

NEIGHBORHOOD CONNECTION

Dodge Park and the Oasis at Dodge Park Community Newsletter

January 2019



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.



Happy New Year From Dodge Park Rest Home and The Oasis at Dodge Park

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

Dodge Park Rest Home is pleased to continue its tradition of service to the community. This coming year (2019), it's going to be a milestone year for Dodge Park Rest Home and Day Club, as we are celebrating our 52 years anniversary. Just recently, we were awarded a top senior care facilities in the country that receive the Caring Superstar award by Caring.com for 2019 (6th year in a row). This unique achievement, position Dodge Park Rest Home as one of the top senior care facility in the country.

We also been recognized as the best retirement community by the Landmark newspaper and for this a big kudu to all our wonderful staff.

Our new state of art facility The Oasis At Dodge Park is now open for 2 almost full year (2nd happy birthday) and this new facility is well position to set a very new high standard in caring for those diagnosed with dementia and Alzheimer's disease. The Oasis at Dodge Park also awarded a Caring Star recognition by Caring.com and it is the only facility in the country awarded this unique recognition for 2 years in row following opening the doors for business. It is awesome. It is a testimonial to the commitment all the staff at Dodge Park Rest Home and Oasis at Dodge Park has to deliver the best possible care for those diagnose with dementia and Alzheimer's disease.

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

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

makes us stop and think about the future and about what it holds for us.

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



Has it ever occurred to you that the New Year is just like a birthday? It's really only the start of a new era in your life. The New Year celebrations, of course, are on a more lavish scale than most birthday parties. The feeling of having something to celebrate, though, is exactly the same. So we can be excused at new year eve if we too have a feeling of excitement.

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

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

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

That is not to say that we can all create cures for cancer or planes that won't crash. We can though, as individuals, create an environment where initiative and drive are encouraged. We can influence Governments and groups even by writing just one letter of complaint or

suggestion. We can do marvelous things if we believe in them, even if it's designing supermarket trolleys that go in the right direction.

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

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

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

***Micha Shalev, Ben Herlinger, Carrie Lindberg,
Renee Kublbeck and Meri Toomey***

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**.

2019



I have not one bad thing to say about Oasis at Dodge Park. I only have praise. My mother was in a home before she went to Oasis and she did not get close to the care she gets now. She's improved tremendously since she's been in Oasis. She's never going to be good but compared to what she was, she's fabulous. The facility is brand new. It's bright, cheery and on one floor. They don't have to walk up and down the stairs for anything. I ate lunch with my mother more than a couple of times and the food is good. The staff is very attentive too. I have 100% communication with them even with the slightest thing that happens to my mother. They call and notify me right away, it doesn't have to be a fall or anything. It could just be anything. They let me know if anything beside the ordinary happens (which I did not have previously with another company). One day they called me and said that there was soup spilled on her. Now, I don't think any places do that. I was flabbergasted and VERY happy. There's always somebody there. The administrators are there ALL THE TIME. They'll take time to talk to you anytime. I email with the nurse that's on the floor frequently to ask her questions because I'm in the Florida and that's in Massachusetts. So for me it's important to know that where my mother is she's being cared for well. I know that she is because in October of last year my aunt passed away. I had to fly back to Massachusetts. Now, no one in Oasis knew I was going back to Massachusetts because it was a last minute thing. I walked in the door and my mother was clean, fed and her room was neat. She was also out in the activity, just the way I want to see her - WELL CARED FOR. And that was a complete unexpected visit because they could just wash her until I came back and check in. I call also and talk to my mother. They get her the phone or we try to Skype on the computer but that's a little more difficult. I mean I'm able to communicate as much as I can with my mother and the communication with the facility (both the nurses and the management) is outstanding. They have MANY activities everyday even on the weekends. They bring people in from the outside. I was there once and they had a magician. They also have music, drumming and exercise. My mother is busy all day long even at night. There is not much time that they can sit in a chair and do nothing unless they so choose. They inter mix everybody. If you're one that can't get around very much you're still part of the activity and can still participate as much as you can whereas where my mother was before when she get to the point that she couldn't do a lot for herself, she sat in a chair all day. It's a little more expensive than other places but it's worth every dime. I can't say enough good things. They have never once disappointed me. It's wonderful!



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



Congratulations to Micha Shalev for receiving the COMMUNITY SERVICE AWARD



CITY OF



Worcester
MASSACHUSETTS

JOSEPH M. PETTY
MAYOR

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December 8, 2018

Dear Micha Shalev:

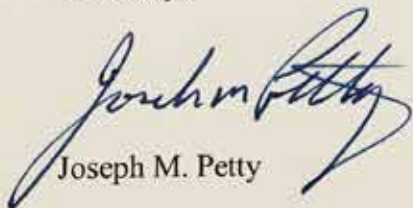
It is my pleasure to present you with the Key to the City of Worcester in recognition of receiving the Community Service Award at the 24th annual Arthritis Charity Ball.

Through your work as the cofounder of the Dodge Park Rest Home and the Oasis at Dodge Park you have made the lives of seniors in Worcester easier and more comfortable. You have made Dodge Park truly part of the City of Worcester community through hosting community meetings and serving as a polling location.

Mayor Michael J. O'Hara began the Key to the City program in 1924 and designed an intricate and beautiful key. I am proud to have been able to re-create his original design with assistance from everyone involved in the Machine Technology Program at Worcester Technical High School and the Worcester Historical Museum.

Congratulations on this well-deserved recognition.

Sincerely,


Joseph M. Petty





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."

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JANUARY OBSERVANCES

Monthly

Financial Wellness Month. Are you saving enough for retirement? Are you saving at all? Will you owe the IRS money this year toward your 2018 taxes? What are your financial goals for 2019? These are just a few of the questions to ask yourself while you review your spending habits and determine your preparedness for any "rainy days" ahead.

Get a Balanced Life Month. It's the start of a new year. Use this new beginning as time to review, reconsider, streamline—and maybe even eliminate—the unnecessary commitments, responsibilities, and activities that fill your days.

Get Organized Month. It's cold outside, and more than likely you're spending more time indoors fretting that there's nothing to do. Here's an idea: Don't wait for spring to purge your work and living spaces of unnecessary clutter and unused or unwanted items. There's no better time than the present to restore a sense of order to your life.

Learn to Ski and Snowboard Month. If saying "yes" to new adventures tops your to-do list this year, why not start things off right by developing your ski legs? Go online to learntoskiandsnowboard.org to find information on destinations, deals, and other considerations.

Weekly

Someday We'll Laugh About This Week, Jan. 2-8.

Don't let the failures and embarrassments of the past continue to cast a shadow over you. Laugh and get over it. Let someday be now.

Sugar Awareness Week, Jan. 14-18. Has your daily consumption of sugar gotten out of control? Are you ready to do something about it? Take the challenge and give up sugar for five days. To learn more, visit <http://sugarawareness.com/>

No Name Calling Week, Jan. 21-25. Educators and students in K-12 schools, along with nonprofit partner organizations, focus on themes of inclusion, anti-bullying, and anti-discrimination this week to promote kindness as the guide of actions and conversations with peers. To learn more, go to <https://www.glsen.org/no-name-calling-week>

Hunt for Happiness Week, Jan. 20-26. The Secret Society of Happy People wants you to find your joy and be on the lookout for others doing the same this third full week of January. Visit <https://sohp.com/> for ideas and challenges that will help you get happy.

SPECIAL DAYS

1 National Hangover Day

1 New Year's Day

2 Run up the Flagpole and See if Anyone Salutes Day

3 Festival of Sleep Day

3 Fruitcake Toss Day

3 Humiliation Day

4 National Spaghetti Day

4 Trivia Day

5 National Bird Day

6 Bean Day

6 Cuddle Up Day

6 Feast of the Epiphany - Three Kings

7 Old Rock Day

8 Bubble Bath Day

8 Male Watcher's Day

9 Play God Day

9 National Take the Stairs Day - second Wednesday of month.

10 Bittersweet Chocolate Day

10 Houseplant Appreciation Day

10 Peculiar People Day

11 Step in a Puddle and Splash Your Friend's Day

12 Feast of Fabulous Wild Men Day

12 National Pharmacist Day

13 International Skeptics Day

13 Make Your Dream Come True Day

14 Dress Up Your Pet Day

15 National Hat Day

16 Appreciate a Dragon Day

16 National Nothing Day

17 Ditch New Years Resolutions Day

18 Thesaurus Day

SPECIAL DAYS

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

Daily

New Year's Day, Jan. 1. Happy 2019! A world of possibility awaits us all if we have the courage to follow our hearts, chase our dreams, and work toward our goals.

National Science Fiction Day, Jan. 2. On what would've been the 98th birthday of Isaac Asimov, fans of this genre celebrate all things sci-fi.

Show and Tell Day at Work, Jan. 8. Bring in something interesting—and appropriate—to show off to your co-workers and spark a conversation, and maybe even a few laughs.

Make Your Dream Come True Day, Jan. 13. Create a vision board or a five-year plan; write out a list of affirmations to keep you motivated. Whatever it is, do something today that moves you closer to achieving one of your goals.

Freethinkers Day, Jan. 29. This is the day for celebrating the life and work of Thomas Paine, who was born 1737. Find a copy of "Common Sense" and see if it still holds true today.

Inspire Your Heart with Art Day, Jan. 31. Take this day to immerse yourself in the world of art. Let beauty guide and nurture your soul.

New
2019
Year

PROBIOTICS AND THE BRAIN



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

The mind-body connection garners a lot of attention these days, with explosive and ever – emerging, research demonstrating the importance of seeing the body as a whole, rather than fractured systems. When talking about the brain, it's hard to ignore the gut. The gut-brain axis is a good example of this; with the ability of the gut bacteria to bidirectionally communicate with the brain through the vagus nerve.

Also, 95% of Serotonin is found in the gut's cells. Our bodies are comprised of trillions upon trillions of bacteria or microorganisms, the majority of which reside in our gut. These bacteria support our digestion, healthy immune function and healthy brain function.

The studies show that our good bacteria definitely influences brain development and healthy brain function. A delayed nerve cells development and brain myelination are strongly associated with poor microbiota or lack of good probiotics. Many that gut's on neurodegenerative health or how leaky gut may contribute to neuropsychiatric disorders.

The gut's critical role in anxiety, depression and overall neurological health is indisputable. I always tell my patients with their New Year Resolution, please forget to add a good probiotic in their wellness lifestyle. I have designed a Dr Qutab's Daily Probiotic 30 Billion which is Dairy & Gluten Free. My recommendations for my patients is 1 capsule a day on an empty stomach to keep their mind and body healthy.



A very *Happy Birthday* to...

Oasis Residents

Miriam W. January 8th
Catherine B. January 20th
Pauline J. January 23rd
Manuel P. January 27th
Florence M. January 31st

Dodge Park Residents

Beverly C. January 1st
Zartar T. January 2nd
Mary W. January 10th
Tom F. January 16th
Maureen C. January 17th
Shirley S. January 17th
Anthony H. January 22nd



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

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

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

The next open house will be on January 17, 2019.

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.



Best place to live (for the money)

Where will your salary go the furthest? It's an important question when deciding where you want to live. The BusinessStudent.com website looked at cities across the country to find the top 10 cities where you'll get the biggest bang for your buck.

The study looked at the average pre-tax annual salary of 125+ business jobs, minus the average rent for a two-bedroom apartment. Here's how it shook out:

Rank	City	Pre-tax salary	Two-bedroom rent	What's left (minus taxes, etc.)
1.	Palo Alto, California	\$115,637	\$3,928	\$68,501
2.	San Jose, California	\$107,243	\$3,325	\$67,343
3.	Detroit	\$81,197	\$1,292	\$65,693
4.	Dallas	\$82,609	\$1,422	\$65,545
5.	Sunnyvale, California	\$105,456	\$3,449	\$64,068
6.	Chicago	\$88,351	\$2,096	\$63,199
7.	Houston	\$79,579	\$1,401	\$62,767
8.	Raleigh, North Carolina	\$78,391	\$1,323	\$62,515
9.	Fort Worth, Texas	\$75,797	\$1,108	\$62,501
10.	Las Vegas	\$74,199	\$1,038	\$61,743

When Americans think about God

Nine out of 10 Americans say they believe in a higher power, the Pew Research Center reports, but not all of them profess belief in the God of the Christian Bible. How do Americans view God?

Among those who believe in God (80 percent), 56 percent say they believe in God as described by the Bible, and 23 percent say they believe in a higher, spiritual force. Among the 19 percent who say they don't believe, 9 percent also believe in a higher power or spiritual force, but 10 percent say they don't believe in any such force.

Forty-eight percent of Americans believe that God or some

other higher power directly determines what happens to them all or most of the time, and another 18 percent say God or some other higher power influences their lives only some of the time.

Our worries about technology

Science fiction films promote worries about Terminator-like robots waging war on humankind or artificial intelligence imprisoning us all in the Matrix, but in the real world, people have deep concerns about the role technology plays in our lives.

The team at SafeHome.org conducted a Privacy and Technology Survey of 1,019 people age 18 and older to determine where public opinion lies. Here are people's top worries:

- Smart devices being viewed through cameras 66 percent
- Anti-viral software compromising personal data 57 percent
- Companies using purchasing habits 49 percent
- Personal data monitored on social media 47 percent
- Location tracking 41 percent
- Smart car security system hacking 41 percent
- Outsiders accessing home security cameras 38 percent
- Public surveillance cameras 36 percent



Quotes

"Maybe fate's arithmetic is so diffuse that it's not arithmetic at all."

—David Levithan

"

Ninety percent of life is 50 percent indecisive. The rest is confusing."

—Brian Spellman



Build a comforting fire safely

Before you start, though, make sure you're doing it safely:

- **Open the damper or flue (and create an updraft) before you start the fire.** Keep it open well after the fire has died out to ensure that all the smoke is drawn out of your home.
- **Burn well-aged dry wood.** Wet or green wood makes smoky fires. It also increases the buildup of soot on chimney walls. If this material builds up too much, it's likely to cause a chimney fire.
- **Build smaller, faster-burning fires.** They're not only brighter, but they smoke less.
- **Don't let the ash build up more than an inch at the base of the fireplace.** Too much ash restricts air supply and results in more smoke.
- **Keep a fire extinguisher close** enough to be in easy reach—but at least four feet from the fireplace.
- **Check your chimney annually.** Even if it doesn't need cleaning, it's a good idea to check for any nests or other blockages that can cause more smoke and prevent dangerous gases from escaping.
- **Never use liquid fire starters.** The liquids evaporate into the air surrounding the fireplace, making it dangerous to light a match.

Sledding? Stay safe

It's that great time of year when the kids are out speeding through the snow on sleds and toboggans. To ensure the fun continues, it's important your kids (and you) follow a few safety precautions while dashing through the snow:

- Don't slide near driveways, roads, trees, rocks, poles, or water.
- Take care on icy hills—you'll go faster than you think.
- Leave your dog at home.
- Make children wear protective helmets.
- Don't overload your toboggan or sled, and always stay seated.
- Wait until the hill is clear before you start your slide.
- Climb up the side of the hill, away from other tobogganers.
- Stop if you're tired. A lot of collisions occur in the afternoon when fatigue sets in.
- Don't toboggan alone. Take a friend with you so you can both check for frostbite and guard against injury.
- Look before you go down the hill.
- Ride feet first. If you slide off, you'll be less likely to hit your head.



Quotes

"Our insignificance is often the cause of our safety."
—Aesop

"To keep oneself safe does not mean to bury oneself."
—Seneca the Elder



Ancient children adapted to climbing trees—based on foot fossil find

Kids love to climb trees, and they've apparently been doing it for a long time—some 3.3 million years, according to studies of the remains of a 3-year-old discovered in Ethiopia.

The CNN website reports that the child, nicknamed Selam (which means “peace” in the Ethiopian Amharic language) was found with a remarkably well-preserved foot—the most complete foot fossil yet discovered, say scientists.

Analyzing the fossil's skeletal structure, scientists noted that the base of Selam's big toe would have made her a great climber. Although she could walk upright, she probably spent most of her time in the trees. A study of her shoulder blades also showed a resemblance to those of an ape, adapted for tree climbing.

Trees provided escape from predators like jackals and saber-toothed cats before the discovery of tools and fire, researchers say, noting that data on chimps show that climbing to an average height of 46 feet makes them feel safe.

Cobra cannibalism is common, researchers say

Cobras can be deadly to humans, but they're also apparently a threat to their fellow cobras.

According to the UPI website, they commonly engage

in cannibalization.

Scientists in southern Africa observed a cape cobra eating another of its species last spring.

The discovery sparked a review of scientific literature regarding six cobra species. The analysis showed that cobras frequently feast on other snakes, which represent 13–43 percent of all animals eaten by cobras.

The literature showed only cases of male snakes eating other males, suggesting that cobra cannibalism is related to sexual competition.

A new first: Scientists may have found an ‘exomoon’

Astronomers have discovered thousands of exoplanets around the universe, but this is something new: Scientists believe they've discovered the first exomoon, some 8,000 light-years from Earth.

As the Science News website reports, two astronomers from Columbia University used the Hubble Space Telescope to observe the star Kepler 1625 for 40 hours over the course of two days. The star has a Jupiter-size planet orbiting it, and data appeared to track a second dipping of light—in addition to the one that occurs when a planet goes behind its sun—that indicates the possible presence of a moon.

Dubbed “Neptmoon”—its formal name is Kepler 1625b i—the world is approximately the size of the planet Neptune and would be the first moon that exists outside our solar system. Further study will be necessary to confirm the data.





Coffee aids in kidney disease fight, study says

Among coffee's health benefits may be a reduced risk of death from kidney disease, according to the Healthline website.

A study recently written up in the journal *Nephrology Dialysis Transplantation* examined data from 4,863 Americans.

The subjects were divided into four groups. Group One consumed the amount of caffeine in one cup of iced tea per day. Group Two took caffeine equivalent to one cup of coffee per day. Group Three had one or two cups, and Group Four had multiple cups per day.

Subjects in Group Two, researchers found, had a 12 percent lower risk of dying from kidney disease. Group Three showed a 22 percent lower risk, and Group Four, which consumed the highest amount of caffeine per day, saw a 24 percent lower risk.

Scientists caution that caffeine poses other health risks, and patients on fluid-restricted diets should take coffee into account of their daily fluid intake. Cream, creamers, and syrups can also cause problems for people with kidney disease, including increased phosphorus and potassium levels. Check with your doctor, as always.

Water might help reduce women's UTIs

Women who suffer from frequent urinary tract infections (UTIs) may find relief by simply drinking more water, an article on the WebMD website advises.

A yearlong study in Europe followed 140 premenopausal women who experienced recurring UTIs at high rates. At the beginning, the subjects drank less than six eight-ounce glasses of water per day. As the year went on, half the participants drank slightly more than six glasses, while the rest kept to the same regimen.

Researchers found a significant reduction of UTIs among the women who drank more water per day. The average number of UTIs among subjects in the first group was 3.2, but dropped to 1.7 for women whose water intake increased.

"Drinking more water to improve one's health is probably safe and, if tap is used, pretty inexpensive," said one doctor (who was not involved in the study). "Producing additional urine—and thus increasing voiding frequency—may raise one's awareness of the importance of keeping the bladder as empty as possible, which can help reduce UTIs."



Quotes

"An early-morning walk is a blessing for the whole day."

—Henry David Thoreau

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

—Joseph Addison

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



Ask these questions before handing over your money

A good financial planner can help you pace a path to prosperity, but you've got to be picky about whom you choose. The U.S. News & World Report website offers this list of questions to ask before trusting a would-be advisor with your hard-earned cash:

- Do you work with a network of professionals?
- How do you choose them?
- In what circumstances would you send me to another professional?
- Do you meet with your network of pros on a regular basis?
- Are you compensated for referrals?
- How would I pay an outside professional?

A New Year's resolution for fiscal fitness

Most New Year's resolutions revolve around getting fit.

Although that frequently means losing weight, one area you want to fatten up is your money supply. Here are some simple resolutions for adding some healthy heft to your overall financial profile:

- **Pay down your mortgage.** You can save more than \$63,000 on a 30-year, \$200,000 mortgage by paying just \$100 more a month.
- **Save 10 percent.** Put aside 10 percent of your income for long-term investments and retirement savings before paying any bills.
- **Track your expenses.** Record every dollar you spend, for at least one week. You'll get a clearer idea of where the money goes and what you can cut back on.
- **Energize your house.** Look for ways to make your house more energy efficient. You'll save on heating and cooling costs and help the environment.
- **Stay home.** Resist the temptation to eat out. Cook more meals at home. Instead of going to the movies, stream a video, read a book, or play a game with your whole family.
- **Don't rely on credit cards.** Credit card debt can eat up your savings and your future. Start reducing your debt, and don't buy anything on credit if you don't have the money to pay the bill off promptly.

Save money at the grocery store

You have to eat—there's no getting around it for long. You don't have to sink all your money into your next trip to the grocery store, though.

The Reader's Digest website shares these tips for saving money on groceries:

- **Know your store's coupon policies.** Many stores offer their own printable coupons on their websites. Some allow you to use that coupon with a manufacturer's coupon (that's called "stacking"). Ask your store what it allows and what's off-limits.
- **Join loyalty programs.** You can get discounts and money back on your purchases through your store's loyalty program. Sign up and check all the rules so you get maximum value from it.
- **Look for final markdowns and clearances.** Many grocery stores place clearance items in a designated area, or use special stickers to help shoppers identify them. Find out what your store does, and keep an eye open for food you can use.
- **Be careful with multiples.** They can trick you into spending more than you want. For example, if a sign on a bag of chips says "Two for \$5," and a single bag of chips is \$3.29, you're getting a good deal (if you want chips). On the other hand, a sign that promises "10 for \$10" for ramen noodles when they're individually priced at \$1 apiece isn't offering any savings. Do the math, and be choosy.



Trading places

A world-famous scientist was being driven to a university where he was scheduled to give a lecture. During the drive he complained to his chauffeur: "I'm not sure how much longer I can do this. I'm so bored with giving the same lecture at every campus we visit."

"I have an idea," said the driver. "I've been listening from the back of the room each time you've given this lecture. I know the material pretty well. Why don't we trade places today? I'll take your notes and give your speech, and you can sit in the back of the room and observe."

"I'll take you up on that offer," replied the scientist. Before they arrived at their destination, the pair pulled into a rest area and traded clothes. The scientist then drove the rest of the way while the driver sat in the backseat reviewing the lecture notes.

The driver was able to pull off the lecture with no one in the audience aware of the deception. Several minutes into the Q&A portion of the presentation a student asked a rather complicated question. The scientist began to panic. This was something they hadn't anticipated.

Yet the driver, standing confidently at the podium, maintained his composure as he said, "The answer to that question is so simple, I'm going to let my driver, seated in the back of the room, answer that."

Congratulations!

Four expectant fathers are nervously pacing around the hospital waiting area. A nurse comes into the room and says to the first man, "Congratulations! You have twins!"

"That's interesting," the new father says. "I work for the Minnesota Twins."

The nurse returns a short time later and says to the second man, "Congratulations! You are the proud father of triplets."

"That's interesting," says the man. "I work for 3M."

Another nurse walks into the room and says to the

third man, "Congratulations! Your wife just had quadruplets, and all of the babies are beautiful and healthy."

"That's interesting," says the man. "I work for the Four Seasons."

The fourth man in the room buries his face in his hands and begins to sob loudly.

One of the fathers asks, "Hey, buddy, what's wrong?"

The man composes himself momentarily and replies, "I work for 7-Up."

Another round

A guy walks into a bar and yells, "Hey, bartender, pour me a double whiskey, and pour one for all my friends here, and pour one for yourself, too."

When everyone has their drinks, the man makes his way over to the bar and raises his glass to the crowd, nods to the bartender and shouts, "Cheers!"

He places his empty glass on the bar and says, "Let's have another round."

The bartender says, "Why don't you pay for the first round before I pour the second."

"Well, I can't do that," the man says.

"Why?" the bartender asks him.

"I don't have any money," the man replies.

The bartender shouts a few choice words, grabs the guy by the collar, and tosses him out on the curb.

A half-hour later the same guy walks back into the bar and says, "Bartender, pour me a double whiskey and one for all my friends."

"Oh, really?" says the bartender. "I suppose you'll be offering me a drink, too."

"Nope," the man replies, "You're not my friend, because you get pretty mean after just one drink."



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

The Recipe for a Healthy New Year

As we start a new year, we often reflect on the past in hopes to make the next year even better. If eating healthier is on your list of New Year's resolutions these ideas will help you on your way to a year filled with nutritious and delicious meals and snacks.

Include fresh fruits each day

Fresh fruits are a delicious way to include good nutrition for not a lot of calories. Most fruits are good sources of vitamins C and A, they contain fiber and are high in a variety of antioxidants. Fiber is an important component in the diet as it helps aid digestion, helps control the absorption of blood sugar, and lowers blood cholesterol. Most fresh fruits are easy to travel with. Pack an apple in your lunch or backpack or enjoy a banana or pear on your way to school or work.

Choose low-fat dairy products

Dairy products such as milk, yogurt, and cheese are excellent sources of calcium, an important nutrient essential for strong, healthy bones and teeth. However, these products can also be high in fat. When choosing milk, be sure it is either a 1% or skim variety. By definition, low-fat foods contain 3 grams of fat or less per serving. Whole milk and 2% milk contain higher amounts of fat than this. However, low-fat and skim milk still contain the same amount of calcium as their high-fat counterparts. There are also many different varieties of yogurt and cheese. It is very easy to find tasty low-fat cheeses in most grocery stores and the yogurt shelves are filled with low-fat and fat-free versions.

Cut back on the salt shaker

The typical American diet is very high in sodium. Fast foods, frozen convenience foods, and many snack foods are common culprits of this trend. Sodium is required by the body for proper fluid balance, muscle contraction, and it is also needed to transmit nerve impulses to the brain. However, small amounts of sodium are enough for these functions. Sodium is naturally found in many foods and so we do not need to supplement the diet with excessive amounts. Eating high-sodium foods raises blood pressure. High blood pressure is the leading cause of stroke and contributes to heart attack, heart failure, and kidney failure. One easy way to cut back on the amount of sodium we eat is by limit-

ing the use of the salt shaker. One teaspoon of salt contains more than a day's requirement of sodium. Many people have grown accustomed to eating salty foods and perhaps are missing out on the true flavors foods can offer us. Other flavorings can be used in place of salt to limit the sodium in the diet. Try lemon juice, different kinds of vinegars, and fresh herbs to add flavor to your foods.

Keep your grains "whole"

Whole grains are the complete grain, including the bran, the germ and the endosperm. It is these three components that offer the health benefits we've been hearing so much about lately. Eating whole grains lowers the risk of many chronic diseases such as stroke, type 2 diabetes, heart disease, and certain types of cancer. It is recommended that we eat three servings of whole grains each day. Whole grain pasta, whole wheat bread, whole grain cereals, and wild rice are good examples of whole grain choices that can be incorporated each day.

Include different colored vegetables each day

Studies have shown that eating lots of vegetables can reduce your risk of heart disease and stroke. Some types of vegetables can also reduce your risk of certain cancers. By choosing vegetables with different colors, you are giving your body access to different nutrients that can help fight diseases. The different colors provide us with different phytochemicals and antioxidants that have different health benefits. For example blue and purple vegetables, such as eggplant, contain anthocyanins that protect cells from damage and may help reduce the risk of cancer, stroke, and heart disease.

Snack smart, control portions and limit desserts to special occasions

Achieving and maintaining a healthy weight is an important part of healthy living. Someone who eats healthy meals can easily throw their caloric intake off-balance by choosing unhealthy snacks, eating portions that are larger than recommended, and by eating high-fat, sugary desserts on a regular basis. Take a close look at your dietary intake to find the hidden sources of calories that may be contributing to weight gain or the inability to lose weight. It's also important to choose low-calorie beverages. Sweet sodas and fruit juices can add hundreds of calories each day. Over time those hundreds of calories add up to unwanted pounds. Choose water instead.

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.



How to spark a team's creativity

If you're a manager, you want your team to be creative and innovative. Otherwise your organization won't develop new products and services, and you'll grow stagnant—along with your revenues. Try these tips from the AllBusiness website for leading a creative team:

- **Create a happy atmosphere.** People can't think creatively if they're under constant stress. Do everything you can to help people do their best work and achieve their dreams. When they're happy, team members feel free to suggest fresh ideas and try new things.

- **Keep an open mind.** Don't shoot down ideas too quickly. Even if they seem quirky or outlandish, explore all the ideas that come to you, looking for some aspect you can incorporate into your operations.

- **Be grateful for ideas.** When employees bring you ideas, thank them immediately. They'll feel appreciated and eager to offer more. Suggesting ideas for new products or improvements shows that they're committed to your organization's success.

- **Take your time.** Don't rush into anything. The best ideas can take a long time to bring to fruition. Take the time to test ideas before implementing them fully, so you can make adjustments and improvements as necessary.

- **Be curious.** Question the conventional wisdom. Keep asking "why?" about the problems you confront. Look around and explore everything, even if it doesn't seem directly related to your business. A mindset of curiosity can help you make connections and open new doors of imagination.

Unlock your imagination with these questions

The key to innovation and creativity is to train yourself, and others, to look at questions from different angles. Opening your mind can be hard to do at first, so here's an exercise:

Gather your team in a room with comfortable seating. Explain that you will ask a series of questions, one to each team member, until everyone has answered at least one question. Team members should answer the question and explain their thoughts and feelings behind their response. Explain that this will help them expand their minds and start to view ideas in a new light.

Ask from this list of questions:

- What shape is a wish?
- What does happiness look like?
- What color is today?
- What does purple taste like?
- What does your self-image sound like?
- What does a rainbow feel like?
- What color is the smell of your favorite perfume?
- What is the distance of your life?
- What is your favorite sense?
- What color is your favorite song?



Quotes

"Creativity is thinking up new things. Innovation is doing new things."

—Theodore Levitt

"Genius means little more than the faculty of perceiving in an unhabitual way."

—William James



Protect older relatives from theft and fraud

Turn on the news and you're sure to hear about the latest scam targeting the elderly, but some of the stories we don't always hear are the ones that hit closer to home. These are the stories about how your Great-Aunt Sylvie's no-good son was draining her bank account while keeping her a prisoner in her home, or how a widowed neighbor in the early stages of dementia was robbed by the drug addict son of the gardener.

Here are a few suggestions from AARP that you should consider if you are concerned about the welfare of an aging parent or relative:

- **Stay connected.** Isolation makes the vulnerable among us easy prey. If you are unable to visit with elderly relatives during the week, make sure you are checking in often by phone, and through social media or video if possible. Apps like FaceTime, Skype, WhatsApp, and others allow you to connect in real time. This will make it easier to assess your loved one's health, well-being, and living environment.
- **Keep an eye on caregivers.** Personally interview and check the references for anyone assigned to care for your relative in their home. Keep an inventory of jewelry and other valuables, or keep those items locked in a secure location. Make a surprise visit during a time when the caregiver is scheduled to be there to gain insight on whether the arrangement is working.
- **Create a system of checks and balances.** Get power of attorney to handle the medical and financial aspects

of your loved one's care, but remember that those and other financial responsibilities can be shared to keep everyone accountable and informed of what is happening. It's important to note that a relative with a history of substance abuse, gambling, or money problems is not a suitable candidate to enlist for any of these matters.

3 ways to persuade your teens to give back

Some high schools require students to complete a certain number of community service hours before graduation, but if you are raising your teens to be generous and thoughtful individuals, stressing the importance of giving back should be taught at home as well. Here are three ways you can help your teen cultivate a spirit of generosity and a willingness to serve:

- **Make it a family affair.** Be the example of stewardship you'd like your teens to follow. Find an organization or a cause that the entire family can get involved with and participate in together.
- **Let them decide.** Your teens might have a service project in mind that they want explore. Support them in their efforts. Their ideas are being shaped by their interests and experiences. Your encouragement at this crucial stage in their development will help to validate their sense of selfworth and provide an additional boost of motivation.
- **Even small gestures count.** Raising money for charity or volunteering a couple of hours a week at a food bank are great ways to give back. So, too, are neighborly deeds such as shoveling out an elderly neighbor's driveway or pulling their trash cans out to the curb. Teach your teens never to overlook small ways they can make a difference.

Quotes

"Do what you can to show you care about other people, and you will make the world a better place."
—Rosalyn Carter

"What greater thing is there for human souls than to feel that they are joined for life—to be with each other in silent, unspeakable memories."
—George Eliot



January is National Oatmeal Month.

Oatmeal is a famed breakfast cereal lasting throughout the centuries. It's believed to have been discovered in the British Isles. There are many ways to eat oatmeal. Oats can be rolled in order to hold more liquid while being cooked. Oats can also be steel cut for a thicker texture. And thanks to the passing of time, instant oatmeal provides a quick way to get the nutrients you need. However, National Oatmeal month can be celebrated in other ways. Here is a delicious recipe for Oatmeal Cookies:

Soft Chewy Oatmeal Cookies

1 1/4 c softened butter
3/4 c packed sugar (brown)
1/2 c white sugar
1 Large Egg
1 t vanilla extract
1 1/2 c all-purpose flour
1 t Baking Soda
1 t ground cinnamon
1/2 t kosher salt
1/4 t nutmeg
3 c Oats uncooked

Preheat oven to 375°F. Prepare a large bowl by beating margarine and sugars in it until it's thoroughly creamed. Mix in the egg and vanilla, and beat the mixture well. Then include flour, baking soda, salt, nutmeg, and cinnamon; mix well. Add in the oats and mix it up. Once it's thoroughly mixed take round tablespoons of dough and drop them onto ungreased cookie sheets. Then bake them for 8 to 9 minutes, and allow to cool on cookie sheets for 1 minute. Be sure to store them covered!

Oatmeal Muffins

One Cup of milk
One Cup of Quick Cooking Oats
One Egg
1/4 Cup of vegetable oil
One cup of all-purpose flour
1/4 cup of white sugar
Two teaspoons of baking powder
1/2 teaspoon of salt

1. Preheat oven to 425 degrees Fahrenheit
 2. Grease muffin cups or line with paper muffin liners
- In a small bowl, combine the milk and oats; let soak for 15 minutes
3. In a separate bowl, beat together the egg and oil; then slowly stir in the oatmeal mixture.
 4. In a third bowl, sift together flour, sugar, baking powder and salt. Stir flour mixture into wet ingredients, just until combined.
 5. Spoon batter into prepared muffin cups until the cups are 2/3 of the way full.
 6. Bake in preheated oven for twenty to twenty five minutes, until a toothpick inserted into the center of a muffin comes out clean.



Around Dodge Park & Oasis



Around Dodge Park & Oasis



Around Dodge Park & Oasis



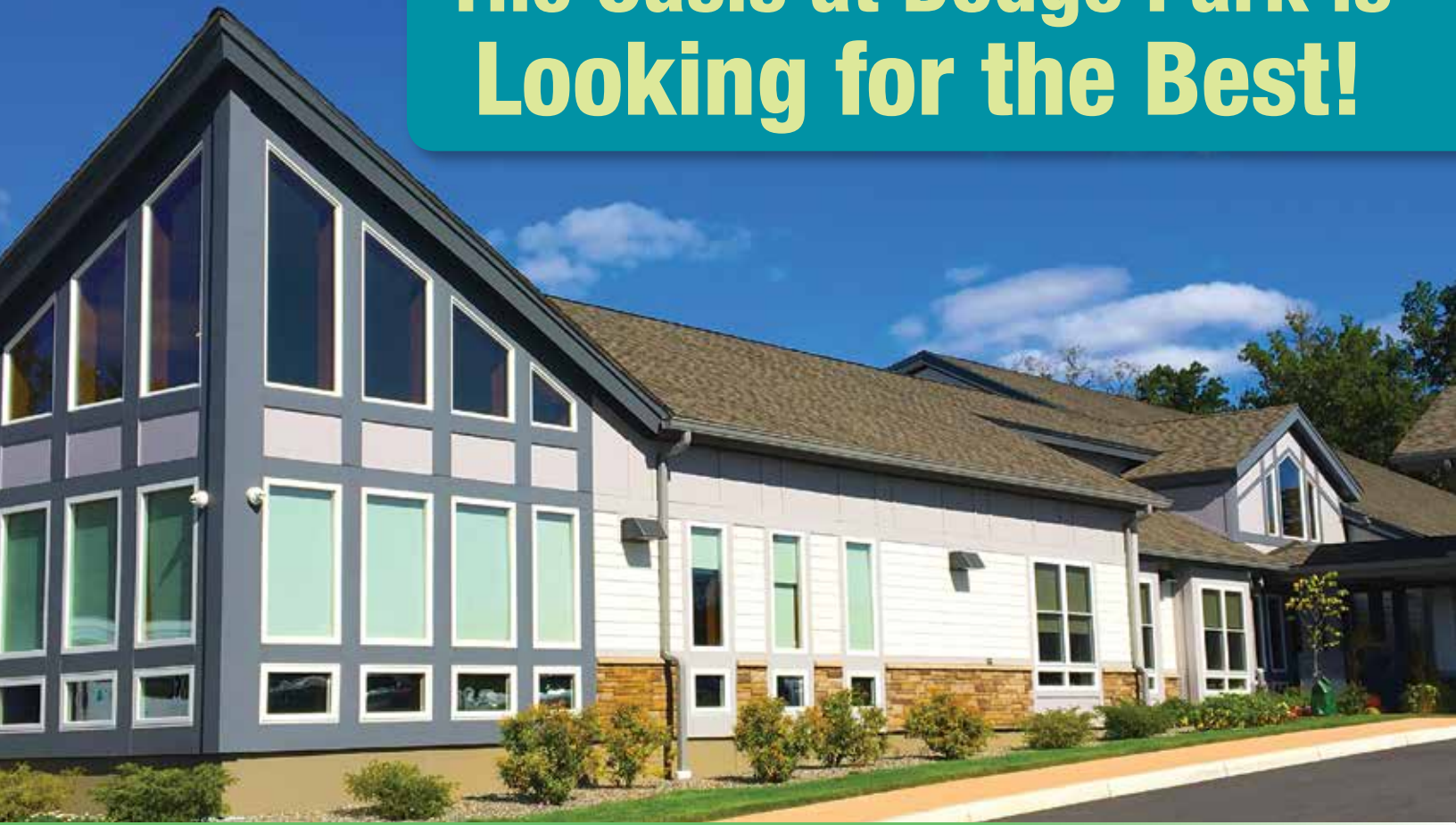
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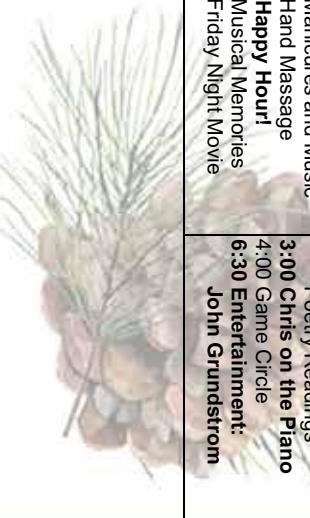
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The Day Club

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Dave Cuddy 3:30 The Sunday Crossword 6:30 Reminiscing and Relaxation 7:00 Sunday Night Movie	9:30 Daily Chronicle 10:45 Zumba Gold 11:00 Catholic Mass 2:30 Noodle Hockey Sensory Group 3:00 Art Therapy 4:00 Ball Game 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV	9:30 Daily Chronicle 10:00 New Year Around the World 11:15 Tai Chi 2:00 Bingo with Friends Table Top Time 3:00 New Year Resolutions 4:00 Game Circle 7:00 Classic TV <small>New Year's Day</small>	9:30 Daily Chronicle 10:00 Fitness Fun with Hayden 11:00 Twister Toss 2:30 Craft Corner: Marbleized Snow Globe 3:00 Coffee Social 4:00 Sentimental Singing 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Fitness Fun with Hayden 11:00 Devin Ferreira 2:30 Craft Corner: Watercolor Snowflakes 3:00 Coffee Social 4:00 Sentimental Singing 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Move & Groove with Hayden 11:00 Finish the Phrase 2:30 Noodle Hockey Game Circle 4:00 Reminiscing and Relaxation 7:00 Movie/TV Classics	9:30 Daily Chronicle 10:00 Baking with Laura 10:30 Congregational Church Service 11:00 Comedy Hour 2:30 Music Circle w/David 3:00 FancY Fingers 3:30 Cocoa & Cookies! 4:00 Musical Memories 7:00 Friday Night Movie
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Jesse Luke 3:30 The Sunday Crossword 6:30 Reminiscing and Relaxation 7:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Noodle Hockey Sensory Group 3:00 Art Therapy 4:00 Ball Game 7:00 Chicken Soup for the Soul Stories 8:00 Classic TV	9:30 Daily Chronicle 10:00 White Board Word Games 11:15 Tai Chi 2:00 Craft Corner: Make Your Own Hat 3:00 Tuesday Night Trivia Challenge 7:00 Classic TV	9:30 Daily Chronicle 10:00 Fitness Fun with Hayden 11:00 Twister Toss 2:30 Bingo with Friends Table Top Time 3:00 Coffee Social 4:00 Sentimental Singing 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Move & Groove with Hayden 11:00 Finish the Phrase 2:30 Noodle Hockey Game Circle 4:00 Reminiscing and Relaxation 7:00 Movie/TV Classics	9:30 Daily Chronicle 10:00 Baking with Laura 10:30 Congregational Church Service 11:00 Did You Know? 2:30 Comedy Hour 3:00 Manicures and Music 3:30 Snowflake Social! 4:00 Musical Memories 7:00 Friday Night Movie	9:30 Daily Chronicle 10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: Sandy Robinson

9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Sean Fullerton 3:30 The Sunday Crossword 6:30 Reminiscing and Relaxation 7:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Exercise with Paula 11:00 Catholic Mass 2:30 Noodle Hockey Sensory Group 3:00 Art Therapy 4:00 Martin Luther King Facts 7:00 Classic TV <small>Martin Luther King Day TLB Show!</small>	9:30 Daily Chronicle 10:00 White Board Word Games 11:15 Tai Chi 2:00 Bingo with Friends Table Top Time 3:00 Tuesday Night Trivia Challenge 7:00 Classic TV	9:30 Daily Chronicle 10:00 Fitness Fun with Hayden 11:00 Twister Toss 2:30 Craft Corner: The Book of You 3:00 Coffee Social 4:00 Sentimental Singing 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Move & Groove with Hayden 11:15 Resident Council 2:30 Noodle Hockey Game Circle 4:00 Reminiscing and Relaxation 7:00 Movie/TV Classics	9:30 Daily Chronicle 10:00 Baking with Laura 11:00 Did You Know? 2:30 Comedy Hour 3:00 Manicures and Music 3:30 Happy Hour! 4:00 Musical Memories 7:00 Friday Night Movie	9:30 Daily Chronicle 10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: John Grundstrom
9:30 Daily Chronicle 10:00 Rosary/Meditation 11:00 Aerobics with Jorge 2:30 Entertainment: Bill McCarthy 3:30 The Sunday Crossword 6:30 Reminiscing and Relaxation 7:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Zumba Gold 11:00 Catholic Mass 2:30 Noodle Hockey Sensory Group 3:00 Art Therapy 4:00 Ball Game 7:00 Chicken Soup Stories 8:00 Classic TV <small>Australia Day (observed)</small>	9:30 Daily Chronicle 10:00 White Board Word Games 11:15 Tai Chi 2:30 Birthday Party with Alexandria Bianco 3:00 Tuesday Night Trivia Challenge 7:00 Classic TV	9:30 Daily Chronicle 10:00 Fitness Fun with Hayden 11:00 Twister Toss 2:30 Craft Corner: Snowman Craft 3:00 Coffee Social 4:00 Sentimental Singing 7:00 Golden Oldies	9:30 Daily Chronicle 10:00 Move & Groove with Hayden 11:00 Finish the Phrase 2:30 Noodle Hockey Game Circle 4:00 Reminiscing and Relaxation 7:00 Movie/TV Classics	9:30 Daily Chronicle 10:00 Baking with Laura 11:00 Comedy Hour 2:30 Music Circle w/David 3:00 FancY Fingers 3:30 Cocoa & Cookies! 4:00 Musical Memories 7:00 Friday Night Movie	9:30 Daily Chronicle 10:00 Sing-A-Long 11:00 Aerobics with Jorge 2:30 Short Stories Poetry Readings 3:00 Chris on the Piano 4:00 Game Circle 6:30 Entertainment: John Grundstrom

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  Oasis at Dodge Park </div>						
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 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:15 Zumba Gold 10:15 Catholic Mass 11:30 Art Therapy 3:00 Board and Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long 7:00 Meditation and Music	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:30 New Year Around the World 2:30 New Year Resolutions and Jokes 3:30 Putting the Past in Order 7:00 Holiday Movie <small>New Year's Day</small>	9:30 Daily Chronicle 10:00 Chair Dancing 10:30 Heart to Hearts 11:00 Snowball Fight 2:30 Stretch with Paula 3:30 Music Appreciation Circle Games 4:30 Fireside Chat 7:00 Movie Choice	9:30 Daily Chronicle 10:00 Game Circle 11:00 Move & Groove 2:00 Getting Crafty 3:00 The Man Cave Fancy Fingers 4:00 Reminiscing Musical Memories 7:00 Laugh A Little	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle w/David 2:00 Walk and Roll Noodle Hockey 3:00 Cocoa & Cookies 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sentimental Singing 2:30 Game Circle 3:30 Story and Discussion Reminiscing 4:00 Game Circle 6:30 Entertainment: Heather Ralston
9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know 11:45 Game Circle 2:30 Entertainment: Mike & Beth 4:00 Inspirational Stories 7:00 Meditation & Music 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 1:30 Art Therapy 3:00 Board and Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long 7:00 Meditation and Music	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 11:15 Music & Rhythm 2:00 Bingo Circle of Friends 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	9:30 Daily Chronicle 10:00 Chair Dancing 10:30 Heart to Hearts 11:00 Devin Ferreira 2:30 Stretch with Paula 3:30 Music Appreciation Circle Games 4:30 Fireside Chat 7:00 Movie Choice	9:30 Daily Chronicle 10:00 Game Circle 11:00 Move & Groove 2:00 Getting Crafty 3:00 The Man Cave Fancy Fingers 4:00 Reminiscing Musical Memories 7:00 Laugh A Little	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle w/David 2:00 Walk and Roll Noodle Hockey 3:00 Snowflake Social 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sentimental Singing 2:30 Game Circle 3:30 Story and Discussion Reminiscing 4:00 Game Circle 6:30 Entertainment: Clyde Wheatley
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 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:15 Catholic Mass 11:00 Stretch with Paula 1:30 Art Therapy 3:00 Board and Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long <small>Martha Luther King Day to B School</small>	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 2:00 Bingo Circle of Friends 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	9:30 Daily Chronicle 10:00 Chair Dancing 10:30 Heart to Hearts 11:15 Resident Council 2:30 Stretch with Paula 3:30 Music Appreciation Sensory Group 4:30 Fireside Chat 7:00 Movie Choice	9:30 Daily Chronicle 10:00 Game Circle 11:00 Move & Groove 2:00 Getting Crafty 3:00 The Man Cave Fancy Fingers 4:00 Reminiscing Musical Memories 7:00 Laugh A Little	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle w/David 2:00 Walk and Roll Noodle Hockey 3:00 Happy Hour 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sentimental Singing 2:30 Game Circle 3:30 Story and Discussion Reminiscing 4:00 Game Circle 6:30 Entertainment: Cameron Suphin
9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Did You Know 11:45 Game Circle 2:30 Entertainment: Delores Ofria 4:00 Inspirational Stories 7:00 Meditation & Music 8:00 Sunday Night Movie	9:30 Daily Chronicle 10:00 Zumba Gold 10:15 Catholic Mass 1:30 Art Therapy 3:00 Board and Table Games Walking Group 4:00 Reminiscing/Sensory Sing-A-Long <small>Australia Day (observed)</small>	9:30 Daily Chronicle 10:00 Memory Lane 10:30 Tai Chi 2:00 Bingo Circle of Friends 3:00 Parachute Game 4:00 Tuesday Trivia 7:00 Chicken Soup for the Soul	9:30 Daily Chronicle 10:00 Chair Dancing 10:30 Heart to Hearts 11:00 Snowball Fight 2:30 Birthday Party with Bill McCarthy 3:30 Circle Games 4:30 Fireside Chat 7:00 Movie Choice	9:30 Daily Chronicle 10:00 Game Circle 11:00 Move & Groove 2:00 Getting Crafty 3:00 The Man Cave Fancy Fingers 4:00 Reminiscing Musical Memories 7:00 Laugh A Little	9:30 Daily Chronicle 10:00 Friday Funnies 11:00 Drum Circle w/David 2:00 Walk and Roll Noodle Hockey 3:00 Happy Hour 7:00 Entertainment: Marie Pascale	9:30 Daily Chronicle 10:00 Aerobics with Jorge 11:00 Sentimental Singing 2:30 Game Circle 3:30 Story and Discussion Reminiscing 4:00 Game Circle 6:30 Entertainment: Cameron Suphin

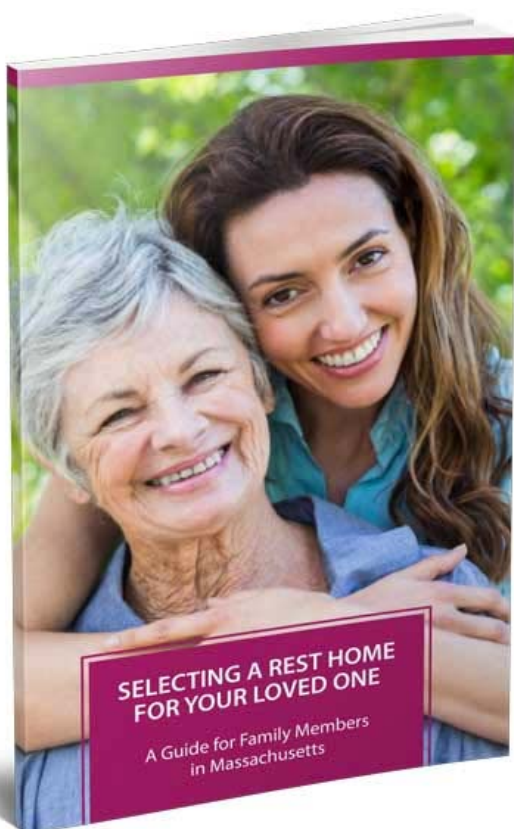
Oasis at Dodge Park, 402 Randolph Road, Worcester, MA 01606. Erin Lemoine, Activity Director, 508-953-8180 X117. Calendar is subject to change.

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



Memory Loss Caregiver's Support Group

Share, Support and Learn as You Care for a Loved One with Memory Loss

- Are you caring for someone with Alzheimer's or dementia?
- Dealing with behavior that is challenging, difficult or frustrating?
- Feeling anxious, depressed or stressed?

Caring for a loved one with some form of memory loss is a challenging and often overwhelming task. Our complimentary support group is for caregivers and family members with loved ones suffering from Alzheimer's and dementia. It offers an informal setting to share feelings, ideas, concerns and even some laughter.

We can help caregivers with support, education and strategies to help you learn more about the disease and how to deal with difficult situations. We brainstorm creative solutions for challenging caregiving situations and each meeting is facilitated by a professional trained in Alzheimer's and dementia care.

Activity and supervision for memory impaired individuals will be provided for FREE by our professional team during the meeting and a light dinner will be provided as well. The caregivers support group is open and free to everyone.

Meet Dennis Goguen

Dennis Goguen received a Masters of Social Work from the University of Connecticut as well as a Masters of Education from Boston University. He has practiced social work for over 40 years in the public healthcare system and for the past 25 years has worked at Clinton Hospital's Geriatric Medical Psychiatry Unit working with older adults who suffer from progressive cognitive disorders and late life mental health issues. He has also been a caregiver to a loved one with dementia.

Mr. Goguen has been specially trained to lead support groups, has lectured on the subject of memory loss, is a trained social work educator and now leads one of our monthly Caregivers Support Groups.

Meet Elaine Kapperman

Elaine Kapperman is a Licensed, Independent Clinical Social Worker (LICSW) licensed by the Commonwealth of Massachusetts, as well as a member of the Academy of Certified Social Workers. Since 1990, she has worked with some of Central Massachusetts' most recognized healthcare organizations including Fairlawn Rehabilitation Hospital, Fallon Clinic and the MA Society of for the Prevention of Cruelty to Children.

Since 2008 Ms. Kapperman has facilitated the monthly Caregivers Support Group at Dodge Park providing support, education and coping strategies for those who care for a loved one with Alzheimer's and dementia.

**Please join us at our Caregiver's Support Group. Refreshments will be provided at both meetings.
RSVP to 508.853.8180 to register.**

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

Group meets on the second
Tuesday of each month from
6:00pm-8:00pm

- | | | |
|---------------|-------------|----------------|
| • January 8 | • May 14 | • September 10 |
| • February 12 | • June 11 | • October 8 |
| • March 12 | • July 9 | • November 12 |
| • April 9 | • August 13 | • December 10 |

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



Group meets on the third
Wednesday of each month from
6:00pm-8:00pm

- | | | |
|---------------|-------------|----------------|
| • January 16 | • May 15 | • September 18 |
| • February 20 | • June 19 | • October 16 |
| • March 20 | • July 17 | • November 20 |
| • April 17 | • August 21 | • December 18 |

102 Randolph Road, Worcester, MA
OasisAtDodgePark.com • 508-853-8180

Welcome January



WINTER

Word Scramble

Unscramble each group of letters to form a winter word.

1. THO HOCCLAOTE _____

2. NWSOANM _____

3. ODCL _____

4. ATJCEK _____

5. RCTAIHSMS _____

6. IDERENRE _____

7. GILHST _____

8. OLDHIYA _____

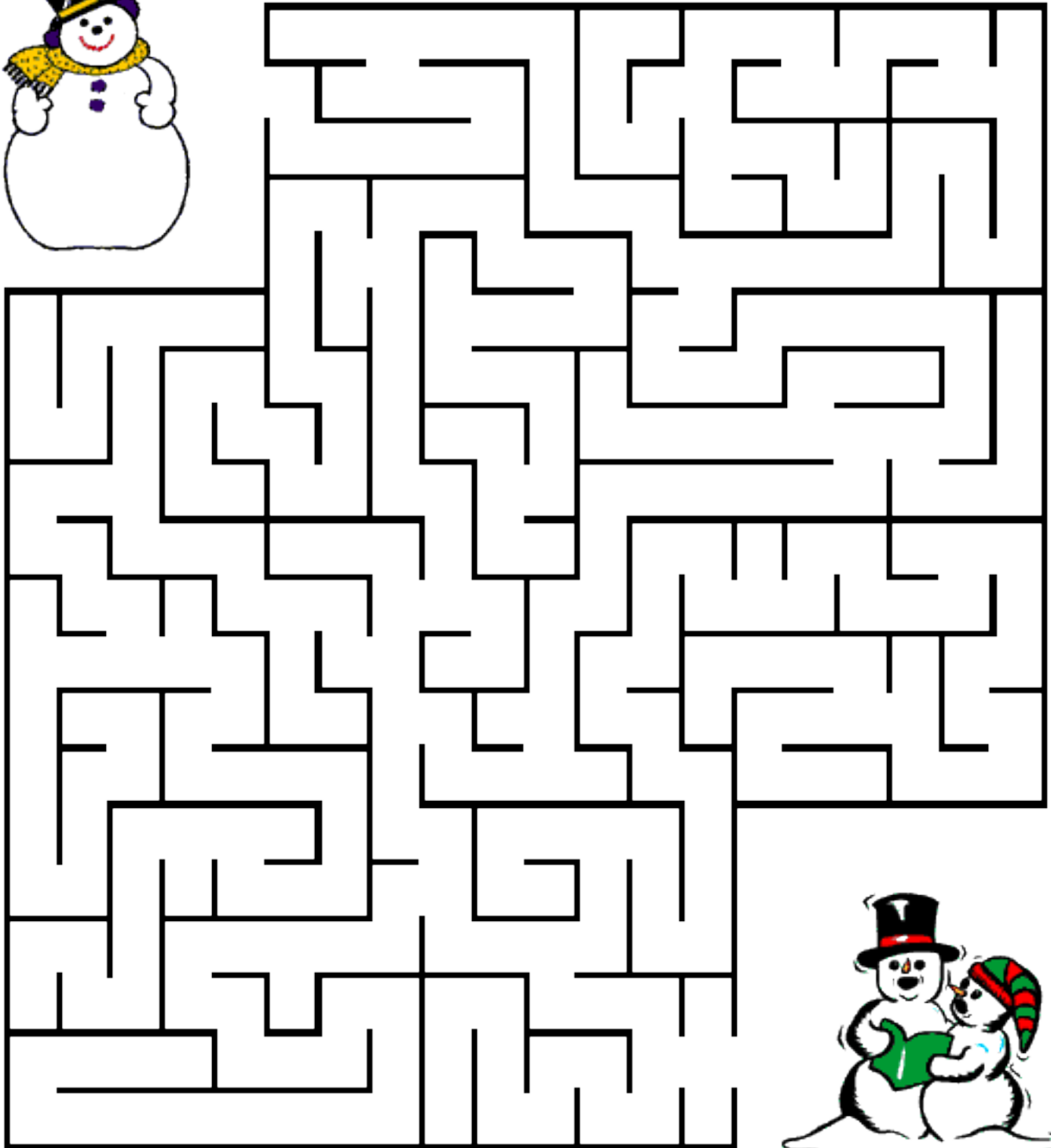
9. OFEASWNLK _____

10. AATSN _____



Amazing Fun!

Help the snowman get to his friends.



WINTER WORD SEARCH



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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

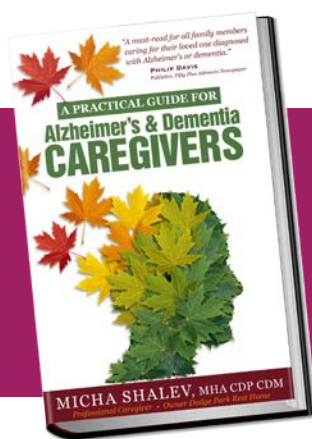
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



The Day Club

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

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



January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Neighborhood Connection is now digital!

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

ADULT DAY CARE

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

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

— The Most Affordable Program in Central MA —



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

DODGE PARK REST HOME



The Day Club

DODGE PARK REST HOME
 CELEBRATING **50** YEARS

Caring for our Community



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

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