drives and keep to familiar roads.
- Drive at quiet times of the day.
- Be aware of the timing of medications that might affect the ability to think clearly or to see.

When to stop driving: broaching the subject

Sometimes the person with Alzheimer's disease is relieved to stop driving. Perhaps she was feeling a lack of confidence when she drove. She might have been worried about an accident or confused about how to get places. Even someone with this awareness, though, will need support and sensitivity around the subject of giving up driving, as it still can represent a loss of independence.

Family members and caregivers: When a person is unable to recognize or admit that he is losing his ability to drive, family members and caregivers often have to deal with the issue. Their concerns may include the risk to the person, the risk to the public and the risk

of liability in the event of an accident. Within families, there may be disagreement about when the person with Alzheimer's disease should stop driving. Some family members may believe that the person should stop driving immediately upon diagnosis. Others may be inclined to overlook some risky driving behaviour in favour of maintaining the person's sense of independence. They may fear that bringing attention to the person's loss of abilities and the need to stop driving may create difficulties in the relationship.

By the time the person should give up driving, the disease may have affected his ability to understand the reason why. Discussing the situation openly in a trusting environment may help the person accept the loss more easily.

The Dementia and Driving Resource Center, created by the Alzheimer's Association, provides advice on how to talk about driving with a person who has dementia. It includes four videos detailing different methods to broach the subject of driving and how the person with dementia may react.

Not If But When is a website that provides information to caregivers and health-care professionals on how to have the talk about driving and how to help the person with dementia hang up the keys. Learn more about what to expect, how to cope and strategies to help someone with dementia stop driving.

Doctors: People often approach their family doctor to help determine when a person should stop driving. However, doctors may not have full information to be able to assess the situation. They see people for a limited time, during visits, not when they are behind the wheel. They may not have proper training to assess driving abilities. They rely on information from individuals and family members who may not always be objective or reliable. As well, doctors may be concerned that telling people they must stop driving could harm the doctor/patient relationship.

Doctors are bound by professional ethics, and in some provinces by law, to report medical conditions that could impair a person's ability to drive. They may also be held liable if a person in their care is involved in an auto accident and they have not reported the person's driving problems to provincial licensing authorities.

If you are the person with Alzheimer's disease:

Giving up driving may be one of the most stressful events you experience, but, in the end, you have to weigh this against your safety and the safety of others. Recognizing and admitting the loss of abilities needed to drive is difficult for some people, while others freely give up their license.

Giving up driving

Driving must be stopped immediately if safety is at risk. Signs that a person's driving abilities are declining include:

- Slow response times
- Traffic violations
- Collisions
- Taking too much time to reach a destination
- Not reaching the destination at all.

People vary in their reactions to driving restrictions. They may immediately accept the idea or may strongly resist it. It may be easier for them to accept the decision if it comes from someone objective.

Acknowledge that it may not be an easy decision to make. Offer alternatives right away, such as looking at the bus schedule together or looking online at websites that offer products or services needed, such as online banking. Point out the benefits:

- Money saved on parking and gas
- Less worry and stress about remembering how to drive places
- Increased exercise if the person plans to walk sometimes instead of drive.

If the person refuses:

Some people may refuse to accept losing their driving privilege. Or, they may simply forget that they are no longer able to drive. In these instances, family members should ask a doctor or other health-care professional help them raise the issue. Be careful, however, that this process does not interfere with the individual's care. This may happen if the person becomes angry with the doctor and fails to return for future appointments.

If open discussion does not result in the person accepting the need to stop driving, it may be necessary to use other means to prevent the person from driving, such as removing the keys to the vehicle.

More extreme solutions might involve:

- Asking a police officer to intervene, perhaps issuing a citation
- Asking the doctor to write a prescription that says, "Do not drive"
- Disabling the car by removing the battery
- Moving the car so that it is out of sight.

Some people respond to being reminded about what could happen in an accident, where the person or others could be badly hurt or even killed.

For people with Alzheimer's disease and their families, deciding when driving is unsafe can be stressful. Talking to health-care professionals, or families in similar situations can help.

Coping with the loss

The loss of freedom to come and go as one pleases can have a devastating effect on the person with Alzheimer's disease. He may have been the only driver in the household. Also, many communities lack alternative forms of transportation.

The lives of people with Alzheimer's disease should be as free and fulfilling as possible, but a totally risk-free life is not possible. Throughout the course of the disease, driving skills and abilities must be monitored. Never exaggerate the person's difficulty to remove driving privileges earlier than necessary. But recognize that people with Alzheimer's disease who drive when not competent create an unacceptable risk for themselves and others in the community.

Contact your local Alzheimer Society for information about provincial regulations for reporting someone you think may be unsafe to drive. You can also inquire about where to find a driving assessment program in your province or territory.



Let kids be bored

According to Northwestern University's Family Institute, boredom is one of the most rewarding experiences of childhood. When children get bored, they have a chance to nurture their creativity, daydream, think, come up with solutions to problems, and discover their interests.

In the 1980s, children from three different Canadian communities participated in a study. The researchers found that the children who lived in an area with no access to television scored higher in thinking skills that measured imaginativeness than their TVwatching counterparts. Two years later, televisions were introduced into the homes of these same rural children. The decline of their divergent thinking skills soon followed.

If watching television can diminish a child's thinking skills, imagine the impact of countless hours of video game playing, texting, and communicating through emoji. Help your children unplug from their devices, grow bored, and tune in to their imaginations. The opportunity to uncover their hidden talents and build new worlds awaits.

Busy moms need their sleep

Could there be a link between the amount of sleep we get and our ability to be effective parents? New research from the University of Illinois suggests the answer is yes.

Mothers who participated in the study and reported being overtired or failing to get adequate sleep tended to be more permissive and less consistent when dealing with their children. Not so for the well-rested moms in the group.

Don't let your kids catch you off your game. Stick to

consistent bedtimes for both them and you. Limit exposure to television, games, computer use, and social media in the hour or two before lights out. Spend your final hour awake preparing for the following morning.

Schedule and review the next day's tasks, fix lunches, decide what you will serve for breakfast, and select what you will wear, as well as clothing choices for younger children.

Go to bed with the peace of mind that comes from knowing that the next day will start out smoothly.

With a good night's sleep, you'll be ready to seize the day ahead like a pro.

Help your family eat their fruits and veggies

According to the American Heart Association we should be consuming at least four cups of fruit and five cups of vegetables every day. Fresh and frozen options work best and will ensure you're not taking in too much sodium or other preservatives. Here are some tips to make sure your plate is filled with these healthy nutrients and every meal:

- Have a cup of fruit with your breakfast.
- Add chopped veggies such as spinach, onions, bell peppers, and mushrooms to your eggs.
- Eat an apple, orange, or banana for a morning snack.
- Swap the chips with celery or carrot sticks for an afternoon snack or with your lunch.
- Enjoy a cup of vegetable soup with afternoon meals.
- Make sure you add plenty of lettuce, tomato slices, and sprouts to your sandwiches.
- Pack raisins or other dried fruits in your backpack or purse for a quick and easy snack when you're out and about.
- Always have a side salad and a steamed/cooked vegetable with dinner.

“Knowledge is Power”

by Debbie Hommel, ACC/MC/EDU, CTRS

One of my favorite quotes, which is attributed to Sir Frances Bacon who was an English philosopher and statesman in the 1500's, is “Knowledge is power”. The lesson we learn from Sir Frances is that respect, legitimate positions and success can be enhanced through education and using knowledge effectively. That is not saying the person with the most college degrees or with the most initials after their name is automatically deemed the most knowledgeable and respected. It is how you use the knowledge acquired through formal and informal means that give you power. Power is the ability to influence others. Using knowledge effectively is considered expert power (as defined by French and Raven's five bases of power). Expert power is demonstrated formal knowledge as well as experience and special skills or talents. Think of some of the people you know who seem competent and capable in their field. There are two types of these individuals. There are the ones who empower those around them, sharing information/knowledge in a positive, instructional way. And there are those who like to demonstrate how much more they know than you, hoarding their knowledge like a miser.

Acquiring knowledge and skills is a personal responsibility. No one can stand in your way if you want to learn something. Certainly a ending a formal class may require funds, time and commitment but there are daily lessons all around us. Here are some ways to learn in the moment:

1. Identify someone who you feel is knowledgeable and competent in your profession. Simply watching them and observing them on a daily basis can be a lesson. Watching an experienced care professional interact effectively with someone who has dementia is a lesson in communication. Observing your supervisor coach, a fellow employee is a lesson in management and supervision.
2. Listen to conversations. If you are part of care planning meetings or departmental meetings, much information is shared. You may not understand some of what is being discussed. If the team is willing, don't be afraid to ask questions. A mentoring team will see this as a teachable moment. If there is no opportunity to ask questions, take notes and do some research after the meeting. It is not that interesting to learn medications or diagnosis by memorization. But when you have specific case study to explore, reading about specific related medications or diagnostic information makes much more sense.
3. Step out of your comfort zone and try new tasks and experiences on the job. Being hired for one position does



not mean you cannot volunteer or step up to learn tasks and skills related to alternate positions. It is in midating working with a new group of residents or trying to do a part of the documentation that you have never done before. Will you do it perfectly the first time, probably not. But with a mentoring supervisor and a self-reflective attitude of how you can do it be er next time, this is how we learn.

There are some disclaimers to the above mentioned suggestions. In watching others, one does not appear to be a stalker or creepy in the process. If you see someone who has great skill, share your admiration and what you have learned from observing them in the work place. In listening to other's conversation, one much keep in mind privacy issues. Eavesdropping on private or privileged conversations is unethical and not appropriate as well. But remaining attentive at a meeting or training is an opportunity to gather information for future use. Finally, agreeing to complete a task you are not competent to do is an ethical situation as well. If completing a task for the first time, your supervisor or mentor should provide training and support. The task should be completed with supervisor to ensure you are completing it properly and safely. To offer to work with a group of residents with a specific condition you know nothing about could cause harm to those individuals and you as the care partner.

Many of these “in the moment” teachable experiences require a mentoring community and staff who are willing to share their knowledge and skills in a supportive way. If you work in a community like this, take advantage of the experiences. Adopt a reflective attitude and ask yourself at the end of every day “what did I learn today?” Some of our best lessons are learned after a “bad” day. A reflective person will assess what could have been done differently or how will they respond differently next time the “bad” experience occurs. If all else fails, remind yourself of Sir Frances Bacon's words “knowledge is power” and go figure it out for next time.

A very

Happy Birthday to...

Oasis Residents

Melody R.	September 5th	Marie C.	September 14th
Jerry G.	September 8th	Paul C.	September 22nd
Jackie M.	September 13th	Doug D.	September 30th

Staff

Micha S.	September 2nd	Jazlyn B.	September 12th
Merideth T.	September 2nd	Nichole M.	September 14th
Annabel P.	September 4th	Joel D.	September 15th
John R.	September 6th	Dajjah P.	September 21st
Deborah W.	September 8th	Marc J.	September 28th
Betsy S.	September 8th	Naomi K.	September 29th
Phylicia B.	September 12th	Deborah A.	September 30th



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

The Adult Day Care at Dodge Park offer the right solution for your respite care.

To learn more about our Adult Day Care Program please join us for an afternoon of fun at our monthly Day Club open house with your loved one on the 3rd Thursday of each month between the hours of 1:30pm and 4:00pm.

The next open house will be on September 20, 2018

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.





Plan your cookout for safety

If you're planning a cookout for Labor Day—or any other time—you should observe the following safety tips:

- Always wash the racks on your grill. Unwashed racks can be breeding grounds for bacteria and could contaminate your food at your next cookout. Use a brass-bristle brush to remove all the debris from the rack.
- Never place your grill close to your picnic table or other seating. Place it instead far away from where people will be gathered.
- Don't wear loose or flowing clothes when you are grilling. A drooping sleeve could brush against the grill or coals and catch fire.
- Use heat-resistant cooking mitts and long-handled utensils to avoid burns.
- Make sure you keep a fire extinguisher or a large spray bottle filled with water nearby in case of fire emergencies.
- Never add charcoal starter or fluid to coals that are already warm or hot. The fluid could cause flames to flare dangerously.
- Never use alcohol, kerosene, or gasoline to start a fire or grill. Using any of these fluids to start a fire can cause an explosion.

Keep your baby safe

If you have a new baby in your home, you'll want to start safety-proofing the place before he or she starts to crawl and walk. Start with safety covers for your electrical outlets and safety gates for certain parts of your household, such as stairways. Here are some additional safety items to keep around your home:

- An emergency number list. Include the numbers for poison control, your own work number, cell phone number, your pediatrician's number, and the nearest hospital number. Keep these posted in an easy-to-find location, such as on the door of your refrigerator.
- Buy a second, inexpensive baby carrier and leave it in your baby's room. If you need to escape in an emergency, this will give you a way to carry the baby and still keep one hand free.
- Purchase a small parts tester. This is also referred to as a choke tube. It is a cylinder that allows you to test whether a part to an item is too small and a potential swallowing hazard to your child. If you can't find one in a department store, a toilet paper tube will do the job.
- Get a baby-bath thermometer. It will give you peace of mind that your water is just the right temperature for your baby.

Safety depends on these basics

Safety in any workplace is a team effort. As a manager, pay attention to the three crucial elements that create a culture of safety:

- Environmental factors. These include providing the right equipment, keeping machinery in good repair, and making sure the workplace is clean and clear of hazards.
- People factors. Employees should be trained in safety procedures and expected to use good judgment at all times.
- Behavioral factors. You and your workforce alike should comply with safety regulations and communicate problems when they become apparent.



Heavy drinkers let ‘bad’ bacteria flourish in their mouths

Rubbing alcohol may kill germs and bacteria, but booze can leave behind the kind of bacteria you don’t want in your mouth. An article on the Healthline website reports on a study of drinkers in the United States that found that heavier drinkers tend to have more harmful bacteria in their mouths and less beneficial bacteria, leading to an increased risk of tooth decay, periodontal disease, tooth loss, and other oral health problems.

Your mouth contains bacteria that’s beneficial to your health, fighting strep throat and other conditions. Studies have found that heavier drinkers tend to have less of this kind of bacteria and more of the types that cause oral illness, thus making it more difficult for the “good” bacteria to keep that “bad” bacteria in control.

Because moisture helps the good bacteria thrive, doctors recommend taking a sip of water for each slug of alcohol you swallow, as well as avoiding alcohol-based mouthwashes. Brushing regularly with a gentle toothpaste and flossing are also recommended.

Gardening may benefit mental health

Getting your hands dirty in the garden may be one way to fight depression, according to the Gardening Know How website. Fresh air and sunshine help, but scientists say there’s a natural antidepressant in soil: Mycobacterium vaccae apparently has the same effect on neurons that Prozac and other medications provide.

The bacterium seems to enhance the production of serotonin, the lack of which has been linked to depression, anxiety, bipolar disorder, and other mental illnesses.

Experiments using the bacterium with rats appeared to increase cognitive ability, lower stress, and create higher levels of concentration. Studies testing the bacterium on cancer patients found that the patients reported less stress and a better quality of life.

The effects can come from the air, touch, and through the blood in case of a cut in the skin. You should always wash your hands after working in the dirt, of course, but a few hours in the garden every week could have a positive effect on your physical and mental health.



Quotes

“Facts are stubborn things, but statistics are pliable.”
—Mark Twain

“All the statistics in the world can’t measure the warmth of a smile.”
—Chris Hart



- **Smell.** Sniff specific objects and pay close attention to what you are smelling. Add smell to familiar items, for instance by sprinkling cinnamon in your coffee.
- **Taste.** Eat foods that are high in zinc, or take a multi-vitamin that contains zinc. If you are on medication, it can affect your taste, so check with your doctor.
- **Sight.** Make sure you wear 100 percent UV-blocking sunglasses. Take off all your eye makeup at night, and always clean your contact lenses.

Tips for cutting your cancer risk

You can reduce your risk of cancer by up to 40 percent with these simple—but maybe not easy—tactics, according to the World Cancer Research Fund. None of these are surprising, but all are important:

- Maintain a healthy weight.
- Walk more; sit less.
- Include more whole grains, vegetables, fruits, and beans in your diet.
- Avoid high-calorie foods.
- Don't eat lots of red and processed meats.
- Limit your consumption of sugary drinks.
- Abstain from alcohol.
- Don't rely on dietary supplements to keep you safe from cancer.
- Mothers, breastfeed your baby for six months.

Live a fuller life by enhancing your senses

Our senses are our connection to the world. They can make us feel more alive. Here are a few tips for heightening your senses:

- **Touch.** Close your eyes while you are performing familiar tasks. For instance, when you are taking a bath, close your eyes and then locate the water taps, the soap, etc. Closing your eyes will prevent your sense of sight from predominating. To stimulate nerve endings, go for a massage.



Quotes

“I believe that the greatest gift you can give your family and the world is a healthy you.”

—Joyce Meyer

“A healthy attitude is contagious, but don't wait to catch it from others. Be a carrier.”

—Tom Stoppard

GIVE BLOOD.

GIVE LIFE.

Dodge Park
is hosting a
Blood Drive on
Friday,
September 28th
from **2-7pm**



The need is constant.
The gratification is instant.
Give blood.™



American Red Cross

Sponsored by

Dodge Park



101 Randolph Road, Worcester • DodgePark.com

Planning a big move? Don't waste money

Moving can be a big project, whether your new home is across the country or just on the other side of town. The costs can add up quickly, but you can stay in control of the expense with these money-saving tips:

- **Prepare a budget.** Before you start packing, calculate how much your move should cost. Include truck rental, movers, mileage, condo or apartment moving fees, utility cancellations and hookups, etc. This should help you recognize reasonable expenses and avoid surprises.
- **Downsize your possessions.** Don't pack and move everything you own. If possible, get a floor plan of your new dwelling and check on how well your furniture will fit so you don't move a couch that's too big for your living room.
- **Don't pay for packing supplies.** Instead of spending money on brand-new cardboard boxes for your stuff, head out to your local recycling center, where boxes can be a big part of the material that's being dealt with. Check out your local grocery store and nearby restaurants as well. Pack with newspapers instead of using costly bubble wrap.
- **Record all your expenses.** You can write off the cost of your move on your taxes, under certain conditions. Keep a paper trail of what you spend, and check IRS requirements.

Simple rules for financial security

Managing your money doesn't have to be complicated. A few simple steps can help you achieve financial peace of mind. Keep these in mind:

- **Know where your money is going.** Track your purchases so you can set up a household budget. You may discover expenses you can avoid, or others you can plan for.
- **Set goals.** Whether you're saving up for a car or

starting a college education fund, set goals that are SMART: specific, measurable, achievable, realistic, and time-bound. This will help you decide how much to save for your objectives.

- **Have an investment plan.** Work with a reputable financial planner to invest for the future. Create an emergency fund as well, so you'll have some money in case you or someone in your family is injured or loses a job.
- **Resist temptation.** Don't indulge in impulse buying. Limit credit card use to items you really need. If you see something you like, try waiting 24 hours before buying it—you may realize you don't really need it.



On the road again? Try these money-saving tactics

Planning a road trip before the end of the year? Just make sure you're not wasting money that could be better spent on fun. Before you leave, check out these tips:

- **Get a tuneup.** A vehicle that's in good repair will consume less gas on the road, and you'll catch any potential problems that might turn into expensive repair jobs far from home.
- **Plan your route.** Whether you use Google maps or the old-fashioned folding variety, spend some time looking for the most efficient (or picturesque) path from point A to point B. Be realistic about your expected daily progress so you don't get overtired driving late.
- **Look for deals.** Check the internet for price breaks on motels and attractions along your route. You can often save some money by signing up for a motel chain's loyalty plan, for instance.
- **Pack your own food.** You'll save time and money by bringing along some sandwiches and snacks so you don't have to stop at a restaurant when you get hungry.



Take a look at what employees want

What are today's employees looking for from their employers? *The Economic Times* surveyed more than 700 employers to find out what attracts recruits. Among the findings:

What matters most		Top factors for choosing an employer	
•flexible schedules	50%	•work/like balance	60%
•compressed workweek	40%	•culture and atmosphere	15%
•workplace ambience	5%	•employer brand	10%
•telecommuting	5%	•salary	10%
		•location	5%

We're all moving to the big city

The days of living far out in the country appear to be dwindling, according to a report from the Population Division of the U.N. Department of Economic and Social Affairs. Approximately 4.2 billion people live in urban areas worldwide, and 2.5 billion more are expected to join them in the next 30 years—68 percent of the world's population.

The U.N. predicts that by 2030, the world will have 43 "megacities," with populations of more than 10 million people. The world's largest city will be New Delhi, outpacing Tokyo with a population of 43.3 million inhabitants by 2035.

In the meantime, the rural population is expected to peak and then decline to 3.1 billion by 2050.

Technology—good or evil?

Do you love all the new technology or hate it? Chances are it's a little bit of both. In a survey by Vrge Strategies, 81 percent of respondents said that smartphones, the internet, and other technologies have made their lives better—but at the same time, 51 percent said they believe these tools have had a negative impact on society.

The respondents were concerned about security. Forty-one percent said the internet and other new technologies should have more regulation than they do now, and 72 percent don't think lawmakers are keeping up, given the rapid pace of change in the tech industry.

Another concern: income inequality. Thirty-eight percent of participants in the survey said they believe technology increases the gap between the rich and the poor— although 22 percent said they think new tech reduces the gap.

Teens and social media use

Instagram is fading in popularity among teenagers, according to a Pew Research Center study, and YouTube appears to be taking its place.

The survey, reported on the Pittsburgh Post-Gazette website, found that 85 percent of teenagers in the United States are users of YouTube, but only 72 percent are using Instagram (owned by social media giant Facebook), and 69 percent use Snapchat.

Use of Facebook's main site is down to 51 percent among teens, dropping from 71 percent in 2014-15. The Pew study also found that 95 percent of teenagers either own a smartphone or have access to one, a rise from 73 percent in the previous survey, and 45 percent report using the internet "almost constantly," almost double the percentage from the earlier survey.



September is National Suicide Prevention Month

Can you #BeThe1?

September is National Suicide Prevention Month. National Suicide Prevention Week is observed Sept. 9 through Sept. 15, and World Suicide Prevention Day on Sept. 10.

According to the Centers for Disease Control and Prevention, the number of reported cases is on the rise and considered the 10th-leading cause of death in this country. Though mental illness is associated with many of these cases, more than half of these tragic events are attributed to risk factors such as:

- Feelings of hopelessness
- Job loss
- Divorce/end of relationship
- Major illness
- Alcohol/substance abuse

It can be easy to overlook a change in a loved one's behavior if we believe it is in response to a current loss or troubling situation. Never underestimate how dire things may be. Common warning signs to lookout for are:

- Changes in sleep
- Mood swings or rage
- Isolation
- Increased use of narcotics or alcohol
- Talk of ending their life
- Researching methods of suicide

The National Suicide Prevention Lifeline uses the hashtag #BeThe1To... in an effort to raise awareness to the five action steps we should take if we believe someone we know is in crisis.

#BeThe1To ...

- Ask. Create a safe space for compassionate dialogue so your friend or family member can express feelings of despair and anguish. Listen without judgment. Don't be afraid to ask if they are considering suicide.
- Keep them safe. If your loved one is suicidal—and you are aware of potential dangers in the home—contact the proper authorities or medical services provider. Be willing to drive your loved one to the hospital if necessary.
- Be there. The space you afford someone who is struggling could feel like abandonment to them. Stay present. Your love, listening, and compassion will help with their healing.
- Help them stay connected. Assist your loved one with researching and locating the resources he or she requires to stay safe.
- Follow up. Even though the current crisis may be over, you should continue to stay connected and present with your loved one.

To learn more about suicide prevention, visit <https://suicidepreventionlifeline.org/>.

The number for the National Suicide Prevention Lifeline is 1-800-273-8255 (TALK).

Quotes

“Grandparents are basically ‘grand-angels.’ ”
—Lexie Saige

“Missing someone is your heart's way of reminding you that you love them.”
—Unknown



Nature vs. nature

Man's best friend has once again proven his merit, this time in the fight to save Florida's avocado industry.

Recent harvests have been affected by a deadly fungus known as laurel wilt disease. It's caused by an infestation of the redbay ambrosia beetle. In the United States more than 300 million laurel trees—including Florida's avocado trees—have died as a result of the fungus.

Laurel wilt disease spreads among trees via root grafting. The best indication of the fungus is the external damage it causes the trees. By the time it's visible, though, nothing can be done to save them.

Florida's avocado industry is second to its citrus industry, so researchers there were determined to figure out a solution to this problem. They found an ally in the canine species. Dogs have such a keen sense of smell they can sniff out concentrations of a substance as minute as one to two parts per trillion.

The researchers trained dogs to detect the scent of laurel wilt disease and identify infected trees that had yet to show any signs of rot. The dogs were successful in 217 of the 229 trials performed.

The agricultural industry continues to research solutions for dealing with laurel wilt disease before further damage is sustained by Florida's avocado growers. For now, we can all rest easy knowing that avocado toast will remain a thing.



Quotes

"What are we to one another but a means to a meaning we haven't yet discovered."
—Camille Rankine

"Dogs are not our whole life, but they make our lives whole."
—Roger Caras



Ancient Mayan manuscript confirmed as genuine

A Mayan codex from the 13th century has been deemed genuine by researchers after years of skepticism and controversy, according to the (e) Science News website.

The Grolier Codex was found in a cave in Chiapas, Mexico, in the 1960s, then remained in a basement at the National Museum in Mexico City. Skeptics called it a forgery, questioning the circumstances of its original discovery—a wealthy Mexican collector said that it was given to him by two looters after blindfolding him for an airplane ride. The collector shipped it to New York in 1971 for display at the Grolier Club, where the codex gets its name. However, other objects found with the codex have been judged authentic.

Researchers analyzed the manuscript's style and iconography, used carbon dating, and studied the craftsmanship of the codex before concluding that it's probably the real thing. Like other codexes found, the Grolier Codex charted the movements of the planet Venus.

Carbon-rich rock found in deep space

Scientists have discovered the first carbon-rich asteroid in the Kuiper Belt, a region at the far edges of the solar system. According to the Sci-News website, models of the solar system's development have suggested that gas giants forming in the outer regions moved through the system before settling into stable orbits around the sun, and their movement pulled small rocky chunks from the inner system out into deep space.

The discovery of the asteroid's nature came from observations from the Hubble Space Telescope, analyzing the patterns of wavelengths reflected from the object, dubbed 2004 EW95.

The asteroid is 186 miles across, and some 2.5 billion miles from Earth—making any observation of its surface a significant challenge for scientists.

Saltwater trout evolve to freshwater species

Evolution normally takes place over thousands or millions of years, but sometimes it can happen more quickly. The Science website reports that a group of saltwater steelhead trout transplanted from California to the salt-free waters of Lake Michigan in the 1890s have evolved into a species that can live wholly in fresh water—in only 100 years.

Genetics helped. The steelheads hatch in freshwater rivers before swimming out to the ocean for much of their lives, returning to the rivers to spawn. That probably allowed key genetic differences to develop in their new home, demonstrating how quickly an organism can change and adapt to a new environment if it has the right genetic makeup.

Asteroid explodes over Africa

In case you missed it, last June an asteroid spotted on a collision course with Earth disintegrated without any harm above Africa, according to the U.S. News & World Report website. Astronomers had discovered it only hours before.

The asteroid, about 6 feet across, was too small to have caused any damage even if it had struck Earth. Instead it burned up in the atmosphere over Botswana. A video of the event shows a fireball dropping at a rapid velocity, then bursting in a fiery flash.

No one was hurt, and there's another plus: NASA considers the event a good training exercise for tracking other space objects on a close path toward Earth.

The reward

A couple in Staten Island thought the rusty metal box mired in foliage deep in their backyard was an old electrical box. They'd noticed it when they moved into the home but never paid it any mind.

Years later, after a wildfire damaged trees and other vegetation in the area, they had a better view of what was hidden in their yard. What looked like an old utility box was actually a rusty, weathered safe.

They opened it and discovered tens of thousands of dollars in cash, lots of jewelry including an engagement ring, and a document that listed the address of a neighboring property.

The couple paid a visit to the neighbors and asked if they'd ever been robbed. The family told them they'd been burglarized years ago and that their safe had been stolen. At that time local law enforcement didn't hold out much hope that this family would ever recover their stolen property. Yet years later they recovered their property thanks to the honesty and goodwill of their neighbors.

People have asked this couple why they didn't keep these found treasures for themselves.

The wife said: "It wasn't even a question. It wasn't ours."

The husband added, "Good karma."

The reward for their honesty, for doing the right thing, for returning something that wasn't theirs, was good karma.

An able mariner

Many years ago, businessman Rene Henry invited a friend and their dates out for an afternoon on his sailboat on Santa Monica Bay. The good times quickly soured when a thick blanket of fog appeared late in the afternoon, making visibility nonexistent.

For Henry, who raced his boat every Wednesday and sailed 12 months out the year, the arrival of the fog was of no concern. Armed with a compass and sophisticat-

ed nautical charts, (GPS was not available at this time) he plotted a course that would get the boat safely back to the marina.

Things began to change when Henry and his friends spied five sailboats lined up in a row, heading in a different direction. Henry's guests believed the best course of action was to follow the lead of the other boats. Five captains couldn't be wrong.

Henry was confident in the course he'd charted, but agreed to recheck his calculations to appease the others. He turned the wheel over to his friend so he could go below deck. When he returned to the helm a short time later he realized his friend had taken them off course so they were now following the other sailboats.

Henry resumed the wheel and steered them back to the course he'd figured out. By this time Henry's friend and their dates were anxious, and there was little Henry could do to assuage their fears. His years of experience sailing for both pleasure and sport had made him an able mariner, and the course he plotted delivered them safely back to the marina.

Later that evening Henry received a call from a friend who happened to be on Venice Beach that day. The friend told him about how five sailboats emerged from the fog and crashed onto the breakers at Venice Beach, one right after the other.

Henry's experience is a good example of why you should never doubt your own abilities or blindly follow someone else's lead. Had Henry been swayed by fear of his friends that day, he too would have crashed on the breakers.

Quotes

"Doing the right thing has power."
—Laura Linney

"Doubters do not achieve; skeptics do not contribute; cynics do not create."
—Calvin Coolidge



Build innovation into your culture

How can you build a culture of creativity and innovation in your organization?

Vicki Huff of PwC offers these suggestions on the Strategy + Business website:

- Support a sense of pride. Make sure your co-workers and employees know what good things your organization does for your customers and community. When they feel proud of their work, they'll try harder to find new ideas for improvement.

- Don't punish failure. As long as people are trying their best, don't make failure something to fear or be ashamed of. Let people know you want them to take risks and fail occasionally on the road to greater success.

- Empower people. Let them make decisions about how they work best. Encourage flexible scheduling and telecommuting to show you trust them to make their own decisions.

- Put the customer first. For every idea that comes up, start by asking, "How does this help our customers?" Focus on long-term value so you can create loyal customers who'll keep doing business with you for years.

Ignore these creativity myths

Freeing your creativity sometimes means letting go of the misconceptions many people have about it. Don't fall prey to these mistaken assumptions:

- Only a few people are creative. Some people may seem to be more creative than others, but all of us have the power to generate new and innovative ideas.

- You can't teach creativity. You can train people (and yourself) to be creative with mental exercises and just learning to look at the world through different and fresh angles.

- Discard bad ideas quickly. You may think this will save time, but dropping "bad" ideas means you may miss opportunities. Analyze them to find out what makes them bad. Maybe you can fix it, or perhaps you could salvage at least part of the idea for use later.

Live by the principles of creative people

Creativity isn't something you have to be born with. Here are some habits and traits of creative people that you can put to work in your quest to make your imagination blossom:

- Intolerance for boredom. Creative people don't like to spend their time with the same old ideas. When they get bored, they start looking for something new and different to play with.

- Willingness to take chances. Trying or suggesting anything new has an element of risk. The people you want to emulate aren't afraid of being laughed at or rejected as long as they're committed to their ideas.

- Enthusiasm. No one works hard on a project or idea they don't feel strongly about. Don't pursue a project if its possibilities don't excite you.

- Generosity. Don't worry too much about people "stealing" your ideas. Creative types know that they do better when sharing their thoughts with a wide array of people and listening to the feedback they generate.

- Optimism. You won't succeed if you think only about the possibility of failure. The most successful creative people reached their goals because they never believed that giving up was a good idea.

- Realism. At the same time, the best artists, writers, designers, and entrepreneurs understand that hanging on to an idea too long doesn't work. Persistence is a positive trait, but it has to be tempered with an understanding that moving on to a better idea is sometimes the best path to take.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Making a “Healthy” Ice Cream Sundae

Nothing says summer treat better than an ice cream sundae. But most ice creams and sundae toppings are loaded with fat, sugar and unwanted calories. There is a way to have your ice cream and eat it too. A little compromise can help ease those ice cream sundae cravings.

Start with a low fat, low sugar ice cream or a frozen yogurt. Not all frozen yogurts are the same. Read the Nutrition Facts food label and know what you’re getting. Look at the Total Fat line item on the label. In order for a food to claim it is “low fat” it cannot contain more than 3 grams of fat per serving. Another factor to keep in mind is if there are any sugar substitutes used to replace some of the sugar in a food product. Be a food detective by reading the ingredient list. The debate is on-going about the appropriate use of sugar substitutes. Look at your overall use of these sugar substitutes and determine for yourself if your diet includes an excessive amount.

Now that you have the base of your sundae, it’s time to consider what kind of toppings you want to include. Many typical sundae toppings are full of sugar such as hot fudge, marshmallow, whipped cream and caramel. Make your sundae full of nutrition by substituting those traditional toppings with ingredients that are beneficial to your health and wellness.

Fruit

Strawberries, bananas, pineapple, blueberries and raspberries are delicious on top of low fat ice

cream or frozen yogurt. Stay away from syrupy versions of these toppings and enjoy the natural flavor of these fruits instead. Whenever you can, choose fresh, local fruit selections. Blueberries in particular are abundant in New England. Visit your local farmer’s market or produce stand and see what they have just harvested. And everyone knows that an ice cream sundae always has a cherry on top. Instead of using maraschino cherries that are full of sugar and artificial colors, top your sundae with a fresh whole cherry! Don’t forget to remove the pit.

Nuts

Nuts are an excellent topping for a sundae. Nuts are rich in protein, antioxidants and omega-3 fatty acids, which are protective to the heart and circulatory system.

Granola

Add some crunch to your sundae with granola. Oats are whole grain and are high in fiber. Oats also contain antioxidants. Oats are beneficial for controlling blood sugar levels and for lowering cholesterol.

As with most food choices, moderation is key. Always include a variety of foods and food groups to ensure you are maximizing the nutrient possibilities available in our food source.



I will be available to meet with family members to address any concerns or questions regarding dietary needs or special diets for their loved one. I can be reached at Dodge Park Rest Home (508)-853-8180.



Rice is Nice

September is National Rice Month! What activities can we do with rice?? I'm glad you asked...

Make Beanbags!

This is a simple sewing project, plus the beanbags can be used for future activities (you can even make ones with seasonal patterns!)

You Will Need:

- a small amount of fabric
- needle and thread
- uncooked rice.

Instructions:

1. Cut two 5" squares from fabric.
2. With right sides together and starting at least ½" before one of the corners, sew around using a ¼" seam. Be sure to leave an opening for turning and filling.
3. Clip corners and turn right side out.
4. Poke corners from inside with a pencil or chopstick.
5. Fill most of the way with the uncooked rice.
6. Sew opening closed.

Easy Rice Pudding

Ingredients:

- 2 cups cooked white rice
- 2 cups milk
- 3 TBS butter
- 1/3 cup sugar
- 1/2 tsp vanilla
- 1/4 tsp cinnamon

Instructions:

1. Combine all of your ingredients into a sauce pan and mix together over medium low heat.
2. Bring to a soft boil and stir constantly (to prevent burning). Cook for fifteen to twenty minutes, or until mixture is thickened. Let rice pudding cool a bit before serving.

How to Make Colored Rice

Supplies:

- 1 cup White or Brown Rice
- 1 teaspoon Vinegar
- ¼ + teaspoon Food Coloring
- Zip-up plastic bags or bowls and spoon for mixing the colors

Steps:

1. Fill a zip-up bag with 1 cup of rice and 1 teaspoon of vinegar.
2. Scoop or pour about ¼ teaspoon food coloring into the bag.
3. Zip the bag shut
4. Squeeze the bag and mix the rice all around until the food coloring is well distributed.
5. Add more food coloring to reach the desired color.
6. Pour the colored rice onto a cookie sheet. Spread it out to expedite drying time. To absorb the moisture and help the rice dry more quickly, line the tray with a paper towel or towel.
7. The rice takes between 2 hours and a full day to dry, depending on your climate and humidity.

Once your sand is dry, you can make **Rice Art Bottles** You will need jars, bowls or vases in a variety of sizes. Using a funnel, start creating your art by layering different colors of rice. If you'd like to try to create a pattern, you can use the end of a paint brush to tap rice down. When complete, top the bottle off with a cork.



Colorful Activities

Bring a little bit of color to your residents with these activities from all ends of the spectrum!

Clip Clothespins:

Get brightly colored full size or mini clothespins and encourage resident to attach them to something like a wire basket or rack.

Scrapbooking:

Place a stack of old magazines onto the table with residents grouped around and instruct them to find a variety of pictures to create a personalized page for a scrapbook or small poster board. You can even give them a theme to work with, such as “foods that are yellow”, “things to do on summer day”, “animals that are good pets”, “Thanksgiving Dinner”, etc. Then, residents will hunt through the pages looking for objects that complete the theme. You can also use these picture books for future activities.

Tool Box:

Provide a tool box with many safe and colorful items typically found in a tool box. Empty the contents and have them place items back in the box.

Jewelry Boxes:

Provide a box with many pieces of large jewelry. Empty the contents try the pieces on, discuss them. When finished, have them place the items back in the box.

Flower Arranging:

Try providing a variety of artificial flowers to allow residents to make some creations for your facility.

Fresh Petal Sun catchers:

Cut two large pieces of Contact paper, peel the backing off one and put the other piece aside. Tape the Contact paper to the table (sticky side up) to keep it in place. Provide a bowl of fresh petals and let residents create! When complete, peel the backing off the other piece of Contact paper and carefully place it over the top of the petals, sticky sides together, avoiding air bubbles. Cut out “petals” from your masterpiece and glue onto a circle of construction paper to create flowers.

Stack Party Cups:

Purchase some inexpensive plastic party cups in bright colors. Ask your older adult residents to help you clean up by sorting or stacking the cups.

Create a Spelling Tray:

Sticking colorful magnetic letters on a metal baking sheet is a fun way to spell familiar words or just play with the shapes and colors.





Night

at **Dodge Park**

In partnership with



WPI

**Tuesday, September 18th
at 7:30pm**

Light refreshments will be served.

Please RSVP to Erin or Debbie: 508-853-8180

101 Randolph Road • Worcester, MA 01606



Pirate Jargon

(September 19th is “Talk Like a Pirate Day”)

- “Ahoy, Matey”—Hail, fellow sailor.
- “Blow the man down” – To kill someone.
- “Bring ‘er alongside”—Command to bring ships side to side for boarding.
- “Dance the hempen jig”—To hang.
- “Hang ‘im from the yardarm”—Pirate phrase for punishment for shipmates of captured prisoners.
- “Hang the jib”—To pout or frown.
- “Measure ye fer yer chains”—To be outfitted for a gibbet cage.
- “No prey, no pay”—Crew received no wages, but shared in whatever loot was taken.
- “Run a rig”—To play a trick.
- “Run a shot across the bow”—Command to fire a warning shot.
- “Scourge of the seven seas”—An extremely evil pirate.
- “Shiver me timbers”—phrase expressing surprise.
- Admiral of the Black—Title of the leader of the Brethren of the Coast, an organization of buccaneers.
- American Main—Eastern coast of North America.
- Argh—The first word in any pirate’s vocabulary. This word is used to punctuate any sentence and should be liberally sprinkled throughout the dialogue.
- Aye—Yes or any other affirmative reply.
- Barbary Coast—The Mediterranean coastline of North Africa, from Egypt to the Atlantic coastline.
- Black Jack—A leather tankard.
- Booty—Treasure.
- Bring ‘em Near—A telescope.
- Broadside—All the guns on one side of a ship, also shots fired by that line of guns.
- Buccaneer—Pirates who menaced the Spanish of the Caribbean.
- Cackle Fruit—Hen’s eggs.
- Careen—To beach a ship and tip her on her side so the bottom can be cleaned and painted.
- Cat O’Nine Tails—a nine thonged whip.
- Chain Shot—Two cannonballs chained together and aimed high to destroy masts and rigging.
- Corsair— Pirates of the Mediterranean.
- Cutlass—A short heavy sword with a curved blade used by pirates and sailors.

- Doubloons—Spanish coins found in pirate hoards.
- Fire Ship—A ship loaded with powder and tar then set afire and set adrift against enemy ships to destroy them.
- Gibbet Cage—Chains in which the corpses of pirates were hung and displayed in order to discourage piracy in others.
- Gold Road—Road across the Isthmus of Panama used to transport gold by train of pack mules.
- Heave-To—To come to a halt.
- Hempen Halter—The hangman’s noose.
- Hornswaggle—To cheat.
- Hulk—British prison ships that captured pirates and privateers
- Jolly Roger—Flag declaring piracy, usually black with a white skull and crossbones or crossed swords.
- Keelhaul—A method of punishment aboard pirate ships in which the victim was tied to the ship, thrown overboard and dragged underwater along the length of the keel.
- Letter of Marque—License by government to attack and loot enemy ships.
- Man-of-War—A vessel designed and outfitted for battle.
- Marooned—To be stranded, particularly on a desert isle.
- Me—Used in place of “my”.
- Nelson’s Folly—Rum.
- Overhaul—To come up next to.
- Pieces of Eight—Spanish coins found in pirate hoards.
- Pirate Round—Route from North America to the Indian Ocean
- Plate Fleet—Fleet of Spanish ships used to carry silver and gold to Europe.
- Privateers—Government sanctioned pirates, with permission in the form of a letter of marque.
- Red Ensign—British flag.
- Scallywag—A villainous or mischievous person.
- Scurvy Dog—A prolific pirate.
- Scuttle—To sink.
- Six Pounders—Cannons.
- Spanish Main—Mainland taken by Spain, from Mexico to Peru plus the Caribbean islands.
- Ye— Used in place of “you”.

Celebrating Jewish New Year & Yom Kippur

Rosh Hashanah and Yom Kippur, often called the High Holidays, are the two most holy days of the year for those who are Jewish. These holidays are a time for renewing the spirit in your life for next year, thinking about mistakes you made over the past year, forgiving those who were unkind to you, and asking God for forgiveness.

The Jewish New Year starts in September or October. This year is 5779 on the Jewish calendar and starts at sunset on Sunday, September 9 and ends the evening of Tuesday, September 11 Yom Kippur, the day of atonement a time of repentance, is a time when many Jewish people fast. This is not necessary for those in a care facility. The holiday starts at sunset Tuesday evening September 18 and ends the Wednesday evening September 19. These holidays are extremely meaningful to Jewish people whether they are in a nursing home or not.

How can you help those who are in care facilities observe these holidays? First do not force anyone to observe these holidays. Second invite residents of all religions to join a planned activity. There are several activities you can offer. Here are some suggestions:

Dip apples into honey. This is a good activity because most everyone likes a sweet treat. Also, the reason this is done is because, according to tradition, if you do this, you will have a sweet year. You can also dip Challah, a traditional Jewish bread, into the honey as well. Try to get a round Challah which symbolizes the eternal cycle of life.

In addition, have some wine or grape juice to drink. This activity is relatively easy to do. You can discuss the Jewish holidays. If you have any Jewish residents, make sure to involve him/her in the planning process. They may even reveal some more easy to do traditions to you.

Also call on them often during the discussion even if they are lower functioning. You might say something like, "Bella told me she used to (a tradition she told you about or you read about) on Rosh Hashanah" Bella is the low functioning resident. It will make Bella feel good.

A discussion about forgiveness is a good idea. You can read a story about forgiveness to get the discussion going. Here are some stories <http://activitiesdirector.blogspot.com/2017/06/forgiveness-stories.html>



Help the residents make and send new year cards. This is a great arts and crafts activity. If the residents can not make the entire card, have someone else make most of the card. Or you can make cards on the computer and copy them. Have some residents fold the cards. This is a great diversional activity.

Let residents finish the card in some way even if they just sign their name. You can have the residents exchange cards at an activity or just distribute them at another time.

Have a religious service, incorporating some of the other ideas if you wish. You probably will not be able to have the service on the actual days that the holidays are on for various reasons so have the leader come when it is convenient for him and you.

If you have a religious service, there are several options as to who will lead the service. Give this person plenty of time to plan.

If you do not have a service, here are some other options you can offer to Jewish residents.

YouTube has some shofar blowing online which you could use. Here is one <https://www.youtube.com/watch?v=-0jR20-0sy1Y>

Most Jewish residents will remember the shofar being blown during Rosh Hashanah and Yom Kippur. You could help him, contact Chaplains on hand here <http://chaplainsonhand.org/cms/index.php>

Whether you decide to have a service or not, you can help residents Jewish or non-Jewish partake in some traditions of this holiday season.

No matter what you do, a group activity or one to one, make the residents feel good. Do not be a stickler for the rules.



September 8th is National
Date Nut Bread Day

Too Simple Date Nut Bread

Makes 1 loaf

Ingredients:

- 1 c Chopped dates
- 1 c Sugar
- 2 tb Shortening
- 1 c Boiling water
- 2 1/4 c Flour
- 1 tsp. Soda
- 1 tsp. Salt
- 1 tsp. Baking powder
- 1 c Chopped nuts
- 1 Egg

Directions:

1. Pour boiling water over dates, sugar and shortening; let cool.
2. Mix flour, soda, salt and baking powder.
3. Stir into dates; add nuts, mixing well.
4. Stir in eggs last, blend in thoroughly.
5. Pour into greased loaf pan and bake for an hour at 350°.

September 30th is National
Mulled Cider Day

This recipe uses apple juice but you can use cider instead.

Too Simple Hot Mulled Cider

Recipe serves 8

Ingredients:

- 8 cups apple juice (or cider)
- 1/2 cup brown sugar
- dash nutmeg
- 6 cinnamon sticks
- 1 tsp. allspice
- 1 tsp. cloves
- 1 orange
- 8 cloves

Directions:

Combine in a large saucepan. Bring to boiling. Reduce heat; Cover and simmer 10 more minutes. Serve in mugs with a clove studded orange wedge in each.





PLEASE JOIN US FOR
COUNTRY WESTERN DAY

AT

Dodge Park AND  **OASIS**
AT DODGE PARK

FRIDAY, SEPTEMBER 21ST

BBQ - GAMES - PHOTO BOOTH

**LIVE COUNTRY MUSIC PERFORMANCE
BY TIM BARRETT**

PLEASE RSVP TO ERIN OR DEBBIE: (508) 853-8180



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Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



SUMMER BBQS ARE BACK!!!

DODGE PARK
& the OASIS

HOSTING BY BEN & MICHA

Join Us on the Outdoor Patio for our Summer BBQs
Featuring Live Entertainment, Dinner and Dessert.



ENJOY A RELAXING
& FUN EVENING!

SAVE THE
DATES!!!

Thursdays
5:30 - 7:00

DODGE	OASIS
June 14	June 21
July 12	July 19
Aug 9	Aug 16
Sept 13	Sept 20

FRIENDS & FAMILY ARE WELCOME. **COME & HAVE FUN!**



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Worcester's Premier Senior Residential Care Facility

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- Daily activities programs

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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
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- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
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& See Why We're
#1 On Caring.com in MA
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IN A ROW**

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REST HOME

CELEBRATING



YEARS

Caring for our Community

DODGE PARK REST HOME



The Day Club

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

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ALZHEIMER'S
FIRST SURVIVOR.**



Worcester County Walk To End Alzheimer's

Sunday, September 23, 2018
Quinsigamond Community College
Worcester, MA

NATIONAL PRESENTING SPONSOR

Edward Jones

alz.org/walk



**To Join Us As We Walk,
Please Call (508) 853-8180**



September 2018

Dodge Park Rest Home & Day Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Circle Games 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Learning About Labor Day/Labor Day Trivia 3:30 What's My Job? 4:30 Game Circle 8:00 Classic TV <small>after Day</small></p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Sing-A-Long 7:00 Tuesday Night Trivia 8:00 Movie Classics</p>	<p>9:30 Pet Therapy 9:30 Daily Chronicle 10:00 Chair Dancing/Exercise 11:15 Big Board Word Game 2:30 Entertainment: Devin Ferreira 4:30 Bucket Ball Game 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:30 Name "10" Game 2:30 Artful Adventures/Table Game/Sensory Group 4:00 Reminiscing/Relaxation 7:00 Televised Musical</p>	<p>6 New England Patriots Day Grandma Moses Day 10:00 Baking with Laura 10:30 Congregational Church Service 2:00 Grandma Moses 3:30 Patriots Happy Hour 7:00 "The Blind Side"</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Story/Poetry 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Heather Ralston</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Paul Belanger 4:00 Circle Games 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Outdoor Adventures Ball Game 3:30 Game Circle 7:00 Chicken Soup for the Soul</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Sing-A-Long 7:00 Bingo Night with WPI 8:00 Movie Classics</p>	<p>Talk Like A Pirate Day 9:30 Daily Chronicle 10:00 Chair Dancing/Exercise 11:15 Big Board Word Game 2:30 Greendale Retired Mens Chorus 4:30 Bucket Ball Game 7:00 Classic TV <small>Yankee</small></p>	<p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:30 Name "10" Game 2:30 Birthday Party with Jesse Luke 4:00 Reminiscing/Relaxation 7:00 Televised Musical</p>	<p>Country Western Day 10:00 Wild West Stretch 10:30 Congregational Serv. 2:30 Hoedown Happy Hour 3:15 Tim Barrett Entertains 4:15 Cowboy and Campfire Songs 7:00 Classic Western Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Story/Poetry 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Heather Marie <small>Autumn Begins Oktoberfest Begins</small></p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Circle Games 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Outdoor Adventures Ball Game 3:30 Game Circle 7:00 Chicken Soup for the Soul <small>Sukkot</small></p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Sing-A-Long 7:00 Tuesday Night Trivia 8:00 Movie Classics</p>	<p>Johnny Applesed Day 9:30 Daily Chronicle 10:00 Chair Dancing/Exercise 11:15 Apple Story/Reminiscence 2:30 Apple Craft 3:30 Circle of Friends 4:30 Bucket Ball Game 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:30 Name "10" Game 2:30 Artful Adventures/Table Game/Sensory Group 4:00 Reminiscing/Relaxation 7:00 Televised Musical</p>	<p>9:30 Daily Chronicle 10:00 Mary Kay 11:00 Parachute Game 2:30 Manicures and Music 3:00 Happy Hour! 4:00 Musical Memories 7:00 Friday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Story/Poetry 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Joe Sarasin</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation Hymn Sing-A-Long 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Circle Games 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Outdoor Adventures Ball Game 3:30 Game Circle 7:00 Chicken Soup for the Soul <small>Sukkot</small></p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends Cards and Games 4:00 Sing-A-Long 7:00 Tuesday Night Trivia 8:00 Movie Classics</p>	<p>Johnny Applesed Day 9:30 Daily Chronicle 10:00 Chair Dancing/Exercise 11:15 Apple Story/Reminiscence 2:30 Apple Craft 3:30 Circle of Friends 4:30 Bucket Ball Game 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Ball/Balloon Toss 10:30 Yoga with Nancy 11:30 Name "10" Game 2:30 Artful Adventures/Table Game/Sensory Group 4:00 Reminiscing/Relaxation 7:00 Televised Musical</p>	<p>9:30 Daily Chronicle 10:00 Mary Kay 11:00 Parachute Game 2:30 Manicures and Music 3:00 Happy Hour! 4:00 Musical Memories 7:00 Friday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Story/Poetry 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Joe Sarasin</p>

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2018

Oasis at Dodge Park

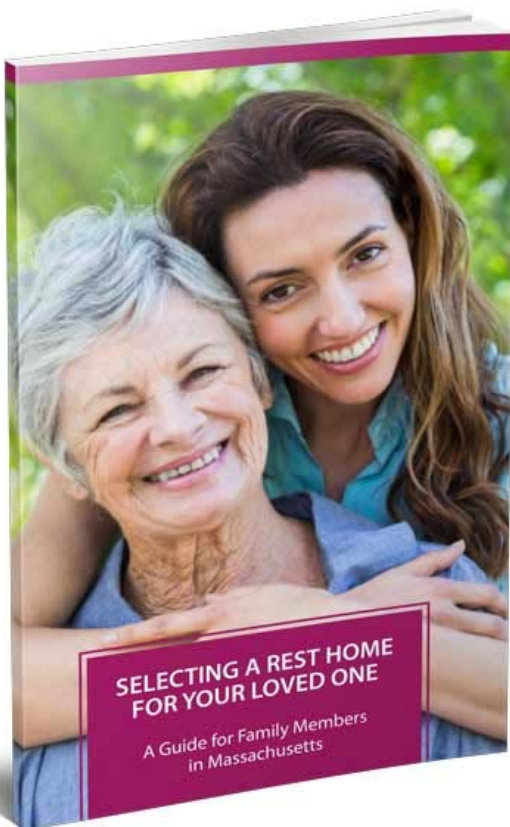
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Duane Sullivan 4:00 Inspirational Stories 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner 3:00 Group Game Show 4:00 Parachute Game 4:30 Sing-A-Long 7:00 Classic TV <small>After Day</small></p>	<p>9:30 Daily Chronicle 10:00 Tuesday Trivia 10:30 Tai Chi 11:15 Cranium Crunches 2:00 Noodle Hockey Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Movie Classics</p>	<p>9:30 Daily Chronicle 10:00 Mary Kay 10:30 Guess Who 11:30 Opposites Attract 2:30 Exercise with Paula 3:30 History Buffs 4:00 Musical Memories 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Baking Beauties 11:15 Yoga with Nancy 2:00 Adventures in Art 3:00 The Man Cave 4:00 Reminiscing Hand Massage 7:00 Laugh A Little</p>	<p>6 New England Patriots Day Grandma Moses Day 10:00 Grandma Moses 11:00 Drum Circle 11:30 Shabbat Service 2:00 Football Fun 3:00 Patriots Happy Hour! 7:00 Marie Pascale</p>	<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Music Therapy 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories/Poetry 4:15 Chris on the Piano 6:30 Ted Powers</p>
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Wayne Page 4:00 Inspirational Stories 7:00 Sunday Night Movie <small>Grand Finale Day</small></p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner 3:00 Group Game Show 4:00 Parachute Game 4:30 Sing-A-Long 7:00 Classic TV <small>With Hashanah</small></p>	<p>9:30 Daily Chronicle 10:00 Tuesday Trivia 10:30 Tai Chi 11:15 The Guessing Game 2:00 Noodle Hockey Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Movie Classics</p>	<p>9:30 Daily Chronicle 10:00 Daily Chronicle 10:30 Guess Who 11:30 Opposites Attract 2:30 Exercise with Paula 3:30 History Buffs 4:00 Musical Memories 7:00 Classic TV <small>With Kibbutz</small></p>	<p>9:30 Daily Chronicle 10:00 Baking Beauties 11:15 Yoga with Nancy 2:00 Adventures in Art 3:00 The Man Cave 4:00 Reminiscing 7:00 Entertainment: Jay O'Brien</p>	<p>13 National Virginia Day 10:00 Virginia Facts & Fun 11:00 Drum Circle 11:30 Shabbat Service 2:00 Manicures and Music Walk and Roll 3:00 Happy Hour! 7:00 Marie Pascale</p>	<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Music Therapy 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories/Poetry 4:15 Chris on the Piano 6:30 Glenn Hillard</p>
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 Craft Corner 3:00 Group Game Show 4:00 Parachute Game 4:30 Sing-A-Long 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Tuesday Trivia 10:30 Tai Chi 11:15 Resident Council 2:00 Noodle Hockey Outdoor Adventures 4:00 Reminiscing/Sensory 7:00 Movie Classics</p>	<p>9:30 Daily Chronicle 10:00 Mary Kay 10:30 Guess Who 11:30 Opposites Attract 2:30 Exercise with Paula 3:30 History Buffs 4:00 Musical Memories 7:00 Classic TV <small>With Kibbutz</small></p>	<p>9:30 Daily Chronicle 10:00 Baking Beauties 11:15 Yoga with Nancy 2:00 Congregational Serv. 3:00 The Man Cave 4:00 Reminiscing 5:30 Oasis Family Cookout with Bill McCarthy</p>	<p>20 Country Western Day 10:00 Cowboy Crunches 11:00 Drum Circle 11:30 Shabbat Service 2:00 Tim Barrett Entertains 3:00 Hoedown Happy Hour! 4:00 Campfire Stories 7:00 Marie Pascale</p>	<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Music Therapy 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories/Poetry 4:15 Chris on the Piano 6:30 Marylou Ferrante</p>
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Dave Cuddy 4:00 Inspirational Stories 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 2:00 60's Facts & Fun 3:00 Music From the 60's 4:00 Parachute Game 4:30 Sing-A-Long 7:00 Classic TV <small>Stink!</small></p>	<p>9:30 Daily Chronicle 10:00 Tuesday Trivia 10:30 Tai Chi 11:15 The Guessing Game 2:30 Birthday Party with Heather Marie 4:00 Reminiscing/Sensory 7:00 Movie Classics</p>	<p>9:30 Daily Chronicle 10:00 Daily Chronicle 10:30 Apple Craft 11:30 Apple Story/Reminiscence 2:30 Exercise with Paula 3:30 History Buffs 4:00 Musical Memories 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Baking Beauties 11:15 Yoga with Nancy 2:00 Adventures in Art 3:00 The Man Cave 4:00 Reminiscing Hand Massage 7:00 Laugh A Little</p>	<p>27 New England Patriots Day 10:00 Lets Get Moving 11:00 Drum Circle 11:30 Shabbat Service 2:00 Manicures and Music Walk and Roll 3:00 Happy Hour! 7:00 Marie Pascale</p>	<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Music Therapy 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories/Poetry 4:15 Chris on the Piano 6:30 Darlene Bailey</p>
<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Paul Belanger 4:00 Inspirational Stories 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Paul Belanger 4:00 Inspirational Stories 7:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Tuesday Trivia 10:30 Tai Chi 11:15 The Guessing Game 2:30 Birthday Party with Heather Marie 4:00 Reminiscing/Sensory 7:00 Movie Classics</p>	<p>9:30 Daily Chronicle 10:00 Daily Chronicle 10:30 Apple Craft 11:30 Apple Story/Reminiscence 2:30 Exercise with Paula 3:30 History Buffs 4:00 Musical Memories 7:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Baking Beauties 11:15 Yoga with Nancy 2:00 Adventures in Art 3:00 The Man Cave 4:00 Reminiscing Hand Massage 7:00 Laugh A Little</p>	<p>28 New England Patriots Day 10:00 Lets Get Moving 11:00 Drum Circle 11:30 Shabbat Service 2:00 Manicures and Music Walk and Roll 3:00 Happy Hour! 7:00 Marie Pascale</p>	<p>9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Music Therapy 2:00 Bingo/Table Games Sensory Group 3:00 Short Stories/Poetry 4:15 Chris on the Piano 6:30 Darlene Bailey</p>

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

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

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2018 Support Group Schedule



Alzheimer's and Dementia Support Group

at **Dodge Park Rest Home**

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



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

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

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

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

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

Coloring Page





Scrambled Words



Unscramble the following words naming Farm Animals.

W C O

A G O T

I P G

F L O B A F U

K N C C I H E

B A M L

S O G O E

T E Y R K U

R H S O E

C D K U

L A M A L

N H E

L B L U

G D O

T C A

K O E N Y D

T B R B I A

W L O

R E D E

P S E H E

ANSWERS: cow, goat, pig, buffalo, chicken, lamb, goose, turkey, horse, duck, llama, hen, bull, dog, cat, donkey, rabbit, owl, deer, sheep

Missing Letters



Fill in the missing letters to identify these words associated with Space.

A _ _ E R _ I _

_ N _ V _ _ S E

S _ A _ S

_ O C _ E T

R _ V _ _

C _ M _ T

_ _ T R O _ A U _

_ E T _ O _

G _ L _ X _

P _ A _ E _

_ O S _ _ S

M _ O _

S _ T E _ L _ _ E

_ U _ E _ N O _ A

L _ _ N C _

_ X P _ _ R A _ _ O _

A _ _ S

_ R _ V I _ _

R _ T _ T _ O _

_ R B _ T

M _ S S _ _ N

_ _ L E _ C _ P _

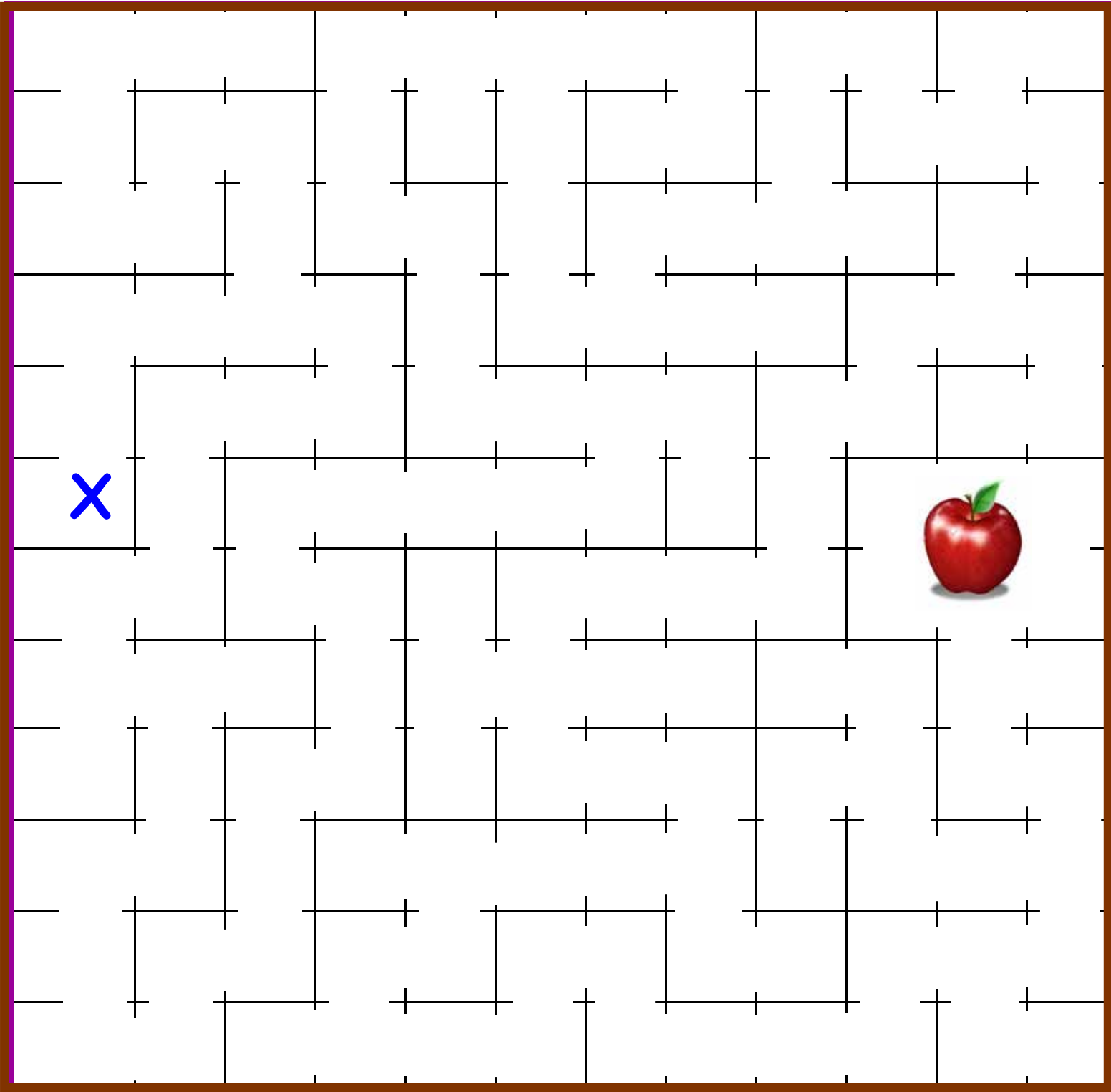
E _ _ I P _ E

P _ _ B E

_ R _ T _ R

ANSWERS: asteroid, universe, stars, rocket, rover, comet, astronaut, meteor, galaxy, planet, cosmos, moon, satellite, supernova, launch, exploration, axis, gravity, rotation, orbit, mission, telescope, eclipse, probe, crater

Apple Maze



Start at the "X" & find your way
to the apple. Good Luck!!!

Down on the Farm

d	u	c	k	j	d	c	a	t	v	m	u	l	e	t
b	u	f	f	a	l	o	s	h	e	e	p	h	e	n
x	q	q	n	t	t	y	g	m	c	j	c	x	d	v
l	c	w	t	d	b	k	o	y	o	b	e	f	o	d
c	p	d	q	o	p	r	o	t	w	x	r	h	g	v
h	j	z	u	n	f	e	s	k	r	a	b	b	i	t
i	e	p	f	k	y	e	e	l	a	m	b	j	h	d
c	f	b	u	e	t	w	a	t	l	l	d	e	e	r
k	u	l	m	y	t	g	o	u	b	c	l	x	x	w
e	h	o	r	s	e	b	m	r	u	q	l	t	t	g
n	x	u	f	o	b	n	u	k	l	o	a	s	a	t
o	x	w	u	g	o	a	t	e	l	w	m	p	i	g
h	k	m	b	q	a	t	t	y	f	l	a	e	b	r

buffalo

bull

cat

chicken

donkey

duck

goat

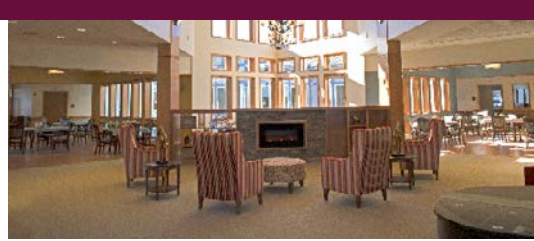
goose

llama

mule

owl

pig



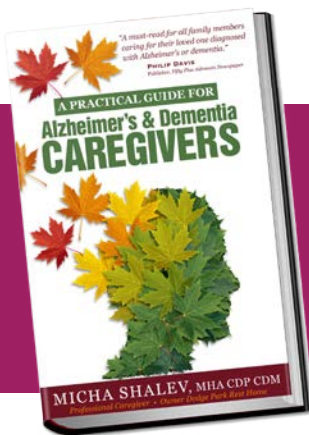
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- Activity program from 7am-11pm



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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.**

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SCHEDULE A TOUR

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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.

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

**DODGE PARK
REST HOME**



**N'fesh to N'fesh –
from the Hebrew for
“soul to soul,” is Dodge Park
and Oasis at Dodge Park
specially designed program
to help individuals during all
stages of dementia, helping to
build and maintain cognitive
ability. Based on research and
recent studies, the program
is comprised of six pillars of
activities in which memory
care residents and guests
will participate.**

**For more information
please click here**

**101-102 Randolph Road, Worcester, MA 01606
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Toll Free: 1-877-363-4775
www.DodgePark.com
www.OasisAtDodgePark.com**

**DODGE PARK
 REST HOME**



The Day Club

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

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



Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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

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- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment, special events and outings
- Hot meals and snacks
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- Available 7am - 7pm, seven days a week - you choose the hours

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5 YEARS IN A ROW

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