

# NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

Happy  
4<sup>th</sup> of July  
America

*A Cheerful  
Heart is Good  
Medicine*



### Memories are made at Dodge Park & Oasis

Dodge Park Rest Home (since 1967) and the Oasis at Dodge Park (Since 2017) has been serving the Worcester area as the most professional, ethical and highest quality care facility for the elderly.

We are committed to listening and responding to the needs of the residents, their family members and our employees. We are committed to going the extra mile when assistance is required by the public, the residents and their family members.

We will remain committed to an entrepreneurial spirit which does not tolerate waste or bureaucracy, but rewards achievement.

– Micha Shalev & Ben Herlinger, Administrators /Owners



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

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

### 1. Pre-travel Preparation

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

### 2. Create a Detailed Itinerary

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

### 3. Packing Essentials

**Comfort Items:** Bring along familiar items that can help soothe and comfort your loved one, such as favorite snacks, a blanket, or a photo album.  
**Important Documents:** Pack copies of important documents, including medical records, emergency contacts, a list of current medications, and any legal documents like power of attorney or advance directives.

### 4. Travel Arrangements

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

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### The Dodge Park Family of Care Services

Dodge Park Rest Home  
[www.dodgepark.com](http://www.dodgepark.com)

The Oasis at Dodge Park  
[www.oasisatdodgepark.com](http://www.oasisatdodgepark.com)

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

confusion and hassle of transfers.

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

### 5. On the Day of Travel

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

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



## **6. Maintaining Calm During the Trip**

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

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

## **7. Emergency Planning**

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

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

## **Conclusion**

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

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

*Micha Shalev*

# The Connection Between Dementia Residents and the Importance of Natural Light

Natural light plays a crucial role in the overall well-being of individuals, especially for residents with dementia. Research has consistently shown that exposure to natural light can have significant benefits for dementia patients, impacting their physical health, emotional state, and cognitive function. Understanding these benefits can help caregivers and families create environments that promote better quality of life for their loved ones.

## Regulating Circadian Rhythms

One of the most significant benefits of natural light is its ability to regulate circadian rhythms. Circadian rhythms are the body's internal clock that dictates sleep-wake cycles. For individuals with dementia, these rhythms often become disrupted, leading to sleep disturbances and increased agitation, commonly referred to as sundowning. Exposure to natural light, particularly in the morning, helps reset these internal clocks, promoting better sleep patterns and reducing the severity of sundowning.

## Enhancing Mood and Reducing Depression

Natural light exposure has been linked to improved mood and reduced symptoms of depression. Dementia patients are at a higher risk of developing depression due to the progressive nature of the disease and the associated cognitive decline. Sunlight stimulates the production of serotonin, a hormone that contributes to feelings of well-being and happiness. Ensuring that dementia residents have ample access to natural light can help mitigate feelings of sadness and isolation.

## Boosting Vitamin D Levels

Vitamin D is essential for maintaining bone health, supporting the immune system, and improving mood. Natural sunlight is a primary source of Vitamin D. Dementia residents often spend a significant amount of time indoors, which can lead to deficiencies. Facilitating opportunities for outdoor activities or ensuring that indoor environments are well-lit with natural light can help maintain adequate Vitamin D levels, promoting overall health.

## Improving Cognitive Function

Studies have shown that natural light can enhance cognitive function in individuals with dementia. Bright light therapy has been found to improve attention, memory, and other cognitive skills. By integrating natural light into living spaces, caregivers can support cognitive health and potentially slow the progression of dementia symptoms.



## Creating a Calming Environment

Natural light can also contribute to creating a more calming and soothing environment. Bright, artificial lighting can sometimes be overstimulating or create harsh shadows that may confuse or distress dementia patients. In contrast, natural light provides a softer, more diffused illumination that can make spaces feel more open and welcoming. This can reduce anxiety and help residents feel more comfortable and secure in their surroundings.

## Practical Tips for Maximizing Natural Light

To maximize the benefits of natural light for dementia residents, consider the following practical tips:

**Design spaces with large windows:** Ensure that living areas, dining rooms, and common spaces have ample windows to allow natural light to flood in.

**Use light-colored, reflective surfaces:** Decorate with light colors and reflective materials to enhance the natural light available.

**Encourage outdoor activities:** Facilitate daily outdoor activities, such as walks in the garden, to ensure residents get direct sunlight exposure.

**Position furniture wisely:** Arrange furniture to make the most of natural light, placing seating areas near windows.

**Utilize window treatments effectively:** Use sheer curtains or blinds that can be easily adjusted to control the amount of light entering a room without blocking it entirely.

Incorporating natural light into the daily lives of dementia residents is more than just an architectural consideration; it's a vital part of their care strategy. By understanding and utilizing the benefits of natural light, we can create healthier, happier, and more supportive environments for those living with dementia.

*Micha Shalev MA CDP CDCM CADDCT*

# Would You Pay \$50,000 for a Power of Attorney?

The answer is probably not. However, not having a Power of Attorney can cost you **thousands** of dollars. It once cost a client of mine in excess of \$50,000 because of the litigation that ensued when different family members fought to get conservatorship. Not only did it cost thousands of dollars, but the family members were in court for a few years.

Anyone 18 or older needs to have a Power of Attorney to give another person access to their finances in case they become incapacitated. If you do not have a Power of Attorney and you become incapacitated, the only option will be for your family to go to court to get conservatorship over you. This applies even if the person trying to help is your spouse, parent or child. Additionally, if your family members don't get along, the litigation can be costly and sometimes the court can decide to pick someone who is a stranger to you. It's also possible that the court could choose a person you would not trust to manage your finances.

People often don't see the urgency in doing a Power of Attorney if they are not sick or elderly. However, an accident or sudden illness can happen to anyone at anytime. By getting a Power of Attorney prepared now, you can be sure the people you trust are the ones who have access to your finances if you become unable to manage things. You can also make sure that your family members can pay your bills or take care of your dependents without having to be locked out of things until the court gives them permission.

Although there are different sources of Power of Attorney forms online, it is best to work with an estate planning attorney to have one prepared for you. The forms online may look and sound official yet they may be missing very important language. This often happens when a family is trying to do nursing home planning to preserve assets. The Power of Attorney may be missing language allowing gifting or transferring of assets. Without the necessary language, the Power of Attorney can be useless when it is most needed.

If you don't yet have a Power of Attorney, it is important that you get one. If you already have a Power of Attorney, you should consider having it reviewed every three to five years to see if it needs to be updated. The financial world is always changing and having an updated Power of Attorney ensures that it will work when it is needed. Finally, it is important to be sure your Power of Attorney is durable. Otherwise, it will stop working once you are incapacitated. If you have a Power of Attorney you would like reviewed, please contact our office and mention this article to get a free review by one of our attorneys.

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**KRISTINE P. ROMANO, ESQ., LLM, PC**





# 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

# Making a difference in the lives of seniors and their families



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

Dodge Park Rest Home and The Oasis at Dodge Park are “Caring Super Stars of 2024” for Service Excellence in Senior Living. Both facilities earned 5-star ratings (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.

### Two Communities – One 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 mother has been a resident at Dodge Park Rest Home for more than 2 years. This facility is amazing. Every employee is well trained in strategies to interact with dementia patients. They make the residents feel comfortable and LOVED. The residents truly believe they are part of their family. The two owners of the facility were destined to take care of the elderly. It is their true calling. The administration only accepts the best from their employees. If you are looking for a safe place for your loved one, please check out this rest home. It is comforting to know that there is always someone there to hold my mother's hand or give her a much needed hug!

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I have a close relative (with memory problems) that has been living at Dodge Park Rest Home for the last four years. The facility is always clean and comfortable. The meals are nutritious and have a great variety. There is plenty of entertainment. The residents' clothes are cleaned regularly as well as the bedding. The staff is amazing! More than willing to help any and all of the residents anytime. Great place - Great people!

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Our mom is sweet and dear to us and Dodge Park Rest Home has been such a blessing to her. She is cared for lovingly in a lovely environment that has perfect soothing yet social and fun activities for someone with severe dementia. The staff are kind and considerate and she is thriving better here than at home with us. She is living. Thank you for protecting her from illness and for loving her. We are beyond grateful for Ben, Micha, Carrie, the nurses and staff. This is the only place like this in Massachusetts. Much love, Barbara Lusignan's daughter and family.

Have had a relationship with Dodge Park for many years.  
Have always found them to be professional and caring. This is evident at all levels, from management to care givers, to support staff.





**PLEASE JOIN US!**

**Connect with Family Members, Share in the  
Fun and Taste the Exotic Flavors of a**

# **HAWAIIAN LUAU!**

**Wednesday, July 24, 2024  
3:00pm - 5:00pm**

at

# **Dodge Park**

**101 Randolph Road,  
Worcester, MA 01606**

**Please RSVP to [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com)**

**In keeping with our commitment to safety and  
well-being, all visitors might have to undergo a  
COVID test prior to entering the facility.**



# Lock In Your Rate and Monthly Fees Never Increase



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

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102 Randolph Road • Worcester, MA  
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**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

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.

## **‘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.”

## **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**

# JULY OBSERVANCES

## Monthly

**Eye Injury Prevention Month.** Of the approximately one million eye injuries in the United States each year, health experts say 90% are preventable. The leading causes of eye injury are sports accidents, fireworks, yard and workshop debris, and household chemicals.

**National Hot Dog Month.** The warm summer months are perfect for grilling, and what better food to toss on the grill than a juicy hot dog? National Hot Dog Month was founded by the U.S. Chamber of Commerce about 65 years ago. Since that time, the National Hot Dog and Sausage Council promotes this monthlong celebration each year.

**Park and Recreation Month.** Since 1985, Americans have celebrated Park and Recreation Month in July to promote the importance of parks and recreation in health and wellness, conservation, and social equity. Parks are the cornerstone of nearly every community, serving millions of people as places anyone can go to be active and healthier, connecting with nature and gathering together.

**World Watercolor Month.** Grab some watercolors and make a watercolor painting each day during the month. Share your work online for others around the world to enjoy. Use the hashtag #WorldWatercolor-Month when posting your art and use it to meet other watercolor artists around the globe.

## Weekly

**National Therapeutic Recreation Week, July 7–13.** Established by the National Therapeutic Recreation Society, this week is intended to raise awareness of therapeutic recreation programs and services that improve the health and well-being of people with physical, mental, and emotional disabilities.

**National Zoo Keeper Week, July 21–27.** National Zoo Keeper Week focuses on the need to protect and preserve our wildlife and vanishing habitats via conservation messages created by their institutions. During the third week of July each year, celebrate National Zoo Keeper Week; both keepers and animals deserve recognition.

## SPECIAL DAYS

- 1 Creative Ice Cream Flavors Day
- 1 International Cherry Pit Spitting Day
- 1 International Chicken Wing Day
- 1 International Joke Day
- 1 National Postal Worker Day
- 2 Build A Scarecrow Day – first Sunday in month
- 2 I Forgot Day
- 2 World UFO Day
- 3 Compliment Your Mirror Day
- 3 Disobedience Day
- 3 Eat Beans Day
- 3 Stay out of the Sun Day
- 4 Independence Day (U.S.)
- 4 National Country Music Day
- 4 Sidewalk Egg Frying Day
- 5 National Apple Turnover Day
- 5 International Bikini Day
- 5 Work-a-holics Day
- 6 International Kissing Day
- 6 National Fried Chicken Day
- 7 Chocolate Day
- 7 Global Forgiveness Day
- 7 Father-Daughter Take a Walk Together Day
- 7 National Strawberry Sundae Day
- 8 Body Painting Day
- 8 National Blueberry Day
- 8 Video Games Day
- 9 National Dimples Day
- 9 National Sugar Cookie Day
- 10 Pick Blueberries Day
- 10 Pina Colada Day
- 10 Teddy Bear Picnic Day
- 11 Cheer up the Lonely Day
- 11 Make Your Own Sundae Day
- 11 National Blueberry Muffins Day
- 11 World Population Day
- 12 Different Colored Eyes Day
- 12 Pecan Pie Day
- 13 Barbershop Music Appreciation Day
- 13 Embrace Your Geekness Day
- 13 Fool's Paradise Day
- 13 National French Fries Day
- 13 National Nitrogen Ice Cream Day
- 13 Oxymoron Day
- 14 Bastille Day
- 14 Pandemonium Day
- 14 National Macaroni and Cheese Day
- 14 National Motorcycle Day – second Friday in July
- 14 National Nude Day
- 14 Shark Awareness Day
- 15 Be a Dork Day
- 15 Cow Appreciation Day
- 15 Gummi Worm Day
- 15 National Give Something Away Day
- 15 Tapioca Pudding Day

## SPECIAL DAYS

16 Fresh Spinach Day  
16 National Ice Cream Day – third Sunday of the month  
16 World Snake Day  
17 Peach Ice Cream Day  
17 World Emoji Day  
17 Yellow Pig Day  
18 National Caviar Day– something’s fishy here  
18 Women’s Dive Day  
19 National Daiquiri Day  
19 National Hot Dog Day – third Wednesday in July  
19 National Raspberry Cake Day  
20 National Ice Cream Soda Day  
20 National Lollipop Day  
20 Moon Day  
20 Space Exploration Day  
20 Ugly Truck Day- it’s a “guy” thing  
21 National Be Someone Day  
21 National Junk Food Day  
22 Hammock Day  
22 Ratcatcher’s Day  
23 Parent’s Day – fourth Sunday in July  
23 Vanilla Ice Cream Day  
24 Amelia Earhart Day  
24 Cousins Day  
24 National Drive-Thru Day  
24 National Tequila Day  
24 Tell an Old Joke Day  
25 Culinaricians Day  
25 National Chili Dog Day  
25 Threading the Needle Day  
26 All or Nothing Day  
26 Aunt and Uncle Day  
26 Summer Olympics Begin – Not until 2024  
26 World Tofu Day  
27 National Love is Kind Day  
27 Take Your Houseplants for a Walk  
27 Take Your Pants for a Walk Day  
27 Walk on Stilts Day  
28 Buffalo Soldiers Day  
28 National Milk Chocolate Day  
28 National Waterpark Day  
28 System Administrator Appreciation Day  
29 International Tiger Day  
29 National Chicken Wing Day  
29 National Day of the Cowboy  
29 National Lasagna Day  
29 National Lipstick Day  
30 Father-in-Law Day  
30 International Day of Friendship  
30 National Cheesecake Day  
30 Paperback Book Day  
31 Mutt’s Day  
31 National Avocado Day  
31 National Watermelon Day

## Weekly

**National Moth Week, July 20-38.** National Moth Week celebrates the beauty, life cycles, and habitats of moths. “Moth-ers” of all ages and abilities are encouraged to learn about, observe, and document moths in their backyards, parks, and neighborhoods.

## Daily

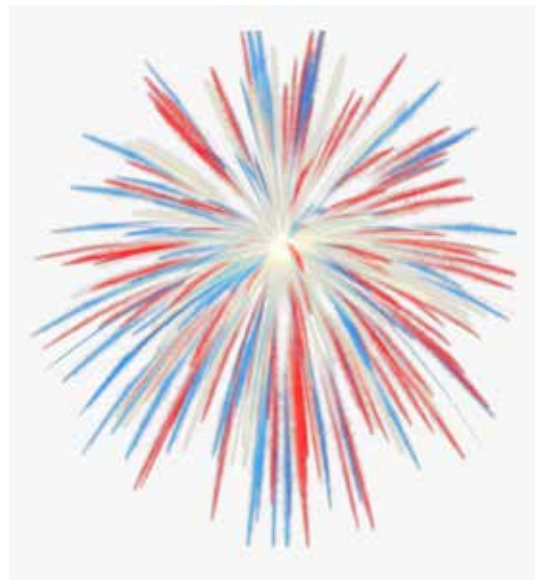
**Independence Day, July 4.** Celebrating the U.S. Declaration of Independence and the founding of the United States of America.

**Simplicity Day, July 12.** Choosing to live a life of simplicity is not about choosing to live in poverty; it’s about living in balance.

**Bastille Day, July 14.** The anniversary of the storming of the Bastille on July 14th, 1789, a major event of the French Revolution.

**World Snake Day, July 16.** There are about 3,400 known species of snakes living in almost every region in the world playing a vital role in maintaining the well-being, sustainability, and biodiversity of various ecosystems.

**National Disability Independence Day, July 26.** Commemorating the signing of the Americans with Disabilities Act in 1990, assuring Americans with disabilities access to civic and economic opportunities.





## Tree of the Month – Cherry

Cherry trees produce the wonderful fruit that fills many a summer pie. Many types of cherry trees originated in Asia. They are common in Japan, where they have been cultivated for centuries. Cherry trees are also native to China and other parts of western Asia. They were likely brought to Europe by birds. Some varieties, like the black cherry, pin cherry, and chokecherry, are native to North America.

Japanese cherry trees were given to the United States by Japan as a gift of friendship in 1912. These famous trees were planted in Washington, D.C., and tourists still travel to America's capital to see them as they bloom in bright pink and white each spring. Macon, Georgia, which boasts over 300,000 Yoshino cherry trees, is known as the world's cherryblossom capital. The delicious, sweet-tart fruit is in peak season from May to August.

## Flower - Larkspur

Many flowers take their names from their colors, but the larkspur takes its name from an animal. The flower's scientific name, delphinium, from the Greek word delphis, means "dolphin." As the larkspur blooms, its petals curve in a bottle-like shape, resembling the joyful marine mammal. The purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity, and an open heart.



## Birthstone – Ruby



Not surprisingly, the word ruby comes from the Latin word rubens, meaning "red." But rubies come in a range of colors, from light raspberry to dark purple.

The Mogok rubies from Myanmar, formerly Burma, are the most valuable and sought-after because of their color, described as pigeonblood red. Large rubies of good quality are very rare—and very expensive. In fact, in May 2015, a Burmese ruby sold for \$30 million at Sotheby's Geneva auction.

## Go for the Gold!

July 26 marks the start of the XXXIII (33rd) Summer Olympics, which will be held in Paris. The City of Light has hosted the games two other times—in 1900 and 100 years ago in 1924. The only other city to host the Olympic Games three times is London.

The festivities will last for over two weeks, ending on August 11. More than 10,000 athletes from around the world will compete in 329 different medal events in 32 sports. In addition to the many popular events like track and field, swimming, and gymnastics, there will be several new sports this year, including breakdancing (which is also known as "breaking"), skateboarding, surfing, and sport climbing. Surfing events will be held in Tahiti.

Sports that have been dropped from the schedule include karate, baseball, and softball. Just a few of the many athletes to watch on Team USA include Griffin Colapinto in men's surfing, Nic Fink in men's swimming, Katie Grimes in women's swimming, and Anna Hall in the heptathlon.

# JULY FUN FACTS

*July* wasn't the original name for the month. On the early Roman calendar, July was called *Quintilis*. Julius Caesar was born in this month, and the name was changed to *Julius*, or July, to honor him. Julius Caesar made major reforms to the inaccurate Roman calendar, and his Julian calendar is still used in Eastern Orthodox Christian countries. The Gregorian calendar that exists today in the West is a slightly edited version of the Julian calendar.

## July Birthdays

Dan Aykroyd (comedian) – July 1, 1952  
Thurgood Marshall (justice) – July 2, 1908  
Frida Kahlo (painter) – July 6, 1907  
Kevin Bacon (actor) – July 8, 1958  
Mattiwilda Dobbs (soprano) – July 11, 1925  
Gertrude Bell (archaeologist) – July 14, 1868  
Kristen Bell (actress) – July 18, 1980  
Cat Stevens (singer-songwriter) – July 21, 1948  
Amelia Earhart (aviator) – July 24, 1897  
Iman (supermodel) – July 25, 1955  
George Bernard Shaw (writer) – July 26, 1856  
Peggy Fleming (ice skater) – July 27, 1948  
Paul Anka (singer) – July 30, 1941  
Hank Jones (jazz musician) – July 31, 1918



## Riddle Me July

If May = 1353

If June = 1064

If August = 186

If September = 1999

What is the code for July?

Answer: 1074

(J is the 10th letter, July is the 7th month, and July has 4 letters.)



## What's Lucky in July?

Lucky Color: Red

Lucky Animal: Elephant

Lucky Letters: V and H

Lucky Day: Thursday

Lucky Plant: Broccoli



## In the Good Old Days

In 1924 (100 years ago), the average annual income was \$2,196. The average cost of a new house was \$7,720. The average new car cost \$265. A loaf of bread was 9¢, and a gallon of milk was 54¢. You could purchase one gallon of gas for 11¢, stamps were 2¢ each, and a Victrola record player cost \$150. According to the Consumer Price Index Calculator, \$1 in 1924 is equivalent to \$18.15 today.

## July Zodiacs

Cancer (The Crab) July 1–22

Leo (The Lion) July 23–31



A very  
*Happy Birthday* to...

Dodge Park Residents

Sonia F ..... July 7  
 Woodford ..... July 9  
 Barbra L ..... July 28  
 Glad S ..... July 30

Staff

Heidi H ..... July 5  
 Joseph C ..... July 9  
 Elisabeth R ..... July 12  
 Endris H ..... July 26  
 Shawnie C ..... July 29

Oasis Residents

Mary P ..... July 12  
 Carol R ..... July 22  
 Kathleen Grady ..... July 23  
 Elaine H ..... July 30



## 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.  
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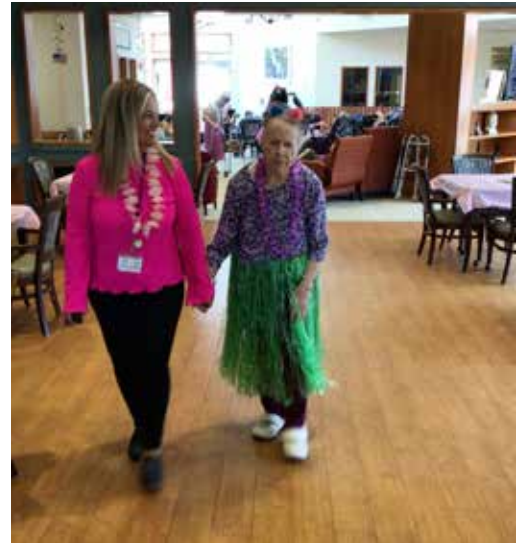
**#1 On  
Caring.com  
in MA**

\*Minimum hours may apply. See management for details.

All applicants must be fully vaccinated for COVID and agree to take a COVID test prior to entering the program.

**101 Randolph Road, Worcester, MA**

# Around Dodge Park & Oasis





## How to choose the right doctor

A primary care physician is your first line of defense in maintaining good health. Finding one you like and trust may take a little effort, though. Here's some advice from the Healthline website:

- **Check your network.** Staying within your health plan's network can save you money. Look through your plan's documents to locate primary care doctors in your community.
- **Talk to family members and friends.** Ask who they go to, and whether they like and trust them. You can also look to other health care workers you know—your pharmacist, physical therapist, eye doctor, and the like.
- **Consider the location.** Is it easy for you to visit the doctor's office? Ask about public transportation, parking, access, and other physical issues. If your doctor's office is inconvenient to get to, you won't go as often as you should.
- **Check availability.** How busy is the doctor? Will you be able to get an appointment when you need one? Is telemedicine an option? You should be able to see a doctor quickly when you need to.
- **Meet the staff.** You'll be interacting with nurses and assistants, not just the doctor. On your first visit, see if they're friendly and helpful so you'll be comfortable sharing your concerns with them.
- **Group vs. individual practice.** In a group practice, you may not always get to see the doctor you choose. On the flip side, if the doctor is a solo practitioner, their availability may be limited.

## How to help a person with a seizure

Seizures are caused by a sudden surge of electrical activity in the brain, resulting in convulsions, muscle spasms, and sometimes loss of consciousness. They're scary for both the person having the seizure and others nearby. The Medical News Today website shares these tips for helping someone suffering a seizure:

- Help the person lie down on the floor on their left side. Place a pillow or a piece of soft clothing under their head and neck.
- Loosen collars, neckties, scarves, or anything else around their neck that might constrict their breathing.
- Remove any loose objects from within reach of their arms and legs.
- Keep other people away. Don't let bystanders crowd the victim during the seizure.
- Talk to the person with a calm, reassuring tone throughout the seizure, letting them know someone is near and they're OK.
- Time the seizure. Most seizures are very brief, but they can seem longer when they're happening. Count or use your phone or a clock to keep track of how long the seizure lasts so you can report it accurately later.
- Pay attention to any physical symptoms that happen during the seizure, such as vomiting. Be ready to report what the person was doing when the seizure struck.
- Keep their airway clear. Don't force anything into the person's mouth to help them breathe. Take out any gum, food, or retainers that could fall into their throat and block their airway.
- Call 911 if this is the person's first seizure, if it lasts longer than 3–5 minutes, or if the person doesn't regain consciousness after the seizure is over. Also if the person injures themselves during the seizure, has multiple seizures, or is showing trouble breathing.

## Quotes

"Nurturing yourself is not selfish—it's essential to your survival and your well-being."

—Renee Peterson Trudeau

## Don't go broke paying for college

College can be expensive, but if you're careful, you don't have to let it overwhelm you. Here's what to consider when calculating the cost of a college education, according to U.S. News & World Report:

- **Look into financial aid.** Never assume you're not eligible for financial aid. Chances are there's at least some assistance available no matter what your income is. Apply for everything you can.
- **Don't rule out colleges based on the sticker price.** In most cases, students pay less—sometimes much less—than the full price. Grants and scholarships can reduce the cost considerably.
- **Don't pay third parties to search for scholarships.** Do your research on your own, at least a year before planning to enroll. You'll have to give up plenty of personal financial information to a third-party firm, which you may not be comfortable with. Look for free resources available from the College Board and other websites.
- **Apply early.** Some financial aid is offered on a first-come, first-served basis, so getting your application in early can give you an extra advantage.
- **Watch your email.** After you apply, pay close attention to your inbox so you don't miss any important notifications, like requests for additional information.

## Start out with these financial basics

Managing your money when you're just starting out in life can seem confusing, even frightening. Don't panic. Just remember these basics from the Benzinga website:

- **Start a monthly budget.** This helps you stay on top of how much money you have and where it's going. Start with your monthly income, add up your expenses for the month, and see what's left. Then you can look for expenses to trim and set aside some money for savings.
- **Pay bills on time.** It can be tempting to let bills pile up, or just pay the monthly minimum, but in the long

run that costs you even more money, and could affect your credit score when you're looking to buy a car or a house.

- **Start an emergency fund.** Put at least a little bit of money aside every month for emergencies. If you do this consistently, before long you'll have some cash to depend on in case you lose your job, have a car accident, get sick, or suffer some other misfortune. Aim to build up three to six months' worth of your salary for your fund.
- **Be careful with credit cards.** Credit cards can help you earn points for extra cash and credits, but don't go crazy with them. Use them only for items you really need, like groceries and gas. You'll establish good credit without sinking into deep debt.



## Save your money in three 'buckets'

Saving for retirement is important, but it shouldn't be your only savings goal. A single long-term investment strategy can lock you in, unable to access money if you need it ahead of time. The Insider website recommends a strategy with three "buckets." One bucket is for zero to five years; the second is five to 15 years; the third bucket is 15 years or more. That way you'll have access to your money without penalties when you need the down payment for a new car or a house. Work with a financial planner to find the right three buckets for you.

### Quotes

"If you would be wealthy, think of saving as well as getting."

—Benjamin Franklin

"Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver."

—Ayn Rand



## When a family member is an alcoholic

When someone you love has a problem with alcohol, you naturally want to help. Locking up the liquor cabinet isn't going to work, though. The Everyday Health website tells you how to support a friend or family member suffering from alcoholism:

- **Take care of yourself first.** Living with an alcoholic can be physically and mentally exhausting, but you can't help someone else if your own health is at risk. Seek out support groups like Al-Anon to learn coping strategies and self-care.
- **Educate yourself.** Read up on alcoholism to dispel any of the misconceptions you may have. There's no specific "type" of person who becomes an alcoholic, for example, and not everyone has to hit rock bottom before benefiting from treatment. The more you know, the more helpful and supportive you can be.
- **Don't be a babysitter.** You can't control someone else's drinking no matter how hard you try. Lectures, anger, and tears won't make any difference. The best you can do is let your friend know you're there for them. Listen when they want to talk. Suggest options like rehab or AA, but don't obsess on the topic.
- **Watch for triggers.** Maybe your friend or family member has committed to recovery. Great! To be supportive, keep an eye out for situations that may be triggering to them. Again, don't try to force them to do anything different, but suggest alternatives—leaving a party, not continuing an argument, going to an AA meeting—as long as you respect their feelings.

- **Keep your expectations realistic.** Recovery can be a long process with many setbacks along the way. Relapses are common, so don't get angry if the person starts drinking again—they need your support to start over. Remember that sobriety isn't just a matter of willpower. Recovery is about examining the issues underlying one's need to drink so they can transition to a healthier lifestyle.

## Do the right thing when you adopt a pet

Thinking of getting a dog or cat for your family? Pets can be good companions and fun friends to play with, but don't neglect your responsibilities to them. The Hindustan Times has some tips for every pet parent to know ahead of time:

- **Choose with care.** Adopting an animal from a shelter is usually considered the most responsible choice. Do some research to find a reputable organization. Spend some time with an animal before taking it home. Talk to the volunteers at the shelter to learn how to care for your new pet. Get whatever medical records are available, and find out the pet's age.
- **Find a good veterinarian.** The shelter can probably recommend one. Otherwise, ask friends who they use, and check reviews online. Make an appointment soon after you take your new pet home to make sure Fido or Fluffy is healthy and up to date on all necessary shots.
- **Give your pet attention and affection.** After the initial rush wears off, remember that pets need company and exercise. Neglected pets can develop behavioral problems, and their health can suffer from too little stimulation. If necessary, find a boarding option where your pet will get some love when you're at work and your kids are at school.
- **Train them properly.** Start teaching pets some basic rules early, especially house training to avoid "accidents" inside. Without proper training pets can suffer from anxiety because of human reactions to misbehavior. Find a good trainer to help you establish some healthy discipline.



## Share these facts about the Declaration of Independence

You know July 4th is for fireworks and parades, but how much do you know about its history? The facts may surprise you. The Automatic Payroll Systems website shares these little-known facts about the nation's founding:

- **The Declaration of Independence wasn't signed on July 4.** The Second Continental Congress voted on the Declaration on July 2, 1776, and it was finalized on July 4, but it wasn't signed by a majority until Aug. 2. Because of all this, John Adams, the 2nd president of the United States, didn't recognize or celebrate July 4th as Independence Day.
- **The vote was not unanimous.** Richard Henry Lee proposed a bill declaring independence on June 7, 1776. Twelve of the 13 colonies voted to adopt it; New York abstained. On July 4, only nine of the colonies voted in favor of the declaration; Pennsylvania and South Carolina voted against it, New York abstained again, and Delaware was undecided.
- **The declaration had a strategic purpose.** The point of the formal declaration was to attract foreign allies in the fight for independence. The signers wanted to present the 13 colonies as a united front, or they felt other countries like France wouldn't take them seriously. About the signers: Fifty-six people signed the document. Eight were born in Britain; the rest were born colonists (all were still technically British subjects at the time of the signing). One signer recanted after being captured by British forces. The last person to sign was Matthew Thornton, on Nov. 4, 1776.

## Get yer hot dogs! The (sort of) true origin of a treat

Americans love hot dogs. Every year we eat about 7 billion of them between Memorial Day and Labor Day alone. And the typical American eats about 60 a year. Where do hot dogs come from (aside from ballpark vendors, of course)? Their origins are shrouded in mystery. Some sources say they date back to the 1st century, when the Roman emperor Nero's cook first experimented with stuffing the intestines of pigs with spiced meats. The word "frankfurter" comes from Frankfurt, Germany, where pork sausages in buns are said to have been served in the 15th century; "wiener" is from Vienna (Wien), home to pork sausages originally called "wienerwurst" (Vienna sausage) in the 1800s.

In the United States, a German immigrant named Charles Feltman is credited with selling sausages in rolls around the year 1870, in Coney Island, N.Y. Another German native, Antonoine Feuchtwanger, is said to have sold sausages in St. Louis at around the same time, offering a split bun to hold them at the suggestion of his wife.

And the term "hot dog" itself? That's similarly shrouded in mystery. According to one of the more popular tales, a newspaper cartoonist in 1900 drew a picture of a frankfurter with legs, a tail, and a head, but unable to spell "Dachshund," dubbed it a "hot dog." The story is disputed, however. What's beyond doubt is that hot dogs are the meal of choice for lots of hungry people around the world—whatever condiments they want to load them up with.





# Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN .....

## Hydrate for Better Health

Water is essential to all all body functions such as keeping skin healthy, regulating body temperature, a healthy digestive system, removing contaminants from the body, lubricating joints and pumping blood through the body. Dehydration can lead to serious health complications and even be life threatening. Examples of health consequences of dehydration include urinary tract infections, heat stroke, heart problems, kidney failure and blood clots.

How can you tell if you're dehydrated? One good self-test is to look at your urine. A well-hydrated body will produce pale yellow urine. If your urine is dark in color, you are likely dehydrated. Other symptoms include fatigue, irritability, dizziness, headaches, muscle cramps, dry mouth and confusion.

How much water or fluids do I need? A good rule of thumb is to take your weight in pounds and divide that number by 3. Drink that in ounces. For example, a 150-pound person should drink at least 50 ounces of water a day, or about 6 cups.

Here are some tips to help you stay hydrated: Keep water with you always, whether you're out running errands, at work or by your bedside. Reduce or avoid alcohol because it's a diuretic and will actually cause you to lose precious fluids. Choosing high-water foods is another good way to help stay hydrated. I recommend watermelon, berries, cucumber, mango, lettuce, tomatoes, celery, soups and popsicles.

## Cucumber-Watermelon Salad with Avocado and Bell Pepper

Salad:

- 3 cups seedless watermelon, cubed
- 2 cups cucumber (1 long English cucumber), cubed
- 1 cup yellow bell pepper, diced
- 1/2 cup red onion, finely diced
- 1 avocado, cubed
- 1/4 cup cilantro, finely chopped

Dressing:

- 1/4 cup avocado oil
- 2 tablespoons orange juice
- 2 tablespoons lime juice
- Salt and pepper to taste

Combine watermelon, cucumber, bell pepper and onion in a large bowl. Set aside. Make dressing by combining all dressing ingredients. Add salt and pepper to salad and toss. Add cilantro and avocado and gently mix. Add dressing and gently toss. Refrigerate 15 minutes. Serve.



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.



## Cheesy Artichoke Spinach Appetizer

*Makes 24 wontons*

### Ingredients:

- 24 wonton wrappers
- 4 ounces cream cheese, room temperature
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 clove roasted garlic, chopped
- 1 (10-ounce) package frozen spinach, rinsed and drained
- 1 (8-ounce) can artichoke hearts, drained, rinsed, and chopped
- 1/4 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 1/4 cup chopped onion

### Directions:

1. Preheat oven to 325°F.
2. Press one wonton wrapper into each cup of a miniature muffin pan.
3. Bake for 8–10 minutes until just brown.
4. Combine cream cheese, mayonnaise, sour cream, garlic, spinach, artichokes, mozzarella, Parmesan, and onion in a large bowl.
5. Scoop mixture equally into each wonton.
6. Bake for an additional 8–10 minutes. Serve warm.





## Classic Macaroni Salad

*Makes 8 servings*

### Ingredients:

- 4 cups cooked elbow macaroni
- 1 cup chopped red or green bell pepper
- 1 cup finely chopped celery
- 1/2 cup finely chopped white or yellow onion
- 1/2 cup plain Greek yogurt
- 1/2 cup mayonnaise
- 2 tablespoons white vinegar
- 2 tablespoons prepared mustard
- 1/2 teaspoon dried parsley
- Salt and pepper to taste

### Directions:

1. Combine macaroni, bell pepper, celery, and onion in a large bowl.
2. Combine yogurt, mayonnaise, vinegar, mustard, parsley, salt, and pepper in a small bowl. Pour half of the dressing in the macaroni mixture and toss.
3. Cover macaroni and remaining dressing and chill.
4. Toss remaining dressing with the macaroni just before serving.



## Chicken Slaw Sliders

*Makes 6 servings*

### Ingredients:

- 2 cups grated jicama or cabbage
- 1 large carrot, grated
- 1/4 cup finely diced onion
- 3 tablespoons chopped cilantro
- 1/2 cup mayonnaise
- 2 tablespoons white vinegar
- 1 teaspoon sugar
- Salt and pepper to taste
- 1/4 cup blue cheese crumbles, plus more for top if desired
- 2 cups shredded fried chicken (or chicken strips)
- 6 small dinner rolls, cut in half

### Directions:

1. Combine jicama or cabbage, carrot, onion, and cilantro in a medium bowl.
2. Combine mayonnaise, vinegar, sugar, salt, pepper, and blue cheese in a small bowl. Pour dressing over the slaw, tossing to combine.
3. Place 1/3 cup of the chicken on the bottom half of each roll. Top chicken with a large spoonful of slaw and additional blue cheese crumbles if desired. Add the top half of the roll and serve immediately.

## 3-Ingredient No-Bake Key Lime Pie

Makes 8 servings

### Ingredients:

- 3/4 cup Key lime juice
- 1 teaspoon lime zest
- 2 (14-ounce) cans full-fat condensed milk
- 1 pre-made graham-cracker piecrust
- (Optional) Whipped cream and lime wedges to top

### Directions:

1. Add lime juice and condensed milk to a large mixing bowl. Stir until evenly combined and lime juice is fully incorporated into the condensed milk. Stir in lime zest.
2. Pour into piecrust. Level surface with a spatula. Place pie in fridge for several hours or overnight to set. Keep pie in the fridge until ready to serve. To decorate the pie, wait for the filling to set and then decorate. Then put pie back into fridge until ready to serve. You can make the pie 2–3 days in advance.



***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**

# ACTIVITY IDEAS

## Chalk Pastel Fireworks

Add the provided Eiffel Tower image to black paper and draw pastel fireworks. Use hairspray as a fixative to keep the chalk pastel from smearing.

You will need:

- Eiffel Tower image printed on printer paper
- 8" X 10" black paper (construction paper, pastel paper, or similar)
- Chalk pastels in assorted bright colors
- Paper towel
- Glue stick and scissors
- Hairspray

Directions:

1. Cut out the Eiffel Tower image. Be sure to cut within the thick black outline.
2. Use a generous amount of glue stick to adhere the tower to the center of the black paper.
3. Select three different colors of pastels to add color to the tower. (It's okay to cover the black linework.)
4. Blow the pastel dust off the project. Then smooth the colors using a corner of a paper towel.

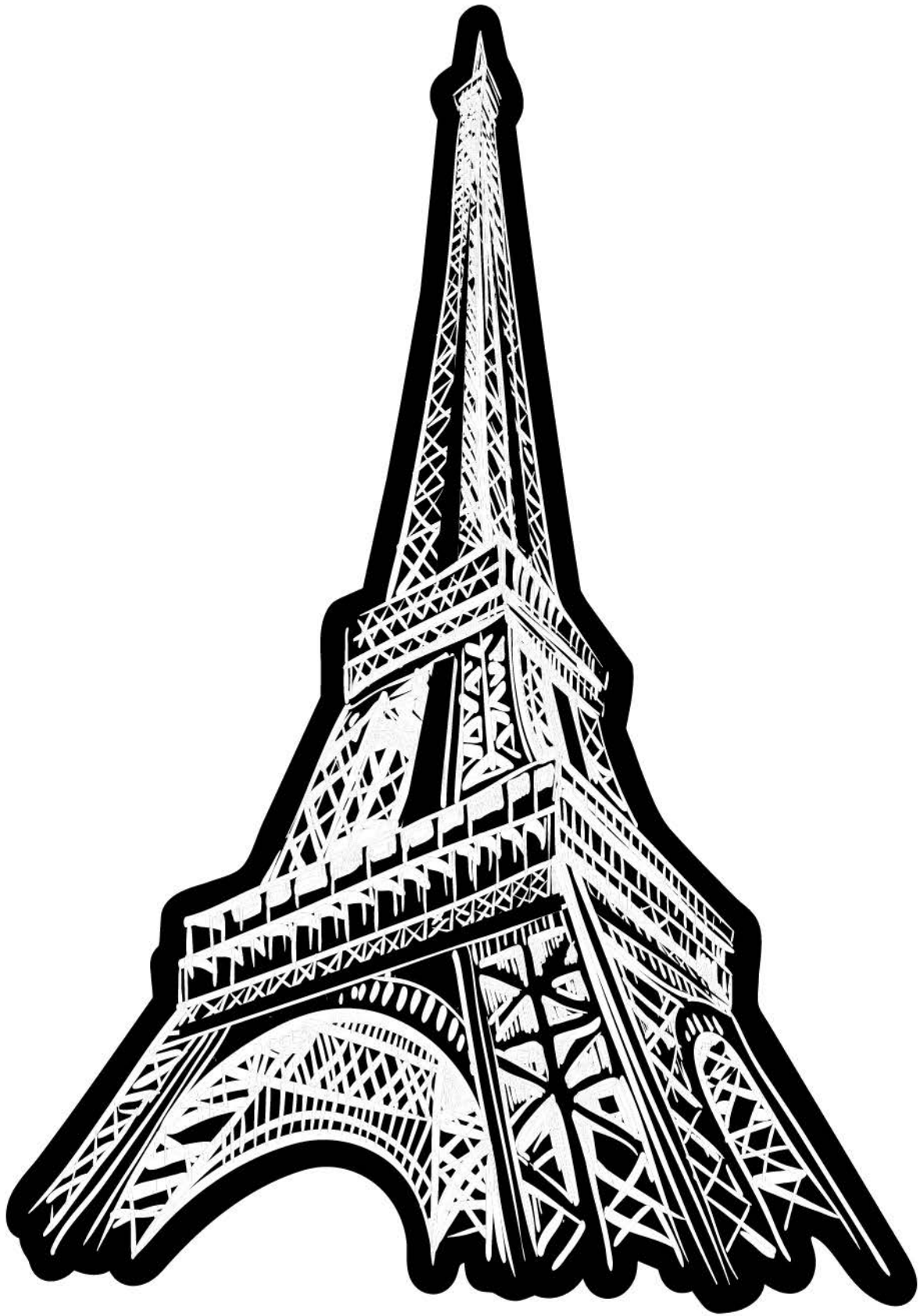


5. Add exploding fireworks by drawing pastel lines. Begin from the outside of the burst to the center. While doing this, press harder at the beginning of each stroke while letting up at the end of each stroke.



6. Fill the black “sky” with fireworks of varying sizes. Overlap some of them while also drawing a couple of bursts on top of the Eiffel Tower. (Tip: to prevent smudging, keep your writing hand off the paper. You can also loosely lay a sheet of paper towel over the portions you have already drawn before adding more fireworks.)

7. To fix the pastels in place, spray your work with hairspray. Allow it to dry for 5 minutes.



# ACTIVITY IDEAS

## Relief Butterflies

Cut out and color the provided butterfly designs. Bend the wings and attach the “fluttering” beauties to walls, windows, or even hats or clothes using pin clasps.

To make one butterfly, you will need:

- Butterfly designs printed on card stock
- Colored pencils or markers
- Scissors
- Mounting putty, rolled piece of masking tape, Glue Dot, or pin clasp, using glue to attach the pin

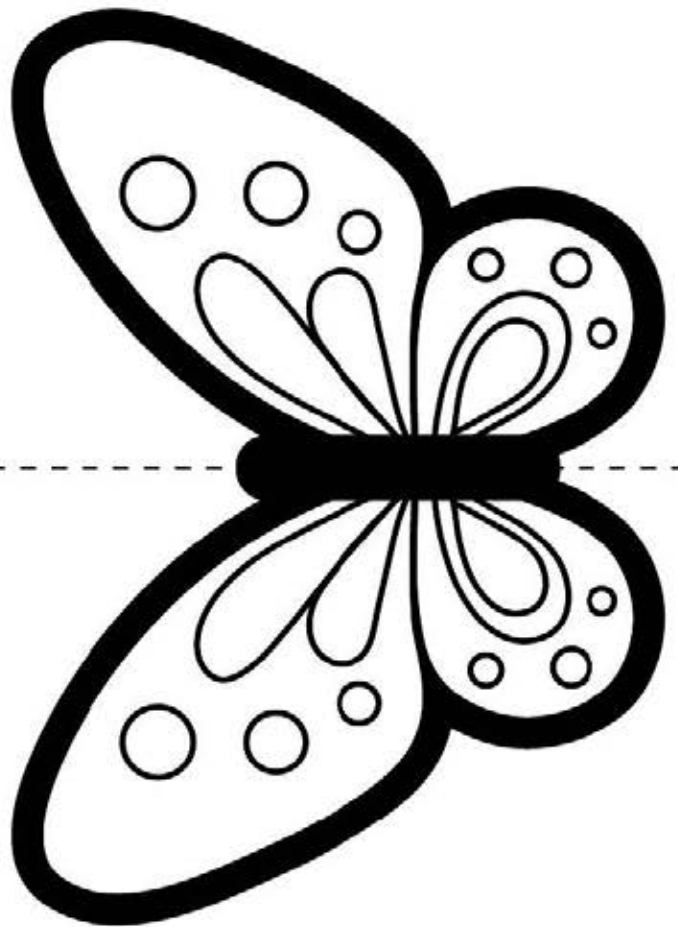
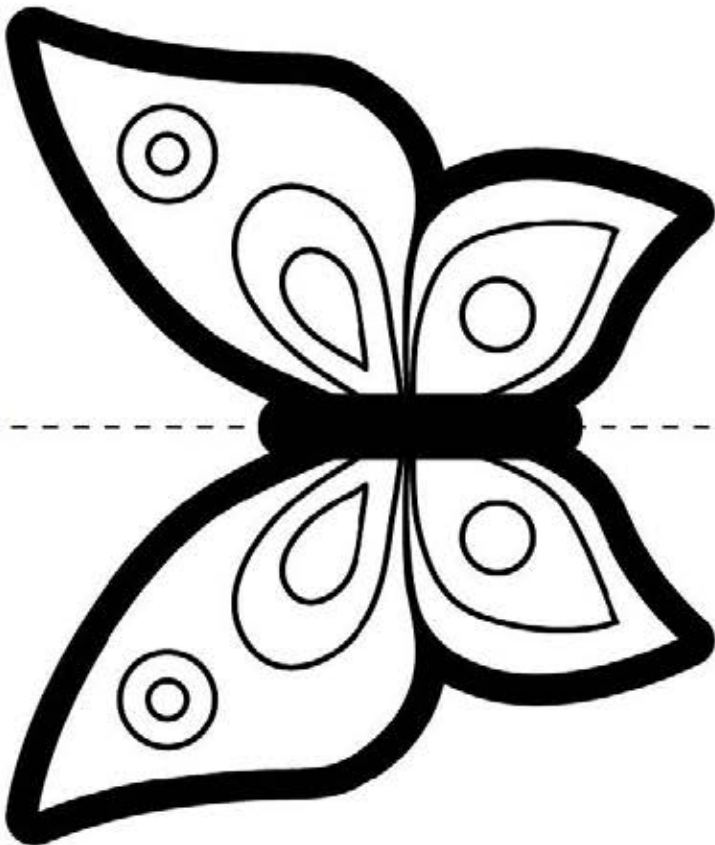
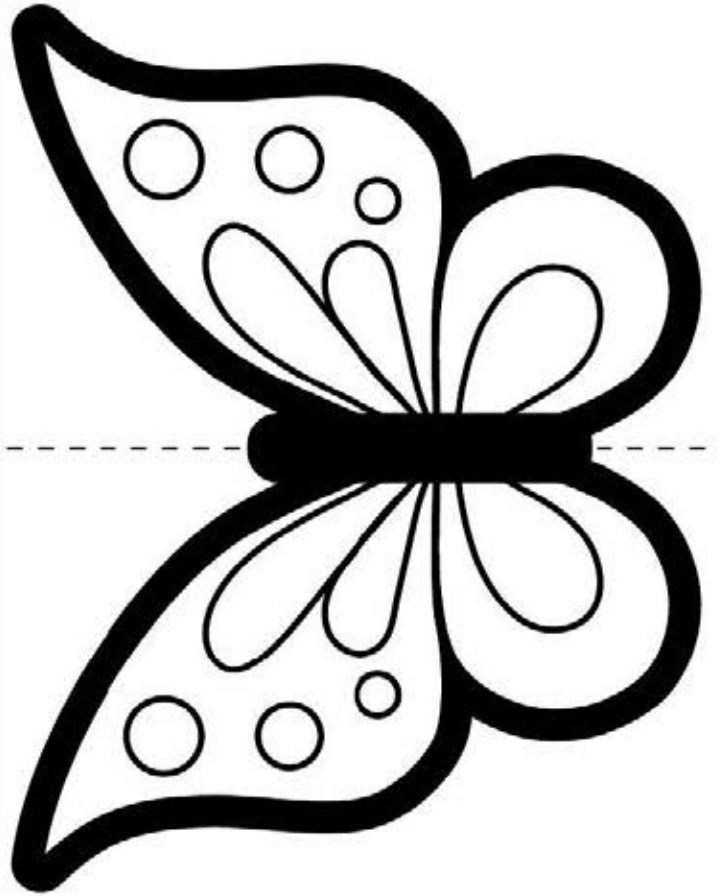
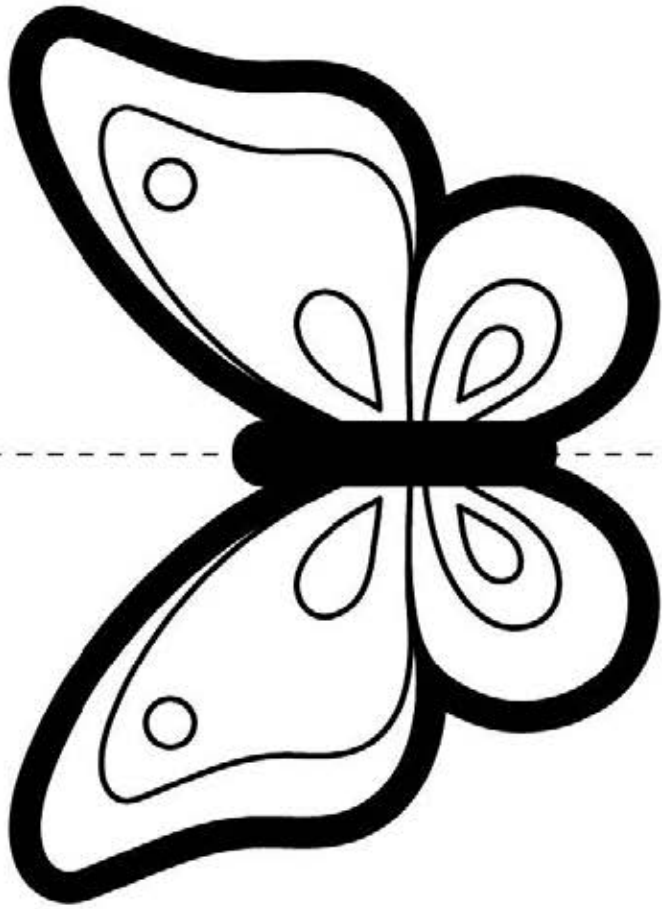
Directions:

1. Select a butterfly design. Cut it out following the rectangular gray border. Fold the design in half along the dashed line.
2. Keeping the paper folded, cut out the butterfly, staying within the thick black outline.
3. Unfold and color in the butterfly.
4. Attach the butterfly to a surface of your choice using mounting putty, Glue Dot, or a rolled piece of masking tape.

Uses:

- Wear a butterfly by gluing it to a pin clasp. Attach it to a blouse or hat.
- Glue a butterfly to a small clothespin and clamp it on a book, shirt collar, wrapped gift, etc.
- Attach one to a wooden skewer and use it as a decorative stake for a houseplant.







## Fun-Filled Firecrackers

Make a smoothie straw firecracker filled with fun.

Wrap the straw with red tissue paper, attach a twine wick to a provided message slip, insert the rolled slip, and BOOM! You have a dynamite activity for July events.

To make one firecracker, you will need:

- Message slips printed on printer paper (Choose blank slips or slips with fortunes.)
- 3" piece of jumbo smoothie straw (any color)
- Paper drinking straw (any color)
- 4" square red tissue paper
- 4" piece of twine
- Scotch tape
- Scissors
- (Optional) Confetti

Directions:

1. Wrap a square of red tissue paper around a 3" piece of jumbo smoothie straw. The straw should be centered, leaving 1/2" of excess tissue paper extending past the ends of the straw.

2. Using a paper drinking straw, push the excess tissue paper into the ends of the jumbo straw. The outside of your firecracker is complete!



3. Cut out a message slip. Choose a fortune to make a fortune cracker (pun intended) or select a blank slip and write in a custom message.



4. Attach the end of a twine wick to the center top of your message slip using a small piece of Scotch tape. For an added touch, sprinkle a dash of confetti on top of the slip.

5. Roll the message slip around a paper straw. Remove the straw and then slip the coiled message into the firecracker.

6. To reveal the message, pull on the wick. The message and confetti (if used) will easily come out. Save the red portion and reuse it, filling it with a new message.

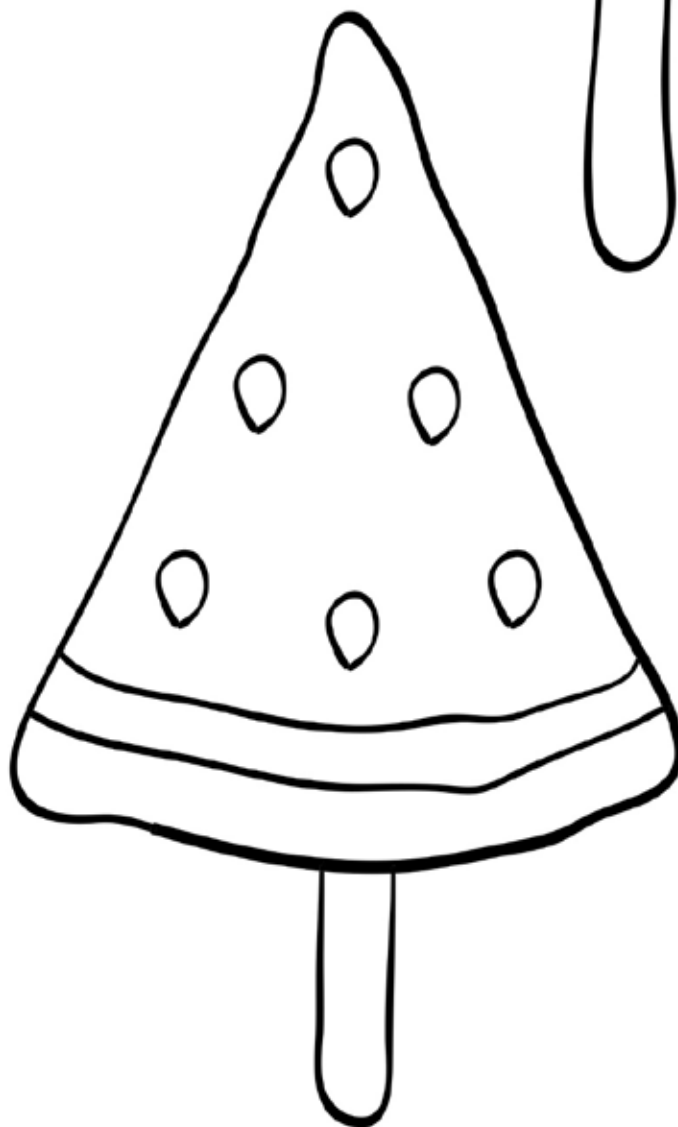
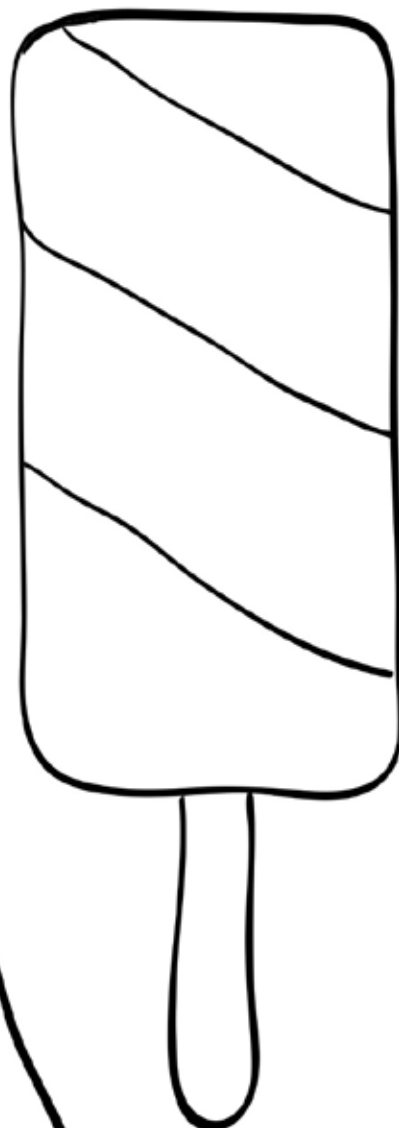
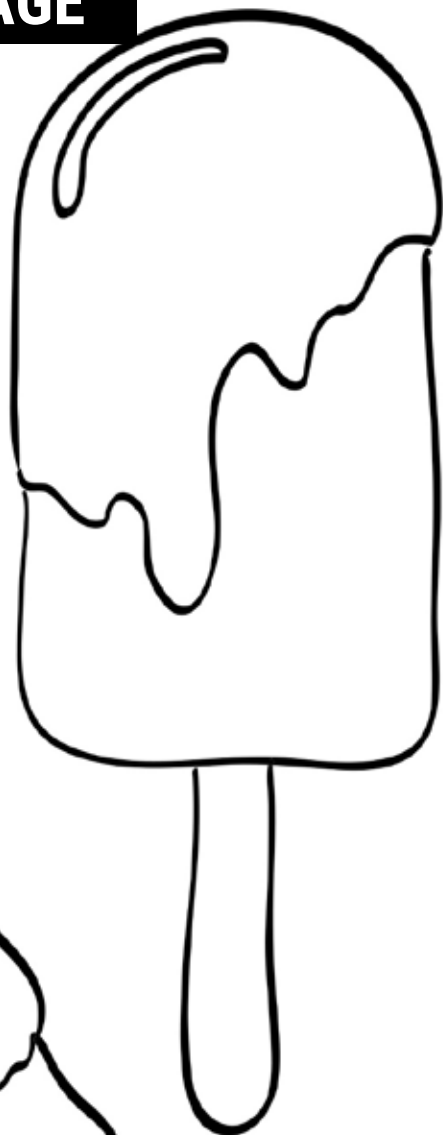
Uses:

- Use them as party favors.
- Bundle three together with twine to look like a stack of dynamite. Add a tag to make a place card for a party or cookout.
- Write a friendly message on a blank slip. Place it in a firecracker and give it to a friend on July 30 for International Friendship Day.
- Sell them at a craft fair.

Borrow money from a pessimist. They don't expect it back.	Explosive news is on its way.
Nothing great is achieved without a good attitude.	Get fired up, in a good way.
You can do anything you put your mind to.	You put a sparkle in someone's eye.
You're swell, bombshell!	You light up the world.
Sing the national anthem as if no one is listening.	Someone will light your fire this week.

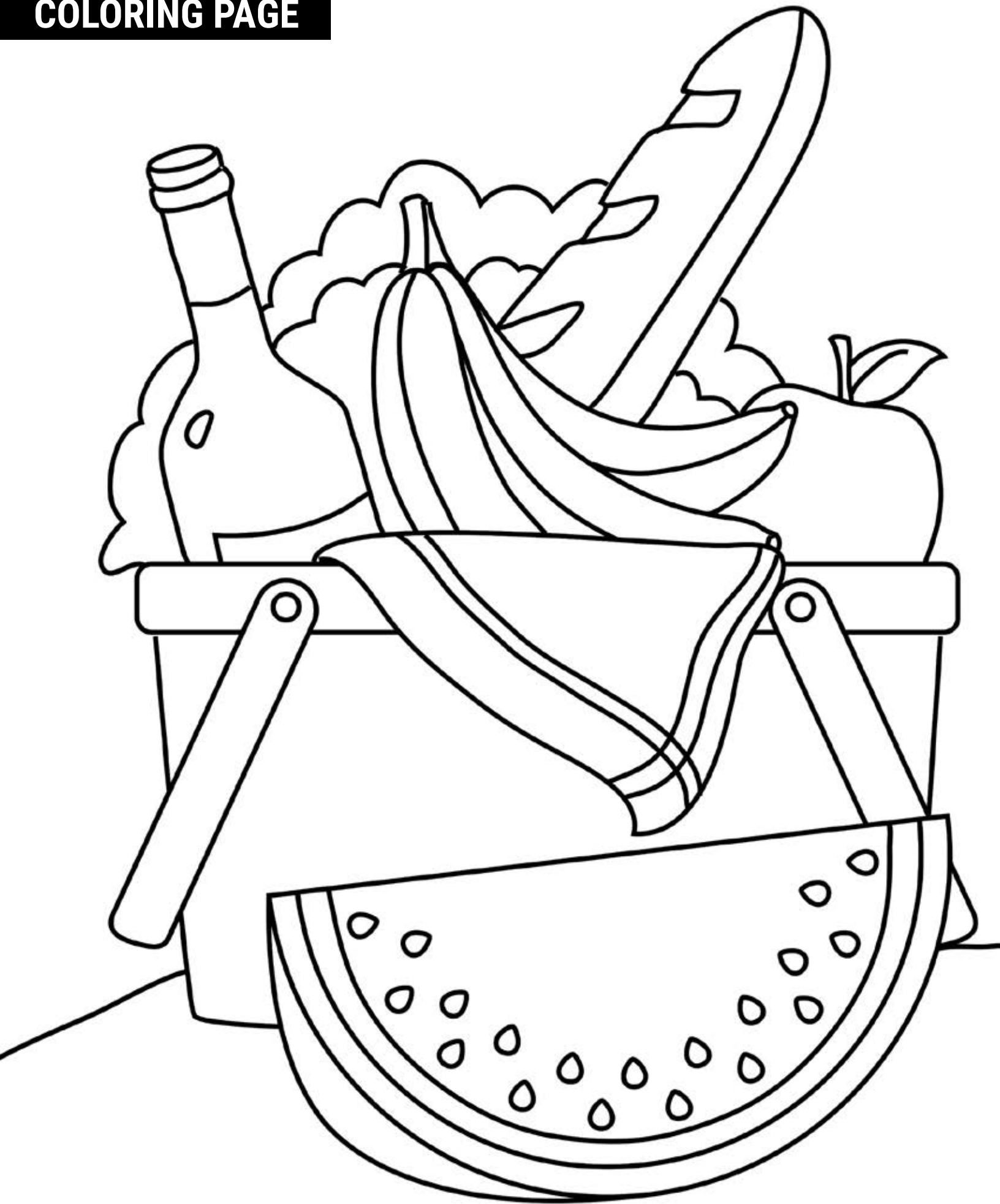
Be prepared for a summer fling.	<b>BOOM!</b> You're a winner every day.
Have a blast with friends today.	Tonight will be dynamite!
An exciting opportunity awaits.	Your kindness is contagious.
Confidence leads to booming success.	Dance as if no one is watching.
Beware of ventures that require new clothes.	Beware of ventures that require no clothes.

# COLORING PAGE



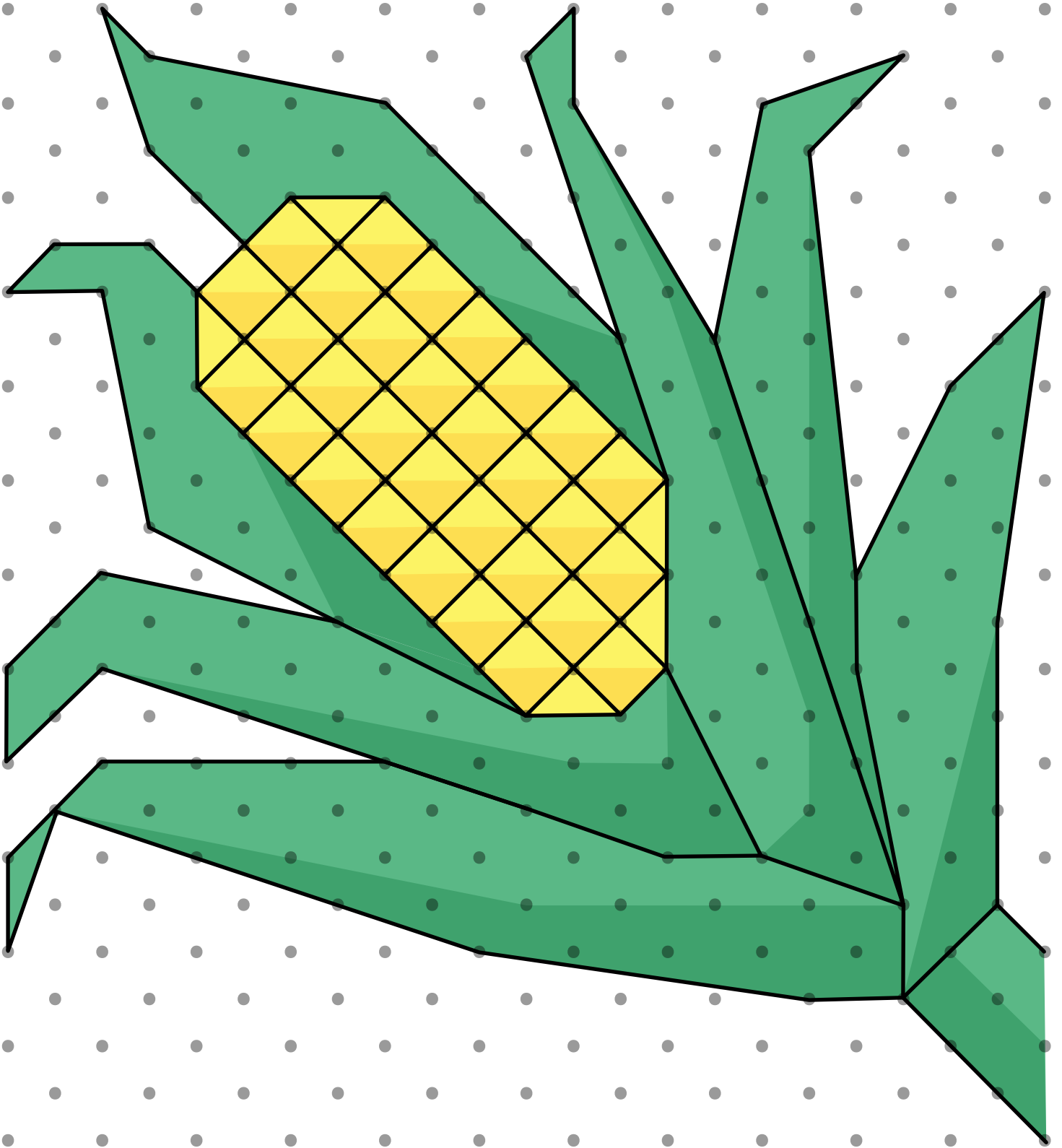


COLORING PAGE



# Dot Doodles #1

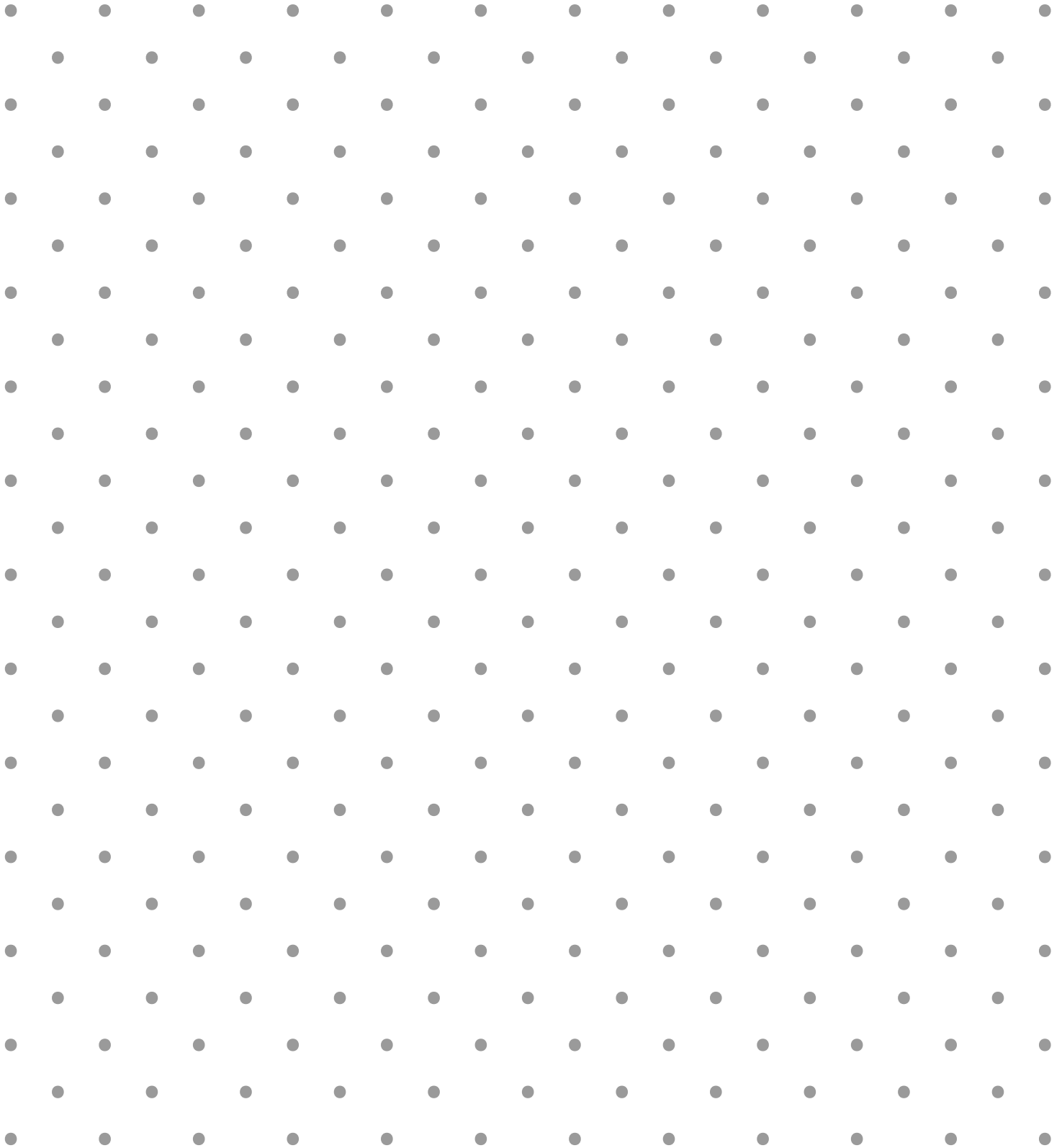
Duplicate the drawing using the blank sheet of dots.  
Then fill in the colored areas.



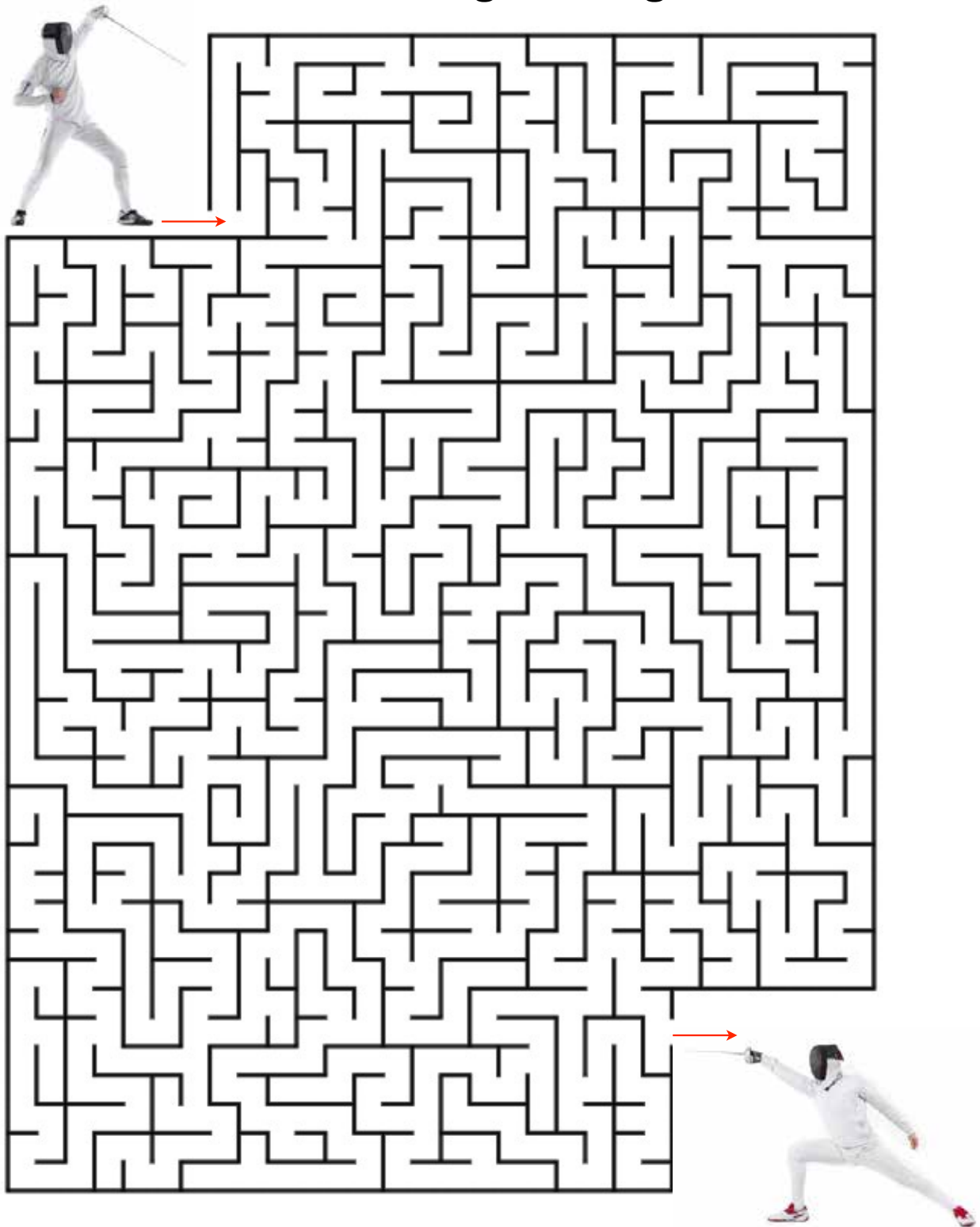


# Dot Doodles #1

Duplicate the drawing using the blank sheet of dots.  
Then fill in the colored areas.



# A-Mazing Fencing



# Tom Cruise

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



**COCKTAIL**

THE **COLOR OF MONEY**

**FAR AND AWAY**

A **FEW GOOD MEN**

THE **FIRM**

JACK **REACHER**

JERRY **MAGUIRE**

**KNIGHT AND DAY**

THE LAST **SAMURAI**

MISSION: **IMPOSSIBLE**

**RAIN MAN**

RISKY **BUSINESS**

**TOP GUN: MAVERICK**

**WAR OF THE WORLDS**



# Ice Cream Sundae Mining

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

## ICE CREAM SUNDAE

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



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

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21. \_\_\_\_\_

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37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

# Searching for July

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



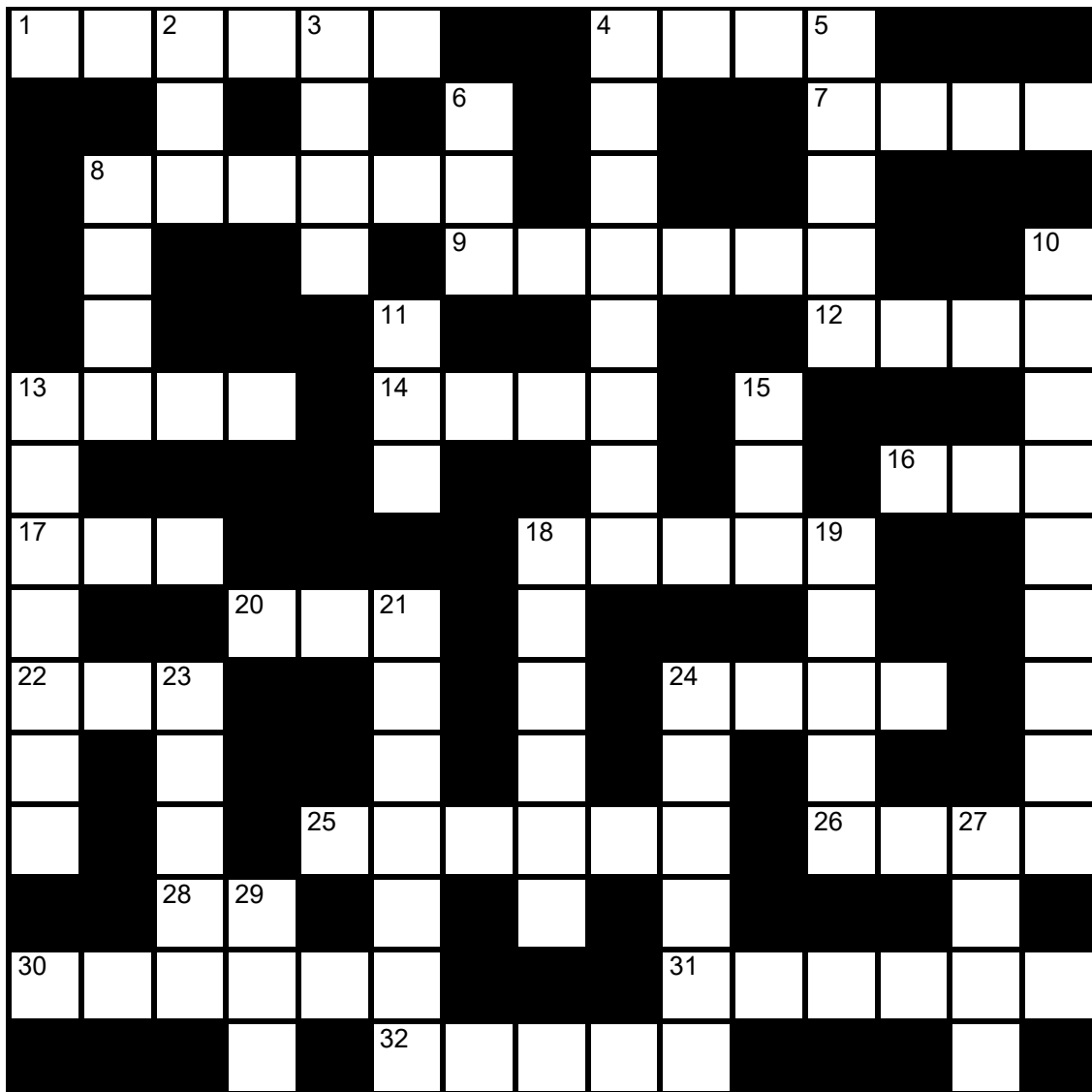
BASTILLE DAY  
 CANADA DAY  
 CANCER  
 CRAB (Cancer)  
 INDEPENDENCE DAY  
 JULY  
 LARKSPUR  
 LEO



LION (Leo)  
 RUBY  
 SEVENTH  
 SUMMER  
 SUNSHINE  
 TOUR DE FRANCE  
 VACATION  
 WATER LILY

# Crossword #31

Use the clues to fill in the crossword.



## ACROSS

1. Join the military
4. Stalactite site
7. Creator of Tom Sawyer, \_\_\_\_\_ Twain
8. Two-piece bathing suit
9. January's birthstone
12. Originally positioned
13. Sure-footed goat
14. Angel's headwear
16. "I \_\_\_ off more than I could chew."
17. Like a fox
18. Nimbus, for one
20. It's in; then it's out
22. Inquire

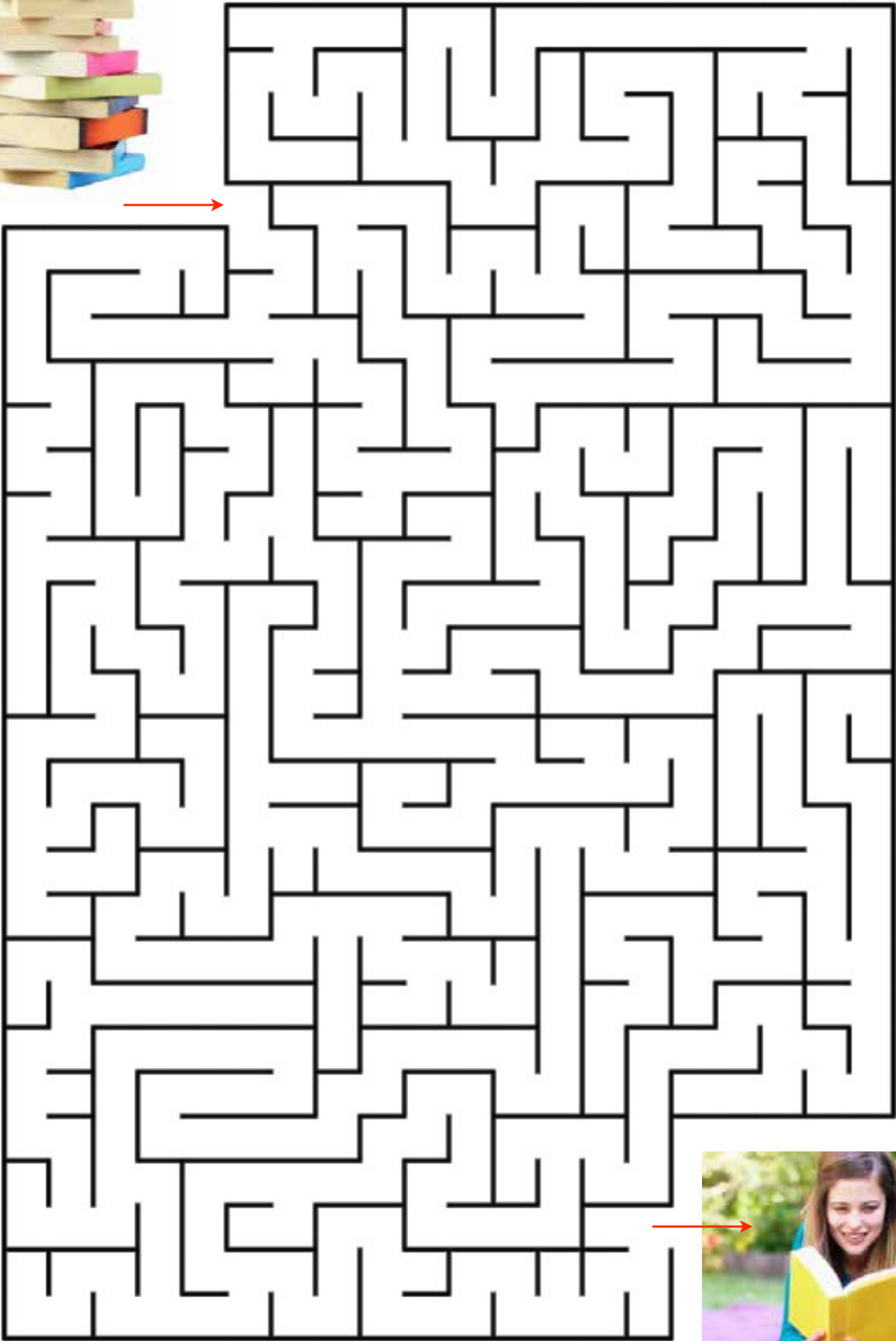
24. A very long time
25. Wine and dine
26. A high plateau
28. The City of Angels
30. Cyclist's headgear
31. Twins of the zodiac
32. Great \_\_\_\_\_ Mountains: Appalachian range

## DOWN

2. Hawaiian garland
3. Bypass
4. Briquettes for barbecuing
5. Gives off
6. Strategically placed leaf on some statues

8. Fail miserably
  10. A country and continent
  11. Librarian's utterance
  13. Flash
  15. Winter bug
  18. Fish-egg delicacy
  19. Jeans material
  21. Flaws
  23. A blue whale's dinner?
  24. Power
  27. Hourglass contents
  29. Sound booster
- Crossword #31  
(clues)

# A-Mazing Paperback Book







# Famous July Birthdays

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

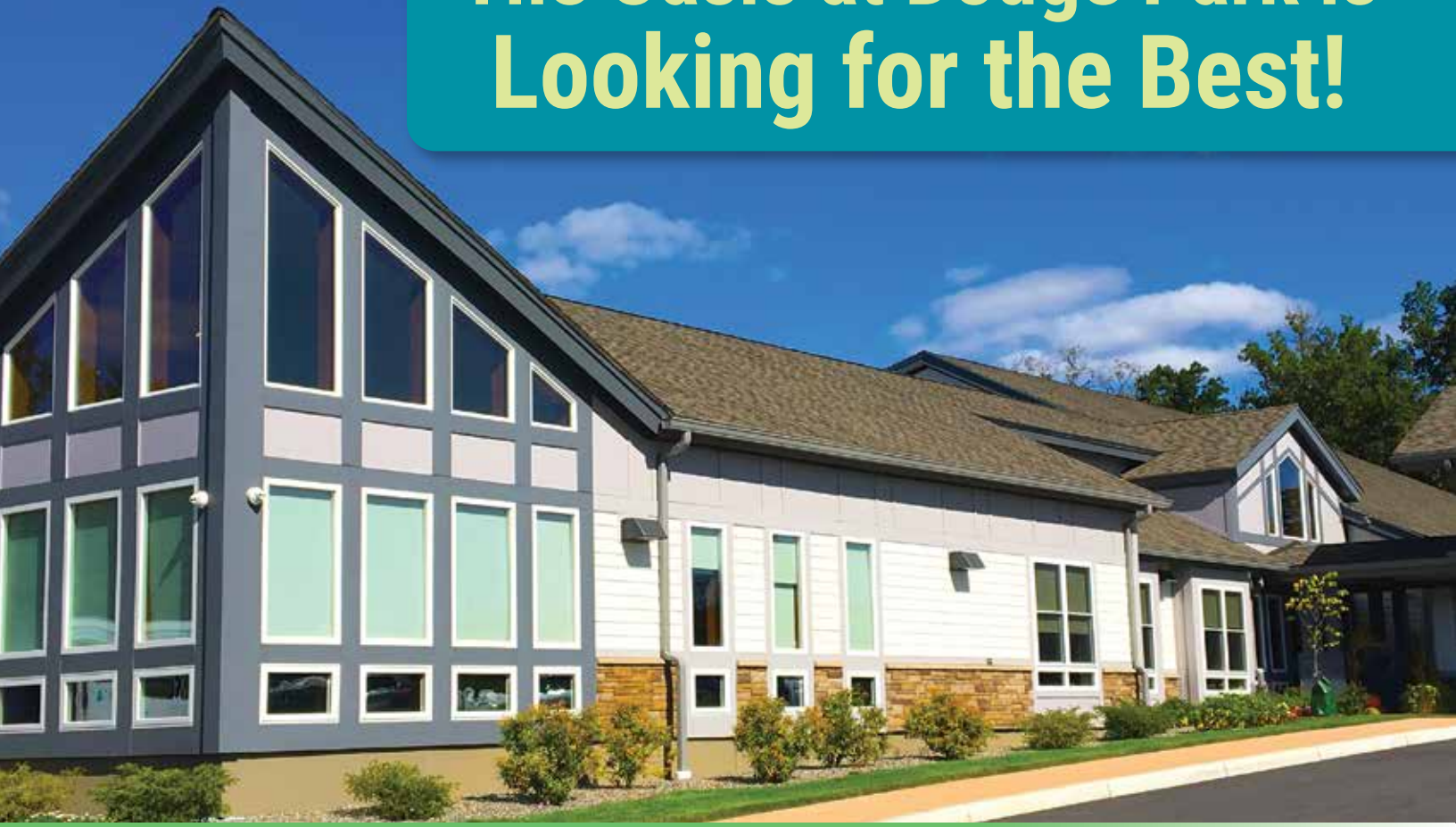
- A. Kevin **BACON**
- B. Samuel **COLT**
- C. Jim **DAVIS**
- D. Merv **GRIFFIN**
- E. Ernest **HEMINGWAY**
- F. Peter **JENNINGS**
- G. Carl **LEWIS**
- H. Jennifer **LOPEZ**
- I. Karl **MALONE**
- J. Beatrix **POTTER**
- K. Nancy **REAGAN**
- L. James **WHISTLER**

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

**Bonus:** Match the person to the correct clue.

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. Singer/actress ____         | 7. Cartoonist ____            |
| 2. Painter ____                | 8. NBA basketball player ____ |
| 3. Firearm manufacturer ____   | 9. TV news anchor ____        |
| 4. Actor ____                  | 10. Talk show host ____       |
| 5. U.S. first lady ____        | 11. Novelist ____             |
| 6. Olympic track champion ____ | 12. Children's author ____    |

# 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](mailto: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



Schedule a no-obligation tour  
and receive our **FREE** book



(508) 853-8180 • [OasisAtDodgePark.com](http://OasisAtDodgePark.com)

*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 **56** YEARS

*Caring for our Community*

## DODGE PARK REST HOME

*and*  
*The Day Club*

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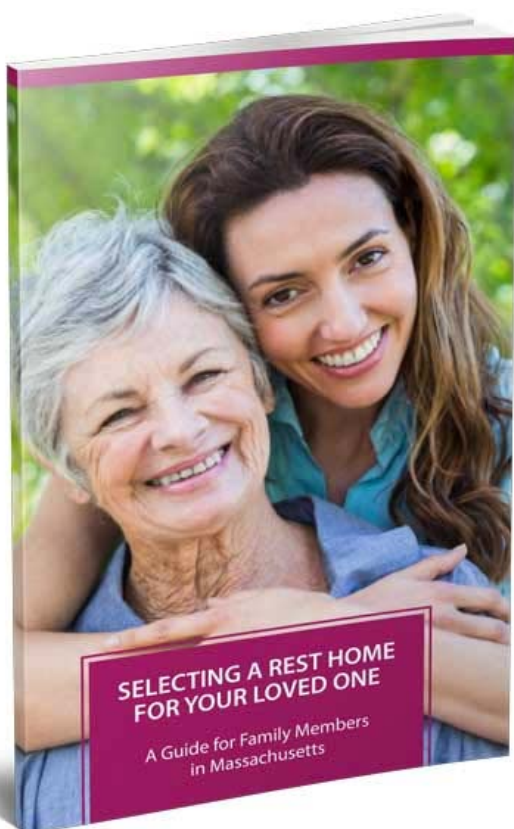
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dodge Park Rest Home</b>	9:30 Daily Chronicle 10:00 Table Top Games 11:00 Music & Rhythm 1:30 WB Games 2:30 Exercise w/ Paula 3:30 Sing-A-Long 7:00 Monday Matinee	9:30 Daily Chronicle 10:00 Church w/ Rev Jack 11:15 Clean Hands 1:30 WB Games 2:30 Dodge Entertainment Sean Fullerton 3:30 Balloon Toss 7:00 Hallmark Channel	9:30 Daily Chronicle 10:00 Outdoor Adventures 10:30 Stretches 11:00 Table Top Games 1:30 Armchair Travels 2:30 Dodge Entertainment Sandy Robinson 3:30 Story Circle 7:00 Wild Westerns	9:30 Daily Chronicle 10:00 Patriotic Trivia 10:30 States WB Game 11:00 Chair Exercises 1:30 States/Capitals WB Game 2:30 Exercise w/ Paula 3:30 LS Jeopardy 7:00 Patriotic Movie	9:30 Daily Chronicle 10:00 Chair Yoga w/ Bonnie 11:00 Friday Funnies 1:30 WB Games 2:30 Dodge Entertainment Emma Riffelmacher 3:30 Balloon Toss 7:00 Comedies	9:30 Daily Chronicle 10:00 Bingo Sensory Group 11:00 Craft Circle 1:30 LS Picture Trivia 2:30 Dodge Entertainment Greg Peters 3:30 Group Crosswords 7:00 On Broadway
Canada Day	9:30 Daily Chronicle 10:00 Table Top Games 11:00 Music & Rhythm 1:30 WB Games 2:30 Exercise w/ Paula 3:30 Sing-A-Long 7:00 Monday Matinee	9:30 Daily Chronicle 10:00 Church w/ Rev Jack 10:15 Art w/ Miss Bea 11:15 Clean Hands 1:30 LS Trivia 2:30 Dodge Entertainment Sandy Robinson 3:30 Balloon Toss 7:00 Hallmark Channel	9:30 Daily Chronicle 10:00 Outdoor Adventures 10:30 Stretches 11:00 Table Top Games 1:30 Armchair Travels 2:30 Dodge Entertainment Rusty Guertin 3:30 Story Circle 7:00 Wild Westerns	9:30 Daily Chronicle 10:00 Thursday Brain Game 10:30 Finnish the Phrase 11:00 Chair Exercises 1:30 Remember When 2:30 Exercise w/ Paula 3:30 LS Jeopardy 7:00 TV Comedy	9:30 Daily Chronicle 10:00 Chair Yoga w/ Bonnie 11:00 Friday Funnies 1:30 WB Games 2:30 Dodge Entertainment Ukelele J 3:30 Balloon Toss 7:00 Comedies	9:30 Daily Chronicle 10:00 Bingo Sensory Group 11:00 Craft Circle 1:30 LS Picture Trivia 2:30 Dodge Entertainment Paul Belanger 3:30 Group Crosswords 7:00 On Broadway
14	9:30 Daily Chronicle 10:00 Table Top Games 11:00 Music & Rhythm 1:30 WB Games 2:30 Exercise w/ Paula 3:30 Sing-A-Long 7:00 Monday Matinee	9:30 Daily Chronicle 10:00 Church w/ Rev Jack 11:15 Clean Hands 1:30 LS Trivia 2:30 Dodge Entertainment Sean Fullerton 3:30 Balloon Toss 7:00 Hallmark Channel	9:30 Daily Chronicle 10:00 Outdoor Adventures 10:30 Stretches 11:00 Table Top Games 1:30 Armchair Travels 2:30 Dodge Entertainment Heather Ralston 3:30 Story Circle 7:00 Wild Westerns	9:30 Daily Chronicle 10:00 Thursday Brain Game 10:30 Finnish the Phrase 11:00 Chair Exercises 1:30 Remember When 2:30 Exercise w/ Paula 3:30 LS Jeopardy 7:00 TV Comedy	9:30 Daily Chronicle 10:00 Chair Yoga w/ Bonnie 11:00 Friday Funnies 1:30 WB Games 2:30 Dodge Entertainment Emma Riffelmacher 3:30 Balloon Toss 7:00 Comedies	9:30 Daily Chronicle 10:00 Bingo Sensory Group 11:00 Craft Circle 1:30 LS Picture Trivia 2:30 Dodge Entertainment Sandy Robinson 3:30 Group Crosswords 7:00 On Broadway
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28	9:30 Daily Chronicle 10:00 Table Top Games 11:00 Music & Rhythm 1:30 WB Games 2:30 Exercise w/ Paula 3:30 Sing-A-Long 7:00 Monday Matinee	9:30 Daily Chronicle 10:00 Church w/ Rev Jack 10:15 Art w/ Miss Bea 11:15 Clean Hands 1:30 LS Trivia 2:30 Dodge Entertainment Sean Fullerton 3:30 Balloon Toss 7:00 Hallmark Channel	9:30 Daily Chronicle 10:00 Outdoor Adventures 10:30 Stretches 11:00 Table Top Games 1:30 Armchair Travels 2:30 Dodge Entertainment Bill McCarthy 3:30 Story Circle 7:00 Wild Westerns	<h1>July 2024</h1> <h2>Dodge Park Rest Home</h2>		
Dodge Park Rest Home 101 Randolph Rd, Worcester MA 01606 508-853-8180 *All activities are subject to change*						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The Oasis</b>	9:30 Daily Chronicle 10:00 Group Crossword 10:30 Exercise w/ Joe Fish 1:30 Word Games 2:15 Oasis Entertainment Sean Fullerton 3:45 Men's Group 7:00 Mystery Mondays	9:30 Daily Chronicle 10:00 LS Trivia 10:30 Exercise w/ Paula 1:30 Bingo White Board Game 2:15 Oasis Entertainment Ukelele J 3:45 Balloon Toss 7:00 Timeless Classics	9:30 Daily Chronicle 10:00 Virtual Church Service 10:30 Exercise w/ Joe Fish 1:30 Walking Group 2:15 Oasis Entertainment Sean Fullerton 3:45 Poker/Card Games 7:00 Musicals	9:30 Daily Chronicle 10:00 Patriotic Riddles 10:30 Exercise w/ Paula 1:30 Patriotic Songs 1:30 Oasis Cooking Class Mini Cakes 2:15 Oasis Entertainment Paul Belanger 3:45 Simon Says 7:00 Family Movies	9:30 Daily Chronicle 10:00 Garden Club 10:30 Exercise w/ Paula 1:30 Table Top Games 2:15 Oasis Entertainment Sandy Robinson 3:45 Linked Senior Games 7:00 Comedy Movie	9:30 Daily Chronicle 10:00 LS Wheel of Fortune 10:45 Exercise w/ Paula 1:30 White Board Games 2:15 Oasis Entertainment Sandy Robinson 3:45 Balloon Toss 7:00 Game Shows
Canada Day	9:30 Daily Chronicle 10:00 Group Crossword 10:30 Exercise w/ Joe Fish 1:30 Word Games 2:15 Oasis Entertainment Sean Fullerton 3:45 Ladies Group 7:00 Mystery Mondays	9:30 Daily Chronicle 10:00 LS Trivia 10:30 Exercise w/ Paula 1:30 Bingo White Board Game 2:15 Oasis Entertainment Bill McCarthy 3:45 Balloon Toss 7:00 Timeless Classics	9:30 Daily Chronicle 10:00 Virtual Church Service 10:30 Exercise w/ Joe Fish 1:30 Walking Group 2:00 Oasis Entertainment Sean Fullerton 3:45 Poker/Card Games 7:00 Musicals	9:30 Daily Chronicle 10:00 Picture Trivia 10:30 Exercise w/ Paula 1:30 Patriotic Songs 1:30 A-Z 2:15 Oasis Entertainment Sandy Robinson 3:45 Simon Says 7:00 Family Movies	9:30 Daily Chronicle 10:00 Garden Club 10:30 Exercise w/ Paula 1:30 Table Top Games 2:15 Oasis Entertainment Sean Fullerton 3:45 Linked Senior Games 7:00 Comedy Movie	9:30 Daily Chronicle 10:00 LS Wheel of Fortune 10:45 Exercise w/ Paula 1:30 White Board Games 2:15 Oasis Entertainment Dave Mindell 3:45 Balloon Toss 7:00 Game Shows
14	9:30 Daily Chronicle 10:00 Group Crossword 10:30 Exercise w/ Joe Fish 1:30 Word Games 2:15 Oasis Entertainment Sandy Robinson 3:45 Hands & Nails 7:00 Summer Flicks	9:30 Daily Chronicle 10:00 LS Trivia 10:30 Exercise w/ Paula 1:30 Bingo White Board Game 2:15 Oasis Entertainment Paul Belanger 3:45 Balloon Toss 7:00 Timeless Classics	9:30 Daily Chronicle 10:00 Virtual Church Service 10:30 Exercise w/ Joe Fish 1:30 Walking Group 2:15 Oasis Entertainment Sean Fullerton 3:45 Poker/Card Games 7:00 Musicals	9:30 Daily Chronicle 10:00 Picture Trivia 10:30 Exercise w/ Paula 1:30 Patriotic Songs 1:30 A-Z 2:15 Oasis Entertainment Bill McCarthy 3:45 Simon Says 7:00 Family Movies	9:30 Daily Chronicle 10:00 Garden Club 10:30 Exercise w/ Paula 1:30 Table Top Games 2:15 Oasis Entertainment Sean Fullerton 3:45 Linked Senior Games 7:00 Comedy Movie	9:30 Daily Chronicle 10:00 LS Wheel of Fortune 10:45 Exercise w/ Paula 1:30 White Board Games 2:15 Oasis Entertainment Arizona Doug 3:45 Balloon Toss 7:00 Game Shows
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The Oasis at Dodge Park 102 Randolph Rd, Worcester MA 01606 508-853-8180 *All activities are subject to change*						

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

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

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



## **In this guide, you'll learn:**

- ➔ The difference between and Rest Home & Assisted Living
- ➔ The difference between a Rest Home & Nursing Home
- ➔ The qualities that define an exceptional Rest Home
- ➔ Why you **MUST** visit a potential Rest Home
- ➔ What do 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.

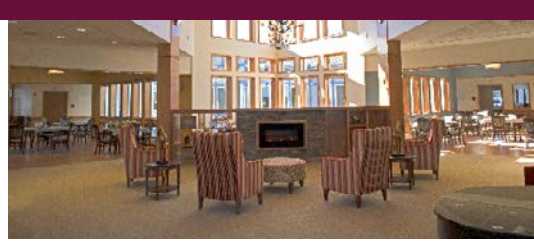
**Please RSVP via email to Micha Shalev at  
[m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com) or call 508-853-8180**

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

**Dodge Park**



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



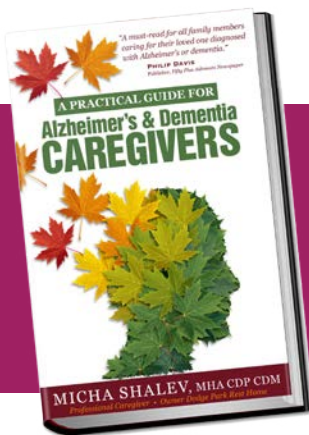
# *Peace of mind for your family* EXTRAORDINARY ELDERLY CARE

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.



## *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](http://dodgepark.com) [oasisatdodgepark.com](http://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](http://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 N'efesh to N'efesh™ 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](http://www.DodgePark.com)  
[www.OasisAtDodgePark.com](http://www.OasisAtDodgePark.com)**

# Dodge Park



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