

NEIGHBORHOOD C O N N E C T I O N

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

2025
HAPPY
New
YEAR

*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



Preventing Elopement in Dementia Residents: Safety Tips for Home Care

Elopement, or wandering away from a safe environment, is a significant concern for individuals with dementia. It can happen quickly and often without warning, leading to dangerous situations. Families caring for a loved one with dementia at home can take proactive steps to reduce the risk of elopement and ensure their loved one's safety while preserving their dignity and quality of life.

Why Do Dementia Residents Wander?

Understanding the reasons behind wandering can help caregivers address the root cause.

Common reasons include:

- **Confusion:** The individual may forget where they are or believe they need to return to a previous home or job.
- **Searching for Something:** They may feel the need to find a person, place, or object.
- **Restlessness:** Physical discomfort or boredom may lead to a desire to move around.
- **Anxiety or Stress:** Crowded or noisy environments can trigger a need to escape.
- **Routine Disruption:** Changes in daily schedules can lead to disorientation and wandering.

Steps to Prevent Elopement

1. Secure the Home

- Install locks or alarms on doors and windows, ensuring they are out of the individual's line of sight.
- Use motion detectors or door sensors to alert caregivers when exits are being accessed.
- Place signs or visual cues on doors, such as STOP signs, to discourage exit attempts.

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

2. Maintain a Predictable Routine

- A consistent daily schedule can reduce restlessness and confusion.
- Engage your loved one in structured activities to provide physical and mental stimulation.

3. Provide Identification

- Have your loved one wear a medical ID bracelet with their name, a contact number, and a note about their condition.
- Consider using GPS tracking devices or wearable technology designed for dementia patients.



4. Create a Safe Environment

- Keep the home well-lit and free of clutter to minimize disorientation.
- Block off unsafe areas, such as staircases or the kitchen, with childproof gates or other barriers.

5. Address Emotional Needs

- Identify triggers that may lead to wandering, such as stress, boredom, or unmet needs.
- Provide reassurance if your loved one seems agitated or anxious.
- Offer distractions, such as conversation, a favorite activity, or a soothing walk in a safe area.

6. Communicate with Neighbors

- Inform trusted neighbors about your loved one's condition and the possibility of wandering.
- Provide them with your contact information and ask them to alert you if they see your loved one outside alone.

7. Use Technology Wisely

- Consider installing surveillance cameras to monitor your loved one's movements.
- Utilize apps and devices that track location, providing peace of mind in case of an emergency.

8. Prepare for Emergencies

- Keep a recent photo and description of your loved one on hand to share with authorities if needed.
- Develop a response plan with local law enforcement or community support groups.

Encourage Independence While Ensuring Safety

While safety is the priority, it's also important to allow your loved one some independence and freedom. Supervised outdoor walks or activities in enclosed spaces, such as a garden, can provide them with a sense of autonomy while minimizing risks.

Conclusion

Preventing elopement requires a proactive approach, thoughtful planning, and the use of available resources. By understanding the unique challenges of dementia care and implementing these strategies, you can create a secure and supportive environment for your loved one at home.

For more resources, information or assistance, contact Micha Shalev 508-853-8180 or email him at mshalev@dodgepark.com.



Understanding the Connection Between Parkinson's Disease and Dementia

Parkinson's disease (PD) is widely recognized as a movement disorder, but it can also affect cognitive function over time. Many individuals with Parkinson's disease may experience dementia as the condition progresses, presenting unique challenges for individuals and their caregivers. In this article, we'll explore the relationship between Parkinson's and dementia, as well as strategies for managing these conditions.

What Is Parkinson's Disease?

Parkinson's disease is a progressive neurological disorder that primarily affects movement. Common symptoms include tremors, stiffness, slow movement, and balance difficulties. The condition is caused by the degeneration of dopamine-producing neurons in the brain.

While Parkinson's is often associated with motor symptoms, up to 50-80% of individuals with Parkinson's may develop Parkinson's disease dementia (PDD) over time.

Parkinson's Disease Dementia vs. Other Dementias

Parkinson's disease dementia is distinct from other types of dementia, such as Alzheimer's. While memory loss can occur, early symptoms of PDD typically include:

- Difficulty with attention and problem-solving.
- Visual hallucinations.
- Slow thinking and reduced mental flexibility.
- Changes in mood or behavior, such as apathy or depression.

These cognitive changes are thought to result from the spread of Parkinson's pathology to areas of the brain involved in thinking and memory.

Risk Factors for Dementia in Parkinson's Disease

Certain factors increase the likelihood of developing dementia in individuals with Parkinson's, including:

- Older age at the onset of Parkinson's symptoms.
- Longer disease duration.
- Presence of visual hallucinations.
- More severe motor symptoms.

Managing Parkinson's and Dementia

Caring for a loved one with Parkinson's disease and dementia can be challenging, but several strategies can help manage symptoms and improve quality of life:

1. Medication Management:

Certain medications, such as cholinesterase inhibitors, may help improve cognitive symptoms. It's essential to work closely with a healthcare provider to optimize treatment.

2. Structured Routines:

Establishing daily routines can provide a sense of stability and reduce confusion. Use visual cues and simple instructions to support memory and focus.

3. Cognitive Stimulation:

Engage in activities that stimulate the mind, such as puzzles, games, or reminiscing with family photos. These activities can help maintain cognitive function.

4. Exercise and Physical Therapy:

Regular physical activity can improve motor symptoms and overall well-being. Consider Parkinson's-specific exercise programs or physical therapy to address balance and mobility issues.

5. Support for Caregivers:

Caring for someone with Parkinson's and dementia can be emotionally and physically demanding. Join support groups, seek respite care, and prioritize self-care to maintain your well-being.

The Importance of Early Detection

Early recognition of cognitive changes in Parkinson's is crucial for developing an effective care plan. If you notice changes in memory, attention, or behavior in a loved one with Parkinson's, consult a healthcare provider for evaluation and support.

Conclusion

While the connection between Parkinson's disease and dementia presents challenges, understanding the condition and implementing supportive strategies can make a significant difference. By focusing on compassionate care, routine, and a holistic approach, individuals with Parkinson's and their caregivers can navigate the journey with resilience and dignity.

For more resources or support, reach out to Micha Shalev at m.shalev@dodgepark.com



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.





Our interactions with every staff member we've spoken with over the past three years has been exemplary. Every single member we've ever spoken with has been professional, knowledgeable, compassionate, caring, patient and thorough, whether it be nursing staff and nursing management regarding medical care or the receptionist regarding clothing and other necessities.

What a blessing Dodge Park Oasis is! The staff is plentiful, works as a team, is caring and patient and hard working. This residence is the best for a very difficult time of life.

Our family member had been here over a year after an unexpected fall caused a head injury. From day one, the owners and staff have taken care of her and us as if we are their family. The facility is immaculate. The staff, from the nurses to the care assistants to the folks that keep the facility beautiful and clean are second to none! There are cognitive therapies, exercise groups and many activities that keep the residents engaged and happy. I have never asked for anything that they haven't happily agreed to. Oasis has made an unthinkable situation so much easier for all of us. The owners are present, involved and demonstrate daily how much they care for the residents, families and staff. I have been a nurse for many years, and have seen the best and the worst patient care and facilities. Oasis has far exceeded my expectations consistently.

My Mom has been at the OASIS for a year and a half given she can no longer walk. The staff is professional, courteous and most of all "caring". The owners, Micha and Ben, are on sight and always available to speak about anything. They will do whatever it takes to keep your love- one comfortable and safe. I particularly take comfort knowing there are top level RN's on site. The nurses communicate with the family in a professional and courteous manner. Rooms are always clean and warm. Well done to the management and staff at the OASIS. It is truly a premier facility!



December 5, 2024



Just a note to thank all the ladies on the lower level of Dodge Park! You always made our visits cheerful and welcoming. We will miss seeing you all - and I'm sure we will never forget the excellent care that Liz received from all of the staff.

Courtney - you were always so willing to go the extra mile and we thank you always for being such a kind and caring professional.



Take care and God bless you all for the wonderful work you do.

Sincerely,
The Family of Elizabeth T.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30- Daily Chronicle 10:00-Yoga w/ Bonnie 1:30-Finish The Phrase 2:30- Music w/ Paul Belanger 3:30-New Years Trivia/Conversation Ball 7:00- Movie- Drama New Years Day	9:30- Daily Chronicle 10:00-Monthly Gazette 10:30-Who am I? 1:30-Charades 2:30- Exercise w/ Paula 3:30-Winter Bingo/Tabletop bowling 7:00- Classic TV Show	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30- Art Therapy (Day club) 1:30-Snow Jokes 2:30- Music w/ Greg P. 3:30-Creative Craft/Parachute Fun 7:00-Movie-Comedy	9:30- Daily Chronicle 10:00- Chair Exercise 10:30-Sports Trivia 1:30-Idioms in Disguise 2:30- Music w/ Paul B. 3:30-Manicures/Taboo 7:00- Classic Game Show
9:30- Daily Chronicle 10:00- Catholic Mass 1:30-Picture This! 2:30- Music w/ Bill M. 3:30-Snowball toss/Wheel of Fortune 7:00- Movie- Western	9:30- Daily Chronicle 10:00- Jan. Birthday Party 1:30-Riddles 2:30- Exercise w/ Paula S. 3:30-Star of the month: Kevin Costner/Car Racing 7:00- Broadway Musical	9:30- Daily Chronicle 10:00- Chair Exercise 10:30-What is a Kumquat? 1:30-Coloring 2:30- Music w/ Sean F. 3:30-Travel to England Video & Trivia 7:00- Movie- Action	9:30- Daily Chronicle 10:00-Yoga w/ Bonnie 1:30-Tabletop Ping Pong 2:30-Unscramble the words 3:00- Music w/ Kalifornia Karl 7:00- National Geographic	9:30- Daily Chronicle 10:00- Tea Party 10:30-Alice in Wonderland Trivia/Down the rabbit hole 1:30-Opposites 2:30- Exercise w/ Paula S. 3:30-1-25 Large Dice game/Jan. Trivia 7:00-Movie- Drama	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30- Bible Study 10:30- Art Therapy (Day club) 1:30-Snow Guess the Animal 2:30- Music w/ Jodie R. 3:30-You be the judge/Balloon Toss 7:00-Classic TV Show	9:30- Daily Chronicle 10:00- Chair Exercise 10:30-Card Games 1:30-Tabletop Shuffleboard 2:30- Mad Libs 3:00- Music w/ Lenny Z. 7:00- Movie-Comedy
9:30- Daily Chronicle 10:00- Catholic Mass 1:30- 20 Questions 2:30- Music w/ Gary L. 3:30-All about Mozart/Creative Craft 7:00-Classic Game Show	9:30- Daily Chronicle 10:00- Men's Group-Who was Muhammad Ali. 10:30- Fact or Fiction? 1:30-Lucky Charms for the New Year 2:30- Exercise w/ Paula S. 3:30-Color by Number/Molding w/ Clay 7:00-Movie-Western	9:30- Daily Chronicle 10:00-Stretch & Strength 10:30-What is a Dodoe? 1:30- Odd word Out 2:30- Music w/ Sean F. 3:30-Remember the Flyer Sled/Ring Toss 7:00-Broadway Musical	9:30- Daily Chronicle 10:00- Yoga w/ Bonnie 10:30-How animals survive the winter (Video) 1:30- Hangman 2:30- Music w/ John M. 3:30- Bingo/Cranium Crunchies 7:00-Movie-Action 3-5pm - Support group day room	9:30- Daily Chronicle 10:00-Guy Talk 10:30-Worlds Coldest City (Video) 1:30- This or that? 2:30- Exercise w/ Paula S. 3:30- Where am I?/ Conversation Ball 7:00-National Geographic	9:30- Daily Chronicle 10:00- Chair Exercise 10:30- Bible Study 10:30- Art Therapy (Day club) 1:30- Guess the Song 2:30- Music w/ Arizona Doug 3:30-The Billionaires Club/Snowball Toss 7:00-Movie-Drama	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30- True or false? 1:30-Manicures 2:30- Spelling Bee 3:00- Music w/ Jimmy O'Neil 7:00-Classic TV Show
9:30- Daily Chronicle 10:00- Catholic Mass 1:30-Creative Coloring 2:30- Music w/ Bill M. 3:30-Hot Potato/Jeopardy 7:00-Movie-Comedy	9:30- Daily Chronicle 10:00-All about Martin Luther King 1:30-Word Puzzles 2:30- Exercise w/ Paula S. 3:30- Martin Luther King Trivia/Balloon Toss 7:00-Classic Game Show	9:30- Daily Chronicle 10:00-Chair Exercise 1:30- Squash that Bug! 2:30- Music w/ Sandy R. 3:30-Golf Putting/Gratitude 7:00-Movie-Western	9:30- Daily Chronicle 10:00-Yoga w/ Bonnie 1:30- Name the Celebrity 2:30- Music w/ Rusty G. 3:30-The Power of Imagination/Car Racing 7:00-Broadway Musical	9:30- Daily Chronicle 10:00- Finish The Phrase 10:30-Finish The Phrase 1:30- Pictionary 2:30- Exercise w/ Paula S. 3:30-Painting Class/Conversation Cards 7:00- Movie-Action	9:30- Daily Chronicle 10:00- Stretch & Strength 10:30- Art Therapy (Day club) 1:30- Easy Crosswords 2:30- Music w/ Rusty G. 3:30-Family Feud/What am I? 7:00-National Geographic	9:30- Daily Chronicle 10:00- Chair Exercise 10:30-Name 5 1:30- Bingo 2:30- Music w/ Tom G. 3:30-Parachute Fun/Math Challenge 7:00-Movie-Drama
9:30- Daily Chronicle 10:00- Catholic Mass 1:30-Password 2:30- Music w/ Sandy R. 3:30-Winter Trivia/Frog Toss 7:00-Classic TV show	9:30- Daily Chronicle 10:00-Riddles 10:30- Winter A-Z 1:30-What's my job? 2:30- Exercise w/ Paula S. 3:30-Coloring Club/Molding w/ Clay 7:00-Movie-Western	9:30- Daily Chronicle 10:00-Stretch & Strength 10:30- Resident Council 1:30-Name that TV show 2:30- Music w/ Sean F. 3:30-Unscramble the Words/Ring Toss 7:00-Broadway Musical	9:30- Daily Chronicle 10:00- Yoga w/ Bonnie 10:30-All about the Chinese New Year 1:30-Current Events 2:30- Music w/ Arizona Doug 3:30- Year of the Snake (Video) 7:00-Movie-Action CHINESE NEW YEAR	9:30- Daily Chronicle 10:00-What is the State Capital? 10:30-Snow Owls (Video) 1:30- spy 2:30- Exercise with Paula S. 3:30-Creative Craft/Tabletop Bowling 7:00-National Geographic	9:30- Daily Chronicle 10:00-Chair Exercise 10:30- Art Therapy (Day club) 1:30- What animal am I? 2:30- Music w/ Sandy R. 3:30-Scattergories/Balloon Toss 7:00-Movie-Drama	
Activity Professionals Week Australia Day (Observed)						

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Happy New Years Day! 9:30- Daily Chronicle 10:00-Monthly Gazette 10:30- Exercise w/ Joe Fish Sheehan 10:30- Bible Study - Justin 2:15- Music w/ Sean Fullerton 3:30-New Years Trivia/Bingo 7:00-Movie- Comedy	9:30- Daily Chronicle 10:00-Who am I? 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Arizona Doug Urquhart 3:30-Tabletop Bowling/The Power of Imagination 7:00- Classic TV Show	9:30- Daily Chronicle 10:00-Unscramble the Words 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Tom Gilmartin 3:30-Wheel of Fortune/Conversation Ball 7:00-Movie- Western	9:30- Daily Chronicle 10:00- Mad Libs 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Sandy Robinson 3:30-Manicures/Parachute Fun 7:00-Classic Game Show
9:30- Daily Chronicle 10:00-Catholic Mass 10:45- Exercise w/ Paula Sheehan 2:15- Music w/Gary Landgren 3:30-Bingo/Color by Number 7:00-Movie- Drama	9:30- Daily Chronicle 10:00-What is a Dodoe? 10:30- Exercise w/ Joe Fish Sheehan 2:15- Music w/ Sean Fullerton 3:30-Star of the Month: Kevin Costner/Snowball Toss 7:00- National Geographic TV	9:30- Daily Chronicle 10:00-Finish The Phrase 10:30- Exercise w/ Paula Sheehan 10:30-Art Therapy W/ Lynda Shoup 2:15- Music w/ Bill McCarthy 3:30-Baking Club/Guy Talk 7:00-Movie-Musical	9:30-Daily Chronicle 10:00-Snow Jokin' 10:30- Exercise w/ Joe Fish Sheehan 1:30- Music w/ Kalifornia Karl 3:00-Creative Craft/Golf Putting 7:00-Documentary	9:30- Daily Chronicle 10:00-Taboo 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sean Fullerton 3:30-Auromatherapy& Meditation/Remember the Flyer Sled 7:00-Movie- Action	9:30-Daily Chronicle 10:00-Idioms in Disguise 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sean Fullerton 3:30-What's the State Capital? /Shuffleboard 7:00- Concert (Residents Choice)	9:30- Daily Chronicle 10:00-Fact or Fiction? 10:45- Exercise w/ Paula Sheehan 2:00- Music w/ Lenny Zarcone 3:30-Football Throw/Winter A-Z 7:00- Funny Videos
9:30- Daily Chronicle 10:00-Catholic Mass 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Rusty Guertin 3:30-Bingo/Molding w/ Clay 7:00- Sports Bloopers	9:30- Daily Chronicle 10:00-Painting Class 10:30- Exercise w/ Joe Fish Sheehan 2:15- Music w/ Sean Fullerton 3:30- Jan. Birthday Party 7:00-Movie- Comedy	9:30-Daily Chronicle 10:00-You Be the Judge 10:30- Exercise w/ Paula Sheehan 10:30- Art Therapy Lynda Shoup 2:15- Music w/ Greg Peters 3:30-Baking Club/Car Racing 7:00-Classic TV Show	9:30- Daily Chronicle 10:00-Riddles 10:30- Exercise w/ Joe Fish Sheehan 2:15- Music w/ Sean Fullerton 3:30- Tea Party /Down the Rabbit Hole/Alice in Wonderland Trivia 7:00-Movie- Western	9:30- Daily Chronicle 10:00-Kumquats are good luck! 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sandy Robinson 3:30-Easy Crossword/Ping Pong 7:00-Classic Game Show	9:30- Daily Chronicle 10:00-Where am I? 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sean Fullerton 3:30-Travel to England (Video)/Cranium Crunchies 7:00-Movie- Drama	9:30-Daily Chronicle 10:00-Winter Trivia 10:45- Exercise w/ Paula Sheehan 1:45- Music w/ Jim O'Neil 3:00-Manicures/Parachute Fun 7:00-National Geographic TV
9:30- Daily Chronicle 10:00-Catholic Mass 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Paul Belanger 3:30-Bingo/Color by Number 7:00- Movie- Musical	Martin Luther King Jr. Day 9:30- Daily Chronicle 10:00-All about Martin Luther King Jr./Trivia 10:30- Exercise w/ Joe Fish Sheehan 2:15- Music w/ Sean Fullerton 3:30-Golf Putting/20 Questions 7:00-Documentary	9:30- Daily Chronicle 10:00-Password 10:30- Exercise w/ Paula Sheehan 10:30- Art Therapy W/ Lynda Shoup 2:15- Music w/ Bill McCarthy 3:30-Baking Club/All About Mozart 7:00-Movie- Action	9:30-Daily Chronicle 10:00-Conversation cards 10:30- Exercise w/ Joe Fish Sheehan 10:30- Bible Study - Justin 2:15- Music w/ Sean Fullerton 3:30-Creative Craft/Gratitude 7:00-Concert (Residents Choice)	9:30- Daily Chronicle 10:00-Charades 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Arizona Doug Urquart 3:30-Men's Group/Sports Discussion & Trivia 7:00-Funny Videos	9:30- Daily Chronicle 10:00-Finish The Phrase 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sean Fullerton 3:30-Car Racing/Jeopardy (LMS) 7:00-Sports Bloopers	9:30- Daily Chronicle 10:00-What am I? 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Sandy Robinson 3:30-Scattergories/Balloon Toss 7:00-Movie- Comedy
9:30- Daily Chronicle 10:00-Catholic Mass 10:45- Exercise w/ Paula Sheehan 2:15- Music w/ Bill Mc Carthy 3:30-Bingo/Molding w/ Clay 7:00-Classic TV Show	9:30- Daily Chronicle 10:00-Painting Class 10:30- Exercise w/ Joe Fish Sheehan 2:15- Music w/ Sean Fullerton 3:30- Resident Council 7:00-Movie- Western	9:30- Daily Chronicle 10:00-Jan. Trivia 10:30- Exercise w/ Paula Sheehan 10:30-Art Therapy W/ Lynda Shoup 2:15- Music w/ Paul Belanger 3:30-Baking Club/How animals survive in winter (Video)/Hit the Baseball 7:00-Classic Game Show	9:30- Daily Chronicle 10:00-Name 5 10:30- Exercise w/ Joe Fish Sheehan 2:15- Music w/ Sean Fullerton 3:30-What is the Chinese New Year? /Conversation Ball 7:00-Movie- Drama	9:30- Daily Chronicle 10:00-Unscramble the Words 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Rusty Guertin 3:30-Auromatherapy & Meditation/The Billionaires Club 7:00-National Geographic TV	9:30- Daily Chronicle 10:00-What am I? 10:30- Exercise w/ Paula Sheehan 2:15- Music w/ Sean Fullerton 3:30-Ping Pong/Recap of the month's News 7:00-Movie- Musical	
Activity Professionals Week Australia Day (Observed)						

The Oasis 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.”

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

JANUARY OBSERVANCES

Monthly

National Birth Defects Prevention Month. Not all birth defects can be prevented, but you can increase your chances of having a healthy baby by managing health conditions and adopting healthy behaviors before and during pregnancy. Taking care of yourself and doing what's best for you is also best for your baby.

National Book Blitz Month. How many times have you started reading a book with all good intentions of completing it in a timely manner, only to forget to pick the book back up in weeks or sometimes months? It's time to rededicate yourself to completing a book or two as we celebrate National Book Blitz Month in January.

National Codependency Awareness Month. Codependency is often passed down from one generation to another, affecting an individual's ability to have healthy, mutually satisfying relationships. People with codependency most often form or maintain relationships that are one-sided, emotionally destructive, and/or abusive verbally or physically. Does this sound like you or someone you know?

National Mentoring Month. Imagine a world where young people feel empowered, encouraged, and understood. Mentors can make that world a reality.

National Mentoring Month focuses national attention on the need for mentors, as well as how each of us—individuals, businesses, government agencies, schools, faith communities, and nonprofits—can work together to increase the number of mentors to ensure positive outcomes for young people.

Weekly

Diet Resolution Week, Jan. 1-7. Although nearly half of all Americans make one or more New Year's resolutions to eat better and lose weight, not very many of those get kept. Diet Resolution Week provides support for one of the most popular New Year's resolutions we make.

International Snowmobile Safety Week, Jan. 18-26. Snowmobiling is a fun and exciting family activity enjoyed by more than 4 million people across the United States and Canada. The purpose of International Snowmobile Safety Week is to expose people to safe snowmobiling practices and to demonstrate how operating snowmobiles safely can prevent mishaps.

SPECIAL DAYS

- 1 National Hangover Day
- 1 New Year's Day
- 2 International Stop Spam Day
- 2 Run up the Flagpole and See if Anyone Salutes Day
- 2 World Introvert Day
- 3 Festival of Sleep Day
- 3 Fruitcake Toss Day
- 3 Humiliation Day
- 4 National Spaghetti Day
- 4 Trivia Day
- 5 National Bird Day
- 6 Bean Day
- 6 Cuddle Up Day
- 7 Feast of the Epiphany – Three Kings
- 7 Old Rock Day
- 8 Bubble Bath Day
- 8 Male Watcher's Day
- 9 Play God Day
- 10 Bittersweet Chocolate Day
- 10 Houseplant Appreciation Day
- 10 National Take the Stairs Day
- 10 Peculiar People Day
- 11 Learn Your Name in Morse Code Day
- 11 Step in a Puddle and Splash Your Friend's Day
- 12 Feast of Fabulous Wild Men Day
- 12 National Hot Tea Day
- 12 National Pharmacist Day
- 13 International Skeptics Day
- 13 Make Your Dream Come True Day
- 13 National Rubber Duckie Day
- 14 Dress Up Your Pet Day
- 15 National Bagel Day
- 15 National Hat Day
- 16 Appreciate a Dragon Day
- 16 National Nothing Day

SPECIAL DAYS

17 Ditch New Years Resolutions Day
17 Kid Inventors Day
18 Thesaurus Day
18 Winnie the Pooh Day
19 National Popcorn Day
19 National Tin Can Day
20 Martin Luther King Jr. Birthday
20 National Buttercrunch Day
20 National Cheese Lover Day
20 Penguin Awareness Day
21 National Hugging Day
21 Squirrel Appreciation Day
22 Chinese New Years – date varies
22 National Blonde Brownie Day
23 National Pie Day
23 National Handwriting Day
23 Measure Your Feet Day
24 Beer Can Appreciation Day
24 Compliment Day
24 Global Belly Laugh Day
25 Opposite Day
26 Australia Day
26 Spouse's Day
27 Chocolate Cake Day
27 National Seed Swap Day
27 Punch the Clock Day
28 Data Privacy Day
28 Fun at Work Day
28 National Kazoo Day
29 Bubble Wrap Appreciation Day
29 National Puzzle Day
29 National Cornchip Day
30 National Inane Answering Message Day
31 Backward Day
31 Inspire Your Heart with Art Day

Weekly

National Medical Group Practice Week, Jan 27-31. January recognizes the teams of physicians, physician assistants, nurse practitioners, administrative office staff, and anyone else who plays a role in ensuring patients' health care needs are met.

Daily

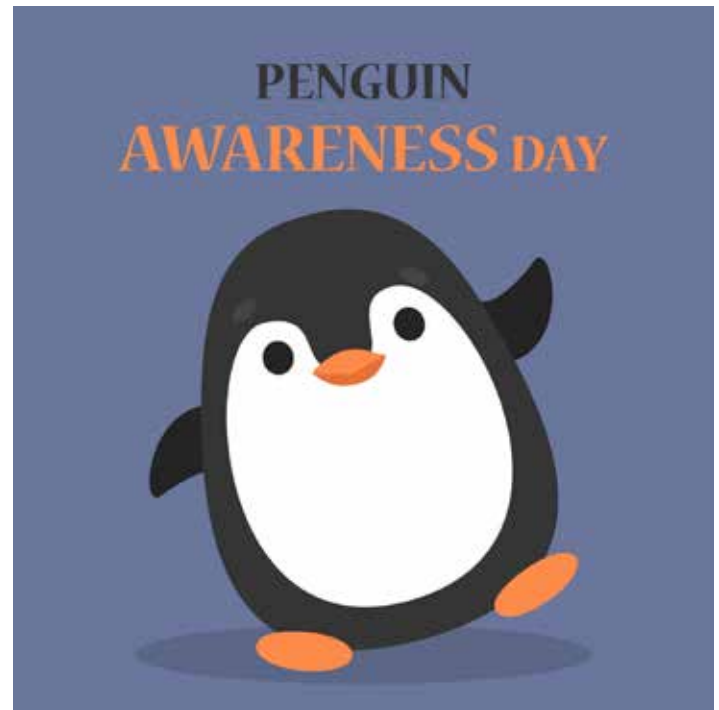
New Year's Day, Jan. 1. Start on those resolutions today.

National Science Fiction Day, Jan. 2. An unofficial celebration by many science fiction fans in the United States on the official birthdate of famed science fiction writer Isaac Asimov.

Korean American Day, Jan. 13. Honoring the contributions of the Korean American community to the United States and commemorating the arrival of the first Korean immigrants on January 13, 1903.

Martin Luther King Day, Jan. 20. Celebrating the life of the famous civil rights leader.

Penguin Awareness Day, Jan 20. Almost everyone loves to watch penguins.





Plant of the Month – Aloe Vera

Aloe vera is a cactus-like plant that thrives in hot, dry desert climates. Amazingly, this bright-green plant is 99.5 percent water. It can grow up to 30 inches tall and have up to 21 leaves. The word aloe comes from the Arabic word *alloe*, meaning “shining bitter substance.” *Vera* comes from *veritas*, which means “truth” in Latin. This spiky succulent’s leaves have a fibrous outer layer filled with aloe gel, which has cooling properties. It has been used for centuries to treat a range of ailments, including fever, insomnia, burns, and wounds. It is said to improve blood flow and boost the immune system. The healing properties of the plant have been well documented, particularly for speeding wound healing, soothing sunburns, and other skincare applications. Some say Cleopatra used the aloe gel as a cosmetic. The inner layer of the plant’s skin, called aloe latex, is also used as a laxative.

Flower - Carnation



The carnation is as rich in history and significance as it is diverse—and with around 300 species, that’s saying something! Its genus, *Dianthus*, means “flower of the gods.” These lovely blooms were a favorite among early Romans, who made them into celebratory wreaths. Supposedly, these pretty petals first grew from the patches of earth where Mary’s tears fell after Christ’s crucifixion. Because of this, carnations have come to represent a mother’s love.

Birthstone – Garnet



The beautiful red garnet is both the birthstone for the month of January and the gemstone to celebrate a second anniversary.

The name garnet comes from the Latin word *granatum* (meaning “pomegranate”), an apt comparison, as the stone resembles the color and form of this fruit. Garnets come in a variety of other colors, and a green garnet, known as a tsavorite, is the most highly prized. Garnets are found all over the world, including the United States, Sri Lanka, Greece, Brazil, and India.

January Personalities and Jobs

People born in January are loyal, responsible, and attentive. They enjoy both learning and teaching, and they usually enjoy hard work because they like to be productive. People born in the first month of the year tend to be tidy and respectful of other people’s personal space. When around others, they are quiet and reserved. In addition, they are noted to have a lively sense of humor, albeit a sarcastic one. January folks are true romantics, and they throw their whole heart and soul into relationships. They take pleasure in the simple things in life, like delicious food, good friends, and beautiful scenery. January folks are also very good hosts. Top career choices for those born during the month of January include:

- Archaeologist
- Accountant
- Designer
- Doctor
- Inventor
- Miner
- Politician
- Teacher
- Jewelry maker
- Singer
- Writer

JANUARY FUN FACTS

January 1 marks the first day of the first month of each year thanks to the Gregorian calendar, introduced by Pope Gregory XIII in 1582. This calendar was adopted throughout the British empire and its colonies in 1753. Seen as a fresh start, January is a time for reflection on the past year and setting goals for the new one. January is one of two months (along with November) with more than one U.S. federal holiday: New Year's Day and Martin Luther King Jr. Day.

January Birthdays

Alfred Stieglitz (photographer) – January 1, 1864
J. R. R. Tolkien (writer) – January 3, 1892
Diane Keaton (actress) – January 5, 1946
Elvis Presley (singer) – January 8, 1935
Pat Benatar (singer) – January 10, 1953
Julia Louis-Dreyfus (actress) – January 13, 1961
Martin Luther King Jr. (activist) – January 15, 1929
Michelle Obama (first lady) – January 17, 1964
Dolly Parton (singer) – January 19, 1946
Jim Jarmusch (director) – January 22, 1953
Neil Diamond (singer) – January 24, 1941
Etta James (singer) – January 25, 1938
Sarah McLachlan (singer) – January 28, 1968
Jackie Robinson (ballplayer) – January 31, 1919



Ways to Ring in the New Year

While Americans often use fireworks to celebrate the new year, Puerto Ricans throw water out the window at midnight to rid their homes of evil spirits. Danes smash plates and glasses against the front door to banish bad spirits. In France, pancakes are eaten for luck and good health. And in Spain, it's traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year. What's your tradition?

What's Lucky in January?

Lucky Color: Pink
Lucky Animal: Porcupine
Lucky Letter: S
Lucky Day: Tuesday
Lucky Plant: Pin

Wolf Moon

January's full moon, known as the wolf moon, is on January 13 this year. Legend tells that this moon was named after the wolf packs howling hungrily outside early Indigenous Americans' villages on cold January nights.

January Zodiacs

Capricorn (The Sea Goat) January 1–19
Aquarius (The Water Bearer) January 20–31



A very
Happy Birthday to...



Dodge Park Residents	Staff
Raffaella P. Jan. 12	Felicite M. Jan. 1
Susie S. Jan. 18	Osman O. Jan. 1
Caroline C. Jan. 20	Jonathon R. Jan. 2
Mildred L. Jan. 25	Shai Morales N. Jan. 4
	Yaneri D. Jan. 5
Oasis Residents	Dorothy K. Jan. 13
Susan S. Jan. 11	Alicia F. Jan. 18
Pamula P. Jan. 22	Alexis S. Jan. 18
Christian D. Jan. 24	Daniella O. Jan. 20
Allan R. Jan. 26	Meliane D. Jan. 21
	Krystal Nolan R. Jan. 23
	Natalia G. Jan. 25
	Ron H. Jan. 25
	Jevorn R. Jan. 31
	Miriam S. Jan. 31

Dementia Warning Signs

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

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Don't let arthritis spoil your winter

The winter months can be hard on people with arthritis. Cold weather can exacerbate joint pain, making life uncomfortable when temperatures are low. The Integris Health website offers this advice for enduring winter with arthritis:

- **Dress in layers.** Stay warm inside and outdoors. Wear gloves, and add layers to your knees, elbows, and other places where your body aches. Take layers off if you get too warm. Also, heated pools and hot tubs can provide pain relief.
- **Eat healthy.** Rich foods and sweets can cause a flare-up of rheumatoid arthritis. Limit your consumption of gravy, processed meat, desserts, and unhealthy snacks.
- **Minimize stress.** Stress can make you work (or play) harder than you should, overtaxing your muscles and leading to more pain. Try meditation, deep breathing, and yoga to stay in a calm frame of mind.
- **Exercise.** Physical activity helps with flexibility, strength, and energy, and helps ease arthritis pain. Aim for 150 minutes of moderate aerobic exercise a week, along with two strength training sessions.
- **Wear compression gloves.** These encourage blood flow in your joints, and help keep your hands warm.
- **Take vitamin D.** We naturally absorb vitamin D from the sun, but during winter months sunlight can be scarce. A drop in vitamin D can cause more pain in people with rheumatoid arthritis or other inflammatory kinds of arthritis, and can also increase sensitivity to pain.
- **Get plenty of sleep.** Lack of sufficient sleep has been linked to depression, fatigue, and additional pain in

people suffering from rheumatoid arthritis. Adequate rest can help you deal better with the pain.

- **Talk to your doctor.** If you're in more pain than usual during winter, consult with your physician. Let your family know about it too. They can help you cope with the symptoms, relieving the risk of depression and heightened anxiety.

Don't panic when someone has a seizure

A seizure can be frightening to experience—and to witness. You may feel helpless, but don't panic. Follow this advice from the Kettering Health website:

- **Don't automatically call 911.** Most seizures don't last long and don't require emergency assistance. Instead of taking out your phone to call paramedics, use it to time the seizure. Chances are the seizure will stop in a minute or two. Only call 911 if it lasts for five minutes or longer, or if the person comes out of the seizure and then immediately goes into another one.
- **Don't fight it.** You can't stop a seizure. Instead, ease them onto the ground so they don't fall and injure themselves, and roll them onto their side in case they vomit. Place a pillow or rolled-up jacket under their head. Clear the area around them of anything that might hurt them. Loosen any restrictive clothing, like a scarf, belt, or necktie. Then just stay with them until the seizure is over.
- **Offer support.** Often a person comes out of a seizure with no memory of what happened. They may feel tired and disoriented, and may have temporary difficulty speaking clearly. Speak to them calmly, explain what happened, and wait until they feel alert and ready to get up again. If the person has never had a seizure before, they should probably see their doctor. Otherwise, if they feel fine, you can usually both just continue your day.

Quotes

"Healing yourself is connected with healing others."
—Yoko Ono

"'Tis healthy to be sick sometimes."
—Henry David Thoreau

How to talk about money with your partner

Money is always a sensitive topic between people, even committed couples. It's important to talk about it, though, especially as you make long-term plans. The Fox Sports Charlotte website offers this advice for getting through the ongoing conversation:

- **Establish trust without judgment.** Before you begin, make a commitment to staying calm and not judging your partner for their attitudes or decisions. Don't get defensive. Ask questions that keep your partner at ease—not "How could you spend so much money?" but "How did you decide to buy that?"
- **Agree on goals.** As your relationship progresses, you'll probably start to think about the future. Make sure you're on the same page when it comes to moving in together, buying a house, having children, saving for college eventually, and so forth. You should be aligned from the beginning to avoid disagreements down the line.
- **Decide on combining your finances.** Will a joint bank account work for both of you? Some couples establish a joint account right away, with both partners contributing all their earnings. Some do a little of both, a joint account for the household and separate accounts for individual use. Just be sure you're both comfortable with whatever option you choose.
- **Be honest about debt.** Don't let your college loan or credit card debt come as a surprise to your partner. Disclose the size of the debt, interest rates, and payment options up front. Openness will build trust that allows you to work together on a strategy for managing your debts effectively.
- **Talk often.** Talk about money in your relationship regularly. If you only discuss finances once a year—at tax time, say—the conversation may end up erupting into other issues that you've been ignoring for the past 11 months. Ongoing conversations can eliminate surprises and keep both of you focused on the same goals.

Teach your children about money

Children pick up on their parents' habits about lots of things—food, alcohol, school, sex, and definitely money. Your job is to teach them, and an education on how to handle money wisely will be invaluable to them as they grow up. The Financial Post shares some guidance on how to get the right messages across:

- **Talk openly about money.** You don't have to get into the details of interest rates and mortgage refinancing, especially with young children, but you should talk openly about money as they grow up. Keeping your decisions and even your struggles a secret won't prepare them to make their own decisions when they're older.
- **Emphasize your values.** How you spend your money reflects what you find important. Let kids know you're saving for their college, for example. Explain why you bought a particular car or computer. Point out the value of things—why buying something that will last a long time is better than buying something flashy that will break down sooner. Teach them the value of saving for the future instead of spending money now.
- **Teach them about investing and compound interest.** Keep things simple, especially with younger children, but explain how investing works so they understand how the economy functions, and how investing can be a benefit to them. Explaining compound interest will show them the value of saving over the long term.



Quotes

"Start by telling yourself that you deserve to be rich, have every right to be rich, and that being rich is an inside job. It's up to you and only you."
—Steve Siebold



Teach situational awareness to your kids

Teaching your child to be aware of his or her surroundings is key to keeping them safe, especially when you're not around. Situational awareness is an important skill for every child to learn. The Mace website shares this advice:

- **Don't give kids a long list of things to watch for.** They won't remember it, and may ignore it because it's too overwhelming. Focus on the basics—strangers, cars, and so forth.
- **Try some activities.** Pick out something to look for when you're walking or driving, like out-of-state license plates. This gets kids in the habit of looking around and noticing things.
- **Watch people.** When you're at a mall or amusement park, ask your child to pick a person and describe him or her. How tall are they? What are they wearing? How old do they think the person is? What kind of work might they do? Again, this helps sharpen their observational skills.
- **Teach contact information.** Make sure your small children know some basic information—their address and phone numbers, their parents' full names, and so forth. Also, establish who they should and shouldn't share the information with—a teacher at school, for example, but not a stranger on the street.

Build a positive relationship with your teen

Teenagers can be challenging. They're growing, changing, testing boundaries, and figuring who they are. Your relationship can be complicated, but you can retain strong bonds with your teenage children with the right approach. The ADDitude website has some tips:

- **Recognize bids for attention.** Your teenager may be moody, but he or she still wants and needs your attention. Be receptive when they ask for your help, suggest an activity, or just want to hang out with you. If you legitimately don't have time, be honest but acknowledge the request for attention, and suggest a time when you can be there for them.
- **Identify their love language.** Your kids may not say "I love you" all the time, but their actions and gestures can say the same thing. When they offer to help with chores, give you a hug, offer a present, or pay you a compliment, they're expressing affection—just not in words. Remember to thank them and show your appreciation.
- **Give them space.** Teens want and need privacy as they mature. You may be used to talking about everything, but don't get upset if your child is uncommunicative sometimes. Be patient. At the same time, watch out for red flags that require you to push for information—if they completely shut down, never leave their room except for meals or school, or are only interested in their screens, it's time to step in and talk, even if they resist.
- **Back your teen up.** When plans with friends fall through, be there with support. Maybe you can take them to a movie or do something fun, or just talk to them about what happened. Teenagers need to know you're there for them even if they don't seem to want to spend time with you most days.
- **Help them manage their emotions.** With hormones raging, teens can sometimes explode when their emotions go into overdrive. Talk to them about mindfulness, exercise, and rest—ways they can prevent strong feelings from taking over and leading to negative actions. Don't try to control their emotions or teach them to ignore their feelings. Just try to help them understand where they come from so they can respond appropriately.



Make New Year's resolutions you'll actually keep

Making a New Year's resolution is like setting any other type of goal. You have to choose wisely if you want to achieve something significant. Remember that a good resolution, like a solid goal, usually has a few definable characteristics:

- **Focus.** Set a definite target: "Lose 10 pounds by June 1" is better than "Lose some weight."
- **Challenge.** Your resolution should be neither too hard nor too easy.
- **Support.** Share your resolutions with others who will help you work on them.
- **Presence.** Write down your resolutions in detail and post your list where you'll see it often.
- **Vision.** Visualize the results you want to achieve every day.

Who knows where the time goes?

The beginning of a new year makes many of us reflect on the passage of time. Time is a funny thing—it doesn't always behave the way you expect. The Cracked website offers some interesting observations on the sometimes wacky nature of time:

- **Your head is aging faster than your feet.** Time moves at a slightly different speed depending on how close an object is to a source of gravity. The difference is very small, but it's measurable.
- **What did people do before alarm clocks?** They hired 'knocker-uppers,' people who would come knock on their door to wake them up.

- **Days and years were shorter long ago.** Dinosaurs lived in a time when the earth rotated faster, so days lasted about 23 ½ hours, and a year was 372 days.
- **One year was longer than the rest.** The year 46 B.C. had 445 days, due to Julius Caesar's reform of the calendar.
- **The oldest known calendar dates back to 8,000 B.C.** It was a monument built by hunter-gatherers near Aberdeenshire in Scotland. It tracked months by the moon.
- **France tried to change time.** In 1973, France introduced decimal time, which divided days into 10 hours of 100 minutes per hour and 100 seconds per minute. It lasted 500 days.

Making friends isn't easy at our age

Making friends is easy when you're young, but it gets more difficult once you're past the age of playing at recess, or asking, "What's your major?" in college. Here are some tips from the Healthline website for making new friends at any age:

- **Find or rediscover your hobbies.** Pursuing enjoyable activities can help you relax and build new relationships more easily. Exercise classes, social media groups, book groups, and more can bring you into contact with like-minded people also looking for companionship.
- **Make the first move.** Don't be afraid to ask an acquaintance out for coffee or lunch. You may get rejected—just like dating—but if you keep it casual and relaxed, the other person will often accept, forging the pathway to a new friendship.
- **Volunteer.** Find a cause that you believe in and join a group that supports it. You'll meet people with the same values while working on projects that do some good. Common interests can help you connect and form strong bonds.
- **Keep an open mind.** Don't be too quick to judge the people you meet. You may think you have nothing in common, but you might find you share more than you think. Be willing to listen to different points of view and try new things before making a decision on whether or not you want to be friends.



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Weight Loss Medications and a Healthy Diet

In 2024 you've likely heard that more and more people are now taking weight-loss medications. Semaglutide, commonly known as Ozempic and Wegovy are used to treat Type-2 Diabetes but can also be prescribed to patients to help them lose weight. The medication works together with diet and exercise. In addition to weight loss, the medication lowers the risk of heart attack and stroke.

Mounjaro is another medication used to treat Type-2 Diabetes with the added affect of weight loss. As with the other aforementioned medications, making sure a healthy diet and exercise regimen is vital in the success of this prescription.

The dietary recommendations for people taking any of these medications focuses primarily on adequate intakes of protein and fiber and staying hydrated. With regards to protein, lean protein sources are best. This includes fish, poultry, beans, lentils, tofu and Greek yogurt. But how much is enough? Most people need 60-70 grams of protein per day. Reading food labels is important to help reach this goal. The chart below lists the average protein content of some common foods.

Food	Portion	Grams of Protein
Meat, Fish, Poultry	1 ounce	7
Egg	1 egg	6
Skim Milk	8 ounces	8
Tofu	1 ounce	3
Lentils	1/2 cup	9
Beans	1/2 cup	8
Peanut Butter	2 tablespoons	7
Nuts	1/4 cup	5
Greek Yogurt	5 ounces	12-18
American Cheese	1 slice	5
Quinoa	1/3 cup	6

Fiber is very important for good health. Regularly eating whole grains, fruits and vegetables will help you reach the goal of 25 grams per day and 38 grams per day of fiber. Drinking plenty of low calorie, sugar-free beverages is important to stay hydrated, however, they can make you feel full which can inhibit the appetite needed to get in enough protein and fiber. Consider drinking beverages after eating to make room for nutritional foods. Avoid alcohol, carbonated beverages and caffeine.

Sample Menu:

Breakfast -

- Egg white omelet with cheese
- 1/2 whole wheat English muffin with peanut butter
- decaf coffee with skim milk

Lunch -

- Lentil soup
- 1/2 orange
- 4 oz. Protein shake

Snack -

- Greek yogurt with added blueberries

Dinner -

- Grilled chicken
- 1/2 sweet potato
- 1/2 cup green beans
- 4 oz. Protein shake

Snack -

- 1/2 cup 3-bean salad



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.



Apple Cinnamon Cocoa Cookies

Makes 2 dozen | A sugar-free recipe

Ingredients:

- Cooking spray
- 1/2 cup shortening
- 1/3 cup granulated artificial sweetener
- 1 egg, beaten
- 1/3 cup unsweetened cocoa powder
- 2 cups cake flour
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup unsweetened applesauce
- 1/4 cup water

Directions:

1. Preheat oven to 375°F. Spray a baking sheet with cooking spray.
2. Combine shortening, sweetener, and egg in a large bowl.
3. Combine cocoa powder, flour, baking powder, cinnamon, baking soda, and salt in a medium bowl.
4. Combine applesauce and water in a small bowl.
5. Alternately add the dry mixture and applesauce mixture to the shortening mixture in small amounts, stirring to combine well with each addition.
6. Drop by tablespoonful onto the prepared baking sheet. Bake 12–15 minutes.

Around Dodge Park & Oasis





Creamy Air Fryer Mushrooms

Makes 4 servings

Ingredients:

- 1 tablespoon salted butter, melted and cool
- 3/4 teaspoon garlic powder, divided
- 8 ounces whole baby mushrooms, stems and gills removed

Directions:

1. Combine butter and 1/4 teaspoon garlic powder in a small bowl. Baste each mushroom, inside and out, with the mixture. Set aside.
2. Combine cream cheese, spinach, salt, 1/2 teaspoon garlic powder, and Italian seasoning in a medium bowl.
3. Fill each mushroom with equal amounts of the spinach mixture.
4. Place mushrooms in the air fryer and cook 6 minutes at 390°F.
5. Open fryer and sprinkle cheese over the mushrooms. Cook for an additional 2 minutes. Serve warm.

- 4 ounces cream cheese, room temperature
- 1 cup chopped fresh spinach
- 1/4 teaspoon salt
- 1/4 teaspoon Italian seasoning
- 2 tablespoons shredded mozzarella cheese



Lemon Blueberry Tart

Makes 10–12 servings

Ingredients:

- 2 cups graham cracker crumbs
- 3 tablespoons plus $\frac{2}{3}$ cup sugar
- 6 tablespoons unsalted butter, melted

Directions:

1. Preheat oven to 375°F.
2. Combine cookie crumbs, 3 tablespoons sugar, and butter in a large bowl. Press mixture into a 9-inch tart pan with a removable base. Place on a rimmed baking sheet.
3. Bake 10–12 minutes until just golden brown. Allow to cool.
4. Combine cream cheese, vanilla, lemon juice, and the remaining $\frac{2}{3}$ cup sugar in a medium bowl. Beat with a hand mixer until smooth.
5. Beat heavy cream in a large bowl until stiff peaks form. Fold into the cream cheese mixture and transfer to the crust. Cover and chill two hours or until ready to serve.
6. To serve, remove from pan and place on a serving platter. Cut and serve with blueberries.

- 1 $\frac{1}{2}$ (8-ounce) packages cream cheese, room temperature
- $\frac{1}{4}$ teaspoon vanilla
- 4 teaspoons lemon juice
- $\frac{1}{2}$ cup heavy cream
- 2 cups blueberries

Teatime Cucumber Sammies

Makes 24 servings

Ingredients:

- 1 (8-ounce) package cream cheese
- 1/3 cup mayonnaise
- 1 medium cucumber, finely chopped
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon white pepper
- 1/2 teaspoon garlic salt
- 24 slices white bread, crusts removed
- (Optional) 12 springs dill, for garnish

Directions:

1. Combine cream cheese and mayonnaise in a blender and blend until smooth. Transfer to a medium bowl.
2. Stir in cucumber, dill, white pepper, and garlic salt.
3. Spread mixture evenly on one side of 12 bread slices. Top each with one slice of plain bread to create the sandwiches. Cut into triangle halves or triangle quarters.



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

Confetti Catch-All

Create a fun catch-all using tissue paper dots, packing tape, and a plastic tray. Sell them at a craft fair or give them as gifts.

You will need:

- 1" tissue paper circles
- Dollar store plastic tray (white or silver)
- Clear packing tape
- X-acto knife
- Scissors



Directions:

1. Cut a strip of packing tape the same length as the bottom of the tray. Lay it on your work surface, sticky side face up.
2. Randomly place tissue paper circles on to the strip of tape.
3. Turn the tape over and adhere it to the bottom of the tray as shown.
4. Repeat steps 1–3 until the bottom of the tray is covered with tape.
5. Trim off any excess tape using an X-acto knife.



Variation: Apply strips of tape with dots on them in various directions, extending the tape up and over the sides of the tray. This way, precision and cutting off excess tape isn't required.

Chinese New Year Red Packets

Traditionally, red packets are handed out to family and friends during the Chinese New Year. A red packet (called hong bao in Chinese) is simply a red envelope with money inside. It is often decorated with lucky symbols that represent good wishes, luck, and wealth. Make your own red packets and fill them with gifts.

You will need:

- Red packet designs printed in color on card stock (select a larger packet, the small packets, or both)
- Glue stick and scissors
- (Optional) Decorative stickers or round color-coding labels
- Assorted gifts for the packets such as gold tokens to redeem prizes, chocolate coins, real money, a note with a special message, wrapped goodies (A Hershey's bar will fit in the large packet.)

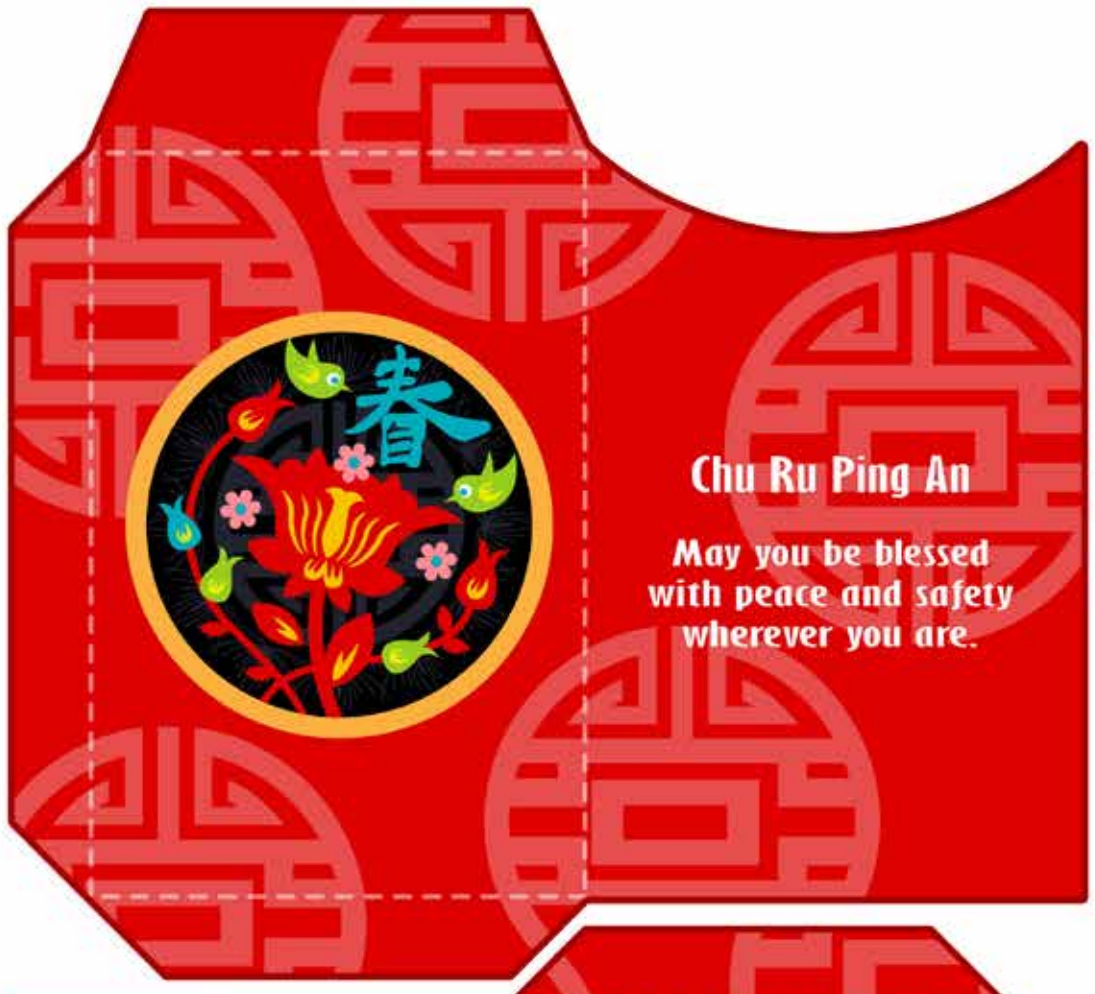
Directions:

Cut out a packet and then fold the dashed lines. Apply glue to the bottom and side tabs. Fold the back and front panels together, sandwiching the glued tabs to form the packet. Fill the packet with a gift. Seal the top flap closed using a glue stick or a sticker.

Fun Facts:

- Why are the envelopes red? Red symbolizes luck. Other envelope colors are used for other occasions. For example, white envelopes are used for funerals.
- When giving someone a red envelope, use both hands. Giving and receiving red envelopes, gifts, and even business cards is a solemn act. Therefore, they are always presented with both hands and also received with both hands.
- The recipient of a red envelope at Chinese New Year should not open it in front of the giver.
- Unlike a Western greeting card, red envelopes given at Chinese New Year are typically left unsigned.





Chu Ru Ping An

**May you be blessed
with peace and safety
wherever you are.**

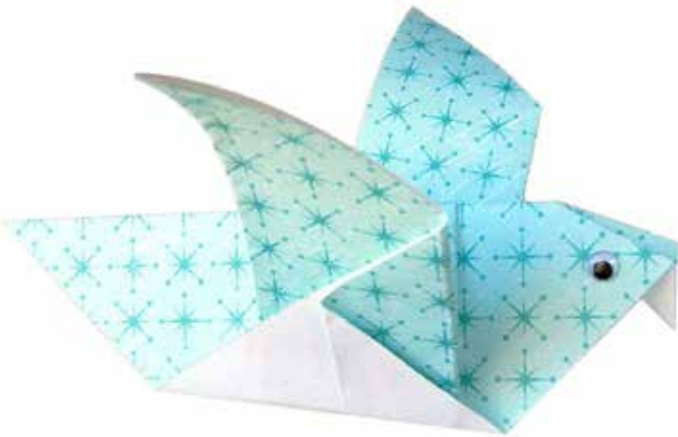


Chu Ru Ping An

**May you be blessed
with peace and safety
wherever you are.**

Doves of Peace

Martin Luther King's message was always one of peace and freedom. Celebrate his message with a peace dove made with just 8 simple folds.



You will need:

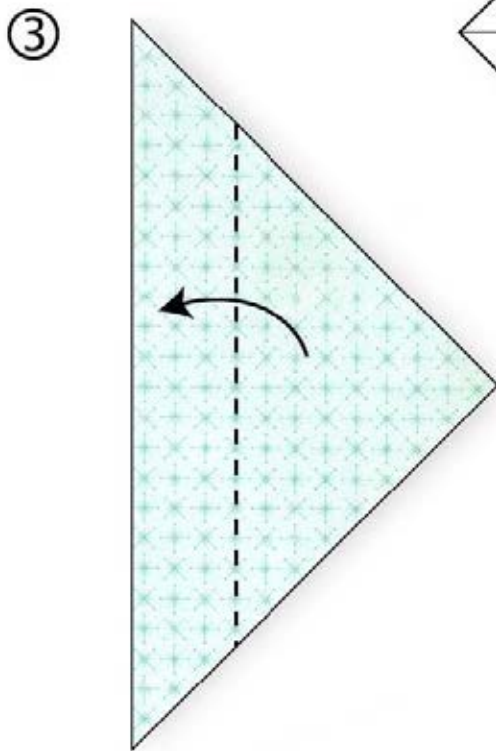
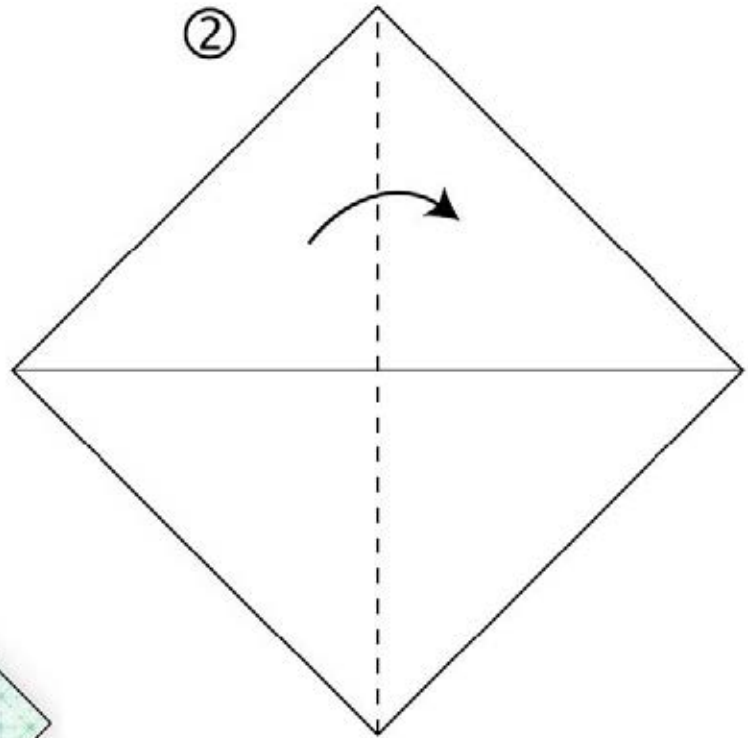
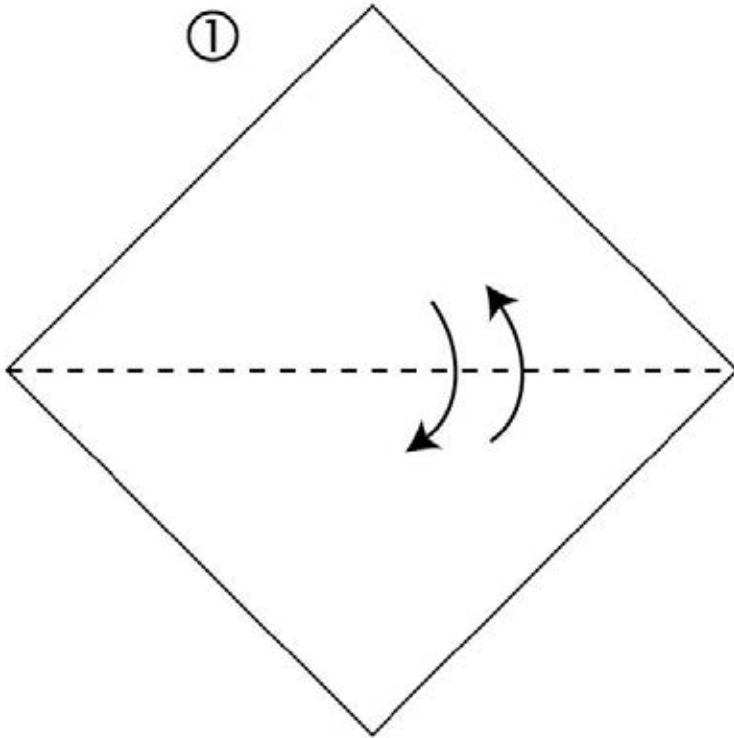
- Origami paper or decorative scrapbook paper (with different front and back)
- Black marker or two 1/8" plastic craft eyes
- Copy of the diagrams of the folding steps
- Picture of a finished dove

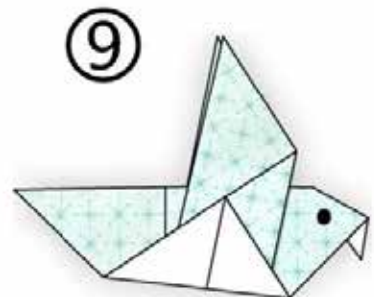
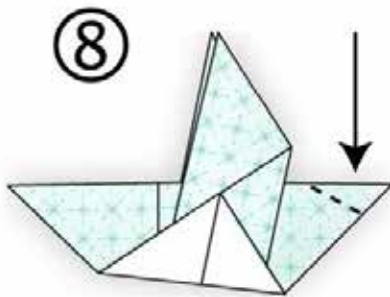
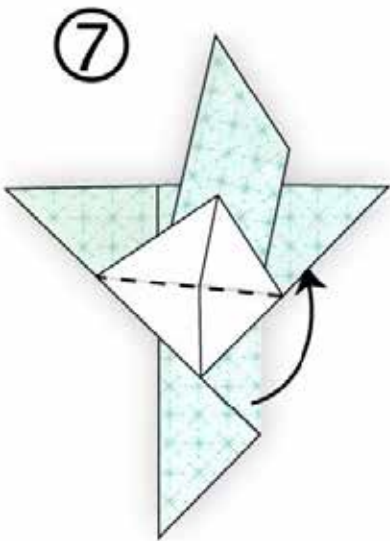
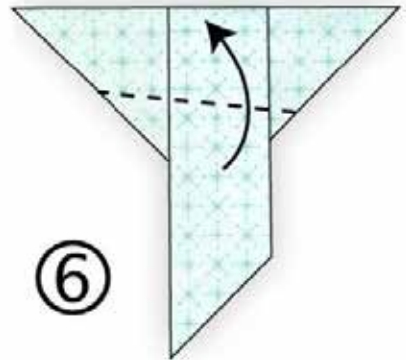
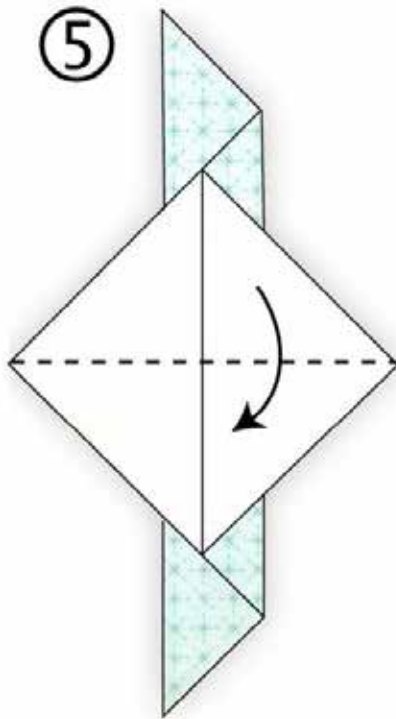
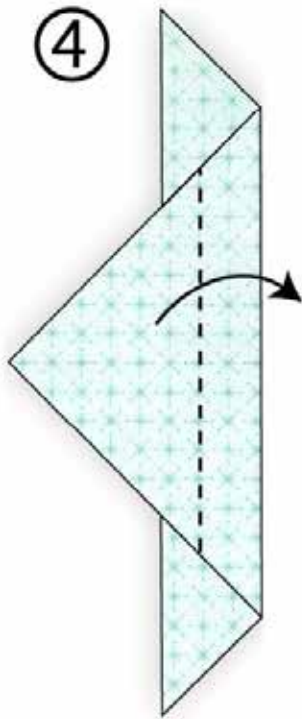
Directions:

1. Begin with a square piece of paper. If using scrapbook paper, you might need to trim it. Origami paper is often already square. With the back side of the paper facing up, fold the square diagonally. Crease well and then unfold.
2. Make another diagonal fold in the opposite direction. Do not unfold this time.
3. Fold the right corners over as indicated. The fold should be about 2/3 of the distance from the corner to the left fold.
4. Separate the two corners on the left and fold the top section back to the right where indicated – approximately in the middle of the vertical section. (See "Folding Step 4.") You should have a diamond shape of white (or whatever color is on the back of the paper).
5. Fold the entire piece in half from top to bottom as shown. Can you see a bird starting to form? The wings are now pointing down.
6. The wings should flap up, but not straight up. Therefore, fold the top wing as indicated – pointing it up and slightly to the right.
7. Fold the wing on the other side up, matching the wing tips.
8. Make a small inverted fold for the beak as shown in the picture.
9. Finally, draw on the eyes or glue on plastic craft eyes, and your peace dove is complete.



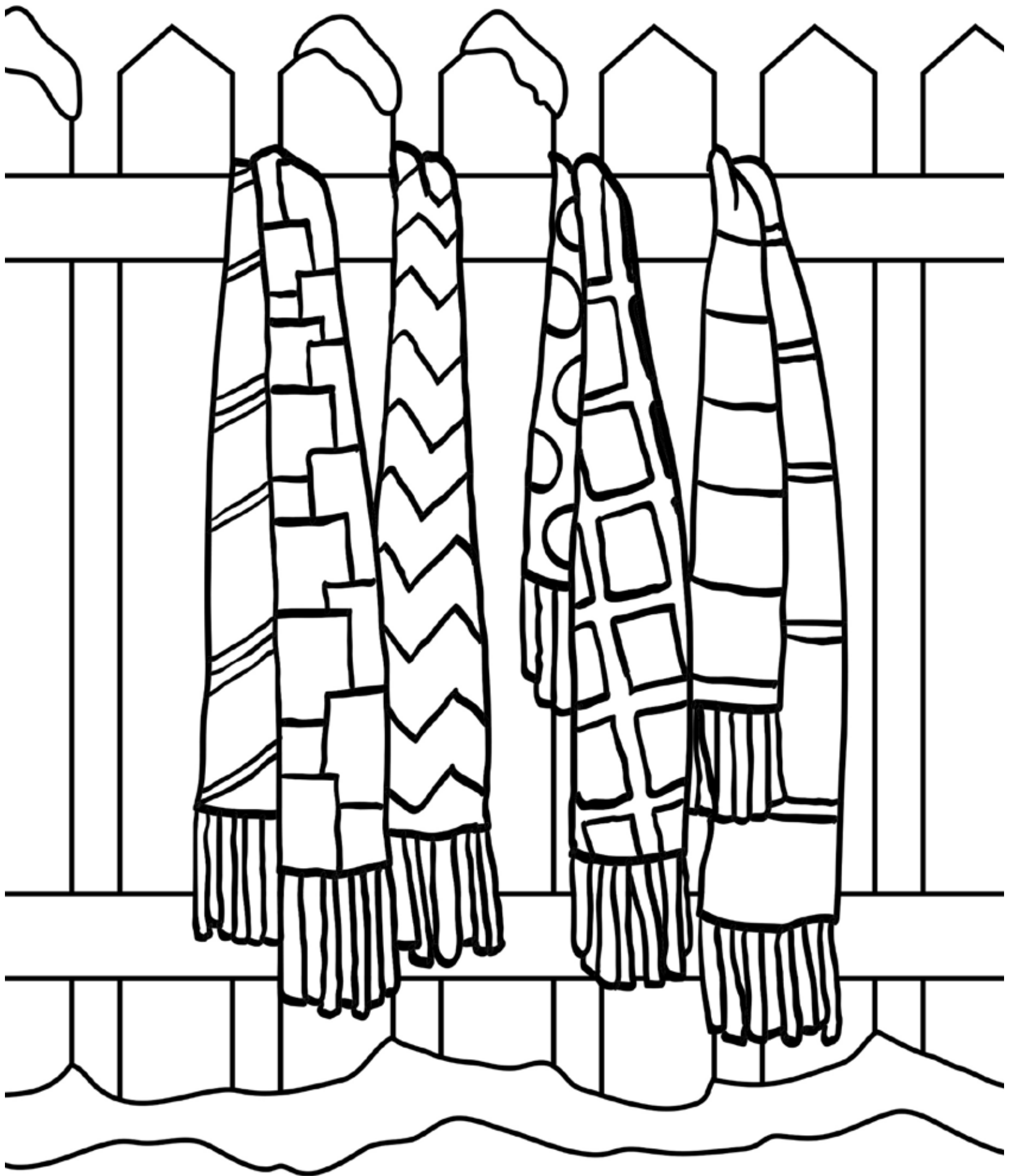
Origami Peace Dove Folding Steps







COLORING PAGE



Dot Doodles #2

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



Dot Doodles #2

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



The Billionaires' Club

Match the clues to the words associated with billionaires.

- | | |
|--|----------------------------|
| 1. Rocket-building company _____ | A. investments |
| 2. Facebook cofounder _____ | B. SpaceX |
| 3. Underground shelter _____ | C. taxes |
| 4. Virgin Airlines mogul _____ | D. Bill Gates |
| 5. Desire to promote the welfare of others _____ | E. artificial intelligence |
| 6. Former wife of Jeff Bezos _____ | F. Elon Musk |
| 7. Buildings up in branches _____ | G. bunker |
| 8. Cofounder of Oracle _____ | H. Hawaii |
| 9. Environmental concern _____ | I. Texas |
| 10. What <i>AI</i> stands for _____ | J. philanthropy |
| 11. Property _____ | K. tree houses |
| 12. Popular retirement state _____ | L. private clubs |
| 13. Tesla, Inc. CEO _____ | M. Richard Branson |
| 14. Payments to the IRS _____ | N. Larry Ellison |
| 15. Place that has no state tax _____ | O. MacKenzie Scott |
| 16. Secret social spots _____ | P. Mark Zuckerberg |
| 17. Capital ventures _____ | Q. climate change |
| 18. Microsoft mogul _____ | R. real estate |



Rock Around the Clock Detective

Search for the items in bold.

Liz and Beth, best friends and classmates since sixth grade, were excited as could be—They were going to their 50th high school reunion, and who knows who they would see! Perhaps Bobby Martin, Beth's old boyfriend, better known as the "one who got away," Or Liz's rival Mary Jo Perkins, who broke the **Jell-O-mold** for meanness every day.

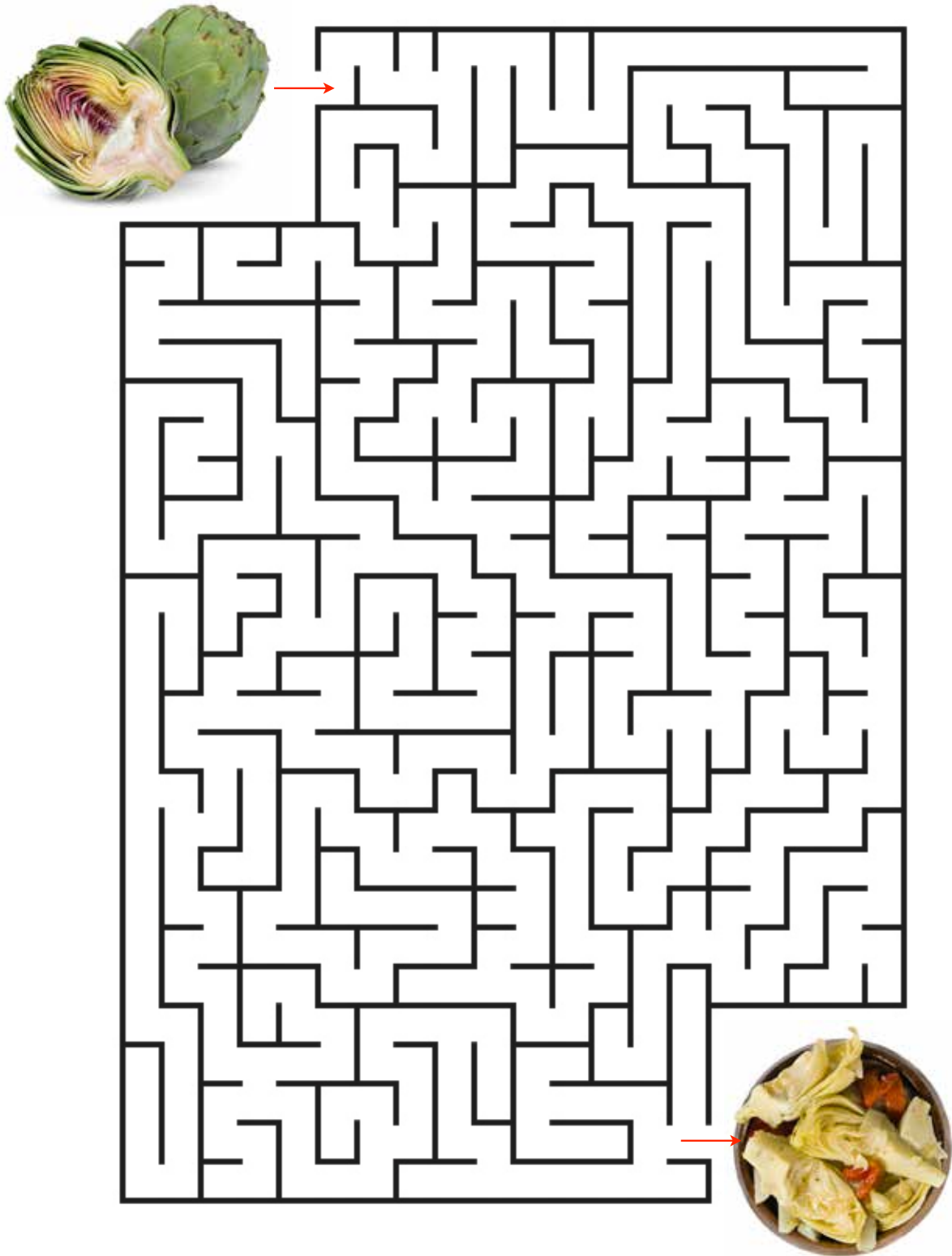
Their preparations began weeks ago—they were determined to make a splash. **8 chewing gums**, **Jean Nate**, and **2 tubes of lipstick** were added to their stash. They curled hair with **6 rollers** and gave manicures with a **nail file** and 2 polish coats. With **2 scoopers**, **2 root beer bottles**, and **8 straws**, they made ice cream floats.

3 yellow spindles for **3 forty-five records** were played on the record player so old; **2 musical notes** were hummed, while a **bottle opener** opened **3 Coca-Colas** so cold. Liz rocked **cat-eye glasses**, and Beth wore an **aqua colored headband** and **pink scarf** so neat. With Beth's **2 saddle shoes** and Liz's **2 sneakers**, their preparations were at last complete.

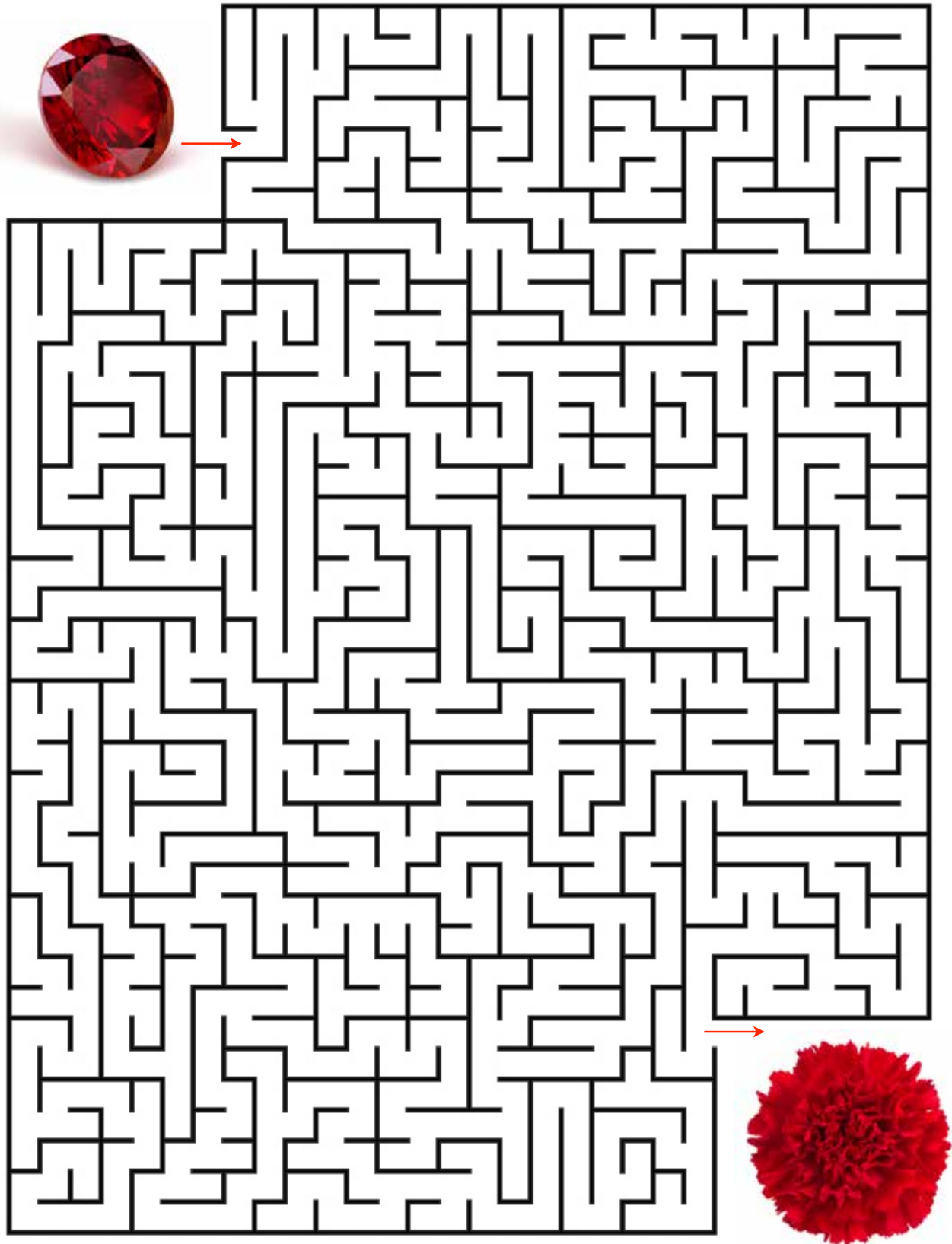
With **4 tickets** in hand, it was time to rock around the **clock** while feeling young and bold. A **red streamer**, **pink poodle**, and **6 balloons** were new, but faces in the room were old. Bobby was bald and portly, Mary Jo was a doting grandmom, and no one looked the same. By comparison, Liz and Beth smugly felt they were among the few still on top of their game.



A-Mazing Artichoke



A-Mazing Garnet and Carnation





Famous January Birthdays

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

- A. Joe **FRAZIER**
- B. Wayne **GRETZKY**
- C. Stephen **HAWKING**
- D. J. Edgar **HOOVER**
- E. Janis **JOPLIN**
- F. Diane **KEATON**
- G. Shari **LEWIS**
- H. Dick **MARTIN**
- I. Paul **NEWMAN**
- J. Isaac **NEWTON**
- K. Andy **ROONEY**
- L. Betty **WHITE**

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

Bonus: Match the person to the correct clue.

- | | |
|---------------------------------------|------------------------------------|
| 1. <i>Golden Girls</i> actress ____ | 7. Lamb Chop puppeteer ____ |
| 2. Rock singer ____ | 8. Comedian ____ |
| 3. Actor ____ | 9. Physicist ____ |
| 4. <i>60 Minutes</i> commentator ____ | 10. FBI director ____ |
| 5. Hockey's "Great One" ____ | 11. Astronomer ____ |
| 6. Heavyweight boxer ____ | 12. <i>Annie Hall</i> actress ____ |

Kevin Costner

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



ACTOR

THE **BODYGUARD**

DIRECTOR

FIELD OF DREAMS

FOR **LOVE OF THE GAME**

HATFIELDS & MCCOYS

A **PERFECT WORLD**

THE **POSTMAN**

ROBIN HOOD: PRINCE OF THIEVES

SILVERADO

THE **UNTOUCHABLES**

WATERWORLD

WYATT EARP

YELLOWSTONE

Mixed-Up Spaghetti

Unscramble the letters to reveal words that are associated with spaghetti.

1. AOMTOT _____
2. RIGLCA _____
3. ELOONSD _____
4. UECSA _____
5. MLSATBLEA _____
6. BLAIS _____
7. ARMSPANE _____
8. ZZRELAMLAO _____
9. LINAITA _____
10. TEPAL _____
11. ENNIRD _____
12. ONDGRU EBEP _____
13. NNOOI _____
14. SASGUEA _____
15. TTBUER _____
16. ADERB _____
17. NEGER PERPEP _____
18. AOOENRG _____



The Mighty Moose

The words listed below can be found vertically and horizontally.

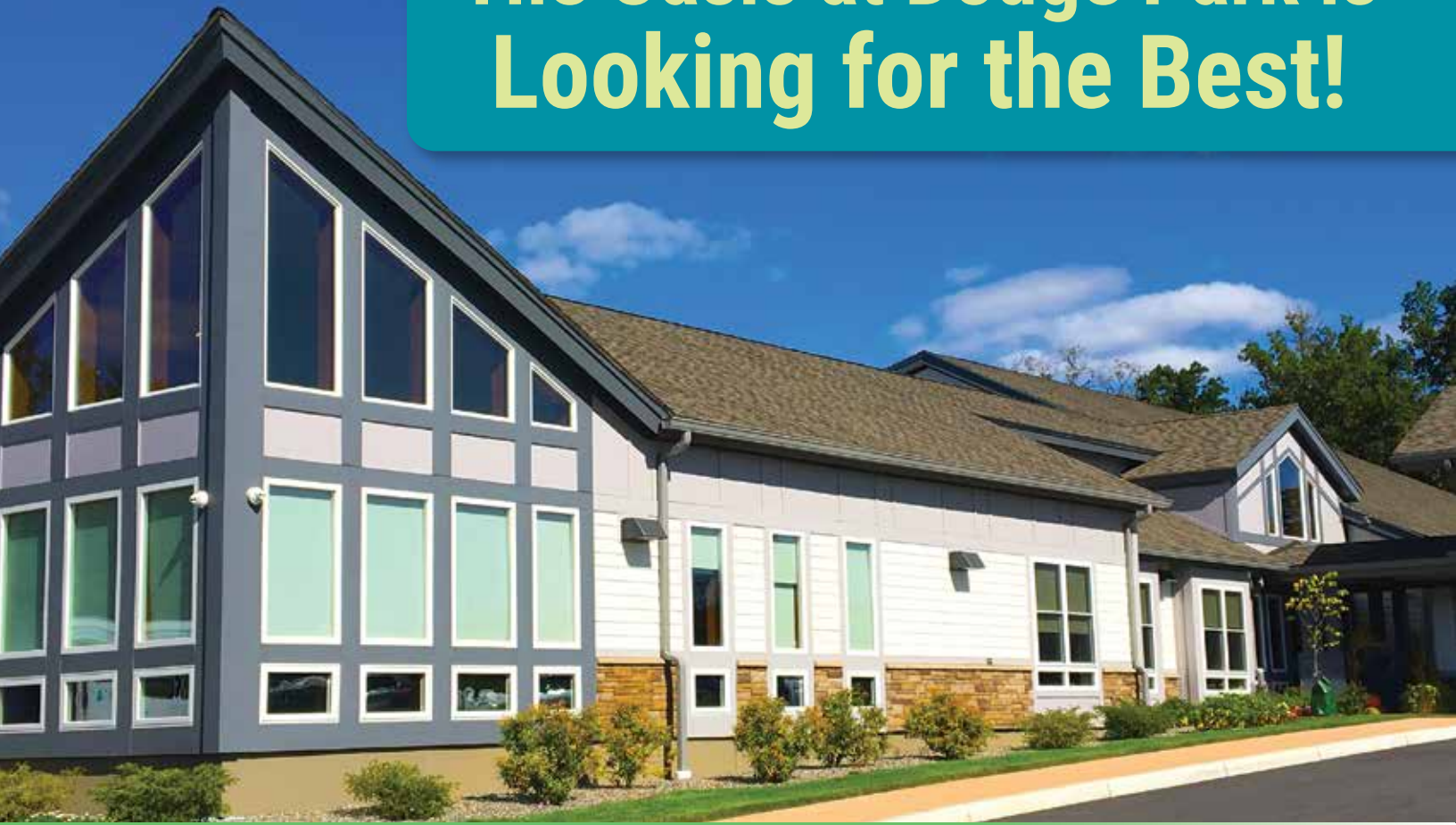


ALASKA
ANTLERS
CANADA
FAST
HERBIVORE



HOOVES
LARGE
MEADOW
SHRUBS
SOLITARY

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

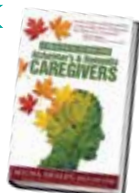
Worcester's Premier Senior Residential Care Facility



- 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 **58** YEARS

Caring for our Community

DODGE PARK REST HOME

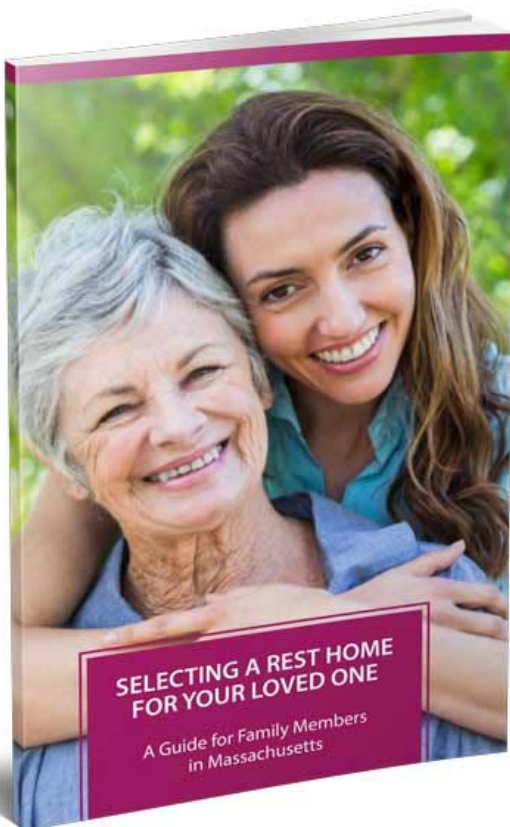
and
The Day Club

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

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

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

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



In this guide, you'll learn:

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

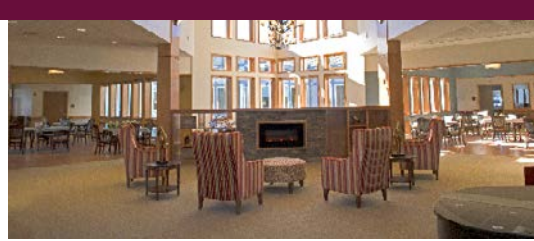
Please RSVP via email to Micha Shalev at m.shalev@dodgepark.com or call 508-853-8180

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



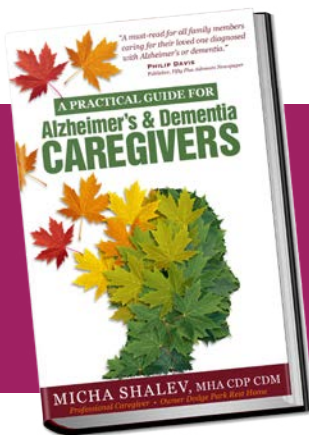
Peace of mind for your family EXTRAORDINARY ELDERLY CARE

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.



Two Communities—One Unique Mission

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



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

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



DODGE PARK
Rest Home and Day Club

Yes, we can help if your loved one:



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

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

Download at dodgepark.com



SCHEDULE A TOUR

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

FREE Caregivers Support Group for Alzheimer's & Dementia Caregivers

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

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

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

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

We hope to see you there.

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

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

The Nefesh to Nefesh™ Memory Care Program

**DODGE PARK
REST HOME**



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

**For more information
please click here**

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

Tel: 508-853-8180 Fax: 508-853-4515

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January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			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	

Jan 1 - New Year's Day Jan 20 - MLK Jr. Day