

NEIGHBORHOOD CONNECTION

Dodge Park and the Oasis at Dodge Park Community Newsletter

December 2018



Begins Sunday, December 2nd



Tuesday, December 25th



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.



Bringing LIFE to Those We Serve

The power of music with dementia residents

By Micha Shalev

If upon hearing, “It’s the story of a lovely lady...” or “You are my Sunshine...” you are instantly reminded of your childhood, you know the power of musical memory. Songs tell the stories of our lives. They remind us of a special day, a good time, a first love and even a favorite car.

You can’t summon inspiration with a flick of the radio dial, or a tap on your iPod. But music can set the stage for creativity. Certain types of sounds can stimulate alpha waves in elderly brain, which normally occur when you’re close to sleep. The relaxed sensations created by alpha waves can lower their mental barriers and help them to see new connections and possibilities.

Music therapy holds so many promises for so many types of diseases, not only for memory loss but also for working with people who have movement disorders, as well as behavior problems due to dementia/Alzheimer’s disease.

It is a scientific fact that music is one of our most persistent memories and indeed can enhance and help in the recall of people, places and events. Oliver Sacks, a neurologist and author of the book, *Musicophilia: Tales of Music and the Brain*, details how music is stored in the brain. His studies reveal the music we learn and love in our teens and early 20s are the musical styles that will remain our favorites throughout our lives. These are the tunes that are most closely linked to our memories.

“You are my Sunshine” CD is one of those albums that can bring so much joy to any long term care community. It is rare to find a CD that activity directors can conduct the whole morning stretch program to.

Experiment with using music to spur resident’s creative juices by remembering these guidelines:

- **Don’t play music nonstop.** It may distract them when they need to focus their attention on details. The best time is usually the mid-afternoon, to get through the postlunch energy slump.
- **Choose the right music.** What’s right? That depends on the resident’s tastes, current physical and or mental condition. Many researches find that classical music of the baroque style relaxes their mind and makes them more receptive to a unique activity program and care approach.
- **Be patient.** Just turning on a song won’t instantly turn residents into a fully alert and oriented individuals. Feed their mind in other ways, with art, games, and sufficient rest so they are ready and able to be creative when the time is right or during activity program.

The power of the musical memory is so strong that for a brief moment a resident can leave their anxiety, confusion and pain behind. A fact confirmed by The National Institute of Nursing Research who found music can reduce stress and pain levels. The National Institute of Education and Health Sciences reported music tempo can affect and improve mood and heart rate – a fact well known by everyone who has ever felt a bit down and turned

Dodge Park & Oasis at Dodge Park

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The Dodge Park Family of Care Services

Dodge Park Rest Home
www.dodgepark.com

The Oasis at Dodge Park
www.oasisatdodgepark.com

The Adult Day Club at Dodge Park
Dodge Park At Home
Dusk to Dawn at Dodge Park

on a radio to lighten their spirits!

Musical tastes and selections may be misunderstood between the generations but the power of music crosses all age groups from The Rat Pack to the Fab Four and ties notes to memories for a lifetime. I have always known that music can open hearts. Through my personal experience, I have seen how it can also open minds.

Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. He can be reached at **508-853-8180** or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com.

Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

A TESTIMONIAL FROM JENNIFER CRITCHLOW

It is with gratitude and appreciation that I write this note. My mother was a resident of Oasis at Dodge for Park for one year. She had dementia and found taking care of herself overwhelming, but at the same time unable to say yes to any help. Her automatic response to any question was “no” which made it very difficult to help her. The staff at the assisted living facility respected her no answer, but this resulted in her not bathing, dressing, eating or taking her medications. She also lost her sense of joy in life and her sense of humor.

My goal in finding a new place for my mother to live was simple. I wanted her enjoy her days again by engaging with others, I wanted her to take her meds and to eat three healthy meals a day. I also wanted this to be her final move and I wanted her to be able to die there. My goal was achieved and then some. My mother participated in the activities every day. She ate her meals with two wonderful women that she considered her friends. When we would drive back to Oasis from an outing, she would smile and say “I’m home”.

The entire staff, including nursing, housekeeping, maintenance, laundry, dietary, receptionists, and activities, knew my mother’s name and interacted with her from a passing “Hello” to “What can I do for you?” She felt cared for and loved. The staff went out of their way for us. I was able to go back to being a daughter again instead of worrying constantly about her meds, her food, her safety, and her medical care. The staff took over those worries for the both of us.

One of the best things about her stay at Oasis was that my mother’s sense of humor returned. I hadn’t even realized it was gone until I saw her bantering with the nurses with a smile on her face. What a gift! When her quality of life seemed to be decreasing, the staff suggested hospice. We all anticipated she would be on hospice for a few months, but she had her own timeline and passed away less than two weeks later in her bed at Oasis with her family present. The care she was given right to the end was wonderful, kind, respectful and dignified just as it had been for the entire year before. As a family member who spent many hours with my mother doing the activities, eating meals with her, and interacting with much of the staff and owners of Oasis, I can honestly give them the highest rating.

My family and I cannot thank the entire staff enough for the wonderful care they gave to my mother. We will be forever grateful for the fact that the last year of her life was in a place like Oasis.

Jennifer Critchlow

November 2018

COMMENTS

We can't thank you enough
for the care, concern,
acceptance you've all shown
since Mom (Pauline Johnson)
became a resident at Oasis.
She is thriving! We haven't
seen her this happy and
healthy, for years.

My sister, Lisa Thomas, and I
cannot speak highly enough
about the staff and
facility.

Well done, Mike, Ben and
the entire Oasis family!

Sincerely
Lori Baril

**Thank you for taking the time to complete
this survey.**



Great Facility. Care is superb. We are very happy with overall staffing, level of care and activity. Mom doing very well at the facility. A one of a kind.

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

To know that my Mom is safe every day means the world to me. She has been a resident at Dodge Park for just over a year now and the difference in her is amazing. She is very happy living there and she appreciates how much the staff do for her day in and day out. She tells me all the time she feels lucky to have made so many friends including the residents and staff. The entire staff continue to go above and beyond every day with her care. Her room is immaculate, her clothes are always clean, the dining hall is spotless, kudos to the staff for the upkeep of such a large facility. I had the privilege of participating in one of the day hab programs on Patriots Day with Mom and very impressed by the structure of the activities planned surrounding that holiday. Ben & Michael's knowledge of dementia attributes to the well being of all the residents, the monthly newsletter is full of facts that are very helpful to anyone who has a friend/relative with dementia. Every Saturday I visit so Mom and I can participate with Jorge doing aerobics, the smiles he puts on the residents face is priceless, such a caring gentleman.



RESIDENTIAL CARE FACILITY FOR THE ELDERLY

FOR IMMEDIATE RELEASE

Contact: Micha Shalev (508) 853-8180

Dodge Park Chosen as “2018 Reader’s Choice” by Holden Landmark Readers

Worcester, MA November 13, 2018 — The Holden Landmark, which covers the towns of Holden, Paxton, Rutland, Paxton and Sterling recently announced that Dodge Park was selected as a “2018 Reader’s Choice” winner in the category of Best Retirement Facility.

“Dodge Park is honored to be recognized by the readers of the Holden Landmark. Our home-like community is a place where seniors can continue to live a vibrant, purposeful life with the assurance that safety and comfort are our number one priority for all our residents,” said Micha Shalev, co-founder of Dodge Park. “I would also like to thank our employees, who contribute every day to our residents’ care because without them this award would not be possible,” he added.

Dodge Park is a sixty (60) bed residential care home in Worcester and licensed by the Massachusetts Department of Public Health (DPH). It offers its’ residents all the amenities of a modern facility combined with the quaintness of home. Licensed nursing staff and a medical director are available 24-hours a day / 7 days a week allowing Dodge Park to offer a very unique level of care not found in most other senior living facilities.

About Dodge Park Rest Home

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

PROUD TO BE CHOSEN





CLARENCE PLANT, CPPM, CF
Past Grand Master
Grand Secretary



104 RANDOLPH ROAD, WORCESTER, MASS. 01606
Tel: 508-852-7702 Fax: 508-853-8103

September 20, 2018

Mr. Micha Shalev
Dodge Park Rest Home
101 Randolph Road
Worcester, MA 01606

Dear Mr. Shalev,

Each year the Grand Lodge of the Independent Order of Odd Fellows recognizes a person within the Worcester Community for their community involvement, vision and dedication to the Worcester Community.

Because of your significant community involvement, your vision and years of dedication to the Worcester Community, you have been chosen to receive the Community Service Award.

On behalf of The Grand Lodge of the Independent Order of Odd Fellows, I would like to cordially invite you and your escort to attend our **24th Annual Arthritis Charity Ball** on Saturday, December 8, 2018 at the Manor Restaurant, 42 West Boylston Street (Rt12), West Boylston, MA 01583.

In the past years we have had the fortunate opportunity to have been able to present the Community Service Award to the following distinguished ladies and gentlemen, Dr. Satya B. Mitra, President, Guru Tax & Financial Services, Ms. Jill C. Dagilis, Executive Director, Worcester Community Action Council, Inc., Ms. Amy Vogel Waters, Director of Elder Affairs/Worcester Senior Center, Attorney Sumner B. Tilton, Esquire of Fletcher, Tilton & Whipple, P. C., Dr. James A. Caradonio, former Superintendent of Worcester Public Schools, former District Attorney the Honorable John J. Conte, former Mayor, Lt. Governor Timothy P. Murray, Ms. Mary M. Carroll, Mr. Michael V. O'Brien, former Worcester City Manager and Dr. Dennis D. Berkey, former WPI President.

The Ball will commence with a social hour at 6:00pm followed by dinner at 7:00pm. Immediately after dinner, all proceeds from this major fundraiser will be presented to Mr. Michael P. Moriarty, Director of the Arthritis National Foundation Board of Trustees.

Thank you for your time and consideration regarding for accepting this award. The Arthritis Committee and I are looking to receiving a favorable response by October 10, 2018. I can be reached at (508) 852-7702.

Sincerely,

Clarence Plant, CPPM, CF, PGM
Chair, Sovereign Grand Lodge Arthritis Advisory Board

24th ANNUAL ARTHRITIS CHARITY BALL



The Grand Lodge of the Independent Order of Odd Fellows recognizes Mr. Micha Shalev, Executive Director and Owner of Dodge Park and the Oasis at Dodge Park to receive the *Community Service Award* for his dedication, vision and community involvement to the Worcester Community.

The ball will be held at

The Manor Restaurant

42 West Boylston Street, West Boylston, MA

Saturday, December 8th, 2018

The Ball will commence with a cocktail hour at **6:00pm**
followed by dinner at **7:00pm**.

*All proceeds from the fundraiser will be presented to
Mr. Michael P. Moriarty, Director of the
Arthritis National Foundation Board of Trustees.*



Memory care at Dodge Park Rest Home and Oasis at Dodge Park:

Where everyone knows your name

Imagine a place where individuals suffering from Alzheimer's and dementia feel right at home. Imagine a place where they can regain a sense of fulfillment. Dodge Park Rest Home and Oasis at Dodge Park on Randolph Road in Worcester are just such a setting. The facilities' **N'efesh to N'efesh Memory Care Program** (from the Hebrew for "soul to soul") strives to help those struggling with memory loss at any stage to build and maintain cognitive ability. Based on research from a variety of recent studies, Dodge Park Rest Home and Oasis's specially designed program is comprised of six pillars of activities in which memory care residents and their families join in. These include Physical Exercise, Stress Reduction, Cognitive Exercise, Specialized Digital Programs, Purposeful Social Activities and Support Groups and Resident Council. Resident-centered care is at the cornerstone of the N'efesh to N'efesh Memory Care Program at Dodge Park and Oasis at Dodge Park. Caregivers, staff and the management team are specially

'We feel so fortunate that we found the Oasis'

Judy Atkins Bath's mother Nancy Atkins has been a resident at Oasis at Dodge Park since just after the facility opened in 2017 and is thriving in the environment due in large part to the N'efesh to N'efesh Memory Care Program. "What works best for my mom," Ms. Bath said, "is the music that's offered, which brings back memories of entertainers she enjoyed when she was younger: Tom Jones, Frank Sinatra, Dean Martin and Roger Whitaker. We have a little player in her room too. When the music starts, she is in the front row center and singing and very happy and engaged with it. When Bill McCarthy announced 'this one's for you, Nancy, and broke into Que Sera Sera ('Que sera, sera/whatever will be, will be/the future's not ours to see/Que sera, sera/what will be, will be'), she loved it. It is just wonderful for Oasis's staff and (Activity Director) Amy Bustin to do this. Amy's great, dancing and clapping with the residents. We feel so fortunate that we found the Oasis."

'Mom is doing fabulous at the Oasis'

Lisa Swalec's mother Margaret Leroux—"Judy"—benefits immensely from the affection showered on her by an Oasis staff that is "compassionate and patient," Ms. Swalec says. "She was at home with twenty four-hour care for two years. Oasis gives her more socialization than she was getting. My father was briefly at Dodge Park before he died. The amazing thing is the music, Saturday nights and Sunday afternoons. The whole facility is memory care and residents are allowed to move about; they are not confined to one wing."

trained to focus on the strengths of each person and to understand a resident's preferences, accomplishments and family ties. Each resident's preferences and life story contribute to the individualized care plan and activities they take part in, from dining choices to daily activities and specialized care.

Oasis's Activity Coordinator Amy Bustin says:

"One of my favorite activities at Oasis at Dodge Park is our Reminiscing Program. Here the residents and caregivers share their personal stories. We use this time to learn about each other and recall experiences from the past. A simple question of 'where did you grow up?' brought up old memories for one resident and we were soon talking about summers at 'the World's Fair' in St. Louis. For residents, recalling the past is important as their disease can rob them of these moments. Caregivers in turn have been able to learn about the lives of the residents. Using these tools has seamlessly turned my residents from the people I assist to those who feel like family. I feel blessed to know each of them."



"In my experience, music has been one of the most powerful tools we have in the memory-care program. One resident could not recall how many children they had but was able to sing all of the words to 'God Bless America' with me. I have used sing-a-longs many times to redirect those that are upset. The familiarity of the music is comforting while sharing the song experience creates a bond between residents and the aides. A quiet room can quickly be filled with 'Take Me Out to the Ball Game' or 'Grand Ol' Flag.' The variety of music programs we have each week is engaging—from drum circle to upbeat aerobics to quiet background music early in the morning. Music has become one of the best ways to make connections on a daily basis."

www.oasisatdodgepark.com
877-363-4775

https://dodgepark.com
508-853-8180

DECEMBER OBSERVANCES

Monthly

National Impaired Driving Prevention Month. Help keep America's roadways safe this holiday season. Use a designated driver, rideshare, or a taxicab to transport you to and from the season's festivities. Drive sober and undistracted now and throughout the year.

Safe Toys and Gifts Awareness Month. Because your child's favorite toy can present a choking hazard or other serious injury, the folks at Prevent Blindness have created a list of guidelines that will help you make a safe toy purchase this holiday season. Visit their website at <https://www.preventblindness.org/safe-toy-checklist>.

Universal Human Rights Month. During this season of peace and goodwill, take time to recognize the equality, civil rights, and dignity of our fellow humans.

Worldwide Food Service Safety Month. December shines a spotlight on the food service industry, promoting proper sanitation, packaging, and food handling practices, as well as accurate labeling and storage and other considerations that help prevent contamination and food-borne illnesses. Be extra vigilant in choosing where you dine out or take out this month.

Weekly

Cookie Cutter Week, Dec. 1–7. Roll out the gingerbread, shortbread, and sugar cookie dough, then use your favorite cutters to shape and bake a batch of tasty holiday cookies. Whatever you decide to bake, make sure you share.

Hanukkah, Dec. 2–10. This Jewish festival of lights is celebrated over eight days with special prayers, food, and the nightly lighting of the menorah.

Older Driver Safety Awareness Week, Dec. 3–7. The American Occupational Therapy Association uses this week to focus on the risks and challenges associated with driving for an aging population. Learn more at www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week.aspx

Las Posadas, Dec. 16–24. For more than 400 years, Catholics in Spanish-speaking countries have celebrated the Nativity through prayer, caroling, and musical re-enactments during the nine days preceding Christmas.

Kwanzaa, Dec. 26–Jan. 1. This weeklong African-American celebration of family, community, and culture helps to usher in the new year on a positive note.

SPECIAL DAYS

1 Eat a Red Apple Day

1 World Aids Awareness Day

2 National Fritters Day

3 Advent begins, date varies

3 National Roof over Your Head Day

4 Santas' List Day - we hope you are on the "Nice" list

4 Wear Brown Shoes Day

5 Bathtub Party Day

5 Repeal Day - The 21st Amendment ends Prohibition. I'll drink to that!

6 St. Nicholas Day

6 Mitten Tree Day

6 Put on your own Shoes Day

7 International Civil Aviation Day

7 Letter Writing Day

7 National Cotton Candy Day - would you like some fairy floss?

7 Pearl Harbor Day

8 National Brownie Day

8 Take it in the Ear Day

9 Christmas Card Day

9 International Children's Day - Second Sunday in December

9 National Pastry Day

10 Human Rights Day

11 National Noodle Ring Day

12 Channukah - date varies

12 National Ding-a-Ling Day

12 Poinsettia Day

13 Ice Cream Day

13 Violin Day

14 International Monkey Day

14 National Bouillabaisse Day

14 Roast Chestnuts Day

SPECIAL DAYS

15 Bill of Rights Day
15 National Lemon Cupcake Day
16 National Chocolate Covered Anything Day
17 National Maple Syrup Day
18 Bake Cookies Day
18 National Roast Suckling Pig Day
19 Look for an Evergreen Day
19 Oatmeal Muffin Day
20 Go Caroling Day
21 Crossword Puzzle Day
21 Forefather's Day
21 Humbug Day
21 Look on the Bright Side Day
21 National Flashlight Day
21 Winter Solstice - the shortest day of the year, date varies
22 National Date Nut Bread Day -
23 Festivus - for the rest of us
23 Roots Day
24 National Chocolate Day
24 National Egg Nog Day
25 Christmas Day
25 National Pumpkin Pie Day
26 Boxing Day
27 Make Cut Out Snowflakes Day
27 National Fruitcake Day
28 Card Playing Day
29 Pepper Pot Day
30 Bacon Day
30 National Bicarbonate of Soda Day
31 Make Up Your Mind Day
31 New Year's Eve
31 Unlucky Day

Daily

World AIDS Day, Dec. 1. Since 1988 this day has helped to raise awareness to the issues surrounding this global pandemic and those it affects.

International Day of Persons with Disabilities, Dec. 3. In 1992 the United Nations made a proclamation to observe the rights and needs of disabled persons on this day, seeking to raise awareness of the challenges and lack of resources that prevent them from living sustainable, dignified lives.

Christmas Day, Dec. 25. It doesn't matter what you believe or whether you were naughty or nice this year. Today is about peace, love, reverence, and fellowship. We can all observe that.

New Year's Eve Banished Words List, Dec. 31. Since 1976, wordsmiths at Lake Superior State University have compiled and published a list of useless, misused, and overused words to ban from our vocabularies in the coming year. To view the archives, go to www.lssu.edu/banished-wordslist/banishedword-list-archive.





DR ABBAS QUTAB

THE DOCTOR'S DOCTOR



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

DO ANTIBIOTICS WORK FOR COLD SYMPTOMS?

According to a recent study published in the British medical journal Lancet, about a third of patients who go to their doctors for upper respiratory infections are diagnosed with acute rhinosinusitis (sinus infection), and 80% of these patients receive antibiotics, even though doctors don't have a clear criteria for distinguishing between viral and bacterial infections.

Why is this an important distinction? It's important because while bacterial infections can be treated with antibiotics, viral infections cannot. If you take antibiotics for viral infections, they won't help. As a matter of fact, they may actually harm you. The CDC emphasizes this very point. On its website it states, "Are you aware that colds, flu, most sore throats and bronchitis are caused by viruses? Did you know that antibiotics do not help with viruses? It's true. Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment."

No one enjoys being sick, but antibiotics aren't the answer, particularly for common cold symptoms. While cold symptoms aren't pleasant to endure, mom's homemade remedies of chicken soup, vitamins and fluids will be more effective and a lot less risky. For my patients who end up taking antibiotics with bacterial infections I always suggest they take my Dr Qutab's Ultra Probiotic 100 Billion to re-inoculate the good bacteria in order to build a better immune system for winter.



A very *Happy Birthday* to...

Oasis Residents

Rosa P. December 16th

Staff

Evelyn N. December 1st

Barbara B. December 6th

Donna W. December 9th

Tessa T. December 10th

Dodge Park Residents

Janet C. December 7th

Rene M. December 16th

Renee K. December 18th

Angel B. December 24th

Abigail L. December 24th

Brenda H. December 28th



**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 December 20, 2018

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

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

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



Vaping on the upswing

E-cigarettes are more common than ever these days. Approximately 10.8 million Americans— almost one in 20—use them, according to the Reuters website. More than half of these e-cigarette users are less than 35 years old. One in three users is vaping every day.

They’re not giving up regular cigarettes, though. According to a study from the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease in Baltimore, the most common practice is “dual use,” smoking both traditional cigarettes and the electronic version.

The most common users are twenty-somethings, smokers of traditional cigarettes, unemployed adults, and people in the LGBT community, the study found. Men vape more than women: 5.9 percent of men in the study reported current e-cigarette use, compared with 3.7 percent of women.

The high cost of health care surprises many

Have you ever opened a medical bill and been stunned by how much you owe? You’re not alone. The EurekaAlert website reports that 57 percent of Americans adults have been surprised by a medical bill because they thought the services were covered by their insurance. Twenty percent of them say the costs were because their physician wasn’t in their network.

The costs have different origins. The most common are for physician services (53 percent), laboratory tests (51 percent), health care facility charges (43 percent), imaging (35 percent), and prescription drugs (29 percent).

Quotes

“Life it is not just a series of calculations and a sum total of statistics; it’s about experience, it’s about participation, it is something more complex and more interesting than what is obvious.”
—Daniel Libeskind

Trust in the news looking stronger

The news has taken a beating in the last few years, but the tide may be turning, especially on the local side. The Poynter Media Trust Survey reports that 76 percent of Americans on all sides of the political spectrum say they have “a great deal” or at least “a fair amount” of trust in their local television news, and 73 percent feel the same about their local newspapers. On the other hand, only 55 percent say they have trust in national network news and 59 percent in national newspapers. Just 47 percent trust online news sources.

Politics affects trust, naturally. The survey of 2,000 Americans found that 86 percent of Democrats have confidence in the news media, but only 23 percent of Republicans do.

“Trust is highest among Democrats who are most knowledgeable about current events (97 percent of that group have confidence in news media),” the Poynter website notes, “and lowest among the best-informed Republicans (only 15 percent of them trust the press).”

Teachers and digital devices: Good or bad?

Digital devices like smartphones, tablets, and computers are everywhere, even in the classroom.

How do teachers feel about them? Gallup asked, and here’s the breakdown of their responses in three specific areas:

	Mostly helpful	Neutral	Mostly harmful
• Effect on education	42 percent	30 percent	28 percent
• Effect on physical health	4 percent	42 percent	55 percent
• Effect on mental health	4 percent	27 percent	69 percent



Survival tips if your car gets stuck in a blizzard

Getting trapped in your car during a blizzard can be a terrifying experience. But it doesn't have to be fatal, if you stay calm and follow these survival tips:

- **Stay in your car.** Unless help or shelter is clearly visible within easy walking distance, you're safest remaining in your vehicle where it's warm and dry.
- **Make yourself visible.** Tie a brightly colored piece of cloth to your antenna to signal rescuers. Use your flashers, and light signal flares if you have any.
- **Bundle up.** Wrap yourself up in whatever you have. Even newspaper will help you retain heat.
- **Clear your tailpipe.** Make sure snow and ice aren't blocking your tailpipe, or carbon monoxide could back up into your vehicle when you turn on the engine.
- **Run your heater sparingly.** Conserve fuel by running the heater for only 10 minutes an hour. That should be sufficient to keep you warm. Crack a rear window to prevent any fumes from lingering inside when your motor is running.
- **Keep moving.** Even inside your vehicle, move your arms and legs as much as you can to keep your circulation going and stay warm.
- **Fasten your seatbelt.** Your car may not be moving, but if visibility outside is low, another car could rear-end you, causing injury if you're not securely strapped in.
- **Stay awake.** You're less likely to experience hypothermia and other cold-related conditions, and you can watch for rescue.

Don't take risks with fire at work

Fire in the workplace can erupt without warning, spread quickly, and have deadly consequences for your organization. Follow these guidelines for staying safe:

- **Keep your workplace clean.** Eliminate clutter—papers, boxes, and other combustibles—that can provide fuel for a fire. Don't store anything inflammable near a heat source such as machinery or a heating vent.
- **Maintain your equipment.** This can prevent problems arising from overheating or damaged electrical systems.
- **Watch your wiring.** Frayed power cords and damaged outlets can pose a hazard. Also, be sure your electrical control panel is easily accessible so it can be shut down quickly.
- **Keep exits clear.** Don't let boxes, desks, or other obstacles block fire exits or sprinklers.
- **Train your people.** Hold regular fire drills so employees know what to do in case of a fire.
- **Store chemicals safely.** Look at the labels on paint, cleaning solutions, and other chemicals to determine their inflammability, and store them accordingly.
- **Check your fire extinguishers.** Make sure they're ready for use, and teach employees how to use them—but instruct them not to try fighting a fire that might endanger them.

Quotes

"The best safety lies in fear."
—William Shakespeare

"There is always safety in valor."
—Ralph Waldo Emerson



Huge iceberg heading north

A massive iceberg is on the move. Scientists expected A-68, which split off from the Larsen Shelf in Antarctica in July 2017, to start crumbling shortly after the break. Instead, it remained mostly intact and anchored in a shallow seabed.

Now it's beginning to drift. Satellite images show it swinging counterclockwise to the north, due to a combination of ocean currents and weather conditions. Although it's lost some large chunks of ice, it's still almost as big as it was since the initial breakup—four times the size of the city of London, according to the UPI website, with a volume twice the size of Lake Erie and a weight of more than 1 trillion metric tons.

Scientists predict that A-68's drifting will dig gouges in the sediment of the seafloor beneath it. As it becomes increasingly exposed to warmer water, it will likely continue to spin and drift away from its birthplace near the South Pole.

Water found in unlikely 'spot'

Water, water everywhere—even on the planet Jupiter, apparently. The Sci-News website reports that water has been detected in the gas giant's great red spot. NASA scientists used two groundbased telescopes sensitive to thermal radiation to find the water, which is mixed with carbon monoxide. The water data suggest that Jupiter has two to nine times more oxygen than the sun.

Scientists note that the moons of Jupiter are mostly composed of water ice, making water plentiful in that neck of the solar system.

Cheese has a long history

Cheese has been popular for a lot longer than you may have thought. An analysis of ancient pottery from the Dalmatian Coast of Croatia has discovered traces of fermented dairy products like soft cheese and yogurt from some 7,200 years ago, according to the Science Daily website.

The discovery means that cheesemaking is 4,000 years older than previously known. Milk pottery from 7,700 years ago has been found in the area, indicating that our ancient ancestors had milk in their diets—at least their children up to about age 10. (DNA analysis shows that adults at that time were lactose intolerant.)

The development of cheese production changed the style and form of pottery as well. Among the artifacts found at the site were sieves, which are often used to strain milk when it becomes curds and whey. The sieves contained evidence that they had been used in secondary milk processing to make cheese or other dairy products.

Coldest place in the world

You may think it's cold where you live right now—if you're in the northern hemisphere, at least— but scientists have located the absolute coldest spot on Earth. No surprise—it's in Antarctica.

The *National Geographic* website reports that satellite data have identified an ice sheet in the middle of the southern continent with a temperature of minus 144 degrees Fahrenheit. This breaks the previous record for the chilliest place on the globe—minus 128 degrees, recorded in 1983 at the Russian Vostok Station close to the South Pole. At that low temperature, breathing itself is dangerous—more than a few breaths would make your lungs hemorrhage.

Chances are we won't find any colder places. Increases in greenhouse gases and water vapor in the air have scientists expecting a rise in temperatures across the Antarctic of three to four degrees in the coming years.



Do I Know You?

It's a common joke we often make about getting older, that we don't recognize that old person in the mirror. What if it were not a joke? What do you think it would feel like if you looked in a mirror and you had no idea who that person was looking back at you? Does the reflection of that person make you feel scared, confused, incapable, or like you are in an episode of the Twilight Zone? Your brain is fine, you know that about yourself, yet you cannot make sense of what you see.

Now imagine looking around the room and not being able to figure out what some of the objects are. These objects seem familiar, but you are just not sure how to use them. You pick up a toothbrush, and stare at it. You remember that it is something you use every morning, but what on earth does it do? It has bristles, so maybe it's what you use to make your hair neat. You start rubbing it on your head, trying to comb your hair with it.

This is agnosia: the inability to recognize faces and objects, or even smells, sounds, or shapes. It is the inability to attach meaning to objective sense-information. Agnosia is a common part of dementia and it can be scary and frustrating to have. It is also painful when your parent or spouse doesn't recognize you. It's important to know that agnosia is the culprit, not the person living with dementia.

In the Virtual Dementia Tour®, agnosia is simulated in a variety of ways: a transparency of an elder's face is placed on a mirror giving participants an altered

reflection, words spoken by the tour guide that are not clear, sounds in the headset that don't connect to items or events in the room, and signs on the walls that are nonsensical. In addition, miscellaneous items with no apparent purpose help create difficulty identifying objects.

Some of the behaviors we see in the VDT® stem from the simulation of agnosia. For example, the participant may put on a shirt or pull a towel over their shoulders instead of putting on a jacket, so items are misidentified and used incorrectly. As a result, we call it "strange" or "bizarre" behavior.

When a person living with dementia has agnosia, not only can it be frightening and confusing, but it can cause other problems such as loss of nutrition (if I don't recognize a spoon I may not eat), hygiene (brushing my hair with a toothbrush), and resistance to care (if the shower hose looks like a snake, I am not going to get in that shower).

Mirrors can be covered or removed to reduce distress. Use of utensils or grooming tools can be demonstrated or direct assistance may be given to complete care and eating tasks. Labels may work for a time, but the person in the middle stage of dementia may no longer be able to make sense of the words.

Helping the person with dementia manage the items, sounds, and people they don't recognize can be done easily and with dignity when we pay attention to reactions and behaviors. If you have a loved one who has dementia, remember it's the agnosia that is the trouble maker and not the person.

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

Experience What It's Like to Live with Dementia



Join us! Experience the **WORLD-RENOWNED** **VIRTUAL DEMENTIA TOUR®**

Experience what it is like to live with dementia by walking in your loved one's shoes. This patented program is designed to simulate the altered physical and sensory abilities of dementia patients. You'll see exactly what it is like to live with dementia!

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January 31st, 2019

3:00-7:00pm

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Micha Shalev, co-founder of The Oasis at Dodge Park has been certified to implement the Virtual Dementia Tour.





Alcohol a major contributor to deaths worldwide

A cold beer or a stiff drink may be relaxing, but according to a USA Today article, alcohol is associated with 2.8 million deaths a year, and was the seventh leading risk factor for premature death and disability in 2016.

As reported in a study written up in the medical journal *The Lancet*, researchers looked at almost 700 studies from around the world to investigate alcohol's health risks in 195 countries. Their findings included the fact that alcohol was associated with almost one in 10 deaths of people 15–49 years old, contributing to tuberculosis, car accidents, and self-injury. With people over 50, cancers were a leading cause of alcohol-related deaths—27 percent of deaths in women and 19 percent in men.

The study's lead author, Max Griswold of the Institute for Health Metrics and Evaluation at the University of Washington, advises: "If everyone cut their consumption in half, we could save a million lives globally."

Lack of sleep and heart disease

The key to good heart health—and good health in general—may be a good night's sleep. According to a UPI article, a Swedish study has found that the risk of developing cardiovascular problems is double for men who sleep five hours or less a night.

Researchers tracked 798 men for 21 years, categorizing them by sleep pattern: five hours or less, seven to eight hours, and more than eight hours. The results indicated that the group sleeping five hours or less had twice

the risk of a major cardiovascular event by 71, even after adjusting for such risk factors as obesity, diabetes, and smoking. Yet one more reason to get your rest.

What to do when someone isn't conscious

Someone is unconscious—not asleep, but out cold. What should you do? Call 911, of course, but while you're waiting, here are some tips from the Medical News Today website for helping out:

- Ask whether they're OK. If the person responds, ask some basic questions like their name birthday, or the date. Wrong or confused answers could signify a brain injury.
- Check their airways. If the person doesn't respond, determine whether they're having difficulty breathing. If you see something lodged in the throat, try to remove it with a one-finger swipe. Otherwise don't go exploring—you may push an object deeper down the person's air passages.
- Don't put a pillow under the person's head. This can disrupt his or her breathing.
- Check for bleeding. If the unconscious person is losing blood, apply pressure to the wound or wrap a tourniquet above the area to slow blood loss until emergency personnel arrive.
- Don't make them sit up. If a spinal cord injury has occurred, this could be dangerous. If the person is breathing and there's no sign of a spine injury, roll him or her onto the side and adjust the legs so that the hips and knees are at right angles, and tilt the person's head back gently to keep the airway open.

Quotes

"There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow."

—Orison Swett Marden

Try some different gifts this holiday season

The holiday season traditionally includes giving and receiving gifts. You don't have to spend a lot of money to show how much you care. Here are some creative ideas for low-cost gifts you can make yourself:

- **Recipe book.** Collect some of your favorite family recipes. Put them together in a small book that highlights your family tree.
- **Photos.** One way to make a special photograph even more special: Carefully cut a picture into four equal squares, then paste them onto four sheets of canvas or heavy paper. It creates a nifty effect for a four-piece picture that can hang on any wall.
- **Personal gift cards.** Make your own "gift certificates" that the recipient can redeem for personal (or romantic) purposes: a day free of chores, a back or foot massage, or something similar.
- **Scrapbooks.** Another use for photos: Create your own scrapbook around a family theme, a special place, a variety of activities, or anything else that has significance for your recipient.
- **Calendars.** Create a calendar using photos of family members—many photographic websites and print shops can help you do this. Or take a standard calendar and highlight special days throughout the year: birthdays, anniversaries, important events, etc.
- **Music.** Burn a CD of the person's favorite songs, or have a child sing his or her parents' favorite song and record it.

Take a traditional approach to money management

Financial software and high-tech apps can help you manage your money, but sometimes the old-fashioned methods are the best. Try these from the Insider website:

- **Envelope budgeting.** After paying your bills (rent, utilities, etc.) and setting aside a specific amount of money for savings, divide the remaining cash into a

series of envelopes—groceries, entertainment, restaurants, clothes, and so forth. When the cash is gone, you can't spend any more money in that category.



- **Freeze your credit cards.** To prevent impulse buying, place your credit cards in a small bowl of water and put them in the freezer. You'll have to wait until the ice melts in order to use one, which should give you time to think about whether you really want to make that purchase.
- **Have separate bank accounts.** Maintain three bank accounts: one for fixed monthly expenses, another for annual expenses like vacations, taxes, insurance, and so forth, and a third for emergencies. This can help you plan how much you can afford to spend in other areas.

Spend less eating out

We all like to eat out from time to time, but restaurant dining can be expensive. Here are some tips from the WRAL website on keeping costs down while eating well:

- **Stick with water.** Alcohol and soda can drive up the bill more than you realize.
- **Look for early-bird specials.** Many restaurants offer money-saving deals to entice people to eat during their slow periods.
- **Split a dish.** Order one entrée and share it with a friend.
- **Go out for lunch instead of dinner.** Lunch dishes are usually less expensive.
- **Use coupons.** Websites like Groupon offer coupons for up to 50 percent of the cost of a meal.



Pop quiz for heaven

A cruise ship captain, an accountant, and a guy named Marvin—formerly known as the office know-it-all—found themselves outside the pearly gates before St. Peter.

“Gentleman,” said St. Peter. “Congratulations on making it this far, but your journey through the afterlife isn’t over just yet. In order to be allowed into heaven, each of you must answer a simple question.”

The three men looked at each other and then looked at St. Peter and nodded. St. Peter then retrieved a folded piece of paper from a glass fish bowl labeled “Admittance questions for Heaven.”

“Captain,” St. Peter said, “What was the name of the ship that hit an iceberg and sank in April 1912?”

“The Titanic,” the captain replied.

“That is correct,” answered St. Peter as he stepped aside to make a path for the captain. “You may pass through the pearly gates.”

St. Peter looked at the two remaining men and said, “This next question is for the accountant. How much did it cost to build the Titanic?”

“It cost \$7.5 million.”

“Welcome to heaven,” St. Peter said to the accountant as the gates opened.

“Marvin,” said St. Peter. “Are you ready for your question?”

“Yes,” said Marvin. “I was born ready.”

“There were three dogs rescued from the Titanic. A Pekinese and two Pomeranians. What was the name of the Pekinese?”

Marvin blinked. “Seriously? How is that a simple question?”

St. Peter said, “If you were meant to be here, you’d know the answer.”

Try a few riddles

Q. Why are koalas not considered bears?

A. Because they don’t have the koalafications.

Q. What has four teeth and a tail, but no arms or legs?

A. A fork.

Q. What has two hands but cannot clap?

A. A clock.

Everyone loves a knock-knock joke

Knock, knock.

Who’s there?

Broken pencil.

Broken pencil who?

Who cares, it’s pointless!

Knock, knock.

Who’s there?

Cash.

Cash who?

No thanks, but I’ll take some almonds.

Knock, Knock.

Who’s there?

Goliath.

Goliath who?

Goliath down, thou looketh tired.

The whole truth

A man was summoned for jury duty. When it was his turn to be interviewed, he politely asked if he could be excused from serving. The judge inquired as to what grounds the man was making this request.

The man said, “Your honor, this is an extremely busy time of year in my office and I’d rather not be away.”

“Do you believe that your workplace won’t be able to function without your presence during this brief period of time?” asked the judge.

“No,” replied the man. “I’m afraid they’ll figure out they don’t need me.”



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

When it Comes to Good Health... Don't Skip a "Beet"

There are many foods out there touted for being a "super food." Foods such as kale, blueberries, broccoli and quinoa all have had their turn in the nutrition spotlight. Beets are showing up on all kinds of restaurant menus and can be found in most any grocery store these days. Beets are available all year long and come in a variety of colors. There is even one type of beet that looks like a candy cane when cut in half and is named for the sweet treat. Beets are one of many foods categorized as a root vegetable. Root vegetables are the edible underground plants just like potatoes and carrots.

Beets are known for their staining quality. If you've ever peeled a fresh beet with your bare hands you know exactly what I'm talking about. In fact, beet juice is often used as a natural food dye. The bright color of a red beet is from a group of pigments known as betalain. The other varieties of beets with differing colors such as yellow contain different pigments and therefore differing nutritional qualities.

From a nutritional standpoint there is much to love about beets. They are a good source of potassium which is essential for regulating the heart beat and plays a role in providing a proper sodium balance in the body. Beets are high in folate. Folate or folic acid are necessary for DNA synthesis at the cellular level. Adequate folate levels in women pre- and during pregnancy can prevent neural tube defects, such as spina bifida in the unborn child. Beets also contain a high level of manganese, a mineral essential for bone and skin health, blood pressure control and for its antioxidant qualities.

Beets contain nitrates. The body converts these into nitric oxide, which improves circulation by relaxing the blood vessels, enabling them to better carry nutrient and oxygen-rich blood throughout the body. Research has suggested that eating beets can help maintain a healthy blood pressure therefore reducing hypertension, a major risk factor for stroke.

Beets are a heart healthy vegetable because they contain compounds that lower dangerous homocysteine levels. High levels of homocysteine in the blood result in heart disease because homocysteine promotes platelets to clot and atherosclerotic plaques to form which clog arteries and decrease or stop blood flow to major organs including the heart and brain. When this happens, vital oxygen carried in the blood cannot reach these organs causing a heart attack or a stroke.

Beets can be eaten in a variety of ways. Shave them raw to garnish a salad. They are delicious roasted along with other root vegetables. For a simple side dish, steaming them will do the trick. Pickled beets offer another flavor profile. Beet juice can be consumed in its raw state or added to smoothies or pasta sauces to enhance the nutrition value of these foods. The beet greens are also edible. They are an excellent source of vitamin C, a powerful antioxidant and vitamin A, which is important for healthy skin and good eyesight. Beet greens can be prepared in a similar way spinach or other greens are cooked and used in recipes.



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.



National Mitten Tree Day (Dec. 6th)

For many of you living in cold climates, December means bundling up before you and your residents go outside. One thing that many people do when they go outside and it is cold out is to put on mittens.

December 6 is Mitten Tree Day. There are an abundant number of activities that you can do with mittens. Mittens are a trigger for many other activities and memories as well.

Mitten Tree Day was probably invented by a teacher but no one knows for sure. It really does not matter. You can use real mittens for some of the activities. For some of the activities a paper replica of a mitten is a better choice, and some of the activities can be easily adapted for other objects besides mittens.

You may want to set the stage by playing some winter music such as “Let It Snow” or “Winter Wonderland”. You can talk about winter and why you need to wear mittens in winter. You can also take a survey if residents like mittens or gloves better and why.

Here is a simple arts and crafts activity related to making a mitten tree. You will need a piece of poster board or other large piece of paper and some other paper and decoration to make and decorate the individual mittens.

You can have the residents trace around their hand on a piece of construction or other paper. You, another staff member, volunteer, or they can cut out the mitten. For a lower functioning group, you can just give each participant an already cut out mitten to use. Next have each group member decorate his or her mitten. All can use a magic marker, glue and glitter, ribbon, tissue paper, pipe cleaners or other materials. After all the mittens have been decorated, affix the mittens on to

the poster board in the shape of a tree.

An alternate thing to do is to have the residents write a Christmas saying or other statement on the mitten. For lower functioning residents you may have to write the message for them or have some messages printed on labels for the group to use. For some ideas on Christmas sayings go to <http://activitiesdirector.blogspot.com/2017/10/sayings-for-inside-christmas-cards.html>

The participants may also be able to decorate the mitten depending on its size and the size of the statement. Mittens can be very sensory because they can be made of so many materials. You should get a bunch of pairs of mittens for the next activity. You can distribute one mitten to each group member. If you have just pairs of mittens, have each group member see if he or she can find the person with the match.

Let each group member describe the mitten by saying what color, what size, how it feels and why you would wear it. You can also use some of the mittens created in the mitten tree activity. In this case the group member may not have an exact match to the mitten he has. He can still describe the color the saying and what it is decorated with.

You can also talk about how you make mittens. Most are knitted. You probably have some knitters or former knitters in your group who can tell the other group members of different types of yarn used to make mittens and the advantages and disadvantages of each. They can mention how a particular yarn feels, its cost and durability, how easy it is to use and any other relevant information they may want to share. Perhaps family members can bring in some mittens made by their loved one.



The Truth About Elves

In both American and Canadian folklore, a Christmas elf is a diminutive elf that lives with Santa Claus at the North Pole and acts as his helper. Christmas elves are often depicted as green or red clad with large, pointy ears and pointy hats. Santa's elves are often said to make the toys in Santa's workshop and take care of his reindeer, among other tasks.

They were first introduced in literature by Louisa May Alcott in 1856. The Santa Claus character is much older, emerging in US folklore in the early 17th century from the historical figure St. Nicholas of Myra with attributes of various European Christmas traditions, especially from English Father Christmas and Dutch Sinterklaas. The association of Christmas presents with elves has precedents in the first half of the 19th century with the Tomte in Sweden and Nisse in Denmark, and St Nicholas himself is called an elf in *A Visit from St. Nicholas* (1823).

Origin

The Christmas elf appeared in literature as early as 1850 when Louisa May Alcott completed, but never published a book entitled *Christmas Elves*. The image of the elves in the workshop was popularized by Godey's *Lady's Book*, with a front cover illustration for its 1873 Christmas Issue showing Santa surrounded by toys and elves with the caption, "Here we have an idea of the preparations that are made to supply the young folks with toys at Christmas time." During this time Godey's was immensely influential to the birth of Christmas traditions, having shown the first widely circulated picture of a modern Christmas tree on the

front cover of its 1850 Christmas issue. Additional recognition was given in Austin Thompson's 1876 work "The House of Santa Claus, a Christmas Fairy Show for Sunday Schools". St. Nicholas as an elf.

In Clement Clarke Moore's 1823 poem *A Visit from St. Nicholas* (more commonly known today as 'Twas the Night Before Christmas), Santa Claus himself is described in line 45 as, "He was chubby and plump, a right jolly old elf." Prior to the influence of St. Nicholas in Sweden, the job of giving out gifts was done by the Yule Goat. By 1891, the saint had become so well known that he could no longer be ignored.[clarification needed] He became merged with Tomten, which was previously an elfish/dwarfish farm guardian. Following the work of artist Jenny Nyström, this hybrid figure became known as Jultomten.

Contemporary pop culture

Sailors aboard the USS Harry S. Truman (CVN -75) watch a screening of the film *Elf* In the USA, Canada, and Britain, the modern children's folklore of Santa Claus typically includes diminutive elves at Christmas; green-clad elves with pointy ears and pointy hats as Santa's assistants or hired workers. They make the toys in a workshop located in the North Pole. In recent years, other toys—usually high-tech toys like computers, video games, DVDs and DVD players, and even mobile phones—have also been depicted as being ready for delivery, but not necessarily made, in the workshop as well. In this portrayal, elves slightly resemble nimble and delicate versions of the dwarves of Norse myth.





What do you know about mistletoe?

This is the time of year when we love to have a spray of mistletoe decorating our holiday tables, worked into wreaths, or hanging over the door frame for an excuse to kiss the ones we love as they cross the threshold. How or why we do any of this is a bit of a mystery, considering:

- **Mistletoe is toxic to humans.** Ingesting the berries or other parts of the plant can produce symptoms including nausea, abdominal pain, diarrhea, blurred vision, changes in blood pressure, and possibly death. You might want to use the artificial variety for your decorations, especially if you have small children in your home.
- **From bees to butterflies to birds, squirrels, porcupines, and deer,** the plant is a great source of nectar, nesting, and nourishment for most animals. The glue-like quality of the seeds helps them attach to the feathers and beaks of birds. When the birds fly away and perch in a different tree, the sticky nectar finds a home on the bark and begins to grow into a new plant.
- **Mistletoe is a parasite.** The plant thrives by siphoning off valuable nutrients from its host trees and shrubs, causing decay, infection, and eventual death. As horrible as that sounds, it's just part of the circle of life in a forest ecosystem.
- **Some 20 species of the plant are endangered,** yet there are roughly 1,300 species worldwide, so this paradox of nature won't be going away anytime soon.

Creativity on the side

If you'd rather be painting a mural, penning your memoir, banging on a drum, or doing anything other than work, you're not alone. Below is a list of famous people whose day jobs show you can create a masterpiece and still work 9 to 5:

- **Art Garfunkel, singer.** Garfunkel earned both a B.A. and an M.A. while he was a member of Simon and Garfunkel. After the release of "Bridge Over Troubled Water," the duo parted ways. Garfunkel spent the next two years teaching math at a private school before embarking on a solo career.
- **Corita Kent, artist.** Sister Kent found her calling to be both an artist and a servant of religion as a Roman Catholic nun. She worked mostly on silk screen and taught art classes at a Catholic college. After a 30-year career, Kent abandoned her creative pursuits when the Church determined that her art was too political in its themes—while branding other pieces downright blasphemous.
- **Richard Serra, sculptor.** To make ends meet, Serra started a small moving company, and with the help of his creative pals—actor and writer Spalding Gray, painter Chuck Close, and composer Philip Glass—they used a van to move furniture a few days a week.
- **Philip Glass, composer.** When Glass wasn't helping out his pals in the moving business, he made his living as both a plumber and a taxi driver.
- **Wallace Stevens, poet.** Though he won a Pulitzer Prize and two National Book Awards for his work, Stevens never left his job as an insurance executive. After the birth of his daughter he even took time off from writing to focus solely on family and work.





December is National Fruit Cake Month.

Here is an easier variation of the original recipe.

Fruit Sponge Cake

Ingredients:

- 2/3 cup all-purpose sifted flour
- 1/3 cup corn starch
- 6 eggs, separated
- 2 tablespoons water
- 1 teaspoon vanilla
- 1 cup sugar
- 1/4 tsp. salt
- 1/4 teaspoon cream of tartar

Directions:

1. Sift flour and corn starch together. (1 cup cake flour may substitute for all-purpose flour and corn starch in this recipe).
2. Beat egg yolks at high speed until thickened. Add water and vanilla. Continue beating and gradually add 1/2 cup of the sugar, 1 tablespoon at a time.
3. Fold flour mixture into yolks about 1/3 at a time until completely blended.

4. Beat egg whites and salt until foamy; sift cream of tartar over egg whites. Continue beating until soft peaks form.

5. Gradually beat in remaining 1/2 cup of sugar. Pour egg yolk mixture over egg whites and fold together until no streaks remain. Pour into an ungreased 10x4-inch angel food or tube pan.

6. Bake in a preheated 325°F degree oven for 1 hour or until a cake tester inserted in center comes out clean.

7. Frost (see below).

Fruited Whipped Cream Frosting

Ingredients:

- 1 pint heavy cream
- 1/3 cup light corn syrup
- 2 cups seedless grapes
- 2 cups orange sections

Directions:

1. Beat cream until it begins to thicken.
2. Gradually add corn syrup, beating until cream holds its shape.
3. Fold in fruit; pile on top of cake, arranging decoratively.



Christmas & Hanukkah HOLIDAY PARTY

Please join your loved one at our
Christmas & Hanukkah Party.

Holiday dinner to be served.

Dodge Park

December 20, 2018 • 5:00pm-7:00pm

Entertainment by Bill McCarthy & Duane Sullivan

101 Randolph Road, Worcester, MA 01606

RSVP is a must! RSVP to Micha, Ben or Erin
by December 1st at 508-853-8180 or to m.shalev@dodgepark.com



Christmas & Hanukkah HOLIDAY PARTY

Please join your loved one at our
Christmas & Hanukkah Party.

Holiday dinner to be served.



December 13, 2018 • 5:00pm-7:00pm

Entertainment by Bill McCarthy

102 Randolph Road, Worcester, MA 01606

RSVP is a must! RSVP to Micha, Ben or Erin
by December 1st at 508-853-8180 or to m.shalev@dodgepark.com

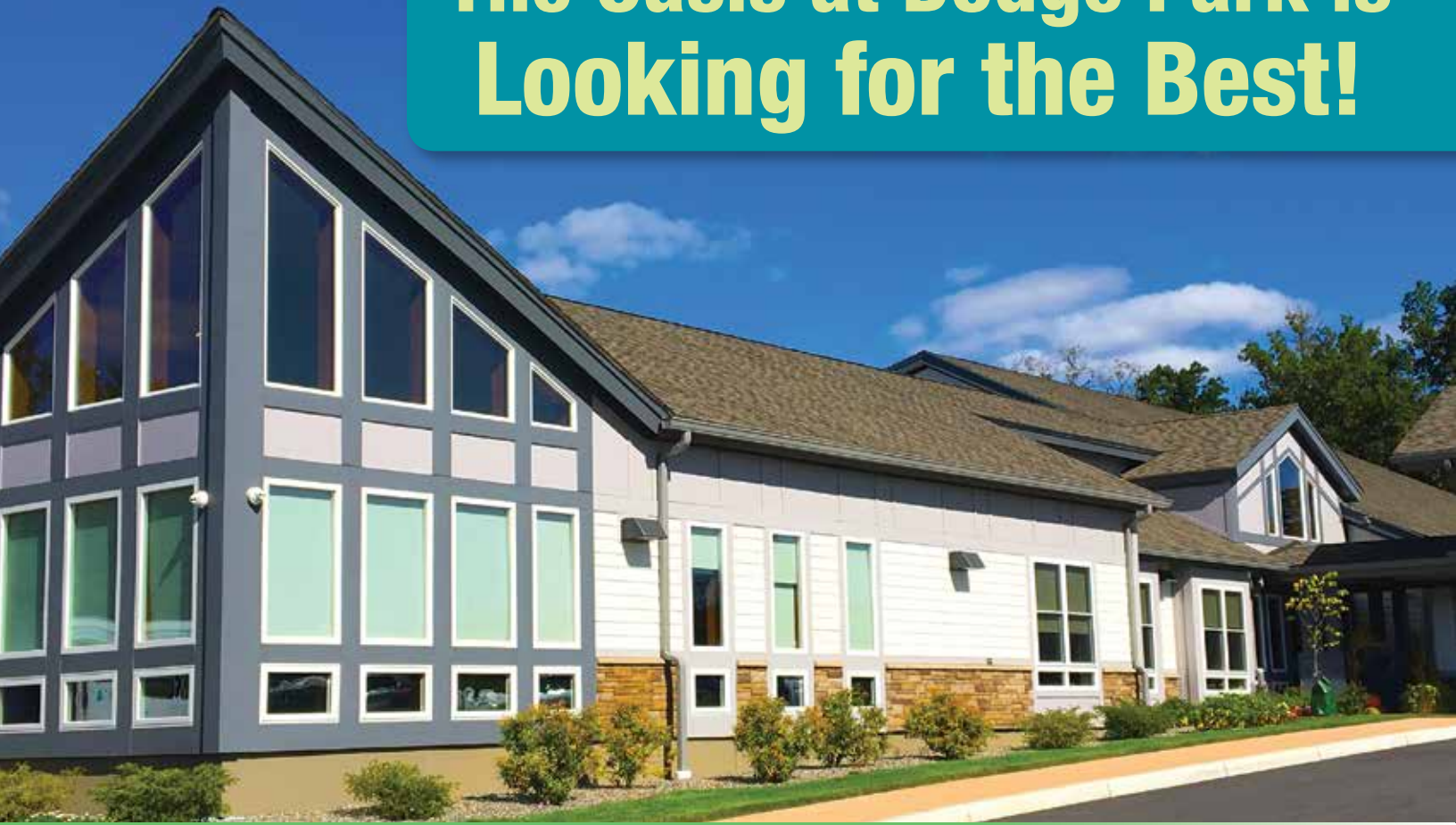
Around Dodge Park & Oasis



Around Dodge Park & Oasis



The Oasis at Dodge Park is Looking for the Best!



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All positions are full time or part time. If you have a big heart for the elderly, and want to be part of our great team, please email your resume to b.herlinger@dodgepark.com

Your Loved Ones Deserve the Best

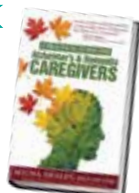
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The Oasis at Dodge Park is more affordable than you think and provides a higher level of care than traditional assisted living.

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.

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

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and
The Day Club

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2018



Oasis at Dodge Park

9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Chris Carter 4:00 Inspirational Stories 7:00 Meditation & Music	9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 1:30 Art Therapy 2:30 Celebrating Hanukkah 3:00 Hanukkah True/False 4:00 Spin the Dreidel 7:00 Hanukkah Movie <small>First Day of Hanukkah</small>	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:30 Santa Says 2:30 Twelve Days of Christmas Bingo 3:30 Fireside Chat 7:00 Classic TV	9:30 Daily Chronicle 10:00 Elf Exercise 10:30 Heart to Hearts 11:00 Snowball Fight 2:30 Stretch with Paula 3:30 Bah Humbug Game Sensory Group 7:00 Movie & Munchies	9:30 Daily Chronicle 10:00 Game Circle 11:00 Santa Stretch 2:30 Entertainment: Jesse Luke 3:30 Making Christmas Cards Snowball Toss 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle 11:30 Shabbat Service 2:30 Holiday Hangman 3:30 Happy Hour! 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sounds of the Season 2:30 Story & Discussion Christmas Reminiscing 3:30 Game Circle 6:30 Entertainment: Jim Porcella
9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Bill McCarthy 4:00 Inspirational Stories 7:00 Meditation & Music	9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 1:30 Art Therapy 2:30 Reindeer Games Sensory Group 3:30 Christmas Right & Left 7:00 Holiday Movie	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:30 Santa Says 2:00 Entertainment: Heather Brusa 3:30 Fireside Chat 7:00 Classic TV	9:30 Daily Chronicle 10:00 Elf Exercise 10:30 Heart to Hearts 11:00 Snowball Fight 2:30 Stretch with Paula 3:30 Decorating Gingerbread Houses 7:00 Movie & Munchies	9:30 Daily Chronicle 10:00 Game Circle 11:00 Santa Stretch 2:30 Christmas Sing-A-Long 3:00 Snowball Toss 4:00 Christmas Stories 5:00 Oasis Family Christmas Party	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle 11:30 Shabbat Service 2:30 Holiday Hangman 3:30 Egg Nog Social 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sounds of the Season 2:30 Story & Discussion Christmas Reminiscing 3:30 Game Circle 6:30 Entertainment: Sandy Robinson
9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Paul Belanger 4:00 Inspirational Stories 7:00 Meditation & Music	9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 1:30 Art Therapy 2:30 Christmas Trivia Sensory Group 3:30 Christmas Charades 7:00 Holiday Movie	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:30 Santa Says 2:30 Bah Humbug Game Circle of Friends 3:30 Fireside Chat 7:00 Classic TV	9:30 Daily Chronicle 10:00 Elf Exercise 10:30 Heart to Hearts 11:00 Snowball Fight 2:00 Mike & Beths Christmas Show 3:30 All I Want for Christmas 7:00 Holiday Movie	9:30 Daily Chronicle 10:00 Game Circle 11:00 Santa Stretch 2:30 Christmas Cookie Decorating 4:00 Christmas Chicken Soup Stories 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle 11:30 Shabbat Service 2:30 Holiday Hangman 3:30 Cocoa & Cookies 7:00 Entertainment: Marie Pascale <small>Winter Begins</small>	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sounds of the Season 2:30 Story & Discussion Christmas Reminiscing 3:30 Game Circle 6:30 Entertainment: Glen Hillard
9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Wayne Page 4:00 Inspirational Stories 7:00 Meditation & Music	9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 1:30 Art Therapy 2:30 Reindeer Games 3:30 Twas The Night Before Christmas 7:00 It's a Wonderful Life	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:30 Santa Says 2:30 Twelve Days of Christmas Bingo 3:30 Fireside Chat 7:00 Miracle on 34 th Street <small>Christmas Day</small>	9:30 Daily Chronicle 10:00 Chair Dancing 10:30 All About Kwanzaa 11:00 Tales of Kwanzaa 2:30 Stretch with Paula 3:30 Music Appreciation Sensory Group 7:00 Movie & Munchies <small>Kwanzaa Begins</small>	9:30 Daily Chronicle 10:00 Game Circle 11:00 Chair Dancing 2:30 Birthday Party with Alexandria Bianco 4:00 Chicken Soup for the Soul Stories 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle 11:30 Shabbat Service 2:30 Holiday Hangman 3:30 Happy Hour! 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sounds of the Season 2:30 Snow/Where In Sight Story & Discussion 3:30 Game Circle 6:30 Entertainment: Joe Sarasin
9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know? 11:45 Game Circle 2:30 Entertainment: Cameron Sutphin 4:00 Inspirational Stories 7:00 Meditation & Music	9:30 Daily Chronicle 10:30 White Board Game 11:00 Stretch with Paula 1:30 Art Therapy 2:30 New Year Word Games 3:30 My New Years Resolutions 7:00 New Years Movie <small>New Year's Eve</small>	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:30 Santa Says 2:30 Twelve Days of Christmas Bingo 3:30 Fireside Chat 7:00 Miracle on 34 th Street <small>Christmas Day</small>	9:30 Daily Chronicle 10:00 Chair Dancing 10:30 All About Kwanzaa 11:00 Tales of Kwanzaa 2:30 Stretch with Paula 3:30 Music Appreciation Sensory Group 7:00 Movie & Munchies <small>Kwanzaa Begins</small>	9:30 Daily Chronicle 10:00 Game Circle 11:00 Chair Dancing 2:30 Birthday Party with Alexandria Bianco 4:00 Chicken Soup for the Soul Stories 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle 11:30 Shabbat Service 2:30 Holiday Hangman 3:30 Happy Hour! 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sounds of the Season 2:30 Snow/Where In Sight Story & Discussion 3:30 Game Circle 6:30 Entertainment: Joe Sarasin

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

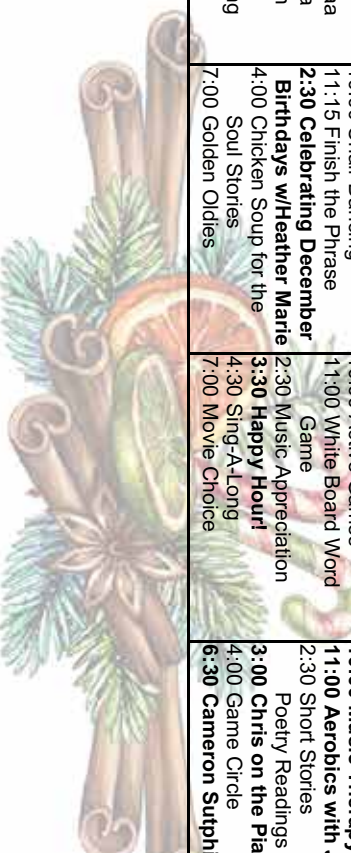


December 2018

Dodge Park Rest Home & Day Club

9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 4:00 Crossword Puzzle 7:00 Hand Massage & Music	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Celebrating Hanukkah 3:00 Art Therapy 4:00 Hanukkah True/False Spin the Dreidel 7:00 Hanukkah Movie <small>Featuring Hanukkah</small>	9:30 Daily Chronicle 10:00 White Board Word Game 11:15 Tai Chi 2:30 Holiday Bingo Cards & Games 4:00 Christmas Reminiscing 7:00 Christmas Sing-A-Long	9:30 Daily Chronicle 10:00 Santa Stretch 11:00 Santa Says 2:30 Christmas Craft Sensory Group 4:30 Christmas Stories 7:00 Classic TV	9:30 Daily Chronicle 10:00 Elf Exercise 11:15 Finish the Phrase 2:30 Making Christmas Cards 4:00 Christmas Chicken Soup for the Soul Stories 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Baking with Laura 10:30 Congregational Church Service 11:00 Santa Says 2:30 Music Appreciation 3:30 Happy Hour! 4:30 Christmas Sing-A-Long	9:30 Daily Chronicle 10:00 Sounds of the Season 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Sean Fullerton
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Duane Sullivan 4:00 Poems and Prayers of Inspiration 7:00 Hand Massage & Music	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Noodle Hockey 3:00 Art Therapy 4:00 Holiday Hangman 7:00 Christmas Movie and Munchies	9:30 Daily Chronicle 10:00 White Board Word Game 11:15 Tai Chi 3:30 Entertainment: Heather Brusa 4:00 Christmas Reminiscing 7:00 Christmas Sing-A-Long	9:30 Daily Chronicle 10:00 Santa Stretch 11:00 Santa Says 2:30 Christmas Craft Sensory Group 4:30 Sentimental Singing 7:00 Classic TV	9:30 Daily Chronicle 10:00 Elf Exercise 11:15 Finish the Phrase 2:30 Decorating Gingerbread Houses 4:00 Christmas Chicken Soup for the Soul Stories 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Reindeer Games 11:00 Santa Says 2:30 Music Appreciation 3:30 Egg Nog Social! 4:30 Christmas Sing-A-Long 7:00 Christmas Movie and Munchies	9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 John Grundstrom
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Wayne Page 4:00 Poems and Prayers of Inspiration 7:00 Hand Massage & Music	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Noodle Hockey 3:00 Art Therapy 4:00 Holiday Hangman 7:00 Christmas Movie and Munchies	9:30 Daily Chronicle 10:00 White Board Word Game 11:15 Tai Chi 2:30 Decorating Christmas Cookies 4:00 Christmas Reminiscing 7:00 Christmas Sing-A-Long	9:30 Daily Chronicle 10:00 Santa Stretch 11:00 Santa Says 3:15 Mike & Baths Christmas Show 4:30 Christmas Stories 7:00 Classic TV	9:30 Daily Chronicle 10:00 Elf Exercise 11:15 Finish the Phrase 2:30 Christmas Sing-A-Long 3:00 Snowball Toss 4:00 Christmas Stories 5:00 Dodge Park Family Christmas Party	9:30 Daily Chronicle 10:00 Baking with Laura 10:30 Congregational Church Service 11:00 Santa Says 2:30 All I Want for Christmas 3:30 Cocoa & Cookies 4:30 Christmas Sing-A-Long <small>Movie begins</small>	9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Heather Ralston
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Dave Cuddy 4:00 Poems and Prayers of Inspiration 7:00 Hand Massage & Music	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Noodle Hockey 3:00 Art Therapy 4:00 Twas The Night Before Christmas 7:00 Miracle on 34 th Street	9:30 Daily Chronicle 10:00 White Board Word Game 11:15 Tai Chi 2:30 Holiday Bingo Cards & Games 4:00 Christmas Reminiscing 7:00 Christmas Sing-A-Long <small>Christmas Day</small>	9:30 Daily Chronicle 10:00 All About Kwanzaa 11:00 Tales of Kwanzaa 2:30 Music Appreciation Sensory Group 4:30 Sentimental Singing 7:00 Classic TV <small>Kwanzaa Begins</small>	9:30 Daily Chronicle 10:00 Chair Dancing 11:15 Finish the Phrase 2:30 Celebrating December Birthdays w/Heather Marie 4:00 Chicken Soup for the Soul Stories 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Active Games 11:00 White Board Word Game 2:30 Music Appreciation 3:30 Happy Hour! 4:30 Sing-A-Long 7:00 Movie Choice	9:30 Daily Chronicle 10:00 Music Therapy 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Cameron Supphin
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Ted Powers 4:00 Poems and Prayers of Inspiration 7:00 Hand Massage & Music	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 White Board Game 2:30 Noodle Hockey 3:00 Art Therapy 4:00 Holiday Hangman 7:00 Holiday Movie and Munchies <small>New Year's Eve</small>					

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

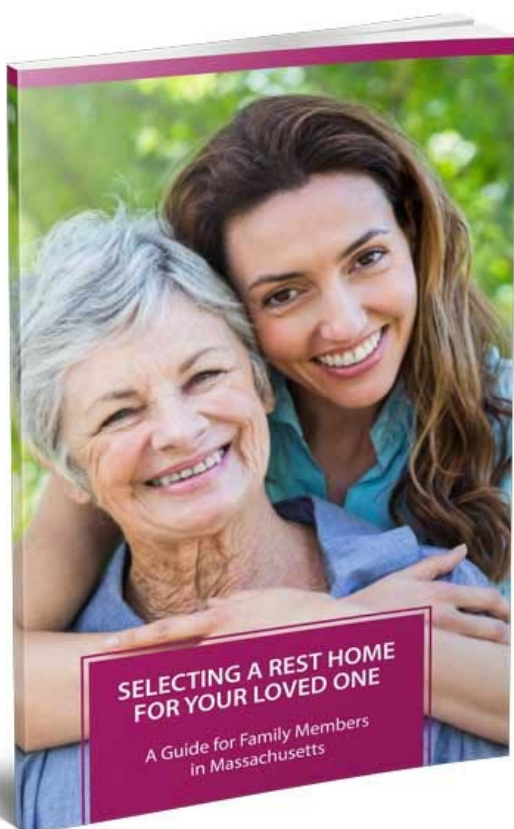


Selecting a Rest Home For Your Loved One

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

CLICK TO GET INSTANT ACCESS

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

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**



Merry
Christmas

Scrambled Words

Unscramble the following words associated with Christmas.

S B L E L

W B O

N A Y C D N E C A (2wds)

O S L C R A

F E L

I F Y L M A

T S F I G

L O L H Y

E N L O

R R E E E N I D

E E A P C

T A A N S

L G I E S H

M W O N A S N

S Y T O

R T E E

W E H A T R

N S L E C A D

G A L N E

O K S C T G I N



ANSWERS: bells, bow, candy cane, car-ols, elf, family, gifts, holly, noel, reindeer, peace, Santa, sleigh, snowman, toys, tree, wreath, candles, angel, stocking

Missing Letters

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

S _ _ W _ _ A K _

_ H _ _ N _ Y

S _ _ V E _

I _ _ C _ E

_ K _ I _ G

S _ _ R _

M _ T _ E _ S

_ E C _ _ A _ E

_ O _ D

C _ C _ A

_ A _ A _ _ O _

_ O _ T S

S _ O P _ _ N _



_ A _ U _ K _ H

_ H _ I _ T _ A _

B _ K _ N _

F _ A _ T

_ A R _ S

T _ A _ I T _ O _

_ I _ G _ N G

F _ _ E N _ S

N _ T _ _ A C _ E _

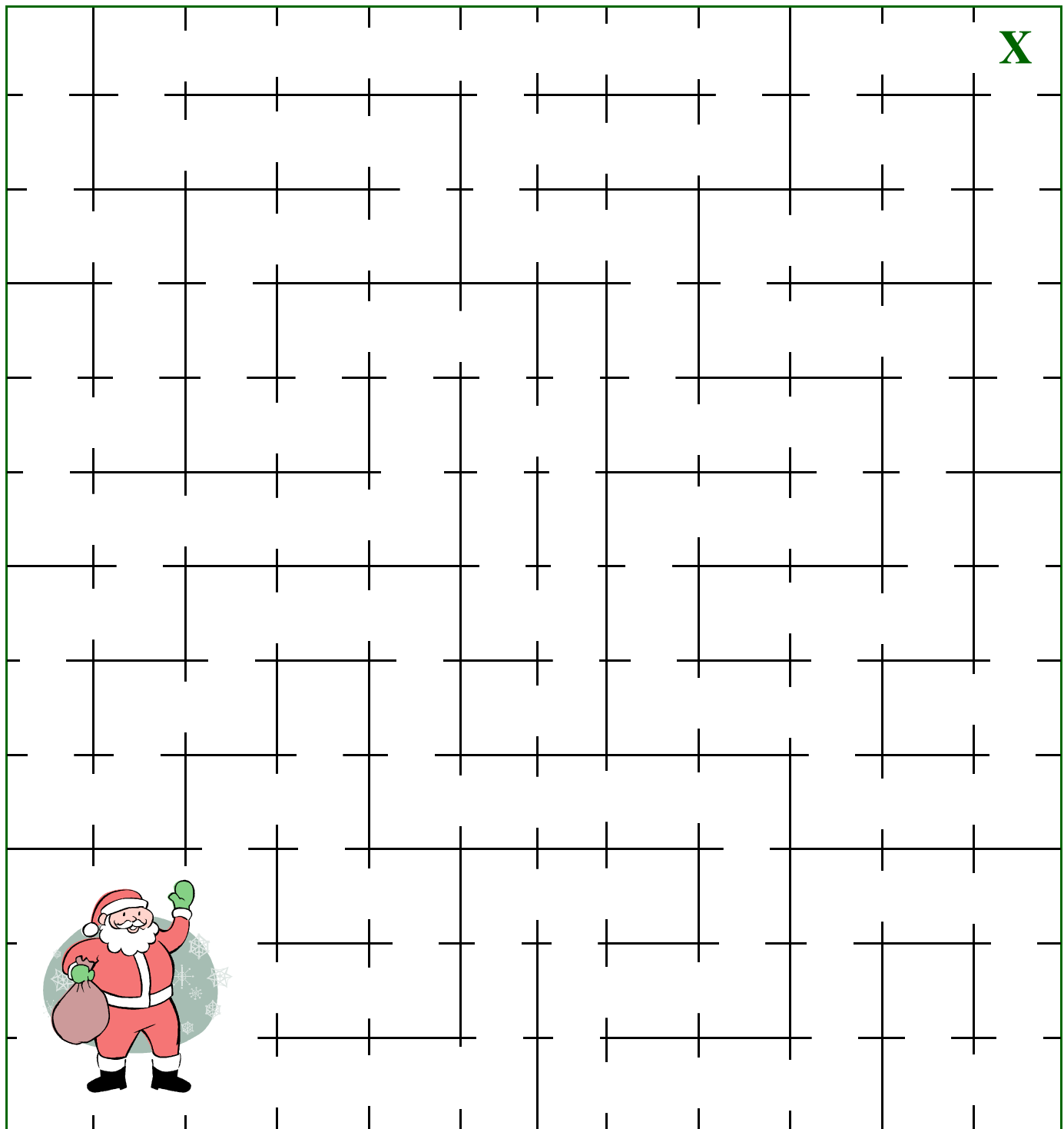
F _ U

J _ _ K E _

_ _ A R _ H

ANSWERS: snowflake, chimney, shovel, icicle, skiing, scarf, mittens, decorate, cold, cocoa, vacation, boots, shopping, Hanukkah, Christmas, baking, feast, cards, tradition, singing, friends, nutcracker, flu, jacket, hearth

CHRISTMAS MAZE



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

DECEMBER MEMORIES

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

snow
cold
Christmas
Hanukkah

reindeer
carols
presents
toys

wreath
candles
angels
nativity



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

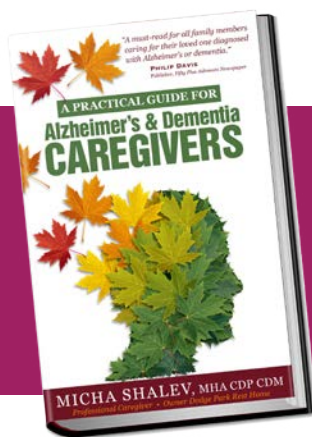
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



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

**For more information
please click here**

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

DODGE PARK REST HOME



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

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



Neighborhood Connection is now digital!

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



2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	26	27	28	29	30	1
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

ADULT DAY CARE

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

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

— The Most Affordable Program in Central MA —



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

DODGE PARK REST HOME



DODGE PARK REST HOME
 CELEBRATING **50** YEARS

Caring for our Community



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

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