

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HAPPY
August



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

*A Cheerful
Heart is Good
Medicine*



Bringing LIFE to Those We Serve

Caring for aging parents can be a significant responsibility, often involving both emotional and logistical challenges. However, it's also an opportunity to give back and provide the love and care they once gave to you. Here are some tips:

Understand Their Needs: Aging can bring a variety of physical and mental health issues. Regular medical check-ups are essential to keep track of their health status. Understanding their specific needs, whether it's assistance with mobility, medication management, or dealing with dementia, will help you provide better care.

Make Their Home Safe: Many older adults want to stay in their homes as long as possible. You may need to make some modifications to their living environment to ensure it is safe and convenient for them. This could include installing grab bars in the bathroom, ensuring the home is well-lit to prevent falls, and removing tripping hazards.

Help with Financial Management: It's important to understand your parents' financial situation and help them manage it, if necessary. This might involve setting up automatic bill payments, overseeing their investments, or helping with insurance claims.

Look After Their Diet: As people age, their nutritional needs change. They may need a diet low in salt and sugar but high in fiber and other nutrients. You may also need to consider specific dietary restrictions related to their health conditions.

Provide Emotional Support: Aging can often be a lonely experience, and your parents may struggle with feelings of isolation. Regular visits, phone calls, and activities that they enjoy can help maintain their mental health.

Consider Professional Assistance: If your parents' needs become more than you can handle, consider getting help from home health aides, adult day care centers, or even looking into assisted living facilities or nursing homes. There's also a growing industry of professionals known as geriatric care managers who can help coordinate care.

Take Care of Yourself: Caregiving can be stressful and emotionally draining. It's important to look after your own mental and physical health as well. Seek support from others in similar situations, consider therapy or support groups, and make sure you're taking time for self-care.

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

Legal Matters: Make sure to discuss legal matters with your parents, such as a living will, a healthcare proxy, and power of attorney. These documents can provide a clear understanding of their wishes in case they're unable to make decisions for themselves.

Remember, every situation is unique, and what works for one person might not work for another. It's important to have open and honest conversations with your parents about their needs and wishes as they age.

From Tasks to Relationships:

Why Dementia Care Is Personal, Not Procedural

When someone is living with dementia, care cannot be reduced to a checklist of tasks. Medications can be administered, meals can be served, and daily routines can be followed—but exceptional dementia care goes far beyond completing duties. At its heart, dementia care is personal.

At Dodge Park Rest Home and Oasis at Dodge Park, we believe that caring for someone with dementia begins with knowing the person—not just the diagnosis. Dementia affects far more than memory. It influences emotions, perception, communication, and a person's sense of safety in the world. Because of this, the most meaningful care is built on relationships, trust, and familiarity.

Our teams take the time to learn each resident's life story, daily rhythms, preferences, and comfort cues. They know who enjoys a quiet morning, who finds reassurance in familiar music, and who needs extra patience during transitions.

These personal details shape how residents experience their day and help reduce confusion, anxiety, and distress.

Consistency plays a vital role in this approach. Familiar caregivers create emotional security for residents who may struggle to recognize faces or understand their surroundings. Seeing the same trusted team members day after day builds comfort and confidence. Over time, these relationships help prevent behavioral challenges and foster a calmer, more supportive environment.

Procedures and structure are essential, and safety is always a priority. But at Dodge Park and Oasis at Dodge Park, procedures are designed to support relationships—not replace them. When care becomes overly



task-focused, residents may feel rushed or misunderstood. When care is relationship-driven, residents feel respected, heard, and valued as individuals.

Communication is another cornerstone of personal dementia care. Dementia can change how a person expresses needs and emotions. Our caregivers are trained to listen beyond words—paying attention to body language, tone, and behavior. Responding with patience and compassion helps preserve dignity and reduces frustration for everyone involved.

Families often tell us they notice the difference. They see loved ones who are calmer, more engaged, and more at ease. They recognize when a care team truly knows their family member—and that trust brings peace of mind during an otherwise challenging journey.

At Dodge Park Rest Home and Oasis at Dodge Park, we believe exceptional dementia care isn't about doing more—it's about caring better. By focusing on relationships first, we create an environment where residents feel safe, supported, and understood.

Because dementia care is not a series of tasks to be completed.

It is a relationship to be nurtured—one moment, one connection, and one person at a time.



For more information please contact Micha Shalev at m.shalev@dodgepark.com



INTRODUCING OUR **Adopt-A-Solo-Ager PROGRAM**

We're proud to launch the **Adopt-A-Solo-Ager Program** – a community companionship initiative designed to support older adults who live alone and may experience social isolation.

Through this program, each of our communities adopts one or two local solo agers, inviting them for scheduled visits focused on **friendship, conversation, and meaningful social engagement in a warm, respectful setting.**

It is our belief that human connection is essential at every stage of life, and that no senior should feel alone. This program was inspired by national trends showing that more than 22 million older Americans live alone, are unmarried, and often don't have adult children nearby – and many struggle with rising costs and limited social connection.

All activities are designed to encourage connection, dignity, and enjoyment.

Participants may enjoy activities such as:

- Conversation and companionship
- Arts and crafts
- Group activities, games, music, and light programming
- Seasonal events and celebrations
- Informal participation in daily community life

*When visits naturally align with lunchtime, participants are welcome to share a meal as part of the experience – **not as the purpose of the program, but as part of the social connection.***

This is not a meal program.

Interested in learning more or making a referral?

Contact us today at

508-853-8180

or email Micha Shalev at m.shalev@dodgepark.com

Dodge Park

 **OASIS**
AT DODGE PARK

This is a social companionship program. Transportation and clinical services are not included.

AROUND DODGE PARK AND OASIS



AROUND DODGE PARK AND OASIS





Lock In Your Rate and Monthly Fees Never Increase



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.

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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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

Dodge Park and The Oasis at Dodge Park are a “Caring Super Star of 2026” 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.

Dodge Park and The Oasis at Dodge Park are two out of only three facilities in Massachusetts to win the prestigious “Super Star” award.

Unparalleled Level of Care and Service

At both Dodge Park Rest Home and 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 both of our facilities.

Dodge Park

 **OASIS**
AT DODGE PARK



My wife has been at Dodge Park for two and one-half years now. I cannot speak too highly of the staff. They are wonderful, caring workers. They respond to my questions and concerns quickly and professionally. The facility is clean and they are always decorating according to the season. I am so pleased that I found a place I can entrust my wife to.

The care your team at Dodge Park is excellent. The level of kindness and respect that they provided to my mother made her last years ones filled with dignity and love. Dodge Park creates an incredible environment for their residents. The staff was welcoming and understanding. No question too small and all concerns listened to and addressed. Dodge Park eliminated my daily worries about my mother, because I knew she was in a safe and supportive environment.

My sister, Susan, has been a resident at Dodge Park since October 2023. I've delayed giving a review because I wanted to see, long term, how she fared health-wise, which 100% depends on the round-the-clock care she receives from the staff, doctor, & nurses. I'm happy to report that she is much healthier, physically, than when she entered Dodge Park. She enjoys a balanced diet so she's lost excess weight, which is helpful for her diabetes management. She received physical therapy, & now she walks with a walker. As a patient with progressive dementia, her mobility has declined but I've witnessed firsthand how she responds positively to the care she receives. She is well taken care of & the staff are caring & kind. Residents don't sit in their rooms all day or stay in bed all day. If they're well, they participate in activities all day long. When we arrive to visit, Susan is always smiling & happy. She's happy there, and that means the world to her family. Many thanks to Ben, Micha, Courteney, Debbie, Carrie, Denise & the entire caring staff at Dodge Park.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026						
6:30- Morning Affirmations 10:00- Hymns of Worship & Praise Congregational Church 11:00- Doo Wop Hits 2:15- Hand Held Bingo Cards 2:30- Live Music with Jordan G. 3:30- Move & Groove Exercises 7:00- Sunday Night Movie	6:30- Daily Chronicle & Hot Coffee Sunny Spin Laundry Folding 10:15- Bubbles on the Patio 10:30- Catholic Mass w. Father E 2:15- 1950's Facts & Trivia 2:30- Group Exercise w. Paula S. 3:30- Residents Write a Story 6:30- Photo Reminiscing	6:30- Local News & Coffee Cart 10:00- Patio Small Group 10:30- Catholic Mass w. Father E 2:15- Fads of the 50's Discussions: Fashion Trends 2:30- Outdoor Music w. Sean F. 3:30- Vocabulary A to Z 6:30- Meditational Breaths	6:30- Magazine Readings 10:00- Art Therapy with Lynda Catholic Mass in the Courtyard Table Top Puzzle Solvers 10:30- Basket Grabbers 2:30- Live Music with Russ R. 6:30- Manicures & Hand Massages 7:00- Red Sox Rewind	6:30- Hot Cocoa & Conversations 10:00- Water Color Paintings Penny Ante Game Patio Small Group 2:15- Name that 1950's Movie Star 2:30- Outdoor Music w. Paula S. 3:30- Horseshoe Tournament 6:30- Conversation Ball Toss	6:30- Early Morning Manicures 10:00- Seated Yoga Flow w. Bonnie Kindred Hearts Stretches 10:15- Art Therapy with Lynda 2:30- Live Music with Jeff T. 3:00- Soda Jerk's Root Beer Floats 3:30- Summer Hangman 6:30- Chicken Soup Stories	6:30- Intentional Coloring Circle of Friends 10:00- Parachute Circle Table Top Shuffleboard Summer Sensory Bins 2:15- Would You Rather Polls 2:30- Live Music with Sandy R. 6:30- Daily Devotionals
6:30- Morning Affirmations 10:00- Hymns of Worship & Praise Congregational Church 11:00- Doo Wop Hits 2:15- Hand Held Bingo Cards 2:30- Live Music with Arizona Doug 3:30- Move & Groove Exercises 7:00- Sunday Night Movie	6:30- Daily Chronicle & Hot Coffee Sunny Spin Laundry Folding 10:15- Bubbles on the Patio 10:30- Catholic Mass w. Father E 2:15- 1950's Facts & Trivia 2:30- Group Exercise w. Paula S. 3:30- Residents Write a Story 6:30- Photo Reminiscing	6:30- Local News & Coffee Cart 10:00- Patio Small Group 10:30- Catholic Mass w. Father E 2:15- Fads of the 50's Discussions: Home Appliances & Recipes 2:30- Outdoor Music w. Jodie R. 3:30- Vocabulary A to Z 6:30- Meditational Breaths	6:30- Magazine Readings 10:00- Art Therapy with Lynda Catholic Mass in the Courtyard Table Top Puzzle Solvers 10:30- Basket Grabbers 2:30- Live Music with Heather R. 6:30- Manicures & Hand Massages 7:00- Red Sox Rewind	6:30- Hot Cocoa & Conversations 10:00- Golden Crumbs Baking Penny Ante Game Patio Small Group 2:15- Name that 1950's Movie Star 2:30- Outdoor Music w. Jim P. 3:30- Horseshoe Tournament 6:30- Conversation Ball Toss	6:30- Early Morning Manicures 10:00- Seated Yoga Flow w. Bonnie Kindred Hearts Stretches 10:15- Art Therapy with Lynda 2:30- Live Music with Bill M. 3:00- Soda Jerk's Root Beer Floats 3:30- Summer Hangman 6:30- Chicken Soup Stories	6:30- Intentional Coloring Circle of Friends 10:00- Parachute Circle Table Top Shuffleboard Summer Sensory Bins 2:15- Would You Rather Polls 2:30- Live Music with Rusty G. 6:30- Daily Devotionals
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Dodge Park Rest Home & Day Club 101 Randolph Rd., Worcester, Ma 01606 Amy Laba, Activity Director, A.Laba@DodgePark.com *Activities Are Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 The Oasis at Dodge Park 						
10:00- Sunday Devotionals 10:15- Linked Senior Slideshow 10:45- Exercise with Paula S. 2:00- Group Boggle 2:15- Live Music with Tom G. 3:15- Octoband Stretches Table Top Sensory 7:00- At the Movies	10:00- Summer Time Name 10 10:30- Exercise with Joe F. 11:15- Catholic Mass w. Father E. 2:00- 1950's Fashion Trends 2:15- Live Music with Sean F. 3:30- Hungry Hungry Residents Water Doodle Creations 6:30- Manicure Stations & Massage	10:00- Courtyard Walking Group 1950's Facts & Trivia Slideshow 10:30- Exercise with Paula S. Art Therapy with Lynda S. 11:15- Catholic Mass w. Father E. 2:15- Outdoor Music w. Heather R. 3:30- Picture Match Up Pokeno Card Game	10:00- Bubbles on the Patio 10:30- Exercise with Joe F. 11:15- Catholic Mass w. Father E. 2:00- Art Therapy with Lynda S. 2:30- Live Music with Sean F. 3:30- Table Top Shuffleboard Bug Squashers 6:30- Oasis Book Club	10:00- Men's Roof Raisers Club Conversation Ball Toss 10:30- Exercise with Paula S. 1:30- Golden Crumbs Baking Group 2:15- Live Music w. Arizona Doug 3:30- Free Space Bingo Corn Hole Tournament 6:30- Manicure Stations & Massage	10:00- Pool Side Splash Splashers 1950's Doo Wop Hits 10:30- Exercise with Paula S. 2:15- Outdoor Music w. Sean F. 3:30- Soda Jerk's Root Beer Floats Dice Racers Stamp Creations 7:00- Nick at Night Rewind	10:00- Oasis Game Show Trivia 10:45- Exercise with Paula S. 11:45- Daily Chronicle Reading 2:15- Live Music with Gary L. 3:30- Horseshoe Toss Connect Four Big Ticket Bingo 6:30- Guided Seated Yoga
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The Oasis At Dodge Park 102 Randolph Road, Worcester, Ma 01606 Amy Laba, Activity Director, A.Laba@DodgePark.com *Activities are Subject to Change*



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

Where everyone knows your name

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

'We feel so fortunate that we found the Oasis'

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

'Mom is doing fabulous at the Oasis'

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

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

Oasis's Activity Coordinator Amy Bustin says:

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



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

www.oasisatdodgepark.com
877-363-4775

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

AUGUST OBSERVANCES

Monthly

Black Business Month. A time to acknowledge and appreciate black-owned businesses across the nation and all that they represent in the country's striving for diversity and equality. Approximately 10% of all American businesses are black-owned. The primary sectors in which black-owned businesses operate include health care, social work, repair and maintenance, beauty salons, restaurants, and more.

Child Support Awareness Month. A national initiative to inform families about child support and the services available to help them. Studies have shown that when both parents are actively involved in raising kids, the kids are much better off, especially children of divorced parents.

National Immunization Awareness Month. National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

National Traffic Awareness Month. Every day, hundreds of people become victims of avoidable vehicle accidents. With proper attention to traffic safety rules, from following the rules when driving, riding a vehicle, or walking on the correct side of the road as a pedestrian, such injuries and deaths can be prevented.

Weekly

World Breastfeeding Week, Aug. 1–7. Breastfeeding is key to sustainable development strategies post-pandemic, as it improves nutrition, ensures food security, and reduces inequalities between and within countries.

International Assistance Dog Week, Aug. 3–9. Created to recognize all the devoted, hardworking assistance dogs helping individuals mitigate their disability-related limitations.

National Farmers Market Week, Aug. 2–8. National Farmers Market Week is a great opportunity to show the nation how much value markets bring to their communities. With fun events, specials, contests, and activities, the week helps to boost market attendance and visibility.

SPECIAL DAYS

- 1 Campfire Day – The first Saturday in August.
- 1 Disc Golf Day – The first Saturday in August.
- 1 Mountain Climbing Day
- 1 Mustard Day – The first Saturday of the month.
- 1 National Clown Day
- 1 National Girlfriends Day
- 1 Mahjong Day
- 1 Pinball Day
- 1 Raspberry Cream Pie Day
- 1 Sandcastle Day – The first Saturday of the Month.
- 2 Find a Four-Leaf Clover Day
- 2 Friendship Day – The first Sunday in August.
- 2 Ice Cream Sandwich Day
- 2 International Forgiveness Day – The first Sunday in August.
- 2 National Coloring Book Day
- 2 Sisters Day – The first Sunday in August.
- 3 Grab Some Nuts Day
- 3 National Watermelon Day
- 4 National Chocolate Chip Cookie Day
- 4 U.S. Coast Guard Day
- 5 National Oyster Day
- 5 Underwear Day
- 5 Work Like a Dog Day
- 6 National Fresh Breath Day
- 6 National Root Beer Float Day
- 6 Wiggle Your Toes Day
- 7 International Beer Day – The first Friday in August.
- 7 National Lighthouse Day
- 7 National Purple Heart Day
- 7 Professional Speakers Day
- 7 Water Balloon Day – The first Friday in August.
- 8 Happiness Happens Day
- 8 International Cat Day
- 8 International Hangover Day
- 8 Middle Child's Day – The second Saturday in August.
- 8 National Garage Sale Day – The second Saturday in August.
- 9 Book Lover's Day
- 9 Smokey Bear Day
- 10 Lazy Day
- 10 National S'mores Day
- 10 World Lion Day
- 11 Presidential Joke Day
- 11 Son and Daughter Day
- 12 Annual Perseid Meteor Shower
- 12 National Vinyl Record Day
- 12 World Elephant Day
- 13 Left Hander's Day
- 13 National Filet Mignon Day
- 14 National Creamsicle Day
- 14 National Kool-Aid Day – The second Friday in August.

SPECIAL DAYS

14 Navajo Code Talkers Day
 15 Feast of the Assumption
 15 National Honey Bee Awareness Day
 15 Relaxation Day – now this one's for me!
 15 Tomatoes Galore Day
 16 Roller Coaster Day
 16 National Rum Day
 16 Tell a Joke Day
 17 National Thriftshop Day
 17 Neighbor Night
 18 National Fajita Day
 18 Serendipity Day
 19 Aviation Day
 19 Chinese Valentine's Day/Daughter's Day
 19 National Potato Day
 19 World Photography Day
 20 National Bacon Lovers Day
 20 National Radio Day
 20 World Mosquito Day
 21 National Poets Day
 21 National Spumoni Day
 21 Senior Citizen's Day
 22 Be an Angel Day
 22 National Tooth Fairy Day
 22 Southern Hemisphere's Hoodie Hoo Day
 22 World Daffodil Day – The date varies.
 23 Ride the Wind Day
 23 North American Grilled Veggies Day
 24 Iconic American Restaurants Day
 24 National Waffle Day
 24 Vesuvius Day
 25 Kiss and Make-Up Day
 25 National Banana Split Day
 25 National Park Service Day
 26 National Dog Day
 26 National Toilet Paper Day
 26 Women's Equality Day
 27 International Lottery Day
 27 Just Because Day
 28 Race Your Mouse Day
 28 National Cherry Turnover Day
 28 Stuffed Green Bell Peppers Day
 29 International Bat Night
 29 More Herbs, Less Salt Day
 30 Frankenstein Day
 30 National Beach Day
 30 Toasted Marshmallow Day
 31 National Eat Outside Day
 31 National Trail Mix Day

Weekly

Brake Safety Week, Aug. 23–29. Brake Safety Week is an annual commercial motor vehicle brake-safety inspection, enforcement, and education initiative conducted by law enforcement jurisdictions in Canada, Mexico, and the U.S.

Daily

National Lighthouse Day, Aug. 7. Lighthouses are beautiful, and incredibly useful. On National Lighthouse Day, we celebrate how these scenic, historic structures guided sea travelers throughout the centuries.

Book Lovers Day, Aug. 9. An unofficial holiday encouraging everyone to celebrate reading and literature. People are advised to put away their smartphones and technological distractions and pick up a book to read.

World Orangutan Day, Aug. 19. To raise awareness and encourage the public to take action in preserving this amazing and endangered species.

Women's Equality Day, Aug. 26. Women's Equality Day commemorates the passage of women's suffrage in the U.S. and reminds everyone of the hurdles overcome by the women who faced violence and discrimination to propel the women's movement forward.





Animal of the Month – African Lion

The regal African lion is a powerful hunter that roams the sub-Saharan savannas. These apex predators are the most social of all the big cats. They live in groups called prides that include up to 40 lions, typically consisting of related females, their offspring, and several adult males. The males serve as territorial guardians of the pride and also fight to protect the females from rival males and maintain their own status in the group. Lionesses do most of the hunting, often working together to secure large prey like zebras or buffalo. These nocturnal animals sleep or rest up to 20 hours a day, and both male and female lions have a powerful roar that can be heard up to five miles away. Adult males sport majestic manes that protect them from bites in battle and are seen as a sign of strength and good health, a draw for potential mates. Male lions weigh an average of 420 pounds, and females are significantly lighter at around 280.



Flower - Gladiolus

The cheerful gladiolus is a flowering plant that belongs to the iris family. It grows most frequently in the Mediterranean region, Asia, and the tropical parts of Africa, where its pink, purple, and white flowers can blossom in the full sunlight. The stems and leaves of the gladiolus stand tall and have pointed tips. It comes as no surprise, then, that the gladiolus flower gets its name from the Latin word for “sword” (gladius).

Birthstone – Peridot



August’s birthstone, the peridot, is a beautiful stone that ranges in color from olive to lime green. The green color is due to the presence of iron. The peridot is one of the oldest known gemstones. It has ties to ancient Egypt, where it was often shaped into beads and worn for protection. The ancient Egyptians believed the stone could protect its wearer from evil. It is believed that Cleopatra’s collection was actually a collection of peridot gems, not emeralds!

Cool Treat for Summer Heat

August is the perfect time to enjoy ice cream. And there are so many delicious flavors— from mint chocolate chip to Oreo to rocky road to lemon pie—that you could easily sample a new one each day of the month. However, up until the turn of the 20th century, ice cream was a luxury item. Today, the cool, creamy treat is available in nearly every grocery, corner store, restaurant, and home freezer. And while there are literally thousands of flavor options, the most popular of all is simple: vanilla.

It’s unclear when ice cream was invented, but it was eaten in ancient China, where rulers enjoyed a frozen concoction made by packing milk and rice into snow. In ancient Rome, Emperor Nero also had a panache for desserts made with snow and flavored with honey, fruit, and nuts. European kings and queens also served “cream ice” at court. The first hand-crank freezer was invented in 1846; before that, ice cream was stirred by hand in a bowl nestled over a bucket of salt and ice. In 1851, mass ice cream production began, making it possible for us all to scream for ice cream.

AUGUST FUN FACTS

August is the eighth month of the year in the Julian and Gregorian calendars. It was named for Roman Emperor Augustus Caesar, the grandnephew and adopted son of Emperor Julius Caesar, who is honored with the previous month, July. Originally, August was the sixth month in the 10-month Roman calendar. Around 700 BC, Numa Pompilius added two new months: January and February. In 45 BC, Julius Caesar added two days to August, changing its length from 29 days to 31.

August Birthdays

Maria Mitchell (astronomer) – August 1, 1818
James Baldwin (author) – August 2, 1924
Andy Warhol (painter) – August 6, 1928
Esther Williams (swimmer) – August 8, 1921
Whitney Houston (singer) – August 9, 1963
Antonio Banderas (actor) – August 10, 1960
Don Ho (entertainer) – August 13, 1930
Halle Berry (actress) – August 14, 1966
Orville Wright (aviator) – August 19, 1871
Kenny Rogers (singer) – August 21, 1938
Barbara Eden (actress) – August 23, 1931
Katherine Johnson (physicist) – August 26, 1918
Man Ray (artist) – August 27, 1890
Mary Shelley (writer) – August 30, 1797



Snow in Summer?

Those in the northern hemisphere may experience August as weeks of sun, sweet corn, fruit cobbler, and splendid warm nights, but in the southern hemisphere, August is akin to February—the apex of winter.

What's Lucky in August?

Lucky Color: Green

Lucky Animal: Lion

Lucky Letters: J and L

Lucky Day: Sunday

Lucky Plant: Watermelon



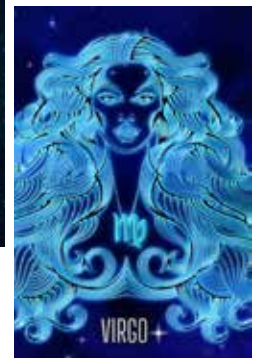
Left or Right?

Celebrate the lefties in your life on August 13, International Left-handers Day. Around 10–12% of the population favor using their left hands, with males more likely to have this trait. About 1% of people are ambidextrous, meaning they use both hands equally well. Being a lefty comes with challenges in a world designed for righties. Famous lefties include da Vinci, Einstein, Oprah, and Paul McCartney.

August Zodiacs

Leo (The Lion) August 1–22

Virgo (The Virgin) August 23–31



A very *Happy Birthday* to...

Dodge Park Residents

Virginia T.August 8
Joan M.August 15

Oasis Residents

Lorraine K.August 15
Kristina M.August 17
Albert T.August 18
Jane L.August 29

Staff

Amy L.August 1
Carrie B.August 3
Dorit H.August 4

Leroy T.August 5
Cynthia A.August 11
Casandra R.August 12
Griselda M.August 12
Isabella C.August 18
Reina B.August 20
Zianna O.August 20
Winston E.August 21
Kaitlin M.August 24
Marta E.August 25
Reynaldo C.August 25
Ilir K.August 26
Carmen L.August 26
David R.August 29



Dementia Warning Signs

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

Worried about a loved one with memory loss?

Call us to get help today.
508-853-8180



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*Minimum hours may apply. See management for details.

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101 Randolph Road, Worcester, MA



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Sustainable Eating

Sustainable eating and a healthy lifestyle co-exist together. A diet that is plant-forward (focused on plants first but still includes animal proteins), contains whole foods and as few processed foods as possible can be very beneficial to one's overall health. If you have a vegetable garden during the summer months, you're well on your way to sustainable eating. Don't forget to compost your fruit and vegetable scraps throughout the year to create an organic rich growing material for your garden. Eating local as often as possible from nearby farms and food companies is a great way to support your community. Being conscious of avoiding food waste and using leftovers wisely is very important for sustainability as well as keeping your food budget in control.

Many communities have regular days where you can visit a farm stand or a farmers market where multiple farms will come together at once. Visit massfarmersmarkets.org/markets to find a farmers market in Massachusetts this season. The goal of a farmers market is to find healthy, local and affordable foods for you and your family. The variety you can find at the market may be different throughout the season as the produce will develop as the summer weeks progress.

Using leftovers appropriately is a very important aspect to sustainable eating. Each year, approximately 120 billion pounds of food gets wasted. This is due to either the food being unsellable for

a variety of reasons or uneaten. 40% of this food waste comes directly from individual households.

These tips on using leftovers may help:

- Use airtight containers in the refrigerator so food doesn't spoil too quickly
- Use clear containers to store food so everyone can see what's inside
- Place leftovers in the front of the refrigerator to remind everyone to eat these items first
- Label and use leftovers within 3 days
- Freeze cooked leftovers within 3 days to extend their safe usage
- Turn leftovers into something new such as stir fry dishes, soups, quesadillas, casseroles and sandwiches
- Use leftover meats in egg scrambles, pasta salads, stews or salad
- Use leftover, staling bread to make croutons, French toast or breadcrumbs
- Use leftover vegetables in soups or pickle them with apple cider vinegar
- Use leftover fruits to make fruit salsa, pie, muffins and smoothies
- Use leftover pasta to make a pasta salad
- Use leftover potatoes to make potato salad, breakfast home fries or shepherds pie

As the summer heats up remember to stay hydrated in a sustainable way. Carry a reusable glass or stainless steel water bottle instead of using plastic bottles for a healthier you and environment.

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.



Cubano Sandwich Dip

Makes 6 servings

You will need:

- 4 ounces cream cheese, room temperature
- 1/2 cup sour cream
- 1 teaspoon mustard
- 1/2 cup chopped ham
- 1/2 cup chopped pork or more ham
- 1/3 cup chopped pickles
- 1/2 cup shredded Swiss cheese
- Crackers or breadsticks

Directions

1. Preheat oven to 350°F.
2. Mix cream cheese, sour cream, and mustard.
3. Stir in ham, pork, pickles, and Swiss cheese.
4. Spread into a small dish.
5. Bake 20 minutes until hot.
6. Serve with crackers or breadsticks.



Key Lime Pie

Makes 8 servings

You will need:

- 1 (14-ounce) can sweetened condensed milk
- 1/2 cup lime juice
- 2 egg yolks
- 1 premade graham cracker crust

Directions

1. Preheat oven to 350°F.
2. In a bowl, mix condensed milk, lime juice, and egg yolks.
3. Pour into the premade crust.
4. Bake for 12 to 15 minutes until set.
5. Let cool, then chill before serving.



Greek Couscous Salad

Makes 4 servings

You will need:

- 1 cup water
- 1/2 cup couscous
- 1 tablespoon olive oil
- 1/2 cup chopped cucumber
- 1/2 cup chopped tomatoes
- 1/4 cup chopped red onion
- 1/4 cup sliced olives
- 1/3 cup crumbled feta cheese
- 1 tablespoon lemon juice

Directions

1. Boil water and stir in couscous.
2. Cover and let sit 5 minutes.
3. Fluff and add olive oil. Allow to cool.
4. Mix in vegetables and cheese.
5. Add lemon juice and stir.



Sweet Citrus Orange Loaf

Makes 8-10 servings

You will need:

- 1/3 cup butter
- 1/2 cup sugar
- 2 eggs
- 1/2 cup orange juice
- 1 tablespoon orange zest
- 1 1/2 cups flour
- 1 teaspoon baking powder

Directions

1. Preheat oven to 350°F.
2. Cream butter and sugar.
3. Mix in eggs, juice, and zest.
4. Stir in flour and baking powder.
5. Pour into pan.
6. Bake 40 to 45 minutes.

Grandma's Lemonade with a Twist

Makes 2 servings

Ingredients:

- 1/4 cup fresh lemon juice
- 2 tablespoons sugar
- 2 cups cold water
- 1/4 cup orange juice
- Ice
- 2 ounces vodka or sparkling water

Directions:

1. Stir lemon juice and sugar until dissolved.
2. Add water and orange juice.
3. Pour over ice.
4. Add vodka. For a nonalcoholic version, use sparkling water for fizz.



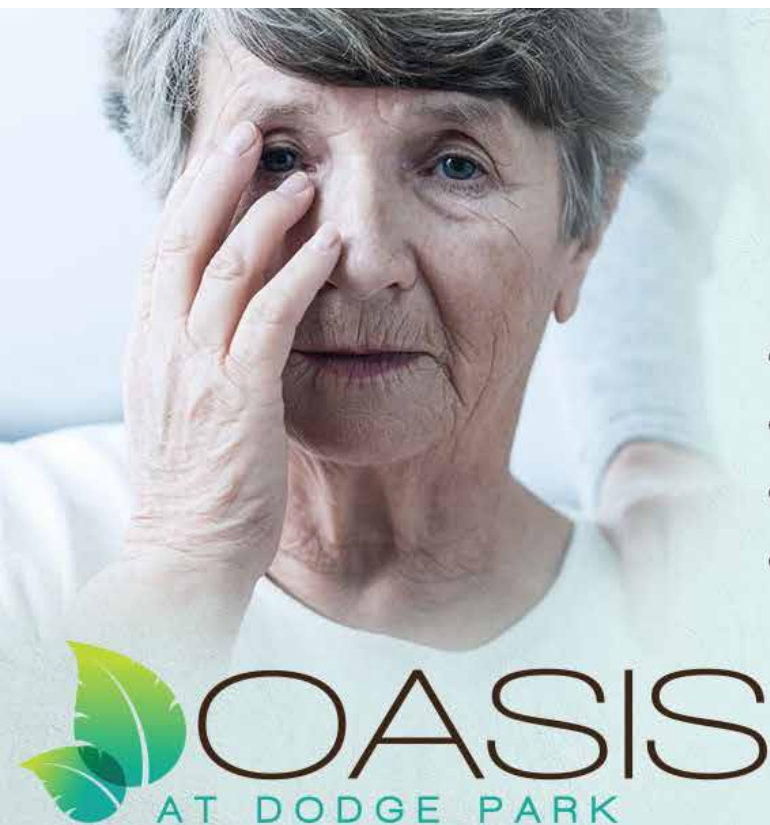
Worried about a loved one with memory loss?

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



 **OASIS**
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Ants in your house? How to get rid of them safely

Most of us don't want to share a home with ants, but we don't want to douse the place with insecticide either. Keeping your sinks and counters dry and clean is a good start. Here are a few natural treatments to keep ants at bay:

- **Cinnamon.** Place a few cinnamon sticks anywhere you spot ants crawling into your house. The pleasant odor will send ants away. (Garlic cloves work as well, though you may not enjoy the scent as much.)
- **Vinegar.** Spray some apple or white vinegar on areas where ants have set up shop.
- **Black pepper.** Sprinkle a little pepper where you see ants. Watch where they run to, and treat that area as well to prevent them from returning.
- **Mint.** The scent of mint can disrupt ants' sense of smell. Plant mint outside, especially near doors and windows, and place a few mint leaves in and around your windows.



The truth about catfish

August is Catfish Month, but did you know that there are many more kinds of catfish than those that you and your grandfather used to catch and fry up on lazy

summer afternoons? From 2003 to 2005 alone, more than 100 new species of catfish have been identified and named. Here's a look at some of the more unusual members of this aquatic family:

- The Wels catfish, found in central, southern, and eastern Europe, can reach almost 10 feet in length and weigh hundreds of pounds. There have been reports of them attacking small children.
- The Upside-Down catfish swims belly-up. Ichthyologists explain that it's a feeding strategy, enabling it to feed along the bottoms of submerged branches and logs.
- Most catfish are harmless, but the Candiru, a small, worm-like South American specimen, is considered dangerous because of the way it invades and paralyzes the human urethra. The Goonch catfish of Thailand is reported to have attacked humans bathing in rivers.
- The largest catfish ever caught was a Mekong catfish, a 650-pound giant caught in Thailand in 2005.

Need something to read? Try these bestsellers

Even in an age of YouTube, Facebook, and other multimedia distractions, books are still ubiquitous. Here's a list of the 10 biggest selling books over the last 50 years. Some of the titles may surprise you; others, not so much:

- The Bible: 3.9 billion copies
- *Quotations from Chairman Mao Tse-Tung*: 820 million copies
- *Harry Potter* series: 400 million copies
- *The Lord of the Rings*: 103 million copies
- *The Alchemist*: 65 million copies
- *The Da Vinci Code*: 57 million copies
- *The Twilight Saga*: 43 million copies
- *Gone With the Wind*: 33 million copies
- *Think and Grow Rich*: 30 million copies
- *The Diary of Anne Frank*: 27 million copies

Quotes

"An idea that is not dangerous is unworthy of being called an idea at all."

—Oscar Wilde

Sunflower at Sunset

Paint a black sunflower silhouette against a watercolor sunset. Use a cotton ball and a blotting and lifting technique to create a hazy sun on the horizon.

Hazy, late summer sunsets occur when heat and humidity trap water vapor, dust, and pollutants near the ground. This scatters sunlight, creating hot day haze.

You will need:

- 6" X 8" watercolor paper
- Watercolor paint, black acrylic paint
- Paintbrushes (medium and thin), painting supply
- Cotton ball, scrap cardboard (about 8" X 10")
- Painter's tape or masking tape



Directions:

1. Tape the watercolor paper to the cardboard. Cover all the edges.



2. Paint the colorful sky using a medium-width paintbrush. Starting halfway on the paper, apply a 3" tall band of yellow watercolor paint, leaving about 2" at the bottom unpainted.
3. Using a wet blend technique, fill the bottom portion with pink and purple. Blend the colors where they meet, using horizontal streaks of paint.
4. Wet blend the top of the paper using orange and red paint. The red paint should be at the very top of the paper.
5. While the paint is still wet, press a cotton ball onto the surface to blot and lift pigment away to create a hazy sun. Position the sun off-center and about 2" from the bottom of the paper. Optionally, create faint clouds by lightly blotting areas in the red-orange sky. Allow paint to dry for about 15 minutes. Waving the project like a fan will accelerate the process.
6. Use a thin paintbrush to apply black acrylic paint. Add a silhouette of grass along the bottom of the paper using vertical, upward strokes. Then add a long sunflower stem.



7. Add branches for leaves and a 1" circle for the center of the flower.
8. Paint heart-shaped leaves and then add petals to complete the sunflower. Add a suggestion of wildflowers by adding thin stems and small dots for petals.
9. Allow the paint to dry, remove the tape, and then sign and frame the painting.

Citrus Stamping

Create colorful designs using paint and halved lemons, oranges, and limes.

You will need:

- One of each fruit cut in half: lemon, lime, orange
- Acrylic paint (yellow, lime green, orange)
- Card stock or cotton tea towel
- Paintbrush, painting supplies, extra paper towels, disposable plate

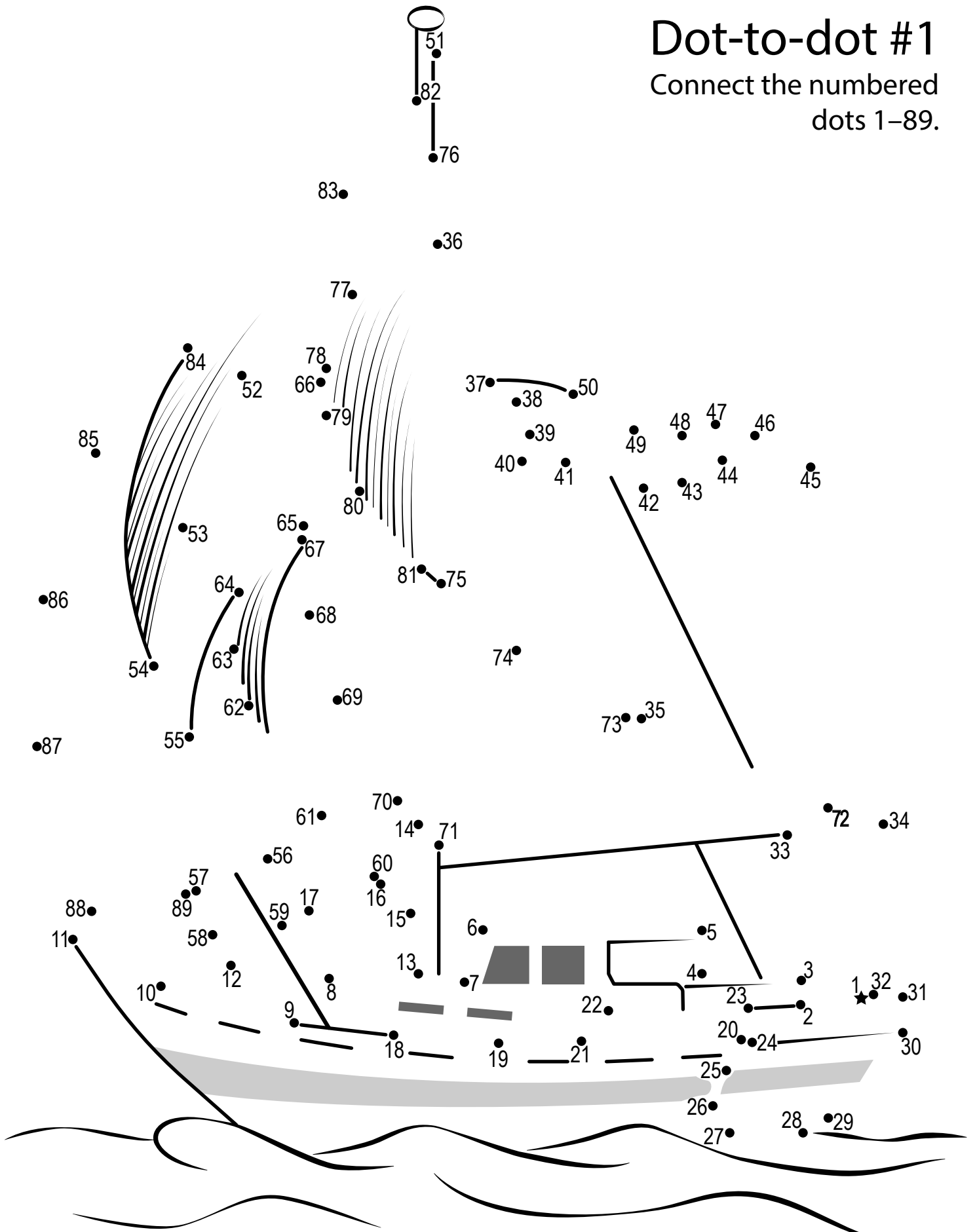
Directions:

1. To prepare for the activity, press the citrus halves onto paper towels to absorb excess moisture. Then turn the halves over to air-dry the cut side for about three hours. Drying the surface of the “stamp” will help the paint stick and release cleanly when pressing the image onto paper or cloth.
2. Place a dab of paint onto a disposable plate. Lightly brush the corresponding paint color onto the cut side of the fruit, then apply a slightly thicker coat around the outer edge.
3. Stamp the fruit cut side down onto card stock or a tea towel.
4. Repeat steps 2 and 3 to stamp the remaining colors to create a colorful design.
5. Allow the paint to dry for an hour, then frame the card stock designs. If creating colorful tea towels, keep them for personal use or gift them to family and friends.



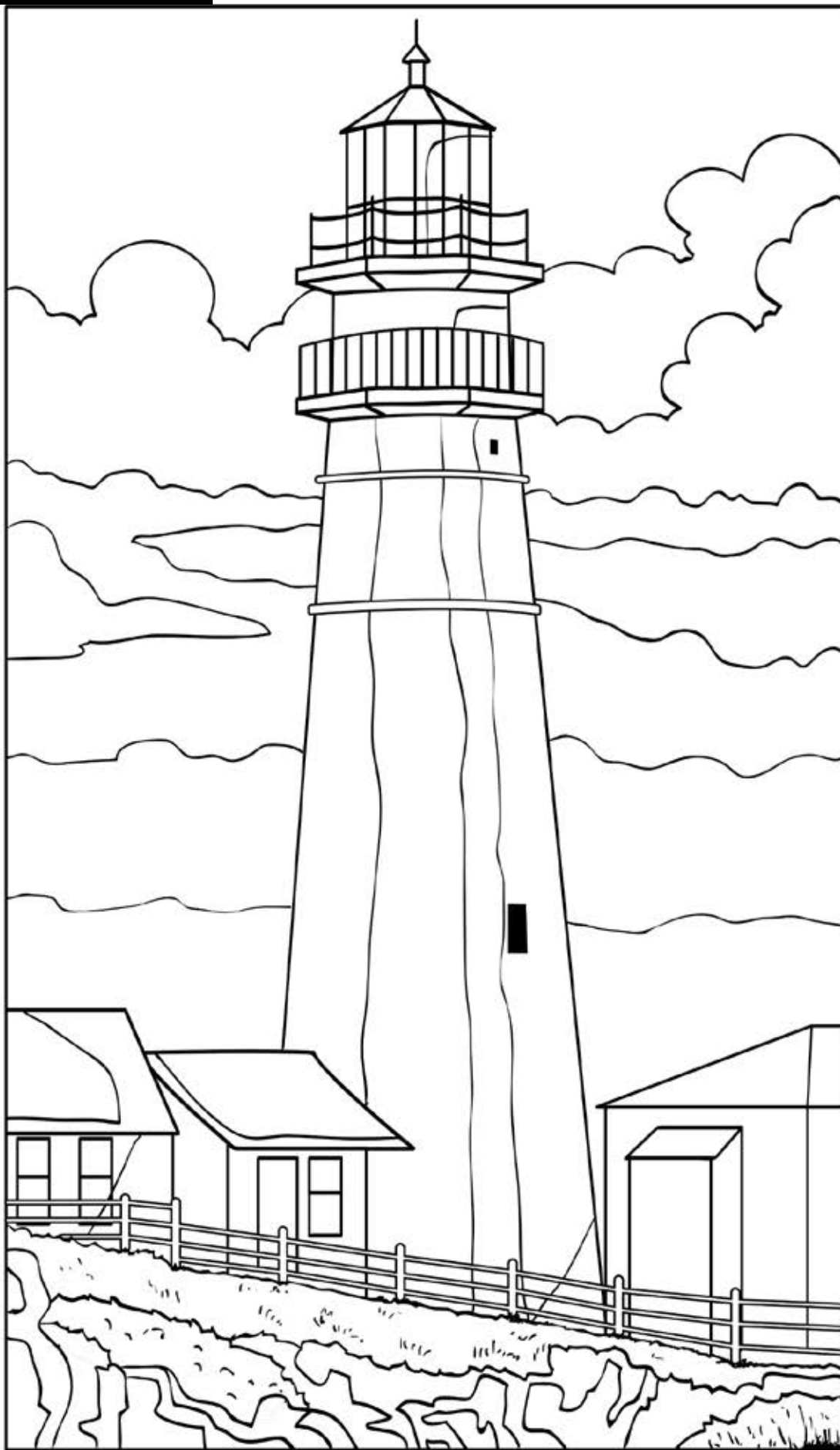
Dot-to-dot #1

Connect the numbered dots 1–89.



COLORING PAGE





Collage Detective: Baseball

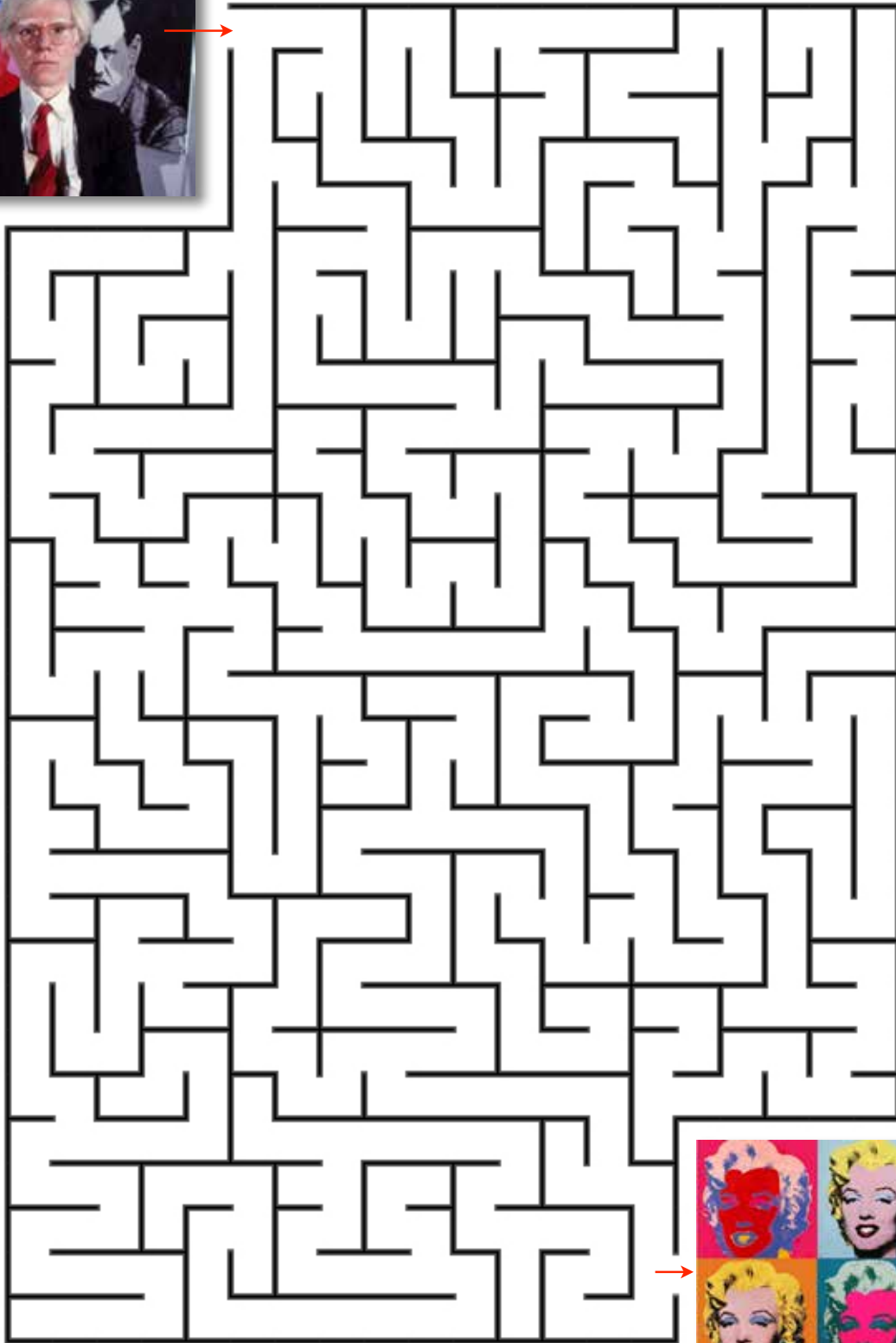
Search the puzzle to find the items listed below.
Mark them with a check when they've been detected.

- | | |
|-------------------------|-----------------------------------|
| ___ 5 baseball cards | ___ 1 catcher |
| ___ 2 umpires | ___ 3 baseball mitts |
| ___ 8 baseballs | ___ 5 hot dogs |
| ___ 4 ticket stubs | ___ 1 bucket of popcorn |
| ___ 6 bats | ___ 4 cleats |
| ___ 1 home plate | ___ 3 bags of peanuts |
| ___ 3 bases | ___ 3 sticks of bubble gum |
| ___ 4 Cracker Jack bags | ___ 2 baseball caps |
| ___ 4 pennants | ___ 1 batting helmet |
| ___ 1 batter | ___ Something that doesn't belong |

What else do you see in the picture?



A-Mazing Andy Warhol





Famous August Birthdays

The following people were born in August. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Tony **BENNETT**
- B. Davy **CROCKETT**
- C. Cecil B. **DEMILLE**
- D. Sir Alexander **FLEMING**
- E. Melanie **GRIFFITH**
- F. Kenny **ROGERS**
- G. Deion **SANDERS**
- H. Sir Walter **SCOTT**
- I. Martin **SHEEN**
- J. Danielle **STEEL**
- K. Martha **STEWART**
- L. Andy **WARHOL**

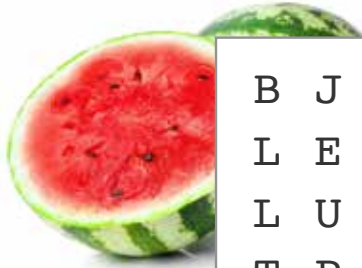
S	S	Q	H	N	F	K	T	N	N	S	W
P	T	R	E	A	T	L	C	Y	G	C	A
I	J	E	E	S	T	D	E	M	N	O	R
L	H	I	E	D	E	V	F	M	X	T	H
S	R	D	K	L	N	C	D	G	I	T	O
R	E	X	A	E	N	A	S	R	X	N	L
E	H	C	O	X	E	P	S	W	U	S	G
G	P	G	T	T	B	F	W	N	I	K	G
O	I	M	U	S	S	T	E	W	A	R	T
R	F	D	E	M	I	L	L	E	T	W	O
H	T	I	F	F	I	R	G	H	C	G	S
T	T	E	K	C	O	R	C	H	W	V	J

Bonus: Match the person to the correct clue.

- | | |
|--------------------------------------|--------------------------------|
| 1. Romance novelist ____ | 7. Frontiersman ____ |
| 2. Football and baseball player ____ | 8. Penicillin discoverer ____ |
| 3. "In San Francisco" singer ____ | 9. Country singer ____ |
| 4. Actor ____ | 10. Producer and director ____ |
| 5. Actress ____ | 11. Poet and novelist ____ |
| 6. Businesswomen and chef ____ | 12. American artist ____ |

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

BERRIES	MELONS	SUNFLOWERS
EIGHTH	PERIDOT	TANNING
GLADIOLUS	RELAXATION	VACATION
GOLFING	S'MORES	VIRGIN (Virgo)
LEO	STURGEON MOON	VIRGO
LION (Leo)	SUMMER	YARD SALE



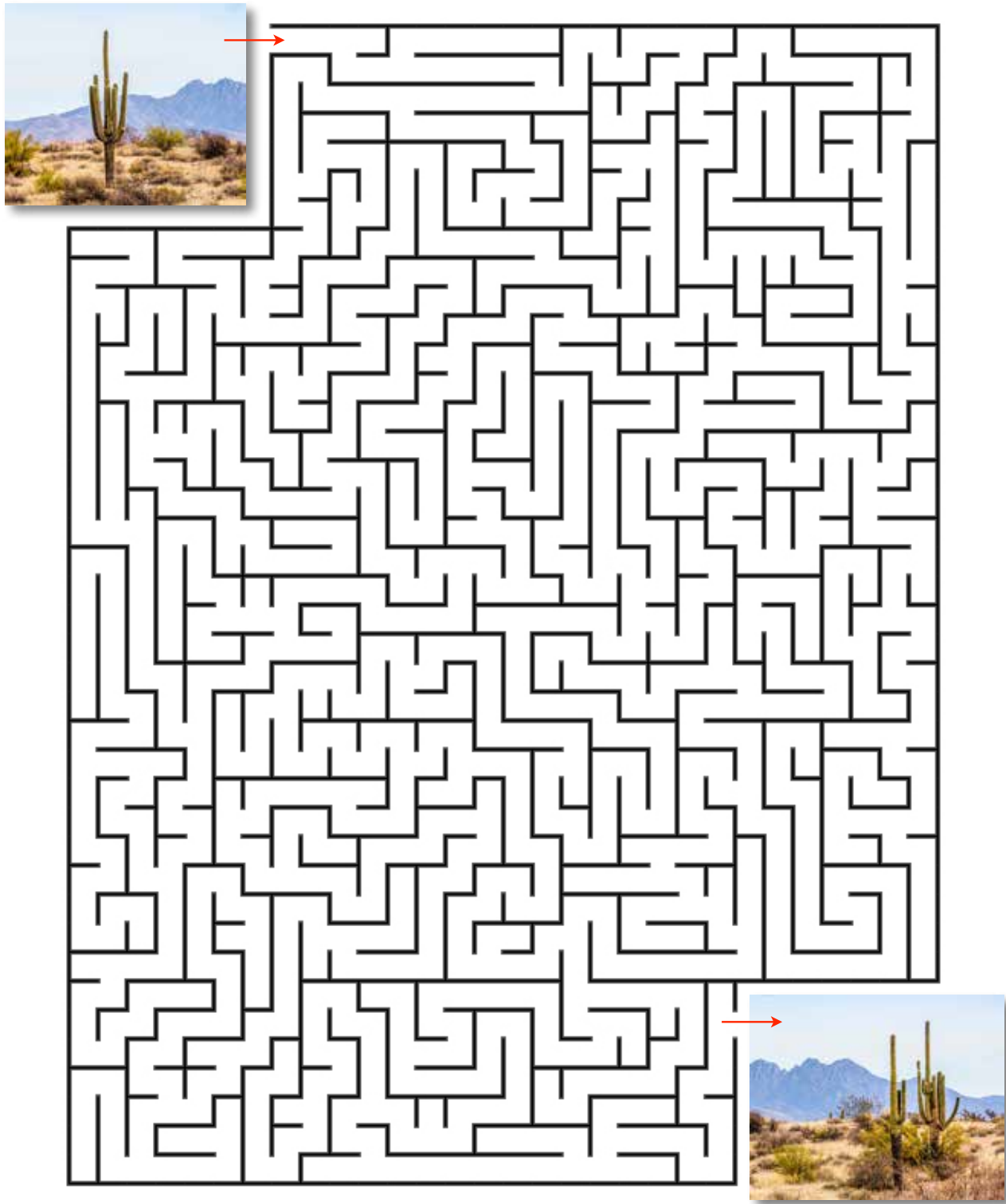
Catching Catfish

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AMBUSH	DELTA	MURKY
BARBELS	FORAGING	NOODLING
BAYOU	FRESHWATER	POND
BOTTOM	INSECTS	SPINE
CARTILAGE	JUG FISHING	WHISKERS
DEEP	MOUTH	WORMS

A-Mazing Desert



Mixed-Up Things in the Kitchen

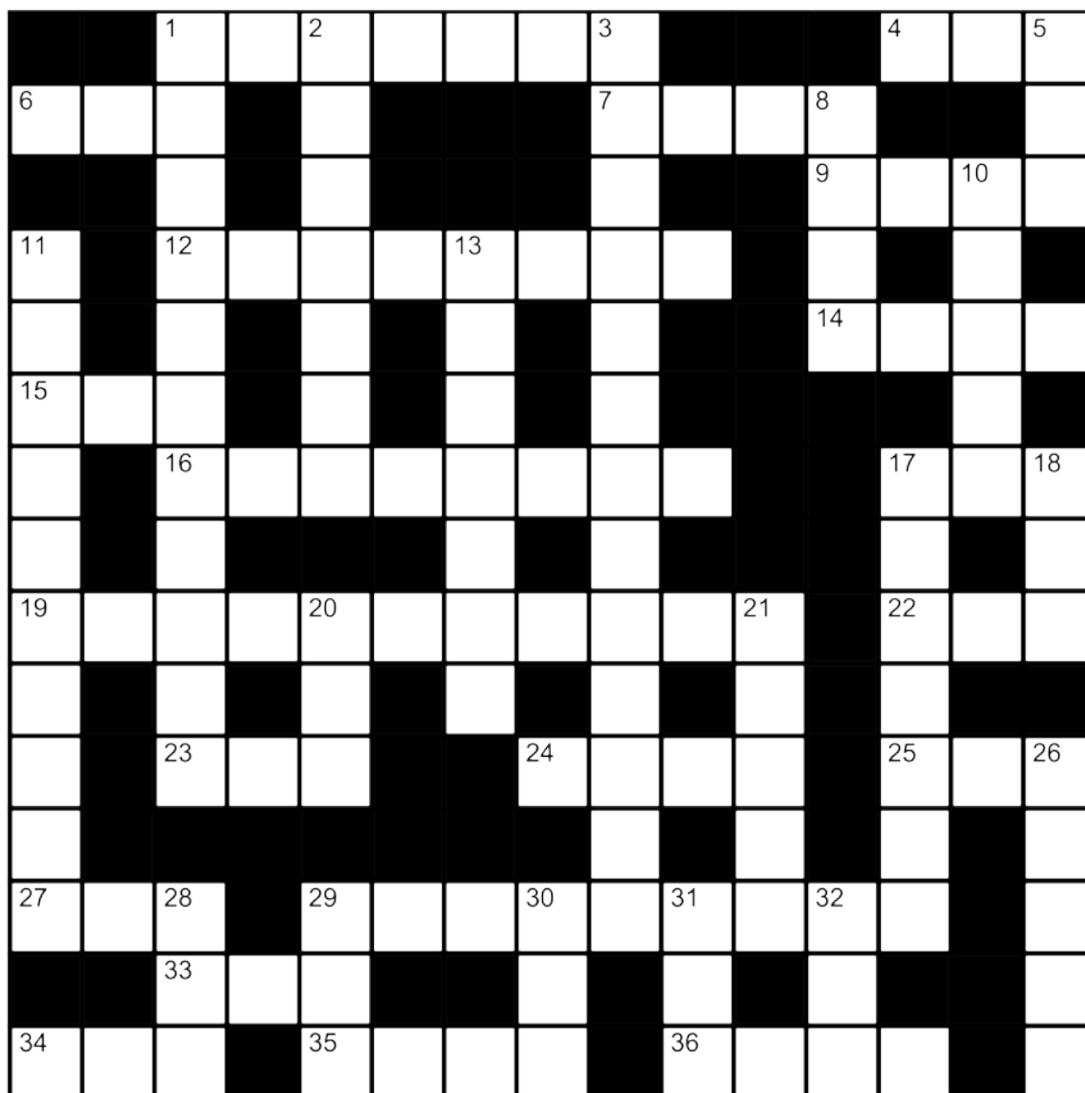
Unscramble the letters to reveal words that are kitchen items.



1. MNGIASUER PSUC _____
2. PZIAZ CURETT _____
3. AGPRNI INKFE _____
4. OTTOPA RSEHAM _____
5. RDBNELE _____
6. OSCRKRWCE _____
7. ANC RPEENO _____
8. LGROLIN NPI _____
9. LEEVAETBG LEPERE _____
10. AAUSTLP _____
11. TPO RDELOHS _____
12. GARTER _____
13. ATE TLWOSE _____
14. SSUAPAECN _____
15. LRACGI SPSEER _____
16. ETTBLO OEEPRN _____
17. OTATRSE _____
18. PSAICLT ARWP _____

Crossword #56

Use the clues to fill in the crossword.



ACROSS

1. Seized, grasped
4. Irrate
6. The Dynamic ____
7. Gave the once-over
9. Hideous
12. ____ by lethal injection
14. It ebbs and flows
15. Hold title to
16. Like copper, iron, or tin, for example
17. Morning moisture
19. Not required
22. Pen point
23. Boar's mate
24. In ____ of (replacing)
25. CPR expert

27. R. Kipling's Gunga ____
29. Firing on all ____
33. A long, distinct period of history
34. Small number
35. Yankee Doodle rode one
36. Ancient sorcerer

DOWN

1. Administrative bodies
2. Make an effort; try
3. Fortitude, resolve
5. Like some humor or wine
8. A two-singer act
10. Pigeon's perch
11. Noticeable, conspicuous
13. Of no value
17. Mules

18. Spider's trap
20. Bearer of good moos?
21. "____ Lost That Loving Feeling," Righteous Brothers hit
26. "One of ____ days, Alice..." (Hint: The Honeymooners)
28. Never been used
29. Type of toy gun
30. Batman foe: Poison ____
31. Beaver's work
32. Persian, for example

The Oasis at Dodge Park is Looking for the Best!



- **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

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Worcester's Premier Senior Residential Care Facility



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- 24 hour RN & Medical Director
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- 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
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- Daily activities programs



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

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

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

- 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!



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DODGE PARK REST HOME
CELEBRATING **59** YEARS

Caring for our Community

DODGE PARK REST HOME

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The Day Club

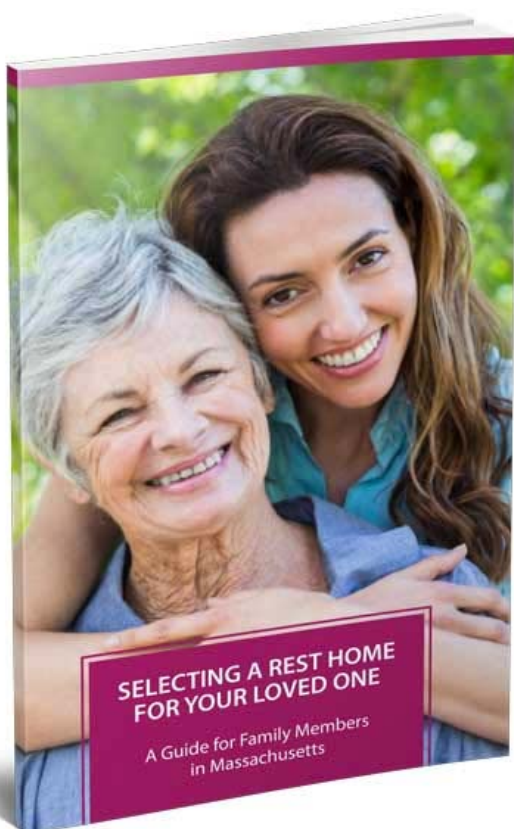
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Selecting a Rest Home For Your Loved One

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

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

Memory Care 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 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**

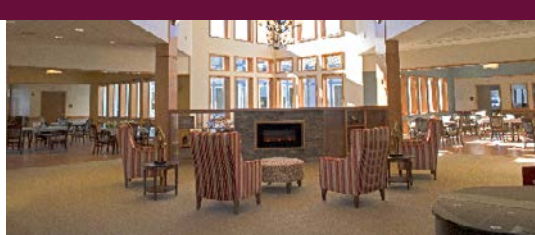
You can also attend the meeting virtually.

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

Dodge Park



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Peace of mind for your family EXTRAORDINARY ELDERLY CARE

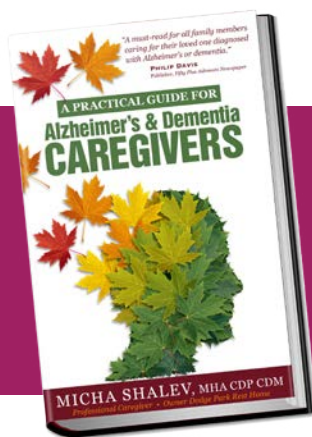
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



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FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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The 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**

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AUGUST 2026



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