

NEIGHBORHOOD C O N N E C T I O N

Dodge Park and the Oasis at Dodge Park Community Newsletter

October 2018

Columbus Day

Monday, October 8th

*Happy
HALLOWEEN*

Wednesday, October 31st



*Memories
are made at Dodge Park & Oasis*

*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.



Battle the Bath with Dementia Resident

By Micha Shalev

I take care of my mother who has dementia. With bath, It's always a battle! I try to convince her that she needs a bath but she resists. She can't bathe herself anymore and we can't afford to bring someone in to do it. I need some tips.

For people with the advanced stages of Alzheimer's disease and related dementia (ADRD)—many of whom living in long term care facilities—being bathed by caregivers who they may not recognize can be upsetting or confusing. People who feel vulnerable or attacked during bathing routines may scream, cry, or lash out at their caregivers. There is evidence that caregivers can alleviate agitation by tailoring bathing techniques to the person's particular needs and attending to their comfort.

Although bathing individuals with dementia has been addressed in the literature, there are few instances of empirically tested interventions to guide those looking for best practice. Based on a limited number of RCTs, a variety of case series articles or expert opinion, and the authors own clinical experiences, the following guidelines regarding bathing those with dementia are suggested.

- Caregivers should be aware of the likes and dislikes of the individual and modify the bathing experience to best meet their needs.
- Communication is key. Allow the individual to participate as much as possible using simple commands. A sense of control should reduce anxiety and unwanted behaviors. Break down tasks into smaller subtasks for ease of understanding.
- Be flexible and creative. Keep bathing options open, including bathing techniques and time of day. Consider towel bathing instead of showering or tub bathing.
- Allow enough time for bathing so that the individual or caregiver doesn't feel rushed; this should reduce anxiety levels for both parties.
- Ensure the individual's modesty; not only will the individual stay warm and more comfortable, but conscious or unconscious feelings of embarrassment will be reduced.
- Set up a safe, secure, private, and calming environment. Use soothing music, limit aural and visual distracters, use a calming voice, keep lighting soft, and add home-like touches to the room.
- Keep the individual gravitationally secure. Use equipment such as grab bars, shower chairs or benches and non skid mats to ensure safe transfers into and out of the tub or shower.

Coping with resistance to bathing

If you meet with difficulty or resistance while you are bathing, you might simply be able to change the subject or refocus their attention on the task at hand. If there is still resistance, you can try scheduling the bath for later on when s/he is in a better mood. It is not necessary that they will have a bath every day. However, it is important that his or her hands, face, and private areas are washed every day for health

Dodge Park & Oasis at Dodge Park

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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

and well-being. Even if he or she refuses to take a bath, encourage him or her or ask if you can assist in washing these areas.

Person-centered showering approach, also demonstrated a significant decrease in aggressive behavior and increase in comfort as compared to a control group who received their usual care. Person-centered showering approach involves individualizing the experience for the client by providing a wide variety of choices. In this bathing approach, negative behaviors are viewed as the client's means of expressing discomfort, fear, or anxiety which cue the caregiver to an unfulfilled need.

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My overall experience with Dodge Park has been exceptional. They are truly out of this world when it comes to caring individuals. We're Indian in origin. My mom's Alzheimer's/dementia was getting worse to the point that she had agitation, hallucination, and aggression. They had made her feel so much at home. I have never encountered so much humanity as I have encountered at Dodge Park. They were my savior.

My mom just recently moved to Dodge Park after a short stay at Assisted Living in the Boston area. Due to her dementia. The facility was recommended to me by a geriatric physician in Boston. I have nothing bad to say. The experience so far is super great. Owners and nursing staff are very accommodating.

My experience with Dodge Park has been great! The caregivers treat my mom like their own mother. I like the overall structure of the place. My mom is very happy with the food. I also tried eating there with her and I can say they have good food.

I have nothing but high praises for Dodge Park. The place is immaculate and it smells clean. The people are always dressed and clean. The staff is very accommodating to the family members. They will keep you posted about how your loved one is doing. They always keep the family involved. I am very impressed with the level of care they are providing to the residents.

A TRIBUTE TO EDITH SILVESTRI

Dear Lacey,

While I am writing thank you notes I need to jot a quick one to you as head cook at The Oasis. For 8 days my mother struggled to hang on to the only world she knew. Though she didn't eat or drink anything, her family that sat by her side was fully nourished thanks to you. Often I would get a delicious breakfast sandwich in the morning when I woke up and throughout the day a food cart would arrive with drinks and snacks for friends and family that visited. I commend your cooking ability (the beef stroganoff was delicious!) and your thoughtfulness during a very difficult week. Being 100% Italian my mother was smiling at you as she was leaving this world. As a young capable woman she would always run to the kitchen when guests arrived and start cooking chicken cacciatore or the like and serve food of some kind to show her hospitality.

Thank you again, Lacey. Your hospitality was very gracious and appreciated.

Sincerely,
Edith Silvestri's Family

Dear Grace,

Thank you for taking such good care of my mother, especially during the last week of her life. You probably cared for her and others this way long before I witnessed it during the week I slept at the foot of my mother's bed. In my opinion, no other nurse at The Oasis compares. You are compassionate, competent, a phenomenal listener, hands-on with the residents, and gave good advice when asked. I never worried about mom's care the nights you were on duty. I knew my mother would get her meds right on time, and her brief would be change in an appropriate time frame. And you rolled up your sleeves and did it gently and efficiently. You cared. And I could feel it at a very deep level; I believe my mother could too.

My mother, Edith Silvestri is finally at peace. As you know she was a fighter till her last breath. She didn't want to leave this wonderful world behind. Thank you for being one of the beautiful people that makes this world a better place.

Sincerely, with deep respect and appreciation,
The Silvestri Family
Roberta Higgins

Dear Kelly,

I don't know where to start. You are an angel from above. Thank you doesn't say enough to acknowledge your love and dedication to my mom especially when she was dying. You went above and beyond and your kind spirit shined through. You truly cared about not only Edith, but her family too. You instinctively knew how hard it must be to lose a parent. Your compassion and competency was noticed and very much appreciated.

Continue to do God's work. You make the world a better place.

Fondly, and with deep gratitude,
Edith Silvestri's Family

Dear Karla,

Thank you so much for taking good care of my mother, especially after her fall and subsequent hip replacement surgery. I know you were assigned to be her primary caregiver when you were on duty. And despite my mother's difficult temperament, you treated her like she was somebody's mother and cared for her with kindness. The work you do, as well as and the other caregivers at The Oasis, is invaluable and under appreciated in many cases. You make such a difference in the lives of so many people that are often times ignored and forgotten. Thank you for your hard work and seeing the good in these people whose dignity and sense of self is being stripped away.

Thank you also to your handsome son, who often times sat with Edith and other residents. Knowing how much my mom loved children I am sure he was the highlight of her day. He is a breath of fresh air and always seemed to make the best of his time at the Oasis. He is a true gift.

Thank you again for everything. So many of you are dedicated to the residents at The Oasis and Dodge Park, I wish I could acknowledge everyone that deserves recognition.

Sincerely,
Edith Silvestri's Family
Roberta Higgins

Dear Desiree,

Thank you so much for being such a wonderful, compassionate caregiver at The Oasis. You seem too young to have the intuition and caring spirit that you do. I loved seeing your smile! And how eager you would be to get my mother's hearing aid when I asked - and put it in her ear before she even knew what you were attempting to do! That was not easy with my quick reactive mother!! Many times I would ask for someone to get Edith's hearing aid, and many times nothing would happen. But you always prioritized my request and did it with a smile on your face.

I hope you continue on your journey of being a caregiver/healthcare provider in some capacity. You have a kind heart and it shines through in everything you do.

Sincerely,
Edith Silvestri's Family





**Our Team for the Worcester County
Walk to End Alzheimer's
Sunday, September 23, 2018**



OCTOBER OBSERVANCES

Monthly

National Apple Month. Because apples are high in fiber and contain no sodium, cholesterol, or fat, they make a great snack. With more than 2,500 varieties grown in North America, it won't be difficult to find one you can enjoy chopped into your morning oatmeal, baked into a pie, or cored and sliced any time of the day when you want a delicious treat.

International Augmentative and Alternative Communication (AAC) Awareness Month. AAC is a set of strategies, tools, and devices used by people to overcome communication challenges. People who rely on AAC might use sign language, text, pictures, symbols, speech-generating devices or a combination of these for their basic communication. This month let's increase our awareness of the possibilities that could develop when everyone has the ability to communicate effectively.

National Work and Family Month. In 2003 the U.S. government designated October as a time to promote sensible, flexible, and healthy work environments, as well as the benefits of work/life balance. Don't wait for your employer to create an initiative or perk to combat the daily grind. Take a day or more of PTO to decompress from your busy life and reconnect with your family.

Positive Attitude Month. Researchers believe people who embrace a positive outlook have less stress, an increased sense of well-being, better coping skills, and longer life spans. Purge the negativity from your life: Meditate, pray, practice positive affirmations, and surround yourself with only happy people. Do whatever you must, but always look on the bright side.

Weekly

Spinning and Weaving Week, Oct. 1-7. This week honors both the art and the people who spin yarn and weave textiles and baskets by hand, upholding both craftsmanship and timeworn traditions that contribute meaning to some of the material objects in our daily lives.

SPECIAL DAYS

- 1 International Day for the Elderly
- 1 National Homemade Cookies Day
- 1 World Vegetarian Day
- 2 National Custodial Worker Day
- 2 Name Your Car Day
- 3 National Boyfriends Day
- 3 National Kale Day - first Wednesday of October
- 3 Techies Day
- 3 Virus Appreciation Day
- 4 National Golf Day
- 5 Do Something Nice Day
- 5 World Smile Day first Friday of month
- 5 World Teacher's Day
- 6 Come and Take it Day
- 6 International Frugal Fun Day - first Saturday of the month
- 6 Mad Hatter Day
- 6 Physician Assistant Day
- 6 World Card Making Day - first Saturday of the month
- 7 National Frappe Day
- 7 Bald and Free Day
- 7 Oktoberfest in Germany ends, date varies
- 8 American Touch Tag Day
- 8 Columbus Day - second Monday of month
- 9 Curious Events Day
- 9 Fire Prevention Day
- 9 Leif Erikson Day
- 9 Moldy Cheese Day
- 10 Emergency Nurses Day - second Wednesday of month
- 10 International Newspaper Carrier Day
- 10 National Angel Food Cake Day
- 10 Take Your Teddy Bear to Work Day - Second Wednesday of month
- 11 It's My Party Day
- 12 Cookbook Launch Day
- 12 Old Farmer's Day
- 12 Moment of Frustration Day
- 12 National Gumbo Day
- 12 World Egg Day - second Friday of month
- 13 International Skeptics Day

SPECIAL DAYS

- 14 Be Bald and Free Day
- 14 National Dessert Day - take an extra helping, or two
- 15 White Cane Safety Day
- 16 Bosses Day
- 16 Dictionary Day
- 17 National Fossil Day - Wednesday of Earth Sciences Week
- 17 National Pasta Day
- 17 Wear Something Gaudy Day
- 18 No Beard Day
- 19 Evaluate Your Life Day
- 20 Brandied Fruit Day
- 21 Babbling Day
- 21 Count Your Buttons Day
- 21 National Pumpkin Cheesecake Day find a recipe, too.
- 20 Sweetest Day - third Saturday of month
- 22 National Nut Day
- 23 National Mole Day
- 23 Tv Talk Show Host Day
- 24 National Bologna Day
- 24 United Nations Day
- 25 Punk for a Day Day
- 25 World Pasta Day
- 26 Frankenstein Friday - last Friday in October
- 26 National Mincemeat Day
- 27 Make a Difference Day- fourth Saturday of the month, neighbors helping neighbors.
- 27 National Tell a Story Day - in Scotland and the U.K.
- 27 Navy Day
- 28 Plush Animal Lover's Day
- 28 Mother-In-Law Day - fourth Sunday in October
- 29 Hermit Day
- 29 National Frankenstein Day
- 30 National Candy Corn Day
- 30 Mischief Night
- 31 Carve a Pumpkin Day - no surprise here
- 31 Halloween
- 31 Increase Your Psychic Powers Day

Fire Prevention Week, Oct. 7-13. This year's motto is "Look. Listen. Learn. Be aware. Fire can happen anywhere." Look for and eliminate potential fire hazards in your home. Listen for the sound of smoke alarms. Learn two ways of exiting every room in the event of an emergency. Visit the National Fire Protection Association website at <https://www.nfpa.org/Public-Education/Campaigns/Fire-Prevention-Week> to access more information.

Bone and Joint Action Week, Oct. 12-20. It's estimated that more than half of the U.S. population over 18 is dealing with some sort of musculoskeletal issue. This can include arthritis, osteoporosis, back pain, injuries or other conditions causing pain, disability, and a diminished quality of life. There is hope. Visit the website for the U.S. Bone and Joint Initiative at <https://www.usbji.org/> to find out about research, prevention, and initiatives targeting bone and joint issues.

International Magic Week, Oct. 25-31. Magicians everywhere will pay homage to the life and death of Harry Houdini by sharing their talents with the public. Don't let the magic escape you. Embrace your inner child and find the magic this week.

Daily

National Taco Day, Oct. 4. Have one for breakfast, lunch, dinner, or any time of the day. We celebrate the taco on this day just to give you one more reason to enjoy them.

World Smile Day, Oct. 5. You should commit to making others smile every day of the week, but if you've been slacking off, the first Friday of October has been designated for that purpose.

You Matter to Me Day, Oct. 7. "Because everyone matters to someone, and someone matters to you." Take time out to acknowledge those you love and let them know how much they mean to you.



Dr. Abbas Qutab

EAT THE RAINBOW

Fruits and vegetables belonging to the blue and purple family deliver more than just appealing colors to your plate. They are recognized as the most powerful source of antioxidants also known as SuperFoods. They are responsible for counteracting harmful compounds, otherwise known as free radicals, in the body. The natural pigments which give color to these fruits and vegetables play a crucial role in helping to protect various systems in the body.

These phytochemicals such as resveratrol, lutein, Vitamin C, anthocyanins, ellagic acid and quercetin are some of the vital elements that make blue and purple fruits and vegetables so important to a healthy balanced diet.

These fruits and vegetables or SuperFoods provide many other health benefits including lowering heart disease, Alzheimer's and certain cancer risks. They support healthy aging, eye health and immune response as well as aiding in the absorption of calcium and other minerals.

In today's fast pace lifestyle most of my patients can't eat 6-7 servings a day of these SuperFoods. For my patients needs I designed a SuperFoods and Antioxidants Blend which is a convenient powdered formulation providing key nutrients to support a healthy lifestyle. This comprehensive formula incorporates an innovative blend of organic fruits, berries, greens, probiotics and digestive enzymes. This SuperFoods Antioxidants Blend is lactose free and suitable for vegans. It's available to anyone who is looking to maintain a healthy aging lifestyle from my website www.DrQWellness.com



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Q & A: October 15 – December 7 Is Medicare Open Enrollment

Last year, Nancy and Sam didn't pay much attention during the Medicare Open Enrollment period — only to find out later that their doctors and pharmacy were no longer included in their Medicare Advantage plan. It was a costly mistake! This year, they're doing their homework.

If you or a loved one has Medicare, here are questions to ask:

Q: What is Medicare Open Enrollment?

Each year between October 15 and December 7, people who are on Medicare have a chance to change their Medicare health plans and prescription drug coverage.

First, a quick overview. Medicare has four parts:

- **Medicare Part A: Hospital Insurance** covers inpatient hospital care, skilled nursing care, hospice care, and some home healthcare.
- **Medicare Part B: Medical Insurance** covers certain doctors' services, outpatient care, medical supplies and preventive services.
- **Medicare Part C plans, also called Medicare Advantage plans**, are health plans offered by private insurance companies that provide Part A and Part B benefits; many also include Part D prescription drug coverage and other benefits.
- **Medicare Part D** is prescription drug coverage.

During Open Enrollment, a person on Medicare may ...

- Switch to a Medicare Advantage plan from Original Medicare (Parts A and B), or vice versa.
- Sign up for or switch their Part D prescription plan.
- Switch from one Medicare Advantage plan to another.

Q: How can seniors on Medicare make the best choice during Open Enrollment?

Many people with Medicare stick with the same coverage year after year because it's easiest to coast along with the status quo. But when the new year rolls around, they may be in for an unpleasant surprise when they see the new cost of their monthly premium, open their first medical bill of the year, or go to pay for a prescription! Insurance companies that offer prescription (Part D) and/or Medicare Advantage (Part C) plans may make big changes from year to year. Your doctor may no longer be "in-network" (a network is a list of doctors covered by your policy). Your plan may cover less of the cost of the drugs you take — or might drop certain drugs entirely. Or perhaps your favorite pharmacy is no longer in-network. Even if things have stayed the same, you might be overlooking a better deal from someone else. So it's important to compare all the plans that are offered in your area.

Q: That sounds complicated! Who can help?

Your mailbox may be stuffed with solicitations from other companies, but be sure to examine materials from your current plan, called "evidence of coverage" and "annual notice of change." These are notices of the costs for 2019, as well as coverage details that may have changed since 2018. If you don't receive this information, ask your insurer to provide it. Read these materials carefully.

If you're still satisfied with your current policy, you don't need to do anything. But it pays to compare! You can get help from:



- The Medicare Plan Finder, which will give you a personalized list of plans in your area, allowing you to compare them with your current plan.
- Your State Health Insurance Assistance Program (SHIP). You can get free, unbiased assistance from a trained counselor as you make the decision. (Find your state SHIP here; it may be called by a slightly different name, such as SHIBA.)

Please note: Some insurance companies and brokers have put up websites that might at first glance seem like official Medicare sites, but aren't. Medicare.gov and the Centers for Medicare & Medicaid Services are the official U.S. government sites for Medicare.

Q: Can I select a Medigap policy now, too?

Sometimes people who've been on a Medicare Advantage plan decide, for various reasons, to go back to Original Medicare (Parts A and B). They also might decide to purchase a supplemental insurance policy from a private insurance company — called "Medigap" policies because they're designed to cover the "gaps" in Medicare coverage, such as deductibles, copayments and medical charges beyond Medicare's limits.

But there's a catch. People who are about to turn 65 should know that in most states, after the first six months that a person starts receiving Medicare, insurance companies aren't required to allow them to sign up for a Medigap policy. A person can be turned down for a Medigap policy if they have a preexisting condition such as diabetes, rheumatoid arthritis or heart disease.

It is a complicated situation. To learn more, check out this article from Kaiser Health News.

Q: If I'm about to turn 65, do I need to wait for Open Enrollment to sign up for Medicare?

No. The initial Medicare enrollment period begins three months before your 65th birthday — even if you do not intend to file for Social Security benefits yet. You will have a lot of decisions to make, so start planning early. Visit the Medicare.gov website to learn more.

October 1 Is the International Day of Older Persons

This year's theme is "Celebrating Older Human Rights Champions," which calls attention to the harmful effects of prejudice against seniors.

On this day each year, the United Nations focuses on the growing global population of seniors, which today is 700 million, and which is projected to reach 2 billion by midcentury. This recognition event not only calls attention to the needs of the oldest people on the planet, but also emphasizes their invaluable contributions.

This year's proclamation shares these goals:

- Promote the rights enshrined in the Universal Declaration of Human Rights and what they mean in the daily lives of older persons.
- Raise the visibility of older people as participating members of society committed to improving the enjoyment of human rights in many areas of life and not just those that affect them immediately.
- Reflect on progress and challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms by older persons.
- Engage broad audiences across the world and mobilize people for human rights at all stages of life.

Prejudice: not only a social issue, but a health factor

Many studies show that being the target of prejudice harms a person's health. The stress of coping with racism and other discrimination raises a person's risk of many health problems, from heart disease to dementia.

And in June 2018, the Association for Psychological Science published a series of articles showing that prejudice not only harms the health of groups who are on the receiving end, but also is stressful for people who hold the prejudicial attitudes!

Ageism: a prejudice that knows no borders

For a person experiencing prejudice due to their race, gender, nationality, sexual orientation or other characteristic, the effect is magnified when they grow older and experience negative attitudes about age.

And on its own, ageism harms our health. The Caring Right at Home newsletter has reported on the extensive research of Yale University School of Public Health epidemiologist Becca Levy, who famously showed that young people who have negative attitudes about older adults are less likely to be healthy when they reach their own later years. Levy's most recent study shows that combating age prejudice could be a way to lower the rate of Alzheimer's disease. Levy said, "We found that positive age beliefs can reduce the risk of one of the most established genetic risk factors of dementia. This makes a case for implementing a public health campaign against ageism."

Most of us will face ageism.

If protecting the well-being of our older relatives and other seniors isn't enough motivation to fight ageist attitudes, consider that every



one who lives long enough will have their turn to cope with negativity about age. What can we do to turn things around?

Experts on prejudice of every type say one of the best ways to combat bias is to spend time with people who are different from us, getting to know them and learning more about their lives. Studies show that young people who have ample contact with older relatives and other seniors have a higher opinion of older adults. Though today in the developed world there are fewer opportunities for older and younger people to connect, we can promote intergenerational activities. For example, volunteerism goes both ways: Older adults volunteer in schools, childcare facilities and youth groups, while younger people volunteer at senior centers and senior support organizations. Volunteers of every age can work together to make a difference.

Examine your own attitude.

Psychologists say many seniors have internalized negative messages. If you are lucky enough to have reached your own senior years, it's time to, as the kids say, "Check yourself." Are you helping to perpetuate negative stereotypes? Be aware of disparaging language you might have picked up during the years. Are "geezer," "old fogey" or "little old lady" in your vocabulary? Do you make jokes about being "over the hill"?

And dig a little deeper. Are you offended if someone offers you the senior discount or a seat on the bus? Do you dislike the word "old"? Do you buy products because they make you "look younger," rather than "healthier"? Are you giving out signals that old = bad?

Measure yourself by your own standards. Don't compare your appearance and abilities unfavorably with younger people. Even comparing ourselves to other seniors can be harmful. "Successful aging" has many faces. Some people make it to a ripe old age barely scathed by health problems. Others face health challenges, but tackle them head-on and make the best of life.

A recent study from North Carolina State University even showed that people who don't feel as well off financially as others — whether or not they really are — have a lower opinion about aging. Associate professor Shevaun Newport said, "The urge to 'keep up with the Joneses' appears to have real consequences as we grow older."

So this year, as we celebrate the International Day of Older Persons, consider that growing older is something people from every culture have in common. Improving attitudes about aging could have global benefits!

Adding It Up: Subtract and Add Value

Has anyone ever asked you “How are you?” and you’ve responded “Busy!” with a somewhat harried expression and wry smile?

You’re not alone: “Busy” has replaced “Fine” as the standard answer to a standard question. “Busy” has become the new normal in a world overwhelmed with tasks, responsibilities and to-dos. “Busy” has become equated with achievement – to be busy is to be important, productive and successful. And “Too busy” has become the excuse when we can’t meet a friend for a coffee, cook a meal from scratch or get enough healthful sleep.

Activity Professionals are incredibly “busy bees”, buzzing around all day as we try to meet the needs of the residents we serve so that they can lead more enjoyable, meaningful, contented lives. We are stretched to the point of breaking many times over our careers as we pack too much into our lives and neglect to recognize and pursue our real passions and priorities. We must pause and consider the different ways value can be added to our lives and assess how we can move from being simply being busy to being happy and fulfilled.

Different Types of Value

- Growth Value: I am learning or growing as a person, either physically, intellectually, creatively or spiritually.
- Financial Value: I am earning money for my household or for my/my family’s future.
- Relational Value: I am building or strengthening the relationships that are important to me.
- Practical Value: I am meeting my basic needs and those of my household/family e.g. household chores, sleeping, making/eating meals, paying bills.
- Community Value: I am doing something to help or serve others outside of my close circle e.g. volunteering to serve a cause I am passionate about; for the “greater good”.

Intentionally refocusing our time to spend it on the tasks that add meaning to our lives is not easy. Modern American society is filled with time-wasters and distractions. We are continually bombarded with information and advertising. We are expected to stay in constant connection with each other, and our jobs extend far beyond a traditional 40 hour work week. In order to add value we must subtract. We must subtract the activities and pursuits that make us anxious or drive us to distraction. We must subtract the tasks that force us to take valuable time away from our close family and friends. We must subtract the disruptions that prevent us from learning and growing, prevent us from paying attention to our health and prevent us from investing time in our communities.

Different Ways to Subtract

Downsize: Reduce your responsibilities. Meet your family’s needs and then choose one or two passions in which you’re going to invest your skills and time. Perhaps that means a committee at church, a friend going through a hard time who needs your support, a commitment to improve your own health, or a flowerbed in your yard to overhaul. Whatever passion(s) you pick, make sure they bring you joy and make you feel worthwhile – that they really do add value to your life. Your passions may change on a weekly or monthly basis and that’s fine. Just don’t overinvest yourself.



Delegate: There are some tasks that require your time and attention, whether as the Activity Professional on staff or as the spouse, parent or responsible adult in the relationship. However, there are many tasks that can be delegated to others or restructured so that your time is not vacuumed up into activities that could have growth or community value to someone else.

Declutter: Simply looking at piles of papers, mounds of laundry and overflowing closets, drawers, file cabinets, and supply rooms creates feelings of anxiety and stress. The thought of tackling the clutter is overwhelming and hours are wasted sorting, organizing, cleaning and maintaining stuff that does not add any value to our lives. Try removing some clutter by completely clearing a table, desk or counter top and assess how looking at the clear, clean surface makes you feel. Now imagine your whole office or house was free of junk, unneeded papers and underused stuff and your surfaces were clear and ready to be used for projects, meals or work. Good time management means not having to waste precious minutes searching through a pile of papers for one important document or spending an afternoon moving boxes you haven’t opened in years to get to try to find the one box you know has the Halloween candy bowl in it. Subtract clutter from your life – remove it, donate it, sell it, trash it, shred it... move on from it. Stuff doesn’t add value to your life; people and experiences do.

Dump: Adding value means letting go of negative and toxic relationships. It means relinquishing some control over tasks. It means releasing things that cause stress and waste time. It means dumping ideas that cause self-doubt and frustration and intentionally focusing your time on your chosen few relationships, priorities and passions. So let go of gossip and dump drama – and stop comparing yourself to others. Refuse to allow yourself to get sucked into social media – take apps off your phone and only check it a couple of times a day. And dump the idea of being busy as being akin to being productive and successful. Being busy is about having lots of things to do, not about getting anything done well or adding value to your life and others.

Every day we are presented with countless choices of how to spend our time, our energy, our effort and our money. The wisest of us recognize we always have the power to choose. And they choose to pursue their life’s greatest mission by repeatedly saying “no” to things that distract from it. ~ Joshua Becker



Lights out! Make sure your entire family gets enough sleep

What's the one thing busy families have in common? The morning chaos that consumes the household when no one received enough sleep the previous night. If your family starts the day with pouting, shouting, whining, and other cranky behavior, it's time to establish a consistent bedtime for yourself and your children.

According to *Harvard Health*, the average adult ages 18 to 64 should be getting seven to nine hours of sleep at night. The average time for teens 14–17 is eight to 10 hours; school age children 6–13 should get nine to 11 hours; and preschoolers ages 3–5 require 10–13 hours of sleep.

Aside from knowing how much sleep is enough, here are a few best practices for creating a peaceful environment in your home that is conducive to a good night of rest:

- **Taste.** Make sure to avoid sugary and caffeinated foods at dinnertime, as well as overeating and eating too close to your bedtime. Your final meal or snack of the evening should be about three hours before you retire for the evening so you have plenty of time to digest it.
- **Touch/feel.** We all have our preferences for pima cotton, cotton jersey, flannel, or even microfiber sheets. The important thing is to invest in linens and adequate bed covers that will promote a sense of comfort. Another consideration is the temperature of the bedroom. Environments that are too hot or too cold can create a challenge for relaxing.

- **Sight.** The bright contrast of TV screens, computers, and smartphones can be more visually stimulating than you realize, and the use of them during the evening might be keeping you from unwinding. Stay off electronics, and keep lights dim in the hour leading up to bedtime. Try room-darkening shades or window treatments that will prevent you from being awakened by street lamps or sunlight.

- **Sound.** For adults, ambient sound or white noise can be soothing, and necessary for sleep; infants and young children often settle down with lullabies or bedtime stories; the rest of us will be just fine as long as there is quiet.

- **Smell.** For healthy adults and children (10 and over), consider diffusing high-quality essential oils of lavender or cedarwood in the bedroom before turning in for the night. Make sure the room is well ventilated in the event pets or other family members are sensitive to the fragrance. Inhale, breathe out, relax, and get a good night's sleep.

With enough rest, everyone in your home should start the morning refreshed, agreeable, and ready to take on the day ahead.

Eat better, together and always

October is Eat Better, Eat Together Month. Here are five quick tips even the busiest and most time-challenged families can use to gather everyone around the table for a nutritious meal:

- Designate one meal of each day as family time.
- Turn off the TV and ban other electronic devices such as cell phones and tablets from the kitchen or dining room.
- Find recipes that require a few simple ingredients that you always keep stocked in your pantry or refrigerator, such as pasta and fresh or frozen vegetables.
- Include your children in the meal preparation to make mealtime a family time.
- Avoid fast food. Pull out the slow cooker and cook up a chili, soup, or stew that can be consumed before or after family outings.

Person Centered Care Planning – Developing the Person Centered Goal

By Debbie Hommel,
ACC/MC/EDU, CTRS

With the new Requirements of Participation (ROP), there is increasing discussion of Person Centered Care Planning. Is this a new concept? Do we have the do anything different? If you have been writing individualized care plans by using the individualized information that you have gathered in your assessment process – then you have probably been already creating person centered care plans. Person centered simply means you focus on what the person wants. It is our role to assess the person, gathering relevant information that can be utilized in defining the person centered plan of care. It is important to keep in mind – it is what the person may want, not what we as care providers think is best.

With a thorough individualized assessment, creating the person centered care plan comes easy.

Being able to write resident/client oriented or person centered goals is an important skill for the activity professional. As a member of the interdisciplinary team, we often support primary interdisciplinary issues by simply adding interventions. However, we may also initiate new concerns and problems, which would require us to define individualized, outcome oriented and person centered goals.

Many communities rely on computer generated care plans which provide pre-written goals and interventions focusing on common concerns within long term care. These pre-written care plans are often not individualized to a person and require the care provider to add individualized information based on the assessment.

Sadly, these care plans are often not individualized and the care plans on record remain generic. It is imperative that the activity professional explore the potential to individualize any digital care plan programs that may be



in place as well as have the skills to construct an individualized person centered care plan from “scratch”.

In our first goal writing lessons, we learn that goals need to be measurable and specific. A common mistake is to use activity attendance as the measure. “Resident will increase socialization by attending three social groups per week” is a goal that may be measurable but it does not focus on a specific outcome. The resident could be attending three groups per week but they could be dozing, sitting off to the side of the program and not interacting with peers. The attendance at group does not provide a suitable outcome measure for increased socialization. To introduce a measurable outcome, the goal can focus on behaviors, reactions, responses or tasks completed within an activity. The activity attendance could be a means to change a behavior or provoke a response rather than be the ultimate goal. Rather than “resident will increase socialization by attending three groups per week”, an outcome oriented goal would be “resident will demonstrate social skill by greeting peers at the start of group” or “resident will demonstrate social skills by sharing opinion during reminiscent or discussion group”.

Another goal writing lesson we learn is that the goals need to be realistic. The activity professional is sometimes pressured by the team to promote certain behaviors or participation in activities. “You need to get them out of their room and get them into activities”, we sometimes hear from the care plan team or from the families. We need to rely on our assessment skills to define an appropriate and individualized goal for the residents/client. If an individual resident/client has never participated in many groups nor was not a “joiner”, the chances of them becoming one at this stage of life is minimal. That is not to say we shouldn’t try to engage them in our programs, however each resident deserves a program (whether it

be a 1-1 or group) based on their preferences, not what other people think they should be doing.

If the individual prefers a 1-1 or individual program, the person centered care plan should reflect that need. Finally, the goals we establish should be person centered. With the Requirements of Participation, there is much discussion of this term.

But, is this a new idea? Person centered therapy was first defined by Carl Rogers, an American psychologist. In the 1960's, Carl Rogers wrote that "the client knows what hurts, what directions to go, what problems are crucial, what experiences have been buried". He believed that the experience of being understood and valued, gives one the freedom to grow. So what does this mean to us as we write person centered care plans in long term care? It means we need to involve the resident/client in the goal development process as much as possible.

As caregivers, we sometimes assume the role of "expert" and believe we know what is best for the patient. Even though the resident/ client is invited to the care plan meeting, the care plan is often already completed and the meeting is simply a means to inform the resident of what services will be provided. Goals are often created with little input from the resident/client. To truly embrace person centered care planning, the resident/client, whenever possible, should be involved in discussing potential goals. What the resident wants may be different than what the care provider thinks they need. That input should be respected.

Many people think "I" care plans are person centered care plans referenced in the ROP. "I" care plans are care plans written in the first person. For example, the problem/need might be: "I get upset and anxious when there are too many people around me". The goal might be "I will remain calm and enjoy participating in activities of with no more than 3-5 people". The interventions might be "Involve me in activities that I like such as reading, petting cats or singing old hymns. If you break tasks into small steps, I am more able to participate without anxiety. I like Earl Gray tea in a china cup during the late afternoon."

"I" care plans are simply a model or method of writing person centered care plans. Person centered care plans

are individualized care plans focusing on what the person wants and defining approaches specific to that person. Person centered care plans can be individualized in the "I" format or the traditional format. It is a simply a matter of individualization which is a process familiar to most activity professionals.

National Candy Corn Day

What's autumn without candy corn?

As Peeps are to Easter, (or candy canes are to Christmas) candy corn is to Halloween.

This year, watch for National Candy Corn Day celebrations to kick off a festive Halloween beginning on Tuesday, October 30, 2018.

The corny history of candy corn

Candy corn has been an all-American favorite since the Wunderle Candy Company began making the world's first tricolor candy in the 1880's.

Candy corn was first marketed as "Chicken Feed" and the confection proved so popular that the conglomerate, the Goelitz Candy Company (sort of like a modern Brach's), competed to take over mass-production of the seasonal sweet treat. Having won the rights to produce the candy, the company soon put the original name of "Chicken Feed" out to pasture ... and Candy Corn was born!

Today, the recipe for candy corn is pretty much unchanged from the early days. It's still made from honey, sugar and corn starch -- to provide lots of energy for trick-or-treaters revving up for fright night.



A very

Happy Birthday to...



Oasis Residents

Cynthia S. October 20th
 Harriet G. October 25th
 Warren M. October 26th
 Gerald B. October 30th
 Martin D. October 31st

Dodge Park Residents

Albina B.October 4th
 Seymour S.October 12th
 George W.October 12th
 Mary G.October 17th
 Marion S.October 18th
 Carolyn C.October 24th
 Margaret K.October 28th

Staff

Kelly C.October 1st
 Erica M.October 8th
 Cyrille N.October 8th
 Jeffrey L.October 13th
 Emanuel G.October 16th
 Carrie L.October 17th

Aneesah H.October 19th
 Lloyd W.October 22nd
 Ben H. October 23rd
 Erin L.October 24th
 Treasure T.October 24th
 Nickolas M.October 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 October 18, 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.





Motivate your employees to use safety gear

If your workforce operates in hazardous conditions, you know that the best protective gear available is worthless if your employees won't use it. To encourage workers to wear their safety goggles, ear protectors, and other equipment, follow this advice:

1. Reduce the need for protection. Look for safer ways to do things so that extra protective equipment isn't necessary. This will emphasize to your workers that their safety is a No. 1 priority. For example, before purchasing heavy-duty gloves to protect workers' hands from a caustic cleaning solution, investigate alternative cleansers with less potential for harm.

2. Involve employees in safety decisions. People feel more committed to policies they have helped shape. Include employees in selecting equipment; connect them with vendors so they can ask questions and receive the information they need to contribute to the decision.

3. Educate and train your workforce. Many times, employees don't use their protective gear because they don't know how—or even more important, why. Provide sufficient training so that employees understand the risks associated with not using the equipment. Once they fully understand what's at stake, workers will be much more likely to support the proper use of prospective equipment.

4. Reward and reinforce safe behavior. First, be a role model and actively use the same gear you expect your workforce to take advantage of. Spotlight situations in which using the equipment correctly prevented an accident or saved a life. And whether you reward workers with gifts or just words of praise, make sure they know you're paying attention to their safety habits.

5. Check the fit. Workers may "forget" to wear boots or gloves because they don't fit well. As much as possible, let employees select their own equipment with an eye toward what they'll feel comfortable wearing and using.

Follow these tips for workstation safety

Most of us spend a lot of time at the computer—and that puts us at risk for injuries to the neck, back, and arms. Every so often, then, it's worthwhile to review some basic precautions for working safely:

- Use a chair with a seat height, angle of recline, and tilt that can be adjusted.
- Set your shoulders in a relaxed position, rather than hunched up or rounded.
- Place your feet flat on the floor (preferable) or flat on a footrest.
- Hold your wrists as straight as possible, rather than angled sharply up, down, or to the side.
- Place the monitor directly in front of you, so you look straight at it, rather than having to twist your neck toward the screen.
- Position the monitor 18 to 28 inches from your eyes. Set the height of the monitor so that its top is approximately an inch below your eye level.
- Be sure your arm is supported when you are using the mouse.
- Place the items you use frequently (such as pens, reference books, etc.) near you, so you don't have to stretch or twist to reach them.
- Adjust your lighting to reduce glare on your work surface or the monitor.

Quotes

"You can play it safe, and I wouldn't blame you for it. You can continue as you've been doing, and you'll survive, but is that what you want? Is that enough?"
—J.M. Darhower

"You're never perfectly safe. No human being on Earth ever is or ever was. To live is to risk your life, your heart, everything."
—Rick Yancey



Thinking of a fast? Try these approaches

Many people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

- **Twelve hours.** Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.

- **Two-day fast.** You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days— don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.

- **Every other day.** Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days. One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.

- **Twenty-four hours.** Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.

- **Skip a meal.** This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals.

It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.



Quotes

“Calm mind brings inner strength and self-confidence, so that's very important for good health.”
—Dalai Lama

“To enjoy the glow of good health, you must exercise.”
—Gene Tunney



Treat heartburn without pills

Do you suffer from heartburn? Some heartburn medications can pose long-term health risks, according to the Healthline website, so be careful. Talk to your doctor, and in the meantime try these tactics for relieving heartburn pain without taking more pills:

- Lose weight. Excess weight, especially in the abdomen, pushes down on the stomach, making it easier for acid-causing heartburn to rise through the esophagus. Losing some pounds can make that less likely, along with the other obvious health benefits.
- Eat and drink carefully. Spicy foods don't necessarily cause heartburn. More often, it's caffeine, alcohol, and peppermint that open up the passage when your esophagus meets your stomach, allowing foods to sneak up into your esophagus. Cigarettes have a similar effect.
- Eat less. Don't overload your stomach. Again, this is good advice overall, but limiting portion size can help prevent heartburn from becoming an issue.

- Stand and sit up straight. Staying upright reduces pressure on the stomach. Take a short walk after a meal to keep everything in place. Also, avoid tight clothing, which can constrict your stomach.
- Chew gum. This can increase your saliva production and swallowing, which in turn can help rinse out your esophagus and keep food where it belongs.

Quotes

“Anyone who considers arithmetical methods of producing random digits is, of course, in the state of sin. For, as has been pointed out several times, there is no such thing as a random number—there are only methods to produce random numbers, and a strict arithmetic procedure of course is not such a method.”

—John von Neumann

Keep your marriage happy with these money tips

Money can be a source of conflict in a marriage, so sorting out the issues early on can be a good start to a successful relationship. From the Self magazine website come these tips for smooth finances after the wedding:

- **Set a limit on grocery spending.** Set a reasonable maximum for your weekly grocery bill, and do your best to stay within it. A firm limit will help you resist the temptation to splurge on expensive items or food you don't really need. Create a meal plan for the week before you go to the store. This will give you a target to aim for.

- **Walk, don't drive.** If you live in a city with robust public transportation, you may not need a car at all. Even if you do own one, try to use it sparingly. Walk short distances, or take the bus or train. Avoid taxis, Uber, and all the rest. You'll save money on gas and car maintenance.

- **Stay in.** Skip going to the movies or the nightclub. Stay out of restaurants. You can plan a delicious meal and an enjoyable evening without leaving your home—and save lots of money in the meantime.

- **Travel smart.** Taking a vacation doesn't have to be expensive. Look into Airbnb and other home rental services instead of checking into a hotel. Scour the internet for deals on airline travel. If you're taking a road trip, pack sandwiches instead of stopping for food.

- **Use cash.** Credit cards are convenient—sometimes too convenient. As much as possible, spend cash instead of charging for items. You'll avoid a large monthly bill (and possibly interest payments) and keep your spending in perspective.

Money advice for your first job

Your first job out of college can be exciting and challenging. Your first paycheck may seem enormous, but be careful—it's easy to lose track of where your money goes once it starts coming in. This advice from the CNBC website can help people starting out in their

careers to keep money hassles in check:

- **Don't spend too much on food.** It can be tempting to buy your lunch every day and go to a restaurant for dinner a few nights a week, but you'll burn through your money if you take this route. Get used to making sandwiches and salads and eating at home so your paycheck lasts longer.

- **Don't spend money before you have it.** Think one paycheck at a time. If you overspend, depending on your next payday to tide you over, you could end up seriously in debt before you realize it.

- **Set goals.** Have short-term and long-term goals for saving and stick to them. A short-term goal might be a weekend trip; a long-term goal could be buying a car. Look at your income and spending, and establish a realistic amount of savings to aim for.

- **Try the 50-30-20 rule.** In this formula, 50 percent of your income goes toward basic needs like rent. Thirty percent should be earmarked for savings and debt, and 20 percent can be used for discretionary spending. This will help you control your finances more easily.

- **Track your spending.** Record how much you spend on a weekly and monthly basis. With these figures, you'll have a better idea of what you can afford and where you should cut back if necessary.





Hiring managers go for 'gut feelings'

In an ideal world, you'd win a job because of your qualifications and experience. The real world isn't quite so straightforward.

A survey reported by the U.K.-based People Management website found that 28 percent of hiring managers rely on their gut instincts when making hiring decisions, while 23 percent use experience to guide their choices and another 23 percent depend on a candidate's interview performance. Only 8 percent regard qualifications as the primary reason behind their decision.

In another survey cited by the website, many managers start to make their decisions about hiring even before a candidate arrives at an interview, with 74 percent relying on social media to check out candidates ahead of time.

Favorite places to eat, 2018 edition

What's your favorite place to eat? The American Customer Satisfaction Index's Restaurant Report 2018 ranked consumer preferences based on such factors as food quality, food order accuracy, courtesy of servers, and food variety. The top full-service restaurants in the United States are:

- | | | |
|------------------|-------------|--------------|
| •Texas Roadhouse | •Outback | •Longhorn |
| •Olive Garden | Steakhouse | Steakhouse |
| •TGI Friday's | •Applebee's | •Red Lobster |
| •Ruby Tuesday | •Denny's | •Chili's |
| •Cracker Barrel | | |

College: Is it worth the money?

A college education can be expensive, but is it worth the cost? A survey by Ascent, a private student loan provider, found that 51.7 percent of undergraduates ages 18–24 who have taken out loans for a four-year college program feel that the value of a college education hasn't kept up with the cost.

Other findings from the survey, as reported on the USA Today website:

- More than a third of students—34 percent—feel that a “reasonable amount” of student debt on graduation would be \$20,000—\$49,999.
- Just 21 percent are aware that the average monthly payment for a student loan exceeds \$200 a month.
- Only 32 percent of students know that interest begins accruing on the date loan funds are disbursed.

Trends in U.S. dining: Quick decisions and lots of delivery

Diners in the United States are pretty spur-of-the-moment when it comes to deciding where to go out to eat, according to a survey cited on the Fast Casual website. Eighty-five percent make their dinner decision on the day of the meal.

Delivery is a popular option among all age groups, from Baby Boomers to Generation Z (born 1995–2010 or so). Fifty-one percent in the survey said they'd gotten food delivered in the past three months, with millennials doing the most ordering—77 percent of the age group.

What are people ordering?

- Burgers (28 percent)
- Wings (27 percent)
- Mexican (21 percent)
- Barbecue (14 percent)
- Desserts (11 percent)



Honoring those who have died

The Mexican celebration of Día de Muertos (Day of the Dead) is often mistaken for a Spanish version of Halloween. It is actually a way for families to honor loved ones who are no longer living.

Scholars believe the tradition is rooted in ancient Aztec culture. Thousands of years before Columbus ever set foot in the New World, Aztec people honored the lives of their deceased ancestors in celebrations that spanned what is now the month of August. Indigenous populations throughout central and southern Mexico maintained these practices for centuries.

With the arrival of Spanish settlers in Mexico in the 16th century and the influence of Christianity that followed, the practice transformed into a three-day celebration paralleling the Allhallowtide of All Saint's Eve, All Saint's Day, and All Soul's Day taking place Oct. 31 through Nov. 2.

In the 21st century, the observance of Día de Muertos begins at midnight on Oct. 31, when it is believed that the souls of the dead are allowed to return to be with their loved ones. Día de los Angelitos (Day of the Little Angels) or Día de los Inocentes (Day of the Innocents) falls on Nov. 1, when the souls of deceased children and infants are believed to return. Día de los Muertos follows on Nov. 2, when the spirits of the ancestors are honored.

During this time families will create altars in their homes or at the cemetery, where they tidy and decorate the graves of their loved ones. Ofrendas (offerings) of food, sweets, toys, trinkets, marigolds, and beverages

are left on these altars. Family and friends share stories of their loved ones, sing songs, offer prayers, and feast as a tribute to the departed.

To dance, especially at the gravesite, is a way to awaken the spirits and invite them to join the family once more. The parades and large festive gatherings in cemeteries are just another way to show respect and celebrate the lives of those who have passed on.

Día de Muertos is observed throughout Mexico, most of North and South America, and around the world. Will you honor your late ancestors this year?





Be prepared for medical emergencies

In case of an emergency, would your friends or family know how to contact your doctor or explain to an ER nurse what medication you are taking? One crucial thing you can do this fall is to gather your important health information into an easy-to-review format such as a binder or pocket folder. Make sure to include:

- Photocopies of your insurance cards
- The name, contact information, and area of specialty of your physicians
- A detailed list of prescription information including dosage
- Immunization records
- Test results/X-rays
- Dates of surgeries and outpatient medical procedures
- Family history of disease
- Lists of known allergies and illnesses

October is Organize Your Medical Information Month. Schedule and complete this important task on your to-do list, and encourage your friends and family to do the same.

Behold the squirrel

Because October is Squirrel Awareness Month, here are some interesting nuggets of information to gnaw on:

- Squirrels are omnivores whose diets require an intake of salt.

- Their four incisors can grow an average of six inches per year, but their constant gnawing on nuts, branches, and other objects keep those teeth filed down.

- They run in a zigzag or erratic pattern to evade capture from predators.

- In 1870, small animals including squirrels, starlings, and sparrows were taken from rural U.S. communities and rehomed in city parks to give those spaces an element of charm.

- More than 200 species exist worldwide.

- Love them or hate them, they won't be going anywhere anytime soon.



Quotes

“Autumn ... the year's last, loveliest smile.”

—William Cullen Bryant

“People carry their loved ones with them. They are forever present.”

—Tove Jansson



Exoplanet may have life-sustaining environment

Astronomers have found a new planet with a temperate climate that could support life, according to the Sci-News website. The planet, Ross 128b, orbits a cool red dwarf star that's just 11 light-years from Earth. The planet is about 1.35 times more massive than our world. Using spectography, scientists determined that the iron levels in the star are similar to those of our sun, which can influence the development of planets.

Astronomers at Brazil's National Observatory calculated Ross 128b's mass and then estimated the planet's radius. The findings indicated that Ross 128b should have a rocky surface. They were also able to measure the temperature of the planet by observing how much of the distant star's light reflects off its surface. Results showed that Ross 128B probably has a temperate climate.

"Although Ross 128b is not Earth's twin," the scientists say, "and there is still much we don't know about its potential geologic activity, we were able to strengthen the argument that it's a temperate planet that could potentially have liquid water on its surface."

Nanotubes in your clothes may power your phone

Someday you may not have to remember to plug your smartphone in to recharge it. Scientists are working on clothes that will charge your phone for you, according to the Science Daily website. The fabric contains carbon nanotubes, replacing polyester and other

artificial fibers. At present the nanotubes are too expensive to mass produce, but researchers are looking at military applications that may allow soldiers' equipment to recharge—lights, communication gear, and night-vision capabilities.

Migration from Africa may have started earlier

Early humans may have migrated from Africa hundreds of thousands of years earlier than was previously thought, reports the U.S. News & World Report website. Stone tools found in China have been dated as 2.1 million years old, making them older than skulls and artifacts unearthed in Georgia, which are 1.8 million years old.

Ninety-five artifacts were discovered in the Loess Plateau, which is north of the Qinling mountains that divide the north and south of China. They include chipped rocks, fragments, and hammer stones. The artifacts were spread through layers of dirt, evidence that humans may have used the same site many different times. Scientists also found bones of deer and pigs mixed in with the tools, but so far they can't say whether the tools were used to hunt.

Giant dinosaur unearthed in Argentina

The earliest-known giant dinosaur was a four-legged plant-eater with a medium-length neck and long tail. It walked the Earth some 210 million years ago, and the remains of one have recently been discovered in Argentina's San Juan Province, according to the Reuters website.

Scientists have named the big dino *Ingentia prima*—"the first giant." It was about 33 feet long and weighed approximately 10 tons, with legs less like pillars than the giant sauropods that came after it, and a shorter neck.

Ingentia wasn't only the largest dinosaur of its time, but the biggest land animal of any kind up to that period, at least twice as large as other plant-eaters it shared the warm environment with.

Making a difference

Every Sunday while jogging through the park, Roderick noticed an elderly gentleman sitting at the pond with a small metal cage next to him.

One Sunday, Roderick decided to satisfy his curiosity and approach the man to find out what he was up to. As Roderick moved closer he realized what he thought was a cage was actually a trap. Inside were three small turtles, unharmed. A fourth turtle sat on the old man's lap and he gently scrubbed its shell with a brush.

"What are you doing?" Roderick asked.

"I'm cleaning the algae off the shells of these turtles," the old man replied.

"Why?" Roderick asked.

"The scum damages their shells, making it hard for them to retain heat, survive, and thrive," the old man said.

"Is that what I see you out here doing every Sunday?" asked Roderick.

"Yep," the old man replied. "Rain or shine, I come here every week to take care of these turtles."

"Interesting," Roderick said. "Why do you do it?"

"It's my way of making a difference," the old man replied.

The widow and her sheep

An old fable tells the story of a poor widow who owned only one sheep. When the time came for it to be shorn, she decided to save the money she'd have to pay the shearer and handle the job herself.

"How difficult can it be?" she thought and then set about shearing the wool from the sheep. Of course, she had no idea what was doing and caused great injury to the animal as she attempted to shear the fleece.

"Oh, why do you torture me so?" cried the sheep.

"My blood will not increase the value of my fleece. If you want me dead, simply send me to the butcher."

The widow was taken aback. Not only had she done a poor job of shearing and would not make much profit from the wool, but the wounds she created for the animal would require attention from the vet and an expense she could not afford to pay.

Saving the grass and so much more

When a Florida man collapsed while doing yard work, his wife called 911. First responders arrived within minutes to find Gene Work having a heart attack. He lapsed in and out of consciousness as they stabilized him and transported him to the hospital.

His wife, Melissa, was at his side on the ambulance ride. She was shocked that he kept fretting over the lawn each time he regained consciousness. He was worried the sod he wasn't able to put down would die. Work was rushed into surgery, and thankfully his life was saved that day.

Yet Work's pleas had not fallen on deaf ears. Though Melissa's brother-in-law stayed behind to finish the lawn, he soon received help from the same firefighters who saved Gene Work's life.

After delivering him to the hospital, members of the Pasco County Fire Department returned to Work's home and finished laying his sod. "We believe in helping the community whenever we are needed ..." read a post on the department's Facebook page.

Little did they know that Work had been under increasing pressure to finish his lawn or face a hefty fine from his homeowners association. Nor were they aware of Melissa Work's own health issues, adding to the family's stress.

One thing we should all remember: Never let your problems consume your life, because there are always good-hearted people, closer than you might realize, who are willing to help.



Take up a hobby

Want to be more creative? Find a hobby. According to the Nature website, hobbies boost inspiration in scientific researchers, and they can spur your imagination, too. Here's how to do it:

- **Set aside some time.** No matter how busy you are, commit to spending a certain amount of time every day or week on your hobby. It doesn't have to be excessive, but schedule enough time so you can concentrate fully on what you're doing without interruption.
- **Consider exercise.** Getting your blood pumping can be good for your mind as well as your body. Committing to an exercise routine, even a modest one, forces you to take time out of your day. Focus on things other than work as you work out. You may find the solution to a sticky problem after you're done.
- **Look outside your field.** Pick a hobby that's not related to your work. Painting, for example, can help you see the world in different ways. Select something that will challenge your thinking, and you may find connections to the issues you're working on.

Best practices for creative thinking

Some people seem to have a monopoly on creativity, but that shouldn't stop you from pursuing your own creative desires. Here are some of the habits that successful, innovative thinkers follow to get ideas flowing:

- **Follow your passion.** Look for projects that excite you. You'll unleash your imagination by pursuing ideas that get you fired up.
- **Keep track of your ideas.** List ideas as they come to you—in a notebook or on your smartphone. From time to time, look it over to remind yourself of something you've forgotten, or just to recharge your imagination.

- **Seek out new experiences.** Traveling, taking a class in a new subject, or just meeting people outside your usual circle can expose you to new ways of thinking that can spark ideas.

- **Ask lots of questions.** Don't take anything for granted. Train yourself to question your assumptions and the conventional wisdom. You may find different ways of achieving familiar goals.

- **Look for patterns.** Examine the world around you for connections and unexpected patterns. Even if they don't lead to groundbreaking discoveries, you'll open your mind to what's possible.

- **Take things apart.** Innovators love to tinker. Whether it's a physical object like a DVD player or something intangible like an idea, practice unraveling what's around you to see what's inside.

Break through your creative blind spots

Even when searching for a radical, groundbreaking, cutting-edge idea, most people focus their creative energies on the tried and true, the things they know for sure, the stuff that's worked in the past. This leaves us vulnerable to blind spots in the creative process. To open your mind, seek the answers to some of these questions:

- **What don't you know?** Identify the gaps in your knowledge. You may find some relevant information by exploring ideas you hadn't thought about before.

- **Who else should you ask?** Whether you're working alone or part of a team, chances are other people have some good insights you could use. Reach out beyond your small circle for new concepts and viewpoints.

- **What should you not do?** Maybe you're focusing too hard on one aspect of your problem or project and missing other options. Eliminate processes or ideas that don't add value, no matter how attractive they seem.

- **What competition do you face?** Look to the future and speculate on how other organizations might respond to your success. You may be able to spot oncoming problems and different possibilities before they arise.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Nutrition Spotlight... Chickpeas

Chickpeas, also known as garbanzo beans, originated in the Middle East thousands of years ago. Chickpeas are categorized as a legume along with other dried beans, peas, peanuts and lentils. Chickpeas are vegan and gluten free so they are a welcome ingredient in most any diet. Nutritionally, chickpeas are high in protein, fiber and carbohydrates. The high carbohydrate levels make chickpeas a great source of energy and fuel for the consumer.

The high fiber content of chickpeas is one of the main reasons they are considered very healthy. One of the health benefits of fiber is that it helps control blood glucose (sugar) levels. For individuals with both type 1 and type 2 diabetes, eating a diet high in fiber has shown to improve overall glucose levels. A high fiber intake also helps lower total blood cholesterol and research has shown that those that consume chickpeas specifically typically see a reduction in their LDL (“bad cholesterol”) numbers. These benefits help reduce one’s risk of heart disease. A high fiber diet additionally promotes a healthy digestive system by preventing constipation. Another benefit to eating high fiber foods is that the fiber helps with satiety, which means you feel fuller longer after eating. This helps reduce excess calorie intake which in turn helps with weight management.

The Dietary Guidelines for Americans recommend consuming at least 25 grams of fiber daily. A diet that includes chickpeas will help one reach that goal as one cup of cooked chickpeas contains 13 grams of fiber in only 270 calories.

Chickpeas are easy to incorporate into a daily diet. They are available both dried and canned. If preparing them from the dried form, it is best to soak them in water for 8-10 hours prior to cooking. The canned variety is very convenient as they are ready to eat right from the can.

Chickpeas can be eaten as is or incorporated into many kinds of dishes. To add protein and fiber, simply toss them into a green salad or make a high protein bean salad by adding them to other beans along with a vinaigrette. Pureed chickpeas are the main ingredient in hummus, a very popular Middle Eastern dish. For a different variety and taste, add mashed avocado to your favorite hummus recipe for a pop of flavor. Chickpeas are also a great addition to a vegetable or minestrone soup.

People suffering from IBS (Irritable Bowel Syndrome) should minimize or eliminate chickpeas from their diet as chickpeas are high in the carbohydrate known as oligosaccharide. Oligosaccharides are non-digestible complex carbohydrates and can cause discomfort to those with IBS. If you are following a FODMAP diet for IBS, chickpeas are to be avoided.



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.



Plush Animal Lovers Day – October 28th

A special feel good day to celebrate at the end of October is “Plush Animal Lovers Day” which is on October 28. Many of your residents, especially those with dementia, are comforted by plush, stuffed animals.

Besides being comforted by these animals, there are many activities your residents can do with plush stuffed animals.

First you can reminisce about when you and your residents were kids. Talk about times you remember playing with your stuffed animals. Maybe you or your group members have a funny story to share about this. Perhaps you can combine experiences to create a story incorporating some thought each group member may have. You and the participants can also reminisce about when their kids had plush stuffed animals.

One activity many folks did with their stuffed animals was to have a tea party. So why not plan one. Since Halloween is coming up, maybe you can have a Halloween tea party.

You can buy or make treats that are orange and black. You can serve orange peako or black tea or some exotic orange or black punch. If you want to get into the Halloween spirit, why not have your group members design simple Halloween costumes for their plush stuffed animals.

Easy costumes include a ghost or moon costume. For details on how to do these and others, go to <http://activitiesdirector.blogspot.com/2017/08/easy-in-expensive-halloween-costumes.html>.

Also you could incorporate Halloween costumes with stuffed animals as part of the costume. For information on doing this go to <http://activitiesdirector.blogspot.com/2017/08/stuffed-animal-costumes.html>

You could buy some animals that are dressed with Halloween costumes already. Before designing or buying the costumes, make sure to make invitations for everyone who might want to come to the party. You can loosely personalize them. Then when they are finished, distribute them to all the residents especially to those who are shy or resistant to coming to activities.

Most residents love to get mail. This is a perfect opportunity to give mail to everyone.

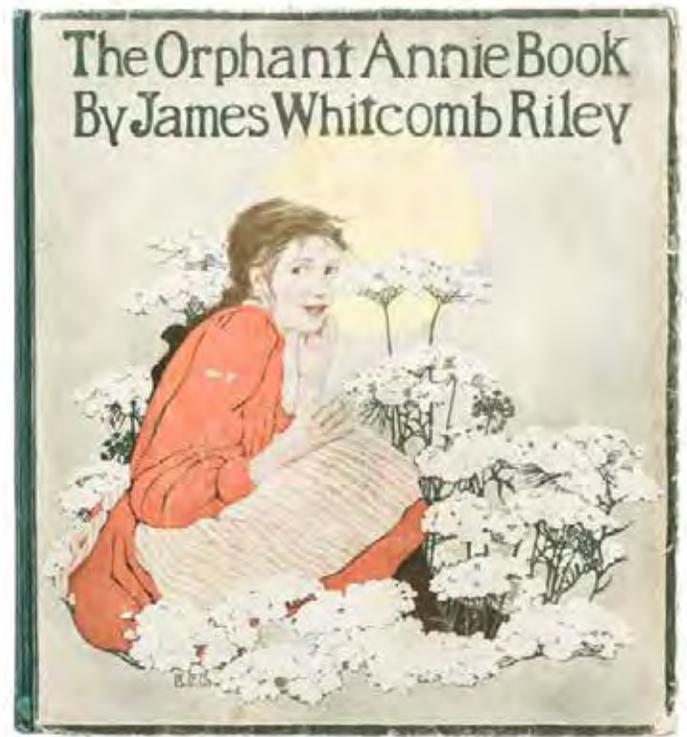


James Whitcomb Riley

James Whitcomb Riley (October 7, 1849 – July 22, 1916) was an American writer, poet, and best-selling author. During his lifetime he was known as the “Hoosier Poet” and “Children’s Poet” for his dialect works and his children’s poetry respectively. His poems tended to be humorous or sentimental, and of the approximately one thousand poems that Riley authored, the majority are in dialect. His famous works include “Little Orphant Annie” and “The Raggedy Man”.

Riley began his career writing verses as a sign maker and submitting poetry to newspapers. Thanks in part to an endorsement from poet Henry Wadsworth Longfellow, he eventually earned successive jobs at Indiana newspaper publishers during the latter 1870s. Riley gradually rose in prominence during the 1880s through his poetry reading tours. He traveled a touring circuit first in the Midwest, and then nationally, holding shows and making joint appearances on stage with other famous talents. Regularly struggling with his alcohol addiction, Riley never married or had children, and created a scandal in 1888 when he became too drunk to perform. He became more popular in spite of the bad press he received, and as a result extricated himself from poorly negotiated contracts that limited his earnings; he quickly became very wealthy.

Riley became a bestselling author in the 1890s. His children’s poems were compiled into a book and illustrated by Howard Chandler Christy. Titled the *Rhymes of Childhood*, the book was his most popular and sold millions of copies. As a poet, Riley achieved an uncommon level of fame during his own lifetime. He was honored with annual Riley Day celebrations around the United States and was regularly called on to perform readings at national civic events. He continued to write and hold occasional poetry readings until a stroke paralyzed his right arm in 1910.



Riley’s chief legacy was his influence in fostering the creation of a midwestern cultural identity and his contributions to the Golden Age of Indiana Literature. Along with other writers of his era, he helped create a caricature of midwesterners and formed a literary community that produced works rivaling the established eastern literati. There are many memorials dedicated to Riley, including the James Whitcomb Riley Hospital for Children.





October 7th is Frappe Day.

Here is a basic recipe to share with your residents.

Basic Frappe Recipe

Ingredients:

- 1 (14 ounce) container of full-fat milk
- 1/3 cup strong brewed cold coffee
- 3 ice cubes
- 1 tablespoon white sugar
- 1 pinch salt
- 1 tablespoon whipped cream, or to taste
- 2 teaspoons chocolate syrup, or to taste
- 2 teaspoons caramel ice cream topping, or to taste

Preparation:

1. Pour 1/2 cup portions of milk into paper cups or a muffin tin. Freeze until solid, about 4 hours or overnight.
2. Place a single 1/2 cup portion of frozen milk in the container of a blender. Add cold coffee, ice cubes, sugar, and salt. (Keep the remaining portions of milk in the freezer for other frappes.)
3. Blend until smooth and creamy.
4. Pour into a glass, top with whipped cream. Drizzle chocolate and caramel ice cream toppings over the whipped cream.

Super Easy Pumpkin Bread

Ready In 1hr 10 mins. Serves 4-6

Makes 1 Loaf

Ingredients:

- 1 1/2 cups flour
- 1 teaspoon salt
- 1 cup sugar
- 1 teaspoon baking soda
- 1 cup pumpkin puree
- 1/2 cup olive oil (can sub with canola or vegetable)
- 2 eggs, Beaten
- 1/4 cup water
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 cup walnuts (optional)

Directions:

1. Preheat oven to 350°F.
2. Sift together flour, salt, sugar, and baking soda.
3. In a separate bowl combined pumpkin, oil, eggs, water, and spices.
4. Then, combined with dry ingredients but, do not mix too thoroughly. Stir in walnuts.
5. Pour into a well-buttered 9x5x3 inch loaf pan. Bake 50-60 minutes until a thin skewer poked in the very center of the loaf comes out clean. Turn out of the pan and let cool on a rack.





You may be entitled to **\$1,176 - \$2,169*** monthly income from the Department of Veterans Affairs to help pay for senior care.

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

is hosting a **FREE** workshop for Veterans and their families.

Wednesday, October 3, 2018 at 6:00 p.m.

Refreshments will be served.

Dodge Park
101 Randolph Road
Worcester, MA 01606

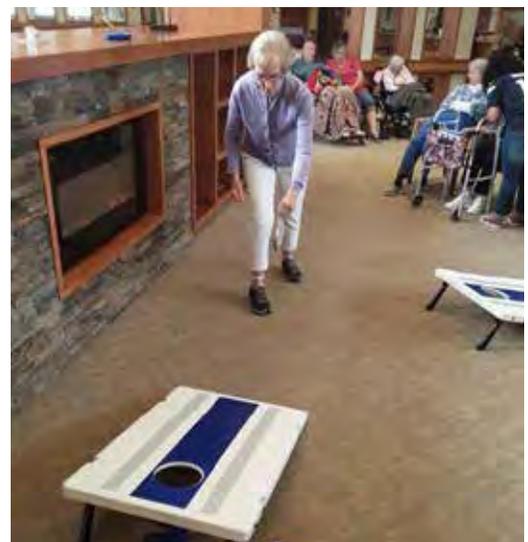
RSVP NOW!
508-853-8180

*Veterans Financial, Inc. is a private financial services company and not part of the Department of Veterans Affairs. Benefit is determined by the VA based on eligibility.

Dragon Boat Race



Around the Oasis & Dodge Park



Around the Oasis & Dodge Park



Eat, Drink & Be Scary!

We're brewing up some fun!



Join us for A Halloween Party at

DODGE PARK REST HOME

You are cordially invited
(with all your family and friends)
to join us for our Halloween Celebration
with entertainment by~

The Mike and Beth Show

Hosted by Dodge Park Rest Home
Micha, Ben & Carrie

When: Oct. 30, 2018 **Time:** 2:30 - 4:30

Where: Dodge Park Rest Home

101 Randolph Road • Worcester, MA 01606

- RSVP is a MUST!!!

RSVP to Erin Lemoine by October 25

(508) 853-8180



Eat, Drink & Be Scary!

We're brewing up some fun!



Join us for A Halloween Party at OASIS AT DODGE PARK

You are cordially invited
(with all your family and friends)
to join us for our Halloween Celebration
with entertainment by~

The Mike and Beth Show

Hosted by Oasis at Dodge Park
Micha, Ben, Carrie, Renee, & Meri

When: Oct. 30, 2018 **Time:** 2:00 - 4:00

Where: Oasis at Dodge Park

102 Randolph Road • Worcester, MA 01606

- RSVP is a MUST!!!!

RSVP to Erin Lemoine by October 25

(508) 853-8180



Your Loved Ones Deserve the Best

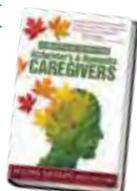
Worcester's Premier Senior Residential Care Facility



- Safe, secure, state-of-the-art facility
- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
- Beauty salon, spa, library
- Residency rates never go up
- Fully licensed by the State of Massachusetts
- Private rooms available
- Daily activities programs



Schedule a no-obligation tour
and receive our **FREE** book



(508) 853-8180 • OasisAtDodgePark.com

The Oasis at Dodge Park is more affordable than you think and provides a higher level of care than traditional assisted living.

Premier Residential Care Facility For Seniors

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

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



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

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



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

DODGE PARK

REST HOME

CELEBRATING



YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Did You Know? 7:00 Meditation and Relaxation 8:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Board & Table Games 3:15 Art Therapy 4:00 Game Circle 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends 4:00 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Golden Oldies</p>	<p>9:30 Daily Chronicle 10:00 Morning Stretch 11:15 Parachute/Octaband Circle 2:30 Leaf Painting 4:00 Ball Game 7:00 Poetry Reading 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Did You Know? 10:30 Yoga with Nancy 11:30 Big Board Word Game 2:30 Entertainment: Devin Ferreira 4:00 Reminiscing/Relaxation 7:00 Hand Massage & Music 8:00 Laugh A Little</p>	<p>Octoberfest Celebration 10:00 Baking with Laura 10:30 Congregational Church Service 2:30 All About Octoberfest German Facts & Fun 3:00 Bavarian Bash! 4:00 Sentimental Singing 7:00 Friday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Story/Discussion 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Sean Fullerton 8:00 Movie & Munchies</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Did You Know? 7:00 Meditation and Relaxation 8:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Board & Table Games 3:00 Art Therapy 4:00 Game Circle 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends 4:00 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Golden Oldies</p>	<p>9:30 Daily Chronicle 10:00 Morning Stretch 11:15 Parachute/Octaband Circle 2:30 Autumn Tree Craft 4:00 Ball Game 7:00 Poetry Reading 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Did You Know? 10:30 Yoga with Nancy 11:15 Resident Council 2:30 Bowling Game 4:00 Reminiscing/Relaxation 7:00 Hand Massage & Music 8:00 Laugh A Little</p>	<p>9:30 Daily Chronicle 10:00 Baking with Laura 10:30 Congregational Church Service 11:00 Twister Toss 2:30 Music Therapy 3:00 Apple Cider Social 4:00 Sentimental Singing 7:00 Friday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Story/Discussion 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: Ted Powers 8:00 Movie & Munchies</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Did You Know? 7:00 Meditation and Relaxation 8:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Board & Table Games 3:00 Art Therapy 4:00 Game Circle 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV</p>	<p>9:30 Daily Chronicle 10:00 Circle Games 11:15 Tai Chi 2:30 Bingo with Friends 4:00 Sing-A-Long 7:00 Tuesday Night Trivia Challenge 8:00 Golden Oldies</p>	<p>9:30 Daily Chronicle 10:00 Witch Warm Up 11:00 Halloween History Halloween Quiz 2:30 Witch Bingo Halloween Hangman 4:00 Halloween Humor 7:00 Movie: Casper the Friendly Ghost</p>	<p>9:30 Daily Chronicle 10:00 Did You Know? 10:30 Yoga with Nancy 11:30 Big Board Word Game 2:30 Birthday Party with Rob Marona 4:00 Reminiscing/Relaxation 7:00 Hand Massage & Music 8:00 Laugh A Little</p>	<p>9:30 Daily Chronicle 10:00 Baking with Laura 10:00 Fit & Fun 11:00 Twister Toss 2:30 Music Therapy 3:30 Howling Halloween Magic Show 4:00 Sentimental Singing 7:00 Friday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Autumn Poetry 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: John Gundstrom 8:00 Movie & Munchies</p>
<p>9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Dave Cuddy 4:00 Superstitions/Folklore 7:00 Meditation and Relaxation 8:00 Sunday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Halloween Facts & Fun 3:00 Art Therapy 4:00 Haunted Honeymoon Story & Discussion 7:00 Movie: "It's the Great Pumpkin Charlie Brown"</p>	<p>9:30 Daily Chronicle 10:00 All About Halloween Halloween 20 Questions 11:15 Tai Chi 2:30 Halloween Party Tricks/Treats/Games & Fun 3:30 Entertainment: The Mike & Beth Show 7:00 Movie: Hocus Pocus</p>	<p>9:30 Daily Chronicle 10:00 Witch Warm Up 11:00 Halloween History Halloween Quiz 2:30 Witch Bingo Halloween Hangman 4:00 Halloween Humor 7:00 Movie: Casper the Friendly Ghost</p>	<p>9:30 Daily Chronicle 10:00 Did You Know? 10:30 Yoga with Nancy 11:30 Big Board Word Game 2:30 Birthday Party with Rob Marona 4:00 Reminiscing/Relaxation 7:00 Hand Massage & Music 8:00 Laugh A Little</p>	<p>9:30 Daily Chronicle 10:00 Baking with Laura 10:00 Fit & Fun 11:00 Twister Toss 2:30 Music Therapy 3:30 Howling Halloween Magic Show 4:00 Sentimental Singing 7:00 Friday Night Movie</p>	<p>9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Autumn Poetry 3:00 Chrs on the Piano 4:00 Game Circle 6:30 Entertainment: John Gundstrom 8:00 Movie & Munchies</p>



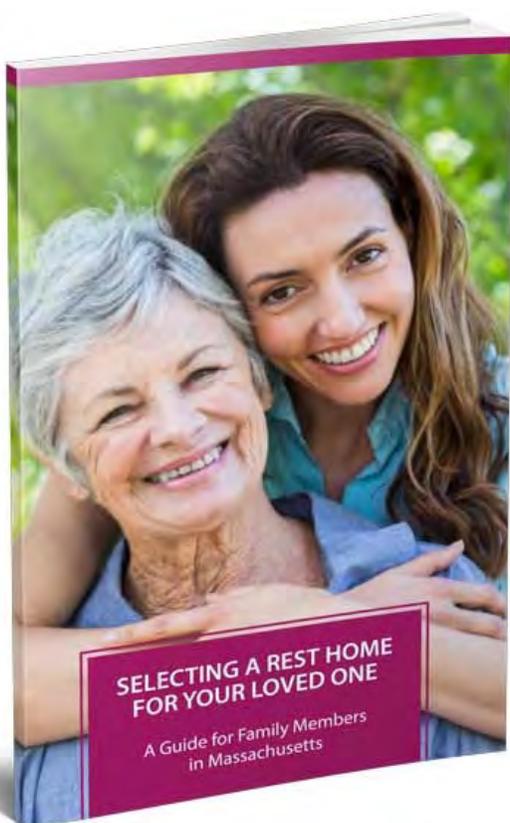
October 2018
 Dodge Park Rest Home & Day Club

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

Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

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

How do you choose the right place for your loved one?
How do you know they will be safe, secure and live with dignity?



In this guide, you'll learn:

- ➔ The difference between and Rest Home & Assisted Living
- ➔ The difference between a Rest Home & Nursing Home
- ➔ The qualities that define an exceptional Rest Home
- ➔ Why you **MUST** visit a potential Rest Home
- ➔ What do look for during a Rest Home Tour
- ➔ Helpful resources to help you in Massachusetts

CLICK TO GET INSTANT ACCESS

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

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 associated with Halloween!

T B A

P U K I N M P

T C A

S C O S E T U M

S H O S T G

S T E O N L E K

D I P E R S

C W T I H

L O W

B E O C R O T

E R E E I

E V A R D G R A Y

C A B K L



R A E C S

M R B O O

S R M E T N O

O N M O

Y M M U M

D A Y N C R C O N (2WDS)

H T N D E A U E O U H S
(2WDS)

P A V R M I E

H I T N G

K M A S

C S T R K I

S A T R E T

ANSWERS: bat, pumpkin, cat, costumes, ghosts, skeleton, spider, witch, owl, October, eerie, graveyard, black, scare, broom, monster, moon, mummy, candy corn, haunted house, vampire, night, mask, tricks, treats

Missing Letters

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

O _ _ N _ E

_ P _ L _

C A _ B _ G E

_ _ M A _ O _ S

T _ R _ _ P

R _ D _ S _

_ G _ P L _ _ T

W _ _ E _ M _ L _ _

P _ _ S

_ R _ C C _ _ _

_ E A _ H

B _ _ A _ A

C _ R _ _ T _

_ _ T _ T O

_ Q _ A _ H

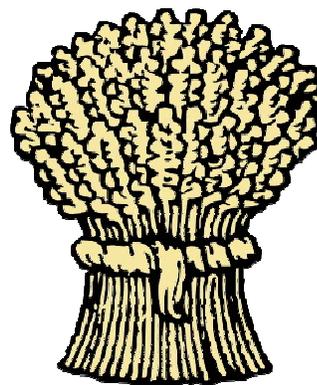
C _ _ N

B _ A _ _

_ E P _ _ R

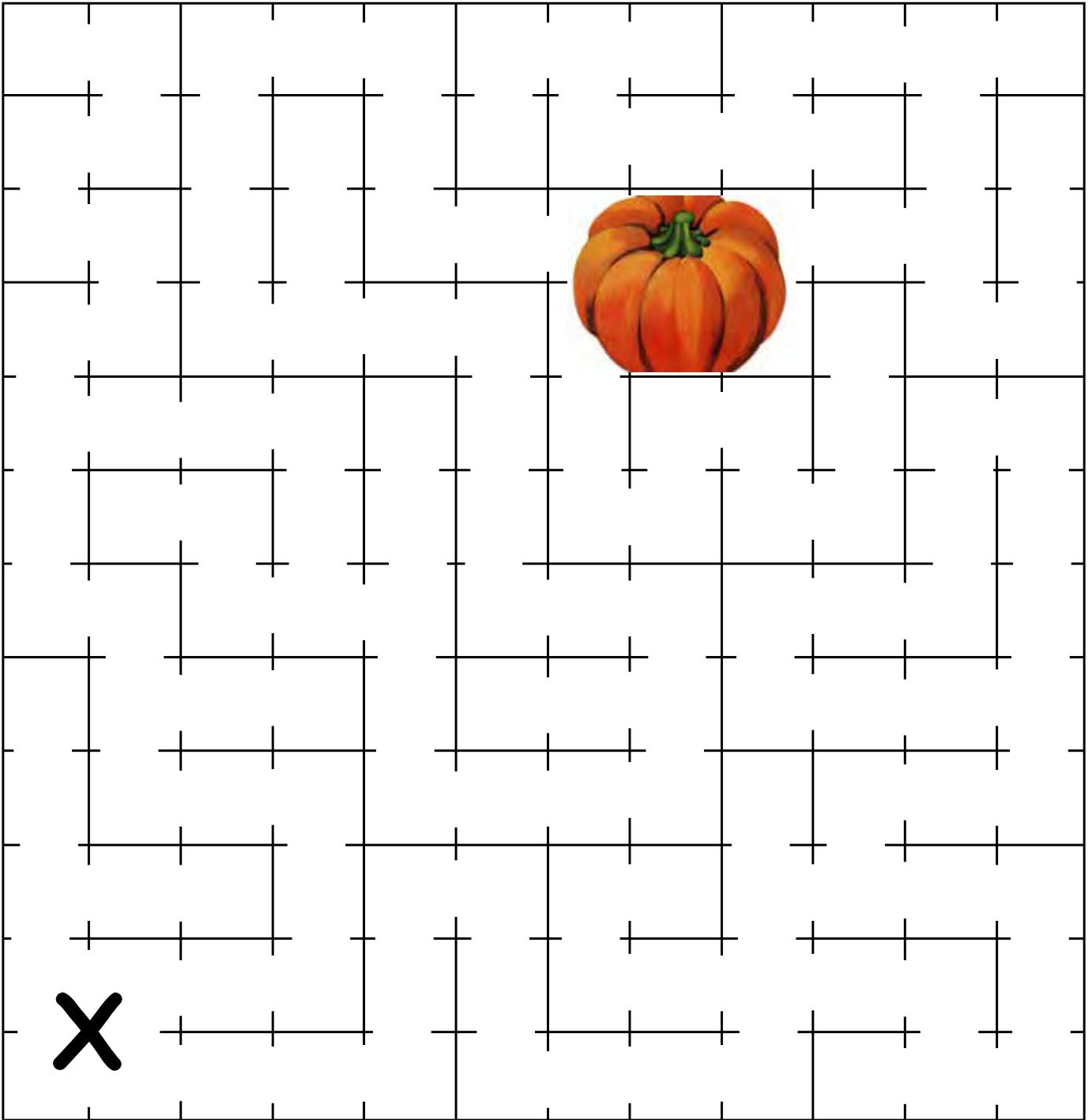
B _ E _ S

_ _ I _ N _



ANSWERS: orange, apple, cabbage, tomatoes, turnip, radish, eggplant, watermelon, peas, broccoli, peach, banana, carrots, potato, squash, corn, beans, pepper, beets, onions

The Great Pumpkin



Start at the "X"
Find your way to the prize
Good Luck!!!

HALLOWEEN FRIGHT

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

Black cat
Candy corn
Full moon
ghost

goblin
Halloween
haunted
howling

pumpkin
scarecrow
Trick-or-treat
witch



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

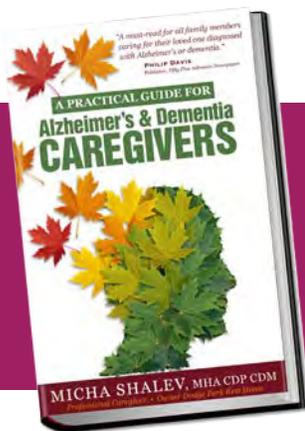
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

Schedule a Tour and discover the difference
508-853-8180 dodgepark.com oasisatdodgepark.com



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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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.

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DODGE PARK REST HOME



The Day Club

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