

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

happy
August



*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



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

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

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

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

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

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

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

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

Dodge Park & Oasis at Dodge Park

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The Dodge Park Family of Care Services

Dodge Park Rest Home
www.dodgepark.com

The Oasis at Dodge Park
www.oasisatdodgepark.com

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

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

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

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



Both my Mother and Father are together at Dodge Park. I was try to care for them at home, and found that it was impossible to keep them safe in my absence, while at work. After getting them into Dodge Park, i can rest easy,they are well cared for, safe,and any issues that arise i am always kept in formed. Great staff, great facility, and the Owners Micha, and Ben are always available, great people.

At Dodge Park, my sister's needs are being met. Julia is naturally active and curious, and needs something to do. Good care, expert medical supervision, friendly, caring staff, good food, meticulous cleanliness, and memory care programs were important, and they are all there. We found a home for Julia where she can move about, keep what skills she has, maybe develop new ones, and make some new friends. As family, we entrusted her medical care to the conscientious staff of physicians and nurses who carefully supervise her medical care, and monitor her medications to assure that her individual needs are being met, and that her family is notified when changes are necessary. Spiritual care is also provided. Dodge Park remains Covid Free - the residents are safe and healthy. After two years, I can still attest that Dodge Park was the right decision.

If you are considering sending a loved one to either the Oasis or Dodge Park Facility I can tell you with great confidence that you will find a team in both places that is caring, engaged and genuinely interested in providing people living there with the best possible quality of life. After having a father in Dodge Park for 17 years, I now also have a mother who has been placed at Oasis. She entered Oasis with a very low life expectancy, but the kind of attention she has received there has brought her so much joy. While none of know what the future brings, she appears to be getting stronger and stronger and has already surpassed every expectation that we initially had. The team at Oasis, made it clear to us that we were "family" and they have done everything that they could to make sure that both my parents have contact with one another in the last time my mother has remaining. This has been such a comfort to all of us. I should add the the attentive care they provide is given by everyone that works there from the very active owners at the top, to the health directors, the nursing staff, the aides, the kitchen staff, and the house maintenance. When they talk of providing a family atmosphere, they live it through example.

The poster features a vibrant orange and yellow background with various food and grill-related illustrations. At the top, there's a red chili pepper and a green pepper mill. The central text is framed by a white circular area. Below the main title, there are illustrations of a burger, a grill with ribs and chicken, and skewers with tomatoes and peppers. The overall theme is a fun and relaxing summer barbecue.

PLEASE JOIN US!

**Enjoy a Fun and Relaxing Afternoon
with Family and Refreshments!**

SUMMER BARBECUE

**Wednesday, August 28, 2024
3:00pm - 5:00pm**

at

 **OASIS**
AT DODGE PARK

**102 Randolph Road,
Worcester, MA 01606**

Please RSVP to 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.

At other facilities - when you need more care - they charge you more money. But not at the Oasis 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.



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



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. Care-



givers in turn have been able to learn about the lives of the residents. Using these tools has seamlessly turned my residents from the people I assist to those who feel like family. I feel blessed to know each of them.

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

www.oasisatdodgepark.com
877-363-4775

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

AUGUST OBSERVANCES

Monthly

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

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

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

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

Weekly

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

International Assistance Dog Week, Aug. 4–10. Created to recognize all the devoted, hardworking assistance dogs helping individuals mitigate their disability-related limitations.

National Farmers Market Week, Aug. 4–10. National Farmers Market Week is a great opportunity to show the nation how much value markets bring to their communities. With fun events, specials, contests, and activities, the week helps to boost market attendance and visibility.

SPECIAL DAYS

- 1 National Girlfriends Day
- 1 National Mahjong Day
- 1 National Mountain Climbing Day
- 1 National Raspberry Cream Pie Day
- 2 Find a Four Leaf Clover Day
- 2 National Ice Cream Sandwich Day
- 3 Grab Some Nuts Day
- 3 National Watermelon Day
- 4 International Beer Day – First Friday in August
- 4 National Chocolate Chip Cookie Day
- 4 National Water Balloon Day
- 4 U.S. Coast Guard Day
- 5 Campfire Day – First Saturday in August
- 5 International Hangover Day
- 5 National Clown Day
- 5 National Mustard Day first Saturday
- 5 National Underwear Day
- 5 National Oyster Day
- 5 Sandcastle Day – first Saturday of the Month
- 5 Work Like a Dog Day
- 6 Friendship Day – First Sunday in August
- 6 International Forgiveness Day
- 6 National Fresh Breath Day
- 6 Sisters Day – First Sunday in August
- 6 Wiggle Your Toes Day
- 7 National Lighthouse Day
- 7 Professional Speakers Day
- 8 International Cat Day
- 8 Sneak Some Zucchini onto Your Neighbor's Porch Day
- 9 Book Lover's Day
- 9 Smokey Bear Day
- 10 Lazy Day
- 10 National S'mores Day
- 10 World Lion Day
- 11 National Kool-Aid Day – second Friday in August
- 11 Presidential Joke Day
- 11 Son and Daughter Day
- 12 Middle Child's Day – second Saturday in August
- 12 National Garage Sale Day
- 12 National Vinyl Record Day
- 12 Annual Perseid Meteor Showe
- 12 World Elephant Day

SPECIAL DAYS

13 Left Hander's Day
14 National Creamsicle Day
15 Feast of the Assumption
15 Relaxation Day – now this one's for me!
16 National Roller Coaster Day
16 National Tell a Joke Day
17 National Thriftshop Day
17 Neighbor Night
18 Bad Poetry Day
18 National Fajita Day
18 Serendipity Day
19 Aviation Day
19 National Honey Bee Awareness Day
19 National Potato Day
20 National Radio Day
20 World Mosquito Day
21 National Poets Day
21 National Spumoni Day
21 Senior Citizen's Day
22 Be an Angel Day
22 Chinese Valentine's Day/Daughter's Day
22 National Tooth Fairy Day – and/or February 28
23 Ride the Wind Day
24 Iconic American Restaurants Day
24 National Waffle Day
24 Vesuvius Day
25 Kiss and Make Up Day
25 National Banana Split Day
26 National Dog Day
26 National Toilet Paper Day
26 Women's Equality Day
27 Just Because Day
28 Race Your Mouse Day
28 Stuffed Green Bell Peppers Day
29 International Bat Night
29 More Herbs, Less Salt Day
30 Frankenstein Day
30 Toasted Marshmallow Day
31 National Eat Outside Day
31 National Trail Mix Day
31 World Daffodil Day – date varies

Weekly

Brake Safety Week, Aug. 25–31. Brake Safety Week is an annual commercial motor vehicle brake-safety inspection, enforcement, and education initiative conducted by law enforcement jurisdictions in Canada, Mexico, and the U.S.

Daily

Air Force Day, Aug. 1. Established in 1947 by President Harry S. Truman “in recognition of the personnel of the victorious Army Air Forces and all those who have developed and maintained our nation's air strength.”

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

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

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

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





Tree of the Month – Applewood

Applewood trees are commonly known as apple trees. There are over 7,500 different types across the world, and more than 2,500 varieties are cultivated in the United States alone. These hardwood trees are deciduous, meaning they drop their leaves each fall after producing their fruit. Applewood trees produce apples yearly, but it can take up to five years for a tree to grow its first fruit. The delicious treats are worth the wait. Apples are a popular snack and a healthy, juicy source of fiber, vitamin C, and antioxidants. Apples are often baked into pies or pressed into cider or juice. Did you know that it takes about 36 apples to make one gallon of these sweet drinks? Bear in mind that apples ripen faster at room temperature, so they will last much longer if you keep them in the fridge. The apple is not only a delicious food but also a symbol of knowledge, immortality, wisdom, joy, fertility, and temptation.



Flower - Gladiolus

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

Birthstone – Peridot



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

Take a Birthday Bough

August 1–6: Apple

Those who fell from the apple tree are very faithful and sweet. They love to be around other people and adapt well to new situations. They are optimistic and tend to be very content.

August 7–13: Poplar

People who fell from the poplar tree take their relationships very seriously. They tend to be courageous and loyal and can be relied upon in almost any situation. They are also known for being highly imaginative and notably creative.

August 14–23: Cedar

Those who fell from the cedar tree are not in the least bit shy. In fact, they exude self-confidence and charm. It’s no surprise that they make great public speakers. Since patience is not one of their virtues, they are quick to make decisions.

August 24–31: Pine

People who fell off the pine tree are outdoorsy and creative. Even though they can be perfectionists, they make great companions. They are frugal and know how to stretch a buck and still live comfortably.

AUGUST FUN FACTS

August is the eighth month of the year in the Julian and Gregorian calendars, although it once was the sixth month in the 10-month Roman calendar. Around 700 BC, Pompilius filled the winter period with two new months, January and February. In 45 BC, Julius Caesar added two days to August, changing its length from 29 days to 31. Caesar was very fond of this month, because he had accomplished many great things during this time of year.

August Birthdays

Francis Scott Key (composer) – August 1, 1779
Daniel Dae Kim (actor) – August 4, 1968
Charlize Theron (actress) – August 7, 1975
Bob Cousy (basketball player) – August 9, 1928
Allegra Kent (ballerina) – August 11, 1937
Cecil B. DeMille (filmmaker) – August 12, 1881
Alice Ghostley (singer) – August 14, 1923
Ann Blyth (actress) – August 16, 1928
Robert De Niro (actor) – August 17, 1943
Connie Chung (journalist) – August 20, 1946
Dorothy Parker (writer) – August 22, 1893
Henrietta Vinton Davis (actor) – August 25, 1860
Charles Rolls (auto pioneer) – August 28, 1877
Van Morrison (musician) – August 31, 1945

Just Peachy

It's no wonder that August is America's Peach Month. What could be more summery than a ripe, juicy peach or a delicious serving of warm peach pie (or cobbler or crisp) topped with vanilla ice cream? Yum!

Did you know that a peach gets its name from the French word *pêche*, which was translated to "peach" in English?

What's Lucky in August?

Lucky Color: Red
Lucky Animal: Turtle
Lucky Letters: S and G
Lucky Day: Thursday
Lucky Plant: Hydrangea



August's Here

"The brilliant poppy
flaunts her head
Admidst the ripening grain
And adds her voice to
swell the song
That August's here again."
~ Helen Maria Winslow

August Zodiacs

Leo (The Lion) August 1–22
Virgo (The Virgin) August 23–31



A very
Happy Birthday to...



Dodge Park Residents

Virginia T.....August 8
 Gail T.August 9
 Joan M.....August 15
 Maureen L.August 22
 Satish S.August 26
 William L.August 31

Staff

Amy L.August 1
 Lori C.August 3
 Carrie B.August 3
 Rodelane A.August 4
 Griselda M.August 12
 Genesis P.August 12
 Jennifer D.August 18
 Reina B.August 20
 Marta E.August 25
 Ilir K.August 26
 Carmen L.....August 26
 David R.....August 29

Oasis Residents

Kristina M.....August 12
 Albert T.August 18
 Joyce P.August 19
 Jane L.....August 29

Dementia Warning Signs

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

Worried about a loved one with memory loss?

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



High-Quality, Secure Senior Care

ADULT DAY CLUB

at **Dodge Park**

The Most
Affordable Program
in Central MA



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

- Available Monday to Friday, 9am - 4pm,
- you choose the hours
- Engage the mind, strengthen the body
and brighten the spirit
- Entertainment and special events
- Lunch and snacks provided
- Home-like setting
- Professionally supervised

Spaces are Limited,
Call Today for your Reservations!

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or visit DodgePark.com



**#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





Follow this advice at the doctor's office

You and your doctor are partners in maintaining your health. That means you should work together. The Eat This, Not That website shares these basic guidelines for making your doctor's job a little easier:

- **Follow masking rules.** Even though the COVID-19 pandemic seems to be easing for now, most doctors' clinics still require patients to wear masks. Don't ignore or argue with them. Remember that other patients may be in a more vulnerable condition than you.
- **Be on time.** Running late can't be avoided sometimes, but you should try to arrive for your appointment on time. One person's lateness can derail the doctor's schedule, forcing other patients to wait longer. Being punctual also shows respect for your doctor's time.
- **Don't demand specific prescriptions.** Just because you saw something on TV, or a friend takes it, doesn't mean a medication is right for you. Doctors get frustrated when patients view them as just dispensers of drugs. Your doctor has the expertise and experience to decide which medication is best for your condition and symptoms.
- **Be honest.** You may be embarrassed about your weight, your drinking, how much pain you're feeling, or other information, but your doctor can't help you if he or she doesn't have accurate data. Tell the truth so doctors can do their jobs.
- **Stay polite.** You may be frustrated by your condition or angry at the wait, but don't take it out on your doctor. Aggressive behavior can affect your doctor's ability to do a good job diagnosing and treating you. Doctors have feelings, too, so treat them with the respect they deserve.

Take care of your body and mind at college

If you or someone you love is starting college this fall, remember that grades aren't the only thing to pay attention to. Stay on top of your physical and mental health as you ease into college life with this advice from the Chapman University website:

Physical health

- **Sleep.** Get six to seven hours of sleep a night. Pay attention to how you feel when you don't get enough sleep, and listen to what your body is telling you.
- **Diet and alcohol.** How do certain foods make you feel after eating them? How does caffeine or alcohol affect your mood or behavior? Learn to recognize what's good for you and whatever interferes with your ability to function.
- **Stress.** Headaches and other symptoms may be signals that the pressure is getting to you. Go to your student health center to get checked out and learn how to balance schoolwork and activities.
- **Exercise.** Try to get at least 30 minutes of physical activity in each day. Go to the gym, or just take a walk around campus. It'll help with weight, stress, and emotional stability.

Mental health

- **Practice mindfulness.** Pay attention to how you're feeling. What makes you happy, sad, angry, or depressed? Learning what causes your emotions to surge can help you manage situations more effectively.
- **Find a support network.** Cultivate a group of friends who value and support you. Stay in touch with your family and friends at home. Reach out when things are difficult.
- **Remember gratitude.** Instead of dwelling on the negative, spend some time every day thinking about the things you're grateful for in life—your friends, family, health, and the opportunity to learn. It'll improve your attitude and overall good health.

Quotes

"Health is a large word. It embraces not the body only, but the mind and spirit as well."

—James H. West

Don't blindly follow this financial advice

Teaching your children about money is a task that will reward them for the rest of their life. Just be sure the advice you give is good. The Insider website cautions against these misconceptions about managing finances, especially when you're young:

- **Focus exclusively on saving.** Saving is good, but don't just lock your money in a checking account. Learn the fundamentals of investing to make your money grow. You don't have to gamble in the stock market; look for funds that limit your risk, and invest for the long term.
- **Don't quit your job without six months' savings.** Changing jobs is risky, but sometimes staying in a high-stress, low paying job can be worse. Do your homework so you know what's available, and don't talk yourself out of taking a leap for a better opportunity.
- **Eliminate all luxuries.** Yes, you should be careful about impulse buying or spending money on things you don't really need, but don't feel guilty about the occasional splurge. Instead of cutting back, look for ways to earn more money.
- **Student loans are always bad.** The college loan crisis can make you think that all student loans should be avoided, but that doesn't mean college is a waste of money. You learn more than just how to make a living at college—you learn skills and behaviors that can guide the rest of your life. Choose your course of study wisely, look for alternatives to loans, and borrow in moderate amounts so you don't get buried under debt when you graduate.
- **Keep money matters private.** If you don't talk about money, you'll have no idea if you're reaching your potential. Do some research to find out what the market is like in your profession, and talk to colleagues to get a better idea of where you're at and what's possible to achieve.

Remember these tips when you buy a second home

Thinking of buying a second home? You don't have to be rich, but you do have to be careful.

The New York Times offers these tips on keeping costs a little more reasonable:

- **Lock in your mortgage rate early.** Mortgage rates are on the upswing. You'll save money in a volatile economy by getting your mortgage approved as early as possible, before the rate goes up even more. Compare rates so you can find the best one for you.
- **Negotiate your closing costs.** You can sometimes bargain for a lower cost on some closing fees, like pest inspections. Some costs are non-negotiable, but take a close look at everything in your agreement for items you can reduce.
- **Examine maintenance fees.** If you're buying a condo or any community with a homeowners association, remember that you'll have fees on top of the selling price. Those fees can affect the size of the mortgage you're eligible for, so take them into account when applying. Look at whether the association has an emergency fund for unexpected issues, and if any special assessments are coming up.
- **Look for tax breaks.** Remember that you can deduct mortgage payments and property taxes if your new home is for personal use. If you plan to rent out the property, other tax breaks are available, like deductions for maintenance and depreciation.



Quotes

"You will either tell your money what to do, or the lack of it will always manage you."

—Dave Ramsey



Teach teens to drive safely

When your teenage children start to drive, your feelings may be a mixture of pride at reaching this milestone and fear of what can happen to them on the road. The Bankrate website shares some good advice for you and your teen driver:

- **Choose a safe vehicle.** Don't let your son or daughter drive an old, small car without modern safety features. Larger vehicles offer better protection in case of an accident and have better safety technology.
- **Teach them about your vehicle.** Whatever car your child drives, sit down with them before they go out to familiarize them with how it works and all its safety features. Have them check out the mirrors and adjust them accordingly, along with the seat. Show them the basics, like turn signals, windshield wipers, and hazard lights so they don't have to search for them in a hurry.
- **Limit passengers.** Ideally, your child should drive alone or only with you, without any friends to distract him or her. That may be impossible, but they shouldn't cram a vehicle full of people who'll disrupt their attention to the road.
- **Don't drink and drive.** Yes, teenagers get their hands on alcohol and drugs. Have a serious talk about the dangers of drinking and driving. Assure them that if necessary you'll come pick them up rather than have them drive home under the influence.
- **Use seat belts.** Seat belts reduce the risk of serious or fatal injury significantly if you're in an accident. Make sure your kids wear seat belts whenever they're in the car.
- **Rest is essential.** You don't want your teen driving while drowsy. Emphasize that they shouldn't be driving late at night, and that they get enough sleep at home so they're able to stay alert.
- **Restrict cell phones.** No one at any age should be talking on the phone while driving a car. Remind teens to keep their phones in their pockets until the car is safely stopped.

Make healthy eating a family strategy

Eating healthy as a family doesn't have to be a never-ending struggle. Instead of arguing, or letting anyone go hungry, follow these commonsense tips from the Healthline website:

- **Don't try to be perfect.** Remember that every day is different and new. You don't have to prepare completely healthy meals all day, every day. Be realistic with yourself and your family instead of obsessing over impossible goals.
- **Don't prohibit certain foods.** If you try to stop your kids from eating any cookies at all, they'll rebel. (The same goes for your partner, probably.) Focus on sensible portions for snacks and treats so no one is tempted to cheat behind your back.
- **Focus on wellness, not weight.** With children, meals should be about learning healthy eating habits, not worrying about weight. Even adults can overdo it with diets. Instead of constantly counting calories, emphasize the benefits of eating good food in reasonable portions.
- **Plan simple meals.** Don't try out a complicated new recipe after a busy workday. Plan meals without any excessive preparation or cleanup. Sandwiches and veggies can make a nutritious, filling meal that won't put you under any pressure.
- **Eat together.** You can manage consumption better if you eat every night as a family. That way you can watch how much people are eating and suggest alternatives before they eat that third helping.





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

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

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



The truth about catfish

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

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

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

Need something to read? Try these bestsellers

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

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

Quotes

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

—Oscar Wilde



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

A Caregiver's Guide to Meal Prep

If you are caring for a loved one at home or if you are working as a caregiver for someone, here are some helpful and important tips to prepare meals for that special person you are taking care of. First thing is to find out if the person you are caring for is on any special diet restrictions or if they have any food allergies, intolerances or if they are on any texture limitations. Don't forget about liquid thickness needs. People with some forms of dysphagia, or swallowing difficulties, need thicker liquids than regular thin liquids. Equally important is to find out if that person has any strong food aversions or dislikes. The person may not be able to fully communicate their likes and dislikes so it's helpful to ask someone close to them.

Variety is a good way to hit a multitude of nutrients that people need for body functions. It's also a good way to find out what that person likes and dislikes. Someone may not like yogurt, for example but maybe a different flavor yogurt will be more tolerable. Variety in texture is also something to consider. Soft foods may be okay or even necessary but overly blended or pureed foods may not be enjoyable. Food temperature is also something that should be well thought out. Very hot foods can be dangerous and unpleasant as well as foods that are served too cold. If someone is not eating well, it may not be that they are not hungry but instead it could be that they aren't getting foods they like or at a temperature or texture they prefer.

Start the day with a good breakfast. Include a source of protein, a starch and a fruit. This balance can offer good nutrition as well as fuel and a pleasurable taste profile. Breakfast ideas:

- 1 egg, scrambled
- 1 waffle with fresh blueberries on top
- 1/2 cup peach yogurt
- 1/2 cup oatmeal with fresh strawberries

- 1 English muffin with peanut butter
- Fruit cocktail
- 1 fried egg
- 1 slice of whole wheat toast
- Watermelon

For lunch and dinner, follow the same meal components but add in a variety of vegetables that can either replace the fruit or be in addition to a fruit. Fruit and vegetable juices are a great way to get in good nutrition as well.

Lunch/Dinner ideas:

- Grilled chicken
- Pasta salad
- Zucchini
- Pasta with tomato & meat sauce
- Sliced peaches
- Tuna fish sandwich on whole wheat bread
- Side salad
- Applesauce
- Beef and vegetable stew
- Dinner roll
- Raspberries

For better intake success, some people need help feeding themselves. Some people just need help with the cutting of their foods. Many people have a better meal intake if they are offered finger foods. Spending time asking questions and observing mealtime behaviors will provide a lot of information that will be helpful for a caregiver. One such observation that could be very telling is portion size. While three meals a day is more typical, some people have a better daily food intake if their meals are spread out into four to six smaller meals instead. A large plate full of food can often be overwhelming.

Food, of course, provides sustenance and nutrition but beneath it all, it can also bring enjoyment especially in a social setting. Familiar flavors can spark fond memories and gather families together. When providing food for someone you are caring for, remember just how powerful food can be, for the body and the spirit.

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.



All the Good Stuff Trail Mix

Makes 12 servings

Ingredients:

- 1 cup walnut pieces
- 1 cup almonds

Directions:

Toss all ingredients in a large bowl and serve. Store leftovers in a sealed container.

- 1 cup cashews
- 1 cup peanuts
- 1 cup yogurt-covered raisins
- 1 cup chocolate candies



Orange Popsicles

Makes 4 servings

Ingredients:

- 3 cups diced mixed fruit of choice (such as strawberries, kiwi, or blueberries)
- Orange juice

Directions:

1. Divide fruit equally into four medium plastic drinking cups.
2. Fill each drinking cup with orange juice, allowing about one inch at the top.
3. Place a Popsicle stick in the center of each cup.
4. Freeze overnight or until firm.
5. For serving, allow popsicles to thaw for a couple of minutes before removing from the cups.



Peach Lemonade Perfection

Makes 6-8 servings

Ingredients:

4 medium peaches, pitted and sliced in half

- 1 tablespoon sugar
- 1 dash ground cinnamon
- 4 cups prepared lemonade

Directions:

1. Preheat oven to 400°F.
2. Place peach halves on a baking sheet with the skin side facing down. Sprinkle peaches with sugar and cinnamon.
3. Roast for 25 minutes. Allow to cool just enough to touch and remove the skins of the peaches.
4. Place peaches and 2 cups lemonade in a blender and puree until smooth.
5. Pour mixture into a pitcher and stir in the remaining lemonade.
6. Cover and chill until ready to serve.

EASY EATS

Watermelon Kiwi Smoothie

Makes 2 servings

Ingredients:

- 2 cups seedless watermelon chunks
- 2 kiwis, peeled and chopped
- 2 cups vanilla yogurt
- 1 cup ice
- Sprigs of fresh mint for garnish wedges to top

Directions:

1. Place all of the ingredients in a blender and puree until smooth.
2. Pour into 2 glasses and garnish with a sprig of fresh mint.



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

Craft Foam Visors

Trace and cut the provided pattern out of craft foam to make a visor. Decorate it to look like a slice of watermelon, or keep it simple using craft foam colors of your choice and a marker for your name. Add an elastic band to keep it on your head.

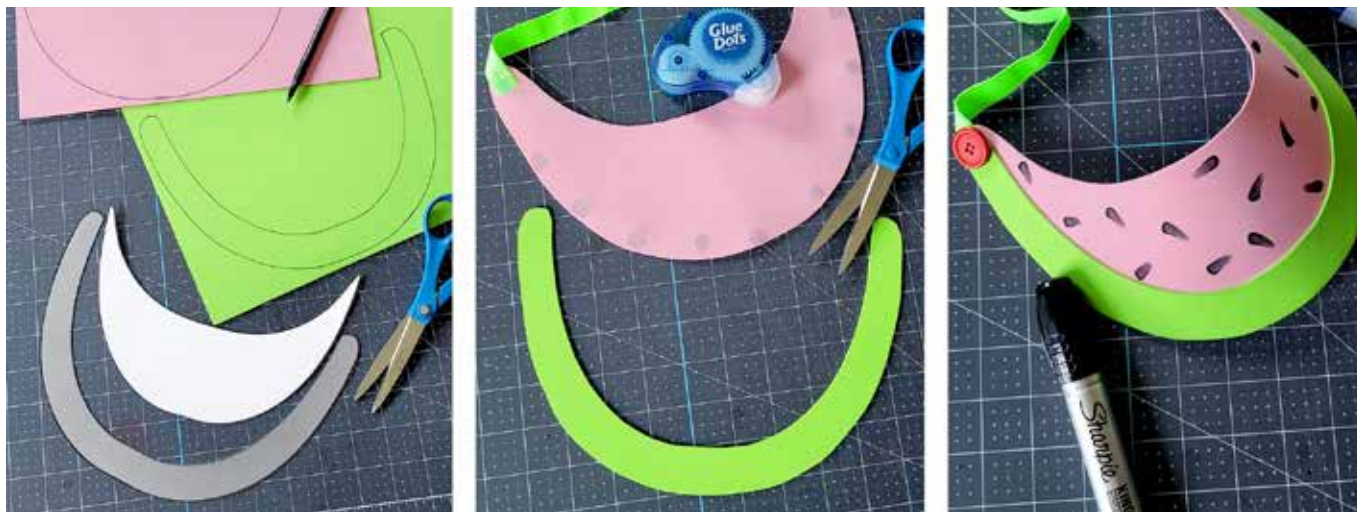
To make one visor, you will need:

- Visor pattern printed on card stock
- 5/8"-wide elastic band in color of choice (12" long)
- Two 9" X 12" sheets of craft foam in 2 different colors of choice (select pink and green to make a watermelon visor)
- 2 matching buttons in color of choice (1/2" or larger)
- Pen and jumbo black permanent marker
- Glue Dots (permanent tack) and scissors

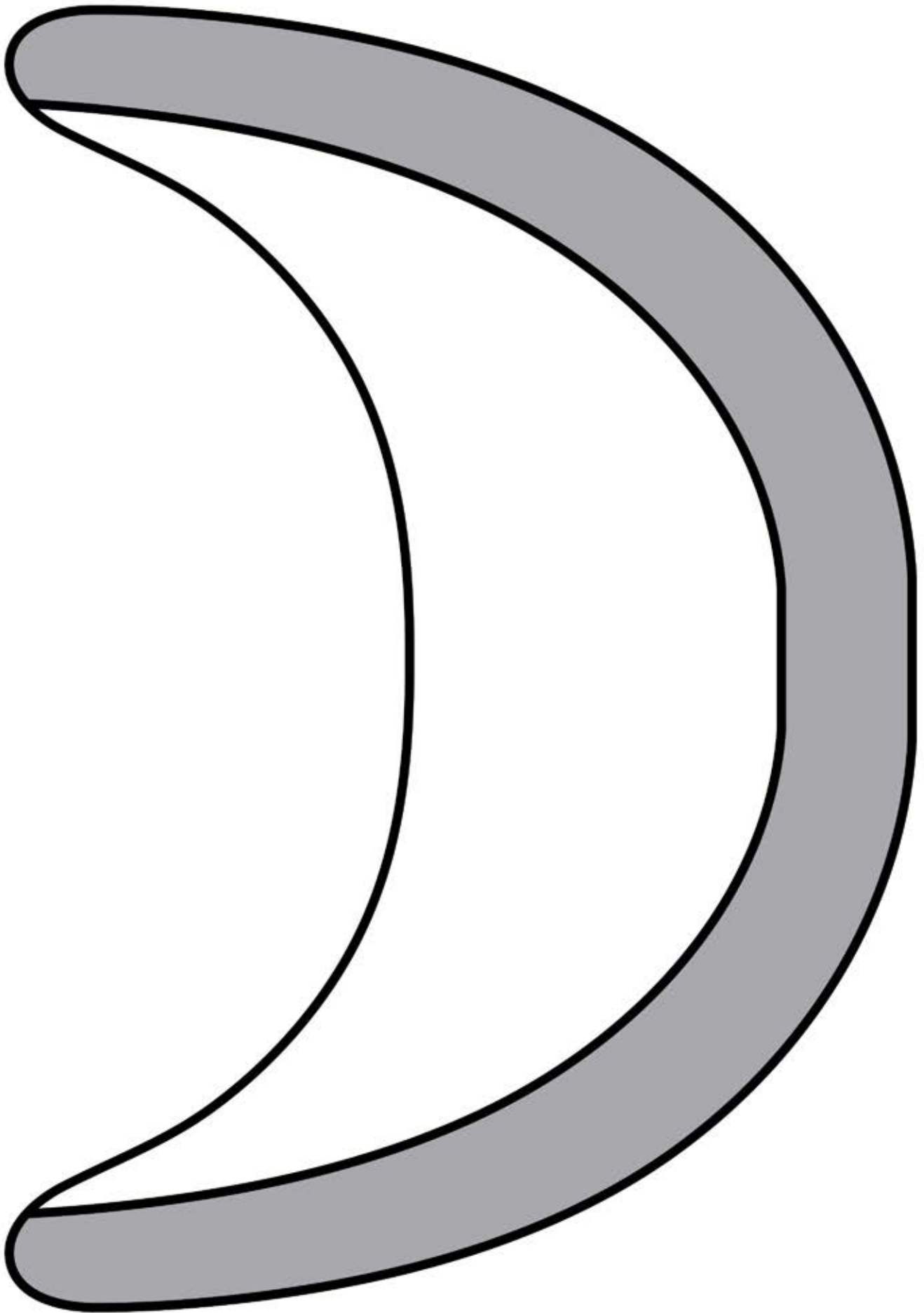


Directions:

1. To make a watermelon visor, cut out the pattern following the black outline. Trace the pattern onto pink craft foam using a pen.



2. Cut out the gray portion of the visor pattern following the black outline. Trace the gray U-shape onto green craft foam.
3. Cut the traced shapes out of the craft foam. Use Glue Dots to attach the ends of the elastic band to the pink visor as shown on the previous page.
4. Add Glue Dots to the front edge of the visor, spacing them about 2" apart. Also, add a Glue Dot on top of each end of the elastic band.
5. Place the U-shaped green "watermelon rind" on the front edge of the visor, pressing the rind onto the Glue Dots.
6. Use Glue Dots to attach the buttons to the visor as shown. Then add watermelon seeds using the black permanent marker. Your visor is now ready to wear.



Paper Palm Leaf Fan

Create a *FUN*ctional hand fan using the provided palm leaf pattern. Add 2 craft sticks to make a handle, wrapping twine to attach them to the “palm leaf.”

To make one fan, you will need:

- 2 sheets of the palm leaf pattern printed on green card stock or bright color of choice
- 2 jumbo craft sticks (6" X 3/4")
- 48" strand of twine
- Rubber band
- Glue stick
- Scissors

Directions:

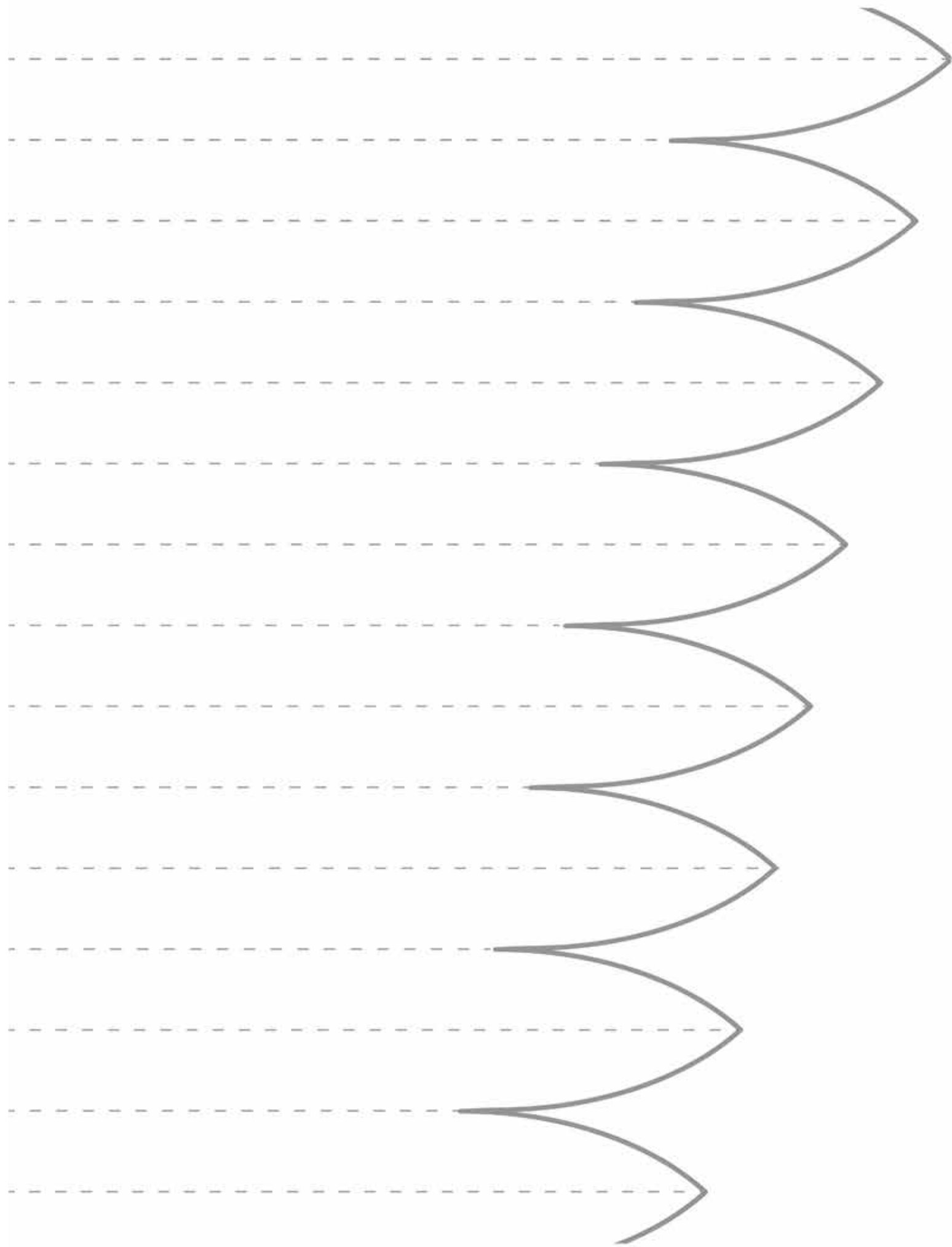
1. Cut out the palm leaf pattern on both copies of the pattern, following the solid gray outline.



2. Turn one of the leaf patterns over (printed side face down). Then overlap the tallest sections and glue them together as shown in the first photo above.
3. Accordion fold the project, creasing the folds along the dashed lines.
4. Pinch the flat edge together. Using a little glue stick, attach and sandwich the pinched end between the top 1" portion of the craft sticks. Hold the sticks together with a rubber band as shown on the previous page.
5. Wrap twine around the top of the craft sticks to secure the handles in place while hiding the rubber band. Tie the ends of the twine with a knot.
6. Expand the accordion folds to open the palm leaf. Your hand fan is ready to use!

- Sell “tropical” hand fans at a craft fair any time of the year.
- Arrange colorful palm leaf fans in a vase to make a centerpiece or ledge decoration.





Cupcake Liner Lei

Make a long-lasting lei of cupcake liners and plastic straws. For an added touch, thread festive beads onto the Hawaiian lei.

To make one lei, you will need:

- 40 cupcake liners in assorted colors
- 3 plastic straws cut into 1" sections (colors of choice)
- String (36" long)
- Glue stick and scissors
- (Optional) 1/4" to 1/2" beads



Directions:

1. Flatten 2 cupcake liners. With the colored side facing out, glue them together. Repeat to make a total of 20 disks.
2. To make a flower, fold a disk in half. Fold it in half again, and then in half again for a third time.
3. Keeping the disk folded, cut a curvy wedge shape out of the center as shown. Snip a teeny bit off the pointed end to make the center hole.
4. Unfold the disk to reveal the flower. Repeat steps 2-4 to make a total of 20 flowers.
5. Thread the flowers, straws, and beads (if using them) onto the string, leaving 2" on each end bare. Tie the ends together to complete your lei.

Tips:

- Use an embroidery needle to help feed the string through the flowers, straws, and beads.
- Use leftover supplies from last month's Plastic Straw Coasters craft and Cupcake Liner Fireworks decoration



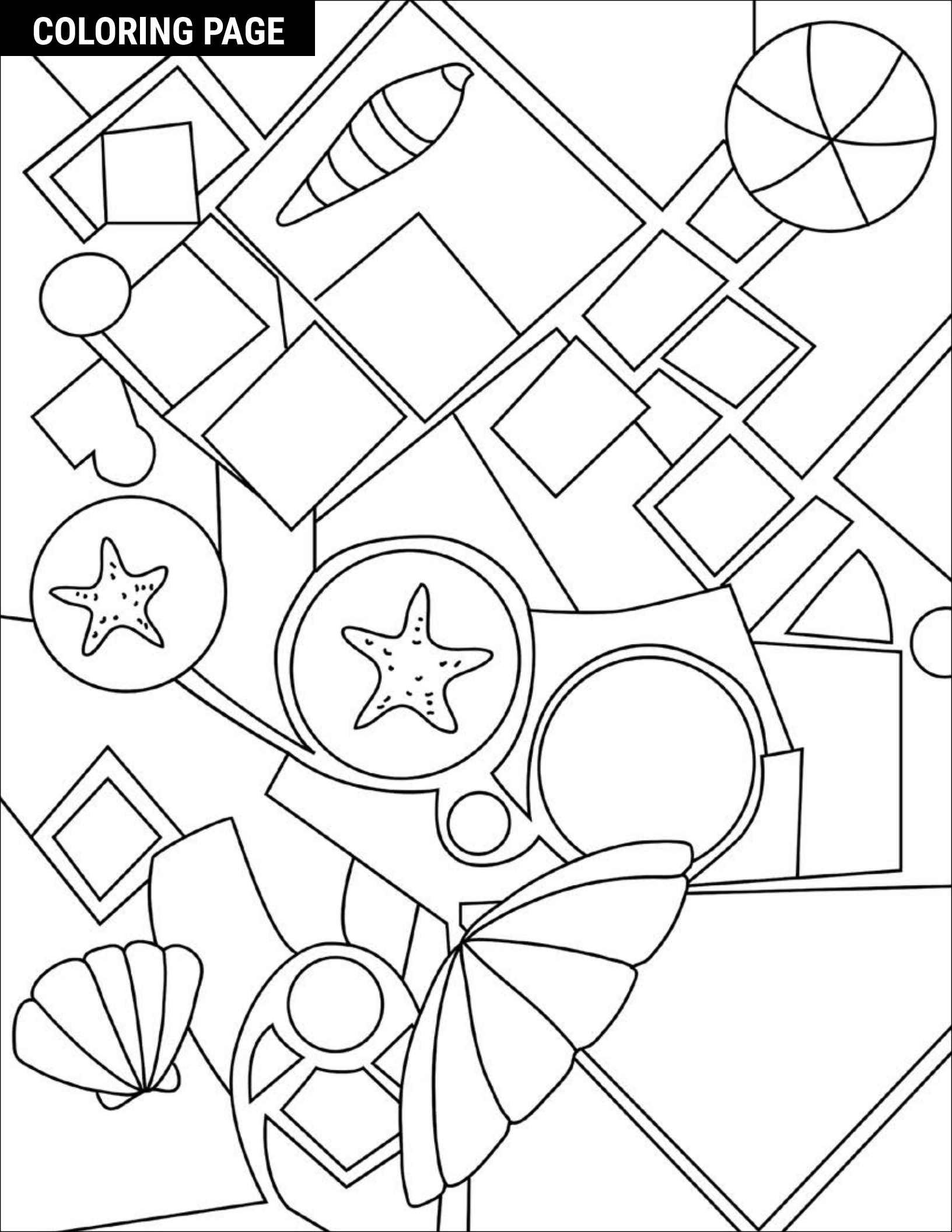
COLORING PAGE



COLORING PAGE

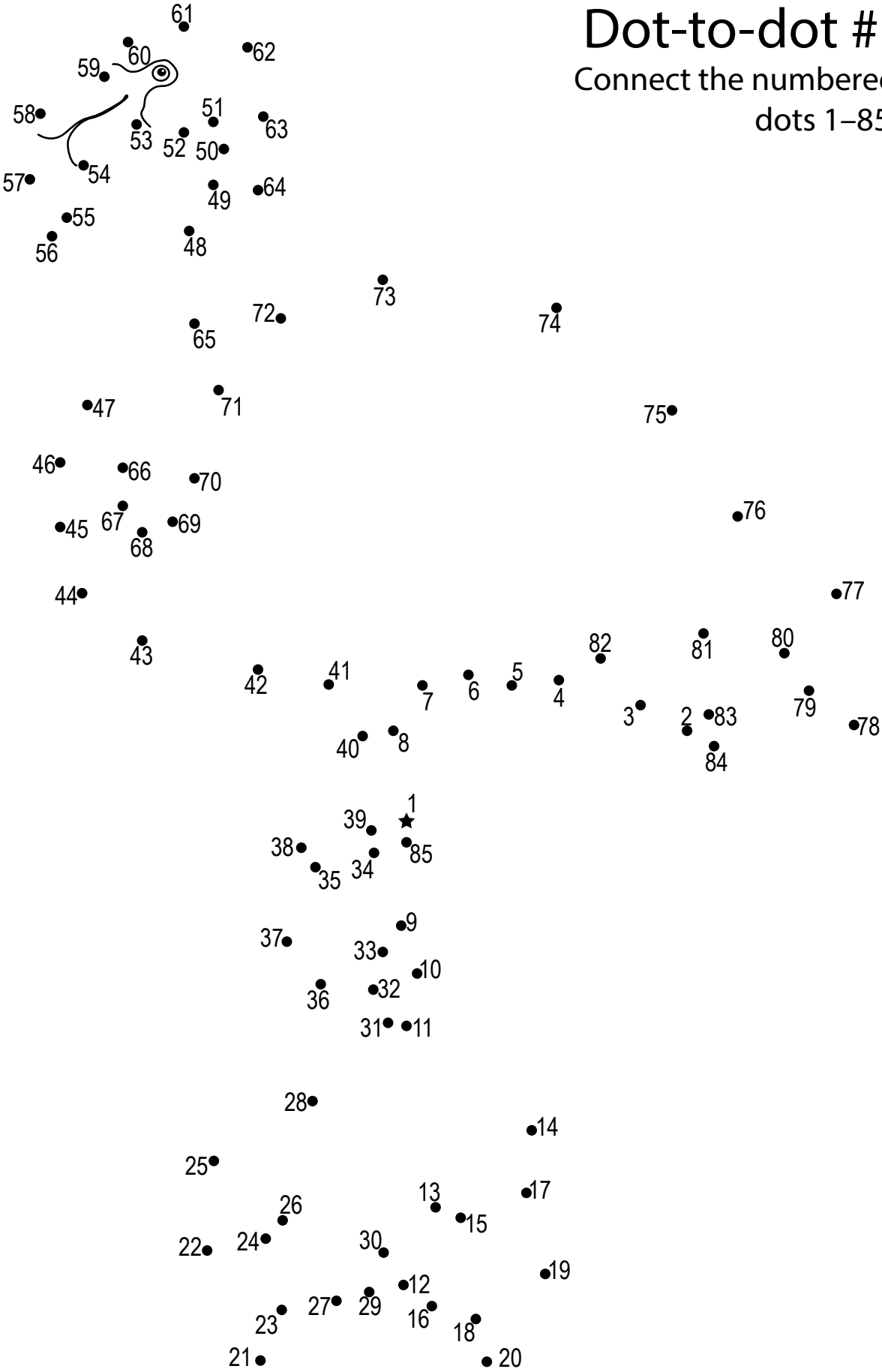


COLORING PAGE



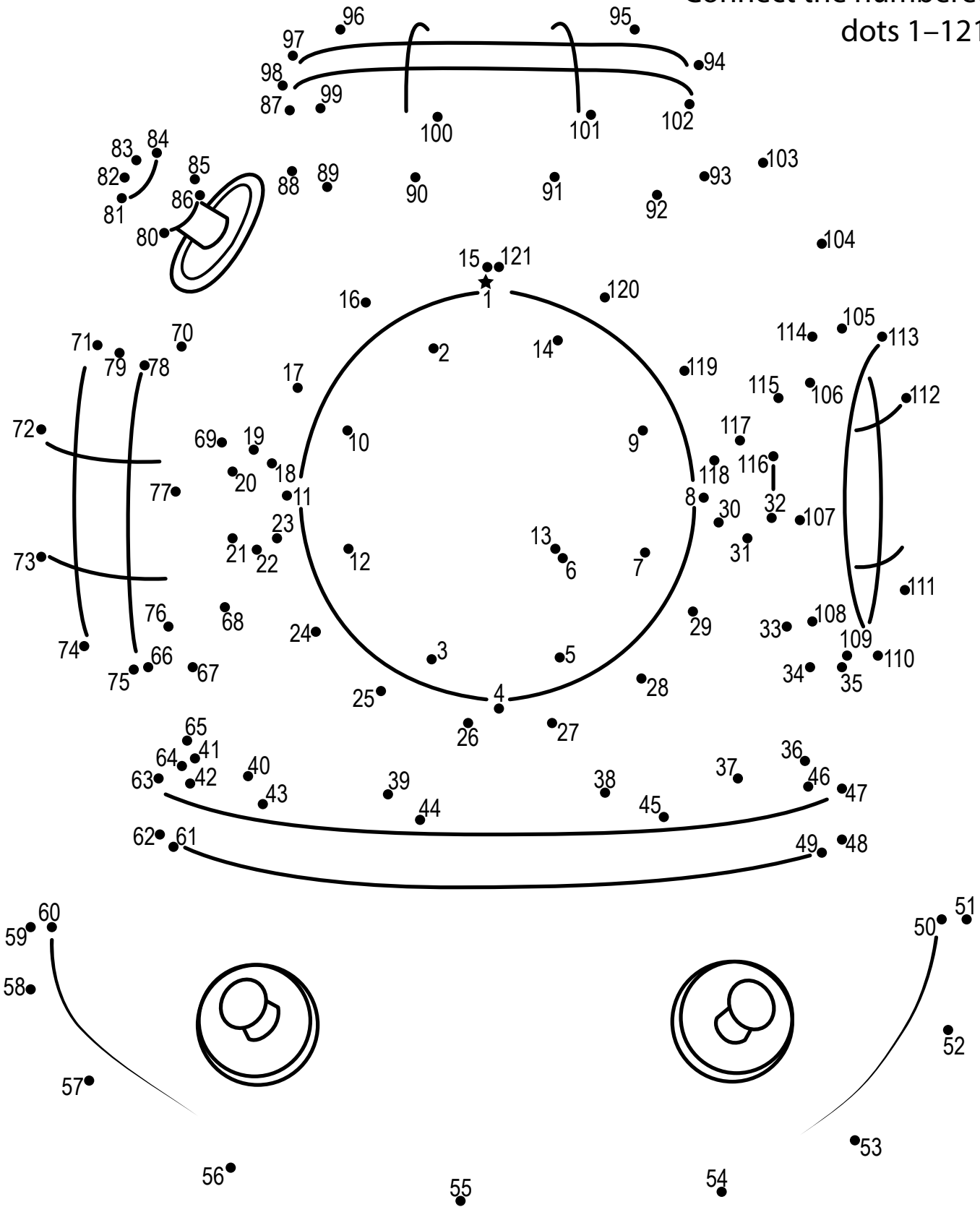
Dot-to-dot #1

Connect the numbered dots 1–85.



Dot-to-dot #2

Connect the numbered dots 1-121.



Searching for August

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



BACKYARD

ICED TEA

SHADE

BONFIRE

KAYAK

STURGEON MOON

FISHING

LEO

SUNGLASSES

GOLF

PARK

SUNSET

HAMMOCK

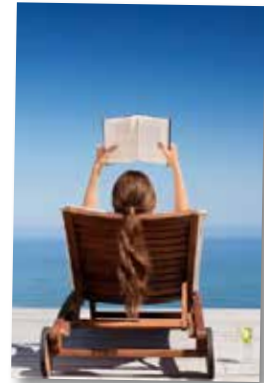
POOL

VACATION

ICE CREAM

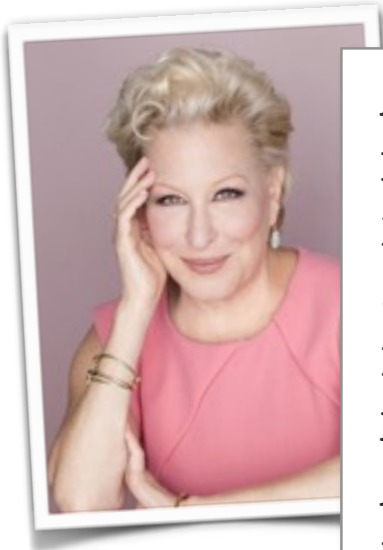
READING

VIRGO



Bette Midler

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



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

ACTRESS

BIG BUSINESS

DIVINE MISS M

DOWN AND OUT IN
BEVERLY HILLS

FIRST WIVES CLUB

FOR THE **BOYS**

HOCUS POCUS

PARENTAL GUIDANCE

THE ROSE

RUTHLESS PEOPLE

SINGER

STELLA

THE **STEPFORD WIVES**

"THE WIND **BENEATH**
MY WINGS"

Veggie Garden Detective



Veggie Garden Detective

Search for the items in bold.

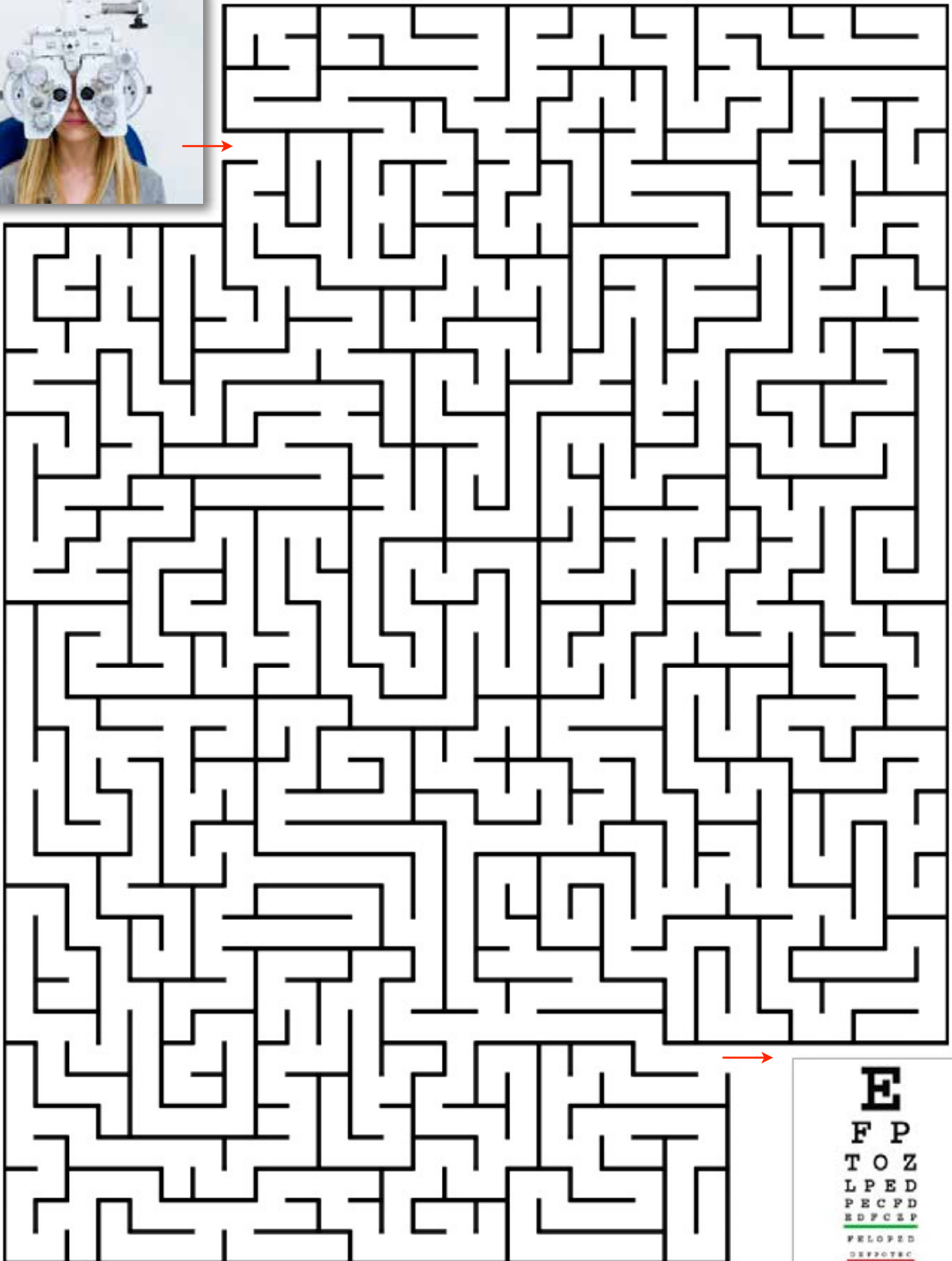
Eat your veggies instead of carbs and meat, those in the know have pleaded.
And now that I'm older and more aware of my health, it's advice I have heeded.
It was the push I needed to buy a nifty **trowel** and establish my first garden patch
To grow a **green pepper**, **4 zucchinis**, and lima beans and corn for succotash.

Then perhaps **3 radishes**, a **red pepper**, and **4 green onions** I'll include in time,
With sprigs of **sage** and **rosemary** that, along with parsley and thyme, are part of a rhyme.
With my **roll of string**, **hose nozzle**, and **basket**, I patrol my vegetable patch;
Armed with my trusty **scissors**, I search for plant destroyers, none of which I catch.

I never knew gardens were so fraught with danger from four-legged critters and such—
Veggie eaters like bunnies, deer, insects, birds, and moles—they're all way too much!
If I manage to salvage much from my garden this year, it'll be a miracle for sure.
Though multiplying at an alarming rate, I do seem to have huge zucchinis galore.

I'm veggie'd out after using my **grater** to make **3 loaf pans** of zucchini bread.
With my **cast iron skillet**, **cutting board**, **2 knives**, and **saltshaker**, I go non-healthy instead.
Lettuce and **5 tomatoes** with **bacon** and mayo make BLT sandwiches so yummy...
I promise I'll eat just vegetables tomorrow, but today I have one very happy tummy.

A-Mazing Eye Exam



Dog Days of Summer

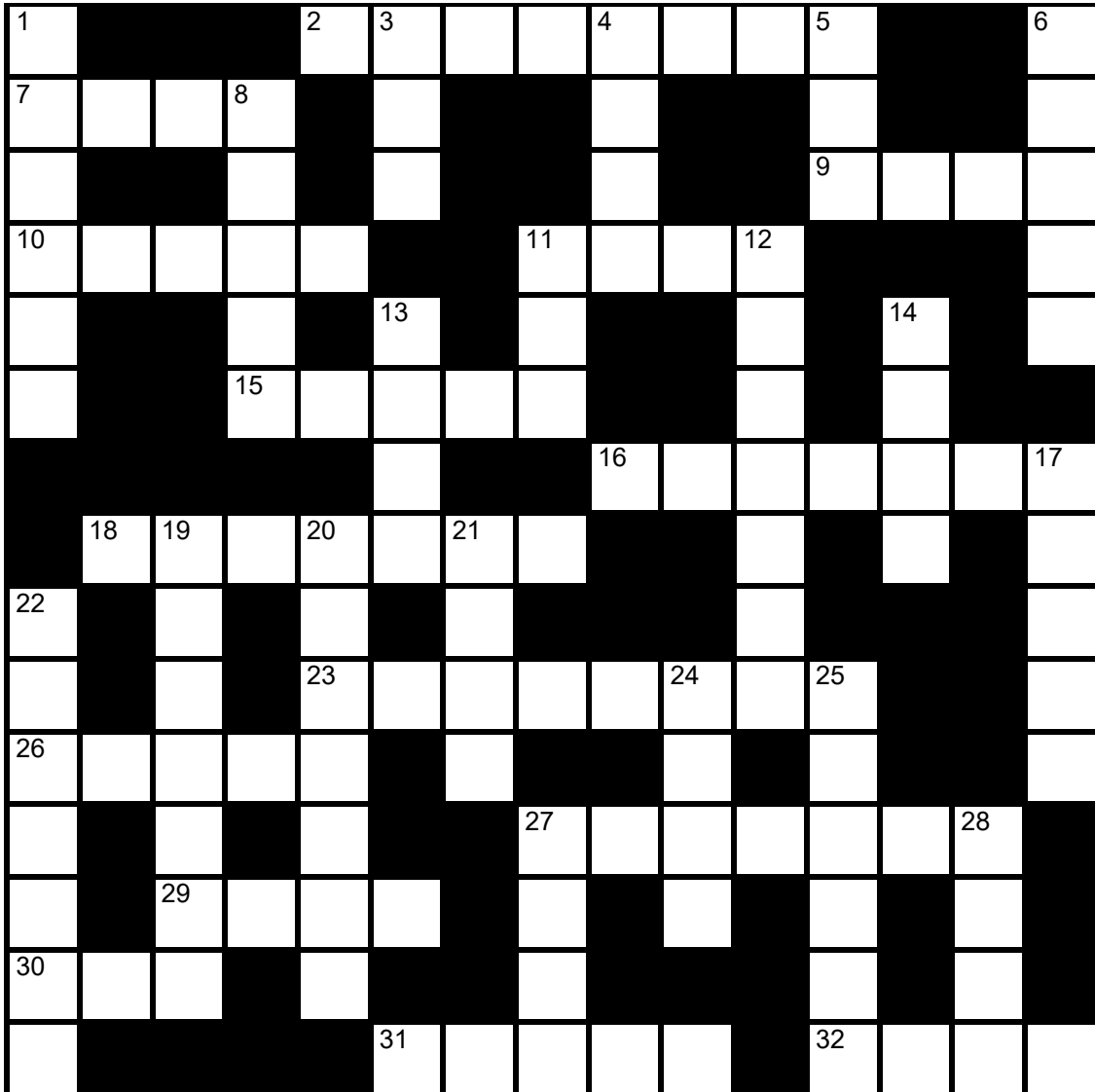
Match the clues to the words associated with the dog days of summer.

- | | |
|-------------------------------------|---------------------|
| 1. Oscillating or hand device _____ | A. shorts |
| 2. Place to do a backstroke _____ | B. tank top |
| 3. Frozen treat on a stick _____ | C. watermelon |
| 4. Bermuda wear _____ | D. lemonade |
| 5. Sandy area _____ | E. bikini |
| 6. Milkshake ingredient _____ | F. fan |
| 7. "Central" indoor cooler _____ | G. sweltering |
| 8. Hot and damp _____ | H. humid |
| 9. Drink from a stand _____ | I. swimming pool |
| 10. Sailing for pleasure _____ | J. river |
| 11. Sleeveless summer shirt _____ | K. popsicle |
| 12. Picnic fruit _____ | L. ice cream |
| 13. Large stream _____ | M. flip-flops |
| 14. Informal footwear _____ | N. air conditioning |
| 15. Lawn-watering device _____ | O. sprinkler |
| 16. Outdoor nap site _____ | P. beach |
| 17. Uncomfortably hot _____ | Q. boating |
| 18. Two-piece bathing suit _____ | R. hammock |



Crossword #32

Use the clues to fill in the crossword.



ACROSS

2. Large, leaping marsupial
7. Sudden urge, on a _____
9. Bathe in the sunlight
10. Male crown wearers
11. The usual subject in a sentence
15. Fastener on purse
16. Flaw or pimple
18. Travel downward
23. Cosmologist's study
26. Energy from the sun
27. Small, rounded stones
29. Jittery
30. Reel's partner
31. Leg bone
32. The Great Barrier _____, near Australia

DOWN

1. Rise and shine
3. Back of the boat
4. Voice below soprano
5. Sphere
6. Jester in a pack of cards
8. Supernatural power
11. 40 winks
12. Unbeatable foe
13. Cary Grant movie: Arsenic and Old _____
14. Surprise exam, pop _____
17. Large and bulky
19. Praised, glorified, or honored
20. Cowardly Lion wishes for this
21. It's hammered into wood

22. Word after grand or hand
24. Deep-crimson gem
25. French cream-filled pastry
27. The part of your hand read by fortune tellers
28. Wise person who learned from experience



Famous August Birthdays

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

- A. Loni **ANDERSON**
- B. Count **BASIE**
- C. Warren **BUFFETT**
- D. Wilt **CHAMBERLAIN**
- E. Coco **CHANEL**
- F. Roger **CLEMENS**
- G. Alfred **HITCHCOCK**
- H. Dustin **HOFFMAN**
- I. Hulk **HOGAN**
- J. Whitney **HOUSTON**
- K. Herman **MELVILLE**
- L. Al **ROKER**

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

Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|---------------------------|
| 1. Singer/actress ____ | 7. Director ____ |
| 2. TV meteorologist ____ | 8. Baseball pitcher ____ |
| 3. Businessman/investor ____ | 9. WWF wrestler ____ |
| 4. Novelist ____ | 10. Fashion designer ____ |
| 5. Actor ____ | 11. Actress ____ |
| 6. NBA basketball player ____ | 12. Jazz musician ____ |

Mixed-Up at the Lighthouse

Unscramble the letters to reveal words associated with lighthouses.

1. LIVBTIIYIS _____
2. NECBOA _____
3. NIANGWR _____
4. ROHRBA _____
5. EHETRAW _____
6. GSASELLU _____
7. PLARIS RSTSAI _____
8. OOLKBOG _____
9. VNAIETAG _____
10. GLASIN _____
11. ICITORSH _____
12. ANKRAMDL _____
13. HOORNGF _____
14. OSTAC UADGR _____
15. LETANRN _____
16. WAHLE LIO _____
17. SOYNMAR _____
18. SOHTGEULIH
EKEPRE _____



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

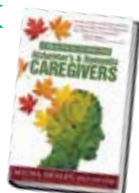
Worcester's Premier Senior Residential Care Facility



- 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



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



(508) 853-8180 • 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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August 2024</h1> <h2>Oasis at Dodge Park</h2>				9:30 Welcome August! 10:00 Olympic Highlights 10:30 Exercise with Paula 1:30 Make a sandcastle 2:15 Live Entertainment with Sandy R. 3:30 Beach Jokes 7:00 Gilligans Island	1 9:30 Olympic Highlights 10:00 Finish the Phrases about summer 10:30 Exercise with Paula 2:15 Live Entertainment with Sean F. 3:30 Olympic Trivia 7:00 Movie-Cast Away	2 National Watermelon Day 9:30 Olympic Highlights 10:00 Brain Games 10:45 Exercise with Paula 2:15 Live Entertainment with Doug U. 3:30 Watermelon Social Summertime Sing-along 7:00 Featured Presentation-The Parent Trap
9:30 Olympic Highlights 10:00 Catholic Mass 10:45 Exercise with Paula 2:15 Live Entertainment with Bill M. 3:30 Fishing 7:00 Sports Highlights	4 9:30 Olympic Highlights 10:00 Let's Write a Story 10:30 Exercise with Joe Fish 1:30 Cornhole Tournament 2:15 Make a Parrot Craft 3:30 Card Sharks Club 7:00 The Tonight Show	5 9:30 Olympic Highlights 10:00 Star Of The Month-Bette Midler 10:30 Exercise with Paula S. 11:30 Art Expressions w/ Bea 2:15 Live Entertainment w/ Jodie 3:30 Unscramble the Summer Words 7:00 MusicalMamaMia	6 National Lighthouse Day 9:30 Olympic Highlights 10:00 Virtual Lighthouse Tour 10:30 Exercise with Joe Fish 11:30 Seasonal Sensory 2:15 Live Entertainment with Lenny Z. 3:30 Short Stories 7:00 Concert/Barb Streisand	7 9:30 Olympic Highlights 10:00 Whiteboard Categories 10:30 Exercise with Paula 1:30 Baking Class 2:15 Live Entertainment w/ Heather R. 7:00 Movie- Indiana Jones & the Temple of Doom	8 9:30 Olympic Highlights 10:00 Picture a Word 10:30 Exercise with Paula 2:15 Live Entertainment with Sean F. 3:30 Tabletop Shuffleboard 7:00 Movie-Mary Poppins	9 9:30 Olympic Highlights 10:00 Who sang it? 10:45 Exercise with Paula 2:15 Live Entertainment with Paul B. 3:30 Men's Group Meet-up Reminisce 7:00 Show-Monty Pythons Flving Circus
9:30 Olympic Ceremonies 10:00 Catholic Mass 10:45 Exercise with Paula 2:15 Live Entertainment with Dave M. 3:30 Noodle Hockey Manicure Station 7:00 Western Movie-The Quick & the Dead	11 9:30 Daily Chronicle 10:00 Photo Opportunity 10:30 Exercise with Joe Fish 1:30 Name that Tune 2:15 Live Entertainment with Sean F. 3:30 Card Sharks Club 7:00 I Love Lucy	12 Nat. Vinyl Record Day 9:30 Daily Chronicle 10:00 Hawaii Trivia 10:30 Exercise with Paula S. 11:30 Art Expressions w/ Bea 2:15 Live Entertainment with Bill M. 3:30 What am I? 7:00 Gameshow Password	13 9:30 Daily Chronicle 10:00 Move to the Hukilau Song 10:30 Exercise with Joe Fish 2:15 Live Entertainment with Sean F. 3:30 Find a seashell 7:00 Andy Griffith Show	14 9:30 Daily Chronicle 10:00 History of the Lei 10:30 Exercise with Paula 1:30 Resident Council with Doug U. 3:30 Left or Right? 7:00 Movie Musical-Into the Woods	15 9:30 Daily Chronicle 10:00 The Music of Don Ho 10:30 Yoga Class 2:15 Live Entertainment with Sean F. 3:30 Beach Scattergories 7:00 Movie-Field of Dreams	16 9:30 Daily Chronicle 10:00 Summer Crosswords 10:45 Chair Exercises 2:15 Live Entertainment with Sandy R. 3:30 Men's Group Meet-up Bowling 7:00 The Dick Van Dyke Show
9:30 Daily Chronicle 10:00 Catholic Mass 10:45 Exercise Together! 2:15 Live Entertainment with Greg P. 3:30 Noodle Hockey Manicure Station 7:00 Classic TV-The Golden Girls	18 9:30 Daily Chronicle 10:00 Let's Write a Story 10:30 Exercise with Joe Fish 1:30 Cornhole Tournament 2:15 Live Entertainment with Sean F. 3:30 Card Sharks Club 7:00 Classic TV-The Tonight Show	19 National Radio Day 9:30 Daily Chronicle 10:00 Famous Radio Greats 10:30 Exercise with Paula 11:30 Art Expressions w/ Bea 2:15 Live Entertainment with Sandy R. 3:30 Twenty Questions 7:00 Game Show-Deal or no Deal	20 9:30 Daily Chronicle 10:00 "How To" DIY Class 10:30 Exercise with Joe Fish 11:30 Seasonal Sensory 2:15 August Birthday Party with Sean F. 3:30 Octoband Stretch 7:00 Movie-Pirates of the Caribbean	21 9:30 Daily Chronicle 10:00 Whiteboard Categories 10:30 Exercise with Paula 1:30 Snack Pass Preppers Oasis Book Club 2:15 Live Entertainment with Tom G. 7:00 Musical-West Side Story they Fall	22 9:30 Daily Chronicle 10:00 Finish the Phrases 10:30 Exercise with Paula 2:15 Live Entertainment with Sandy R. 3:30 Walk, Roll, or Ride Favorite Board Games 7:00 Western-The Harder they Fall	23 9:30 Daily Chronicle 10:00 Brain Games 10:45 Exercise with Paula 2:15 Live Entertainment with Greg P. 3:30 Men's Group Meet-up Summertime Sing-along 7:00 Movie-Matilda
9:30 Daily Chronicle 10:00 Catholic Mass 10:45 Exercise with Paula 2:15 Live Entertainment with Bill M. 3:30 Craft-Make a surfboard 7:00 Sports Bloopers	25 9:30 Daily Chronicle 10:00 Navigating the Seas 10:30 Exercise with Joe Fish 1:30 Cornhole Tournament 2:15 Live Entertainment with Sean F. 3:30 What am I? 7:00 Movie-Smokey & the	26 National Peach Day 9:30 Daily Chronicle 10:00 Baking Club(Peach Cobbler) 10:30 Exercise with Paula 11:30 Art Expressions w/ Bea 2:30 Live Entertainment with Sandy R. 3:30 Just Peachy Social	27 9:30 Daily Chronicle 10:00 "How To" DIY Class 2:00 Catholic Mass with Father Rose 2:30 Live Entertainment with Sean F. 3:30 Ride The Wave 7:00 Concert-Dolly Parton	28 9:30 Daily Chronicle 10:00 Whiteboard Categories 10:30 Exercise with Paula 1:30 Short Story- Riding a Bike 2:15 Live Entertainment with Paul B. 7:00 Movie-Mrs.Doubtfire	29 9:30 Daily Chronicle 10:00 What am I? 10:30 Exercise with Paula 2:15 Live Entertainment with Sean F. 3:30 Build a Sandcastle 7:00 The Most Beautiful Beaches	30 9:30 Daily Chronicle 10:00 Family Feud 10:45 Exercise with Paula 2:15 Live Entertainment with Rusty G. 3:30 Men's Group Meet-up Curling Competition 7:00 Movie-Liar Liar

Dodge Park/All programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August 2024</h1> <h2>Dodge Park Rest Home</h2>				10:00 Morning Greetings 10:30 Crafting Studio 11:00 Music Makers 2:30 Live Entertainment w/ Paula S. 3:30 Dodge Park Book Club 4:00 Touring the Countryside 7:00 Campfire Stories	1 10:00 Chair Yoga w/ Bonnie 10:30 Daily Chronicle 11:00 Card Sharks 2:30 Live Entertainment w/ Emma R. 3:30 Walking Group 4:00 Cornhole Toss 7:00 Feature Presentation	2 National Watermelon Day 10:00 Morning Greetings 10:30 Parachute Group 11:00 Summer Sing-along 2:30 Live Entertainment w/ Greg P. 3:30 Watermelon Social 4:00 Finish the Phrase 7:00 National Geographic
10:00 Morning Greetings 10:30 Catholic Mass 11:00 Guided Prayers 2:30 Live Entertainment w/ Paul B. 3:30 Balloon Toss 4:00 Manicure Station 7:00 Family Movie Night	4 10:00 Morning Greetings 10:30 Puzzle Solvers 11:00 Morning Stretches 2:30 Live Entertainment w/ Paula S. 3:30 "How To" DIY Class 4:00 Broadway Sing-along 7:00 Comedy Hour	5 10:00 Congregational Church Art Therapy w/ Bea 11:00 White Board Trivia 2:30 Live Entertainment w/ TBD 3:30 Wheel of Fortune LS 4:00 Patio Chats 7:00 Turner Classic Movies	6 National Lighthouse Day 10:00 Morning Greetings 10:30 Octoband Exercise 11:00 Famous Lighthouses 2:30 Live Entertainment w/ Bill M. 3:30 Simon Says 4:00 Through the Decades LS 7:00 Gameshow Rewind	7 10:00 Morning Greetings 10:30 Crafting Studio 11:00 Music Makers 2:30 Live Entertainment w/ Paula S. 3:30 Dodge Park Book Club 4:00 Touring the Countryside 7:00 Campfire Stories	8 10:00 Chair Yoga w/ Bonnie 10:30 Daily Chronicle 11:00 Card Sharks 2:30 Live Entertainment w/ Jodie R. 3:30 Ice Cream Social 4:00 Cornhole Toss 7:00 Feature Presentation	9 10:00 Morning Greetings 10:30 Parachute Group 11:00 Summer Sing-along 2:30 Live Entertainment w/ Sandy R. 3:30 Bingo Tournament 4:00 Finish the Phrase 7:00 National Geographic
10:00 Morning Greetings 10:30 Catholic Mass 11:00 Guided Prayers 2:30 Live Entertainment w/ Sandy R. 3:30 Balloon Toss 4:00 Manicure Station 7:00 Family Movie Night	11 Nat. Vinyl Record Day 10:00 Morning Greetings 10:30 Photo Opportunity 11:00 Morning Stretches 2:30 Live Entertainment w/ Paula S. 3:30 "How To" DIY Class 4:00 Broadway Sing-along 7:00 Comedy Hour	12 10:00 Congregational Church Art Therapy w/ Bea 11:00 White Board Trivia 2:30 Live Entertainment w/ Sean F. 3:30 Wheel of Fortune LS 4:00 Patio Chats 7:00 Turner Classic Movies	13 10:00 Morning Greetings 10:30 Octoband Exercise 11:00 Men's Group 2:30 Live Entertainment w/ Sandy R. 3:30 Simon Says 4:00 Through the Decades LS 7:00 Gameshow Rewind	14 10:00 Morning Greetings 10:30 Crafting Studio 11:00 Music Makers 2:30 Live Entertainment w/ Bill M. 3:30 Dodge Park Book Club 4:00 Touring the Countryside 7:00 Campfire Stories	15 10:00 Chair Yoga w/ Bonnie 10:30 Daily Chronicle 11:00 Card Sharks 2:30 Live Entertainment w/ Emma R. 3:30 Walking Group 4:00 Cornhole Toss 7:00 Feature Presentation	16 10:00 Morning Greetings 10:30 Parachute Group 11:00 Summer Sing-along 2:30 Live Entertainment w/ Paul B. 3:30 Bingo Tournament 4:00 Finish the Phrase 7:00 National Geographic
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10:00 Morning Greetings 10:30 Catholic Mass 11:00 Guided Prayers 2:30 Live Entertainment w/ Keith S. 3:30 Balloon Toss 4:00 Manicure Station 7:00 Family Movie Night	25 10:00 Morning Greetings 10:30 Puzzle Solvers 11:00 Morning Stretches 2:30 Live Entertainment w/ Paula S. 3:30 "How To" DIY Class 4:00 Broadway sing 7:00 Comedy Hour	26 National Peach Day 10:00 Congregational Church Art Therapy w/ Bea 11:00 White Board Trivia 2:30 Live Entertainment w/ Sean F. 3:30 Just Peachy Social 4:00 Patio Chats 7:00 Turner Classic Movies	27 10:00 Morning Greetings 10:30 Octoband Exercise 11:00 Men's Group 2:30 Live Entertainment w/ Rusty G. 3:30 Simon Says 4:00 Through the Decades LS 7:00 Gameshow Rewind	28 10:00 Morning Greetings 10:30 Crafting Studio 11:00 Music Makers 2:30 Live Entertainment w/ Bill M. 3:30 Dodge Park Book Club 4:00 Touring the Countryside 7:00 Campfire Stories	29 10:00 Chair Yoga w/ Bonnie 10:30 Daily Chronicle 11:00 Card Sharks 2:30 Live Entertainment w/ Heather R. 3:30 Walking Group 4:00 Cornhole Toss 7:00 Feature Presentation	30 10:00 Morning Greetings 10:30 Parachute Group 11:00 Summer Sing-along 2:30 Live Entertainment w/ Sandy R. 3:30 Bingo Tournament 4:00 Finish the Phrase 7:00 National Geographic

Dodge Park Rest Home 101 Randolph Road 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.

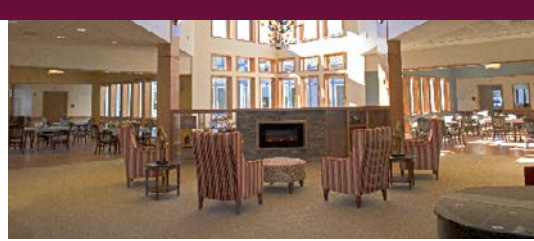
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

**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

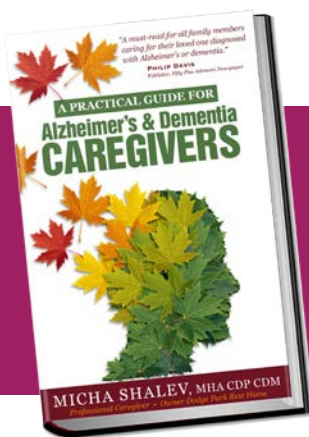
Dodge Park Rest Home and the Oasis at Dodge Park are for seniors who need help with their activities of daily living and want luxury, convenience, and peace of mind that a secure setting can provide. We provide services including the Adult Day Care, Respite Care, Home Care, Alzheimer, Dementia and Memory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



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 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
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Dodge Park



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AUGUST



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31