

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

October
is here



Indigenous Peoples' Day / Columbus Day
Monday, October 12th

Halloween
Saturday, October 31st



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

Dementia and Shower (“Bath”) Time

By Micha Shalev

One of the challenges in caring for someone with Alzheimer’s disease or another kind of dementia can be bath (or shower) time. Although some people with dementia don’t mind it, others are fearful and extremely resistive.

When a person is combative or resistive with a bath or a shower, there can be many causes for her behavior. Here are a few possible ones:

- **Embarrassment** - If a person is concerned about privacy, bathing with someone else present could make him feel very uncomfortable and embarrassed.
- **Fear of Water** - Some people are afraid of water, whether it’s due to some traumatic incident or just increased anxiety. Others react negatively especially to a shower since they may have always grown up with the routine of a bath.
- **Lack of Understanding** - A person with middle or later stage dementia might not understand why you’re present, why you’re trying to take her clothes off or why she needs to be in the water and be washed. Understandably, this often causes significant resistance.

Occasionally, the person with dementia may become sexually inappropriate during bathing because he does not understand why you are assisting him. If he misinterprets your help, don’t yell at him. Simply explain: “Mr. Smith, I’m a nurses’ aide and I’m here to help you bathe today. Your wife will be here soon to visit you.”

Tips to Improve Bath Time for the Person with Dementia

1. **Prepare First**- Have the soap and shampoo ready, as well as a large, warm towel.
2. **Offer a Choice between a Bath or a Shower** - Some people might not have a strong preference, but for many, providing this choice (either to the person or to their family member who may be able to tell you what they have normally preferred) can improve the outcome. A lot of water in a tub may cause fear for some, while the spraying of a shower can make others anxious.

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

3. **Adjust the Time of Day** -If you don’t know the person’s typical routine, find out from the family if he liked to start his day out with a shower or enjoyed a bath before bed. That’s an important routine for many people, so honoring that for a person with dementia can go a long way toward a good outcome for both the person and the caregiver.

4. **Routine** - As much as possible, stick to a routine, both as it relates to the time of day for a shower and the steps you use when helping the person bathe. Using a consistent caregiver to maintain this routine can also be very helpful to both the caregiver and the person with dementia.

5. Ensure a Warm Room Temperature - Ensure that the room is warm enough. A cold room plus water does not equal a positive experience.

6. Encourage Independence - If the person is able, ask them to wash themselves. Independence can restore a little bit of the dignity that's lost when help is needed with bathing.

7. Offer a Caregiver of the Same Sex to Provide the Bath - If someone is embarrassed or becomes sexually inappropriate, offer a caregiver of the same sex to provide the shower.

8. Large Bath Towels or Shower Capes - Provide a large bath towel or a shower cape to offer some privacy and warmth.

9. Music - Use music in the bathroom to set the tone. Choose something the person with dementia enjoys and perhaps could join in the singing.

10. Pain Relief - Be aware of the possibility that your loved one is resistant to a shower because he's in pain. If that appears to be the case, speak to the physician about trying pain medication prior to his bath time.

11. Anti-Anxiety Medications - Some people experience so much anxiety that they might benefit from an anti-anxiety medication prior to their bath time. Be careful, however, that your goal is their comfort and that the medication would facilitate that comfort, rather than hasten your ability to cross a bath off your to-do list. A person with dementia still has the right to refuse a bath.

12. Humor - Don't forget to use humor. Humor is a great tool to reduce anxiety, increase comfort and distract from the task at hand.

13. Spa-Like Atmosphere - Create a pleasant setting. Rather than have the shower room look like a hospital, place some art on the walls, music in the air and invest in towel heater for comfort.

14. Doctor's Orders - Reminding a person who is resistant to bathing that the doctor wants them to take a bath might be helpful and temporarily direct his irritation toward the physician rather than you.

15. Consider Using a No-Rinse Soap and Shampoo - If a longer bath time increases anxiety, you can shorten the process by using no-rinse products.

16. Use Different Words- "Let's Wash Up" - Some people react to specific words such as "shower time." Try naming it "washing up" or "getting ready for the day."

17. Hire an Experienced Home Health Care Aide - Some people respond better to someone who is not a family member when it comes to an intimate task like bathing.

18. Try a Different Family Member - It's not unusual for different family members to receive different reactions. If your mother is extremely resistant to your help with a shower, perhaps your sister may have more success.

19. Assist with Sponge Bathing if Necessary - The ideal may be a shower or a bath, but you might still be able to accomplish the goal by sponge bathing. If bathing presents a constant battle, choose to set aside that battle and encourage your loved one to sponge bathe.

Safety Tips

- Offer a shower chair.
- Ensure that the water temperature is not too hot.
- Don't leave a person with dementia alone in a shower or a bath.
- Install grab bars.
- Place non-slip decals or mats in the tub and on the floor.
- Don't store cleaning products in the bathroom.

Micha Shalev MHA CDP CDCM CADDCT is the co-owner of The Oasis at Dodge Park, Dodge Park Residential Care and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is holding a master degree in health care management and a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com

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
- Group activities, games, music, and light programming
- Arts and crafts
- 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



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



I find the services at Oasis @ Dodge Park to be exceptional. From the cleaning staff, the kitchen prep (good food) crew, building maintenance, to the personal assistants and nursing staff provide superb care for their residents day in and day out. They have daily activities such as bingo, exercises and word games, as well as live music every day. I highly recommend Oasis at Dodge Park to anyone looking for quality care for their loved ones.

The rooms are always clean, the food is always good and with many different options. The staff is outstanding, from the nurses, aides, chefs, maintenance crew. The owners Ben and Micha are always there checking that things are running smooth and the residents are happy.

The rooms are roomy, very clean, tv, closet , shower, clean linens, windows for sunlight, closely monitored, overall excellent. Laundry included. The food is very appealing with a very good variety, allergies are addressed in preparation. Staff are very friendly and caring. There are many activities, live entertainment daily, music, and movies every night. This is an excellent facility for dementia patients. My husband has dementia and has improved very much since he has been here. All in all I am very pleased with everything regarding this facility and highly recommend it. Security is top notch.

The staff is wonderful. They are very attentive and involved with the residents. There is an entertainer every afternoon. The owner is often walking around the place with his dog. He is very approachable and visible. The nursing staff is caring and gentle. I don't worry about my family member because I know he is safe and well cared for at The Oasis.



Micha, Ben, Renee, Carrie, Donna, Becky, Diana and the entire Oasis Team,

I am writing to express my deepest gratitude for the exceptional, loving care you provided to my parents, over the past two and a half years.

Even though both of them suffered from dementia, their needs were dramatically different. Your approach of treating each resident as an individual was essential to their comfort, health, and happiness. I am so grateful for how the team gently redirected my dad when he thought it was time to "go home" or leave with my mom. Your staff always kept a watchful eye on him as he walked around the building, especially since he often forgot his walker.

Similarly, your team was incredibly gentle with my mother as she became fragile. You helped her feel safe and secure whenever she was anxious, especially in the middle of the night. The regular hugs and hand-holding she received gave her great comfort, and her fear and anxiety dropped dramatically under the care of the Oasis Team.

During my many visits, I never once saw a staff member display anger, dismissiveness, or indifference toward any resident in distress. Instead, I witnessed a consistent environment of kindness, love, and gentleness. I especially appreciated how you went above and beyond to help me secure a placement for my dad at a rehabilitation center after his hip fracture when I was struggling to find one myself. This truly demonstrated an exceptional level of support for both your residents and their families.

After four years of stress and anxiety while caregiving on my own, I knew instantly upon visiting that Oasis was the perfect place for my parents to spend their remaining days together. For two and a half years, I never had to worry because I knew they were receiving excellent care. Furthermore, being able to transition them to hospice care within the comfort of the rooms they had lived in for so long brought me great peace of mind.

Thank you for caring for my parents as if they were members of your own families.
Your dedication will never be forgotten.





Thank you...

**To all who work, help and
celebrate Fr. C;**

Thank you all for the wonderful celebration for Fr. C's 90th birthday party last week. He was the happiest I have seen him in a long time and he was thrilled to see so many friends.

It's such a blessing that he resides at Dodge Park, where he has such loving, caring and professional help that he so needs. I thank you from the bottom of my heart!

Sincerely,
Nancy N.



ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Oasis at Dodge Park						
10:00- Hymns of Praise & Worship 10:15- October Hangman 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:15- Live Music w/ Gary L. 3:30- Free Space Bingo Club Water Doodle Creations Manicures & Spa Treatments 6:30- Spooky Fireside Tales 7:30- Sunday Night Football	10:00- Frightful Whiteboard Games 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Bewitching Balloon Toss 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Monster Mash Shuffle Board Small Group Sensory History of Salem, Ma 7:00- TV Rewind: The Munsters	10:00- Pumpkin Carving Tutorial 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:15- Catholic Mass w/ Father E. 11:30- Favorite Fall Recipes 2:15- Live Music w/ Jim P. 3:30- Pokeno Players Basket Grabbers Stamp Creators Card Making 7:00- Family Friendly Frights	10:00- Name That Candy Slogan 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Oasis Walking Club Men's Group Builders & Reminisce Page Turner Book Club 6:00- Carry On Reading 7:00- TV Rewind: Bewitched	10:00- Ghostly Story Writers 10:30- Exercise w/ Paula S. 1:30- Golden Crumbs Baking Club 2:00- Daily Chronicle 2:15- Live Music w/ Heather R. 3:30- October Word Jumbles Witchy Bingo Table Top Puzzle Solvers 6:30- Covered Bridges of N.England 7:00- TV Rewind: Addams Family	10:00- October Symbolism 10:30- Exercise w/ Paula S. 11:30- Linked Senior Game Show 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:15- Ghoulish Drinks Social 3:30- Parachute Circle Coloring with Intention Friday Discussion & Polls 7:00- New England Patriots Rewind	10:00- Name 10 Autumn Edition 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:00- Bones Categories 2:15- Live Music w/ Rusty G. 3:30- Sunny Spin Laundry Folding Lucky Strike Bowling Monster Movie History 6:30- Pumpkin Chunkin 7:00- Hallmark Harvest Movie
10:00- Hymns of Praise & Worship 10:15- October Hangman 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:15- Live Music w/ Robbie W. 3:30- Free Space Bingo Club Water Doodle Creations Manicures & Spa Treatments 6:30- Spooky Fireside Tales 7:30- Sunday Night Football	Indigenous People's Day 10:00- Frightful Whiteboard Games 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Bewitching Balloon Toss 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Monster Mash Shuffle Board Small Group Sensory History of Salem, Ma 7:00- TV Rewind: The Munsters	10:00- Pumpkin Carving Tutorial 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:15- Catholic Mass w/ Father E. 11:30- Favorite Fall Recipes 2:15- Live Music w/ Bill M. 3:30- Pokeno Players Basket Grabbers Stamp Creators Card Making 7:00- Family Friendly Frights	10:00- Name That Candy Slogan 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Oasis Walking Club Men's Group Builders & Reminisce Page Turner Book Club 6:00- Carry On Reading 7:00- TV Rewind: Bewitched	10:00- Ghostly Story Writers 10:30- Exercise w/ Paula S. 11:30- History Buffs Facts & Travels 2:00- Daily Chronicle 2:15- Live Music w/ Russ R. 3:30- October Word Jumbles Witchy Bingo Table Top Puzzle Solvers 6:30- Covered Bridges of N.England 7:00- TV Rewind: Addams Family	10:00- October Symbolism 10:30- Exercise w/ Paula S. 11:30- Linked Senior Game Show 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:15- Ghoulish Drinks Social 3:30- Parachute Circle Coloring with Intention Friday Discussion & Polls 7:00- New England Patriots Rewind	10:00- Name 10 Autumn Edition 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:00- Bones Categories 2:15- Live Music w/ Rusty G. 3:30- Sunny Spin Laundry Folding Lucky Strike Bowling Monster Movie History 6:30- Pumpkin Chunkin 7:00- Hallmark Harvest Movie
10:00- Hymns of Praise & Worship 10:15- October Hangman 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:15- Live Music w/ Lenny Z. 3:30- Free Space Bingo Club Water Doodle Creations Manicures & Spa Treatments 6:30- Spooky Fireside Tales 7:30- Sunday Night Football	10:00- Frightful Whiteboard Games 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Bewitching Balloon Toss 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Monster Mash Shuffle Board Small Group Sensory History of Salem, Ma 7:00- TV Rewind: The Munsters	10:00- Pumpkin Carving Tutorial 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:15- Catholic Mass w/ Father E. 11:30- Favorite Fall Recipes 2:15- Live Music w/ Bill M. 3:30- Pokeno Players Basket Grabbers Stamp Creators Card Making 7:00- Family Friendly Frights	10:00- Name That Candy Slogan 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Oasis Walking Club Men's Group Builders & Reminisce Page Turner Book Club 6:00- Carry On Reading 7:00- TV Rewind: Bewitched	10:00- Ghostly Story Writers 10:30- Exercise w/ Paula S. 11:00- Resident Council 1:30- Golden Crumbs Baking Club 2:15- Live Music w/ East West Duo 3:30- October Word Jumbles Witchy Bingo Table Top Puzzle Solvers 6:30- Covered Bridges of N.England 7:00- TV Rewind: Addams Family	10:00- October Symbolism 10:30- Exercise w/ Paula S. 11:30- Linked Senior Game Show 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:15- Ghoulish Drinks Social 3:30- Parachute Circle Coloring with Intention Friday Discussion & Polls 7:00- New England Patriots Rewind	10:00- Name 10 Autumn Edition 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:00- Bones Categories 2:15- Live Music w/ Rusty G. 3:30- Sunny Spin Laundry Folding Lucky Strike Bowling Monster Movie History 6:30- Pumpkin Chunkin 7:00- Hallmark Harvest Movie
10:00- Hymns of Praise & Worship 10:15- October Hangman 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:15- Live Music w/ Rusty G. 3:30- Free Space Bingo Club Water Doodle Creations Manicures & Spa Treatments 6:30- Spooky Fireside Tales 7:30- Sunday Night Football	Black Cat Day 10:00- Black Cat Symbolism 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Famous Black Cats 2:00- Daily Chronicle 2:15- Live Music w/ Rusty G. 3:30- Free Space Bingo Club Water Doodle Creations Manicures & Spa Treatments 6:30- Spooky Fireside Tales 7:30- Sunday Night Football	Skeleton Day 10:00- Silly Symphony Skeletons 10:30- Dem Bone Stretch Paula S. Art Therapy w/ Lynda S. 11:15- Catholic Mass w/ Father E. 11:30- Discuss Dia De Los Muertos 2:15- Live Music w/ Sandy R. 3:30- Pokeno Players Basket Grabbers Stamp Creators Card Making 7:00- Movie: Coco	Witches Day 10:00- Witches in Pop Culture 10:30- Exercise w/ Joe F. 11:15- Catholic Mass w/ Father E. 11:30- Daily Chronicle 2:15- Live Music w/ Sean F. 3:30- Toil & Trouble Trivia Tours of Salem, Ma Page Turner Book Club 6:00- Carry On Reading 7:00- Movie: Hocus Pocus	Frankenstein Day 10:00- Meet the Author Mary Shelley 10:30- Exercise w/ Paula S. 11:30- History Buffs Facts & Travels 2:00- Daily Chronicle 2:15- Live Music w/ Rockin' Robin 3:30- October Word Jumbles Witchy Bingo Table Top Puzzle Solvers 6:30- Covered Bridges of N.England 7:00- Movie: Frankenweenie	Dracula Day 10:00- Bela Lugosi Facts & Trivia 10:30- Exercise w/ Paula S. 11:30- The Story of Dracula 2:00- Daily Chronicle 2:15- Live Music w/ Sean F. 3:15- Ghoulish Drinks Social 3:30- Common Superstitions Coloring with Intention Friday Discussion & Polls 7:00- Movie: Dracula (1931)	Halloween 10:00- Photo Opportunities 10:45- Exercise w/ Paula S. 11:45- Daily Chronicle 2:00- Edgar Allen Poe Reading 2:15- Live Music w/ TBA 3:15- Costumes on Parade 3:30- Sunny Spin Laundry Folding Monster Movie History 6:30- Pumpkin Chunkin 7:00- Hallmark Harvest Movie

The Oasis at Dodge Park 102 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director *Activities are Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dodge Park Rest Home & Day Club						
6:30- Coffee Cart & Devotionals 10:00- Hymns of Worship 10:30- Congregational Church 11:00- October in New England Tour 2:15- Daily Chronicle 2:30- Entertainment w/ Rusty G. 3:30- Finish the Phrase 6:30- Sunday Night Football 7:30- Game Show Network	6:30- Tea & Salon Hair Stylings 7:30- Daily Chronicle 10:00- Guided Rosary 10:30- Catholic Mass w/ Father E. Companion Corner 2:15- Frightful Whiteboard Games 2:30- Exercising w/ Paula S. 3:30- Act it Out 6:30- Manicare Stations 7:30- Family Programming	6:30- Hot Coffee & Conversations 7:30- Daily Chronicle 10:00- Seated Yoga Stretches 10:30- Catholic Mass w/ Father E. Small Group Art with Intention 2:15- October Hangman 2:30- Entertainment w/ Sean F. 4:30- Jack O' Lantern Walk Through 7:30- Buddy Comedy	6:30- Coffee Cart & Brain Teasers 7:30- Daily Chronicle 10:30- Art Therapy w/ Lynda S. Catholic Mass w/ Father E. 11:00- Martha's Fall Recipes 2:15- Ghostly Story Writers 2:30- Entertainment w/ Russ R. 4:30- Salem, Ma Tours 6:30- Conversation Ball Toss 7:30- Friendly Frights	6:30- Coffee & Crosswords 7:30- Daily Chronicle 10:15- Golden Crumbs Baking Club Men's Group Magnet Builders Dodge's Grocery Games 2:15- Bewitched Balloon Toss 2:30- Exercising w/ Paula S. 3:30- October Symbolism 4:00- Grand Ol' Opry Performance 6:30- The Munsters	6:30- Hot Chocolates & Local News 7:30- Daily Chronicle 10:00- Monster Mash Shuffle Board 10:15- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 2:15- Bones Categories 2:30- Music w/ Arizona Doug 3:00- Ghoulish Drinks Social 3:30- Common Superstitions 6:30- Patriots Game Rewind	6:30- Coffee & Conversations 7:30- Daily Chronicle 10:15- Parachute Circle Bug Squashers Mother's Corner 2:15- Monster Movie History October Jumbles 3:30- Entertainment w/ Lenny Z. 6:30- Autumn Poetry 7:30- Name That Candy Slogan
6:30- Coffee Cart & Devotionals 10:00- Hymns of Worship 10:30- Congregational Church 11:00- October in New England Tour 2:15- Daily Chronicle 2:30- Entertainment w/ Sandy R. 3:30- Finish the Phrase 6:30- Sunday Night Football 7:30- Game Show Network	Indigenous People's Day 6:30- Tea & Salon Hair Stylings 7:30- Daily Chronicle 10:00- Guided Rosary 10:30- Catholic Mass w/ Father E. Companion Corner 2:15- Frightful Whiteboard Games 2:30- Exercising w/ Paula S. 3:30- Act it Out 6:30- Manicare Stations 7:30- Family Programming	6:30- Hot Coffee & Conversations 7:30- Daily Chronicle 10:00- Seated Yoga Stretches 10:30- Catholic Mass w/ Father E. Small Group Art with Intention 2:15- October Hangman 2:30- Entertainment w/ Curtis M. Patio Walking Club 4:30- Jack O' Lantern Walk Through 7:30- Buddy Comedy	6:30- Coffee Cart & Brain Teasers 7:30- Daily Chronicle 10:30- Art Therapy w/ Lynda S. Catholic Mass w/ Father E. 11:00- Martha's Fall Recipes 2:15- Ghostly Story Writers 2:30- Entertainment w/ Heather R. 4:30- Salem, Ma Tours 6:30- Conversation Ball Toss 7:30- Friendly Frights	6:30- Coffee & Crosswords 7:30- Daily Chronicle 10:15- Golden Crumbs Baking Club Men's Group Magnet Builders Dodge's Grocery Games 2:15- Bewitched Balloon Toss 2:30- Entertainment w/ Rusty G. 3:30- October Symbolism 4:00- Grand Ol' Opry Performance 6:30- The Munsters	6:30- Hot Chocolates & Local News 7:30- Daily Chronicle 10:00- Monster Mash Shuffle Board 10:15- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 2:15- Bones Categories 2:30- Entertainment w/ Paula S. 3:00- Ghoulish Drinks Social 3:30- Common Superstitions 6:30- Patriots Game Rewind	6:30- Coffee & Conversations 7:30- Daily Chronicle 10:15- Parachute Circle Bug Squashers Mother's Corner 2:15- Monster Movie History 2:30- Entertainment w/ Kevin W. 3:30- October Jumbles 6:30- Autumn Poetry 7:30- Name That Candy Slogan
6:30- Coffee Cart & Devotionals 10:00- Hymns of Worship 10:30- Congregational Church 11:00- October in New England Tour 2:15- Daily Chronicle 2:30- Entertainment w/ Lenny Z. 3:30- Finish the Phrase 6:30- Sunday Night Football 7:30- Game Show Network	6:30- Tea & Salon Hair Stylings 7:30- Daily Chronicle 10:00- Guided Rosary 10:30- Catholic Mass w/ Father E. Companion Corner 2:15- Frightful Whiteboard Games 2:30- Exercising w/ Paula S. 3:30- Act it Out 6:30- Manicare Stations 7:30- Family Programming	6:30- Hot Coffee & Conversations 7:30- Daily Chronicle 10:00- Seated Yoga Stretches 10:30- Catholic Mass w/ Father E. Small Group Art with Intention 2:15- October Hangman 2:30- Entertainment w/ John M. Patio Walking Club 4:30- Jack O' Lantern Walk Through 7:30- Buddy Comedy	6:30- Coffee Cart & Brain Teasers 7:30- Daily Chronicle 10:30- Art Therapy w/ Lynda S. Catholic Mass w/ Father E. 11:00- Martha's Fall Recipes 2:15- Ghostly Story Writers 2:30- Entertainment w/ John M. 4:30- Salem, Ma Tours 6:30- Conversation Ball Toss 7:30- Friendly Frights	6:30- Coffee & Crosswords 7:30- Daily Chronicle 10:00- Meet the Author Mary Shelley 10:15- Golden Crumbs Baking Club Dodge's Grocery Games 2:15- Bewitched Balloon Toss 2:30- Entertainment w/ Paula S. 3:30- October Symbolism 4:00- Grand Ol' Opry Performance 6:30- The Munsters	6:30- Hot Chocolates & Local News 7:30- Daily Chronicle 10:00- Monster Mash Shuffle Board 10:15- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 2:15- Bones Categories 2:30- Entertainment w/ Tom G. 3:00- Ghoulish Drinks Social 3:30- Common Superstitions 6:30- Patriots Game Rewind	6:30- Coffee & Conversations 7:30- Daily Chronicle 10:15- Parachute Circle Bug Squashers Mother's Corner 2:15- Monster Movie History 2:30- Entertainment w/ Rusty B. 3:30- October Jumbles 6:30- Autumn Poetry 7:30- Name That Candy Slogan
6:30- Coffee Cart & Devotionals 10:00- Hymns of Worship 10:30- Congregational Church 11:00- October in New England Tour 2:15- Daily Chronicle 2:30- Entertainment w/ Jordan G. 3:30- Finish the Phrase 6:30- Sunday Night Football 7:30- Game Show Network	Black Cat Day 6:30- Tea & Salon Hair Stylings 7:30- Daily Chronicle 10:00- Black Cat Symbolism 10:30- Catholic Mass w/ Father E. Companion Corner 2:15- Famous Black Cats 2:30- Exercising w/ Paula S. 3:30- Act it Out 6:30- Manicare Stations Movie: Haunted Mansion	Skeleton Day 6:30- Hot Coffee & Conversations 7:30- Magazine Readings 10:00- Dem Bones Stretches 10:30- Catholic Mass w/ Father E. Small Group Art with Intention 2:15- Daily Chronicle 2:30- Entertainment w/ Sean F. Patio Walking Club 6:30- Movie: Coco	Witches Day 6:30- Coffee Cart & Brain Teasers 7:30- Daily Chronicle 7:00- Witches in Pop Culture 10:30- Art Therapy w/ Lynda S. Catholic Mass w/ Father E. 11:00- Martha's Fall Recipes 2:15- Toil & Trouble Trivia 2:30- Entertainment w/ Mike O. 4:30- Salem, Ma Tours 6:30- Movie: Hocus Pocus	Frankenstein Day 6:30- Coffee & Crosswords 7:30- Daily Chronicle 10:00- Meet the Author Mary Shelley 10:15- Golden Crumbs Baking Club Dodge's Grocery Games 2:15- Bewitched Balloon Toss 2:30- Exercising w/ Paula S. 3:30- Guess the Spooky Character 4:00- 1950's Halloween Reminisce 6:30- Movie: Frankenweenie	Dracula Day 6:30- Hot Chocolates & Local News 7:30- Daily Chronicle 10:00- Bela Lugosi Facts & Trivia 10:15- Seated Yoga w/ Bonnie D. Art Therapy w/ Lynda S. 2:15- The Story of Dracula 2:30- Entertainment w/ Tom G. 3:00- Ghoulish Drinks Social 3:30- Common Superstitions 6:30- Patriots Game Rewind	Halloween 6:30- Coffee & Conversations 7:30- Daily Chronicle 10:00- Photo Opportunities 10:15- Seated Yoga w/ Bonnie D. Bug Squashers Glutes & Goblines Aerobics Witch Bingo 2:15- Edgar Allen Poe Reading 2:30- Entertainment w/ Gary L. 3:30- Pumpkin Chunkin 6:30- Autumn Poetry 7:30- Name That Candy Slogan

Dodge Park Rest Home & Dayclub 101 Randolph Road, Worcester, Ma 10606 Amy Laba, Activity Director 508-853-8180 x117



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

OCTOBER OBSERVANCES

Monthly

American Pharmacists Month. The role pharmacists play in our health, our communities, and our lives has never been more crucial. Take a moment to reflect on their work, appreciate their efforts, and spread the word about the valuable services pharmacists provide.

Cybersecurity Awareness Month. This year's theme, "See Yourself in Cyber," will focus on the "people" part of cybersecurity, providing information and resources to help educate the public and ensure all individuals and organizations make smart decisions, whether on the job, at home, or at school, now and in the future.

Down Syndrome Awareness Month. According to the Centers for Disease Control and Prevention, approximately one in every 772 babies in the United States is born with Down syndrome, making Down syndrome the most common chromosomal condition. About 5,100 babies with Down syndrome are born in the United States each year.

National Substance Abuse Prevention Month. Millions of Americans suffer from substance abuse, which includes underage drinking, alcohol dependency, nonmedical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Early intervention helps prevent substance abuse and reduce the negative consequences of addiction before they occur.

Weekly

National Midwifery Week, Oct. 5–11. The midwifery model's focus on listening to people, respecting their insights, and recognizing them as experts in their own health can serve as an accessible solution to improved maternal health and the growing problem of health inequity.

Earth Science Week, Oct. 12–18. This year's theme, "Earth Science for a Sustainable World," will emphasize the essential role of Earth science in helping people make decisions that maintain and strengthen the planet's ability to support thriving life.

Fire Prevention Week, Oct. 5–11. Take the time today to make sure your home is equipped with all the appropriate fire prevention equipment, such as smoke detectors.

SPECIAL DAYS

- 1 International Coffee Day
- 1 International Day for the Elderly
- 1 National Homemade Cookies Day
- 1 Pumpkin Spice Day
- 1 World Vegetarian Day
- 2 National Custodial Worker Day
- 2 Name Your Car Day
- 2 World Farm Animals Day
- 2 World Smile Day – The first Friday of the month
- 3 International Frugal Fun Day – The first Saturday of the month.
- 3 National Boyfriends Day
- 3 Techies Day
- 3 Virus Appreciation Day
- 3 World Card Making Day – The first Saturday of the month.
- 4 National Golf Day
- 4 National Taco Day
- 4 Oktoberfest – In Germany ends. The date varies.
- 5 Do Something Nice Day
- 5 World Teacher's Day
- 6 Come and Take it Day
- 6 Mad Hatter Day
- 6 Physician Assistant Day
- 7 Bald and Free Day
- 7 Frappe Day
- 7 International Walk to School Day
- 7 National Forgiveness Day
- 7 National Kale Day – The first Wednesday of October.
- 8 American Touch Tag Day
- 8 National Pierogi Day
- 9 Curious Events Day
- 9 Fire Prevention Day
- 9 Leif Erikson Day
- 9 Moldy Cheese Day
- 9 World Egg Day – The second Friday of the month.
- 10 International Newspaper Carrier Day
- 10 National Angel Food Cake Day
- 10 National Motorcycle Ride Day
- 10 Tender Loving Care Day – The second Saturday in October.
- 10 World Homeless Day
- 11 International Day of the Girl Child
- 11 It's My Party Day
- 12 Canadian Thanksgiving Day
- 12 Columbus Day – The second Monday of the month.
- 12 Cookbook Launch Day
- 12 Indigenous People Day -The second Monday in October.
- 12 Old Farmer's Day
- 12 Moment of Frustration Day
- 12 National Gumbo Day
- 13 International Skeptics Day
- 13 National M&M Day
- 14 Be Bald and Free Day
- 14 Emergency Nurses Day
- 14 Fossil Day – The date varies.

SPECIAL DAYS

14 National Dessert Day – Take an extra helping, or two.
 14 National Take Your Parents to Lunch Day
 14 Take Your Teddy Bear to Work Day
 15 National Grouch Day
 15 White Cane Safety Day
 16 Bosses Day – The weekday closest to October 16.
 16 Dictionary Day
 16 World Food Day
 17 National Pasta Day
 17 Sweetest Day -The third Saturday of the month.
 17 Wear Something Gaudy Day
 18 National Meatloaf Appreciation Day
 18 No Beard Day
 19 Evaluate Your Life Day
 19 National Seafood Bisque Day
 20 Brandied Fruit Day
 20 International Chefs Day
 20 U.K. National Waiters Day
 21 Babbling Day
 21 Count Your Buttons Day
 21 International Nacho Day
 21 Pumpkin Cheesecake Day – find a recipe, too.
 22 National Nut Day
 22 Smart is Cool Day
 23 National Mole Day
 23 TV Talk Show Host Day
 24 Make a Difference Day
 24 National Bologna Day
 24 United Nations Day
 25 Howl at the Moon Night
 25 International Artist Day
 25 Mother-In-Law Day – The fourth Sunday in October.
 25 Punk for a Day Day
 25 World Opera Day
 25 World Pasta Day
 26 National Mincemeat Day
 26 National Pumpkin Day
 27 Black Cat Day
 27 National Tell a Story Day – in Scotland and the U.K.
 27 Navy Day
 28 National First Responders Day
 28 Plush Animal Lover's Day
 29 Hermit Day
 29 National Cat Day
 29 National Frankenstein Day
 30 Frankenstein Friday – The last Friday in October.
 30 Haunted Refrigerator Night
 30 National Candy Corn Day
 30 Mischief Night
 31 Carve a Pumpkin Day – There's no surprise here.
 31 Halloween

Weekly

National Health Education Week, Oct. 20–24.

National Health Education Week activities increase awareness of major public health issues and promote a better understanding of the role of health education and health promotion.

Daily

International Coffee Day, Oct. 1. A celebration of coffee, launched in Milan in 2015, this day also is used to promote fair trade coffee and raise awareness of the plight of the coffee growers.

World Teacher's Day, Oct. 5. Established in 1994, World Teachers' Day is devoted to “appreciating, assessing, and improving the educators of the world” and providing an opportunity to consider issues related to teachers and teaching.

Indigenous People's Day, Oct. 12. Celebrated on the second Monday of October to honor the cultures and histories of the Native American people.

Columbus Day, Oct. 12. Date Italian explorer Christopher Columbus reached the Americas in 1492. (Observed on Oct. 10 in the U.S.)

Conflict Resolution Day, Oct. 16. Promoting awareness of mediation, arbitration, and other creative, peaceful means of resolving conflict in schools, families, businesses, communities, governments, and the legal system.





Animal of the Month – Bombay Cat

Bombay cats are a popular pet. These spunky, affectionate, friendly felines create exceptionally strong bonds with their human families. They love cuddling and are often found on warm laps. If they can't soak up body heat from a human companion, they seek the next warmest spots in the home, such as by a heater or sunny window. Known as "parlor panthers," these sleek black cats were first bred in the 1950s to look like miniature black leopards, complete with shiny coats, glowing eyes, and a curvy, swaying walk. They are a cross between a sable Burmese and a black American short hair. In addition to their deep black fur, most have black whiskers, skin, noses, and paw pads. Bombay cats have compact, muscular bodies that are heavier to pick up than they look. These beautiful creatures are a very loyal and intelligent breed that enjoys a lot of activity and stimulation.



Flower - Calendula

Calendula officinalis, or the pot marigold, is a member of the daisy family. These lovely flowers are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe indigestion.

Birthstone – Opal

Those with October birthdays have a birthstone that sparkles as it changes color! Opals diffract light and are found in a number of different hues—from reds and yellows to blues and purples and more. The most common color for opals is opaque, milky white, giving them a beautifully unique appearance that led to the coining of the term opalescent, meaning "showing varying colors as an opal does." It is said that opals have healing powers and even enable the wearer to find true love.



Dressing Up: Decade by Decade

Wearing costumes for Halloween or All Hallows' Eve has been popular for centuries. The original purpose of wearing costumes was to ward off evil spirits. Today, it's more about candy and fun. Let's review the most popular outfits through the decades.

1920s: Clowns

The Pierrot clown was all the rage in the 1920s. Simple witch, farmer, and gypsy costumes were also popular.

1930s: Disney

Mass-produced costumes and rubber masks hit the market, with Mickey and Minnie Mouse ruling Halloween in the 1930s.

1940s: Brooms & Black Hats

Witches, spooky ghosts, and black cats bewitched trick-or-treaters in the 1940s.

1950s: Aloha Buckaroo

Hawaiian apparel (grass skirts, leis, and floral shirts) and dressing up like cowboys were popular trends in the 1950s. Davy Crockett and Tarzan were also common.

1960s: Superheroes

Kids and adults channeled their favorite superheroes, such as Superman, Batman, Catwoman, Spiderman, and Batgirl. Dennis the Menace was also a hit.

OCTOBER FUN FACTS

October is the tenth month of the year on the Gregorian calendar and one of seven months with 31 days. October's name, containing the Latin word octo, refers to its ancient place as the eighth month in the Roman calendar, before January and February were added to fill out the winter period. October is usually considered the height of autumn; the Slavic people call it "yellow month," referring to the fading colors of the leaves.

October Birthdays

Jimmy Carter (president) – October 1, 1924
Susan Sarandon (actress) – October 4, 1946
Elizabeth Shue (actress) – October 6, 1963
Simon Cowell (TV producer) – October 7, 1959
John Lennon (singer) – October 9, 1940
Marie Osmond (entertainer) – October 13, 1959
Richard Carpenter (musician) – October 15, 1946
Angela Lansbury (actress) – October 16, 1925
Evel Knievel (daredevil) – October 17, 1938
Olive Thomas (silent film star) – October 20, 1894
Deepak Chopra (author) – October 22, 1946
Michael Crichton (author) – October 23, 1942
Sylvia Plath (writer) – October 27, 1932
Jane Pauley (journalist) – October 31, 1950



October-licious

Forget the candy on Halloween—October is a full month for foodies! Not only is it the time of brats and sauerkraut galore, but October is also the official month of pork, pizza, sausage, and popcorn.

What's Lucky in October?

Lucky Color: Tangerine

Lucky Animal: Fox

Lucky Letters: W and E

Lucky Day: Thursday

Lucky Plant: Pumpkin



October's Winter Moon

In the Old English or Anglo-Saxon calendar, the year was split into two seasons rather than four. They simply divided the year between the months with days that were longer than the nights (summer) and those with less daylight (winter). In this tradition, October was designated the first month of winter and was called Winterfylleth, or "fullness of winter," as it also had the first winter full moon.

October Zodiacs

Libra (The Scales) October 1–22

Scorpio (The Scorpion) October 23–31



A very *Happy Birthday* to...

Staff

Natalia R. October 4
 Brayan V. October 6
 Yahaira O. October 9
 Yanitza G. October 14
 Carrie L. October 17
 Christopher S. October 19
 Lloyd W. October 22
 Ben H. October 23
 Sarah-Kate J. October 28
 Shalyn J. October 29
 Evan R. October 30

Dodge Park Residents

Donald P. October 4
 Nancy K. October 9
 Richard O. October 18
 Carolyn C. October 24

Oasis Residents

Deborah P. October 1
 Jane M. October 2
 Maureen T. October 7
 Shirley W. October 18
 Lucy R. October 18
 Cynthia M. October 21
 Kevin H. October 25



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**

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Halloween is here—are you ready?

Trick or treating is about to commence. Here are some fun facts to share while you're handing out candy:

- The word “witch” comes from an Old English word, “wicce,” meaning “wise woman.”
- Black and orange are associated with Halloween because they're signs of autumn. Orange signifies harvest, and black alludes to darkness coming earlier.
- Jack-o-lanterns are Irish. In an Irish folktale, a man named Stingy Jack fooled the devil and was punished by being forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. “Jack of the Lantern” became “Jack-o-lantern.”
- Trick-or-treating has a long history. In medieval times, children would go door to door on All Souls Day, asking for food in exchange for prayers for the inhabitants' deceased family members.
- The most popular kids' Halloween costume is Spider-man. According to the National Retail Federation, it's followed by princesses, Batman, witch, ghost, pumpkin, Superman, zombie, and Avengers hero.

Conversation starters—or stoppers

Do you ever find yourself at a loss for words? Maybe one of these random comments can add some spice to your conversations:

- As the prophecy foretold.
- But at what cost?
- So let it be written; so let it be done.
- So it has come to this.
- Is this why fate brought us together?
- Just like in my dream.
- Be that as it may, still may it be as it may be.
- There is no escape from destiny.
- Wise words by wise men write wise deeds in wise pen.
- In this economy?
- And then the wolves came.

Winter is coming: Prepare your home

Before the weather gets too cold, it's wise to check your house for vulnerabilities to the coming winter. Some areas to examine:

Roof

- Look for missing shingles, cracked flashings, and broken overhanging tree limbs.
- Check the chimney for mortar deterioration and loose bricks.
- Inspect the underside of the roof, from the attic, for any signs of leakage.

Exterior

- Check at the foundation for cracks in the concrete, and low spots in the soil where water can accumulate against the foundation.
- Look at the caulking in the siding and around the window and door trims.

Heating system

- Turn on the heating system to ensure that the heat is being delivered to all outlets.
- Check your filter and change it if necessary. Buy some extra filters so you can change them easily during the winter season.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Fall Colors Can Lead to Better Health

We all know that eating plenty of fruits and vegetables, at least five servings each day is recommended for good health but choosing a variety of colors is better than eating just one kind of fruit or vegetable or just one color. The New England fall brings a change in colors all around us. Let's take inspiration from the autumn colors and eat more orange, yellow and red fruits and vegetables to improve our health. The better variety of colors you have on your plate, the better the array of different phytochemical nutrients we ingest. Phytochemicals are natural food compounds that aid in protecting our health, fight diseases and provide healthful antioxidants.

Orange and yellow fruits and vegetables contain carotenoids. Carotenoids are crucial for the plant to grow as they aid in the process of photosynthesis. In humans, carotenoids have antioxidant properties, which help fight free radicals (unstable molecules which can cause cell damage and disease in the body). They also can turn into vitamin A and protect our eyes and promote good vision, give us healthy skin and keep our immune system strong. Carotenoids also help protect us from certain kinds of diseases such as heart disease and cancer. Fruits and vegetables high in carotenoids include pumpkin, sweet potatoes, carrots, cantaloupes, mangoes, apricots, yellow bell peppers and butternut squash.

Red fruits and vegetables contain lycopene, which is linked to cardiovascular health and brain function as well as the prevention of prostate and

breast cancer. Fruits and vegetables high in lycopene include tomatoes, cherries, red bell peppers, watermelon, pink grapefruit, beets and red cabbage. Since lycopene is a fat-soluble compound it is better absorbed when combined with a healthy fat such as olive oil. Cooking foods that contain lycopene also makes it more available for the body to use. So a tomato sauce made with olive oil is an excellent way to get lycopene.

Roasted Fall Vegetables

- 1 cup butternut squash, peeled and cut into 1-inch cubes
- 1 cup carrots, peeled and sliced into 1/4-inch coins
- 1 cup yellow bell peppers, cut into bite-size pieces
- 1 cup red bell peppers, cut into bite-size pieces
- 1 cup cherry tomatoes, sliced in half
- 2 tablespoons olive oil
- 1 teaspoons salt
- 1/2 teaspoon black pepper

Preheat oven to 400 degrees. Spray a baking sheet with nonstick cooking spray. Combine all vegetables in a medium bowl along with olive oil, salt and pepper. Mix well. Place vegetables on prepared sheet pan in a single layer. Roast in oven for 25 to 35 minutes or until tender.

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.



Baked Cinnamon Apple Bites

Makes 6 servings | A diabetic-friendly recipe

You will need:

- Cooking spray
- 3 medium apples, cored and cut into bite-sized pieces
- 2 tablespoons butter, melted
- 2 tablespoons sugar-free brown sugar sweetener
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon vanilla extract

Directions:

1. Preheat oven to 375°F. Spray a baking dish with cooking spray.
2. Place the apples in a large bowl.
3. Stir together the melted butter, sugar-free sweetener, cinnamon, nutmeg, and vanilla.
4. Pour over the apples and toss to coat evenly.
5. Spread the apples into the prepared baking dish.
6. Bake for 20–25 minutes, stirring once halfway through, until the apples are tender. Serve warm.



White Chocolate Pumpkin Cookies

Makes 24 servings

- Cooking spray
- 1/2 cup butter, room temperature
- 1/2 cup brown sugar
- 1/4 cup sugar
- 1/2 cup pumpkin puree
- 1 egg
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 1 cup white chocolate chips

Directions:

1. Preheat oven to 350°F. Spray a baking sheet with cooking spray.
2. Cream together the butter and both sugars.
3. Beat in the pumpkin, egg, and vanilla.
4. Stir together the flour, baking soda, and pumpkin pie spice; gradually add to the pumpkin mixture.
5. Fold in the white chocolate chips.
6. Drop rounded tablespoonfuls onto the prepared baking sheet.
7. Bake for 11–13 minutes until the edges are lightly golden.
8. Cool for several minutes before serving.



Taco Pinwheels

Makes 24 servings

You will need:

- 2 (8-ounce) packages cream cheese, room temperature
- 1 tablespoon taco seasoning
- 1 cup shredded cheddar cheese
- 1/2 cup diced green chiles
- 1/4 cup sliced green onions
- 4 large flour tortillas

Directions:

1. Beat the cream cheese and taco seasoning until smooth.
2. Stir in the cheddar cheese, green chiles, and green onions.
3. Spread evenly over each tortilla.
4. Roll each tortilla tightly.
5. Refrigerate for at least 1 hour.
6. Slice into 1-inch pinwheels before serving.



Hearty Campfire Chili Cheese Dip

Makes 10 servings

You will need:

- 1 (15-ounce) can chili
- 1 (8-ounce) package cream cheese, room temperature
- 2 cups shredded cheddar cheese
- 1/2 cup salsa
- 1 teaspoon chili powder
- Tortilla chips or crackers for serving

Directions:

1. Place the chili, cream cheese, cheddar cheese, salsa, and chili powder into a slow cooker.
2. Stir to combine.
3. Cover and cook on low for 2 hours, stirring once or twice.
4. Stir until smooth.
5. Serve warm with tortilla chips or crackers.

Camp Trail Snack

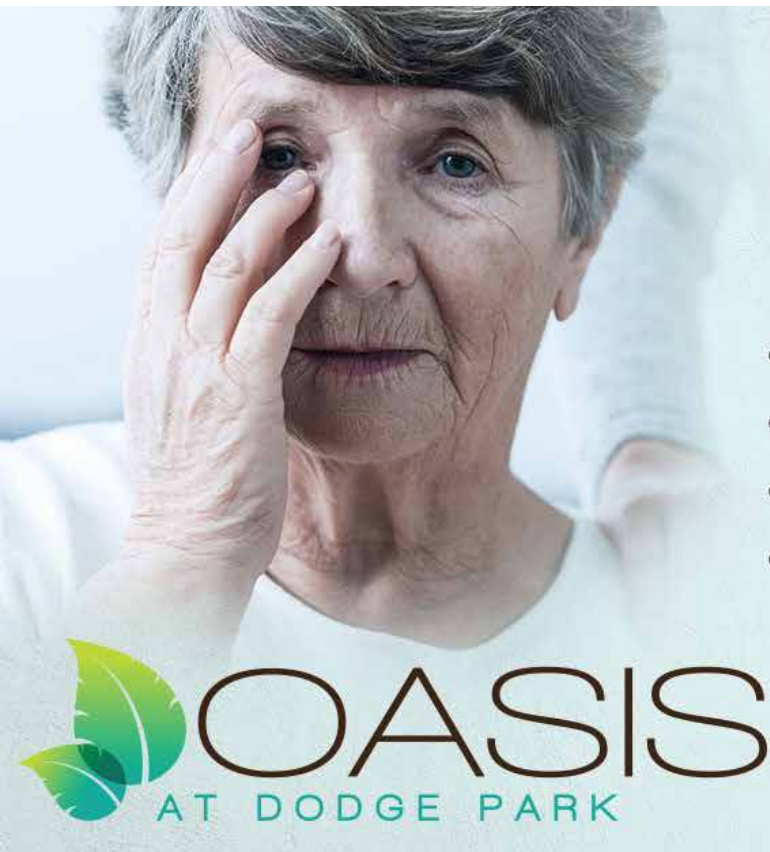
Makes 8 servings

Ingredients:

- 2 cups toasted oat cereal
- 1 cup pretzel twists
- 1 cup roasted peanuts
- 1/2 cup roasted pumpkin seeds
- 1/2 cup dried cranberries
- 1/2 cup candy-coated chocolate pieces

Directions:

1. Combine the cereal, pretzels, peanuts, pumpkin seeds, dried cranberries, and chocolate candies in a large bowl.
2. Toss gently until evenly mixed.
3. Divide into individual snack bags or store in an airtight container.



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

Spooky Snow Globe

Display a spooky scene in a jar with water, corn syrup, and a dash of glitter.

After Halloween, swap the scary scene for a favorite photo.

You will need:

- Spooky designs printed on card stock
- Glow stick bracelet
- 24-ounce glass jar with lid
- Clear packing tape
- 3" square white foam board
- Glitter (1 or 2 colors of choice)
- Light corn syrup
- Pen
- Scissors
- (Optional) Sticky-back felt or duct tape (color of choice)
- Water

Directions:

1. Cut apart the spooky designs following the gray outlines.
2. Trace the inside of the glow stick bracelet onto the foam and cut it out. Tape the circle to the bottom of the jar.
3. Stack 2 spooky designs back to back and cover them completely with packing tape. Overlap the tape a little so the paper is completely covered. Press the tape down to ensure there are no air bubbles, especially along the edges. Cut the tape so there is a 1/4" border of tape around the designs.





4. Slip the taped designs into the jar.

5. Add a few shakes of glitter to the jar, and then add water until it's about 2/3 full. Fill the remainder of the jar with corn syrup and screw on the lid tightly.

6. Vigorously shake the jar to mix the water and syrup. Place the jar on top of the glowing bracelet for a fun display—especially after dark. Tip: Gently shake your glitter globe every day to keep the water and syrup mixed.

7. (Optional) Cover the top of the lid with felt or duct tape for a final touch.





Tissue Paper Sugar Pumpkin

Place individually wrapped candies in a muffin liner. Wrap the treats in orange tissue paper and add a pipe cleaner stem. Use as a centerpiece, shelf décor, or a fantastic treat for Halloween guests.

You will need:

- 2 paper muffin liners
- 8" square of orange tissue paper
- 12" green pipe cleaner
- 5–10 pieces of individually wrapped candies
- Pencil

Directions:

1. Keep the muffin liners stacked for extra support and center them on the tissue paper. Fill the liners with pieces of candy. Bring the sides of the tissue paper up and twist it together.



2. Coil a third of the pipe cleaner around a pencil to make a vine. Wrap the rest around the twisted tissue paper, forming a pumpkin stem that serves to hold the project together.



Dot-to-Dot Yarn Art

Use a provided design, paper plate, and yarn to make festive art.

Pick a design, glue it to a plate, and then poke holes where indicated.

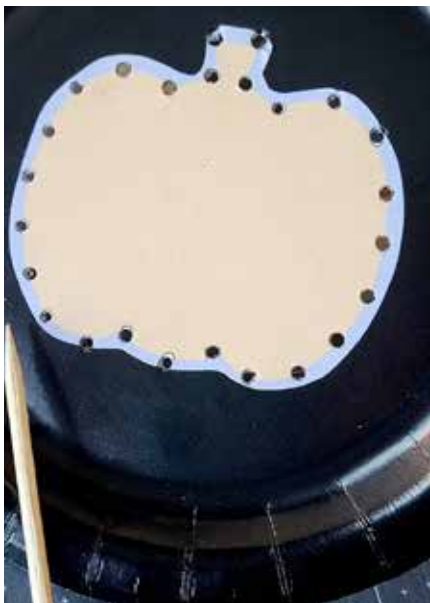
Then “sew” through the holes with colorful yarn.

You will need:

- Design of choice printed in color on printer paper
- 7" paper dessert plate (black, white, or color of choice)
- 8-foot strand of yarn (color of choice)
- Embroidery needle
- X-Acto knife and wooden skewer
- Glue stick, masking tape, scissors
- (Optional) Black electrical tape and googly eyes

Directions:

1. To prepare for the art activity, select a design and cut it out, following the thick outline. Glue the design in the center of a paper plate.
2. Pre-poke the holes where indicated using an X-Acto knife. The holes should be small. Make the holes larger by piercing them with a wooden skewer.



3. Thread the needle with yarn. Working from the back to the front, pull the needle through a hole. Tape the end of the yarn to the back of the plate. Be sure no holes are covered with the tape.

4. Hand the project to an artist. They should “sew” through all the holes, any which way, until all the yarn is used.

5. Remove the needle and tape the end of the yarn to the back of the plate. For an added touch, add a face to the pumpkin using cut pieces of black tape. Another option is adding googly eyes to the spider or bat.

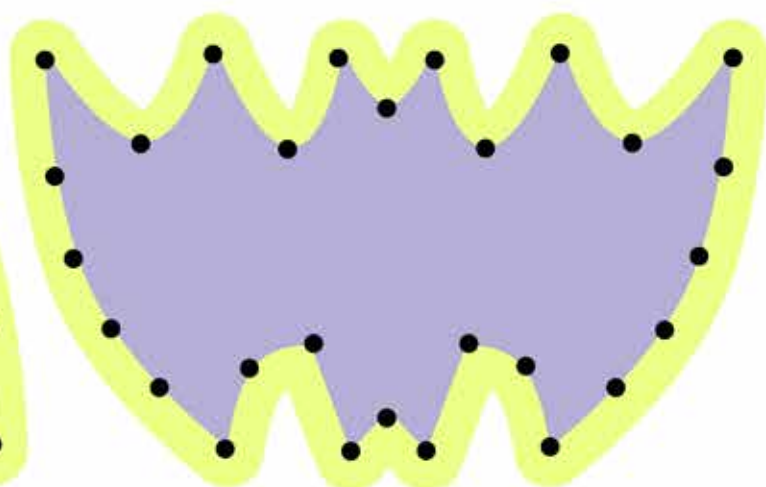
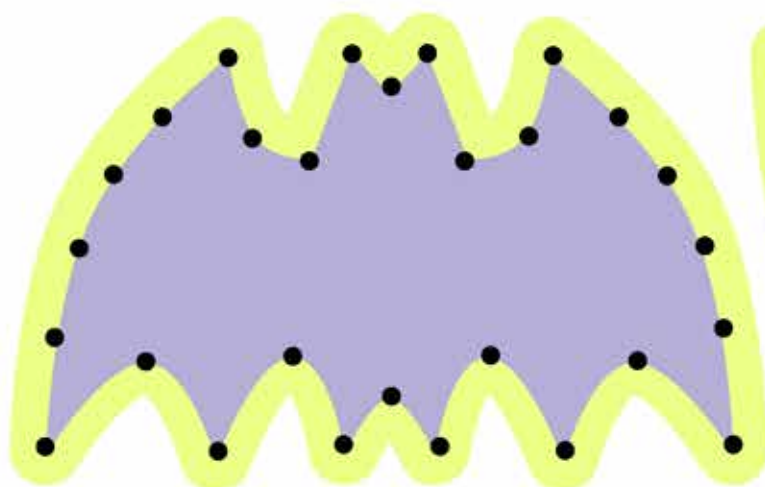
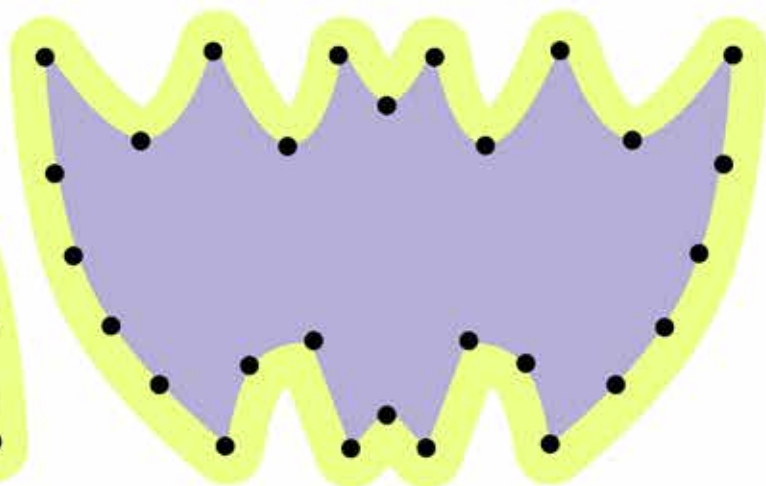
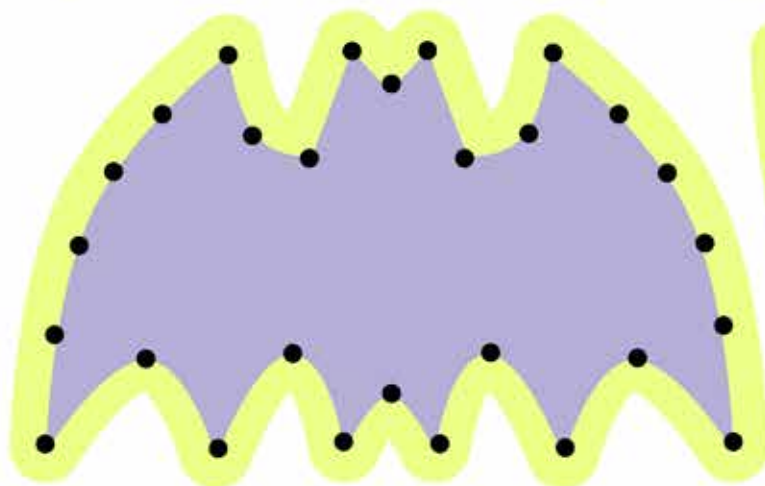
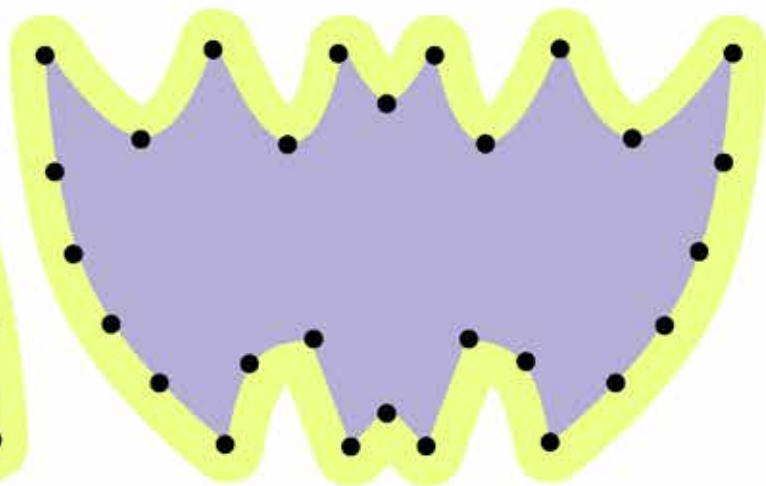
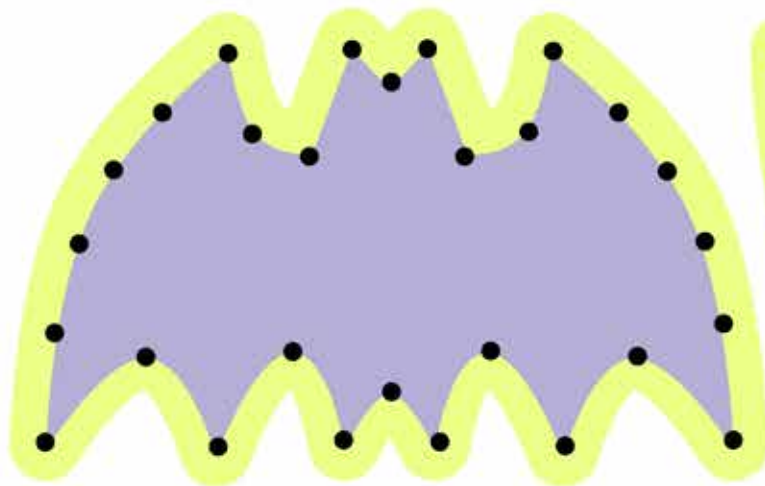
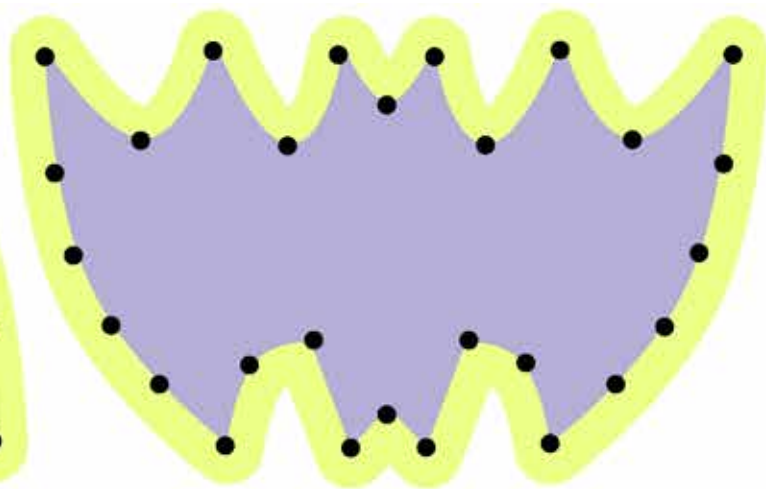
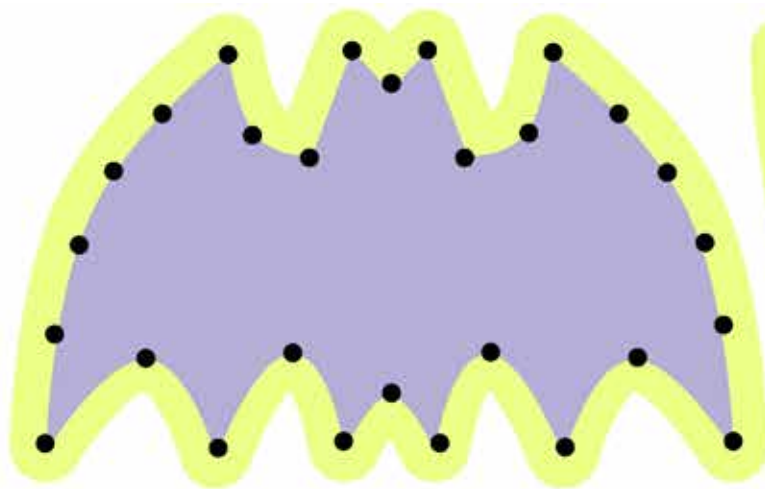
6. Display the yarn art using rolled pieces of masking tape on the back.

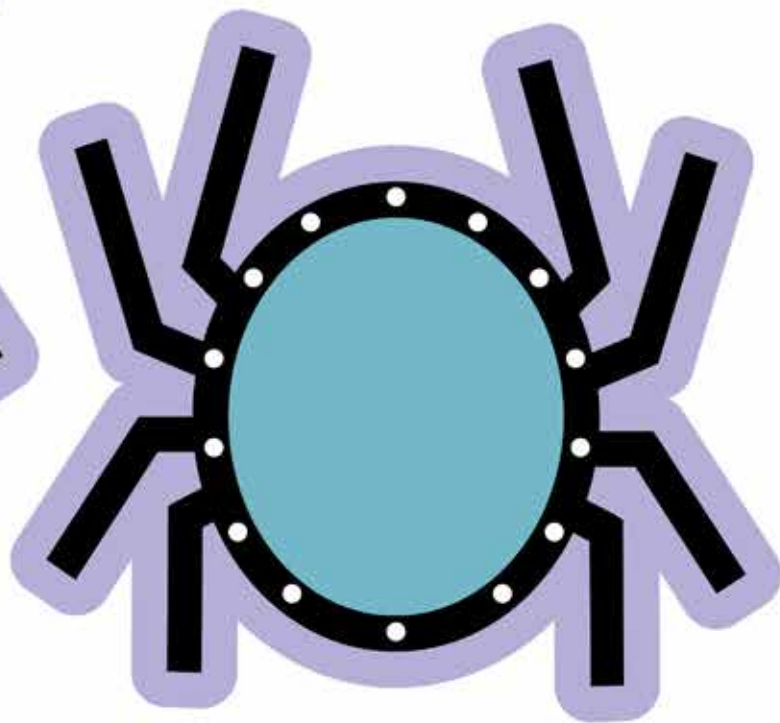
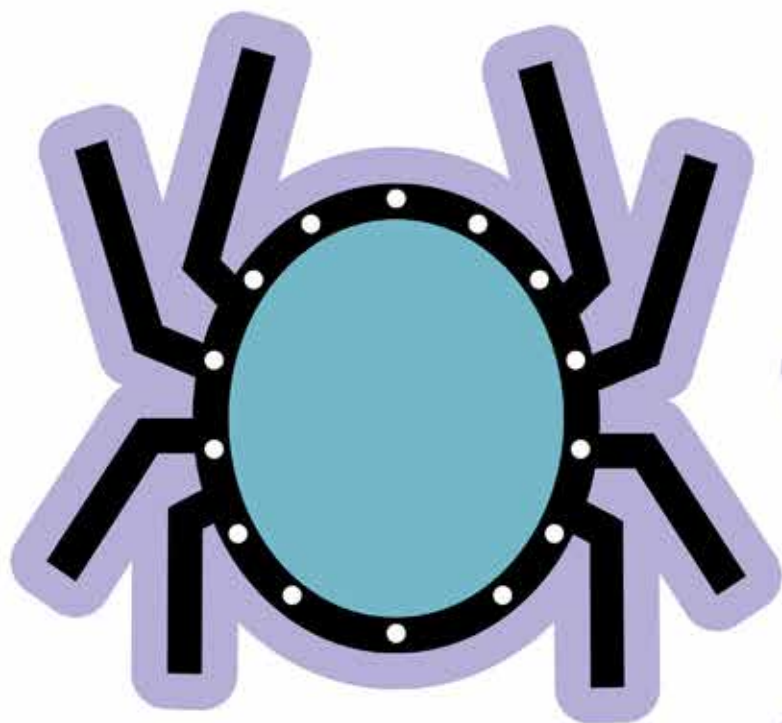
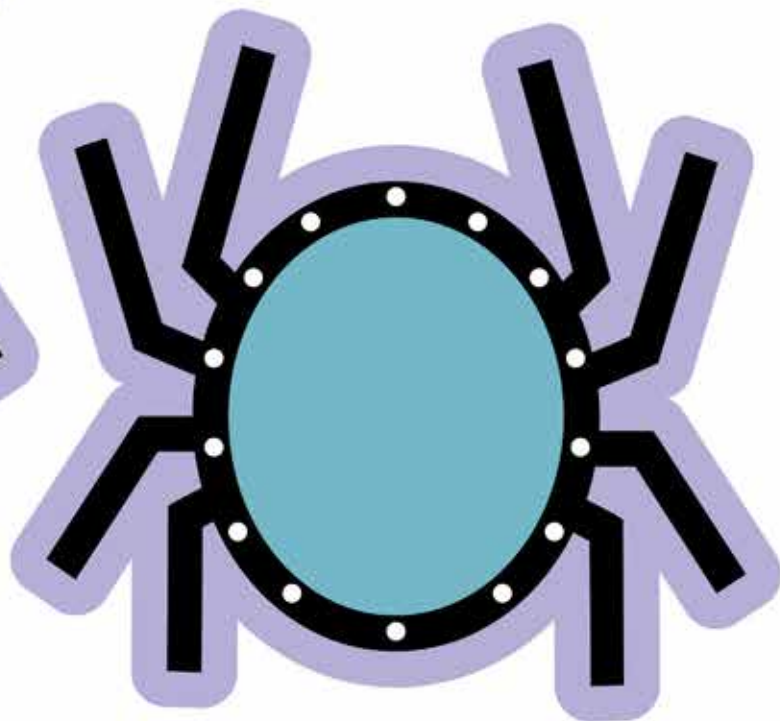
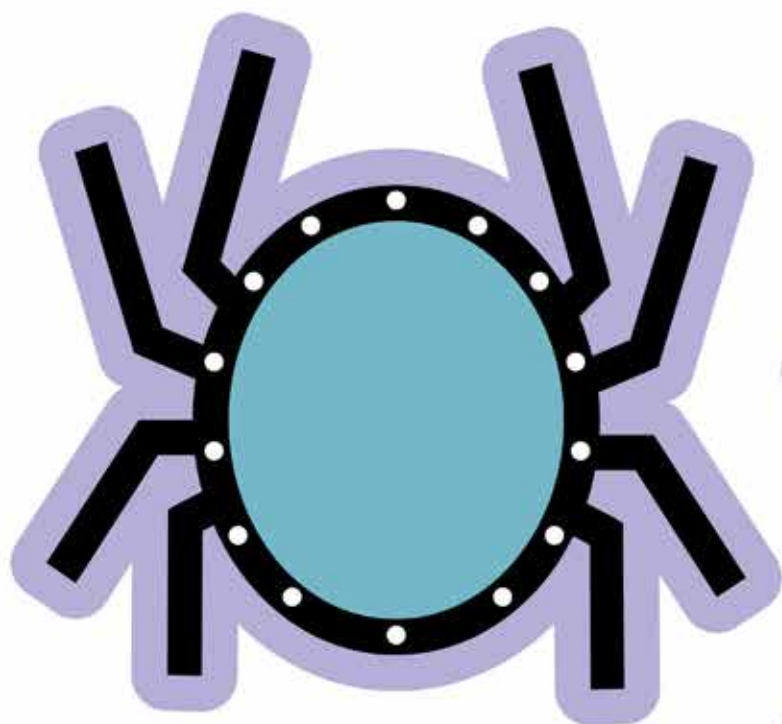
Tip:

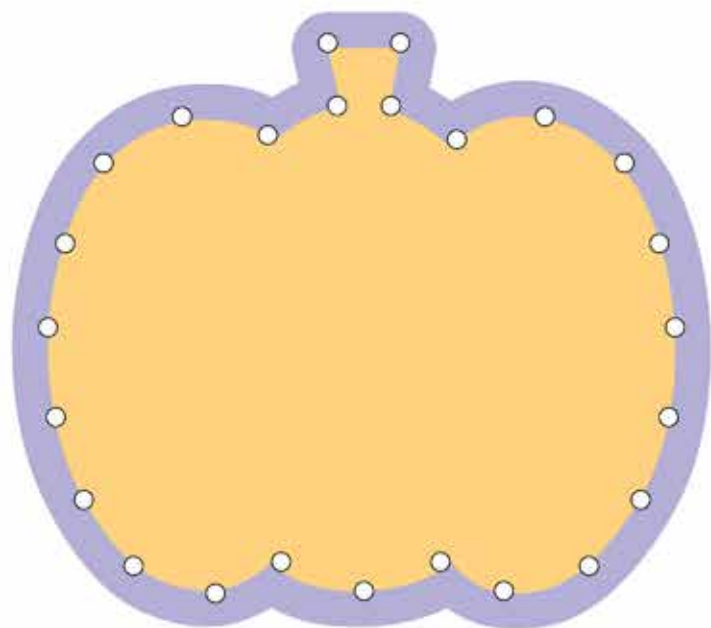
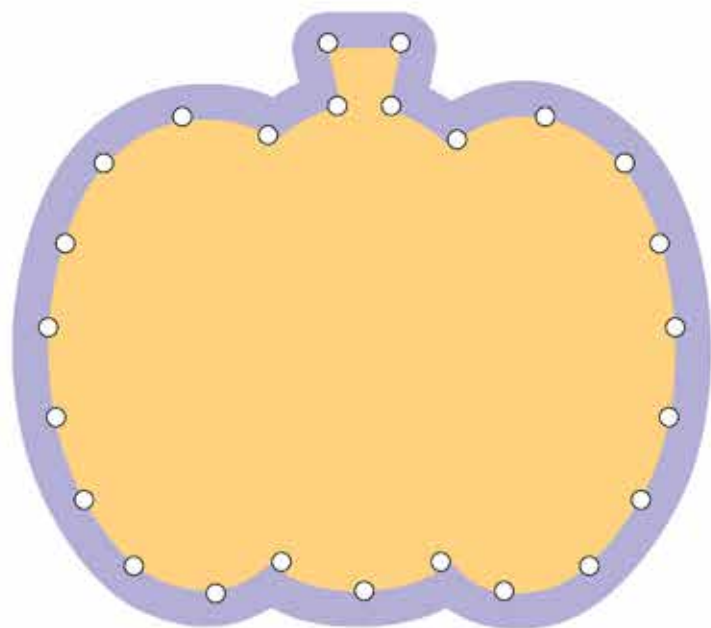
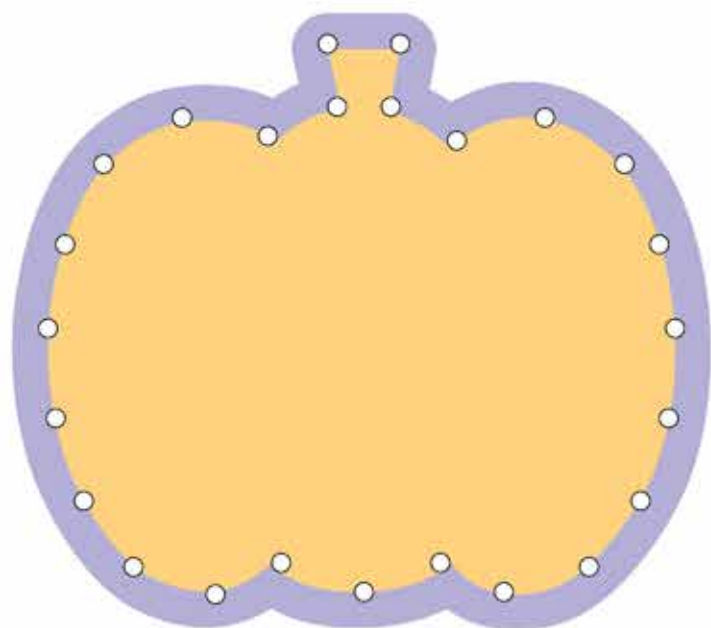
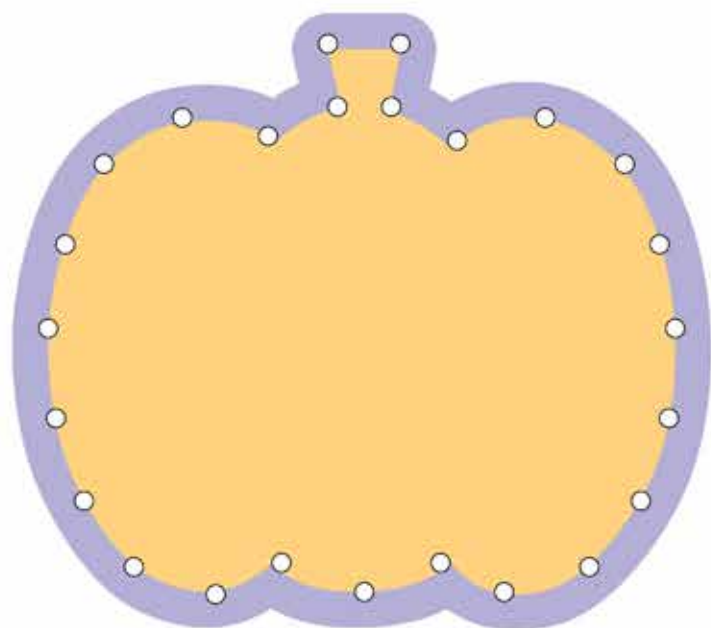
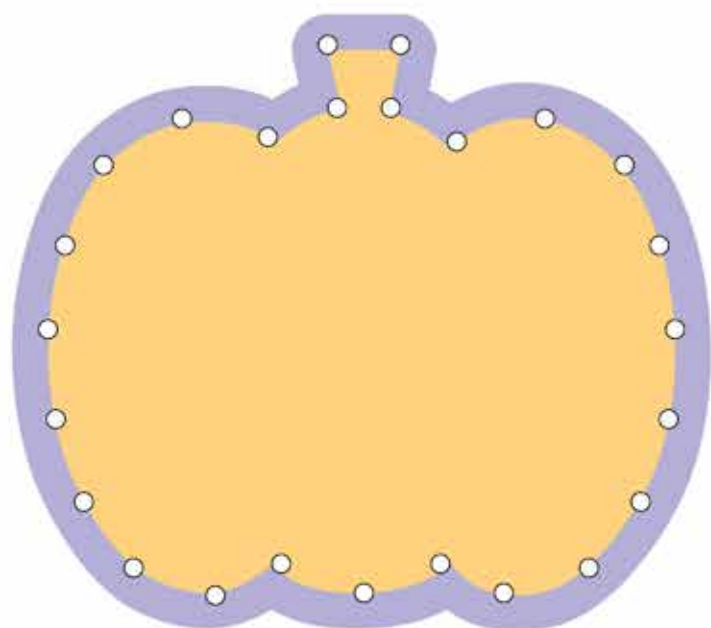
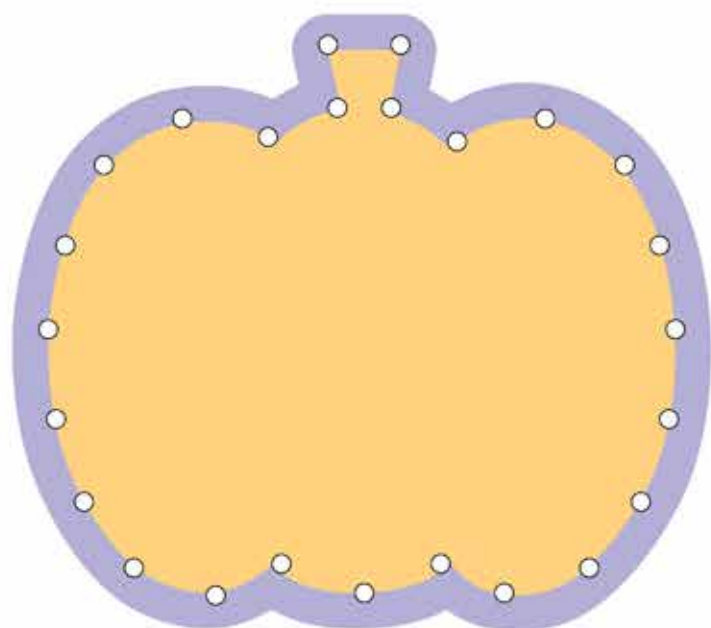
- If an 8-foot strand of yarn is too long, cut the yarn in half or in thirds. Work in smaller sections at a time, rethreading the needle as needed.
- Some designs are easier to complete, such as the web and spider. Try to match the design to the skill level.

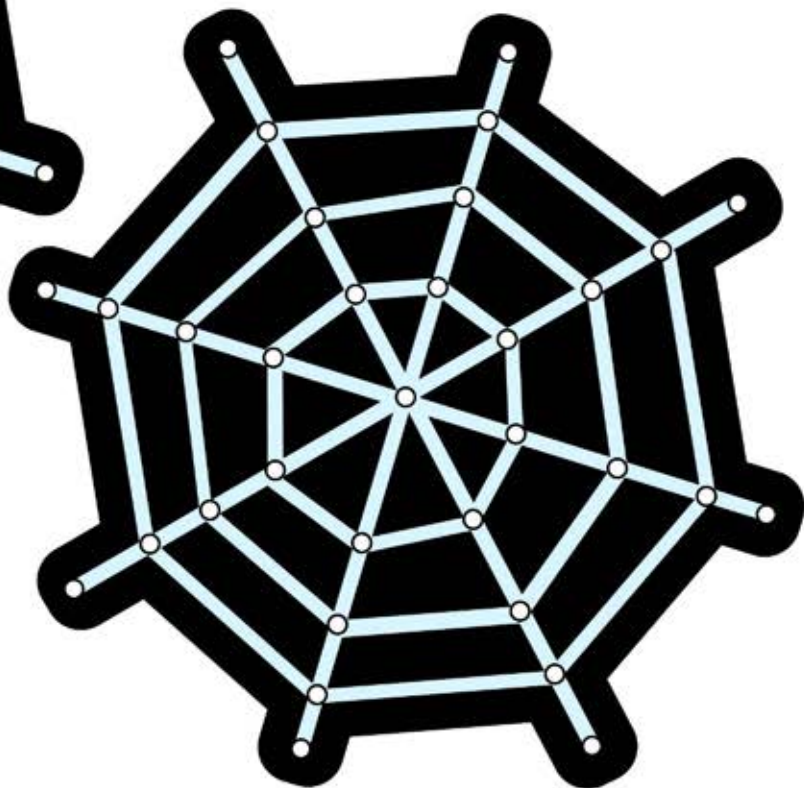
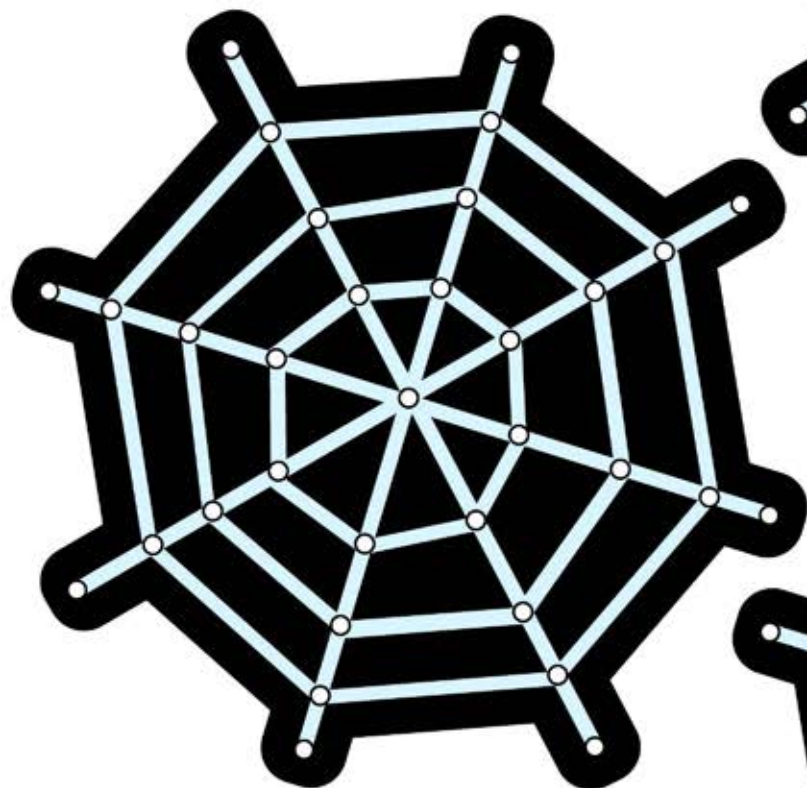
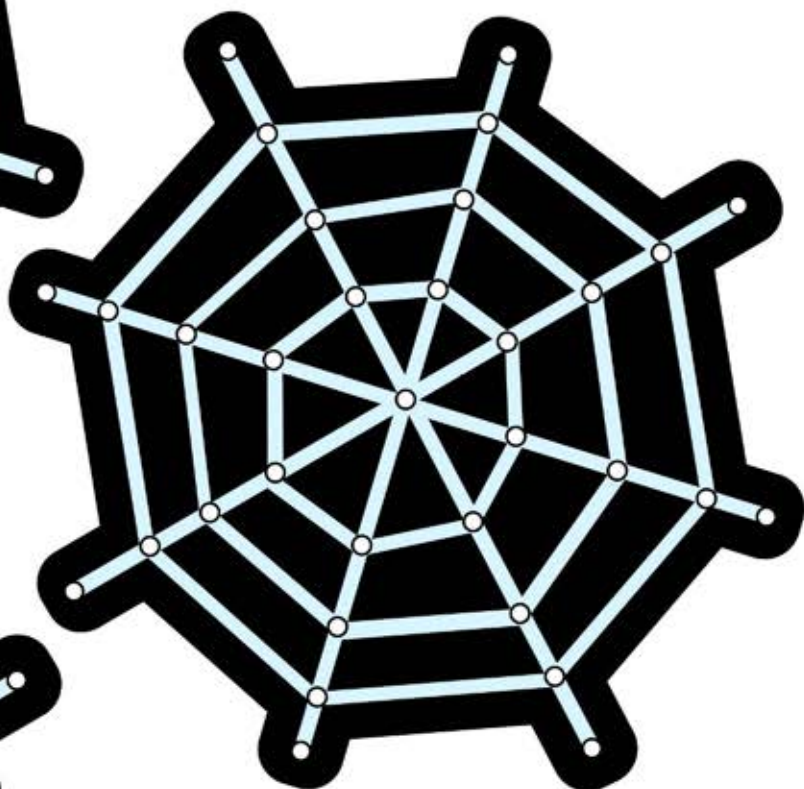
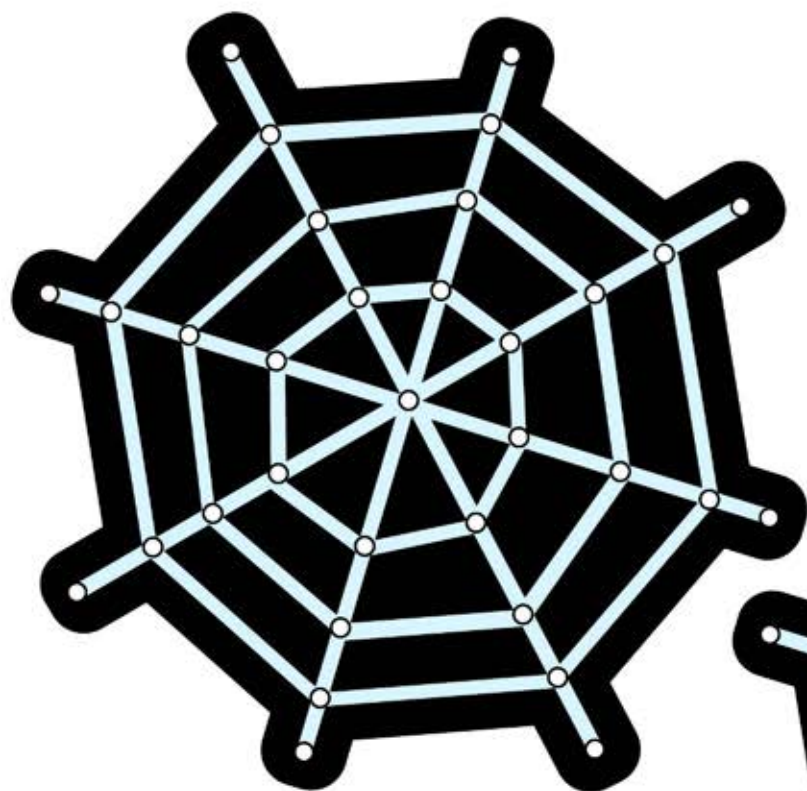
Uses:

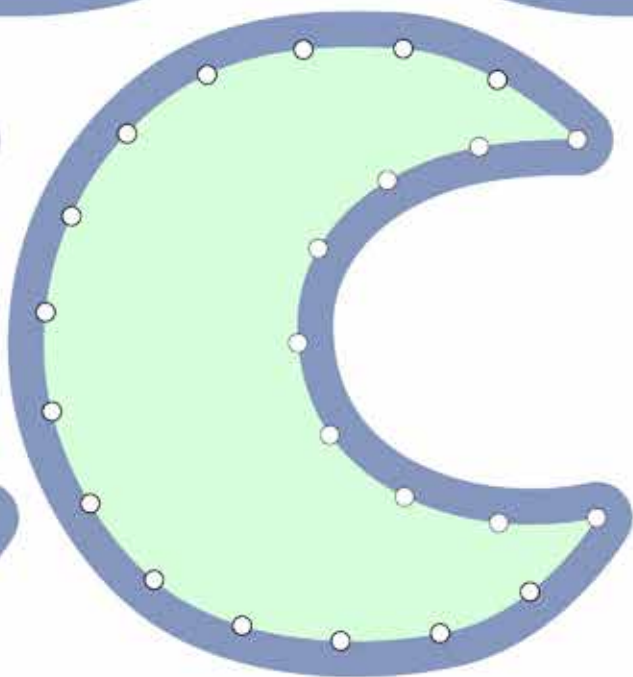
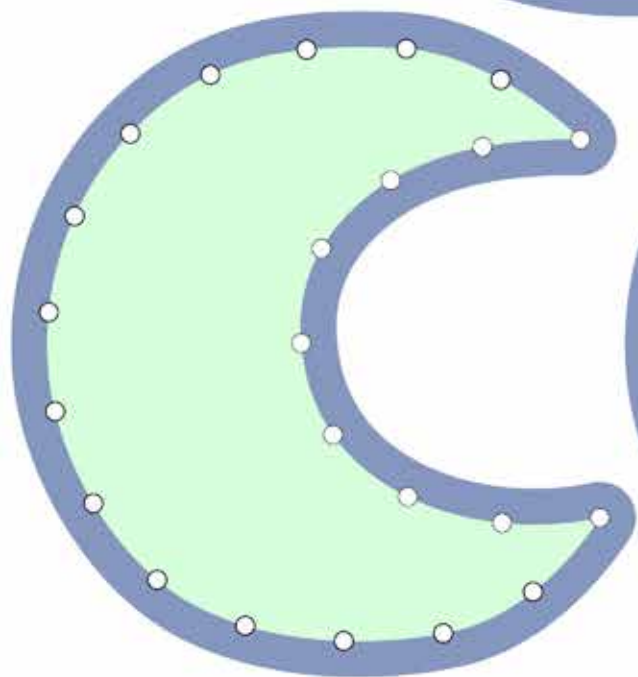
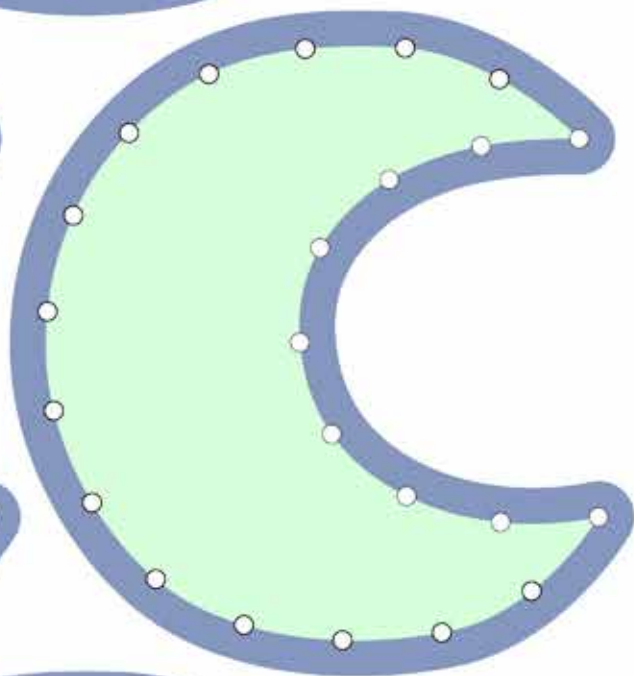
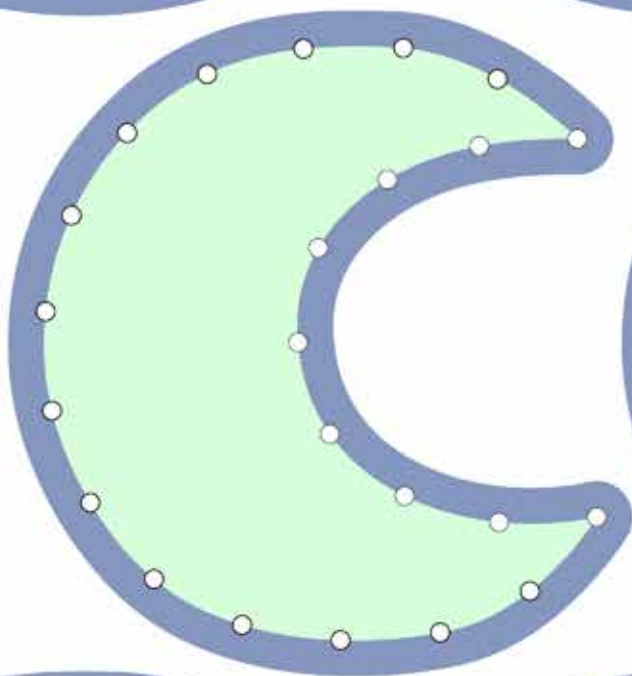
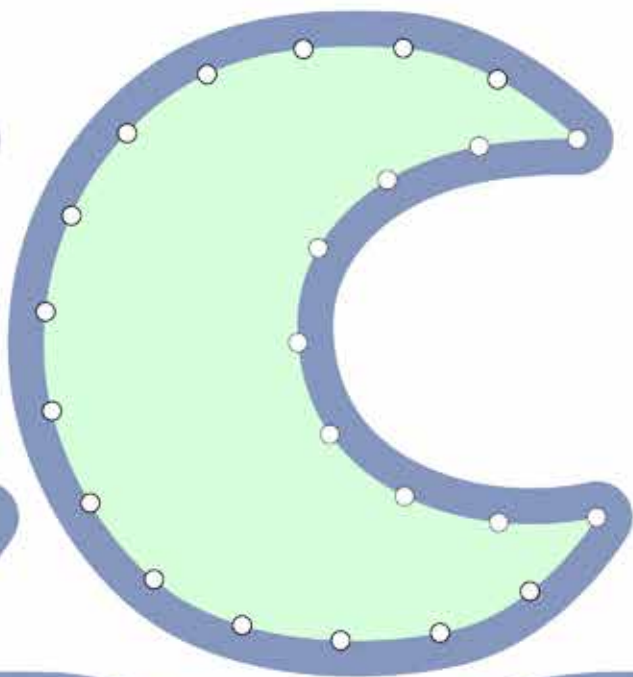
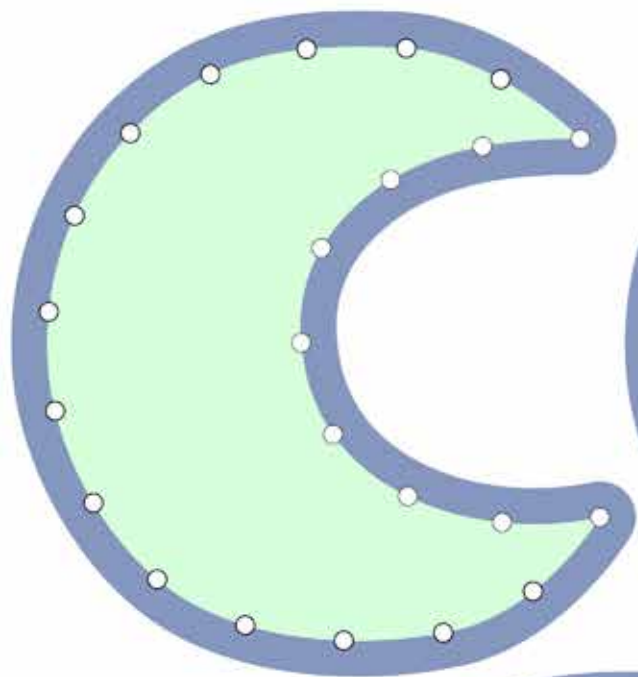
- Decorate a door or ledge with yarn art.
- Use completed projects to decorate for Begger’s Night or Halloween parties. Display the art on walls or attach 2 yarn art plates, back-to-back, and suspend them from the ceiling like a mobile.
- Give them as gifts.
- Use Dot-to-Dot Yarn Art as an intergenerational activity.

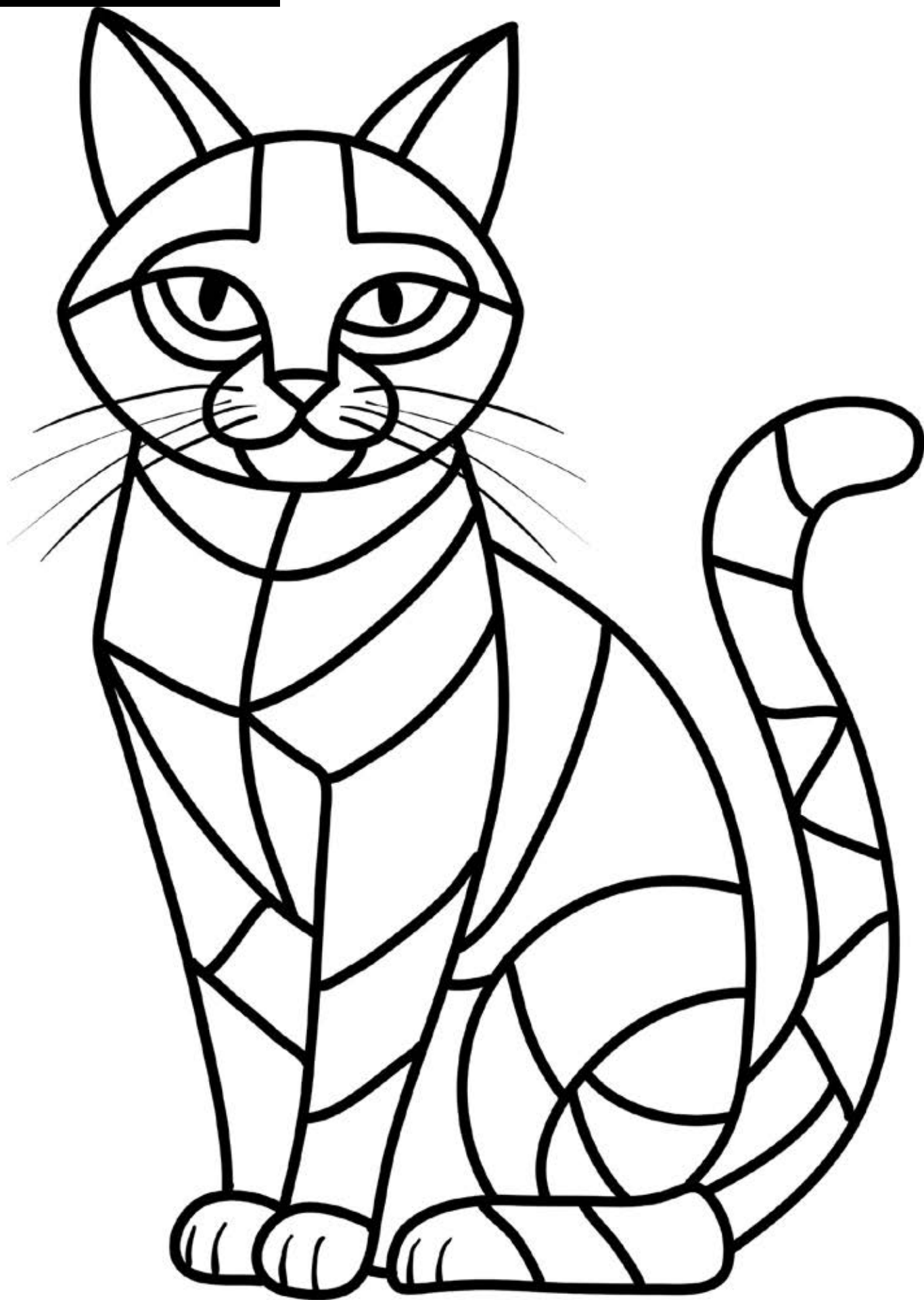


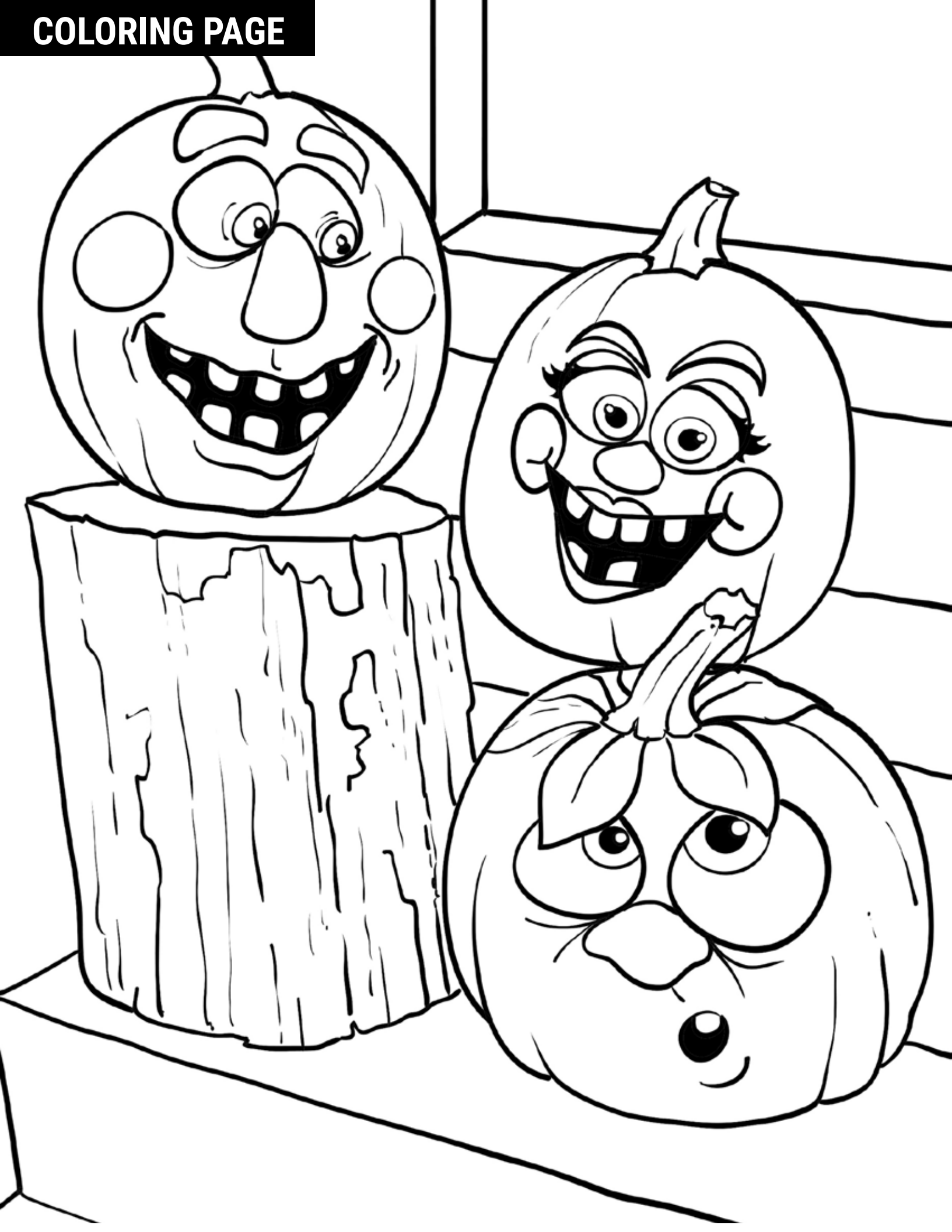












Search for the items in bold.

3 horses pulled a **red trailer** in the display, created with great zeal; **plastic men** climbed **3 ladders**, and one turned a **white steering wheel**. A **surge-protecting power strip** kept things electric on and running well. When anyone came to see the display, Dad proudly rang his fire bell.

A **flashlight**, **2 baking soda boxes**, **4 batteries**, and **salt** were on hand. **Safety matches** were standard, and **8 tealights** replaced candles banned. Also **rubbing alcohol**, **Band-Aids**, **adhesive tape**, and a charged cell phone, Because the Murphy men, though brave, were notoriously accident-prone.



Dot-to-Dot

Connect the dots #1-88



Celebrating Italy Search and Solve

Find each of the items from the categories listed below.
Search vertically, horizontally, diagonally, forward, and backward.



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

Find five Italian foods.

Find four Italian fashion brands.

Find five Italian cities.

Find four Italian cars.

Going Scouting

Match the clues to the words associated with scouting.

- | | |
|--|----------------|
| 1. Water vessel for a hike _____ | A. overlook |
| 2. Set of portable dishes and utensils _____ | B. trek |
| 3. Sticks used to start a fire _____ | C. backpack |
| 4. Orienteering tool that points north _____ | D. mess kit |
| 5. A patch earned for learning a skill _____ | E. log |
| 6. Satellite navigation tool _____ | F. ridge |
| 7. Paw prints left in the mud _____ | G. merit badge |
| 8. Journal _____ | H. canteen |
| 9. Spark-producing stone _____ | I. signpost |
| 10. Long wilderness journey _____ | J. kindling |
| 11. Trail direction indicator _____ | K. summit |
| 12. Gear bag _____ | L. flint |
| 13. Starting point of a path _____ | M. GPS |
| 14. Exciting outdoor experience _____ | N. compass |
| 15. Snack often eaten on hikes _____ | O. trailhead |
| 16. Scenic viewpoint _____ | P. adventure |
| 17. Long, narrow hill _____ | Q. trail mix |
| 18. Top of a mountain _____ | R. tracks |



Edgar Allan Poe

The words listed below can be found horizontally (left to right) and vertically (top to bottom).

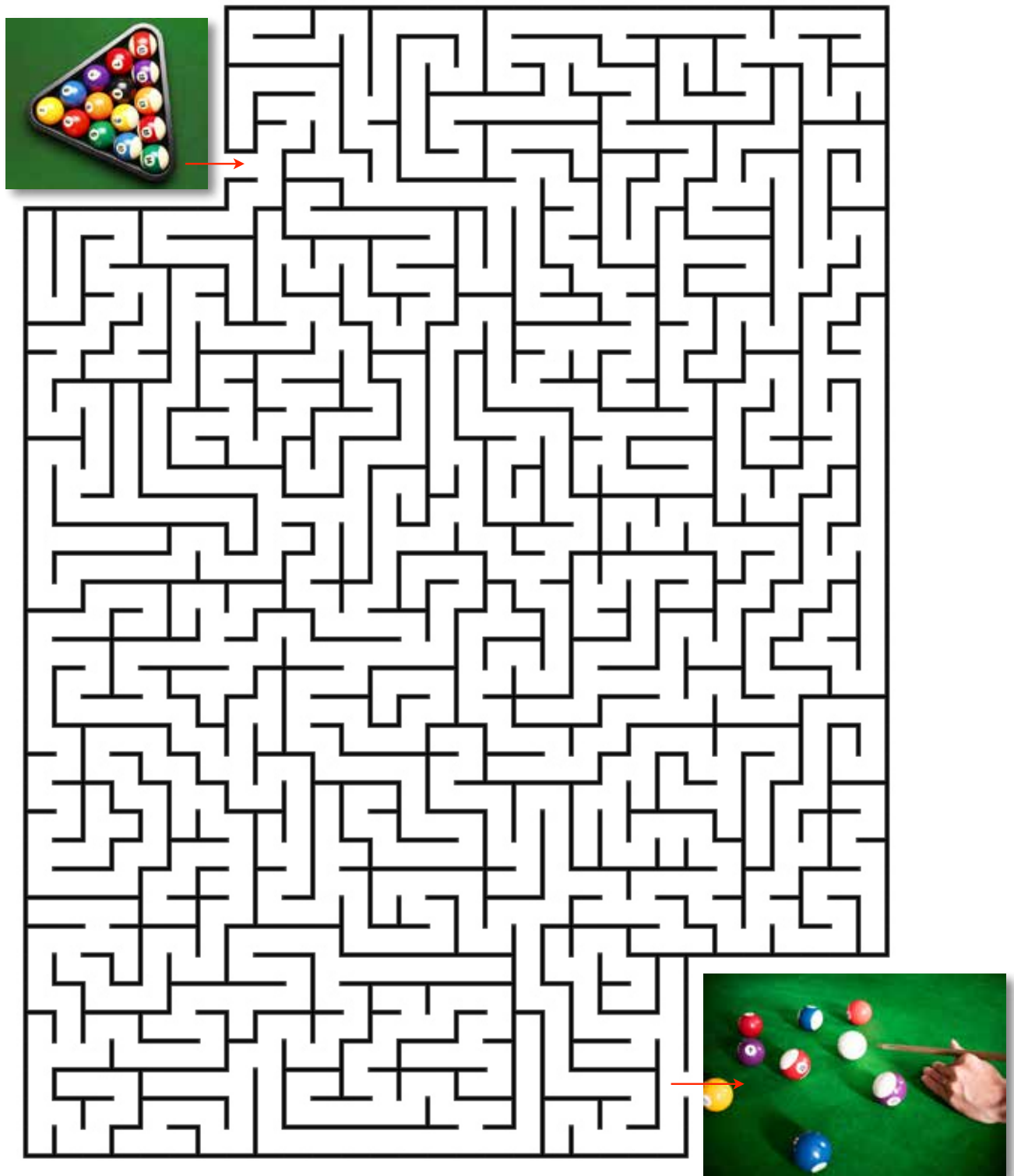
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M	N	E	S	S	U	S	P	E	N	S	E
U	X	G	J	Y	O	P	X	P	T	X	A
R	M	N	H	O	E	E	M	A	S	K	P
B	A	R	G	A	E	N	M	B	W	M	B
G	C	G	R	E	V	D	L	D	V	N	I
L	A	O	A	Z	B	U	P	Q	K	X	P
T	B	T	V	Q	W	L	R	F	X	N	O
A	R	H	E	N	I	U	J	A	S	O	E
V	E	I	N	T	D	M	B	V	O	C	T
S	S	C	E	B	Y	W	R	I	T	E	R
D	L	H	O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

GOTHIC
HAUNTED
HORROR
MACABRE

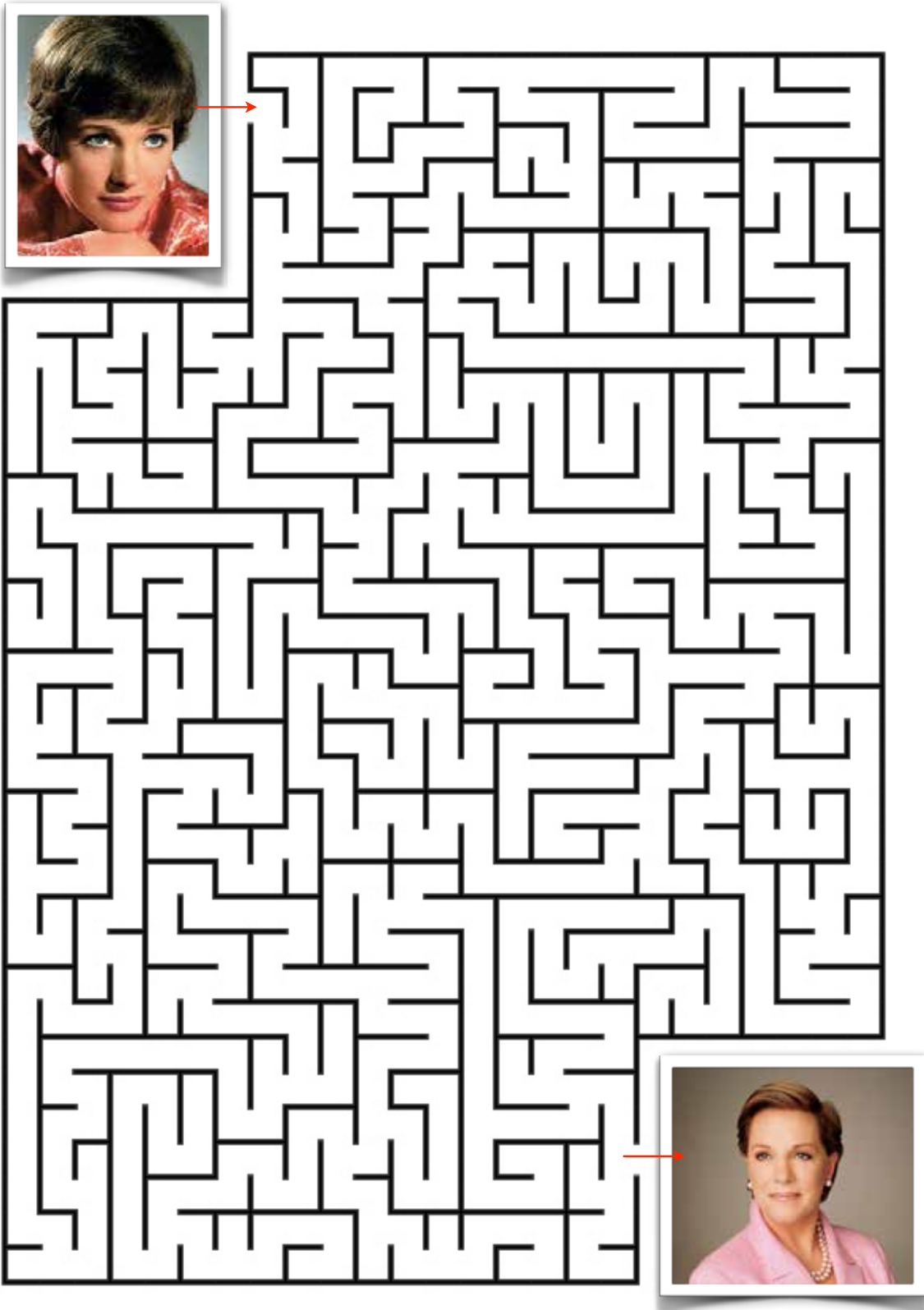
MASK
PENDULUM
POETRY
RAVEN

SUSPENSE
WRITER

A-Mazing Billiards



A-Mazing Julie Andrews





Famous October Birthdays

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

- A. Chubby **CHECKER**
- B. Brett **FAVRE**
- C. Mahatma **GANDHI**
- D. John **GOTTI**
- E. Henry John **HEINZ**
- F. Buster **KEATON**
- G. Nancy **KERRIGAN**
- H. Bobby **KNIGHT**
- I. Ralph **LAUREN**
- J. John **LENNON**
- K. Penny **MARSHALL**
- L. Chris **WALLACE**

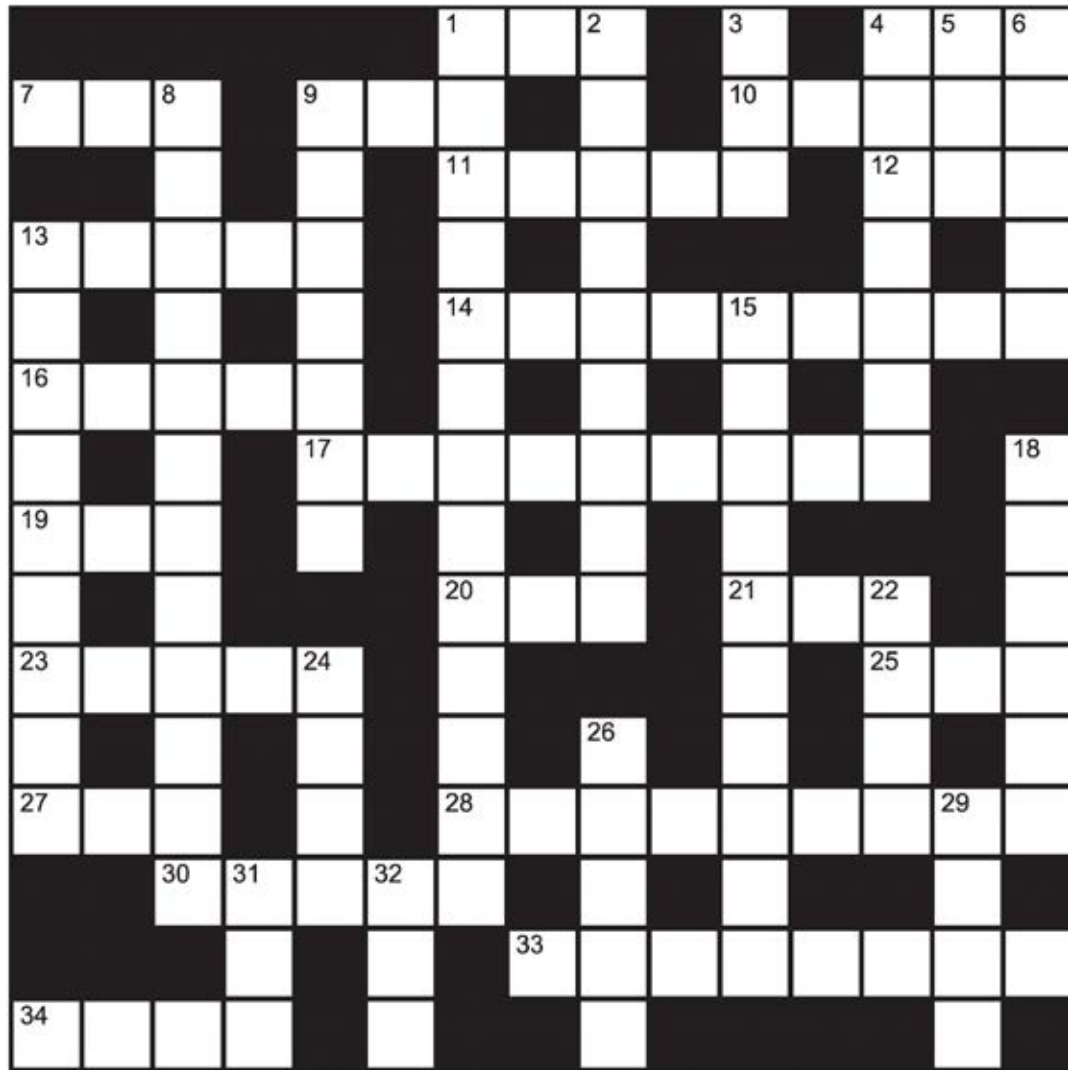
G	T	Q	D	Q	P	R	N	D	D	N	N
O	H	V	R	W	Q	I	O	X	Y	P	E
T	F	Z	Y	A	M	S	T	I	I	Q	R
T	P	I	W	L	A	F	A	V	R	E	U
I	S	P	P	L	R	T	E	R	R	N	A
I	H	D	N	A	G	E	K	O	O	Y	L
F	D	V	F	C	H	N	K	N	S	Y	N
A	G	S	R	E	I	E	N	C	H	O	I
T	H	G	I	N	K	E	I	Y	E	P	A
T	U	Q	P	T	L	T	S	N	E	H	W
N	A	G	I	R	R	E	K	R	Z	I	C
M	A	R	S	H	A	L	L	A	E	Q	C

Bonus: Match the person to the correct clue.

- | | |
|----------------------------------|--------------------------------|
| 1. Actress/director ____ | 7. Indian Hindu leader ____ |
| 2. Actor/comedian ____ | 8. Fashion designer ____ |
| 3. College basketball coach ____ | 9. Crime boss ____ |
| 4. Member of the Beatles ____ | 10. TV news journalist ____ |
| 5. NFL quarterback ____ | 11. Olympic figure skater ____ |
| 6. Ketchup company founder ____ | 12. Singer/musician ____ |

Crossword #58

Use the clues to fill in the crossword.



ACROSS

1. Royal carpet color
4. Huge conflict
7. "Jeremiah _____ a bullfrog..."
9. Driving range accessory
10. Major artery in the body
11. Fog or mist, for example
12. Light switch setting
13. Mr. Ed, for one
14. French, English, and Spanish are some
16. Without any money to spend
17. Mothlike insect
19. Sprinted, for example
20. "Strike three; you're _____!"
21. Male
23. Getting older

25. Cardiologist's test, abbrev.

27. Grade A item
28. What's left
30. Like corn tassels
33. In-depth
34. Place for picnicking

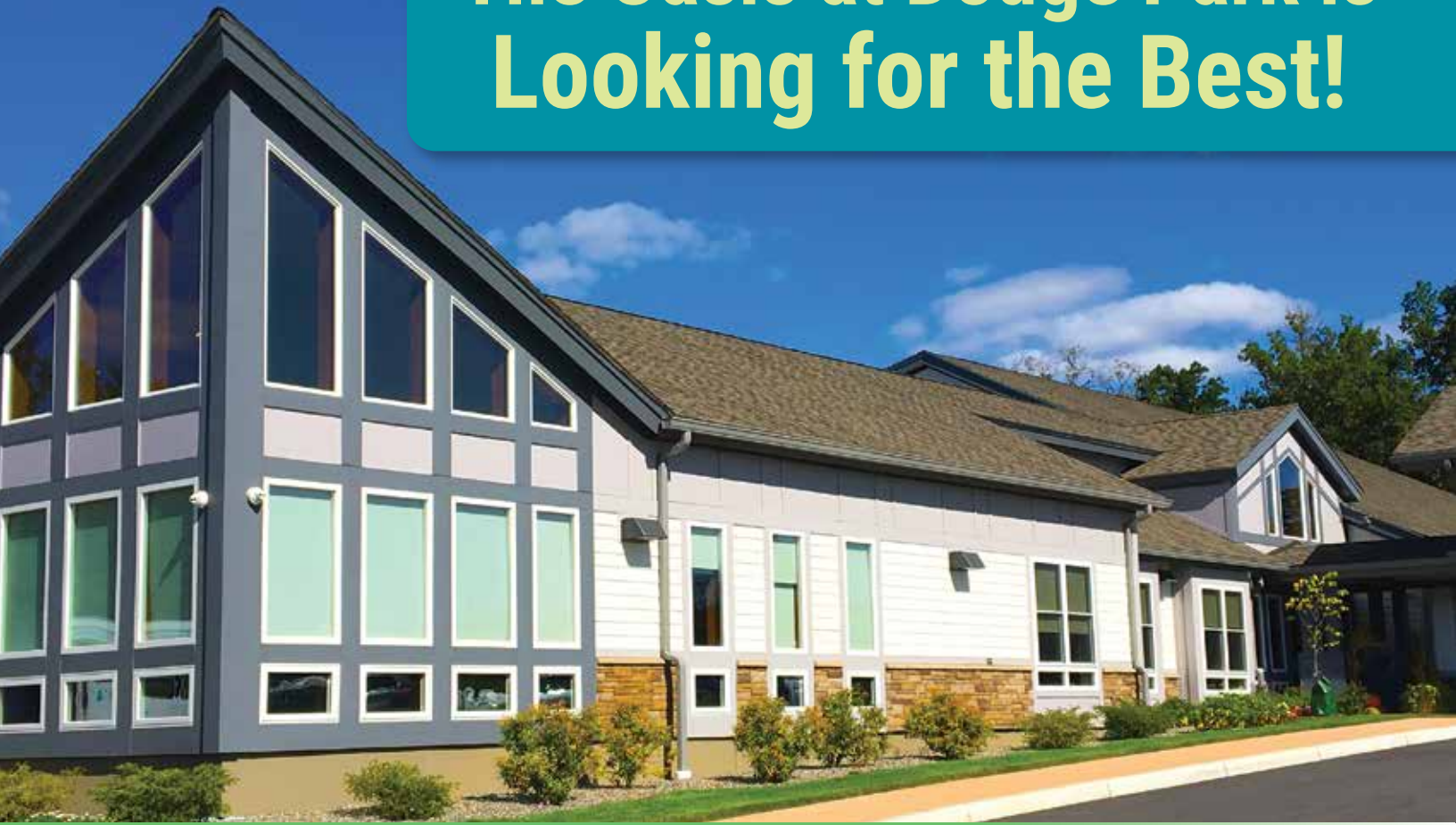
DOWN

1. American _____ War; "shot heard round the world"
2. Unable to do without
3. Tavern
4. Not in the right way
5. Automotive Transmission Fluid, abbrev.
6. Castaways' transports
8. Environment
9. Shakespeare: "And _____

hangs a tale"

13. Sleep through winter
15. Not known; strange
18. Can be used for pointing
22. A friend in _____
24. Lass
26. Mutual of _____'s Wild Kingdom
29. Sharp part of a sword
31. Kind, type
32. "Break me off a piece of that _____ Kat Bar!"

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

Your Loved Ones Deserve the Best

Worcester's Premier Senior Residential Care Facility



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



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

Premier Residential Care Facility For Seniors

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

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



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

- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
- Your loved one 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
CELEBRATING **59** YEARS

Caring for our Community

DODGE PARK REST HOME

and
The Day Club

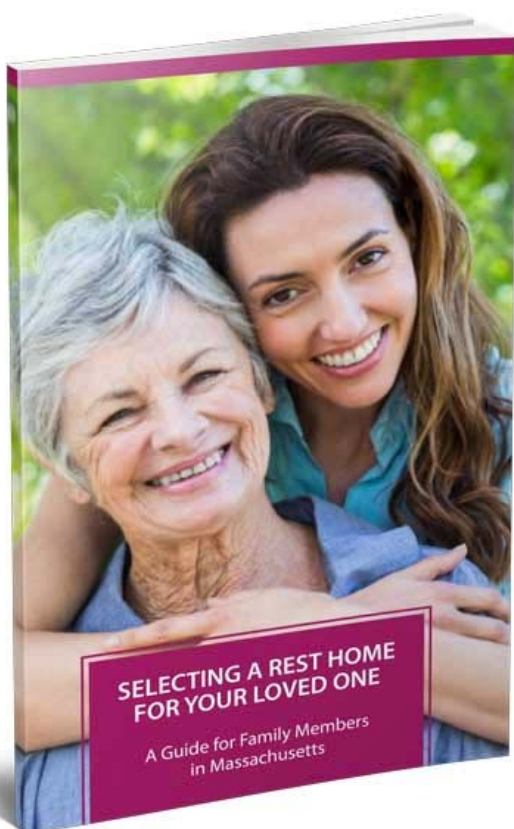
101 Randolph Road, Worcester, MA • DodgePark.com • 508-853-8180

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

CLICK TO GET INSTANT ACCESS

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

Memory 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**

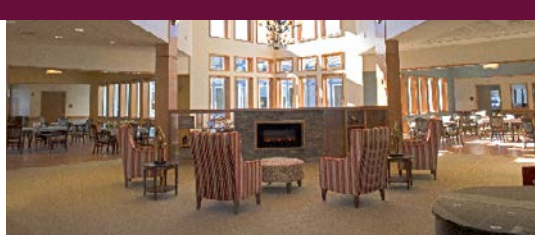
You can also attend the meeting virtually.

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

Dodge Park



**DodgePark.com | OasisAtDodgePark.com
508-853-8180**



Peace of mind for your family EXTRAORDINARY ELDERLY CARE

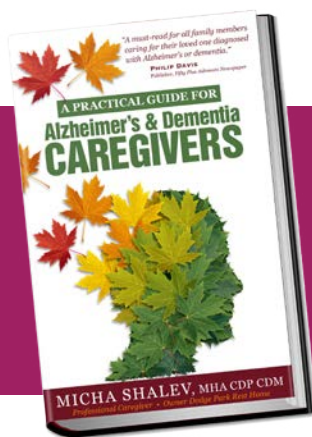
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



DODGE PARK
Rest Home and Day Club

Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



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

**For more information
please click here**

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

