



NEIGHBORHOOD C O N N E C T I O N

Dodge Park Rest Home has been serving the Worcester area since 1967 with the specific purpose to be recognized by the consumer and industry 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



*At Dodge Park Rest Home & Day Club
memories are created for a life time!*

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Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month. Print editions will mail out every other month only.

Meaningful, Quality Visits With People Who Have Alzheimer's disease and Related Dementia (part one)



By Micha Shalev MHA CDP CDCM

If you're headed out to care for or spend some time with a friend or family member who's in the middle stages of Alzheimer's or another dementia, consider these tips as your guide.

Know what to expect.

Increase the likelihood of a positive visit by setting realistic expectations. The middle stages of dementia can be difficult. Sometimes people experience challenging behaviors such as delusions or anxiety, or they become easily upset. They might not

be able to recognize you right away, or come up with your name. Knowing that these symptoms are part of the disease and not a reflection of the person's relationship with you can help you to respond well to them and ensure that the visit is positive.

Setting the Stage for Success

1. Get your historic snapshot - Gather as much information ahead of time from key sources about the person's previous and current lifestyle and habits, e.g., routines, eating patterns, work life and schedule, hobbies, personality traits, living arrangements, relationships with family friends and neighbors, etc.
2. Prepare for meaningful time - Bring activities that can easily be shared that are of interest to the person and at the level of their ability.
3. Enlist support - If the person struggles with strangers coming into the home, ask a known person to introduce you. Don't be concerned about communicating who you are to the person with dementia; simply frame your visit as someone who is an interested friend who has come to see them.
4. Attune the environment - Wherever possible interview the person with dementia in his/her own home or room. Familiarity is imperative to a person with dementia feeling safe and comfortable. Be sure that the environment is free from noise, interruptions and distractions; i.e., is quiet, pleasant and calm.
5. Interview the person alone and then with others to gauge if the person is different when with other people. This can give clues about the relationships and issues influencing the person.
6. Prepare to be a mentor to caregivers - Bring information that can be helpful to caregivers in communicating and spending quality time with the person who has dementia. Model effective communication and creative activities, encouraging caregivers to join in.
7. Check your problems at the door - People with dementia, because of their deficits, have heightened sensitivity to other people's moods, feelings, body language and tones of voice.

DODGE PARK REST HOME

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The Dodge Park Family of Care Services

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

Before interviewing the person with dementia, take a minute to breathe deeply, close your eyes and picture the two of you having relaxed communication with a positive outcome. Enter the person's space as a friend, with a warm smile and relaxed demeanor. The person needs reassurance and understanding in order to communicate with you.

8. Memorize the key questions you want to ask - successful interviews involve a lot of listening with no or little note taking. If you want to conduct questioning from a diagnostic tool such as the Mini Mental Status Exam (MMSE), clock drawing test, etc., try to learn the questions ahead of time so you can work them into the conversation of the interview.

See next month's issue for Part 2 where we talk more about Communication and Strategies.

What Should I do if My Elderly Parents Won't Eat?

Loss of appetite and changes in appetite are a natural part of aging, but it's still important to make sure seniors get enough nutrients.

Poor appetite doesn't necessarily indicate a problem, but there are some warning signs to watch out for, and some easy things you can do to help your loved ones get the right nutrition. Elderly dietary problems can be caused by a number of different factors: lack of interest in food due to changing taste buds, depression, or loneliness; lack of energy to cook; loss of appetite due to health conditions; and medication side effects, to name just a few. Also, it's normal for the appetite to change with age.

What's a Normal Elderly Appetite? What Should I be Concerned About?

The aging process brings with it a host of physiological, perceptual, and other changes that can lead to decreased appetite in the elderly. A lower metabolic rate and lessened physical activity means that seniors generally need fewer calories, and that's normal. Dental problems or gastrointestinal changes (like lactose intolerance) that go along with age can affect the appetite, too. Changes to the sense of smell, taste, and even hearing can affect the enjoyment of food—also normal.

However, if your loved ones are making poor food choices because of their changing tastes, or if they aren't getting enough to eat, then that's cause for concern. It's critical for seniors to get the right nutrition for their changing dietary needs, because vitamin or nutrient deficiencies can cause significant health problems.

Changes to taste or appetite also occur in conjunction with some serious illnesses, including head and neck cancers, salivary gland dysfunction, thyroid disorders, mouth and throat infections or periodontal disease, Parkinson's and Alzheimer's. Any unexplained changes to your loved ones' dietary health, including unexpected weight loss, weight gain, or general malaise, should be checked out with a physician.

How Can I Stimulate Appetite in my Elderly Loved Ones?

If you're concerned about a lack of appetite in your elderly loved ones, there are a few practical things you can do to help them get enough nutrition:

- Increase nutrient density, not portion size. Increase the nutrient density of the foods they serve not the volume. You can often add healthy extra calories in the form of olive oil, a little peanut butter, or avocado.
- Set a regular eating schedule. "Our bodies tend to thrive off regularity, as do our hunger and thirst signals, so when we stray from our usual patterns, so does our appetite," Starting slowly, adding a small beverage and/or snack during a normal meal time. This can help get the body's hunger signals going again.
- Encourage social meals. For people of any age, simply the prospect of eating alone can reduce appetite. For seniors, accessibility and availability of social contact can be even more of a problem. Checking out the meal options at senior centers, temples/churches, and community centers, as well as meal "dates" with friends, family, or caregivers may add a great benefits. Even meal delivery services can help.



- Be aware of medication side effects. If the problem is dry mouth, "chewing sugarless gum, brushing often, or using an oral rinse prior to meals can improve taste sensation, and ultimately nutrient intake." If meat is tasting "off"—and a common complaint is that some medications make foods taste metallic—then try other sources of protein like beans or dairy. If water doesn't taste right, try adding herbs, or sliced fruits or veggies like lemon or cucumber.

- Consider using an appetite stimulant. Some seniors have had success with prescription appetite stimulants. First, though, consult a health care provider to make sure it's appropriate.

Still have questions about poor appetite in the elderly?

Let us know by email us at info@dodgepark.com and we will answer any question you might have.

This Month

JUNE 2014

National Sun Safety Week, June 1-7.

Practice sun safety this week and all year round to protect your skin and eyes.

For example: Beware of sunburn, which increases your risk of developing skin cancer. Check your local

UV Index for important information to help you plan your outdoor activities and prevent overexposure to the sun. The UV Index forecast is issued each afternoon by the National Weather Service and EPA.



Men's Health Week, June 9-14.

Men's Health Week is designed to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policymakers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



Animal Rights Awareness Week, June 19-25.

Raising awareness and educating the general public about the need for humane treatment that all animals deserve, no matter if they live as someone's pet, wildlife, residents of a zoo, or a source of food.

Lightning Safety Awareness Week, June 22-28.

Summer is the peak season for one of the nation's deadliest weather phenomena—lightning. Lightning strikes peak in summer, although people are struck year round. In the United States, an average of 53 people are killed each year by lightning, and hundreds more are severely injured. Learn what you need to do to stay safe when thunderstorms threaten.

Is Alzheimer's Care a Tax Deductible Expense?

Over the years I have been asked countless times by families "Are the costs associated with the care they receive at Dodge Park tax deductible?"

While much of the tax code is subject to varied interpretations, and each individual should seek competent advice from their own professionals, to my opinion, and this is only my opinion, it appears that the answer to this question is "likely."

As tax season approaching fast, please plan a visit to your accountant, attorney or planner and discuss this subject with them in details.

Section #213 of the publication Selected Federal Taxation Statutes and Regulations –

2000 Edition states "There shall be allowed

as a deduction the expenses paid during the taxable year not compensated for by insurance or otherwise for medical care of the taxpayer, his spouse or a dependent to the extent where that expense exceed 7.5 percent of adjusted gross income." The exact

definition of medical care has been further explained in Section 1016 "If an individual

in a nursing home or a home for the aged because of his physical condition and the availability of medical care is a principal reason for his presence there, the entire cost of maintenance, including meals and lodging is deductible."



The key distinction is the purpose of living there. If it is for personal or family reasons, then only the portion of the cost attributable to medical or nursing cost is deductible. The reason that the deductibility becomes cloudy is that service fees in facility like Dodge Park is different than assisted living facilities, where they bundle the medical care component with room and board, making it difficult to determine or justify what portion of the rent covers the care of the resident. Further, most assisted living facilities go out of their way to advertise that they are not a medical care facility.

Publication 502 by the Department of the Treasury, Internal Revenue Service entitled Medical and Dental Expenses helps to clarify the question. "You can include in medical expenses the cost of medical care in a nursing home or home for the aged for yourself, your spouse, or your dependents. This includes the cost of meals and lodging in the home if the main reason for being there is to get medical care. Do not include the cost of meals and lodging if the reason for being in the home is personal. You can however, include in medical expenses the part of the cost that is for medical or nursing care." This means that in an assisted living facility, unless the purpose of the stay is to receive medical care, the cost of lodging and meals may not be deductible.

However, if the individual is chronically ill, as defined under the section entitled Qualified long-term care services all costs associated with the care and supervision of the individual may be tax deductible subject to the 7.5 percent adjustment.

Chronically ill is defined in Publication 502: "A chronically ill individual is one who has been certified by a licensed health care practitioner within the previous 12 months as: 1) Being unable for at least 90 days, to perform



at least two activities of daily living without substantial assistance from another individual, due to the loss of functional capacity. Activities of daily living are eating, toileting, transferring, bathing, dressing, and continence or 2) Requiring substantial supervision to be protected from threats to health and safety due to severe cognitive impairment." With the enactment of the Kennedy-Kassebaum bill, the law is now clear. Congress stated clearly that the tax code should provide equal consideration for persons with Alzheimer's disease or other irreversible dementia. The only cloudy area remaining is the fee structure of the facility in which they reside.

To order free IRS publications call 1-800-TAX-FORM.

Facilities, like Dodge Park Rest Home, which are dedicated to caring for people with Alzheimer's disease and related dementia rendering substantial supervision to protect residents from threats to health and safety due to severe cognitive impairment, meet the test.

What does all this mean? Well, depending upon your personal income, the deductibility of your monthly fees in a home properly qualified can result in an annual after tax savings of between 15 and 20 percent. So it might be more than worth your while to check this out with your accountant or financial advisor prior to making your decision on where to place your loved one.

Honor your father on his special day

Fathers play a special, irreplaceable role in people's lives.

Let yours know that. This Father's Day, skip the necktie and tell your dad what he really means to you. Some suggestions:

- Write a letter thanking your father. Tell him what he means to you. Read it in front of him and the whole family. You can frame it and even add photos or other mementos.
- Create a thank-you book. Buy a small book of blank pages. On each page, write why you're thankful for him. Example: "Thanks, Dad, for all the help you provided on my algebra homework when I was a kid." Send it around to your siblings and have them contribute the reasons they're grateful.
- Create a review of your father's life. Get family members and old friends to write down their memories of your father. Then write a script incorporating all the stories and present it to him.

This Month JUNE 2014

Adopt a Cat Month.

Every spring thousands of newborn kittens join the millions of full-grown cats already in shelters across the country. That means your local shelter has tons of cute cuddly newborns, mellow older cats, and everything in between.

Visit your local shelter whether you want to adopt your very first cat or bring home a playmate for a feline friend.



Cataract Awareness Month.



A cataract is a clouding of the lens of the eye, causing a decrease in vision and ultimately blindness. Get a regular eye exam, especially if you're 60 or older, and take good care of your eyes for a lifetime of clear vision.

National Rivers Month.

More than 250,000 rivers and streams run throughout the United States, flowing for nearly 3.6 million miles and providing drinking water to over 65 percent of Americans. National Rivers Month calls for a cleanup of rivers and streams across the country to ensure safe drinking water and a healthy environment.



National Zoo and Aquarium Month.

Summer is a great time to explore your local zoo and aquarium and enjoy the wonders of the animal and aquatic kingdoms. Go to the Association of Zoos and Aquariums website for a collection of links to their accredited zoos and aquariums.

Fathers Then & Now

Today is one of the first Father's Days of our new millennium. Fathers of 1900 didn't have it nearly as good as fathers of today; but they did have a few advantages:



In 1900, fathers prayed their children would learn English.
Today, fathers pray their children will speak English.

In 1900, a father's horsepower meant his horses.
Today, it's the size of his minivan.

In 1900, if a father put a roof over his family's head, he was a success.
Today, it takes a roof, deck, pool, and 4- car garage. And that's just the vacation home.

In 1900, a father waited for the doctor to tell him when the baby arrived.
Today, a father must wear a smock, know how to breathe, and make sure film is in the video camera.

In 1900, fathers passed on clothing to their sons.
Today, kids wouldn't touch Dad's clothes if they were sliding naked down an icicle.

In 1900, fathers could count on children to join the family business.
Today, fathers pray their kids will soon come home from college long enough to teach them how to work the computer and set the VCR.

In 1900, fathers pined for old country Romania, Italy, or Russia.
Today, fathers pine for old country Hank Williams.

In 1900, a father smoked a pipe. If he tries that today, he gets sent outside after a lecture on lip cancer.

In 1900, fathers shook their children gently and whispered, "Wake up, it's time for school."
Today, kids shake their fathers violently at 4 a.m., shouting: "Wake up, it's time for hockey practice."

In 1900, a father came home from work to find his wife and children at the supper table.
Today, a father comes home to a note: "Jimmy's at baseball, Cindy's at gymnastics, I'm at adult-Ed, Pizza in fridge."

In 1900, fathers and sons would have heart-to-heart conversations while fishing in a stream.
Today, fathers pluck the headphones off their sons' ears and shout, "WHEN YOU HAVE A MINUTE.."

In 1900, a father gave a pencil box for Christmas, and the kid was all smiles.
Today, a father spends \$800 at Toys 'R' Us, and the kid screams: "I wanted Sega!"

In 1900, if a father had breakfast in bed, it was eggs and bacon and ham and potatoes.
Today, it's Special K, soy milk, dry toast and a lecture on cholesterol.

In 1900, a Father's Day gift would be a hand tool.
Today, he'll get a digital organizer.

In 1900, fathers said, "A man's home is his castle."
Today, they say, "Welcome to the money pit."

In 1900, "a good day at the market" meant Father brought home feed for the horses.
Today, "a good day at the market" means Dad got in early on an IPO.

In 1900, a happy meal was when Father shared funny stories around the table.
Today, a happy meal is what Dad buys at McDonald's.

In 1900, a father was involved if he spanked the kid now and then.
Today, a father's involved only if he coaches Little League and organizes Boy Scouts and car pools.

In 1900, when fathers entered the room, children often rose to attention.
Today, kids glance up and grunt, "Dad, you're invading my space."

In 1900, fathers threatened their daughters suitors with shotguns if the girl came home late.
Today, fathers break the ice by saying, "So...how long have you had that earring?"

In 1900, fathers pined for the old school, which meant a one-room, red-brick building.
Today, fathers pine for the old school, which means Dr J and Mickey Mantle.

**In 1900, fathers were never truly appreciated.
Today, fathers are never truly appreciated.**

Diagnosed with kidney disease?

Diet can help delay, prevent kidney failure

Chronic kidney disease affects one in 10 Americans age 20 or older, according to the CDC Chronic Disease Prevention and Health Promotion.

Managing the disease through diet and other lifestyle changes can help people delay or even prevent the most serious consequence of kidney disease: kidney failure. Yet because the disease is often without symptoms, you or a loved one may be at risk and not even know it. People at risk for kidney disease include those with diabetes or high blood pressure, as well as older adults, Hispanics, African-Americans and American Indians, according to the Centers for Disease Control and Prevention. Other risk factors for kidney disease include cardiovascular disease, obesity, high cholesterol, lupus and a family history of the disease.

When kidney disease progresses to end-stage renal disease, or kidney failure, dialysis or a kidney transplant is necessary to stay alive. Currently, more than 430,000 Americans are on dialysis, according to a study published in the Clinical Journal of the American Society of Nephrology.

If people with kidney disease manage their diet, they may delay or even prevent kidney failure, the report says. One of the ways to manage this diet is through the new DaVita Diet Helper - an online diet tool that gives people access to more than 1,000 recipes for quick and easy meal plans, tracks nutrients specific to their diet, allows them to create their own recipes and more. The tool can be used to customize meal plans for those with diabetes, high blood pressure and kidney disease. It can also be used to support a kidney-friendly diet for loved ones not currently on dialysis.

"Proper nutrition is important for individuals with a chronic illness, particularly chronic kidney disease," says DaVita dietitian Sara Colman. "The new DaVita Diet Helper helps individuals and their loved ones understand how to customize and create meal plans that support their individual health goals." For those living with kidney disease, Colman shares some lifestyle tips to promote good kidney health:

1. Take charge of your health - A kidney-friendly diet can help slow the progression of kidney disease. In addition to 1,000-plus kidney-friendly recipes, DaVita Diet Helper offers a way to track potassium, phosphorus and sodium levels. Learn more at DaVita.com/MyDietHelper.
2. Work, if possible - Working while on dialysis has both physical and emotional benefits, including lower rates of depression and higher likelihood of getting a transplant.
3. Stay informed - Make an effort to learn as much as possible about kidney disease to make educated decisions about your health, diet, insurance and lifestyle. Attend a no-cost Kidney Smart class in your area to learn directly from a kidney disease educator.
4. Stay positive - Take care of your health, find support and continue to engage with family and friends. Join myDaVita.com to share stories, gain insights and make connections.
5. Seek guidance - Ask your doctor about ways to slow the progression of kidney disease and figure out the best way to manage it.

This Month MAY 2014

National Cancer Survivors Day, June 1.

Whether you're a cancer survivor, a family member, a friend, or a medical professional, take some time to connect, celebrate milestones, and recognize those who help along the way.

Flag Day, June 14.

Fly Old Glory with pride.



Father's Day, June 15.

Send a card, make a call, visit—and honor fathers everywhere for their role in raising children.

Bloomsday, June 16.

Fans of James Joyce's classic novel Ulysses recreate Leopold Bloom's epic stroll through Dublin on this day.

American Eagle Day, June 20.



Honoring the national symbol of the United States, the bald eagle.

Take Your Dog to Work Day, June 20.



Bring your pooch to the office for a change of pace that everyone will enjoy.

Celebrating May Birthdays

Employee Birthdays

Sol A. June 2nd
Jennifer K. June 3rd
Jeffrey C. June 5th
Courteney L. June 6th
Elizabeth P. June 12th
Lori-Ann P. June 12th
Junior R. June 12th
Sadi G. June 14th
Jessica P. June 16th
Patricia B. June 17th
Felino C. June 21st
Summer S. June 24th
Lisa S. June 29th

Resident and Day Club

John T. June 19



Are you caring for a loved one diagnosed with Alzheimer's or other dementia and need a break during the day?

The Adult Day Care at Dodge Park offer the right solution for your respite care.

To learn more about our **Adult Day Care Program** please join us for an afternoon of fun at our monthly Day Club open house with your loved one on the 3rd Thursday of each month between the hours of 1:30pm and 4:00pm .

The next open house will be on June 19, 2014.

This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. The afternoon will consist of group discussions, music, arts, refreshments, and most importantly, laughter.

The monthly open house is **FREE** and open to the public.
It is open to anyone at any stage of the Alzheimer's/Dementia disease process accompanied by friend, family, and loved ones.



Health Corner

WITH CARA ZECELLO

..... DODGE PARK REST HOME REGISTERED DIETITIAN

Super Salads

Salads can be hearty enough for a meal or light enough for a snack. They are also a great way to add important nutrition to your day. Don't settle for just lettuce, tomato and cucumber in your salad. Add different vegetables, fruits, cheeses and lean protein sources to spruce up the flavor and nutritional content.

Beware of turning your salad into a nutrition disaster. Going too heavy on the salad dressings can turn a healthy meal option into a fat-laden creation. Make sure your salads include ingredients that are full of flavor so you don't need the dressing to be the star.

While there are many "low fat" or "light" dressing options available, many of these varieties are full of sugars and calories to make up for the flavor lost when the fat was reduced. Read Nutrition Facts food labels carefully to know what you're really putting on your salad. Lemon and other fresh citrus juices are a great way to add a punch of flavor without loading up on the fat and calories. Choose olive oil and different vinegars for a heart-healthier option. Just remember that every tablespoon of oil contains 120 calories and 14 grams of fat. Choose olive or canola oils because they contain higher amounts of monounsaturated fat, which can improve blood cholesterol levels but don't forget that all oils are high in calories and fat regardless of what kind they are.

Try out these delicious salad tips:

- Add baby spinach to your lettuce
- Add pre-cooked chicken or tuna
- Add hard-boiled eggs and lean lunch meats and make a chef's salad
- Shredded cheese, feta, and cottage cheese add calcium
- Add grapefruit segments, mandarin oranges or sliced strawberries to pack your salad full of vitamin C
- Different colored peppers add different flavors and powerful healthy phytochemicals
- Add cooked whole grain pasta for a higher energy salad. Other whole grains to try include barley and quinoa, which will give your salad a vegetarian protein source.
- Add avocado to add protective monounsaturated fat
- Use olive oil and vinegar for a healthier dressing
- Chickpeas and cooked dried beans are a good source of protein. Try sprinkling kidney beans or black beans on your next salad.
- Sprinkle walnuts, cashews or pecans in your salad for a great source of omega-3 fat which is very heart healthy
- Dried fruits such as cranberries or raisins are delicious and nutritious
- Shredded carrots are an excellent source of vitamin A



I will be available to meet with family member to address any concern or questions regarding dietary needs or special diet for their loved one. I can be reach at Dodge Park Rest Home number (508-853-8180).

Written by Cara Zechello, M.Ed., RD, LDN

DODGE PARK REST HOME

Calendar of Events *for* June 2014

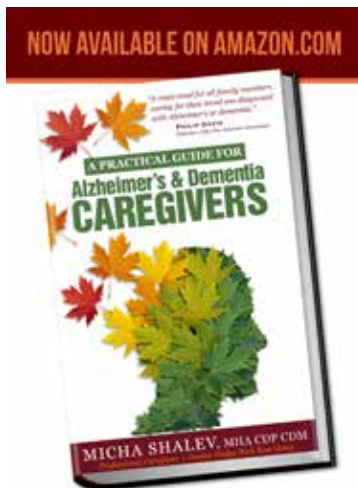
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Program Daily 10:30 Coffee Social Hour Daily 3:30 Word Games and Trivia Daily 4:30 Meditation Group Daily 8:30 Dean Martin Video Daily 4:45 Lunch 12:30 Dinner 5:30 Snack 11:15 & 8:00						
1 11:30 Saying of the Rosary 2:30 Name that Tune 6:30 Lenny Zarccone Performs	2 11:30 Sing-A-Long 1:30 Sculpting 2:30 Oh Shoot! 7:00 Bowling for Buckets	3 10:30 Manicures 11:30 Rosary 2:30 Bingo Game 7:00 Balloon Volleyball	4 11:30 Bowling 1:30 Painting with Thea 2:30 Westley Thouin Performs 7:00 Karoke Night	5 10:30 Yoga with Nancy 11:30 All Faith Bible Study 2:30 Four Suits 7:00 Bingo Night	6 10:30 Mary Kay Visits 11:30 Horseshoe Toss 1:30 Arts and Crafts 2:30 Let's Go the Game 7:00 Parachute Game	7 11:30 Kickball 2:30 Bingo Game 6:30 Jim Pocella performs
8 11:30 Sunday Hymns 2:30 Name that Tune 6:30 Chuck Dee Performs	9 11:30 Sing-A-Long 1:30 Sculpting 2:30 Oh Shoot! 7:00 Bowling for Buckets	10 10:00 Manicures 11:30 Rosary 2:30 Bingo Game 7:00 Balloon Volleyball SUPPORT GROUP	11 11:30 Bowling 1:30 Painting with Thea 2:30 Finish the Phrase 7:00 Karoke Night	12 10:30 Yoga with Nancy 11:30 All Faith Bible Study 2:30 Four Suits the Game 7:00 Bingo Night	13 10:00 Baking with Deb 11:00 Catholic Mass 1:30 Arts & Crafts 2:30 Let's Go the Game 7:00 Parachute Game	14 10:30 Golden Moments Dog Visits 2:30 Bingo Game 6:30 Wendell Crocket Performs
15 11:30 Saying of the Rosary 2:30 Name that Tune 6:30 Jan and Lou Performs Father's Day	16 11:30 Sing-A-Long 1:30 Sculpting 2:30 Oh Shoot Dice Game 7:00 Bowling for Buckets	17 10:00 Manicures 11:30 Rosary 2:30 Bingo Game 7:00 Balloon Volleyball	18 11:30 Bowling 1:30 Painting with Thea 2:30 Finish the Phrase 7:00 Karoke Night	19 10:30 Yoga with Nancy 11:30 All Faith Bible Study 2:30 June Birthday Party 7:00 Bingo Night	20 10:00 Mary Kay 11:30 Horse Shoe Toss 1:30 Arts & Crafts 2:30 Let's Go the Game 7:00 Parachute Game	21 10:30 Ministry of Christian Life 2:30 Bingo Game 6:30 Sandy Robinson performs
22 11:30 Sunday Hymns 2:30 Name that Tune 6:30 Rob Marona Performs	23 11:30 Sing-A-Long 1:30 Sculpting 2:30 Oh Shoot Dice Game 7:00 Bowling for Buckets	24 10:00 Manicures 11:30 Rosary 2:30 Bingo Game 7:00 Balloon Volleyball	25 11:30 Bowling 1:30 Painting with Thea 2:30 Finish the Phrase 7:00 Karoke Night	26 10:30 Yoga with Nancy 11:30 All Faith Bible Study 2:30 Four Suits 7:00 Bingo Night	27 10:00 Baking with Deb 11:30 Horse Shoe Toss 1:30 Arts & Crafts 2:30 Bingo Store 7:00 Parachute Game	28 11:30 Kickball 2:30 Bingo Game 6:30 Joe Sarsin performs
29 11:30 Saying of the Rosary 2:30 Name that Tune 6:30 Dave Andrews Performs	30 10:30 Resident Council Meeting 1:30 Sculpting 2:30 Oh Shoot 7:00 Bowling for Buckets					

A Practical Guide for Alzheimer's & Dementia Caregivers

I set out to write a comprehensive book of fresh approach to caregivers and family members who are dealing and assisting individuals diagnosed with Alzheimer's disease at different stages of the disease.

This book is been in making for the past decade. I gathered as much information as I could from my 25 plus years as administrator of different level of residential care and rest home facilities specialized in caring for individuals diagnosed with Alzheimer's disease. In the past couple of years years, more new books has come out and some very good researches have been written by well know researchers in the Alzheimer's field. This field is moving in a very rapid speed but yet no final solution or remedy is on the immediate horizon for those suffered from dementia and related diseases.

My goals in writing this book are simple – put as much information as I can about how to assist individuals diagnosed with Alzheimer's and or other related dementia diseases, make it readable (I Hope), stay short on each topic without overdoing it or confuse the readers and caregivers, and write it for everyone who wants to learn and then put my suggestions into care plan or actions depend on the readers situation.



Whether you are family members, nurse, caregivers, or other professional in the long term care industry, I hope this book has spoken to you.

There is a lot of information to digest, but each chapter represents an essential element of person centered care, or special guideline of what to do if a particular situation arises. It is my hope that if you don't feel different about the disease, the available tools and resources, you've already begun the process of getting more help or support and that you are way ahead of the curve, and this is a good thing for your loved one or the person you caring for.

Take this information and share it with everyone who can benefit from it and please put these ideas into action.

the new state of the art dementia facility



the Oasis at Dodge Park

DODGE PARK REST HOME



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Neighborhood Connection is now digital!

Email m.shalev@dodgepark.com to get it delivered to your inbox each month. Print editions will mail out every other month only.

JOIN US FOR A

DODGE PARK
REST HOME & DAY CLUB

Father's Day! CELEBRATION



June 15 @ 6:30 - 7:30

Jan and Lou performs
Light Snack Provided

DODGE PARK

Caregivers Support Group

Alzheimer's & Caregiver Support Group Meeting

Please join us for our free monthly support group with Elaine Kapperman, LICSW. For family of individuals with dementia Jun 10, July 8 and Aug 11 (Second Tuesday of each month.) The meeting is from 6pm - 8pm. For more information or to RSVP contact Debbie Williams (508) 853-8180. Open to Dodge Park clients and the public. Please join us!

Caring for your memory impaired loved one!

*Dodge Park Rest Home provides a unique dementia and Alzheimer's program tailored to meet your loved one's specific needs. Our home-like environment is usually at half the cost of a nursing home and with only a One (1) Year Look Back!!!**

ATTENTION VETERANS OR THEIR SURVIVING SPOUSES!

You may be entitled to monthly benefits as much as \$2,019 to help offset long-term care. Call 508-853-8180 for more information.

Monthly Support Groups "Open to Public"

- 1st Tuesday of every month for spouses of individuals with memory impairments.
- 2nd Tuesday of every month for children of parents with memory impairments.

- Medical Director Dr. David Weinstock
- Geriatric Psychiatrist consultant Dr. Philip Gottlieb
- 24 hour a day RN services • Freshly prepared meals

- Dementia specific activity program 7 days a week
- Outing and professional entertainments
- **All inclusive ADL** care at no additional charge.

DODGE PARK REST HOME AND DAY CLUB

101 Randolph Rd., Worcester, MA www.dodgepark.com
Call Ben, Mike or Carrie at 508-853-8180



If your loved one's funds are ever depleted they will still be able to stay at Dodge Park*

*Subject to EAEDC approval.

* The new Tax Reduction Act of 2005 mandated that seniors spend-down all of their combined assets before the sick spouse can qualify into a nursing home. The act requires a 5-year look back for any transfers by seniors designed to deprive the state of those available resources to pay for the nursing home. In a Rest Home setting it is only 1 year look back!!!