VEIGHBORHOOI CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER





Memories are made at Dodge Park & Oasis

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









Planning and Reducing Stress while Traveling with a Memory-Impaired Resident

Traveling can be an enriching experience for individuals with memory impairment and their caregivers. However, it requires careful planning to ensure comfort and safety. Here are some practical tips for a smooth and stress-free journey.

1. Pre-travel Preparation

Familiarize with the Destination: Research your destination to find quiet, calm places that are less likely to overwhelm your loved one. This includes choosing accommodations that offer a serene environment. Medical Check-up: Consult with a healthcare provider to ensure your loved one is fit to travel. Discuss medications and obtain a health summary and contact information of healthcare providers in the area you'll be visiting.

2. Create a Detailed Itinerary

Keep a Routine: Try to maintain the daily routine of your loved one as much as possible. Plan activities for the time of day when they are most alert and calm. Include Rest Periods: Schedule regular breaks and downtime to prevent fatigue and overstimulation.

3. Packing Essentials

Comfort Items: Bring along familiar items that can help soothe and comfort your loved one, such as favorite snacks, a blanket, or a photo album.

Important Documents: Pack copies of important documents, including medical records, emergency contacts, a list of current medications, and any legal documents like power of attorney or advance directives.

4. Travel Arrangements

Choose the Right Mode of Transport: Select the mode of transport that best suits your loved one's needs. For example, direct flights might be preferable to avoid the

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

confusion and hassle of transfers.

Pre-boarding: Many airlines and transport services offer pre-boarding for individuals with special needs, which can help reduce stress and rushing.

5. On the Day of Travel

Communicate with Staff: Inform the travel and accommodation staff ahead of time about your loved one's condition. Many are trained to assist and can help make your journey smoother.

Use Identification Tools: Consider a wearable ID or bracelet for your loved one that includes their name, your contact information, and a note about their condition in case they wander.



6. Maintaining Calm During the Trip

Dealing with Disorientation: New environments can be disorienting. Keep your explanations simple and reorient gently. Maintain patience and stay calm, as this can help soothe your loved one.

Engage and Involve: Encourage your loved one to participate in simple, enjoyable activities that are not mentally taxing but can keep them engaged and connected.

7. Emergency Planning

Prepare for the Unexpected: Always have a backup plan. Know where the nearest hospital is and have a mobile phone with you at all times.

Travel Insurance: Consider purchasing travel insurance that covers medical emergencies for peace of mind.

Conclusion

While traveling with a memory-impaired resident requires extra planning and patience, it can also provide valuable experiences and joyous moments together. By preparing adequately, you can ensure a comfortable and stress-free trip for both you and your loved one.

This article aims to provide caregivers with useful insights and actionable advice to manage travel effectively, helping make every journey a successful and memorable one.

Micha Shalev





Celebrating Our Team Members: A Heartfelt Conclusion to Nursing Week at Dodge Park and Oasis

From Monday, May 12 through Friday, May 17, 2025, the halls of Dodge Park and Oasis at Dodge Park were filled with laughter, appreciation, and joy as we came together to celebrate National Nursing Week. This annual tradition is always a meaningful time for us, but this year was especially powerful as we honored

the dedication, resilience, and heart of the incredible individuals who make our facilities feel like home.

A Week of Gratitude and Celebration

Throughout the week, our staff was treated to a variety of fun and engaging activities designed to say a loud and clear "Thank You" for all that they do. From daily raffles and theme days to games, treats, and relaxing chair massages, we made sure every team member felt recognized and cherished.

We also hosted special meals and festive luncheons to create moments of connection and celebration among colleagues. Whether it was a build-your-own sundae bar, an international cuisine day, or just sharing laughter over a hearty meal, these moments reminded us of the strong sense of community and teamwork that defines our care model.

More Than a Week—A Year-Round Appreciation

While Nursing Week is a time to formally celebrate our staff, at Dodge Park and Oasis, our appreciation doesn't end on May 17. The compassionate care our nurses, CNAs, medication technicians, and support staff provide each day makes a profound difference in the lives of our residents and their families.

They are the calming voice in times of uncertainty, the helping hand when a resident

needs comfort, and the cheerful smile that brightens someone's day. They are the ones working around the clock—on weekends, holidays, and during snowstorms—because they are committed to excellence in memory care. And that dedication deserves more than a moment of recognition—it deserves our constant admiration and support.

A Message From Leadership

"As we conclude this special week, we want every team member to know just how much they mean to us," said Micha Shalev, co-owner and administrator. "You are the heart of Dodge Park and Oasis at Dodge Park. Your kindness, strength, and professionalism are the foundation of the exceptional care we provide. We see you, we value you, and we thank you—from the bottom of our hearts."

Looking Ahead with Pride and Purpose

Nursing Week may be behind us, but the spirit of gratitude continues to guide our work. Our mission is not only to provide the highest quality of care for our residents—

but also to create a workplace where our dedicated staff feel empowered, appreciated, and proud to be part of s

omething greater.

To all our staff—thank you for everything you do.
You are truly heroes in scrubs.







Chark you. NATIONAL NURSES WEEK







NATIONAL NURSES WEEK



Chark you. NATIONAL NURSES WEEK

















AROUND DODGE PARK AND OASIS

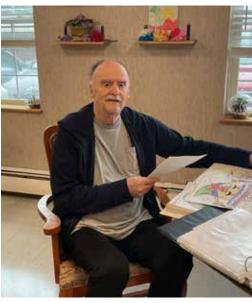
















At Dodge Park, we know an individual's care needs can change daily. Some days you may need more help than other days. And when that happens you will never be charged more for the extra care or services.

That is why we have designed our "Rate Lock" – ensuring basic residency rates never go up once our residents move in.

At other facilities - when you need more care - they charge you more money.

But not at Dodge Park. Our services are all inclusive and there is never an
"up-charge" for any care or service our staff provides. This plan gives your loved
ones peace of mind and makes it easy to plan your finances each month.



RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



At the Oasis at Dodge Park, we know an individual's care needs can change daily. Some days you may need more help than other days. And when that happens you will never be charged more for the extra care or services.

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

Making a difference in the lives of seniors and their families



Top-rated on Caring.com for 3 or more years

The Oasis at Dodge Park is a "Caring Super Star of 2025" for Service Excellence in Senior Living. It earned a 5-star rating (the highest possible score) as voted by family caregivers in the national survey.

The Oasis at Dodge Park is one of the only facilities in Massachusetts to win the prestigious "Super Star" award.

Unparralled Level of Care and Service

At The Oasis at Dodge Park, we strive every day to deliver
high quality care and services for our residents. On behalf of our community, staff and
leadership, thank you to those who shared positive feedback about the services we offer,
and to Caring.com for recognizing our facility.



REVIEWS FROM CARING.COM AND GOOGLE



My mom has been at the Oasis for going on 2 years. The shared room that she is in is very nice and spacious and the staff has been incredible. My mom enjoys the entertainment that the Oasis provides daily along with other activities such as bingo, card playing with friends and more. The Oasis has gone above and beyond in caring for my mother and I can't imagine her in any other assisted care facility. My brother and I are very appreciative!

I am a family member of an inpatient at Oasis! Clearly this choice to have my loved one live here was the correct choice! As difficult as it is the require him to live here it's the best choice! There are hundreds of choices but the care provided at Oasis is the very best!!!! The social activities daily and the physical exercise is outstanding!

My Mom is a resident at the OASIS as she can no longer walk alone, due to a leg problem, and needs help with care. She has been a resident since January 23. The staff is ultra professional and very courteous. The owners are onsite, very accessible and eager to assist my Mom and our family. The facilities are very-very clean. My family is so pleased to have found the OASIS. It truly is a special place with special people.

The owners and staff of Oasis are absolutely the most kind and caring individuals that I have ever encountered in the industry! I didn't think we would find a place that met our families expectations, but Oasis goes above and beyond! Mom is so happy in her new home surrounded by a staff that treats her like family! We are so grateful and the peace of mind we have found at Oasis is priceless!

ACTIVITY CALENDARS

	1/000		100				Garage Company
Sunday Shavuot Begins 1	Monday 2	Tuesday	Wednesday 4	Thursday 5	Friday	Saturday	7
10:00- Daily Chronicle 10:30- Virtual Church Services 11:00- Choir Hymns 2:30- Live Music w/ Paul B. 3:30- History of the Holiday Small Group Circles 4:00- Game Show Questionnaire	10:00- Daily Chronicle 10:30- Catholic Mass w/ Father E. 11:00- Virtual Country Side Tours 2:00- Lemonade & Snack Pass 2:30- Live Music w/ Paula S. Room Visits 3:30- Act It Ocnversations on the Patio 6:30- Dodge Park Book Club 7:00- Jeopardy Classics	10:00 - Daily Chronicle 10:30- Noodle Hockey Walking Club 11:00- Museums Around the World Table Top Sensory Boards 2:30- Live Music w/ Matt Y. 3:30- What Am I? 4:00- Seasonal Slideshows 6:30- Evening Stretches 7:00- Grand Of Opry Performances	10:00- Daily Chronicle 10:30- Express Your Inner Artist Sitting Room Small Groups 11:00- Live Bird Feeder Camera Word Searches 2:30- Live Music w/ Paula S. 3:30- A To Z Categories 4:00- Musical Memories 6:30- Men's Group Meetup 7:00- Feature Presentation	10:00- Daily Chronicle 10:30- B.I.N.C., O Callers Audio Book Circle 11:00- Seasonal Coloring Resident's Write a Story 2:30- Live Music w/ Paula S. 3:30- At the Farmer's Market 4:30- Magazine Readers 6:30- Fishing Stories 7:00- in Sports History	10:00- Daily Chronicle 10:30- Lucky Strike Bowling Activities in the Courtyard 11:00- Photo Caption Contest Sing A-Long 2:30- Live Music wy Arizona Doug 3:30- Name 10 Word Games Walking Club 6:30- Resident Interviews 7:00- Americas Got Talent	10:00- Daily Chronicle 10:30- B.I.N.G. O Callers Decade Reminiscing 11:00- Seated Aerobics Hall of Fame Athletes 2:30- Live Music w/ Rusty G. 3:30- Linked Senior Trivia One on One Walk & Talk 6:30- Mindful Meditations 7:00- Red Sox Game	1
4:00- Game Show Questionnaire 6:30- Spa Manicures	9. 10:00- Daily Chronicle 9. 10:30- Catholic Mass w/ Father E. 11:00- Virtual Country Side Tours 2:00- Lemonade & Snack Pass 2:30- Live Music w/ Paula S. Room Visits 3:30- Act It Out 4:00- Conversations on the Patio 6:30- Dodge Park Book Club 7:00- Jeopardy Classics	10:00- Daily Chronicle 10:30- Noodle Hockey Walking Club 11:00- Museums Around the World Table Top Sensory Boards 2:30- Live Music w/ Sean F. 3:30- What Am II? 4:00- Seasonal Slideshows 6:30- Evening Stretches 7:00- Grand Ol' Opry Performances	10:00- Daily Chronicle 11 10:30- Express Your Inner Artist Sitting Room Small Groups 11:00- Live Bird Feeder Camera Word Searches 2:30- Live Music w/ Paula S. 3:30- A To Z Categories 4:00- Musical Memories 6:30- Merls Group Meetup 7:00- Feature Presentation	10:00- Daily Chronicle 10:30- Sweet Treats Baking Club Audio Book Circle 11:00- Seasonal Coloring Resident's Write a Story 2:30- Live Music w/ Paula S. 3:30- At the Farmer's Market 4:30- Magazine Readers 6:30- Fishing Stories 7:00- In Sports History	10:00- Daily Chronicle 10:30- Lucky Strike Bowling Activities in the Courtyard 11:00- Photo Caption Contest Sing A-Long 2:30- Live Music w/ TBD 3:30- Name 10 Word Games Walking Club 6:30- Resident Interviews 7:00- America's Got Talent	Flag Day 10:00- A History of the Holiday 10:30- B.I.N.G. O Callers Decade Reminiscing 11:00- Seated Aerobics Hall of Fame Athletes 2:30- Live Music w/ Jim O. 3:30- Linked Senior Trivia One on One Walk & Talk 6:30- Mindful Meditations	14
Father's Day 15 1000- Daily Chronicle 10:30- Virtual Church Services 11:00- Choir Hymns Quier Reflections 2:00- Father's Day Social 3:30- Live Music w/ Lenny Z. 3:30- Live Music w/ Lenny Z. 3:30- Live Minicures 7:00- Golden Hollywood Film	10:00- Daily Chronicle 16:00- Catholic Mass w Father 1:10-0- Virtual Country Side Tours 2:00- Lemonade & Snack Pass 2:30- Live Music w/ Paula S. Room Visits 3:00- Act It Out 4:00- Conversations on the Patio 6:30- Dodge Park Book Club 7:00- Jeopardy Classics	10:00- Resident Council 10:30- Noodle Hockey Walking Club 11:00- Museums Around the World Table Top Sensory Boards 2:30- Live Music w/ Sean F. 3:30- What Am I? 4:00- Seasonal Slideshows 6:30- Evening Stretches 7:00- Grand Ol' Opry Performances	10:00- Daily Chronicle 10:30- Express Your Inner Artist Sitting Room Small Groups 11:00- Live Bird Feeder Camera Word Searches 2:30- Live Music w/ Paula S. 3:30- A To Z Categories 4:00- Musical Memories 6:30- Men's Group Meetup 7:00- Feature Presentation	Juneteenth 19 10:00- Daily Chronicle 10:30 B.I. N.C. O Callers Audio Book Circle 11:00: Seasonal Coloring History of the Holiday 2:30- Live Music w/ Paula S. 3:30- At the Farmer's Market 4:30- Magazine Readers 6:30- Fishing Stories	Summer Begins 20 10:00- Daily Chronicle 10:30- Beach Boys Summer Partyl Activities in the Courtyard 11:00- World's Best Beaches 2:00- Popsicles & Lee Cream Treats 2:30- Live Music w/ Arizona Doug 3:30- Name 10 Word Games Walking Club 6:30- Resident Interviews	10:00- Daily Chronicle 10:30- B.I.N. G. O Callers Decade Reminiscing 11:00- Seated Aerobics Hall of Farne Athletes 2:30- Live Music w/ Rusty G. 3:30- Linked Senior Trivia One on One Walk & Talk 6:30- Mindful Meditations 7:00- Red Sox Game	21
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Dodge Park Rest Home & Day Club 101 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 X117

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00- Sunday Mass & Prayers Animal Slideshow Trivia 10:45- Exercise with Paula 11:30- Daily Chronicle Reading 1:30- Simon Says Stretchl 2:15- Live Music w. Bill M. 4:00- Story of Shavuot Sports Radio Discussion 7:00- Sunday At The Movies Shavuot Begins	10:00-Linked Senior Game Show 2 10:30- Exercise w. Joe F. 11:15- Mass w. Father Enoch 1:30- Would Vou Rather? 2:15- Live Music w. Sean F. 3:30- Snack Pass & Lemonade 4:00- Crossword Puzzles Noodle Hockey 6:30- Manicure Stations 7:00- Johnny Carson	10:00- A Through Z Categories 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 1:30- Opposites Attract 2:15- Live Music w. TBD 4:00- Smell the Flowers Patio Walk Bubble Sensory Table 6:30- Fishing Stories Balloon Toss Up 7:00- Classic Game Shows	10:00- Butterfly Garden Tours 10:30- Exercise w. Joe F. 11:30- Daily Chronicle Reading 1:30- Caption This! 2:15- Live Music w. Sean F. 3:30- Snack Pass Chats 4:00- BINGO Club Water Color Paintings 6:30- Sing A Long Favorites 7:00- Shirley Temple Feature	10:00- Classic Commercial Trivia 10:30- Exercise w. Paula S. 11:30- Daily Chronicle Reading 13:0- Crossword Questionnaire The Oasis Bakers 215- Live Music w. Paul B. 4:00- Parachute Circle Board Games & Puzzles 6:30- Fireside Poetry 7:00- Off Broadway Musicals	10:00- Ballroom Dancing Finals 10:30- Exercise w. Paula S. 11:30- Daily Chronicle Reading 1:30- Charados 2:15- Live Music w. Sean F. 3:30- Happy Hour Social 4:00- Friday Evening BINGO Your Inner Artist 6:30- Guess the TV Theme Song 7:00- Red Sox Game	10:00- Seasonal Hangman 7 10:30- Exercise w. Paula S. 11:30- Daily Chronicle Reading 1:30- Famous Duos 2:15- Live Music w. Sandy R. 4:00- Card Game Ace Scrapbooking Group 6:30- Hand Massages & Manicures Aromatherapy 7:00- Golden Hollywood
8 Animal Sildeshow Trivia 10:45- Exercise with Paula 11:30- Daily Chronicle Reading 1:30- Simo Says Stretchl 2:15- Live Music w, Gary L, 4:00- Seasonal Coloring All About Sports 6:30- Fireside Short Stories 7:00- Sunday At the Movies	10:00-Linked Senior Game Show 10:30-Exercise w. Joe F. 11:15- Mass w. Father Enoch 1:30- Would You Rather? 2:15- Live Music w. Sean F. 3:30- Snack Pass & Lemonade 4:00- Crossword Puzzles Noodle Hockey 6:30- Manicure Stations 7:00- Johnny Carson	10:00- A Through Z Categories 10:30- Exercise w. Paula S. Art Therapy w. Lynda S. 1:30- Opposites Attract 2:15- Live Music w. Bill M. 4:00- Smell the Flowers Patio Walk Bubble Sensory Table 6:30- Fishing Stories Balloon Toss Up 7:00- Classic Game Shows	10:00- Butterfly Garden Tours 10:30- Exercise w. Joe F. 11:30- Daily Chronicle Reading 1:30- Caption This! 2:15- Live Music w. Sean F. 3:30- Snack Pass Chats 4:00- BINSO Club Water Color Paintings 6:30- Sing A Long Favorites 7:00- Shirley Temple Feature	10:00- Classic Commercial Trivia 12 10:30- Exercise w. Paula S. 11:30- Dally Chronicle Reading 1:30- Crossword Questionnaire 2:15- Live Music w. Arizona Doug 4:00- Parachute Circle Board Games & Puzzles Walking Group 6:30- Fireside Poetry 7:00- Off Broadway Musicals	10:00- Ballroom Dancing Finals 10:30- Exercise w. Paula S. 11:30- Daily Chronicle Reading 1:30- Charades 2:15- Live Music w. Sean F. 3:30- Happy Hour Social 4:00- Friday Evening BINGO Your Inner Artist 6:30- Guess the TV Theme Song 7:00- Red Sox Game	10:00- Seasonal Hangman 10:30- Exercise w. Paula S. 11:30- Daily Chronicle Reading 1:30- Farmous Duos 2:15- Live Music w. Jim O. 4:00- Card Game Ace Scrapbooking Group 6:30- Hand Massages & Manicures Aromatherapy 7:00- Golden Hollywood
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Memory care at Dodge Park Rest Home and Oasis at Dodge Park:

Where everyone knows your name

magine 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 Oasis's Activity Coordinator Amy Bustin says: enjoyed when she was younger: Tom Jones, Frank Sinatra, center and singing and very happy and engaged with it. 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

"One of my favorite activities at Oasis at Dodge Park is our Reminiscing Program. Dean Martin and Roger Whitaker. We have a little player in Here the residents and caregivers share their personal stories. We use this time to her room too. When the music starts, she is in the front row 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 When Bill McCarthy announced 'this one's for you, Nancy, soon talking about summers at 'the World's Fair' in St. Louis. For residents, reand broke into Que Sera Sera ('Que sera, sera/whatever will calling the past is important as their disease can rob them of these moments. Care-



givers 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 pow-

erful 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

JUNE OBSERVANCES

Monthly

Alzheimer's and Brain Awareness Month. Worldwide, more than 55 million people are living with Alzheimer's or another type of dementia. Join the Alzheimer's Association in going purple and raising awareness in June. The more people know about the facts about Alzheimer's and dementia, the closer we come to a cure.

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Pride Month. Celebrations include parades, picnics, parties, workshops, symposia, and concerts. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual, and transgender individuals have had on history locally, nationally, and internationally.

National Oceans Month. The ocean is home to fish, turtles, colorful coral reefs, and other unique organisms. National Oceans Month recognizes our connection to the ocean and seeks to raise awareness about the dangers it faces—pollution, overfishing, and more. These days it's more imperative than ever to take action to treat ocean resources with respect.

National Rose Month. Roses come in more than 300 species, and in different sizes and colors across the globe. They have long held a special place in people's hearts, used to show love and affection for weddings, childbirth, and other special occasions. The rose is also a state flower of five U.S. states.

Weekly

National Nursing Assistants Week, June 12-18.

National Nursing Assistants' Week provides a timely opportunity to showcase the wonderful hands-on care that nursing assistants provide to patients across the country.

Lightning Safety Week, June 22-28. The National Lightning Safety Council established National Lightning Safety Awareness Week to provide the public with safety information about lightning. Visit NOAA's comprehensive lightning safety website to learn more about lightning and lightning safety.

SPECIAL DAYS

- 1 Dare Day
- 1 Flip a Coin Day
- 1 Frozen Yogurt Day The first Sunday in June.
- 1 Go Barefoot Day
- 1 World Milk Day
- 2 National Bubba Day
- 2 National Rocky Road Day
- 3 National Egg Day
- 3 Repeat Day (I said "Repeat Day")
- 3 World Bicycle Day
- 4 Applesauce Cake Day
- 4 Hug Your Cat Day
- 4 National Cheese Day
- 4 Old Maid's Day
- 5 Hot Air Balloon Day
- 5 Moonshine Day The first Thursday in June.
- 5 National Gingerbread Day
- 5 World Environment Day
- 6 D-Day, WWII
- 6 Eid ul-Adha The date varies widely.
- 6 National Doughnut Day
- 6 National Gardening Exercise Day
- 6 Yo-Yo Day
- 7 Chocolate Ice Cream Day
- 7 National Trails Day The first Saturday in June.
- 8 Best Friends Day
- 8 Name Your Poison Day
- 8 World Ocean Day
- 9 Donald Duck Day
- 9 International Omelet Day
- 9 National Strawberry Rhubarb Pie Day
- 10 Ball Point Pen Day
- 10 Herb and Spices Day
- 10 Iced Tea Day
- 11 Making Life Beautiful Day
- 11 National Children's Day
- 11 National Corn on the Cob Day
- 12 National Jerky Day
- 12 National Peanut Butter Cookie Day
- 12 Nursing Assistants Day The date varies.
- 12 Red Rose Day
- 13 Blame Someone Else Day
- 13 Friday the 13th
- 13 National Weed Your Garden Day
- 13 Pigeon Appreciation Day
- 13 Sewing Machine Day
- 14 Flag Day
- 14 Monkey Around Day
- 14 National Cucumber Day
- 14 World Juggler's Day -The Saturday closest to June 17th.
- 15 Father's Day The third Sunday in June.
- 15 Global Wind Day
- 15 National Nature Photography Day
- 15 National Prune Day
- 15 Smile Power Day
- 16 Cannoli Day

SPECIAL DAYS

- 16 Fresh Veggies Day
- 16 International Waterfall Day
- 16 National Fudge Day
- 17 Eat Your Vegetables Day
- 17 Eid-Ul-Adha date varies
- 17 Global Garbage Man Day
- 17 National Root Beer Day
- 18 Go Fishing Day
- 18 International Panic Day
- 18 International Picnic Day
- 18 Sushi Day
- 18 National Splurge Day Oh yeah!!
- 19 Juneteenth
- 19 National Kissing Day
- 19 World Sauntering Day
- 20 Finally Summer Day / Summer Solstice date varies
- 20 Ice Cream Soda Day
- 20 National Bald Eagle Day
- 20 Take a Road Trip Day The third Friday in June.
- 20 Take Your Dog to Work Day The Friday after Father's Day.
- 21 Go Skateboarding Day
- 21 Hollerin' Contest Day The third Saturday in June.
- 21 International Yoga Day
- 21 National Sea Shell Day
- 21 National Selfie Day
- 22 National Chocolate Eclair Day
- 22 National Onion Ring Day
- 22 World Rainforest Day
- 23 International Widows Day
- 23 Let It Go Day
- 23 National Pink Day
- 24 Celebration of the Senses Day
- 24 International Fairy (or Faery) Day
- 24 National Pralines Day
- 24 Swim a Lap Day
- 25 Global Beatles Day
- 25 Handshake Day The last Thursday in June.
- 25 National Catfish Day
- 25 National Columnists Day The fourth Tuesday in June.
- 26 Beautician's Day
- 26 Forgiveness Day
- 26 National Canoe Day
- 27 National Food Truck Day The fourth Friday in June.
- 27 National Onion Day
- 27 Sun Glasses Day
- 28 Insurance Awareness Day
- 28 International Body Piercing Day
- 28 Paul Bunyan Day
- 29 Camera Day
- 29 Hug Holiday
- 29 International Mud Day
- 29 Log Cabin Day The last Sunday in June.
- 29 Waffle Iron Day
- 30 Meteor Day
- 30 Social Media Day

JUNE OBSERVANCES

Weekly

Learning Disability Week, June 16-22. This week aims to improve the quality of life for individuals with learning disabilities by raising awareness about important issues, fighting stigma and discrimination, and raising funds for outreach and support programs.

Daily

Global Day of Parents, June 1. Emphasizing the crucial role of parents in the lives of children, the Global Day of Parents recognizes that the family has the primary responsibility for nurturing and protecting children.

National Cancer Survivors Day, June 1. Whether you're a cancer survivor yourself, a family member, a friend, or a medical professional, this day provides an opportunity for everyone living with a history of cancer to connect, celebrate milestones, and recognize those who have supported them.

Flag Day, June 14. A day commemorating the adoption of the flag of the United States in 1777.

Father's Day, June 15. This day honors all fathers, grandfathers, and father figures for their contribution to their children's lives.

Summer Solstice, June 20. The solstice marks the official beginning of summer in the Northern Hemisphere.



JUNE FUN FACTS



Plant of the Month - Orchid

Stunning, fragrant orchids are part of the Orchidaceae family of plants. These gorgeous flowers are found all over the world. While some varieties are very rare, orchids as a group are not. In fact, there are over 25,000 wild types of orchids, and they make up about 10 percent of all plant species. There are also orchid hybrids developed by humans. Orchids come in a huge ranges of sizes, with the tiniest as small as a dime.

The largest, the tiger orchid, typically grows about eight feet long, but this hefty plant can reach 25 feet and weigh several hundred pounds.

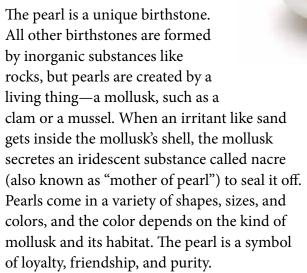
Orchids are prized for their range of heady scents, with notes of floral, citrus, and spice. Some orchids smell like cinnamon, chocolate, or vanilla. Others have unpleasant scents like mildew or old cheese, and some

have no scent at all. Avoid touching or overwatering these delicate blooms, which symbolize love, beauty, fertility, and strength.

Flower - Rose

The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word rosa, which means "red." It's one of the oldest flowers known to man. In fact, Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In modern floral tradition, the red rose symbolizes love, yellow is the rose for friendship, and peach represents appreciation and sincerity.





Birthday Critters: The Animal in You

June 1-3: Mouse

You are a sensitive yet mischievous person who others love to be around. You're always looking for the next fun thing to do.

June 4-14: Turtle

You are a very practical person with a kind heart, clever mind, and a generous spirit. Friends and family know they can come to you for anything.

June 15-20: Dog

You are a loving, loyal friend, and your humble, down-toearth attitude makes you easy to get along with. You are also very hardworking and popular among your friends.

June 21–24: Monkey

You are a playful person who loves cracking jokes and being the center of attention. You have a unique, spoton sixth sense that keeps you out of trouble.

June 25-30: Cat

Though shy at times, you warm up to others quickly and have a lovable personality. You enjoy having quiet time to reflect and just be yourself and can often be found with a book in hand.



JUNE FUN FACTS

June is the sixth month of the year in the Julian and Gregorian calendars. June is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere. Some say June is named for the Latin word iuniores, meaning "youths," but the name also could have come from the Greek goddess of marriage, Juno. For this reason, some couples think getting married in June brings good luck.

June Birthdays

Morgan Freeman (actor) – June 1, 1937
Anderson Cooper (journalist) – June 3, 1967
Kenny G (musician) – June 5, 1956
Virginia Apgar (doctor) – June 7, 1909
Joan Rivers (comic) – June 8, 1933
Cole Porter (songwriter) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Steffi Graf (tennis star) – June 14, 1969
George Mallory (explorer) – June 18, 1886
Nicole Kidman (actress) – June 20, 1967
Cyndi Lauper (singer) – June 22, 1953
Wilma Rudolph (runner) – June 23, 1940
Sonia Sotomayor (judge) – June 25, 1954
Frank Loesser (composer) – June 29, 1910





Love Those Long Summer Days

June 20 marks this year's summer solstice. This is the first day of summer in the northern hemisphere and the day with the most daylight hours. This is because the sun is traveling along its northernmost path. Conversely, in the southern half of the world, this date marks the shortest day and the beginning of winter. Many cultures and communities have special traditions to honor the solstice.

What's Lucky in June?

Lucky Color: Green Lucky Animal: Jaguar Lucky Letters: B and V Lucky Day: Thursday Lucky Plant: Strawberry



June 25 is the Day of Joy, the perfect occasion to reconnect with everything and everyone who warms your heart!
Celebrate the laughs, light, love, and happiness all around you, and find more joy in each and every day.



June Zodiacs

Gemini (The Twins) June 1–20 Cancer (The Crab) June 21–30





A very

Happy Birthday to...

Dodge Park Residents	Oasis Residents
June 2Michael	M. June 3 Margaret S.
June 3Patricia	H. June 23 David S.
June 20James	C. June 26Thomas M.
Staff	June 16 Kelly P.
June 1Gianna	D. June 17 Patricia M.
June 4Jaime	M. June 19Luz N.
June 5Jeffrey	C. June 22 Alexandra R.
June 6Courteney	L. June 23 Hanna S.
June 7 Rachel	F. June 26Tammy M.
June 13Natasha	J. June 26 Bebiany V.
June 14 Antonia	D. June 28Kerry G.



- Difficulty planning or problem solving
- · Mixing up times, places, or images
- Problems with words (speaking or writing)
- Withdrawal from work or social activities

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FATHER'S DAY



Fatherly Wit and Wisdom

Fathers have a unique perspective on parenting. Here are a few thoughts from famous people about parenting or about their fathers.

My father didn't ask me to leave home.

He took me down to the highway and pointed.

~ Henny Youngman

The worst thing that can happen to a man is his wife comes home and he has lost the child. "How did everything go?" "Great, we're playing hide and seek and he's winning." ~ *Sinbad*

All during the pregnancy when I was supposed to be reading baby books and taking baby classes and learning baby CPR didn't really go to waste because I did use the time to shop for the perfect video camera. ~ *Paul Reiser*

Remember: What Dad wants for Father's Day is a nap. Really. ~ *Dave Barry*

I've been to war. I've raised twins. If I had a choice, I'd rather go to war. ~ *George W. Bush*

You can tell what was the best year of your father's life, because he seems to freeze that clothing style and ride it out. ~ *Jerry Seinfeld*

When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape. ~ *Dave Attell*

Dad taught me everything I know. Unfortunately, he didn't teach me everything he knows. ~ *Al Unser*

There should be a children's song, if you're happy and you know it, keep it to yourself and let your dad sleep. ~ *Jim Gaffigan*

If you ever want to torture my dad, tie him up and right in front of him, refold a map incorrectly. ~ *Cathy Ladman*

Dad Jokes

My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to the supermarket for her. She sent him off with a carefully numbered list of seven items.

Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags. He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers.

~ Ioan Flood

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were. "Daddy, if the tigers got out and ate you up..." "Yes, son?" the father asked, ready to console him. "Which bus would I take home?" ~ Ghoulson D.G.

A man speaks frantically into the phone, "My wife is pregnant, and her contractions are only two minutes apart!"

"Is this her first child?" the doctor queries.

"No, you idiot!" the man shouts. "This is her husband!" ~ *Author Unknown*

On the day I received my learner's permit, my father agreed to take me out for a driving lesson. With a big grin, he hopped in behind the driver's seat. "Why aren't you sitting up front on the passenger's side?" I asked.

"Kirsten, I've been waiting for this ever since you were a little girl," Dad replied. "Now it's my turn to sit back here and kick the seat."

~ Kirsten Wiley

ODDS & ENDS



First day of summer—are you ready to celebrate?

Summer begins in 2025 on June 20 with the summer solstice, the day when the Earth's axis tilts our northern hemisphere most prominently toward the sun. On this day, the sun will reach its highest point in the sky, and afterward the daylight hours will grow shorter. The solstice has been a time of celebration and ritual in cultures around the world throughout history. At Stonehenge, a visitor standing in the center of the stone circle can see the sun rising directly over the Heel Stone, located just outside the ring of stones. The Egyptian Great Pyramids were built in such a way that an observer standing near the Sphinx can watch the sun set directly between two of the Pyramids. Celts and Slavs celebrated the event with bonfires and dancing to help the sun increase its strength. The Native American Hopi tribe had males dress as dancing spirits of rain and fertility known as Kachinas messengers between humanity and the gods who left the villages at midsummer to live in the mountains, where they were said to visit the dead. The ancient Druids' belief that the solstice represented the wedding of heaven and Earth is responsible for the tradition of brides planning a lucky June wedding.

Famous fathers and their offspring

Father's Day celebrates the special bond between fathers and their families. Every dad is a celebrity in his child's eyes, of course, but in some families fame and

fatherhood go hand in hand. Take a look at some of these well-known fathers and their successful children from the world of movies, music, and sports:

- Kirk Douglas and Michael Douglas (acting)
- Tony Curtis and Jamie Lee Curtis (acting)
- Lloyd Bridges, Beau Bridges, and Jeff Bridges (acting)
- Archie Manning, Payton Manning, and Eli Manning (football)
- Jon Voight and Angelina Jolie (acting)
- Bob Dylan and Jakub Dylan (music)
- Frank Sinatra and Nancy Sinatra (music)
- Ken Griffey and Ken Griffey Jr. (baseball)
- Henry Fonda, Peter Fonda, and Jane Fonda (acting)

Flag Day trivia

Flag Day is June 14th, when Americans proudly display their patriotism by flying the U.S. flag far and wide. The design of the U.S. flag was originally established by the Second Continental Congress on July 14, 1777. The Flag Resolution stated: "Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

Do you know these words?

How many of these names for common things do you recognize?

- Aglet: The plastic or metal coating at the end of your shoelaces.
- Agraffe: The wire holding a cork over a wine bottle.
- Armscye: The arm in clothes where the sleeve is sewn.
- Columella nasi: The space between your nostrils.
- Dysania: Difficulty getting out of bed in the morning.
- Glabella: The space between your eyebrows.
- Griffonage: Illegible handwriting.
- Petrichor: The smell of the air after a rain.
- Vocables: Words in songs that don't have any meaning, like "la, la, la."



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Improve Skin Health with Good Nutrition

It's summertime and we all want our skin to look its best. We know that sunscreen and effective cover are

important to keep skin safe from harmful ultraviolet (UV) rays that can cause skin cancer but we can do so much more to keep skin looking and feeling healthy.

Skin is the largest organ in our bodies. Its job is to provide a barrier between the outside world and the tissues and structures inside the body. If the skin is compromised or damaged, harmful chemicals and biological components can enter the body causing harm. This harm can range from a simple scratch to a more life-threatening exposure. The outer layer of the skin naturally sheds over time while new skin cells grow and replenish the old cells. Growing healthy new skin cells requires the appropriate intake of all three macronutrients...carbohydrate, protein and fat. Each one of these plays an important role at the cellular level. In fact, cell production throughout the entire body is a complex process in which both macronutrients and micronutrients (vitamins and minerals) play a part.

Since skin is constantly being exposed to oxygen as well as potentially harmful environmental factors such as pollution and UV rays as well as chemicals such as cosmetics, fragrances, lotions, pesticides, sunscreen, and additives in all of these it is important to consume foods that are good sources of antioxidants. Antioxidants aid in repairing cell damage caused by free radicals, which are waste molecules in the body. Skin damage is just one effect excessive free radicals do to the body. UV light exposure leads to the depletion of the skin's antioxidant levels including vitamin C and vitamin E. Other examples of antioxidants that are beneficial to the body, including the skin include vitamin A and beta-carotene. One of the best ways to get a variety of antioxidants is to each a variety of different colored fruits

and vegetables throughout the week. The summer growing season is here and with that we will start to see more locally available produce at supermarkets and farm stands. Add fresh berries to your breakfast cereal, enjoy a spinach salad with watermelon cubes for lunch, grill some zucchini for a great side dish at dinnertime and try a ruby red grapefruit as a mid-day snack.

The antioxidant vitamin C plays a role in collagen synthesis which keeps skin strong. This vitamin also helps wounds heal and is effective in protecting the skin against UV ray damage. Good food sources of vitamin C include citrus fruits, bell peppers, broccoli and tomatoes. Vitamins E and A are also antioxidants and thus protect against UV ray damage. Vitamin A also aids in wound healing. Avocados, sunflower seeds, nuts and green leafy vegetables are good sources of vitamin E. Choose sweet potatoes, carrots, spinach, bell peppers, and broccoli to get in your important daily vitamin A dose.

Sun exposure is a source of vitamin D but with current recommendations to limit sun exposure many people have low levels of vitamin D. Vitamin D is needed for healthy hair follicles in the skin and plays a role in wound healing. Milk is fortified with vitamin D and other food sources include salmon, sardines and egg yolks.

Omega-3 fatty acids are also important nutrients for healthy skin. Fatty fish like mackerel, salmon and sardines are good sources as well as walnuts and eggs.

In addition to eating healthy foods, skin can also be nourished with specific topical nutrients. Scientific research has proven that skin creams that contain vitamins A, C and E can be very effective. It is also very important to drink plenty of water each day to maintain good hydration status and prevent dehydration which will leave skin dry and therefore easily compromised.

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.



Applesauce Oatmeal Muffins

Makes 12 muffins

Ingredients:

- 1 1/2 cups old-fashioned oats
- 1 cup unsweetened applesauce
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

- 1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners or lightly grease it.
- 2. In a large bowl, combine oats, applesauce, and milk. Let sit for 10 minutes.
- 3. Stir in brown sugar, oil, vanilla, and egg until well combined.
- 4. In a separate bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt.
- 5. Gradually fold the dry ingredients into the wet mixture, stirring just until combined.
- 6. Divide the batter evenly among the muffin cups.
- 7. Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.
- 8. Allow to cool for a few minutes before transferring to a wire rack.



Feta and Herb Biscuits

Makes 8 biscuits

Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup unsalted butter, cold and diced

- 3/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh herbs (such as parsley, dill, or chives)
- 2/3 cup buttermilk, plus extra for brushing

- 1. Preheat oven to 425°F and line a baking sheet with parchment paper.
- 2. In a large bowl, whisk together the flour, baking powder, salt, and black pepper. Cut in the cold butter using a pastry cutter or fork until the mixture resembles coarse crumbs.
- 3. Fold in the crumbled feta and chopped herbs. Gradually add the buttermilk, mixing until the dough just comes together.
- 4. Turn the dough onto a floured surface, pat into a 1-inch-thick rectangle, and cut into 8 equal pieces.
- 5. Place on the prepared baking sheet, brush with buttermilk, and bake for 12–15 minutes, or until golden brown.



Diabetic-Friendly Peanut Butter Cookies

Makes 12 cookies

Ingredients:

- 1 cup natural peanut butter (unsweetened, no added sugar)
- 1/2 cup granulated sugar substitute (such as erythritol or monk fruit sweetener)

- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

- 1. Preheat oven to 350°F and line a baking sheet with parchment paper.
- 2. In a medium bowl, mix peanut butter, sugar substitute, egg, vanilla extract, baking soda, and salt until well combined.
- 3. Scoop tablespoon-sized portions of dough onto the prepared baking sheet, spacing them about 2 inches apart.
- 4. Flatten each cookie slightly using a fork, creating a crisscross pattern.
- 5. Bake for 10–12 minutes, or until the edges are set and slightly golden.
- 6. Let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

EASY EATS

Classic Iced Tea

Makes 4 servings | A No-Bake Recipe

Ingredients:

- 4 cups water, divided
- 4 tea bags of choice
- 1/4 cup honey
- 1/2 lemon, sliced
- Ice cubes
- (Optional) Fresh mint for garnish

Directions:

- 1. In a saucepan, bring 2 cups of water to a boil. Remove from heat and add the tea bags.
- 2. Let the tea steep for 5 minutes, then remove the tea bags.
- 3. Stir in the honey while the tea is warm, ensuring it dissolves completely.
- 4. Add the remaining 2 cups of cold water and let the tea cool to room temperature.
- 5. Refrigerate for at least 1 hour or until chilled.
- 6. Serve over ice with lemon slices and mint for garnish.



Worried about a loved one with memory loss?

Dementia Warning Signs

- Forgetting newly-learned information
- Challenges completing familiar tasks
- Misplacing things or unable to retrace steps
- · Changes in personality, mood, or decisions



Call us to get help today.

508-853-8180

Paper Party Gnomes

Color and assemble the provided designs to make 3D gnomes. Use them to decorate ledges or party tables.

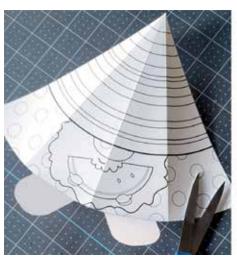
Add elastic cords and wear them like a party hat.

To make one rose, you will need:

- Gnome designs printed on card stock
- Colored pencils or markers
- Scissors and Scotch tape
- (Optional) Twine, Glue Dots, party hat elastic cord

Directions:

- 1. Select a gnome design (a bearded fellow or a lady gnome) and then cut it out following the gray outline.
- 2. Fold along the dashed lines to create creases. Flatten the design and then color it in.



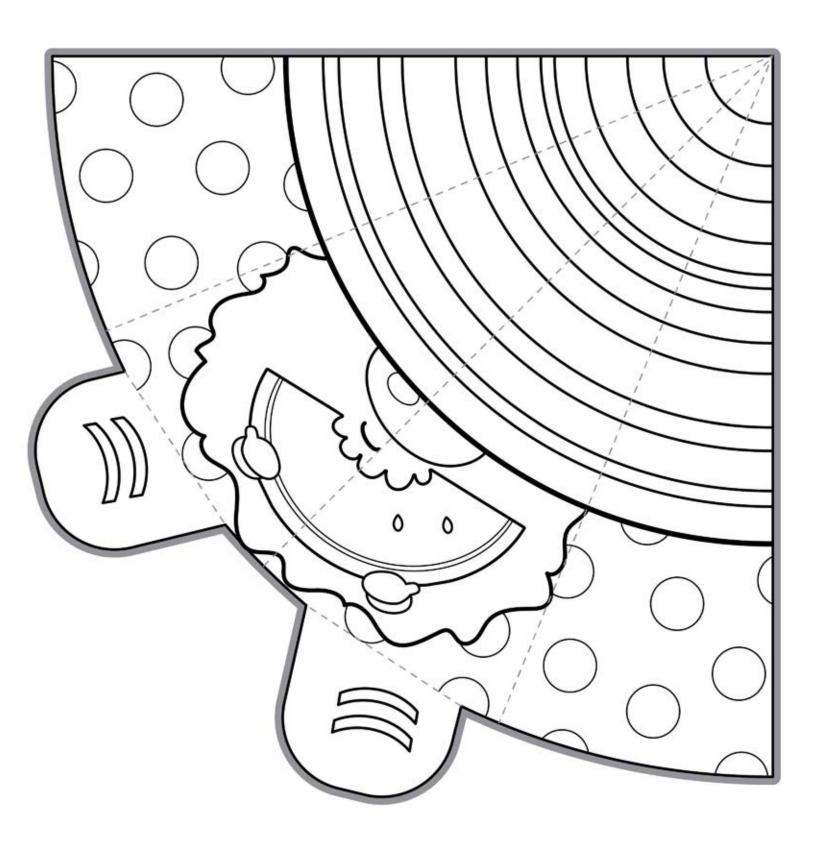


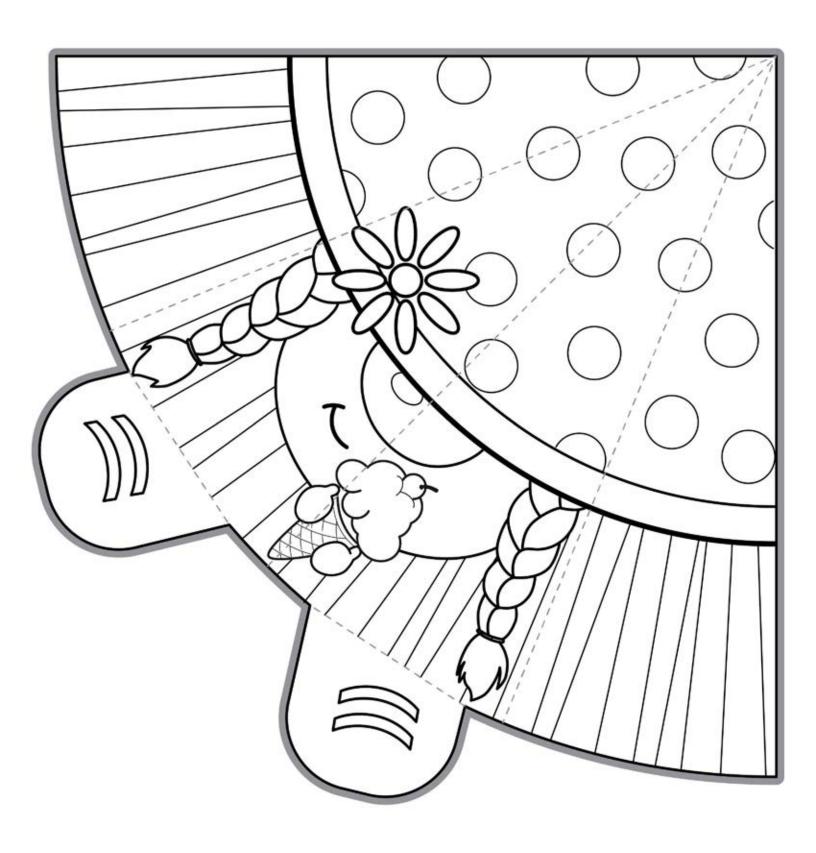


- 3. Fold the side panels back. Align the edges and tape the seam using a long piece of Scotch tape. Trim off the excess tape.
- 4. For an added touch, knot a small piece of twine for each shoe. Attach them using one Glue Dot each.

Uses: Decorate tables and ledges. As an alternative, attach elastic cords to make funny little hats for parties.







Rosey Celery Stamping

Make four stamps out of a celery stalk and then make craft foam roses.

You will need"

- Entire celery stalk
- Green craft stick
- 2" flowerpot
- 2" moss ball or floral foam and Spanish moss
- 3 rubber bands
- Acrylic craft paint (a color lighter or darker than the rose-colored craft foam)
- Craft foam (two 5" squares in a rose color of choice, 1" X 2" green for a leaf)
- Disposable plate, scrap paper, Glue Dots, scissors

Directions:

1. To make 4 rose stamps, wrap 3 rubber bands around a celery stalk. The first rubber band should start 4" from the base. Then add 2 more bands, spacing them 4" apart. Cut the stamps apart as shown below.





- 2. Pour a shallow puddle of paint onto a disposable plate. Dip a stamp in the paint and stamp on scrap paper to dab off excess paint.
- 3. Stamp a rose onto a craft foam square.Repeat to make another rose.Set aside to dry.
- 4. Cut a leaf shape out of the green craft foam.
- 5. Prepare the flowerpot by placing a moss ball in it. As an alternative, wedge a small cube of foam in the pot and then top it with a little Spanish moss.
- 6. After the roses are dry, trim both roses by cutting around the stamped petals, leaving extra craft foam around the edges.
- 7. Use Glue Dots to attach a rose and a leaf to the craft stick stem. Turn the project over and add the second rose to the back. The charm of this is the two roses don't line up, giving the illusion of petals peeking out from behind the stamped rose in front of them.
- 8. Push the bottom of the craft stick stem into the moss ball or foam in the flowerpot. Add one or two more roses to make a blooming rose bush!



Woodland Garden Stakes

Assemble a wine cork, skewer, and embellishments to make a woodsy garden stake.

You will need:

- Wine cork
- 12" wooden skewer and wooden toothpick
- Embellishments (small faux flowers and foliage, small beads, acorn caps, Spanish moss, sunflower or pumpkin seeds, stickers, raffia, etc.)
- Permanent markers in assorted colors, including brown
- Phillips head screwdriver, needle-nose pliers, and scissors
- Hot glue gun
- (Optional) 3" X 1" colored card stock, clear packing tape, and a pushpin to make a plant identification tag

Directions:

1. Slowly turn the tip of a Phillips head screwdriver to make a 1/4" deep hole in the side of a cork. This will be the round entrance to a tiny woodland birdhouse. Make another hole 1/2" deep in the bottom of the cork.









- 2. Use the wire-cutting portion of the needle-nose pliers to cut a 1/2" piece of toothpick. This will be the perch. Use the pliers to poke a small hole under the round birdhouse opening. Then, insert the pointed end of the toothpick into the hole to secure the perch.
- 3. Color the inside of the round opening brown. Hot glue a bead to the end of the perch. As an alternative, use a different embellishment, use markers to color it, or keep the perch plain.
- 4. Working from top to bottom, hot glue embellishments to add a roof and decorative elements around the sides. Trim off any excess elements around the bottom of the cork to expose the hole on the bottom.







- 5. Fill the bottom hole with hot glue and then insert the skewer. Hold the skewer in place until the hot glue sets.
- 6. Add moss and/or foliage to the bottom of the cork to complete your tiny birdhouse.
- 7. To add a plant identification tag, cut a leaf shape out of card stock. "Laminate" the leaf, covering each side with clear packing tape, and then cut it out, leaving a 1/8" border. Write the plant name on the tag with a permanent marker. Then, attach the tag to the cork using a pushpin.





Shoebox Picnic Tote

Upcycle a shoebox to make a colorful tote with ribbon straps for carrying.

Paint the box with your favorite colors or your favorite sports team colors.

Add details such as faux flowers or perhaps team spirit decals.

You will need:

- Shoebox
- Acrylic craft paint (2 or more colors of choice)
- Paintbrush and paint supplies
- 3" to 4"-wide burlap ribbon (44" long, color of choice)
- 3/8" to 7/8"-wide ribbon (two 28" strands, color of choice)
- 4 matching buttons (1/2" to 1")
- Embellishments (faux flowers and leaves with stems removed, decorative ribbon, raffia, buttons, craft foam stickers, decals, etc.)
- Masking tape, hot glue gun, pencil

- 1. Cover any holes that might be part of the shoebox design with masking tape. Be sure to cover them on both sides of the holes. Lids often have a hole on each end as shown. Use more tape if needed to securely hold the corners of the box together.
- 2. Paint the inside of the box, working on the lid first. This way, the lid will dry faster, allowing you to move to the next step without delay.







- 3. Close the lid and paint the outside of the box. While the paint dries for about 15 minutes, clean up any messes and select your embellishments.
- 4. While the lid is closed, use a pencil to trace a line onto the box following the bottom edge of the lid.







- 5. Working in small sections at a time, apply hot glue to the top edge of the burlap ribbon and then secure it to the pencil line to cover the outside of the box. Finish wrapping the ribbon by overlapping the ends a bit, securing them in place with hot glue. If there is extra ribbon at the bottom, tuck it under the box and glue it in place.
- 6. Use hot glue to attach embellishments to the lid.
- 7. Add the straps. Glue each end to the box, positioning them about an inch from the bottom corners. Then glue the buttons over the ends of the ribbon. Your picnic tote is now ready to use.

Variations:

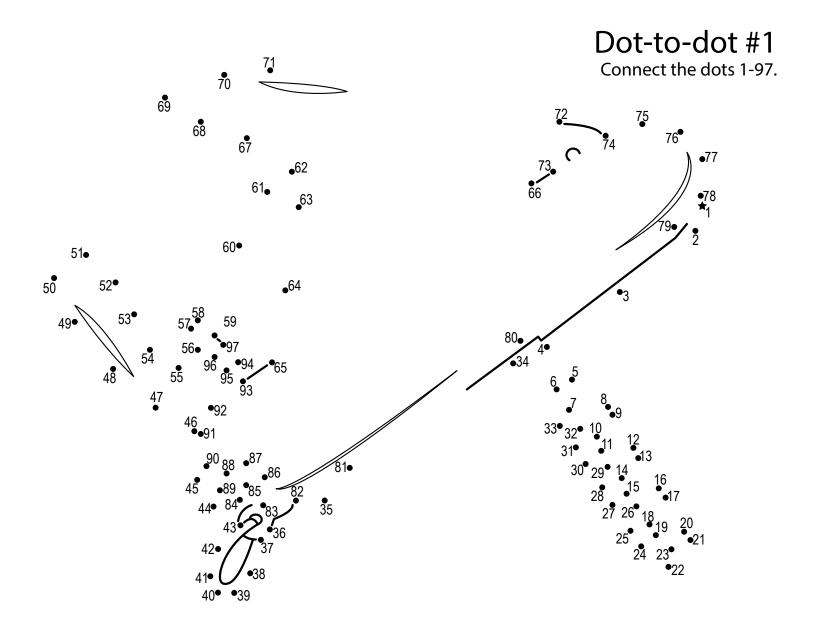
- Use a child-size shoebox to make a smaller tote.
- Skip the straps to make an attractive storage box for keepsakes or to hold supplies for crafts, sewing, or bingo.
- Make a sneaky snack stash box by writing an unappetizing label on top such as "paperwork."





COLORING PAGE





Best Dad Detective

Search for the items in bold.

Stanley and June Smythe were proud parents of five sons ranging in age from 10 to 22. Father's Day was special, as being their best dad was Stan's most important thing to do. On this day he'd put on his **Old Spice cologne** and **4 neckties**, previous gifts from his crew, And re-watched **3 reels of home movies**, laughing about the crazy things they used to do.

One year he got a **bowling pin**, **fishnet**, **fishing lure**, **6 golf balls**, and **6 tees** so sporty, Plus a **shot glass**, **5 dice**, **pocket knife**, and **playing cards** the year he turned forty. Favorite gifts were a **remote control** and **dog brush** to go with a new puppy named Mork, And once it was all about barbecues, with gifts of **tongs**, **spatula**, and a **grilling fork**.

This year, he opened **3 Father's Day cards**, found his **box of matches**, and lit his **pipe**. As June and the boys gathered round, Stan said, "I love this day, but I do have one gripe, And that is a **#1 Dad coffee mug** is a statement gift I've never received from you, But the **2 dumbbells** and **4 spark plugs** are ones whose message I might misconstrue.

"Maybe I need to be sharper or have more spark perhaps, is that what you meant to relay?"
"Dad," exclaimed his oldest son, "take your **fountain pen** and write down what I say:

Words on a mug can't begin to capture your worth because in our eyes you are gold,

And our gift of **2 SAGA magazines** for people over 50 doesn't mean we think you're old!"



Best Father Ever Mining

See how many words you can make with the letters in:

BEST FATHER EVER

Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



1.		21.	
2.		22.	
3.	·	23.	
4.		24.	
5.	·	25.	
6.	·	26.	
7.		27.	
8.	·	28.	
9.		29.	
10.		30.	
11.		31.	
12.		32.	
13.		33.	
14.		34.	
15.		35.	
16.		36.	
17.		37.	
19.		39.	
20.		40.	



HUG	TRUST	FAITHFUL
PAL	CARING	TEAMWORK
KIND	HONEST	SUPPORTIVE
BUDDY	LISTEN	BEST FRIENDS
HAPPY	LOVING	CONSIDERATE
LAUGH	UNIQUE	
SHARE	RESPECT	

Flag Day Match

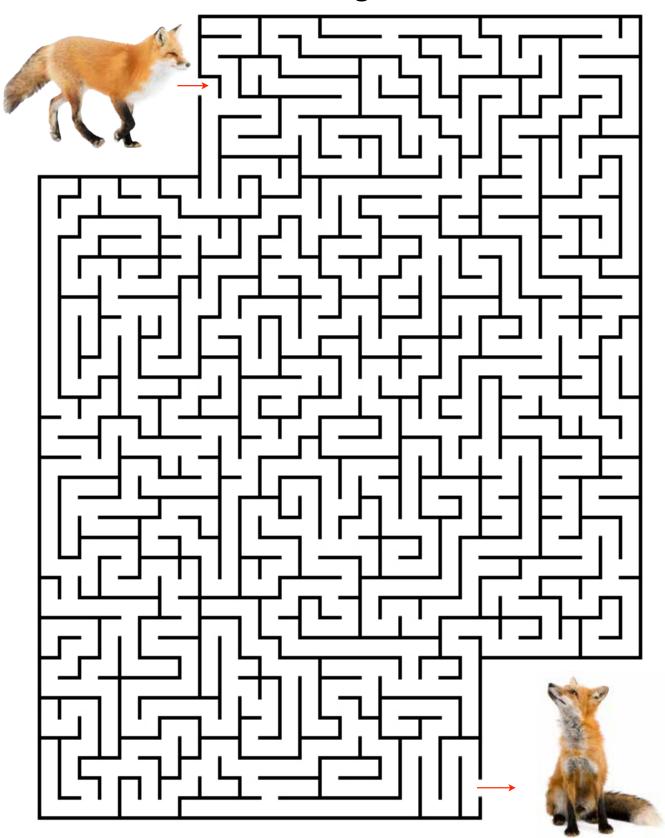
Match the clues to the words associated with the U.S. flag or Flag Day.

Last "star" added to flag in 1960
"Father" of Flag Day
Second word in "Pledge of Allegiance"
Vigorous support for your country
Some say Flag Day originated here in 1885
Nickname of U.S. flag
Stands for something else
Color symbolizing hardiness and valor
Creator of Star-Spangled Banner flag in 1795
Color symbolizing purity and innocence
A public procession
Color symbolizing vigilance, perseverance, and justice
Many believe she created our first flag
These represent the original 13 colonies
Position of flag for mourning
Citizens are requested to do this on Flag Day

- A. Patriotism
- B. Old Glory
- C. Old Glory Red
- D. White
- E. Old Glory Blue
- F. Wisconsin
- G. Bernard J. Cigrand
- H. Betsy Ross
- I. Hawaii
- J. Pledge
- K. Parade
- L. Symbol
- M. Mary Pickersgill
- N. Stripes
- O. Half-mast
- P. Fly the flag



A-Mazing Fox



Fun with Yo-Yos

The words listed below can be found vertically and horizontally.

F S E P L E R P N B T R I N G C T X Z S L I S N \mathbf{T} R I C K C Q G Ι \mathbf{F} W \mathbf{T} R Ι P D Y \mathbf{E} G 0 C X Η N S K V R \mathbf{F} 0 \mathbf{L} V D N V E K S H D \mathbf{E} M J T H R 0 W X E W \mathbf{T} O M V Y V R G D N T H R R \mathbf{E} V E R E

CIRCLE
FINGER
HOVER
REVERSE
SLIPKNOT



STRING
THROW
TRICKS
WOOD
WRIST

Crossword #42

Use the clues to fill in the crossword.

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	32		33				34			
				35								
36							0			37		

ACROSS

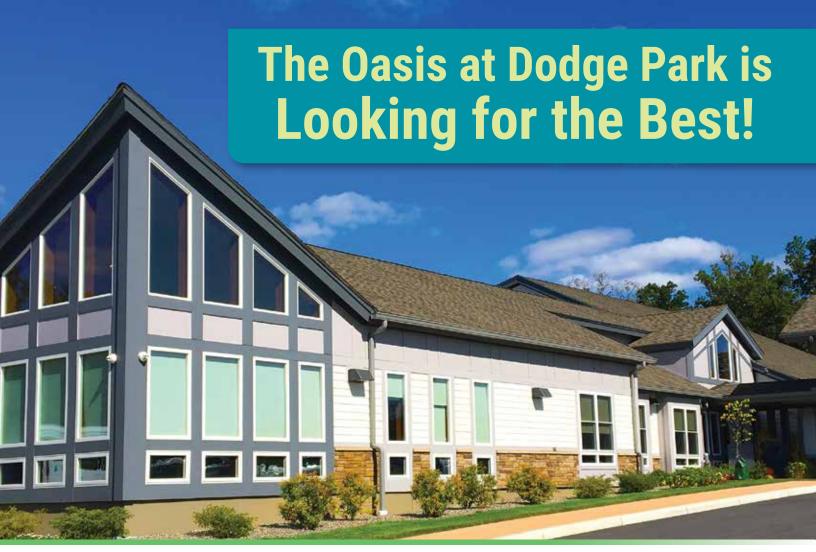
- 2. The Best ____ Marigold Hotel
- 5. "What's up, ____?" Bugs Bunny
- 9. Feeling that danger is near
- 11. Camera user's hobby
- 15. Ump's call
- 16. Slide fastener
- 17. Restaurant handout
- 19. That Tune
- 20. Rational thought
- 22. Bonus
- 23. "Well-armed" sea creatures
- 25. Completely; totally
- 28. Advantageous
- 29. "From ____ to nuts" (entirely)

- 31. Anti-rust coatings made of metal
- 34. Neat; shipshape
- 35. Friendly and generous
- 36. Boats' parking spots
- 37. Much ____ About Nothing

DOWN

- 1. Alternative for soda?
- 3. Driveway material
- 4. "It's not my ____ of tea."
- 6. " __ thee I sing"
- 7. Small metric measurement
- 8. "The _____ analysis shows very little in common."
- 10. Step of a ladder

- 12. Alpha's opposite
- 13. Escort's offering
- 14. Last of the brood
- 16. Wild animal park
- 18. Godiva is known for
- traveling on this
- 21. Topics at hand
- 23. Presented as an option
- 24. The P in M.P.H.
- 26. Devoid of content
- 27. "She ____ her victory over
- us." (boasted; dominated)
- 30. Ancient
- 32. The I of T.G.I.F.
- 33. Number of children in sextuplets





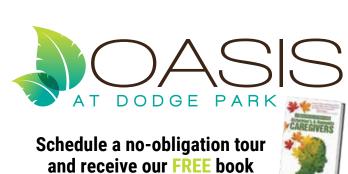
Caregivers 3-11, 11-7 shifts
 Housekeeping
 Activity Personnel
 LPN for 3pm-11pm shift

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



- · Safe, secure, state-of-the-art facility
- Personalized wellness plans with medication management
- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming

- Alzheimer's & Dementia Care
- Beauty salon, spa, library
- Residency rates never go up
- Fully licensed by the State of Massachusetts
- Private rooms available
- Daily activities programs



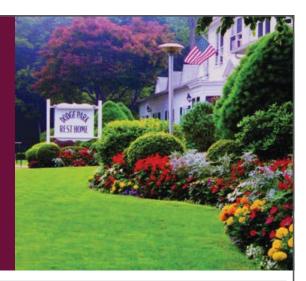




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One of life's greatest challenges is deciding when a loved one is no longer capable of living independently.

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



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- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week

- Special diet accommodations
- All inclusive All included program
- Post hospital / Rehab / Surgery care
- Your loved one may be eligible to stay when their money runs out!



Schedule a Tour & See Why We're #1 on Caring.com in MA



DODGE PARK REST HOME



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

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

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

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



In this guide, you'll learn:

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

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

Memory Care Support Group



- 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 virtual support group is for caregivers and family members with loved ones suffering from Alzheimer's and dementia. It's a opportunity to share feelings and ideas, ask questions or just give/get encouragement.

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.

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.

Our Support Group Meets 3pm-5pm on the Third Wednesday of Each Month at Dodge Park, 101 Randolph Road, Worcester, MA

Please RSVP via email to Micha Shalev at m.shalev@dodgepark.com or call 508-853-8180

You can also attend the meeting virtually.

Please email m.shalev@dodgepark.com to receive the Zoom address prior to the meeting.











Peace of mind for your family Extraordinary Elderly Care

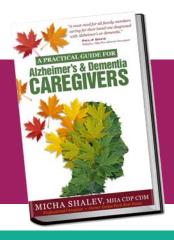
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



Two Communities—One Unique Mission

- Special trained direct care staff best in the industry
- Luxurious accommodations / Homelike accomodations
- 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









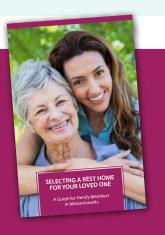


Yes, we can help if your loved one:

- is diagnosed with dementia
- \bullet requires 2 person assist, or utilized wheel chair
- 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 Gare Program

DODGE PARK REST HOME





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 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



Dodge Park



101 and 102 Randolph Road, Worcester, MA 01606 Tel: 508-853-8180 Fax: 508-853-4515 DodgePark.com · OasisAtDodgepark.com

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CONDAY	F O TUESDAY	WEDNESDAY		O FRIDAY	SATURDAY	O SUNDAY
MONDA	10200711	TALDITIES THE	THORODA II	TRIEZU	or worker w	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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