

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

happy
holidays

*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



Dealing with Agitation and Anxious Behaviors:

1. Step away for a moment and then converse with the resident using calm, positive affirmations.
2. Reassure the resident by slowing yourself down.
3. Add additional light and space if possible.
4. Offer guided choices between two options.
5. Focus on pleasant memories and events.
6. Limit stimulation.
7. Genuinely listen to their frustrations and find out what may be causing the behavior.
8. Provide reassurance using calming phrases.
9. Involve the resident in his/her leisure choices engaging them and diverting attention away from the behavior.
10. Modify the environment. Decrease noise and distractions, or relocate.
11. Find outlets for the resident's energy. They actually may be looking for something to do that you would never have thought to offer.
12. Check yourself. Do not raise your voice, show alarm or offense, or corner, crowd, restrain, criticize, ignore or argue with the resident.
13. Take care not to make sudden movements out of the resident's view.
14. Share your experience with other Recreation/Activity Professionals by joining national/state/local associations, search online support community and message boards, and share what response strategies have worked for you.
15. Most residents function better during a certain time of day; typically mornings are best. Consider the time of day when making appointments or scheduling

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

large social events. Choose a time when you know the resident is most alert and best able to function at his/her best.

16. Take a break. If the resident is in a safe environment and you are able, walk away and take a moment for yourself; breathe!

17. If the resident is unable to calm down, seek assistance from other professionals.

18. Celebrate small successes and occasions.

19. Find ways that each resident can contribute to community life and be sure to recognize his/her contributions.



20. Provide reassurance that the resident is loved, respected and appreciated as part of his/her new family, and not just for what she/he can do now.

21. Reassure the resident that he/she will not be abandoned. There will always be “that resident” who denies that he/she is having any problems with agitation and anxious behaviors, making it that much harder for the Recreation/Activity Professional to know what the individual is truly dealing with each day.

“An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.” ~ Eden Alternative, The Ten Principles, Principle #5 The following “ABC List” offers suggestions to help support the “magic of the season” and encourage residents to feel both included and appreciated and hopefully reduce their anxious/anxiety levels:

*Caroling – there’s nothing better than ushering in the holiday with the beautiful rhythms and melodies of the season.

*Church Events – churches and synagogues are filled with a variety of festive events and happenings during the season.

*Cooking – holiday foods/treats; and don’t forget to include the resident in the distributing process of the goodies to healthcare team members, families and friends.

*Crafts – a special time to “work the hands and minds”.

*Decorating, Gift Wrapping and Lighting – brings new colors and themes throughout the community.

*Event Planning – have the resident feel productive

and full of purpose by making him/her the party organizer! His/her opinion is important. More specific, let the resident delegate tasks to you!

*Friends – it’s easy to neglect friends throughout your life, and the same happens with our residents. Take the time to call some of your residents’ friends and get them together during the holiday season. No one relates better to the elderly than the elderly.

*Shopping – it’s always exciting to get outside “the walls” of the healthcare community and become part of the “holiday crowd”.

*Volunteering – Giving back to others is one of the most important principles of Eden Alternative: “An Elder-centered community create opportunity to give as well as receive care. This is the antidote to helplessness.” ~ Principle #4h

Micha Shalev MHA is the owner of Dodge Park Rest Home at 101 Randolph Road in Worcester. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com.





Employee Holiday Fund

To all our family members, friends and supporters,

It's hard to believe but the 2024 Holiday Season is right around the corner.

As in past years, we've been asked by family members recently about holiday gifts for our staff. While our facilities have a strict policy that prohibits staff members from receiving tips or direct gifts, we do have a way for family members to show their appreciation.

A few years ago, we established our **Employee Holiday Fund**, an easy and equitable way for all our staff members to share in your generosity.

Family members (or friends and supporters) are more than welcome to contribute to the holiday fund. There is no expectation or obligation to contribute. The donations to the fund are distributed to our staff based on the average hours worked, and total number of years employed.

If your loved one resides at **Dodge Park** please issue the check to **Dodge Park Rest Home** and in the memo please indicate **Employee Holiday Fund**. If your loved one resides at the **Oasis at Dodge Park** please issue the check to **Oasis at Dodge Park** and in the memo please indicate **Employees Holiday Fund** as well.

Thank you for your support of our program. And Happy Holidays!

Micha Shalev *Ben Herlinger*



Lock In Your Rate and Monthly Fees Never Increase



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

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

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

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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



Lock In Your Rate and Monthly Fees Never Increase



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

Making a difference in the lives of seniors and their families



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

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

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

Unparalleled Level of Care and Service

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





The owners and staff at Dodge Park Rest Home are the most patient, caring and kind people one would ever like to meet. My mother is a resident at Dodge Park and I can honestly say that from day one, I have had peace of mind. Dodge Park is like home. Should you need a memory care facility for your loved one... Dodge Park and Oasis at Dodge Park should be first on your list to visit! You won't be disappointed.

My Mom has been at Dodge Park for a few years. Every time we visit with her she is so alert, happy and so focused. She has improved so much in the time that she has been there. They keep her busy and active. We love the staff. The staff takes such good care of her and every one. They call me with every little update she has. She is kept clean and we can tell that she is truly happy there. This is the best place for your loved ones.

My search for a facility to care for my mother who has dementia was one that had me visit several places. Some were beautiful, some not so clean and some that had no time for me or my inquiries. Dodge Park Rest Home was a place that made me feel at home the first time I visited. The facility was clean as a whistle, the residents were all involved in a morning activity. Activities such as bingo, word games, exercise, holiday and birthday celebrations take place every day. The staff was so friendly. I knew that this was the place for Mom. She has been a resident almost 6 years now and I can honestly say that I have peace of mind knowing Mom is well cared for by people who truly treat their residents and their families like their own. The food is delicious. The activities go from morning to night. Always something to do. I am so thankful for everything they do for all of us. Dodge Park and Oasis at Dodge Park are too notch!

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30- Daily Chronicle 10:00- Catholic Mass 1:30- Monthly Gazette 2:30- Music w/ Greg Peters 3:30- Xmas Bingo/Name that Holiday Tune 7:00-Movie- Home Alone	9:30- Daily Chronicle 10:00- Holiday Craft 1:30- What am I? 2:30-Exercise w/ Paula Sheehan 3:30- Snowball Throw/Old Fashioned Christmas Recipes 7:00-Movie- Chitty Chitty Bang Bang	9:30-Daily Chronicle 10:00-Chair Exercises 10:30-Caption This 1:30-12 Trivia 2:30- Music w/ Sean F. 3:30- Xmas Scattergories/ Car Racing 7:00-Movie-Meet me in St. Louis	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30-Unscramble the Words 1:30- Holiday Finish the Lines 2:30- Music w/ Sandy R. 3:30- Tabletop Bowling/Travel to the North Pole 7:00-Movie- Holiday Inn	9:30- Daily Chronicle 10:00-Remembering the Sears wish Book 10:30- Gift Giving Detective 1:30- Words from a Word 2:30-Exercise w/ Paula Sheehan 3:30-Ping Pong/Singing Telegrams 7:00-Movie- The Christmas Chronicles	9:30- Daily Chronicle 10:00-Yoga w/ Bonnie 10:30- Art Therapy 1:30- Name 5 2:30- Christmas Sing a Long 3:30- Parachute Fun/Molding w/ Clay 7:00-Movie- A Holiday Affair	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Short Stories/trains of Tuscanmy 1:30- Manicures 2:30- Music w/ Rusty G. 3:30- Christmas Tree Toss/Color another Carol 7:00-Movie- Babes in Toyland	
9:30- Daily Chronicle 10:00- Catholic Mass 1:30- Finishers Word Games 2:30- Music w/ Bill M. 3:30- Conversation Ball/The History of the Christmas Tree 7:00-Movie- The Nutcracker	9:30- Daily Chronicle 10:00- Holiday Craft 1:30- Who am I? 2:30-Exercise w/ Paula Sheehan 3:30-Men's Group/Reminisce about the holidays 7:00- Movie-Prancer	9:30- Daily Chronicle 10:00-Stretch & Strength 10:30-Dec. 12 Trivia 1:30- Holiday Coloring Class 2:30- Music w/ Sean F. 3:30- Balloon Toss/Make a Gingerbread House 7:00-Movie- Polar Express	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Xmas Riddles 1:30- Password 2:30- Music w/ Heather Ralston 3:30- Make a Christmas Tree Craft/Toy Times 7:00-Movie-Scrooged	9:30-Daily Chronicle 10:00- The History of Mistletoe 10:30- Make a Mistletoe 1:30- Opposites 2:30-Exercise w/ Paula Sheehan 3:30-Painting Class/Short Stories (An Old-Fashioned Xmas) 7:00-Movie-Die Hard	9:30- Daily Chronicle 10:00- Yoga w/ Bonnie 10:30- Art Therapy 10:30- Bible Study 1:30- Words from a Word 2:30- Music w/ Jodie R. 3:30- December Birthday Party! 7:00-Movie-Christmas in CT	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30-The Dickens of a Quiz 1:30- Wheel Of Fortune 2:30- Music w/ Dave Mindell 3:30-What's in the Stocking?/Dice Game 7:00-Movie- Elf	
9:30- Daily Chronicle 10:00- Catholic Mass 1:30- Holiday Coloring Class 2:30- Music w/ Paul Belanger 3:30- Christmas A-Z/ Tabletop Shuffleboard 7:00-Movie-Toy Story	9:30- Daily Chronicle 10:00- Holiday Craft 1:30- Odd word out 2:30- Exercise w/ Paula Sheehan 3:30- Pictionary/Decorate Holiday Cookies 7:00-Movie-A Christmas Story *Spirit Week begins! WEAR RED & GREEN DAVE!	9:30-Daily Chronicle 10:00-Chair Exercises 10:30- Spelling Bee 1:30- What am I? 2:30- Music w/ Jim O'Neill 3:30- Left to Right/The Legend of Santa 7:00-Movie- The Santa Clause UGLY XMAS SWEATER DAVE!	9:30- Daily Chronicle 10:00-Stretch & Strength 10:30- Toy Trivia/Holiday Card Making 1:30- Easy Math problems 2:30- Music w/ Arizona Doug 3:30- Christmas Tree Toss/ Put the 12 Days of Christmas in order 7:00-Movie-4 Christmases CHRISTMAS HAT DAVE!	9:30- Daily Chronicle 10:00-Molding w/ Clay/Make a snowflake 1:30- Holiday Jokes 2:30-Exercise w/ Paula Sheehan 3:30- Parachute Fun/Paint an Ornament 7:00-Movie- Jingle All The Way WEAR YOUR XMAS PJS!	9:30- Daily Chronicle 10:00- Yoga w/ Bonnie 10:30- Art Therapy 1:30- New Years Coloring 2:30- Music w/ Heather R. 3:30- Winter Pictionary/Golf Putting 7:00-Movie-The Poseidon Adventure DRESS AS YOUR FAVORITE CHRISTMAS CHARACTER!	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Winter Trivia/Manicures 1:30- Boggle 2:30- Music w/ Sandy R. 3:30- Snowball Throw/All about Hanukkah 7:00-Movie-Christmas w/ the Kranks Winter Begins	
9:30- Daily Chronicle 10:00- Catholic Mass 1:30- Finish the Phrase 2:30- Music w/ Sandy R. 3:30- How to light a Menorah/Color a Menorah 7:00-Classic Holiday TV- Frosty the Snowman/ Rudolph the red nosed Reindeer	9:30- Daily Chronicle 10:00- 20 Questions 1:30-Mad Libs 2:30-Exercise w/ Paula Sheehan 3:30- 25 Best Winter Wonderlands/Balloon Toss 7:00-Movie-It's a Wonderful Life	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30- What Holiday Movie was it? 1:30- Charades 2:30- Music w/ Sean F. 3:30- Make an Elf/Snowman/Reindeer 7:00-Movie-How the Grinch Stole Christmas	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Christmas Sing a Long 2:30- Music w/ White Christmas 3:30- Hot Cocoa & Christmas Sing a Long 7:00-Movie- A Christmas Carol Merry Christmas!!!! Hanukkah Begins Christmas	9:30- Daily Chronicle 10:00-All about Boxing Day 1:30- Unscramble the Words 2:30-Exercise w/ Paula Sheehan 3:30- What is Kwanzaa/Creative Craft 7:00-Movie-The Chronicles of Narnia Boxing Day (Canada) Kwanzaa	9:30- Daily Chronicle 10:00- Yoga w/ Bonnie 10:30- Art Therapy 1:30- New Years Coloring 2:30- Music w/ Heather R. 3:30- Winter Pictionary/Golf Putting 7:00-Movie-The Poseidon Adventure	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30- New Years Riddles 1:30- Which word is spelled wrong? 2:30- Music w/ Sandy R. 3:30- The Year in Review 7:00-Movie- After the Thin Man	
9:30- Daily Chronicle 10:00- Catholic Mass 1:30- Crossword 2:30- Family Feud/ New Years Resolutions 3:30- Video- Chinese New Year 7:00-Movie- Sunset Boulevard	9:30- Daily Chronicle 10:00-New Years Scattergories 1:30- Words from a Word 2:30-Exercise w/ Paula Sheehan 3:30-Dice Game/New Years A-Z 7:00-Movie-The Apartment	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Here comes 2025! 1:30-New Years Jokes 2:30- Music w/ Sean F. 3:30- The History of the Times square Ball & Countdown to 2025! 7:00-Movie- Sleepless in Seattle New Year's Eve	 <h2 style="text-align: center;">DECEMBER 2024</h2>				

Dodge Park 101 Randolph Rd. Worcester MA (*All activities are subject to change)

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9:30- Daily Chronicle 10:00-Catholic Mass 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Bill M. 3:30- Monthly Gazette/Creative Craft 7:00- Movie- Home Alone	9:30- Daily Chronicle 10:00- Who am I? 10:30-Exercise w/ Joe F. 2:15- Music w/ Tom G. 3:30- Old fashioned Christmas recipes/ Ping Pong 7:00- Movie- Chitty Chitty Bang Bang	9:30- Daily Chronicle 10:00- Stretch & strength 10:30- Art Therapy 2:15- Music w/ Jodie R. 3:30- Baking Club/Xmas Bingo 7:00- Die Hard	9:30- Daily Chronicle 10:00- Caption This 10:30- Bible Study/Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- Snowball Throwing/The history of Christmas Trees 7:00-Movie- Jingle All The Way	9:30- Daily Chronicle 10:00-Words from a Word 10:30-Exercise w/ Paula Sheehan 2:15- Music w/ Rusty G. 3:30-Name that holiday Tune/Tabletop Bowling 7:00- Movie-Meet me in St. Louis	9:30- Daily Chronicle 10:00- '12' Trivia 10:30-Exercise w/ Paula S. 2:15- Music w/ Sean F. 3:30- Remembering the Sears wish book/ Molding w/ Clay 7:00-Movie- Babes in Toyland	9:30- Daily Chronicle 10:00- Wheel of Fortune 10:45-Exercise w/ Paula Sheehan 2:15- Music w/ Paul B. 3:30-Manicures/Parachute Fun 7:00- Movie-Elf	
9:30- Daily Chronicle 10:00- Catholic Mass 10:45-Exercise w/ Paula Sheehan 2:15- Music w/ Sandy R. 3:30-Travel to the North Pole/Creative Craft(Ornaments) 7:00- Movie-Prancer	9:30- Daily Chronicle 10:00- Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- Christmas tree tosses/Toy Times 7:00- Movie-Scrooged	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Art Therapy 2:15- Music w/ Paul B. 3:30- Baking Club/The history of Mistletoe 7:00-Movie-Christmas w/ The Kranks	9:30- Daily Chronicle 10:00- Boggle 10:30-Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- Guy Talk/Conversation ball 7:00-Movie- Toy Story	9:30-Daily Chronicle 10:00- Holiday finish the lines 10:30-Exercise w/ Paula Sheehan 2:15- Music w/ Matt York 3:30- December Birthday Party! 7:00- Movie- The Santa Claus	9:30- Daily Chronicle 10:00-Xmas Riddles 10:30-Exercise w/ Paula Sheehan 2:15- Music w/ Sean F. 3:30-What's in the Stocking/Color another Carol 7:00-Movie-Polar Express	9:30- Daily Chronicle 10:00- Toy Trivia 10:45-Exercise w/ Paula Sheehan 2:15- Music w/ Greg Peters 3:30-Bingo/ Balloon Toss 7:00- Movie-Holiday Inn	
9:30- Daily Chronicle 10:00-Catholic Mass 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Dave Mindell 3:30-Painting Class/Left or Right 7:00-Movie- Christmas in CT	9:30- Daily Chronicle 10:00- Gift giving Detective 10:30-Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- An Old fashioned Christmas/Car Racing 7:00- Movie- 4 Christmases * SPIRIT WEEK BEGINS! WEAR RED & GREEN	9:30- Daily Chronicle 10:00-Stretch & Strength 10:30- Art Therapy 2:15- Music w/ Sean F. 3:30-Baking Club Xmas cookies/The history of Kwanza 7:00- A Christmas Carol * WEAR YOUR UGLY CHRISTMAS SWEATER	9:30-Daily Chronicle 10:00-Dec. IQ Trivia 10:30- Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- Creative Craft (snowflakes)/ Basketball 7:00- Movie- Christmas Vacation *WEAR YOUR CHRISTMAS HAT	9:30- Daily Chronicle 10:00-What am I? 10:30-Exercise w/ Paula S. 2:15- Music w/ Heather Ralston 3:30- Make a Gingerbread House/Singing Telegrams 7:00- Movie- A Christmas Story *WEAR YOUR CHRISTMAS PJS	9:30-Daily Chronicle 10:00- A Dickens of a Quiz 10:30-Exercise w/ Paula Sheehan 2:15- Music w/ Sean F. 3:30- Build a snowman/Frog Toss 7:00-Movie-A Holiday Affair * DRESS AS YOUR FAVORITE CHRISTMAS CHARACTER	9:30- Daily Chronicle 10:00- Winter Trivia 10:45-Exercise w/ Paula Sheehan 2:15- Music w/ Paul B. 3:30- Manicures/Parachute Fun 7:00-Movie-The Christmas Chronicles Winter Begins	
9:30- Daily Chronicle 10:00- Catholic Mass 10:45-Exercise w/ Paula Sheehan 2:15- Music w/ Bill M. 3:30- Snowball Throw/Xmas Bingo 7:00-Movie-How the Grinch Stole Christmas	9:30- Daily Chronicle 10:00- Unscramble the Words 10:30-Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- Celebrating Hanukkah/Christmas Tree Toss 7:00- Movie-It's a Wonderful Life	9:30- Daily Chronicle 10:00- Chair Exercises 10:30- Art Therapy 2:15- Music w/ Jim O'Neill 3:30- Resident Council/ Baking Club 7:00- Movie- Miracle on 34th St.	9:30- Daily Chronicle 10:00- All about Menorah's 10:30- Bible Study/Exercise w/ Joe F. 2:15- Music w/ Arizona Doug 3:15- Build a Elf, Reindeer or Tree/Movie: White Christmas 7:00- Classic TV- Rudolph/Frosty the Snowman Merry Christmas!!!! Hanukkah Begins	9:30- Daily Chronicle 10:00- Wheel of Fortune 10:30-Exercise w/ Paula S. 2:15- Music w/ Bill M. 3:30- Christmas Scattergories/Boxing Day 7:00-Movie- The Chronicles of Narnia Boxing Day (Canada) Kwanzaa	9:30- Daily Chronicle 10:00- Name 5 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sean F. 3:30- Year in Review/ Penny Ante 7:00-Movie- The Poseidon Adventure	9:30- Daily Chronicle 10:00- Finish the Phrase 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Arizona Doug 3:30- New Years Bingo/ Tabletop Bowling 7:00-Movie- After the Thin Man	
9:30- Daily Chronicle 10:00- Catholic Mass 10:45-Exercise w/ Paula Sheehan 2:15- Music w/ Sandy R. 3:30- The History of the Times Square Ball/ Football Throw 7:00-Movie- The Apartment	9:30- Daily Chronicle 10:00- Words from a word 10:30-Exercise w/ Joe F. 2:15- Music w/ Sean F. 3:30- New Years A-Z/Parachute Fun 7:00- Movie- Sunset Boulevard	9:30- Daily Chronicle 10:00- Here comes 2025! 10:30- Art Therapy 2:15- Music w/ Bill M. 3:30- Creative Craft/Countdown to 2025! 7:00-Movie- Sleepless in Seattle Happy New Years Eve 2024!!!!	 <h2 style="text-align: center;">DECEMBER 2024</h2>				

The Oasis at Dodge Park 102 Randolph Rd. Worcester MA (*all activities are subject to change)



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

Where everyone knows your name

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

‘We feel so fortunate that we found the Oasis’

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

‘Mom is doing fabulous at the Oasis’

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

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

Oasis’s Activity Coordinator Amy Bustin says:

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



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

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DECEMBER OBSERVANCES

Monthly

National Drunk and Drugged Driving Prevention Month. December is a month of fun, parties, and drinks with family and friends. Just remember to drink responsibly. The holiday season has a higher accident rate than others on average, so it's important to be in a proper state behind the wheel.

National Pear Month. A medium pear has six grams of fiber, which equals about 24% of the recommended daily value. Pears are also hypoallergenic, and they contain pectin, an essential water-soluble fiber that binds to cholesterol and removes it from the body, making pears an excellent choice for anyone with high cholesterol.

Safe Toys and Gifts Month. Accidents will always happen, but Safe Toys and Gifts Month is the perfect opportunity to review some basic safety advice and brush up on your knowledge about buying safe, appropriate toys and knowing what to do should you discover a potential hazard.

Worldwide Food Service Safety Month. December marks Worldwide Food Service Safety Month, established to remind everyone, from the professional food service industry to cooks at home around the world, that food safety is of supreme importance.

Weekly

National Handwashing Awareness Week, Dec 1–7. Proper handwashing is more important than ever these days. Remember to wash your hands when they are dirty and before eating, don't cough or sneeze into your hands, and above all, don't put your fingers into your eyes, nose, or mouth.

Older Driver Safety Awareness Week, Dec. 2–6. Older Driver Safety Awareness Week aims to promote understanding of the importance of mobility and transportation to ensure that older adults can remain active in the community—shopping, working, or volunteering—and not stranded at home.

Computer Science Education Week, Dec. 6–12. Computer Science Education Week is an annual call to action to inspire K–12 students to learn computer science, advocate for equity in computer science education, and celebrate the contributions of students, teachers, and partners to the field.

SPECIAL DAYS

- 1 Advent Begins – date varies
- 1 Eat a Red Apple Day
- 1 National Cookie Cutter Day
- 1 World Aids Awareness Day
- 2 Cyber Monday
- 2 National Fritters Day
- 2 World Pollution Prevention Day
- 3 Make a Gift Day
- 3 National Roof over Your Head Day
- 4 National Cookie Day
- 4 Santa's' List Day
- 4 Wear Brown Shoes Day
- 5 Bathtub Party Day
- 5 Repeal Day
- 5 World Soil Day
- 6 Bartender Appreciation Day – in Europe
- 6 St. Nicholas Day
- 6 Mitten Tree Day
- 6 Put on your own Shoes Day
- 7 International Civil Aviation Day
- 7 Letter Writing Day
- 7 National Cotton Candy Day
- 7 Pearl Harbor Day
- 8 International Children's Day
- 8 National Brownie Day
- 8 National Lard Day
- 8 Take it in the Ear Day
- 9 Christmas Card Day
- 9 National Llama Day
- 9 National Pastry Day
- 10 Human Rights Day
- 10 Nobel Prize Day
- 11 National App Day
- 11 National Noodle Ring Day
- 11 White Elephant Day
- 12 Gingerbread House Day
- 12 National Ding-a-Ling Day
- 12 Poinsettia Day
- 13 Friday the 13th
- 13 Ice Cream Day
- 13 National Cocoa Day
- 13 Violin Day

SPECIAL DAYS

14 International Monkey Day
14 National Bouillabaisse Day
14 Roast Chestnuts Day
14 U.K. National Postal Worker Day
15 Bill of Rights Day
15 National Lemon Cupcake Day
16 National Chocolate Covered Anything Day
17 National Maple Syrup Day
18 Bake Cookies Day
18 National Roast Suckling Pig Day
19 Look for an Evergreen Day
19 National Regifting Day
19 Oatmeal Muffin Day
20 Go Caroling Day
21 Crossword Puzzle Day
21 Forefather's Day
21 Humbug Day
21 Look on the Bright Side Day
21 National Flashlight Day
21 Winter Solstice
22 National Date Nut Bread Day
23 Festivus – for the rest of us
23 Roots Day
24 National Chocolate Day
24 National Egg Nog Day
25 Christmas Day
25 National Pumpkin Pie Day
26 Boxing Day – The date can vary.
26 Kwanzaa
26 National Candy Cane Day
27 Make Cut Out Snowflakes Day
27 National Fruitcake Day
28 Card Playing Day
28 Lego Build Day – The date may vary.
29 Pepper Pot Day
30 Bacon Day
30 National Bicarbonate of Soda Day
31 Make Up Your Mind Day
31 New Year's Eve
31 Unlucky Day

Weekly

Kwanzaa, Dec. 26–Jan. 1. Created by Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach in 1966, Kwanzaa is an annual weeklong celebration designed to give Black people an opportunity to celebrate themselves and their history.

Daily

World AIDS Day, Dec. 1. An international day dedicated to raising awareness of AIDS and mourning those who have died of the disease.

National Pearl Harbor Remembrance Day, Dec. 7.

Survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians who were killed during the attack on Pearl Harbor on Dec. 7, 1941.

Human Rights Day, Dec. 10.

On this day in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights, proclaiming the inalienable rights everyone is entitled to as a human being regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth, or other status.

Christmas, Dec. 25. Christians celebrate the birth of Jesus Christ with songs, food, gifts, and family togetherness.





Tree of the Month – Pine

Pines are conifer trees or shrubs that are prized for their crisp, refreshing scent. They are the largest type of conifer, with 187 different species. These hearty trees can survive in a wide range of climates, from deserts to rainforests, and do well in subpar soil. However, they thrive best in mountainous areas with ample rainfall and favorable soil. Not only are pines flexible enough to bend with and endure large snowfalls but they also are resistant to fire. Pinecones protect the plant's seeds from harsh weather conditions. Pines are fast-growing, longlived trees that are a popular choice for landscaping, timber, and Christmas trees. These trees are especially good at preventing soil erosion and providing windbreaks. Pines can live between 100 to more than 1,000 years. The oldest living pine, a Great Basin bristlecone named Methuselah, lives in Inyo National Forest in eastern California and is over 4,800 years old.



Flower - Holly

December's flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years.

Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

Birthstone – Turquoise

Turquoise has been valued for its tremendous beauty for thousands of years. Archaeologists have discovered turquoise jewelry on the mummified bodies of queens in Egyptian tombs and in ancient burial sites in Argentina, Peru, and Mexico. The Inca used the stone to craft beads and figurines, while the Aztecs used it to make pendants and ritual masks. The Chinese were carving it for decorative art over 3,000 years ago. Turquoise is also often used as a love charm.



Birthday Sweets

December 1–7: Bread Pudding

You are practical, organized, and reliable. But it's your sly sense of humor and tender side that make you the belle of the ball. Your friends count on you to throw epic parties, and you always make your loved ones feel special.

December 8–13: Pie

A natural leader, you have confidence and charisma in spades. The key to your success is always listening to and caring about others. While you enjoy socializing, you also love a quiet afternoon with a book or a bubble bath.

December 14–22: Cheesecake

Spiritual and intuitive, friends call on you for guidance and comfort. You are careful with your words; when you speak, your wisdom shines through. You are also known for your elegance, bravery, and charm.

December 23–31: Cookie

Sweet, loving, and fun, you have more friends than you can count. You are responsible, smart, and bookish but also have a silly side that makes everyone smile.

DECEMBER FUN FACTS

December is the 12th month of the year in the Julian and Gregorian calendars. The ancient Romans initially made December the tenth month, but later, when January and February were added, December became the final month. In the northern hemisphere, this month has the shortest daylight hours of the year. Did you know that December starts on the same day of the week as September and ends on the same day as April every year?

December Birthdays

Andy Williams (singer) – December 3, 1927
Joan Didion (writer) – December 5, 1934
Eli Whitney (inventor) – December 8, 1765
John Milton (writer) – December 9, 1608
Sarah Chang (violinist) – December 10, 1980
Rita Moreno (actress) – December 11, 1931
Archie Moore (boxer) – December 13, 1913
Viola Wells (gospel singer) – December 14, 1902
Jane Austen (novelist) – December 16, 1775
Ty Cobb (ballplayer) – December 18, 1886
Lenny White (drummer) – December 19, 1949
Annie Lennox (singer) – December 25, 1954
Johannes Kepler (astronomer) – December 27, 1571
Patti Smith (poet/singer) – December 30, 1946



Around the World

How do you say December in different languages?

- Spanish – Diciembre
- Icelandic – Desember
- Hindi – Disambar
- Polish – Grudzień
- Italian – Dicembre
- Hawaiian – Kekemapa
- Portuguese – Dezembro
- German – Dezember
- French – Décembre
- Danish, Norwegian, Swedish, Flemish, Dutch, Hungarian, and English – December

What's Lucky in December?

Lucky Color: Green

Lucky Animal: Coyote

Lucky Letters: L and M

Lucky Day: Wednesday

Lucky Plant: Narcissus

The Long Night Moon

December's full moon aligns with the winter solstice, the longest night of the year. It is known as the cold moon, the long night moon, or the wolf moon, and is a prime time for reflection and gratitude for the wonders of life.

December Zodiacs

Sagittarius (The Archer) December 1–21

Capricorn (The Sea Goat) December 22–31



A very
Happy Birthday to...

Dodge Park Residents	Tanisha H..... Dec. 2
Agnes M. Dec. 2	Headdy M. Dec. 4
David F..... Dec. 11	Katianet R..... Dec. 4
Roland B..... Dec. 11	Grace O..... Dec. 7
Rita D..... Dec. 12	Cherie D. Dec. 9
Yeh Zen H..... Dec. 12	Donna W..... Dec. 9
Beverly P..... Dec. 17	Sheila P..... Dec. 10
Margaret S..... Dec. 21	Christian H..... Dec. 12
	Sheila R..... Dec. 13
Oasis Residents	Djeniva S. Dec. 14
Dorothy L..... Dec. 11	Edith M. Dec. 16
Virginia W. Dec. 21	Rene M..... Dec. 16
Carol I..... Dec. 24	Peyton B..... Dec. 18
	Renee K..... Dec. 18
	Grace P..... Dec. 20
	Scott M. Dec. 22
	Angel B..... Dec. 23
	Emanu M. Dec. 30
	Aida R..... Dec. 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.
508-853-8180



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at **Dodge Park**

The Most
Affordable Program
in Central MA



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- you choose the hours
- Engage the mind, strengthen the body
and brighten the spirit
- Entertainment and special events
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or visit DodgePark.com



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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



Stay fit and healthy as you celebrate

The holidays are full of temptation, and staying fit while everyone else is indulging in treats can be tough. If you don't want to start the new year with unwanted pounds, follow this advice from the Abilene-RC website:

- **Stick to your exercise routine.** Keep going to the gym or working out at home on your usual schedule. Recruit a buddy if necessary to keep you on track.
- **Choose fitness activities you enjoy.** Don't force yourself to do exercises that you find boring, or excruciatingly difficult. Pick something as simple as yoga, dance classes, or a light run that you'll actually do, not avoid.
- **Start out slow.** If you're starting an exercise routine during the holidays as a proactive measure, take things easy at first. Remember to stretch and warm up before any physical activity. Work with a personal trainer, at least up front, to learn how to get results without injuring yourself.
- **Watch your food intake.** It's all right to have a big dinner to celebrate, but don't overdo it. Stick to reasonable portions, and don't go back for seconds, thirds, or fourths.

Help your family member battle weight

Losing weight is hard, and helping a spouse or partner lose weight presents special difficulties and challenges. It's not hopeless, though. Follow these steps from U.S. News & World Report:

- **Listen to them.** Don't start by telling your partner what to do. If they complain about their weight, listen to their specific issues. They may just want to vent. Ask if they want suggestions, but don't try to "fix" them. Just give your support.
- **Buy healthy foods.** Take over shopping for your household if possible, and buy more fruits, vegetables, low-fat snacks, and other healthy options, cutting out junk food and other highcalorie items. Find out what your partner will actually eat so you can choose appropriately. Buy groceries with a plan in mind, so you don't have to resort to something quick and easy but bad for your weight goals.
- **Be picky when eating out.** We all like to go out to lunch and dinner, but choose restaurants that offer healthy options. Set the example by ordering a salad or low-fat meal, and resist the urge to suggest an appetizer or side order of fries. Split meals or take leftovers home to avoid overeating.
- **Don't obsess about the scale.** Don't constantly ask your partner how much weight they've lost. Losing weight is a slow process, and weighing yourself every day can be demoralizing. Offer encouragement by telling your partner how great they look in general and how proud you are that they're eating better and exercising regularly.

Quotes

"Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health."

—Julia Child

"The memories we make with our family are everything."

—Candace Cameron Bure

Guard against this hotel scam

Here's one tip to remember when staying in a hotel: Beware of phone calls pretending to come from the front desk. The AmoMama website reports on a scam in which someone calls to tell a traveler that the front desk has lost their credit card information, or that the card has been declined.

If that happens, don't automatically read your credit card number to the caller. Instead, hang up and go down to the front desk. If it's legitimate, you'll know right away. Otherwise, you'll protect yourself from a credit card thief.

Young adults: Heed this money advice

Most young people don't get a lot of education on personal finance in high school or college, instead learning it by trial and all-too-frequent error. The Investopedia website offers young adults some valuable advice on handling their money:

- **Learn self-control.** When you're first on your own, whether in college or after, the freedom to make your own decisions can be overwhelming, especially when it comes to buying things. Develop some self-discipline. Wait 24–48 hours before buying that new jacket or the latest gaming console. Often you'll realize it's not a necessity, and you're better off saving your cash for more important purchases.
- **Take charge of your financial education.** Find classes on managing money if you're still in school, or at a local community college if you've graduated. Read some books on investing. Don't depend on friends who may or may not know what they're talking about.
- **Track your spending.** You should have a solid idea of where your money is going. Record every expense for a month or so, including rent, transportation, groceries, entertainment, and everything else. You may be surprised to realize how much you're spending and where it's going. This can help you set priorities and cut nonessentials out.

- **Start an emergency fund.**

You never know when you'll need it, but it's good to have when you do. Contribute as much as you can with an eye on building it up over time. Making it a habit will build your financial discipline. Remember to save it in an account that earns interest. Its growth over the long haul will eventually aid in buying a home, paying for a child's college, and your retirement.

- **Learn about taxes.** Get a clear understanding of how income taxes affect your paycheck so you can evaluate job offers judiciously. Look for online tax calculators that will show your gross pay, and how much of it will go to taxes, so you'll know what you're really taking home. Also, learn about the marginal tax rate so you can predict how much your taxes will go up if you take a better-paying job. Learn how to do your own taxes (unless your situation is complicated); you'll save money spent on a tax preparer and have a better idea of how the system works.

- **Take care of your health.** Even if you have health care coverage from your job, don't neglect your overall well-being. All the costs of a doctor's visit may not be covered. Co-pays and out-of-pocket charges can add up, so regular exercise and a healthy diet will help you save money as well as keep your physical and mental health in tip-top shape.



Quotes

"A simple 'I love you' means more than money."
—Frank Sinatra

"Money can feed the body. Love will feed the soul."
—Toni Payne



Help children struggling with depression

Children aren't immune from depression. According to an infographic from the World Health Organization, the changes involved in growing up can be challenging, from starting school to going through puberty and beyond.

The symptoms can vary according to age. In younger children, they come in the form of headaches or stomach aches, loss of interest in play, irritability, and difficulty concentrating. For older children and teens, depression can present as sadness, irritability, withdrawal from friends and family, loss of interest in school and activities, fatigue, and more. Remember that depression isn't weakness. Here's what you can do to help:

- **Talk to your child.** Ask them how they're feeling and if anything is bothering them. Listen closely, without downplaying the validity of their feelings.
- **Pay attention to life changes.** Keep a close eye on kids when they start a new school, enter puberty, or go through any kind of major life transition.
- **Encourage good habits.** Make sure your kids eat a healthy diet, get enough sleep, stay physically active, and otherwise do fun things they enjoy.
- **Spend time with them.** Whatever their age, children need quality time with their parents. Find activities you both enjoy to strengthen the bonds you have.
- **Speak with others.** Talk to teachers and other people you trust who know your child. Don't break any confidences, but ask whether they've noticed any changes in their behavior.
- **Talk to your child's doctor.** Don't hesitate to call their pediatrician to ask for advice on behavioral or emotional issues.

- **Be your child's advocate.** Protect them in situations where they may experience stress or abuse. Stand up for them as necessary.
- **Take action in extreme cases.** If your child expresses any thoughts of self-harm, seek immediate help from his or her doctor or emergency medical services. Get rid of drugs, knives and other sharp objects, firearms, and anything else they could conceivably use to hurt themselves.

Life without a partner is a growing trend

Living without a spouse or partner is becoming more common these days, according to the Pew Research Center. Its analysis of census data found that in 2019, 38% of adults 25–54 were neither married nor living with a partner. That's a jump from 29% in 1990.

The trend is driven mostly by the decline in marriage among adults of prime working age. More of them are cohabiting, but that doesn't offset the drop in marriage. The unpartnered population does include adults who were previously married and are now separated, divorced, or widowed, but the growth of the unpartnered population since 1990 comes from an increase in the number of adults who have never been married at all.

Not having a spouse or partner can have negative effects for people: Unpartnered adults earn less money on average, and are more likely to be unemployed or economically dependent on others. They're more likely to live with their parents and have a lower level of education, and some research suggests that they experience more health problems than their coupled counterparts.

Quotes

"A happy family is but an earlier heaven."
—George Bernard Shaw

"We must take care of our families wherever we find them."
—Elizabeth Gilbert



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Healthier Pantry, Healthier You

As a Registered Dietitian I know how important it is to serve my family healthy meals and snacks. I try to plan meals with a lot of variety to make sure all essential nutrients are included throughout the week. However, it is easy to let our shopping carts include some less-than-healthy impulse buys. Shopping while hungry will definitely lead to this and our food pantry will suffer the consequence...unhealthy choices. A few times a year, it's a good idea to examine our pantries and get back to a more healthy way of eating.

Here are some tips to get your pantry and other food supplies on track for a healthier you:

- **Cereal** - Cut out those high in sugar. Refer to the Nutrition Facts label and under Total Carbohydrates you will find the grams of sugar per serving. Choose cereals that have less than 3 grams of sugar such as Cheerios
- **Canned soups** - Most canned foods are high in sodium. Choose "Reduced Sodium" or "Low Sodium" varieties. Include soups that contain beans for extra protein.
- **Pasta** - Regular white pasta is lacking in fiber. One great way to boost your fiber intake is to look for whole wheat pasta. In addition to fiber, whole wheat pasta is also packed with nutrients such as complex carbohydrates, protein, iron, magnesium and zinc.
- **Crackers** - Crackers can be a great snack. Add sliced cheese or peanut butter to boost the protein content. However, many crackers are also high in sodium or fat and don't necessarily boost our fiber intake. Choose whole grain crackers that have reduced fat and sodium levels such as original Triscuits.
- **Chips** - Not all potato chips are the same. Try a baked chip that is reduced in fat such as Lay's Baked (65% Less Fat) Chips. While they are do not meet the definition of "low fat" or "low sodium" they are greatly reduced when compared to regular chips. Remember though to always stick to the recommended portion size on the package.
- **Yogurt** - Yogurt is a great source of calcium and protein. But many varieties are also high in sugar and/or fat. One sure way to avoid that is to choose non-fat, plain yogurt. But if you need a little sweetness just add your own fresh fruit. Berries, for example, make a great addition to yogurt.
- **Fruit** - Stock your fridge with plenty of fresh, seasonal fruit. Fruit supplies us with vitamin C and A as well as fiber and beneficial antioxidants.
- **Vegetables** - Cut up fresh veggies make a great, healthy snack. For added flavor, dip in low fat ranch dressing.
- **Milk** - Milk is an excellent source of calcium which is important to keep bones and teeth healthy and strong. Milk also contains protein and vitamin D. Be sure to choose 1% low fat or skim milk to avoid the high fat content of whole or 2% milk.



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.



Ginger Pudding Cookies

Makes 3 dozen

Ingredients:

- Cooking spray
- 1/2 cup butter, room temperature
- 1/4 cup plain yogurt
- 3/4 cup brown sugar
- 1/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 (3.4-ounce) box instant vanilla pudding mix
- 1 tablespoon ground ginger
- 1/4 teaspoon salt
- 2 1/4 cups flour
- 1 teaspoon baking soda
- 3/4 cup white chocolate chips

Directions:

1. Preheat oven to 350°F. Spray a baking pan with cooking spray.
2. Place butter, yogurt, and sugars in the bowl of a stand mixer and whip until fluffy.
3. Add eggs and vanilla to the bowl and beat well.
4. Sift in pudding mix, ginger, salt, flour, and baking soda. Stir in chips.
5. Drop dough by tablespoonful onto prepared baking sheet.
6. Bake 9–10 minutes. Allow to cool on a cooling rack before serving.



Chicken White Bean Chili

A diabetic-friendly recipe

Makes 4 servings

Ingredients:

- 2 cups rotisserie chicken, cut into 1-inch pieces
- 1 (15-ounce) can white kidney beans, rinsed and drained
- 1 1/4 cups reduced-sodium chicken broth

Directions:

1. Combine chicken, beans, broth, onion, green pepper, garlic, cumin, oregano, and white pepper in a 1 1/2-quart slow cooker.
2. Cover and cook on low for 5–6 hours or high for 2 1/2–3 hours.
3. Serve in soup bowls and top with a sprinkle of cheese.

- 1/4 cup chopped onion
- 1/3 cup chopped green pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon crushed dried oregano
- 1/8 teaspoon white pepper
- 2 tablespoons reduced-fat shredded Monterey Jack cheese



Cranberry Cream Cheese Dip

Makes 12 servings

Ingredients:

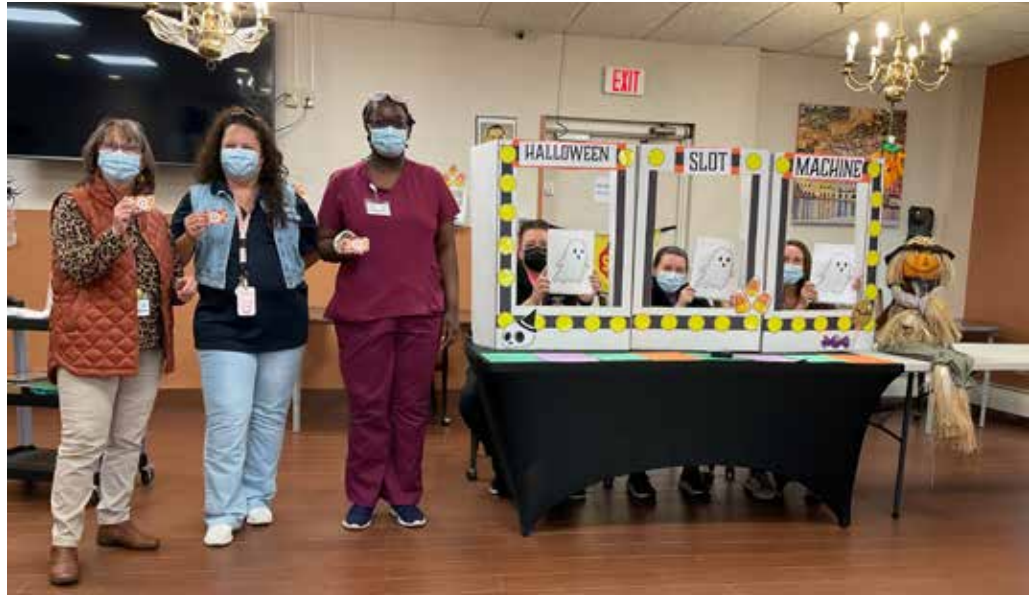
- 2 (8-ounce) packages cream cheese, room temperature
- 1 (14-ounce) can jellied cranberry sauce

Directions:

1. Place cream cheese in the center of a platter or wide bowl. Spread until a smooth, flat mound.
2. Combine cranberry sauce, cilantro, green onion, cumin, and lemon juice in a medium bowl. Pour evenly over the cream cheese.
3. Serve with crackers.

- 3 tablespoons chopped cilantro
- 3 tablespoons chopped green onion
- 1/4 teaspoon cumin
- 1 tablespoon lemon juice
- Crackers for serving

Around Dodge Park & Oasis



Around Dodge Park & Oasis



Around Dodge Park & Oasis



EASY EATS

Peppermint Pretzels

Makes 8 servings

Ingredients:

- 1 (12-ounce) package white candy melts
- 30–35 pretzel twists
- 1/2 cup crushed candy canes

Directions:

1. Line a cookie sheet with parchment paper. Set aside.
2. Melt the white candy melts according to the directions on the package.
3. Dunk each pretzel in the melted candy using a fork to flip and coat completely. Transfer each to the prepared parchment paper one at a time and sprinkle with crushed candy canes.
4. Allow to harden before serving.



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**



Hanukkah Poetry Hour

Hannukah begins at sundown on Sunday, November 28, and ends at sundown on Monday, December 6. Commemorate the holiday by asking volunteers to read some Hannukah-themed poems aloud. Even people who don't celebrate the holiday will enjoy hearing poems by writers such as Walt Whitman.

Chanukah Dreams

by Judith Ish-Kishor

Chanukah I think most dear
Of the feasts of all the year.
I could sit and watch all night
Every twinkling baby light.
Father lights the first one—green;
Hope it always seems to mean;
Hope and Strength to glow anew
In the heart of every Jew.
Jacob lights the blue for Truth.
Pink for Love is lit by Ruth.
Then the white one falls to me,
White that shines for Purity.
How the story of those days
Fills my wondering heart with praise!

Miracles

by Walt Whitman

Why, who makes much of a miracle?
As to me I know of nothing else
but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses
toward the sky,
Or wade with naked feet along the beach
just in the edge of the water,
Or stand under trees in the woods,
Or talk by day with any one I love, or sleep
in the bed at night with any one I love,
Or sit at table at dinner with the rest,
Or look at strangers opposite me
riding in the car,
Or watch honey-bees busy around the hive
of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of
insects in the air,
Or the wonderfulness of the sundown, or of
stars shining so quiet and bright,
Or the exquisite delicate thin curve of the
new moon in spring;
These with the rest, one and all,
are to me miracles,
The whole referring, yet each distinct and
in its place.
To me every hour of the light and
dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth
is spread with the same,
Every foot of the interior swarms
with the same.
To me the sea is a continual miracle,
The fishes that swim—the rocks—
the motion of the waves—the ships
with men in them,
What stranger miracles are there?

Season of Skinny Candles

by Marge Piercy

A row of tall skinny candles burns
quickly into the night
air, the shames raised
over the rest
for its hard work.
Darkness rushes in
after the sun sinks
like a bright plug pulled.
Our eyes drown in night
thick as ink pudding.
When even the moon
starves to a sliver
of quicksilver
the little candles poke
holes in the blackness.
A time to eat fat
and oil, a time to gamble
for pennies and gambol

Chanukah Lights Tonight

by Steven Schneider

Our annual prairie Chanukah party—
latkes, kugel, cherry blintzes.
Friends arrive from nearby towns
and dance the twist to
“Chanukah Lights Tonight,”
spin like a dreidel to a klezmer hit.
The candles flicker in the window.
Outside, ponderosa pines are tied
in red bows.
If you squint,
the neighbors’ Christmas lights
look like the Omaha skyline.
The smell of oil is in the air.
We drift off to childhood
where we spent our gelt
on baseball cards and matinees,
cream sodas and potato knishes.
No delis in our neighborhood,
only the wind howling over the crushed
corn stalks.
Inside, we try to sweep the darkness out,
waiting for the Messiah to knock,
wanting to know if he can join the party.



One Special Gift

Marion Peabody tiredly sank into her cozy green armchair. She was frazzled from a full day of Christmas shopping. Her grandchildren and great-grandchildren all had so many requests for gifts. It was exhausting trying to track down everything for everyone. She had spent hours walking around and barely had any of the lists checked off. She was happy to be at home with a warm cup of tea. Marion put up her feet and began to relax.

As she relaxed, Marion thought about her own childhood. She remembered Christmas on the farm with her big family. She smiled as she thought about the smell of cinnamon and apples as the cider simmered on the stove. There were so many wonderful memories of the holidays.

She and her brothers and sisters would bake stacks and stacks of soft sugar cookies, and then they would sit at the kitchen table, decorating each one carefully with icing and sprinkles. There were the long days spent sharing a red Radio Flyer sled on the snowy hill behind the house. The children would tumble over each other into the powdery snow until their teeth were chattering. Then they would run in for cider and hot cocoa, warming up by the fire. She remembered how nice and toasty her toes would become as the fire crackled.

Her parents would always try to find one perfect present for all the kids to share. One year they had received the red sled. Another year a puppy. And once, after their father had made a trade with

a neighbor, a little rowboat. It had been hard to wait until spring to take it fishing.

One year in particular was the most special for the girls, though. Their father had gotten his hands on a lot of nice wood, and in addition to making an extensive set of wooden building blocks for the boys to share, he also made a special dollhouse for the girls. Marion had been thrilled. She and her sisters spent the rest of Christmas day making little rag dolls out of clothespins and scraps of fabric. She still had one of those dolls tucked away in her dresser drawer. It had been a truly wonderful holiday.

It had been so lovely to have a single present to open on Christmas day. She thought about how excited she and her siblings always were. They would wake up early before their parents. Then she and her brothers and sisters would sneak downstairs to light a fire in the fireplace. They would all give their stockings a squeeze, giggling and shushing each other. They did not want to wake their parents too early.

Her oldest brother would make them all hot chocolate before Mamma and Papa came downstairs. They would sit, cozy in their pajamas and robes, excitedly guessing what Santa had brought. When their parents came down to join them, they opened their stockings. Oranges and chocolate and new mittens and socks tumbled out. And Mamma always knit new hats and scarves for everyone in their favorite color.

Mamma made a special breakfast every year. She would soak white bread slices in egg the night before, and in the morning, she would layer the bread



with cheese in a casserole pan and put it in the oven. While it baked, the whole house smelled of delicious melting cheese. Marion remembered how hungry she would get, waiting for the egg and toast casserole to be ready.

To this day, there was nothing more delicious to Marion than that very simple casserole. As an adult, she still made it for her own children, grandchildren, and great-grandchildren when they came for Christmas. After they ate, that's when the gifts would be opened. Mamma and Papa would bring out the presents as though they were made of gold. Marion's memory was that her parents were almost glowing in the sunlight as they carried the gifts into the room. And then they would all sit on the floor in front of the tree and open the presents.

It was a rule in the house that the youngest children got to rip off the newspaper that wrapped the presents. It was always a great deal of fun to watch how excited the little ones were. Marion remembered how much fun she had had tearing it off herself. Today, as an adult, she carefully removed the pretty papers and folded them up to save for later. When it had been just the funny papers, there had been no guilt about making a mess. She missed that.

As Marion sat in her chair sipping her tea, she thought about how wonderful her childhood had been. She wanted to give her grandchildren a gift that would give them as much joy as she had growing up. And then she had an idea.

Smiling to herself as she picked up the phone, Marion dialed the number of the cute little toy shop on Main Street. She asked if they had a red Radio Flyer sled.

The End



Winter in Hues of Blue

Create a winter scene using white and blue paint on a black canvas board.

You will need:

- 5" X 7" Black canvas board
- Acrylic paint (white and blue)
- Paintbrush and paint supplies, including a disposable plate to use as a paint palette
- Painter's tape or masking tape
- Wooden skewer and scissors



Directions:

1. Using painter's tape, form a 6" tall, triangle "tree" on the left side of the canvas. Trim the end pieces of tape at the top to form a point. Repeat to make a smaller tree on the right, centering it between the top and bottom of the canvas.



2. Paint a white 1" circle above the small tree. The circle doesn't have to be perfect.

3. On the disposable palette (plate), add a little blue paint to a dollop of white paint to make pale blue. Paint a pale blue ring around the white circle.

4. Add a little more blue to the pale blue to make a slightly darker shade. Paint a ring around the previous ring using the new darker shade of blue.

5. Continue adding blue to make darker hues each time, painting each new shade around the previous ring as shown. Fill the canvas with rings of blue.

6. Paint a white hill swooping down and then up again, filling the bottom third of the canvas. Blue paint from the rings will blend with the white. That's okay—this allows for a wet blend technique. Smooth out any blue streaks to give a soft snowy effect.

7. While the paint is still slightly wet, remove the painter's tape to reveal the black trees. Use the pointed end of the skewer to help peel the tape off.



8. Paint a blue cast shadow from the bottom of the black trees toward the bottom left corner of the canvas. Wet blend the blue and the white snow to soften the edges of the cast shadow.

9. Add snow-topped foliage to the large tree using upward strokes of white paint. Leave spaces between the strokes, letting the black canvas act as shadows. Add foliage to the small tree using the same type of paint stroke.

10. Dip the flat end of the skewer in white paint and then stamp snow flurries. Use the pointed end to stamp small flurries.

11. Sign, frame, and display your painted winter wonderland.

Tip: Instead of purchasing black canvas board, use a white canvas board and paint it black before the art activity.

Tip: Instead of purchasing black canvas board, use a white canvas board and paint it black before the art activity.

ACTIVITY IDEAS

Dreidel Gift Card Holder

Using pretty scrapbook paper, make a festive dreidel to hold a gift card or money to give to that special someone this Hanukkah.

You will need:

- 2 sheets of heavy, glittered scrapbook paper (different designs, 5" X 9" each)
- Dreidel card pattern printed on card stock
- 3/16"-wide silver or blue sheer ribbon (about 12" long)
- 1/8"-wide ribbon (about 8" long)
- Ruler
- Scissors
- Pencil
- Hole punch
- Glue stick

Directions:

1. Cut out the patterns and punch out the holes where indicated.
2. Trace the patterns onto scrapbook paper and cut out. Remember to trace and punch out the holes too.
3. Fold the paper as indicated on the patterns.
4. Thread the sheer ribbon through the holes on the pocket panel as shown in the right-hand photo.



5. After folding the stem of the dreidel back, glue it in place to make it sturdier. Punch a hole at the top of the stem. Loop the thin ribbon through the hole and then tie the loose ends together for hanging as shown below.

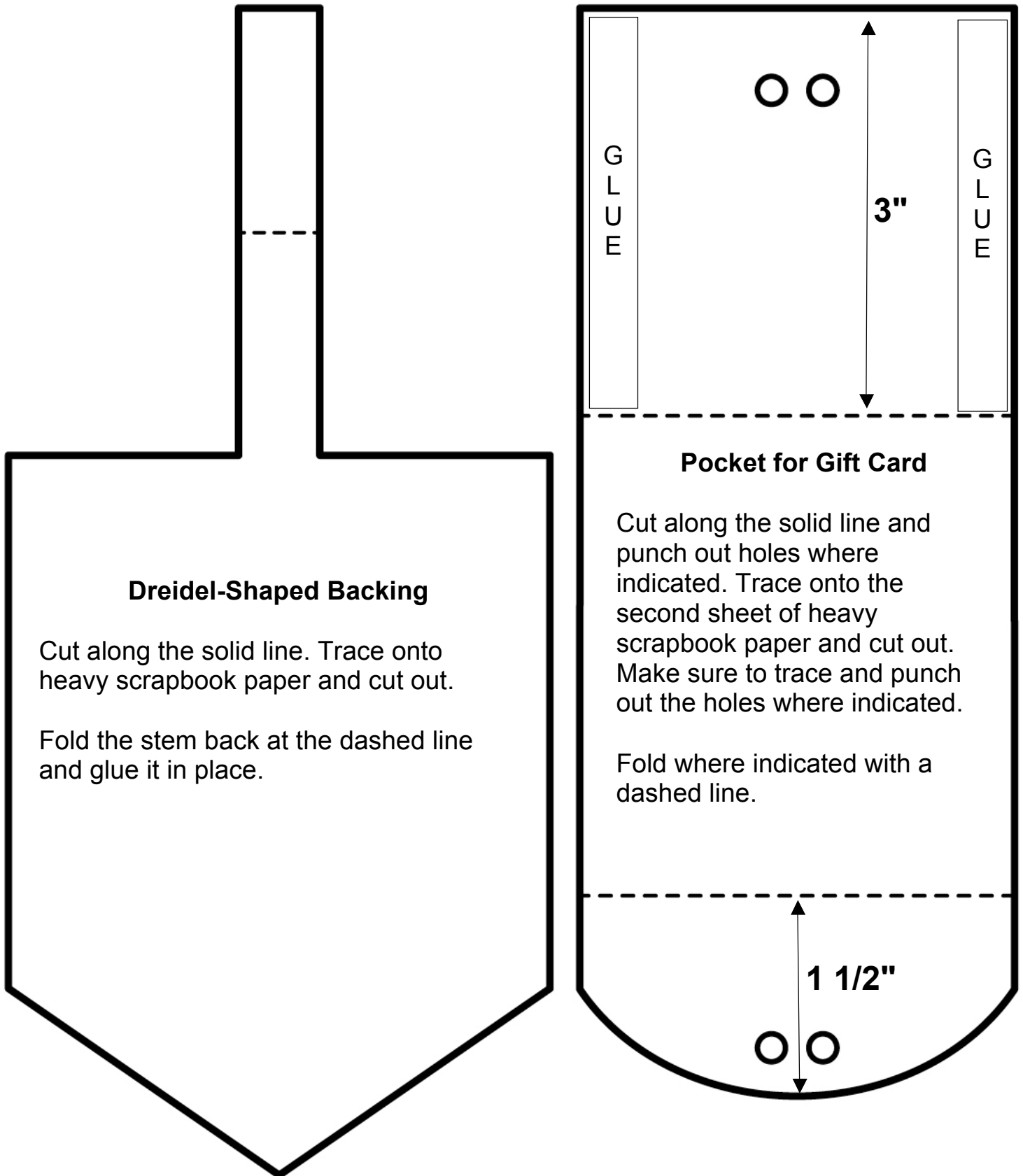


6. Run a thin line of glue along the two inside edges of the pocket panel as indicated on the pattern. Press the panel into place to make the pocket for the gift card.

7. Cover the back of the pocket with glue, position it on top of the dreidel shape, and press the pocket into place. The pocket should be about $\frac{3}{8}$ " from the top and sides.

8. Place a gift card or money in the pocket. Close the flap and thread the ends of the sheer ribbon through the holes in the flap. Tie a bow to secure the flap in place, and your gift is ready to share.

Dreidel Gift Card Holder Pattern



ACTIVITY IDEAS

Put Your Mitts Up Door Décor

Add embellishments to an oven mitt to make a festive card holder. Hang it from a ledge or on a door where friends and family can deliver holiday greetings.

You will need:

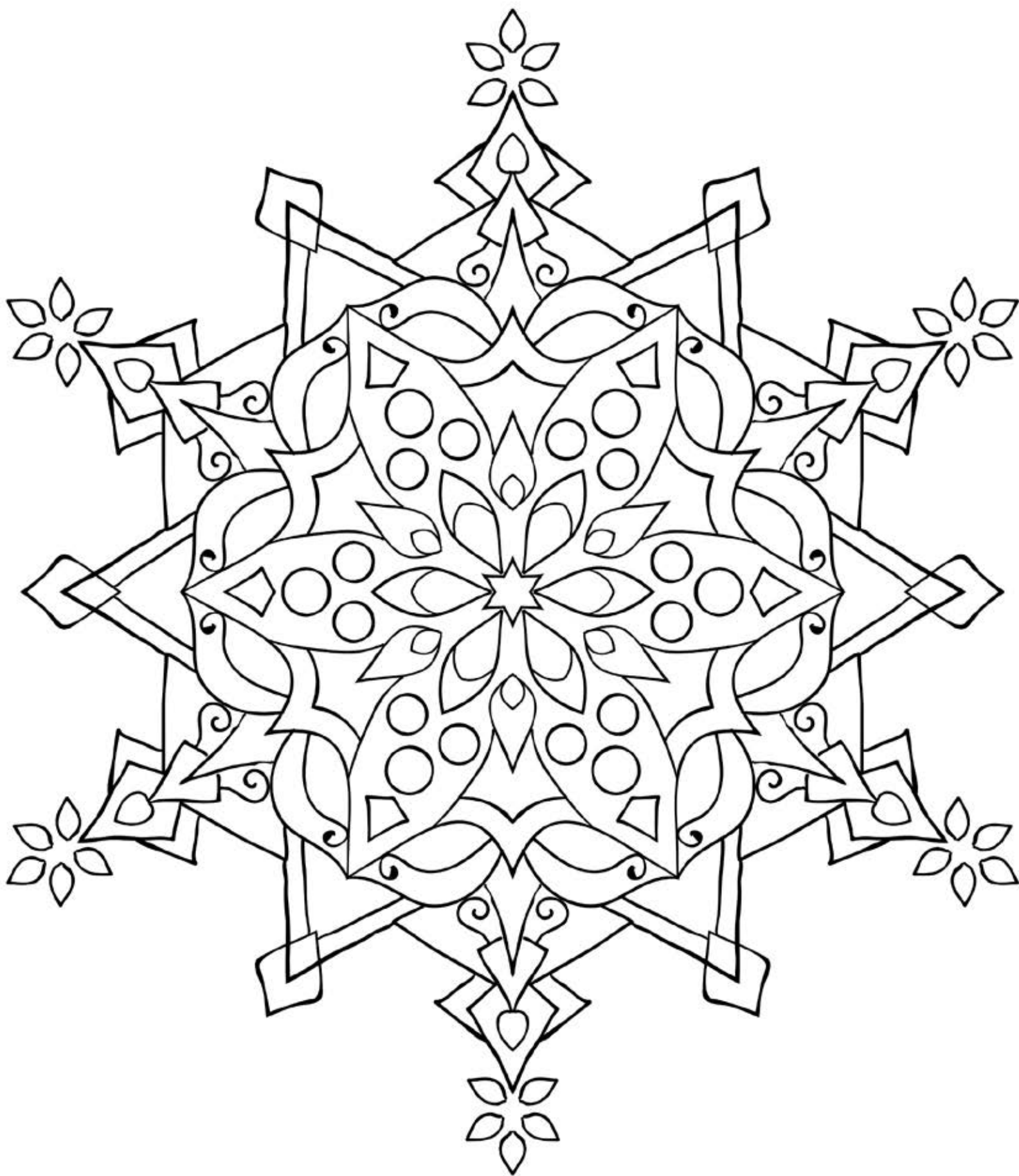
- Oven mitt (color of choice)
- Microfiber mop pad (one pad makes two mitts)
- Faux holiday foliage and decorative ribbon
- Jumbo craft stick
- 6" strand of thin ribbon
- Hot glue gun
- Scissors

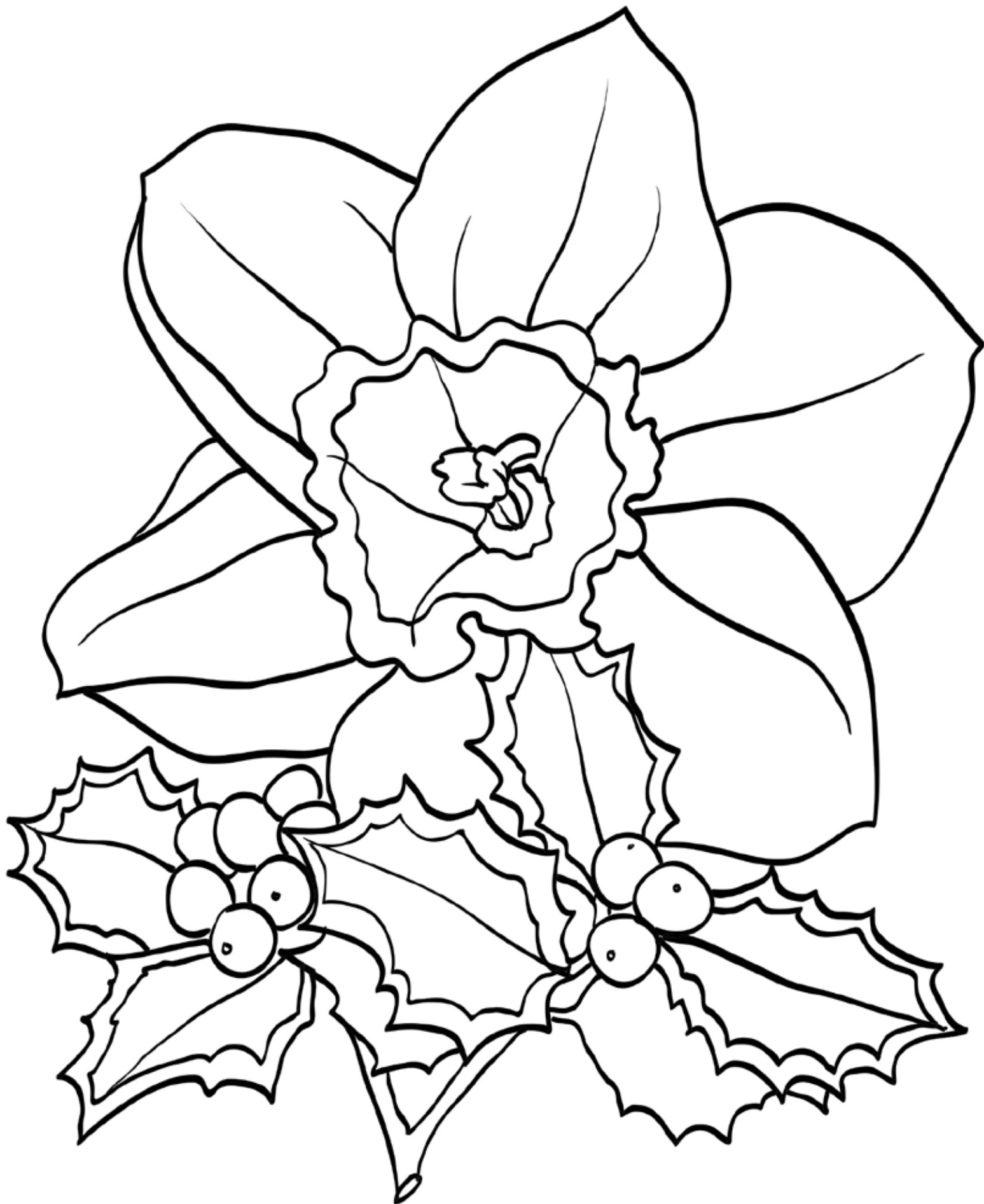


Directions:

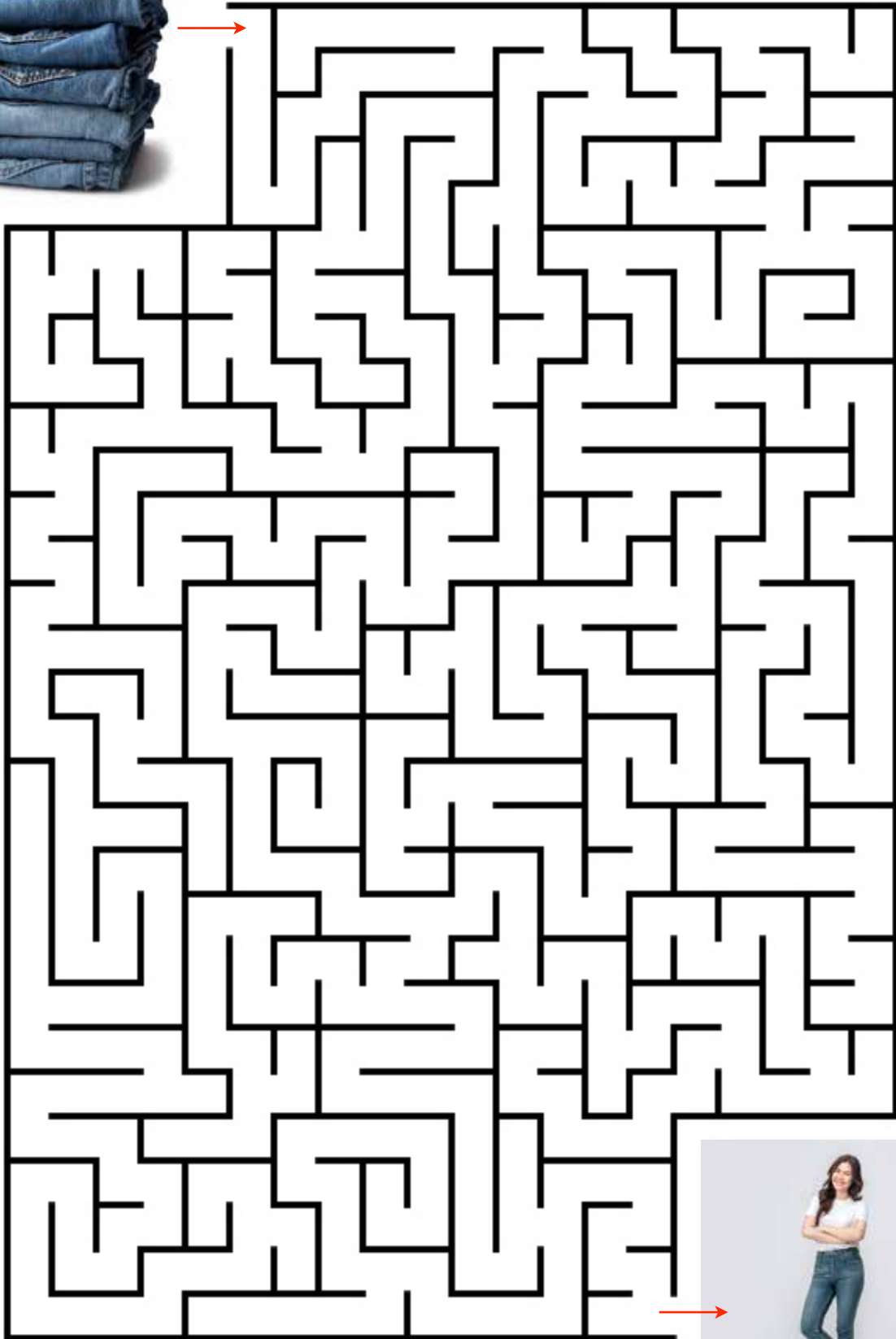
1. Cut the microfiber mop pad in half lengthwise. Select one half for the fur trim of the mitt.
2. Make a small holiday arrangement with a couple small sprigs of foliage and decorative ribbon. Tie the stems together with a 6" piece of thin ribbon.
3. Use hot glue to attach the arrangement to the top of a craft stick.
4. Hot glue the craft stick to the back of the mitt, positioning it just next to the mitt's loop.
5. Use hot glue to attach the fur trim as shown in the photo of the completed project.







A-Mazing Blue Jeans





Famous December Birthdays

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

- A. Gregg **ALLMAN**
- B. Bob **BARKER**
- C. Ellen **BURSTYN**
- D. Melvil **DEWEY**
- E. Kirk **DOUGLAS**
- F. Ira **GERSHWIN**
- G. J. Paul **GETTY**
- H. Fiorello **LA GUARDIA**
- I. Margaret **MEAD**
- J. Archie **MOORE**
- K. Lee **TREVINO**
- L. Reggie **WHITE**

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

Bonus: Match the person to the correct clue.

- | | |
|---|-------------------------------|
| 1. <i>The Last Picture Show</i> actress _____ | 7. PGA golfer _____ |
| 2. NFL football player _____ | 8. TV game show host _____ |
| 3. Lyricist _____ | 9. Librarian _____ |
| 4. Singer/musician _____ | 10. New York City mayor _____ |
| 5. Anthropologist _____ | 11. Champion boxer _____ |
| 6. Oil billionaire _____ | 12. Actor _____ |

Searching for December

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



- | | | |
|-------------|----------------|-------------|
| BOXING DAY | HOT COCOA | POINSETTIA |
| CANDY CANES | KWANZAA | SAGITTARIUS |
| CAPRICORN | LIGHTS | TRAVEL |
| CHARITY | NARCISSUS | TURQUOISE |
| CHRISTMAS | NEW YEAR'S EVE | WINTER |
| HANUKKAH | PEACE | WREATHS |

The Maccabees and Hanukkah

Match the clues to the words associated with the Maccabees and Hanukkah.

- | | |
|---|-----------------|
| 1. Father of Judas _____ | A. celebration |
| 2. City of David _____ | B. Judas |
| 3. Place of worship _____ | C. Hanukkah |
| 4. Uprising _____ | D. Mattathias |
| 5. Leader of the revolt _____ | E. battles |
| 6. Israel's northern neighbor _____ | F. Antiochus |
| 7. Intense fights _____ | G. Jerusalem |
| 8. Loyal _____ | H. rededication |
| 9. Tool that the Maccabees' name comes from _____ | I. temple |
| 10. It's lit eight nights in a row _____ | J. Maccabees |
| 11. What the Maccabees were fighting for _____ | K. faithful |
| 12. Fuel that lasted eight days _____ | L. menorah |
| 13. Festivity to mark a happy event _____ | M. Syria |
| 14. Dedicate again _____ | N. worship |
| 15. King that the Maccabees conquered _____ | O. hammer |
| 16. Family who led the revolt _____ | P. revolt |
| 17. Temple activity _____ | Q. oil |
| 18. Festival of Lights _____ | R. freedom |



Mixed-Up Old-Fashioned Toys

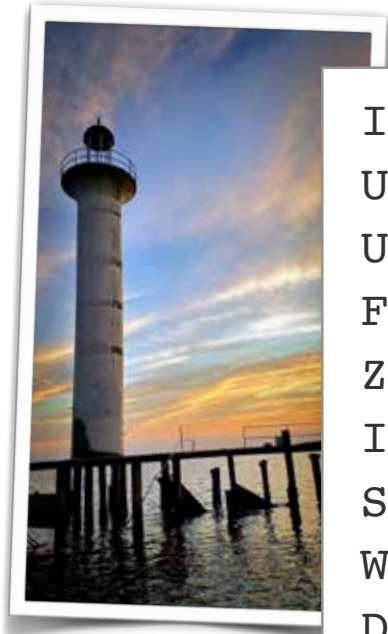
Unscramble the letters to reveal words that are old-fashioned toys.

1. ETLI-TBIRE _____
2. OCLNINI OSLG _____
3. IKYNSL _____
4. BLAERR FO SMEKNYO _____
5. TRHEPCAAU TYO _____
6. OIKAEDCLSPOE _____
7. LBAL & UPC _____
8. LLSIY YUPTT _____
9. ROTYKETIN _____
10. NOXHYEOPL _____
11. WIEV-MTAESR _____
12. ZOOB HTE NOWLC _____
13. SBAAL OWDO GELRDI _____
14. WKALIE-TEKILA _____
15. DAEDLPLABL _____
16. ALPY-OHD _____
17. CETH A KCETHS _____
18. EYAS-AKEB NEOV _____



Mississippi

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



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

- | | | |
|-----------|----------|-------------|
| BASS | CRAYFISH | MAGNOLIA |
| BIG RIVER | DELTA | MOCKINGBIRD |
| BILOXI | DOLPHINS | OLE MISS |
| BLUES | ELVIS | ROOT BEER |
| CATFISH | JACKSON | STICKBALL |
| COTTON | LOWLANDS | SWAMPS |

Lovely Llamas

The words listed below can be found vertically and horizontally.



BARN
FRIENDLY
GALLOP
HERD
HUMMING

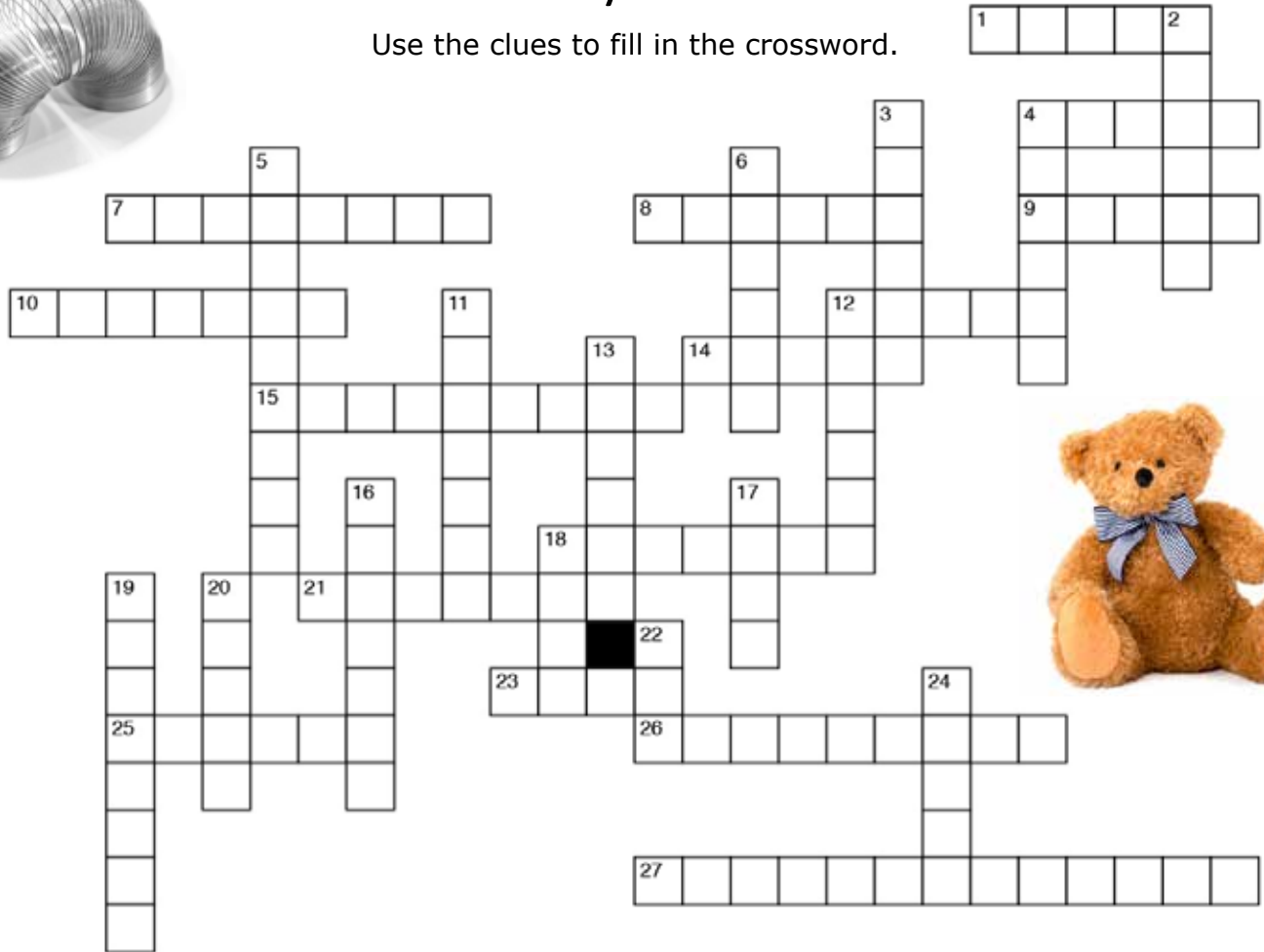


PACK
PASTURE
ROAM
SMART
TALL



Toyland

Use the clues to fill in the crossword.



ACROSS

1. Game with a bouncy ball
4. ____ 8 Ball
7. Double Dutch need
8. Pick-Up ____
9. Toy truck brand
10. Iconic New York City toy store; FAO ____
12. Manufacturer of preschool products; Fisher-____
14. Buzzy toy instrument
15. Roosevelt stuffed toy
18. Popular building toy; ____ Logs

21. Disc that you whisk
23. Stick that helps you jump higher
25. Toy that doesn't fall down; Weeble ____

26. Kid's cute coin holder
27. *Our Little Girl* doll

DOWN

2. Spring toy
3. Toy company that owns Monopoly
4. Hot Wheels maker
5. Game with a funny bone and tweezers
6. Picture puzzle

11. Geoffrey the Giraffe's store
12. Toy weapon with a cork
13. Ken's doll friend
16. Aggies and steelies
17. Toy on a string
18. Block brand
19. Plastic tricycle
20. Green claymation character
22. Spinning toy
24. Popular talking doll; Chatty ____

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- **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

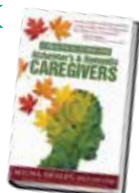
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- 24 hour RN & Medical Director
- Scratch-made meals
- Assistance with dressing, bathing & grooming
- Alzheimer's & Dementia Care
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The Oasis at Dodge Park is more affordable than you think and provides a higher level of care than traditional assisted living.

Premier Residential Care Facility For Seniors

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

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



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

- Memory impaired program
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Special diet accommodations
- All inclusive - All included program
- Post hospital / Rehab / Surgery care
- Your loved one may be eligible to stay when their money runs out!



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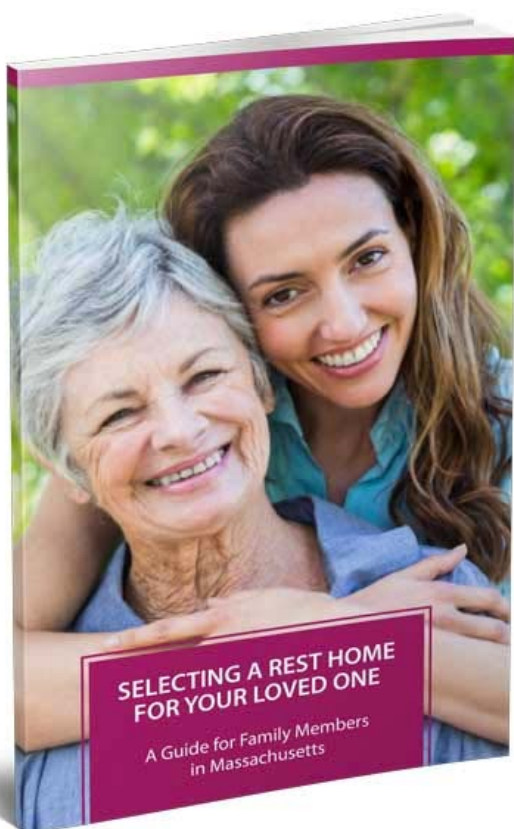
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Selecting a Rest Home For Your Loved One A Guide For Family Members in Massachusetts

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

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



In this guide, you'll learn:

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

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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.

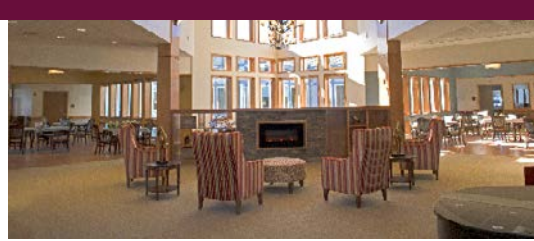
Please RSVP via email to Micha Shalev at m.shalev@dodgepark.com or call 508-853-8180

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

Dodge Park



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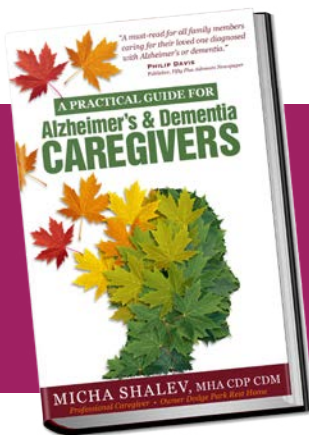
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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



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- 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.

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DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



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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.

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from the Hebrew for
“soul to soul,” is Dodge Park
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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.**

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DECEMBER 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	1	2	3	4

Holidays and Observances: 24: Christmas Eve, 25: Christmas Day, 31: New Year's Eve

Homemade
Caring Made Easy