

NEIGHBORHOOD CONNECTION

DODGE PARK AND THE OASIS AT DODGE PARK COMMUNITY NEWSLETTER

HAPPY Easter - AND - HAPPY Passover



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



Dementia and Shower ("Bath") Time

By Micha Shalev MHA

One of the challenges in caring for someone with Alzheimer's disease or another kind of dementia can be bath (or shower) time. Although some people with dementia don't mind it, others are fearful and extremely resistive. When a person is combative or resistive with a bath or a shower, there can be many causes for her behavior. Here are a few possible ones:

- **Embarrassment** - If a person is concerned about privacy, bathing with someone else present could make him feel very uncomfortable and embarrassed.
- **Fear of Water** - Some people are afraid of water, whether it's due to some traumatic incident or just increased anxiety. Others react negatively especially to a shower since they may have always grown up with the routine of a bath.
- **Lack of Understanding** - A person with middle or later stage dementia might not understand why you're present, why you're trying to take her clothes off or why she needs to be in the water and be washed. Understandably, this often causes significant resistance. Occasionally, the person with dementia may become sexually inappropriate during bathing because he does not understand why you are assisting him. If he misinterprets your help, don't yell at him. Simply explain: "Mr. Smith, I'm a nurses' aide and I'm here to help you bathe today. Your wife will be here soon to visit you."

Tips to Improve Bath Time for the Person with Dementia

1. **Prepare First**- Have the soap and shampoo ready, as well as a large, warm towel.
2. **Offer a Choice between a Bath or a Shower** - Some people might not have a strong preference, but for many, providing this choice (either to the person or to their family member who may be able to tell you what they have

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

normally preferred) can improve the outcome. A lot of water in a tub may cause fear for some, while the spraying of a shower can make others anxious.

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

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

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

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

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

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

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

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

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

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

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

14. **Doctor's Orders** - Reminding a person who is resistive to bathing that the doctor wants them to take a bath might

be helpful and temporarily direct his irritation toward the physician rather than you.

15. **Consider Using a No-Rinse Soap and Shampoo** -

If a longer bath time increases anxiety, you can shorten the process by using no-rinse products.

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

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

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

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

Safety Tips

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

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



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

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

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102 Randolph Road • Worcester, MA
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.





Oasis at Dodge Park makes me feel extremely settled knowing my mom is in very good hands. I am in constant communication with the nurses and staff there, and I always know how she is doing and what the update for her is. Her room is always clean and I love that when I come to visit her everyone knows who I am and is so excited to see that she has visitors come. I don't live very close to the home, so it is a comfort to know that she is taken care of by such trustworthy people and with the best intentions for her. Oasis nurses and staff keep my mom safe, comfortable and constantly cared for and feeling loved. I couldn't recommend Oasis more.

My mom has been at the Oasis for almost one year. This is the perfect place for her to be. The owners and the staff take such wonderful care of her. They are all very polite and friendly. They have constant activities and play music that my mother benefits from. We appreciate all that they do.

The Oasis is a beautiful facility. The common areas are bright and open and the rooms are spacious. I am at facility once or twice a week and it does not matter what time you go, you are always welcomed with a smile. From the door monitor to the nursing staff, to the health care workers and cleaning and cooking staff, everyone is friendly and responsive to the needs of the residents. Numerous activities are offered daily often including live music and a wide variety of food options are available throughout the week. We had cared for my father in our home for many years prior to thinking about a rest home as we couldn't meet his needs any longer. I wanted a place that felt like home with a staff that surrounded him with love and a high level of care. I truly feel we have found that at the Oasis.

Oasis at Dodge Park couldn't be better. My brother had to be in this situation and those people are tremendous. They are the most hands on owner I've ever seen in my life. Ben and Micha are on site all the time. We couldn't be happier! They care about people. I'm very IMPRESSED. They're A+ across the board.





Dear Micha, Ben, René and staff at Oasis;


The family of Barbara F. is most grateful for Oasis at Dodge Park. Spending the last months of her long life at Oasis was truly a gift of love, outstanding care a concern for her well being. Thank you for the lovely floral arrangement. Mom's favorite hydrangea, white tulips and roses. A gift we have enjoyed. A framed notice of a tree planted in Israel in her memory is a fitting memorial that, like Mom, will have many long years to flourish and bring joy to a caring community. Our family has been truly blessed. We know you have been blessed as well.

With gratitude,
The Family of Barbara F.

ACTIVITY CALENDARS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April Fool's Day 1 9:30- Daily Chronicle 10:00- Foolish Facts & Trivia 10:30- Practical Jokes 2:30- Live Music w/ Sean F. 3:30- Rain Stick Storms 6:30- Men's Group Meeting 7:00- Photo Reminiscing	2 9:30- Daily Chronicle 10:00- Yoga w/ Bonnie D. 11:00- Music Shakers 2:30- Live Music w/ Paul B. 3:30- Name 10 Trivia 4:00- Detective Work 6:30- Resident Interviews 7:00- Turner Classic Movies	3 9:30- Daily Chronicle 10:00- 10 Pin Bowling 10:30- Day Club Baking Class Handmade Cards 2:30- Live Music w/ Paula S. 3:30- Whiteboard Games 6:30- Picture Scrapbooking 7:00- Audio Book Club	Red Sox Opening Day 4 9:30- Daily Chronicle 10:00- Baseball Facts & Trivia 10:30- Art Therapy w/ Lynda In-field Ball Toss 2:10- Red Sox Vs. Cardinals 2:30- Live Music w/ Greg P. 3:30- 7th Inning Stretches 6:30- Linked Sr. Game Show	5 9:30- Daily Chronicle 10:00- Move & Groove 10:30- Bingo Club Virtual Hiking & Foraging 2:30- Live Music w/ Paul B. 3:30- Balloon Toss Up 6:30- Aromatherapy & Spa 7:00- Hand Massages
6 9:30- Daily Chronicle 10:00- Guided Rosary Prayer 10:30- Sunday Mass 2:30- Live Music w/ Bill M. 3:30- Happy Hour 4:00- What Am I? 6:30- Homemakers Club 7:00- Evening Stretches	7 9:30- Daily Chronicle 10:00- Mass w/ Father E. 11:00- Spring Slideshows 2:30- Live Music w/ Paula S. 3:30- Alphabetics 4:00- Golden Hollywood 6:30- Arts & Crafts Stations 7:00- Hot Chocolate Bar	8 9:30- Daily Chronicle 10:00- Baking Beauties 10:30- Dodge Walking Club 2:30- Live Music w/ Sean F. 3:30- Rain Stick Storms 6:30- Men's Group Meeting 7:00- Photo Reminiscing	9 9:30- Daily Chronicle 10:00- Yoga w/ Bonnie D. 11:00- Music Shakers 2:30- Live Music w/ Sandy R. 3:30- Name 10 Trivia 4:00- Detective Work 6:30- Resident Interviews 7:00- Turner Classic Movies	100th Day of the Year 10 9:30- Daily Chronicle 10:00- All About 100 10:30- Day Club Baking Class Handmade Cards 2:30- Live Music w/ Paula S. 3:30- Whiteboard Games 6:30- Picture Scrapbooking 7:00- Audio Book Club	11 9:30- Daily Chronicle 10:00- Group Story Writing 10:30- Art Therapy w/ Lynda Winter Vs. Spring Discussion 2:30- Live Music w/ John M. 3:30- Simon Says 4:00- Virtual Garden Tours 6:30- Linked Sr. Game Show	Passover Begins 12 9:30- Daily Chronicle 10:00- Story of Passover 10:30- Bingo Club Virtual Hiking & Foraging 2:30- Music w/ Arizona Doug 3:30- Balloon Toss Up 6:30- Aromatherapy & Spa 7:00- Hand Massages
Palm Sunday 13 9:30- Daily Chronicle 10:00- Guided Rosary Prayer 10:30- Palm Sunday Service 2:30- Music w/ TBD 3:30- Happy Hour 4:00- What Am I? 6:30- Homemakers Club 7:00- Evening Stretches	14 9:30- Daily Chronicle 10:00- Mass w/ Father E. 11:00- Spring Slideshows 2:30- Live Music w/ Paula S. 3:30- Alphabetics 4:00- Golden Hollywood 6:30- Arts & Crafts Stations 7:00- Hot Chocolate Bar	15 9:30- Daily Chronicle 10:00- Bouquet Making 10:30- Dodge Walking Club 2:30- Live Music w/ TBD 3:30- Rain Stick Storms 6:30- Men's Group Meeting 7:00- Photo Reminiscing	16 9:30- Daily Chronicle 10:00- Yoga w/ Bonnie D. 11:00- Music Shakers 2:30- Live Music w/ John M. 3:30- Name 10 Trivia 4:00- Detective Work 6:30- Resident Interviews 7:00- Turner Classic Movies	17 9:30- Daily Chronicle 10:00- 10 Pin Bowling 10:30- Day Club Baking Class Handmade Cards 2:30- Live Music w/ Paula S. 3:30- Whiteboard Games 6:30- Picture Scrapbooking 7:00- Audio Book Club	18 9:30- Daily Chronicle 10:00- Group Story Writing 10:30- Art Therapy w/ Lynda Winter Vs. Spring Discussion 2:30- Live Music w/ Bill M. 3:30- Simon Says 4:00- Virtual Garden Tours 6:30- Linked Sr. Game Show	19 9:30- Daily Chronicle 10:00- Move & Groove 10:30- Bingo Club Virtual Hiking & Foraging 2:30- Live Music w/ Gary L. 3:30- Balloon Toss Up 6:30- Aromatherapy & Spa 7:00- Hand Massages
Easter Sunday 20 9:30- Daily Chronicle 10:00- Guided Rosary Prayer 10:30- Easter Sunday Mass 2:30- Music w/ Lenny Z 3:30- Happy Hour 4:00- What Am I? 6:30- Homemakers Club 7:00- Evening Stretches	Patriots Day 21 9:30- Boston Marathon Live! 10:00- Mass w/ Father E. 11:00- Marathon History 2:30- Live Music w/ Paula S. 3:30- Alphabetics 4:00- Golden Hollywood 6:30- Arts & Crafts Stations 7:00- Hot Chocolate Bar	Earth Day 22 9:30- Daily Chronicle 10:00- Baking Beauties 10:30- Dodge Walking Club 2:30- B-day Party w/ Sean F. 3:30- Rain Stick Storms 6:30- Men's Group Meeting 7:00- Photo Reminiscing	23 9:30- Daily Chronicle 10:00- Yoga w/ Bonnie D. 11:00- Music Shakers 2:30- Live Music w/ Sandy 3:30- Name 10 Trivia 4:00- Detective Work 6:30- Resident Interviews 7:00- Turner Classic Movies	24 9:30- Daily Chronicle 10:00- 10 Pin Bowling 10:30- Resident Council Handmade Cards 2:30- Live Music w/ Paula S. 3:30- Puzzle Games 6:30- Picture Scrapbooking 7:00- Audio Book Club	Arbor Day 25 9:30- Daily Chronicle 10:00- Arbor Day Artwork 10:30- Art Therapy w/ Lynda Winter Vs. Spring Discussion 2:30- Live Music w/ Rusty G. 3:30- Simon Says 4:00- Virtual Garden Tours 6:30- Linked Sr. Game Show	26 9:30- Daily Chronicle 10:00- Move & Groove 10:30- Bingo Club Virtual Hiking & Foraging 2:30- Live Music w/ Rusty G. 3:30- Balloon Toss Up 6:30- Aromatherapy & Spa 7:00- Hand Massages
27 9:30- Daily Chronicle 10:00- Guided Rosary Prayer 10:30- Sunday Mass 2:30- Live Music w/ TBD 3:30- Happy Hour 4:00- What Am I? 6:30- Homemakers Club 7:00- Evening Stretches	28 9:30- Daily Chronicle 10:00- Mass w/ Father E. 11:00- Spring Slideshows 2:30- Live Music w/ Paula S. 3:30- Alphabetics 4:00- Golden Hollywood 6:30- Arts & Crafts Stations 7:00- Hot Chocolate Bar	29 9:30- Daily Chronicle 10:00- Bouquet Making 10:30- Dodge Walking Club 2:30- Live Music w/ Sean F. 3:30- Rain Stick Storms 6:30- Men's Group Meeting 7:00- Photo Reminiscing	30 9:30- Daily Chronicle 10:00- Yoga w/ Bonnie D. 11:00- Music Shakers 2:30- Live Music w/ Doug U. 3:30- Name 10 Trivia 4:00- Detective Work 6:30- Resident Interviews 7:00- Turner Classic Movies	 April 2025 Dodge Park Rest Home & Day Club		

Dodge Park Rest Home & Day Club 102 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 X117

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6 9:30- Daily Chronicle 10:00- Rosary & Prayers 10:45- Exercise w/ Paula S. 2:00- Finish the Phrase 2:15- Live Music w/ Gary L. 3:30- Lucky Strike Bowlers 4:30- Botanical Garden Tours 7:00- Sunday Night Movies	7 9:30- Daily Chronicle 10:00- Become an Author 10:30- Exercise w/ Joe F. 11:15- Mass w/ Fr. Enoch 2:15- Live Music w/ Sean F. 3:30- Drum Circle Handmade Cards 7:00- National Geographic	8 9:30- Daily Chronicle 10:30- Exercise w/ Paula S. Art Therapy w/ Lynda S. 11:30- White Board Poll 2:15- Live Music w/ Paul B. 3:30- Seasonal Sensory Bin 7:00- Fireside Book Club 7:30- Classic Rom-Coms	9 9:30- Daily Chronicle 10:30- Exercise w/ Joe F. 11:30- Name 10 Trivia 2:15- Live Music w/ Sean F. 3:30- Gardening Club Bingo Players 7:00- Quiet Meditation 7:30- Game Show Network	10 9:30- Daily Chronicle 10:30- Exercise w/ Paula S. 1:30- Courtyard Walking Club 2:15- Live Music w/ Greg P. 3:30- Puzzle Solvers Men's Group Discussion 4:00- Sing-Along With Me 7:30- Ed Sullivan Show	11 9:30- Daily Chronicle 10:00- All Things Spring 10:30- Exercise w/ Paula S. 1:30- Bird Watchers 2:15- Live Music w/ Sean F. 3:30- Crafting Station 4:00- Indoor Soccer 7:00- Virtual Concert	Passover Begins 12 9:30- Daily Chronicle 10:00- Story of Passover 10:45- Exercise w/ Paula S. 1:45- Balloon Toss Up 2:15- Music w/ Rusty G. 3:30- Board Games Kindred Hearts Circle 6:30- Evening Stretches
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Oasis At Dodge Park 102 Randolph Road Worcester, Ma 01606 Amy Laba, Activity Director 508-853-8180 X117



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

Where everyone knows your name

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

‘We feel so fortunate that we found the Oasis’

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

‘Mom is doing fabulous at the Oasis’

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

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

Oasis’s Activity Coordinator Amy Bustin says:

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



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

www.oasisatdodgepark.com
877-363-4775

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

Monthly

Financial Literacy Month. Financial Literacy Month is a chance to reflect on the state of your personal finances and an opportunity to improve those finances one step at a time. The first and most important step in developing and following a financial plan is to examine your attitudes about money. Are you ready to accept responsibility for changing your financial situation?

Mathematics and Statistical Awareness Month. Both mathematics and statistics play a significant role in addressing many real-world problems—internet security, sustainability, disease, climate change, and much more. Research in these areas reveals new results and applications every day in fields such as medicine, manufacturing, energy, and business.

National Arab American Heritage Month. Arab Americans celebrate their heritage in hopes that all Americans will appreciate their contributions to the U.S. The month of April is a special opportunity to enhance understanding of the nuanced and diverse aspects of Arab American heritage.

National Garden Month. Take some time this month to engage your family, friends, and neighbors in gardening. Get outside and garden with your family. Make a window box salad garden, find new ways to be green, garden in the city or the country, and much more.

Weekly

National Dog Bite Prevention Week, April 13–19. With an estimated population of nearly 85 million dogs living in U.S. households, millions of people—most of them children—are bitten by dogs every year. The majority of these bites, if not all, are preventable.

National Library Week, April 6–12. A time to celebrate our nation's libraries and library workers, and promote library use and support. National Library Week is sponsored by the American Library Association (ALA) and observed in libraries across the country. All types of libraries—school, public, academic, and special—participate.

SPECIAL DAYS

- 1 April Fool's Day
- 1 Atheist Day
- 1 International Fun at Work Day
- 1 International Tattling Day
- 2 Children's Book Day
- 2 National Peanut Butter and Jelly Day
- 2 National Walking Day – The first Wednesday in the month.
- 2 Reconciliation Day
- 3 Don't Go to Work Unless it's Fun Day – we know your decision
- 3 Find a Rainbow Day
- 3 National Burrito Day – The first Thursday in April.
- 3 Tweed Day
- 3 World Party Day
- 4 Hug a Newsmen Day
- 4 National Walk to Work Day – The first Friday of the month.
- 4 School Librarian Day
- 4 Tell a Lie Day
- 4 Walk Around Things Day
- 4 World Rat Day
- 5 Deep Dish Pizza Day
- 5 Go for Broke Day
- 5 National Dandelion Day
- 5 Read a Road Map Day
- 6 California Poppy Day
- 6 National Tartan Day
- 6 New Beer's Eve
- 6 Sorry Charlie Day
- 6 Teflon Day
- 7 Caramel Popcorn Day
- 7 International Beaver Day
- 7 National Beer Day
- 7 National Coffee Cake Day
- 7 No Housework Day
- 7 World Health Day
- 8 All is Ours Day
- 8 Draw a Picture of a Bird Day
- 8 International Be Kind to Lawyers Day – The second Tuesday in April.
- 8 National Library Workers Day – Tuesday of Library Week in April.
- 8 Zoo Lover's Day
- 9 Bookmobile Day – The second Wednesday in April.
- 9 Name Yourself Day
- 9 Winston Churchill Day
- 10 Golfer's Day
- 10 National Farm Animals Day
- 10 National Siblings Day
- 10 Safety Pin Day
- 11 Barbershop Quartet Day
- 11 National Pet Day
- 11 National Submarine Day
- 12 Big Wind Day – this day blows me away!
- 12 Grilled Cheese Sandwich Day
- 12 International Day of Human Space Flight / Russian Cosmonaut Day
- 12 National Licorice Day
- 12 Passover begins at sundown – The date varies.
- 12 Walk on Your Wild Side Day
- 13 International Plant Appreciation Day
- 13 National Peach Cobbler Day
- 13 Palm Sunday – The date varies every year.
- 13 Scrabble Day
- 14 Ex Spouse Day
- 14 International Moment of Laughter Day
- 14 Look up at the Sky Day – don't you have anything better to do?
- 14 National Dolphin Day
- 14 National Pecan Day
- 14 Reach as High as You Can Day
- 15 Income Taxes Due (most years, it's on the 15th)

SPECIAL DAYS

15 Rubber Eraser Day
 15 Take a Wild Guess Day
 15 That Sucks Day
 15 Titanic Remembrance Day
 15 World Art Day
 16 Bean Counter Day
 16 Eggs Benedict Day
 16 Mushroom Day
 16 National Librarian Day
 16 National Orchid Day
 16 Save the Elephant Day
 16 Stress Awareness Day – The first workday after U.S. taxes are due.
 17 Bat Appreciation Day
 17 Blah, Blah, Blah Day
 17 Herbalist Day
 17 International Haiku Poetry Day
 17 National Cheeseball Day
 17 National High Five Day The third Thursday of April.
 18 Good Friday – The date varies.
 18 International Juggler's Day – also applies to multi-tasking office workers
 18 Newspaper Columnists Day
 18 Pet Owners' Independence Day
 19 Husband Appreciation Day – The third Saturday in April.
 19 National Garlic Day
 19 National Hanging Out Day
 19 Record Store Day – The third Saturday in April.
 19 World Circus Day – The third Saturday in April.
 20 Chinese Language Day
 20 Easter Sunday – The date varies.
 20 Look Alike Day
 20 Volunteer Recognition Day
 21 Dyngus Day – This fun day is always the Monday after Easter.
 21 Kindergarten Day
 21 Patriot's Day – The third Monday of the month.
 22 Earth Day (U.S.)
 22 Girl Scout Leader Day
 22 National Jelly Bean Day
 23 Administrative Professionals Day
 23 Lover's Day
 23 English Muffin Day
 23 National Picnic Day
 23 World Laboratory Day
 24 Pig in a Blanket Day
 24 Take Your Daughter to Work – Always the 4th Thursday in April.
 25 Arbor Day – The last Friday of the month.
 25 East Meets West Day
 25 National DNA Day
 25 National Teach Children to Save Day
 25 World Penguin Day
 26 National Pretzel Day
 26 Richter Scale Day
 27 Babe Ruth Day
 27 National Prime Rib Day
 27 Tell a Story Day
 28 International Astronomy Day
 28 Great Poetry Reading Day
 29 Greenery Day
 29 International Dance Day
 29 National Shrimp Scampi Day
 29 National Zipper Day
 30 Hairstyle Appreciation Day
 30 Honesty Day
 30 International Jazz Day
 30 National Raisin Day
 30 National Mahjong Day

Weekly

National Park Week, April 19-27. Parks across the country host a variety of special programs, events, and digital experiences. Entrance fees are waived on April 16 to kick off National Park Week and encourage everyone to enjoy their national parks.

National Youth Violence Prevention Week, April 28-May 2. Founded in 2001, National Youth Violence Prevention Week is a time for youth to lead communities on effective strategies to prevent youth violence.

Daily

April Fool's Day, April 1. Play a (harmless) prank on someone you love today.

National Beer Day, April 7. Celebrating the day in 1933 when the sale of beer became legal. Upon signing the legislation, President Franklin D. Roosevelt remarked, "I think this would be a good time for a beer."

Earth Day, April 22. The 2022 theme, "Invest in Our Planet," centers on finding solutions to climate change and encouraging governments, citizens, and businesses to do their part.

Talk Like Shakespeare Day, April 23. Try talking like the Bard for a day. One tip: When in doubt, add "eth" to the end of verbs: he runneth, he trippeth, he falleth.





Plant of the Month – Boston Fern

Boston fern is also known as sword fern due to its long, narrow, sword-like shape. Its scientific name, *Nephrolepis exaltata*, means “kidney scale” (in reference to the spores on the underside of the leaves) and “very tall.” This bright green, cheerful, ornamental house plant is also an excellent air detoxifier, naturally removing cigarette smoke, formaldehyde, and other toxins from the air. Boston ferns also improve the air quality for people with dry skin by adding moisture to the air. These hardy plants need to be watered weekly and thrive in a variety of environments, including bright and indirect sunlight. However, direct afternoon sun can burn the leaves. When planted outdoors, choose a spot with partial shade. Under optimal conditions, they can live for about 20 years. Boston fern symbolizes well-being, peace, and longevity. They are often given as a sign of good luck or to celebrate new life.

Flower - Daisy

April's flower is the daisy, a favorite of gardeners everywhere. Daisies are beautiful and easy to care for, and will grow just about anywhere. Just add water and sun, and these little sunbursts add brightness to any garden. The daisy's Latin name, *Bellis perennis*, translates to “everlasting beauty.” Because of their pure white color, they are a symbol of innocence and are considered the flower of children. Daisies are edible and can be used in sandwiches, soups, and salads. The leaves can be brewed to make an herbal tea.



Birthstone – Diamond

Diamonds have been valued for thousands of years, and not only for their glittery, sparkling beauty.

This gemstone is also the hardest material in the world, which makes it very useful for cutting and polishing. With its incredible strength and sturdiness, the stone represents constancy and devotion and is said to bring love and harmony to those who wear it. It is fitting, then, that these brilliant gems are used in engagement and wedding rings and are the anniversary gemstone for the 10th and 60th years of marriage.



Marvelous Facts About April Holidays

Here's a look at the history behind a few celebratory events in April.

April Fools' Day, celebrated on April 1, most likely began in 1564—the year France moved the start of its calendar from April 1 to January 1. It is said that those still celebrating the new year in April reportedly had paper fish (or April Fish) stuck to their backs by pranksters. And so, an April “fools” ritual was born.

Earth Day was launched on April 22, 1970, following a 1969 oil spill off the coast of California. Founded by Wisconsin Senator Gaylord Nelson, the holiday inspired 20 million Americans to demonstrate in marches for the environment. Organizers continue to lead events worldwide on April 22 and credit this day to the formation of the U.S. Environmental Protection Agency.

Arbor Day, held the last Friday in April each year in the U.S., began in 1872 thanks to the efforts of Nebraska Territory pioneer J. Sterling Morton. Morton's first tree-planting holiday included prizes for the most trees planted.

APRIL FUN FACTS

April is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three? June, September, and November. The rest are 31 days with the exception of February, which has only 28 days.) The name April comes from Aprilis, derived from aperire, meaning “to open.” It is the name the Romans gave the month because it is the time of year when flowers and plants begin to bud or open.

April Birthdays

Rusty Staub (baseball player) – April 1, 1944
Emmy Lou Harris (singer) – April 2, 1947
Marlon Brando (actor) – April 3, 1924
Spencer Tracy (actor) – April 5, 1900
Betty Ford (first lady) – April 8, 1918
David Letterman (TV host) – April 12, 1947
Henry Mancini (composer) – April 16, 1924
Jennifer Garner (actress) – April 17, 1972
Maria Sharapova (tennis star) – April 19, 1987
Byron Allen (producer) – April 22, 1961
Ella Fitzgerald (singer) – April 25, 1917
Carol Burnett (comedian) – April 26, 1933
Jerry Seinfeld (comedian) – April 29, 1954
Isiah Thomas (basketball player) – April 30, 1961



April Riddle

What can be easily found in the middle of March and April that can't ever be seen in the middle of any other month of the year?

Answer: The letter R

What's Lucky in April?

Lucky Colors: Teal and Pink

Lucky Animal: Snake

Lucky Letters: H and J

Lucky Day: Thursday

Lucky Plant: Tulip



In the Good Ol' Days of April

Fifty-five years ago, in April 1969, the medium annual income was approximately \$9,400 in the United States. Average cost of a new house was about \$28,000. Minimum wage was \$1.60 per hour. A loaf of bread was 23¢, a dozen eggs were 62¢, and postage stamps were 6¢ each. A new car cost about \$2,000. But best of all, gasoline was 32¢ per gallon—even cheaper than a gallon of milk, which was \$1.10.

April Zodiacs

Aries (The Ram) April 1–19

Taurus (The Bull) April 20–30



A very
Happy Birthday to...



Dodge Park Residents	April 6	Guadalupe M.	
April 19	Brian C.	April 9	Cynthia N.
April 20	Theresa M.	April 12	Ian C.
Oasis Residents	April 14	Joseph P.	
April 5	Chae Hee K.	April 15	Yvonne M.
April 13	Karen M.	April 19	Terrence D.
April 19	Dawn G.	April 20	Jose R.
Staff	April 26	Moises O.	
April 1	Caroline M.	April 28	Rebecca B.
April 1	Alexis R.	April 28	Carlos C.
April 3	Luisa L.	April 28	Ramstin T.
April 5	Gail T.	April 29	Love V.
		April 29	Makeyla W.

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



Around Dodge Park & Oasis



Around Dodge Park & Oasis



Around Dodge Park & Oasis



High-Quality, Secure Senior Care

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at **Dodge Park**

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

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#1 On
Caring.com
in MA

*Minimum hours may apply. See management for details.

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

101 Randolph Road, Worcester, MA



Passover Wishes

Passover is a Jewish festival celebrated in commemoration of the release of the Hebrews from the brutal slavery of the ancient Egyptians. The festival holds great significance for the entire Jewish community residing across the world. Passover, which is also known as Pesach, falls on the 15th day of the Nisan month in the Hebrew calendar and lasts till the 21st or 22nd day. This date corresponds in the month of March or April as per the Gregorian calendar. Observed with much pomp and show, Passover celebrations revolve around holidaying, feasting and merry-making. People meet one another and exchange greetings. The more personal touch you give to a greeting, the more special it would be. However, we are always ready to help you providing ideas to make your greetings all the more special on this festival.

Given here are some Passover wishes that you can include in your greeting cards or send them as messages to your near and dear ones. Pick up your favorite wish and send it to your loved ones!

Greetings For Passover

“Shalom!

Wishing you joy and many blessings at Passover and throughout the year!
May God bless you this Passover season and all through the year...”

“May your Pesach overflow with happiness...”

May you always be blessed with peace, prosperity and togetherness!
Wishing you a Happy Passover!”

“Shalom!
Wishing you...
Peace, Good times,
Good health
and Happiness...
on Passover & always!”

“Wishing you a
Spring fresh
with new promises
and a Passover
blossoming with joy
Happy Passover!”

“Shalom
On Passover and always
May you rejoice
In our traditions and
Always be blessed
With the rich and bountiful
Gifts of life!”

“Sending you LOADS of
warmth, love and hugs!
Happy Passover...”



Happy Easter Wishes and Messages

Easter is one of the most important holidays for Christians. Easter Sunday commemorates the Resurrection of God's Son, Jesus Christ from the dead. In Fact the base of the Christianity is built on Resurrection of Jesus Christ. This Easter, may we always be blessed with love, life and happiness. May our lives be touched by the true meaning of Easter. Exchanging Easter greetings and Easter wishes to celebrate this day is one of the most common traditions.

Now that we truly understand the meaning of Easter, we should be not only be thankful and rejoice in what we have but also wish the same blessings to others. This Easter, greet your family and loved ones a happy Easter. Here are some samples of Easter messages that you can use.

Easter is not just about God's resurrection...
It's also about elimination of slavery...
A unification of conscience and faith.
Have a blessed Easter!

There has never been and will never come a day when our loving Jesus is not a part and soul of our life. He will never ever forget us. He has carved each of our names on the palm of his hands. So let us all together thank and praise our risen Lord for his abundant and unconditional blessings. Have a blessed and wonderful Easter!

**May this year's Easter bring your hope and joy.
Happy Easter!**

Let the Easter eggs
Serve as your reminder that nothing can hinder you
In fulfilling your dreams.
I'm wishing you an extraordinary Easter!

**May God keep you away from misfortunes, devious people and evil tongues.
Have a blessed and happy Easter!**

I'm wishing you an extraordinary and joyful Easter.
May your life be full of blessings!



Fascinating Facts About Earth Day

Every year on April 22, trees are planted, litter is cleaned up, and awareness for the issues plaguing the planet are raised. In honor of the holiday, we've gathered together some fascinating facts about Earth Day.

Earth Day was created through the tireless efforts of Wisconsin Senator Gaylord Nelson.

Senator Gaylord Nelson arrived in Washington in 1963 looking to make the fledgling conservation movement, sparked in part by Rachel Carson's *New York Times* Bestseller *Silent Spring*, a part of the national discourse. After witnessing the aftermath of an oil spill in California in 1969, Nelson doubled down on his commitment to raising environmental awareness. Drawing inspiration from the energetic anti-war movement of the time, he enlisted support from both sides of the political spectrum, and on April 22, 1970, Earth Day was born.

The first Earth Day saw 20 million Americans take to the streets.

The first Earth Day marked a strange combination of boisterous rallies and sober reflection on the state of the planet. Protests, demonstrations, fundraisers, nature walks, speeches, concerts, and every sort of civic gathering imaginable took place at colleges, VFW halls, public squares, and parks across the United States on April 22, 1970.

Environmental crusaders found themselves thrust into the limelight, and pop culture icons like poet Allen Ginsberg were asked to speak on behalf of Mother Earth. Some of the more colorful displays of the day included mock trials for polluting objects, like an old Chevrolet, which was sentenced to death by

sledgehammer. (The car ultimately survived the beating and was donated to an art class.) In New York City, Earth Day celebrations effectively shut down parts of the city. Twenty thousand people packed into Union Square to see Paul Newman and hear a speech by Mayor John Lindsay, who arrived on an electric bus.

Earth Day sparked an unprecedented slate of environmental legislation.

With bipartisan support in Congress and thousands of civic demonstrations across the country, support for environmental reform in 1970 was undeniable. According to the EPA, "Public opinion polls indicate that a permanent change in national priorities followed Earth Day 1970. When polled in May 1971, 25 percent of the U.S. public declared protecting the environment to be an important goal, a 2500 percent increase over 1969." The 1970s saw the passage of the most comprehensive environmental legislation in U.S. history, including the Clean Air Act, the Water Quality Improvement Act, the Endangered Species Act, the Toxic Substances Control Act, and the Surface Mining Control and Reclamation Act. In addition, just 8 months after the first Earth Day, Richard Nixon approved the creation of a new organization tasked with monitoring the nation's natural assets: the Environmental Protection Agency.



Vet bill

“It’s my Kirby,” cried Mr. Wilson to the veterinarian. “Something is terribly wrong. He hasn’t made a sound all day.”

The vet used his stethoscope to listen for the heartbeat of the lifeless duck on the examination table.

“I’m sorry to have to tell you this, Mr. Wilson, but Kirby is dead.”

“How can you be sure?” the old man asked. “Shouldn’t you take some blood, or do some sort of test? Isn’t it possible that Kirby is in a coma or just in a deep, deep sleep?”

“You’re right,” the vet said. He stepped out of the room and returned moments later with a Labrador retriever. The dog stood on its hind legs with its front paws on the examination table. The Lab sniffed the duck, nudging it gently with his nose. The duck was unresponsive, and the dog sat on its haunches and began to whimper.

The vet walked the dog out of the room and returned carrying an orange and white tabby cat. He placed the cat on the table next to the duck. The cat tapped the duck’s head three quick times. When the duck didn’t stir, the cat meowed, jumped down from the table, and walked out of the room.

“I’m really sorry, Mr. Wilson,” the vet said. “Kirby is no longer with us.”

Mr. Wilson wiped a tear from his eye and then walked to the front desk to check out. When he saw his bill, he began to protest. “Is this for real—\$180 just to give me the sad news that my Kirby is gone?”

“I actually waived my fee for today, Mr. Wilson,” the vet replied, adding, “but I have to charge you for the Lab report and the cat scan.”

Verification

The tax auditor called the vicar of a church. “I’m contacting you to confirm that the church received a \$10,000 donation from a parishioner by the name of Tony Smith.”

“Tony Smith, you say?” the vicar replied. “I’ll have to consult our bank records, but I can assure you that if we haven’t received a donation from him yet, we will by the end of the day.”

Team effort

A motorist stuck in a ditch received help from a farmer walking down the road with an old horse.

“Just give me a minute, and old Billy will get you pulled out of there,” the farmer said as he hitched the car to the horse. He then began to shout, “Pull, Chuck! Pull, Willow! Pull, Stanley!”

Nothing happened.

Finally, the farmer said, “Pull, Billy!” The horse took a few steps forward and pulled the car out of the ditch. The driver thanked the farmer for his help and then asked why the farmer called out all of the other names before he called on Billy.

“Billy is blind and a bit set in his ways,” the farmer said. “If he thought he was the only one pulling, he wouldn’t have even tried.”

Quotes

“A day without laughter is a day wasted.”
—Charlie Chaplin

“Remember, today is the tomorrow you worried about yesterday.”
—Dale Carnegie



Health Corner

WITH CARA ZECHELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Spring Clean Your Diet

January may mark the beginning of a new year but for me, it's all about spring, the season of rebirth and new life. As the ground thaws and the birds sing their morning symphony I'm ready for spring cleaning. I'm ready to toss out the old habits winter has brought to my diet. If you're looking to start a new, healthier way of eating here are some tips to help you get started.

Toss out the junk

If your pantry is full of sugary, salty snack items it's time to let them go. These "junk food" snacks offer very little in the way of nutritional value. Excessive simple carbohydrates (sugar) will only pack on the pounds and contribute to a litany of health problems. The sodium found in many snacks is harmful to one's blood pressure. Sodium draws water into the bloodstream which increases blood volume and therefore blood pressure. Snacks such as chips, cookies, candy, cereal bars and cheesy crackers are loaded with harmful ingredients and should be reduced drastically. Instead choose snacks that provide nutrients such as vitamins, minerals, protein and fiber. Healthy pantry snack items include unsalted nuts, high protein granola, unsalted pretzels, high fiber crackers, dried fruits, popcorn, kale chips and roasted chickpeas.

Pre-plan tomorrow's lunch

Instead of picking up fast food or trying to survive on that extra large iced coffee bring a lunch to work that you can actually look forward to eating. And, if done right, it will boost your energy for the rest of your work day and give your body great nutritional benefits. If a sandwich works good for

you, choose a high fiber, whole grain bread. Add lean proteins such as turkey, chicken, tuna or egg whites. Instead of high-calorie mayonnaise, spread hummus or mashed avocado on the bread for delicious and healthier options. Add vegetables to your sandwich such as roasted red peppers, leafy greens, tomato slices and cucumbers. Remember that eating healthy doesn't have to mean taking things away, it often can be as simple as adding more nutritious foods. Add fresh fruits to your lunch box to round out that mid-day meal.

Stay hydrated but in a healthy way

As the weather starts getting warmer we start to get thirsty much quicker. Don't reach for sugary sodas, juices or sports drinks as these add unwanted and unhealthy calories. Instead, be prepared and have a good water bottle nearby. If plain water has you bored, try infusing your water with a variety of fruit slices such as lemons, melons, oranges and berries. Try drinking 6-8 glasses of water or other sugar-free beverages each day. If you find yourself thirsty, you may already be on your way to dehydration, which if untreated can lead to serious health problems.

These simple steps can get you started on a healthier spring and create good eating habits that can last all year.



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.



Green Tea Shortbread Cookies

Makes about 80 two-inch cookies

Ingredients:

- 2 1/4 cups flour
- 1 pinch salt
- 1 cup butter, cut into small pieces
- 2 1/2 tablespoons green tea powder (matcha tea, Maeda-en brand suggested)
- 1/2 cup sugar

Directions:

1. Preheat oven to 325° F.
2. In a medium bowl, combine flour and salt.
3. In a large bowl, beat butter with a hand mixer until smooth. Mix in tea and sugar until light and fluffy.
4. Add flour mixture 1/2 cup at a time and combine. Gather dough into a ball.
5. On a floured surface, roll out dough to 1/3-inch thick. Cut out as many cookies as possible with a leaf-shaped cookie cutter and place on a cookie sheet. Gather dough scraps into a ball, roll out, and cut out cookies until all dough is used.
6. Bake for 17 minutes. Transfer cookies to a cooling rack and allow to cool before serving.



Fruit Party on a Chip

Makes 10 servings | A diabetic-friendly recipe

Ingredients:

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, peeled, cored, and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons plus 1 cup granulated Splenda, divided
- 1/2 tablespoon Splenda Brown Sugar Blend
- 3 tablespoons no-sugar-added fruit preserves, flavor of choice
- 2 teaspoons ground cinnamon
- 10 (10-inch) flour tortillas
- Butter-flavored cooking spray

Directions:

1. Toss fruit, 2 tablespoons granulated Splenda, Splenda Brown Sugar Blend, and preserves in a large bowl. Cover and chill.
2. Preheat oven to 350° F.
3. Combine 1 cup granulated Splenda and cinnamon in a small bowl.
4. Spray both sides of each tortilla with the butter-flavored cooking spray and cut into small wedges. Place wedges in a single layer on a baking sheet and sprinkle all sides evenly with the cinnamon sugar mixture. Spray wedges again lightly on all sides.
5. Bake 10 minutes. Allow to cool before serving. Serve with fruit salsa.



Hot Enchilada Dip

Makes 15–20 serving | A diabetic-friendly and slow-cooker recipe

Ingredients:

- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can corn, drained and rinsed
- 2 (15-ounce) cans red enchilada sauce, divided
- 1 (15-ounce) can diced fire-roasted tomatoes with green chilies
- 1 cup uncooked quinoa
- 1/2 cup water
- 4 ounces cream cheese, room temperature
- Salt and pepper to taste
- 1 cup shredded Mexican-style cheese blend
- Tortilla chips
- (Optional) Desired toppings such as chopped cilantro, diced tomato, diced avocado, and sour cream

Directions:

1. Place beans, corn, one can enchilada sauce, tomatoes with green chilies, quinoa, water, cream cheese, salt, and pepper in a slow cooker, stirring to combine.
2. Pour second can of enchilada sauce evenly over the mixture. Sprinkle evenly with cheese.
3. Cover and cook on high for 4–5 hours or on low for 5–7 hours.
4. Sprinkle with desired optional toppings and serve warm with tortilla chips.

Foil-Wrapped Grapes

Prank friends and family with foil-wrapped grapes that look like chocolate eggs.

Let the shenanigans begin!

Ingredients:

- Seedless grapes, washed and dried
- 4" foil wrappers

Directions:

1. Wrap individual grapes in foil. Use a few different foil colors.
2. Arrange the wrapped grapes in small baskets, or slip one to an unsuspecting friend for a good laugh.



Worried about a loved one with memory loss?

Dementia Warning Signs

- Forgetting newly-learned information
- Challenges completing familiar tasks
- Misplacing things or unable to retrace steps
- Changes in personality, mood, or decisions



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

ACTIVITY IDEAS

Bee House

Use a tin can and filler to create a bee house.

Bee houses attract pollinators

to your garden by providing them with extra shelter.

You will need:

- 18–24-ounce aluminum can (lid removed with a smooth edge opener and cleaned)
- Yellow duct tape
- Black electrical tape
- 6 black beads (1/4"–1/2")
- Two self-adhesive 1" craft eyes
- Black yarn (six 6" strands plus a 30" strand)
- Toilet paper roll and an assortment of biodegradable filler (20–30 paper straws, twigs, raffia, dried grass, straw, pinecones, etc.)
- Scissors

Directions:

1. Center the 30" strand of yarn lengthwise along the can and cover the can (and yarn) with yellow duct tape.



2. Use 3 strips of black electrical tape to make stripes and to hold the 6 yarn legs on. Wrap the tape at the top, middle, and bottom of the can, so each piece secures a leg on both sides of the can.

3. Thread a black bead onto the bottom of each of the legs and tie a double knot to keep the beads from slipping off the yarn.

4. Tie the ends of the long piece of yarn together to make a hanger. Attach the eyes on the sides of the can.

5. Cut paper straws, twigs, or other biodegradable fillers to an appropriate size and stuff them into the toilet paper roll. Then, place the filled toilet paper roll into the can first. Use other fillers to fill the can snugly enough that the items stay in place, leaving a little space for bees to enter.

6. Hang the bee house outside with the opening facing east, because solitary bees need the warmth of the morning sun to give them the energy needed to get to work in your garden.



Seder Centerpiece

Use our matzah pattern to line a vase for the perfect seder centerpiece or hostess gift.

You will need:

- Matzah pattern printed in color on copy paper
- Small square vase or glass candle holder (about 3" X 3")
- Faux flowers of choice
- Scotch tape
- Scissors
- Ruler
- Scissors

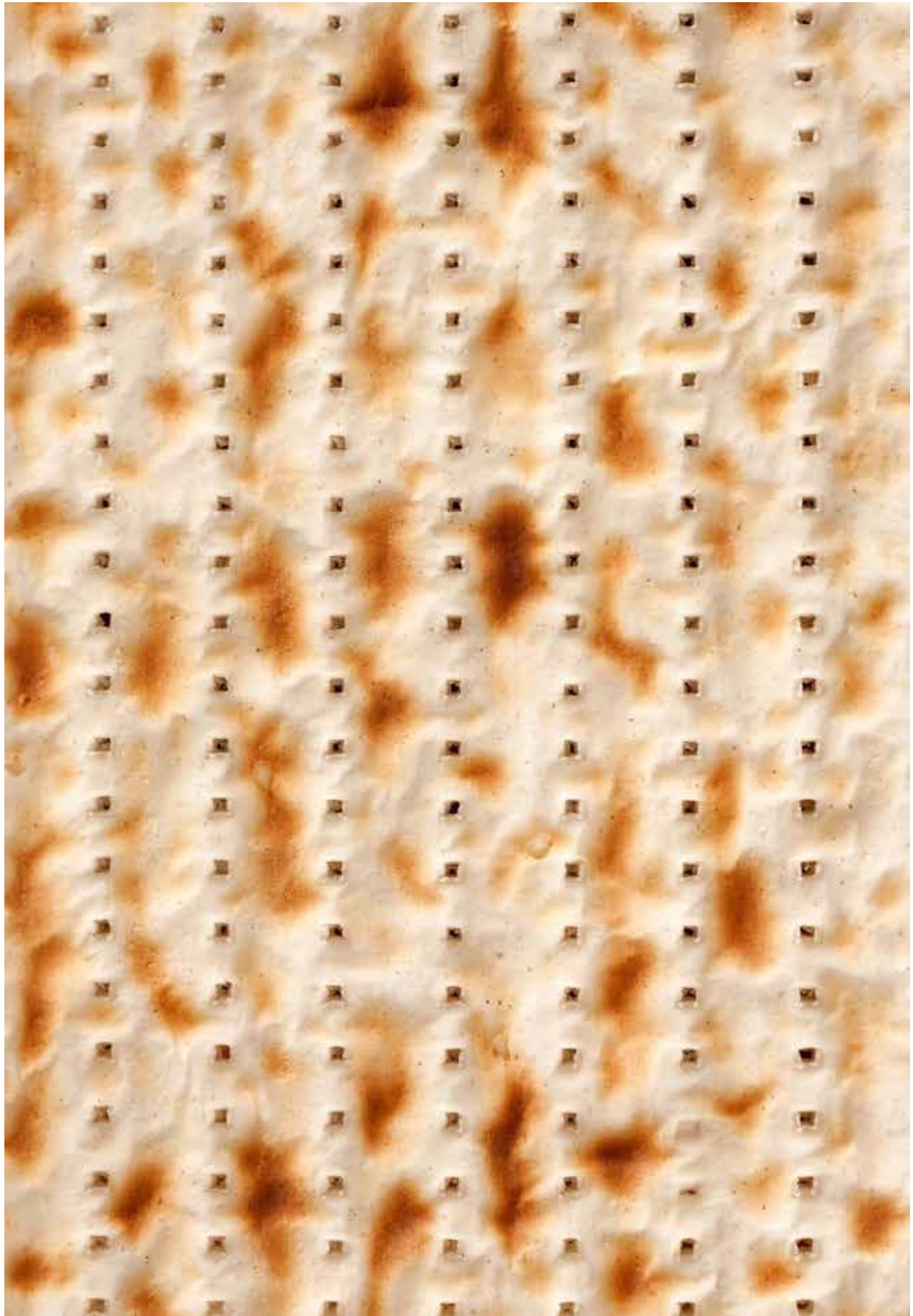


Steps:

1. Cut the matzah-patterned paper into four 3" X 3" squares (or larger to fit your vase).
2. Use tape to attach a paper square to the inside of each of the four sides of the vase.
3. Add a small floral arrangement.

Variations:

- Use a rounded vase and wrap the matzah pattern around the inside of the vase, trimming off any excess and taping at the seam.
- Place a smaller vase or container with water inside the matzah-wrapped vase and add real flowers.



Passover Seder Star

One Passover seder tradition is to hide a special piece of matzo (or unleavened bread) somewhere in the house. This piece of matzo is called an afikomen. The child who finds the afikomen wins a special prize.

Although the seder ceremony has remained almost unchanged for 3,000 years, in recent years, individuals and groups have added some traditions that relate to contemporary life. The seder star is one of those traditions. Dollar bills are placed inside the stars, and they are hidden along with the afikomen.

You will need:

- Scrapbook paper with a decorative design
- Triangle pattern
- Step-by-step folding instructions
- Pencil
- Scissors
- Dollar bill or special message

Directions:

1. Trace the triangle pattern onto scrapbook paper and cut it out. Fold the triangle in half as shown in step 1 of the instruction sheet.

2. Unfold the triangle, rotate, and fold in half again. Repeat to make three intersecting creases as shown in step 2 with red dashed lines. Then fold the top point down as indicated.

3. Fold the point up, making sure the fold falls on top of the intersection of the original three creases.

4. Fold the bottom-right corner as shown in step 4.

5. Fold the point back, making sure the fold falls on top of the three original intersecting creases as you did in step 3.

6. Fold the bottom-left corner as shown in step 6.

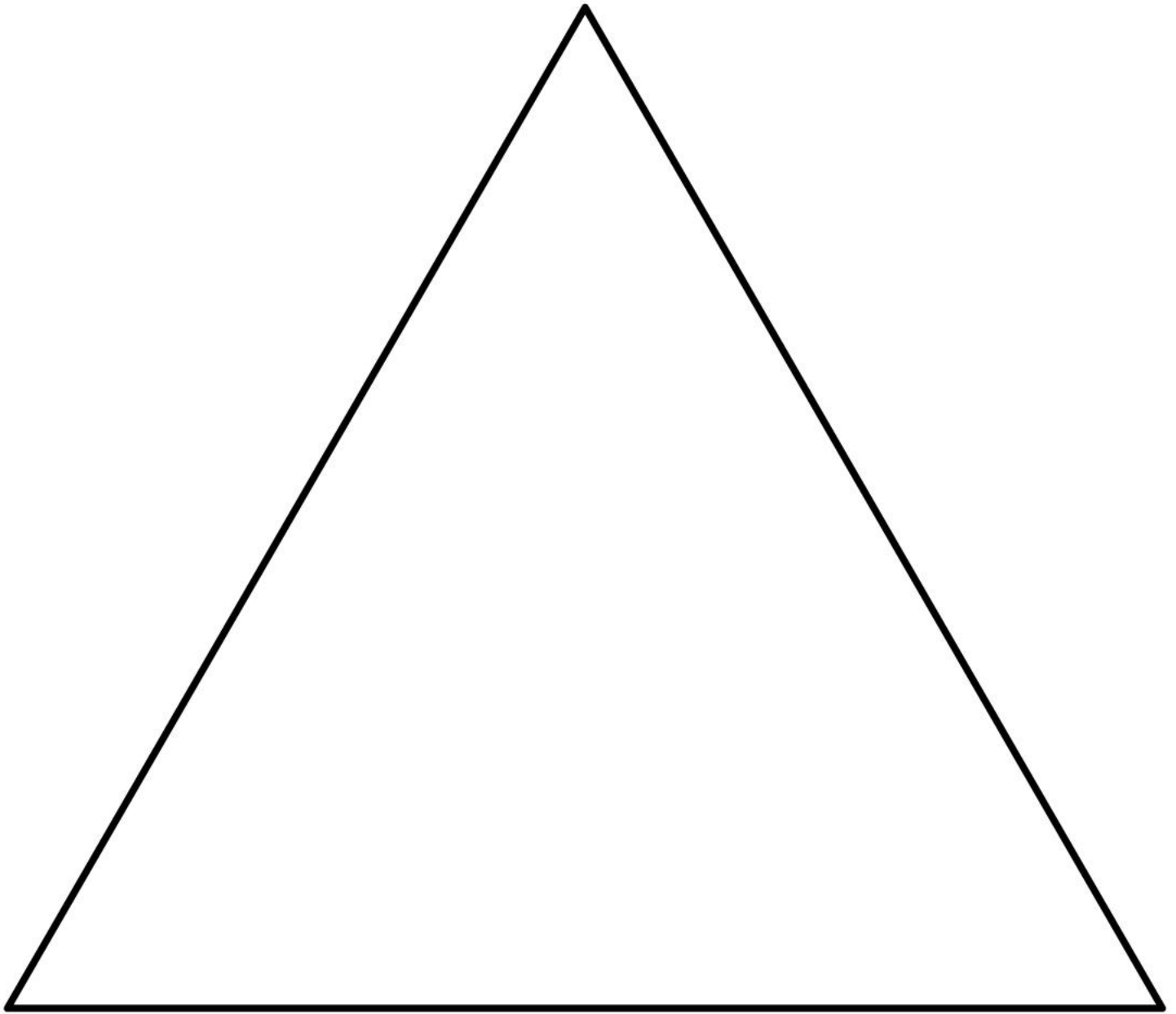
7. Fold the point back.

8. When done correctly, your star should look like the photo in step 8.

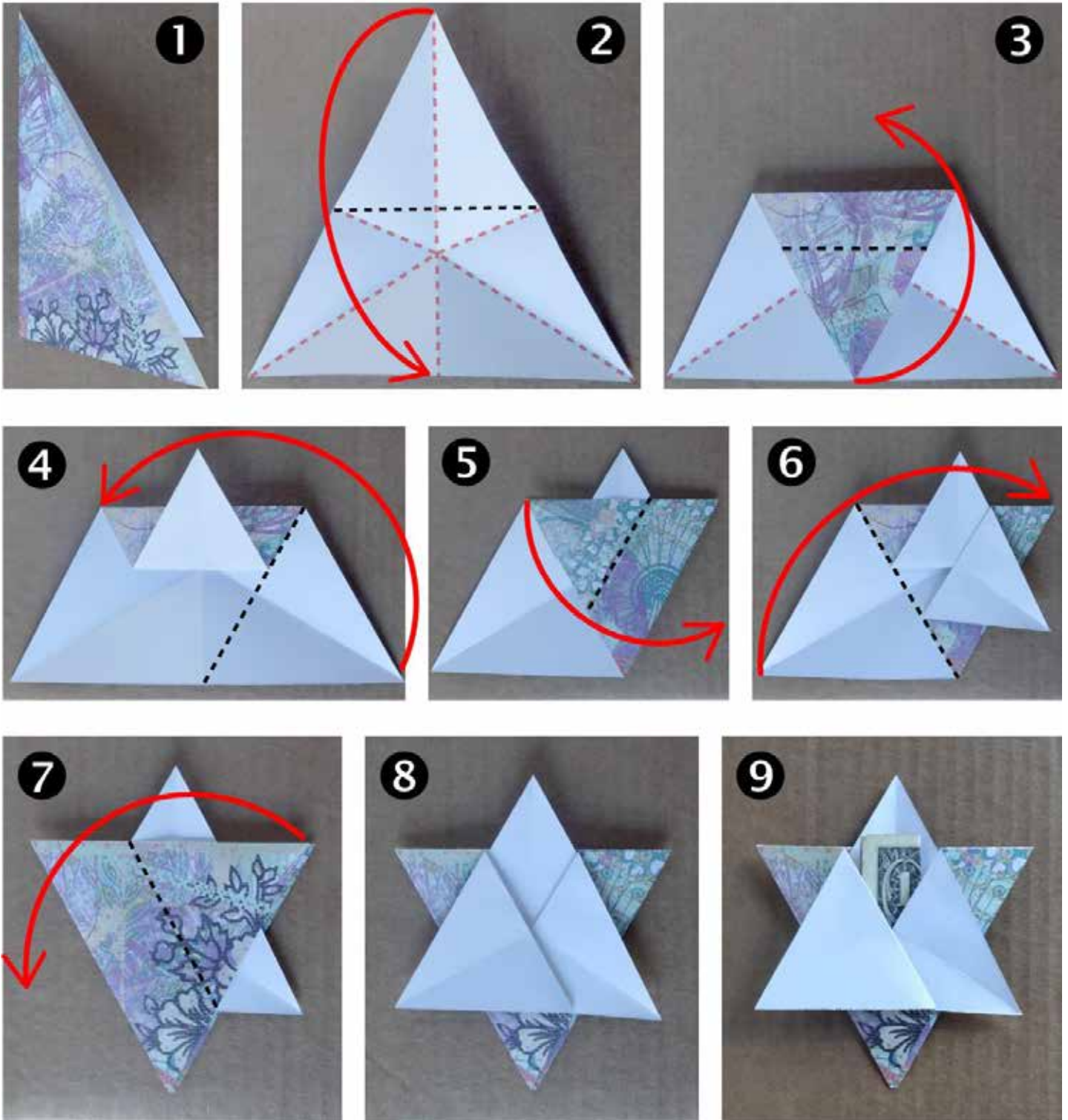
9. Fold a dollar bill in half three times to make it small enough to tuck inside the back of your star as shown in step 9.



Passover Seder Star Triangle Pattern



Passover Seder Star Step-by-Step Instructions



ACTIVITY IDEAS

Sock Bunny

Turn a rice-filled sock into a bunny with an embroidered nose and button eyes.

Tie a bow around its neck to display, gift, or sell at a craft fair.

You will need:

- Plain sock in a neutral color (low cut, ankle, or crew for bunnies of different sizes)
- 3 rubber bands
- Dry rice
- Pink embroidery floss and needle
- 18" piece of decorative ribbon
- Roll of tape (about 4" wide)
- Measuring cup
- (Optional) Tacky glue
- Scissors

Directions:

1. Use the following materials according to which size bunny (small, medium, or large) you want to make:

- Small bunny (low-cut sock):
1 cup of rice for the body; 3/4 cup of rice for the head
- Medium bunny (anklet):
1 1/2 cups of rice for the body; 1 cup of rice for the head
- Large bunny (crew sock):
3 cups of rice for the body; 1 1/2 cups of rice for the head

2. Insert the roll of tape at the opening of the sock. This will act as a funnel to make filling the sock easier.

3. To make the body of the bunny, pour the suggested amount of filler into the sock. Shake the sock if needed to get all the filler to the bottom. Wrap a rubber band around the sock to create a neck just above the body.



4. To make the head, pour the suggested amount of filler into the sock. Wrap a rubber band around the sock, just above the head.

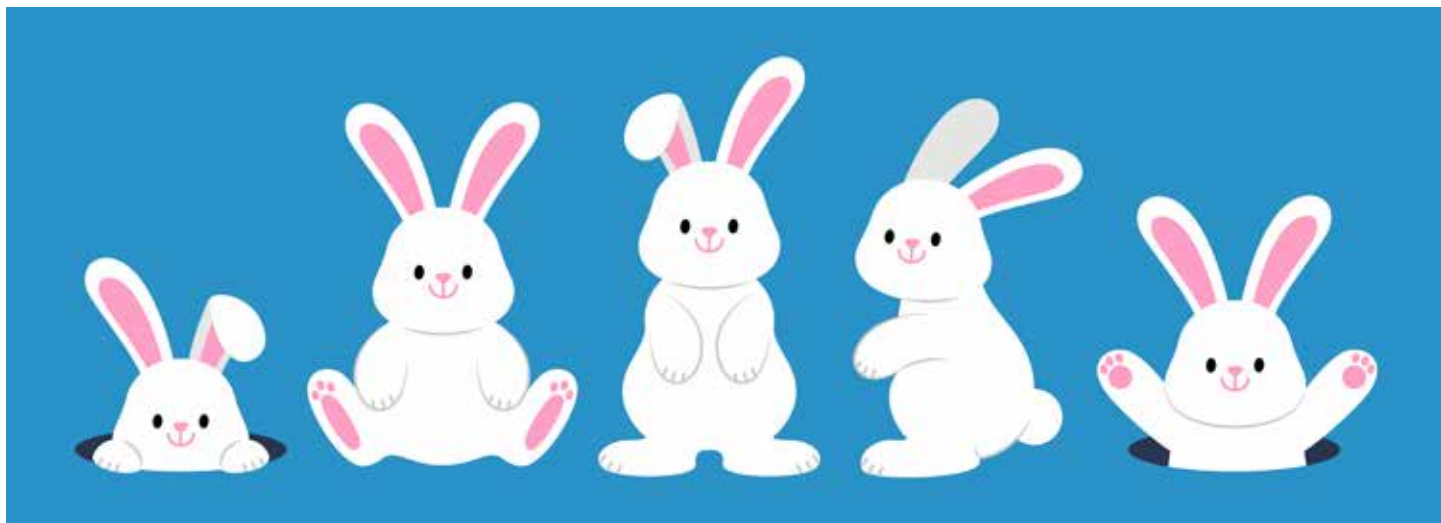


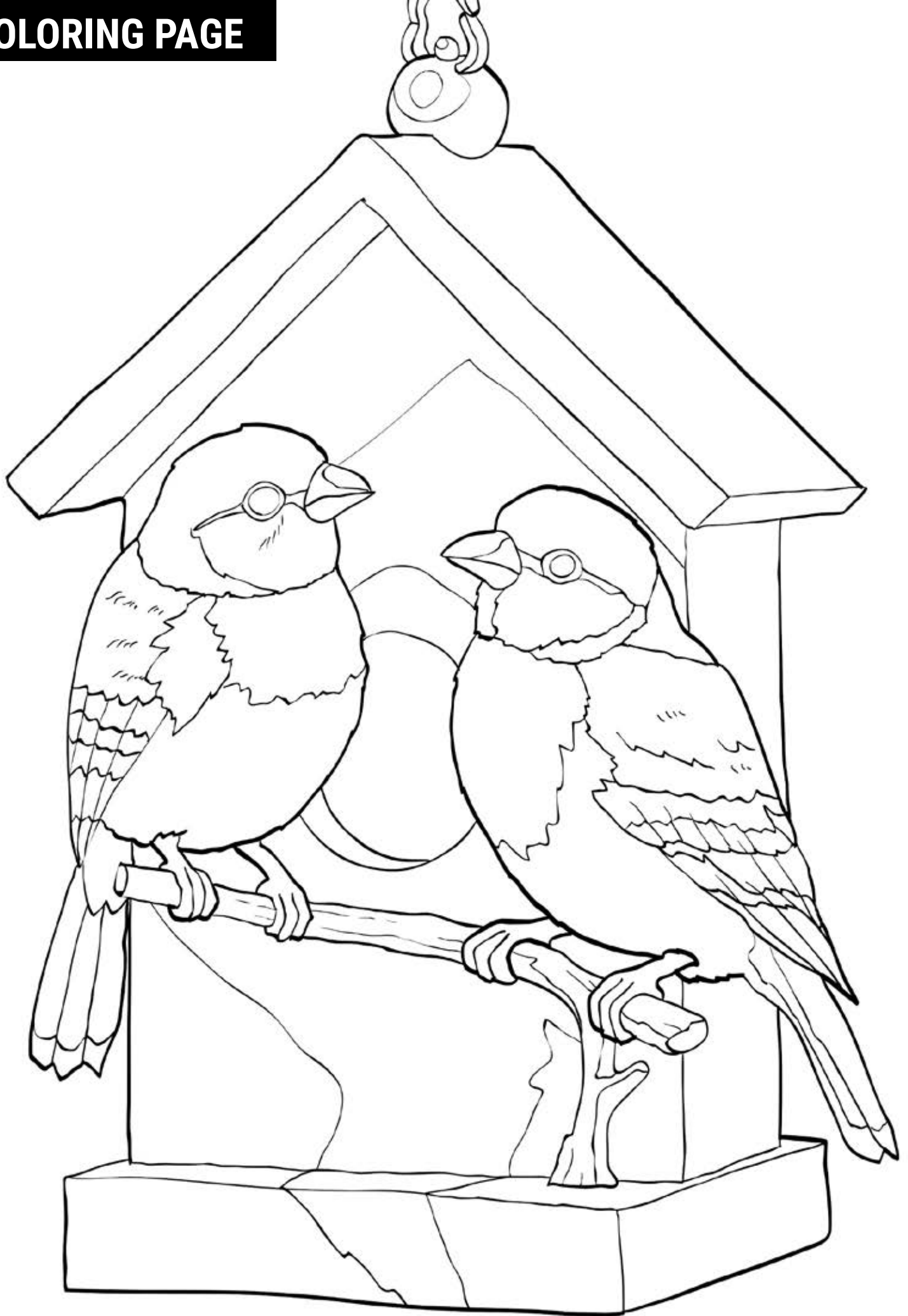
5. Lay the bunny down and cut off the cuff around the top of the sock. To make the ears, cut a V shape as shown in the center photo above. The bottom of the V should be about 1" from the head.

6. Add a bunny tail by wrapping a rubber band around a small portion of rice-filled sock located at the bottom of the body.

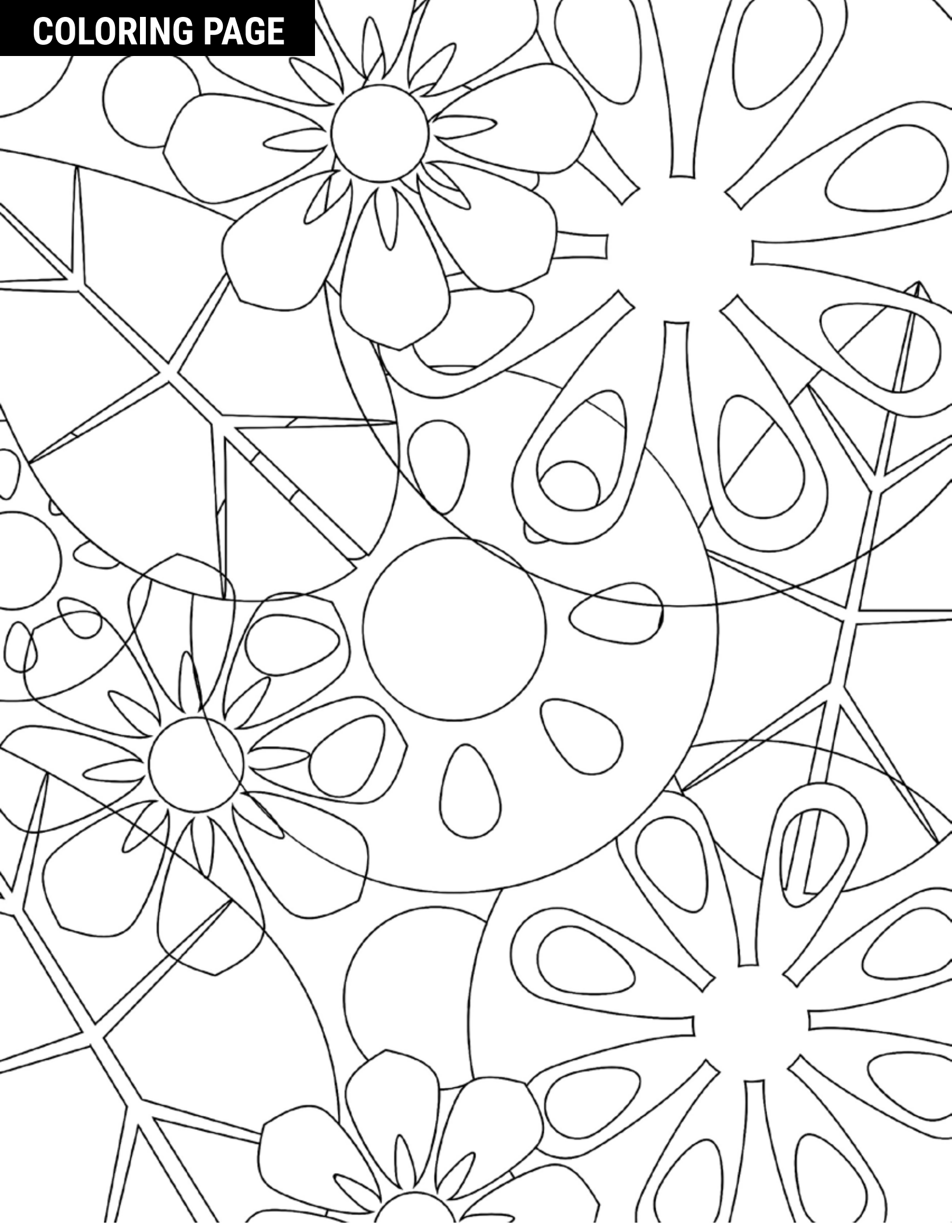
7. Stitch an X for the nose using pink embroidery floss. Add button eyes by stitching them on or gluing them in place with tacky glue.

8. Tie a ribbon around the neck and make a bow.





COLORING PAGE



Animal Rescue

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



- | | | |
|-----------|---------|-----------|
| adopt | food | pets |
| birds | foster | shelter |
| care | found | staff |
| cat | kennel | toys |
| dog | leash | vet |
| donations | lizards | volunteer |





Great Outdoors Detective

Search for the items in bold.

The sun is brightly shining, birds are chirping merrily, and April flowers beckon. After a long winter, it's time to get off our duffs and head outdoors, don't you reckon? "Yes," agreed June Smith, as she put on her **pink sunhat** and checked her **watch** with a pink band. She woke up her napping husband to go for a walk and asked that he give her a hand.

June filled her **black bag** with **2 water bottles** and an **orange** since they'd be gone for hours. She sent her hubby in search of **4 binoculars**, **2 bird books**, and a **book on flowers**; As a bribe to keep him moving, she packed **2 lollipops**, **3 Necco rolls**, and some chips. When it came to exercise, Gerald Smith had more excuses than Gladys Knight had Pips!

With a **notepad** and **pencil** in hand, June headed for the trail with a smile and good cheer. She exclaimed as she spotted **2 ants**, a **bluebird**, a **white duck**, and a **deer**. She spied a **woodpecker** in a tree, avoided a **snake**, and sent **2 spiders** on their way; **A red cardinal**, **3 butterflies**, **4 leaves**, and **3 pine cones** further made her day.

"Oh, dear, isn't this fun?" June cried to Gerald, who'd been lagging behind. He was nowhere to be seen, but she didn't worry, as she knew what she would find. Retracing her steps, she returned home to find Gerald sound asleep in his recliner chair. She shook her head and thought how much her husband resembled a hibernating bear!

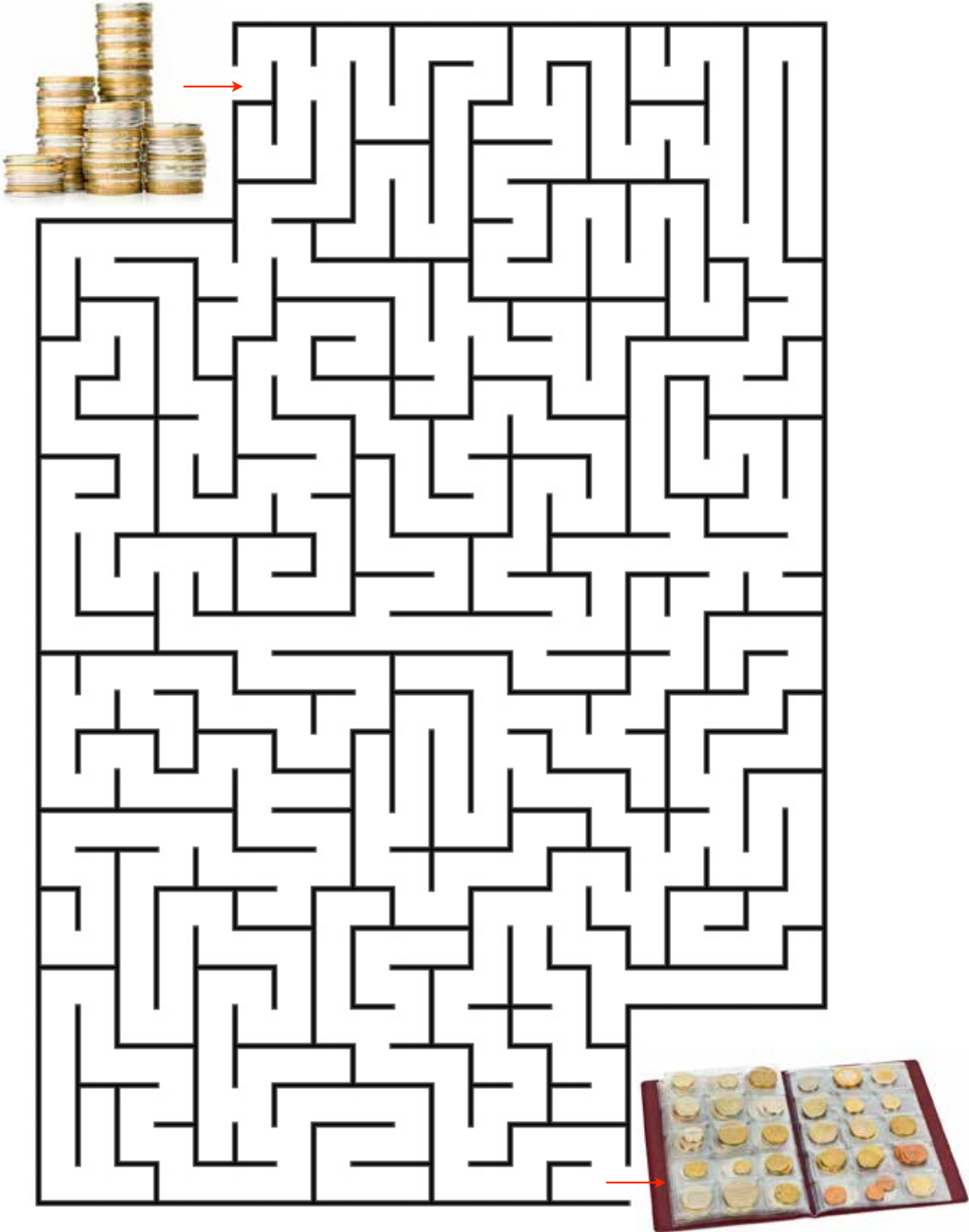
Passover Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

1. Get away from escape
2. Genesis follower _____
3. Passover dinner _____
4. Body of water featured in Exodus _____
5. Gregorian month Passover typically falls in _____
6. Young sheep _____
7. Red root vegetable _____
8. Custom _____
9. People next door _____
10. Person forced to work _____
11. An extra cup of wine is set out for him _____
12. Recited at Seder the first two nights _____
13. Torah language _____
14. Dark-red drink _____
15. Exodus country _____
16. Sacred scroll _____
17. Festive occasion _____
18. Forbidden bread-rising ingredient _____



A-Mazing Coins





Famous April Birthdays

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

- A. Andre **AGASSI**
- B. Dale **EARNHARDT**
- C. Betty **FORD**
- D. James **GARNER**
- E. Billie **HOLIDAY**
- F. Washington **IRVING**
- G. Thomas **JEFFERSON**
- H. David **LETTERMAN**
- I. John **MADDEN**
- J. Pete **ROSE**
- K. William **SHAKESPEARE**
- L. Barbra **STREISAND**

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

Bonus: Match the person to the correct clue.

- | | |
|---------------------------------|-------------------------|
| 1. Author ____ | 7. Tennis champion ____ |
| 2. Actress/singer/director ____ | 8. TV personality ____ |
| 3. Baseball player ____ | 9. Jazz singer ____ |
| 4. Auto racer ____ | 10. Playwright ____ |
| 5. U.S. president ____ | 11. Football coach ____ |
| 6. First lady ____ | 12. Actor ____ |

Searching for April

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



APRIL FOOLS' DAY

EARTH DAY

SPRING

ARBOR DAY

EASTER

SPROUT

ARIES

KITE

TAURUS

BASEBALL

PASSOVER

TAXES

DAISY

RAINBOWS

THAW

DIAMOND

SHOWERS

TULIPS

Book of Exodus

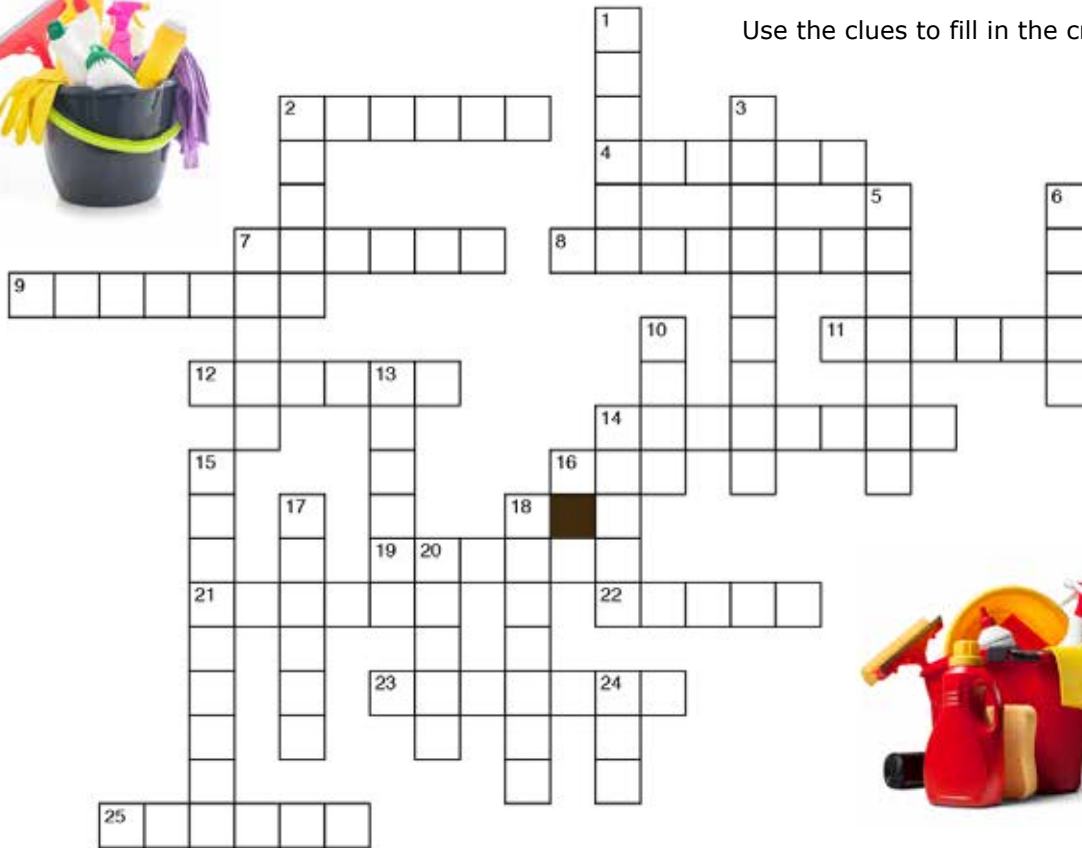
Match the clues to the words associated with Exodus.

- | | |
|-------------------------------------|-----------------|
| 1. Egyptian king _____ | A. plagues |
| 2. Icy precipitation _____ | B. burning bush |
| 3. Hebrew prophet _____ | C. Midian |
| 4. Pond critters _____ | D. pharaoh |
| 5. Bondage _____ | E. boils |
| 6. Bodily fluid _____ | F. Moses |
| 7. Shrub that talked _____ | G. slavery |
| 8. Egyptian river _____ | H. thunder |
| 9. Farm animals _____ | I. livestock |
| 10. Crop pest _____ | J. frogs |
| 11. Moses parted it _____ | K. hail |
| 12. Torments _____ | L. Israelites |
| 13. Swellings on the skin _____ | M. blood |
| 14. Mountain climbed by Moses _____ | N. Nile |
| 15. Seder holiday _____ | O. Sinai |
| 16. Descendants of Jacob _____ | P. Passover |
| 17. Storm sound _____ | Q. Red Sea |
| 18. Region in West Asia _____ | R. locust |



Time for Spring Cleaning

Use the clues to fill in the crossword.



ACROSS

- 2. Glass-cleaning brand
- 4. Give used clothes to charity
- 7. Laundry liquid; sterilizer
- 8. Make clutter-free
- 9. Roof's rainwater channels
- 11. Hand coverings
- 12. Make shiny
- 14. Underground room
- 16. Floor-washing tool
- 19. Place for the car
- 21. Water carrier
- 22. Clean vigorously

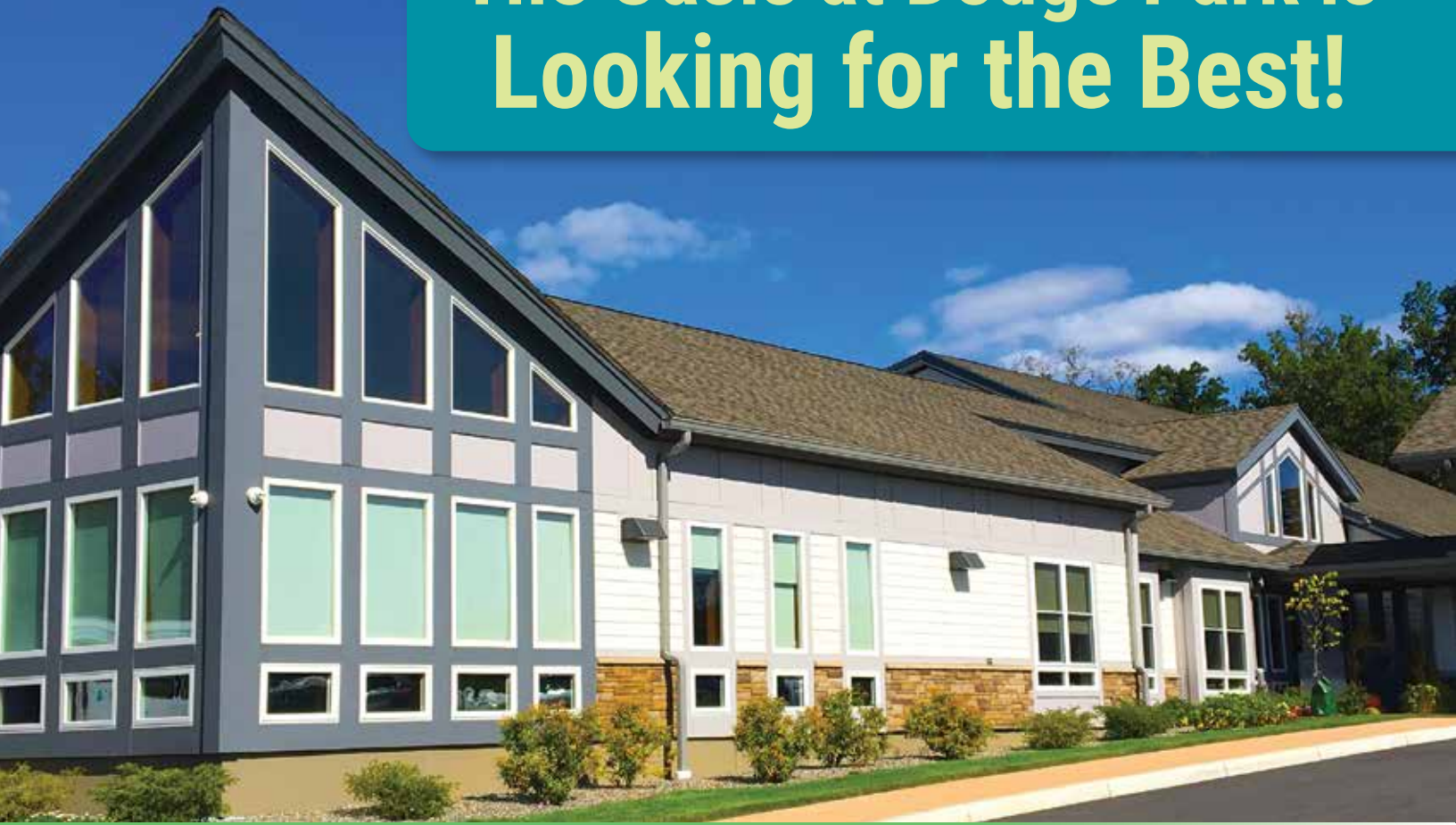
- 23. Curtains cover them
- 25. Feathery cleaner

DOWN

- 1. Portable steps
- 2. Where paintings are hung
- 3. Machine to cut grass
- 5. Room's upper surface
- 6. Garbage
- 7. Sweeping tool
- 10. Sudsy cleaning agent
- 13. Absorbent cleaning item
- 14. Cardboard containers

- 15. Kitchen cabinets
- 17. Carpet appliance
- 18. Hamper contents
- 20. Basement's opposite
- 24. Wood floor sealant and protectant

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- **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

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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
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- Activity program 7 days a week
- Special diet accommodations
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CELEBRATING **58** YEARS

Caring for our Community

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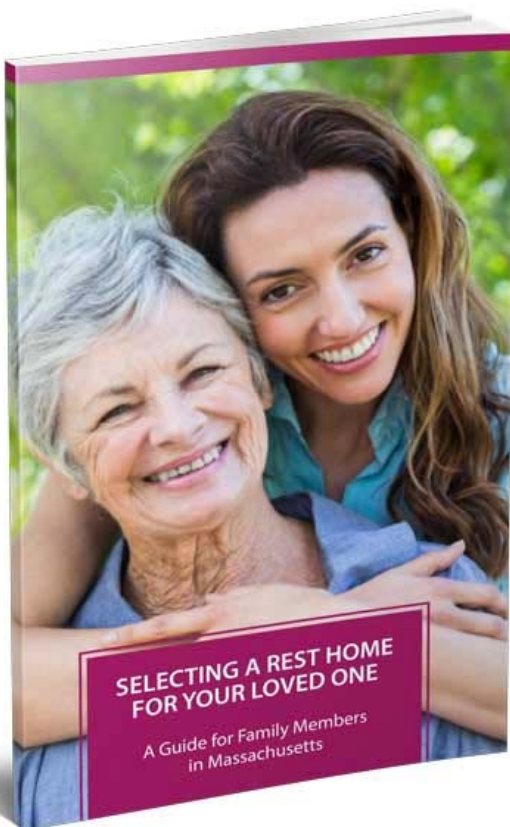
and
The Day Club

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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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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.

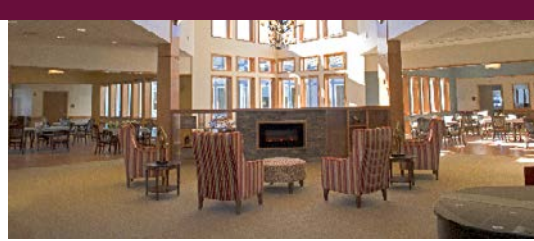
**Please RSVP via email to Micha Shalev at
m.shalev@dodgepark.com or call 508-853-8180**

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

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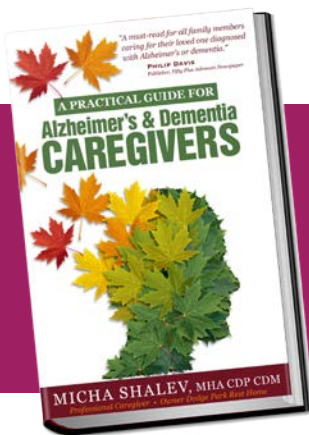
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- License as DCSU-Dementia Care Special Unit
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Rest Home and Day Club

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

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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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specially designed program
to help individuals during all
stages of dementia, helping to
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APRIL 2025

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			

April 15, 2025 :Tax Day, April 20, 2025: Easter Sunday; April 21, 2025: Easter Monday

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