

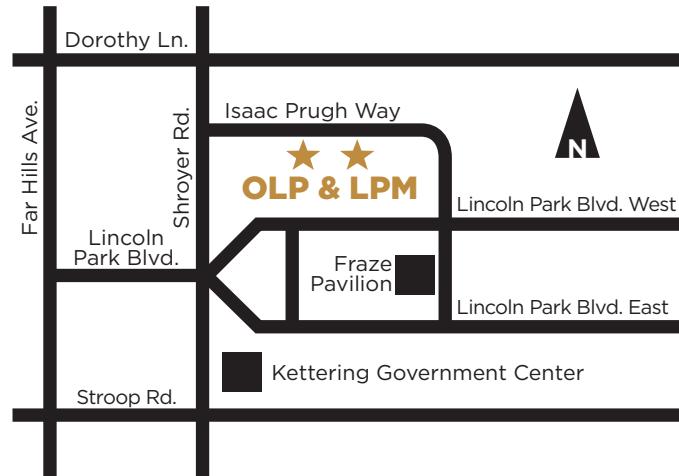


590 Isaac Prugh Way  
Kettering OH 45429

694 Isaac Prugh Way  
Kettering OH 45429

For more info about **Assisted Living, Rehabilitation or Skilled Nursing** at Lincoln Park Manor call 937.297.4300 or visit [LincolnPark-Manor.com](http://LincolnPark-Manor.com)

For more info about **Retirement Living** at One Lincoln Park call 937.298.0594 or visit [LincolnParkSeniors.com](http://LincolnParkSeniors.com)



## "REHAB at Lincoln Park Manor gave me my life back."

We hear this from patients every day around here at Lincoln Park Manor. Getting back to your life means fishing with the grandkids, baking tasty treats in the kitchen, or just simply enjoying life's routine and all the rewards that come with it. When injuries happen (and they do, unfortunately), you can count on our rehabilitation specialists to help you or your loved one get moving again.

For over two decades, we've helped Miami Valley residents recover from knee and hip replacements, fractures and joint damage, and even debilitating illnesses. Because the human body is so complex, rehabilitation that works has to be complex, too. But from our patients' perspectives, the Rehab process is simple!



If you have a hospital social worker, let them know that you choose Lincoln Park Manor for you or your loved one's rehabilitation. Then our Admissions Director, Ann Wittoesch, begins the approval process.

Once you're approved for admission, an arrival time is scheduled, transportation is arranged, and a personalized rehabilitation plan is created to ensure that every symptom and its corresponding cause is treated properly.

### The road to recovery is that easy.

As we age, time becomes even more precious. That's why we are dedicated to sending every patient home as soon as possible. That means you're back on the golf course... back in church... back with the grandkids baking sugar cookies... **As soon as you possibly can.**

**If you or a loved one needs rehabilitation to feel like themselves again, call 937-297-4300 and we'll show you how we can help!**



Lincoln Park Manor — One Lincoln Park

# Lincoln Park NEWS

EQUAL OPPORTUNITY  
JAN-FEB  
Q1-2018



### From the kitchen with... **CHEF ROBERT**

**FRESH TUNA SALAD NICOISE**  
Serves 4 people

4 tuna steaks  
2 tablespoons oil  
8 oz. fine French green beans  
1 small bibb lettuce  
4 new potatoes, boiled  
12 cherry tomatoes, halved  
2 red peppers, seeded & thinly sliced  
4 hard-boiled eggs, sliced  
16 black olives  
12 fresh basil leaves  
Salt & pepper to taste

Optional:  
8 drained anchovy filets, drained, sliced

Dressing:  
Whisk together  
1 tablespoon red wine vinegar  
6 tablespoons olive oil  
1 fat garlic clove, crushed

Brush tuna with oil and season.  
Broil or grill 1-2 minutes on each side.

Cook beans in salted water for 4-5 minutes until crisp-tender.

Separate lettuce leaves & pat dry.  
Arrange on plate along with potatoes, tomatoes, pepper strips, olives & halved eggs.

Drizzle over salad.

### ONE LINCOLN PARK WINS "2018 BEST OF SENIOR LIVING AWARD" FROM SENIORADVISOR.COM



One Lincoln Park is proud to announce that they have been selected as one of the 2018 Best of Senior Living Award Winners on SeniorAdvisor.com, the largest ratings and reviews site for senior care and services in North America.

SeniorAdvisor.com's Best of 2018 Award winners represent the best of the best of in-home care, assisted living, and other senior living providers, based on the online reviews written by seniors and their families. This exclusive designation honors the top one percent of senior care providers across the country.

**"As SeniorAdvisor.com's 'Best of Senior Living' awards enters its fifth year of honoring the top family rated communities and care providers, we are proud to say that the bar has been raised."**

said Eric Seifert, President and COO of Senioradvisor.com.

**"In order to ensure only the best communities and care providers win, we decided to make the criteria harder than ever and we saw communities like One Lincoln Park rise to the occasion. Each year we are more and more impressed with the quality of winners and want to spread the word about these award winning organizations."**



## WINTER IS HERE!

If you plan on moving soon...consider One Lincoln Park!

Let us take care of shoveling snow and ice. Allow our transportation team to chauffeur you around all winter long and avoid driving in Ohio's winter weather.

We can provide a warm and social environment so the only worry you will have this winter, will be trying to figure out who you will be sitting with for dinner.

**We have one bedroom floorplans AVAILABLE NOW!  
PLEASE CALL OR GO ONLINE TODAY!**

### CAUTION! HAZARDOUS ROAD CONDITIONS AHEAD?

No worries at One Lincoln Park...Our residents are raving about the Monday through Sunday transportation services. These valued services enable residents to maintain vibrant independent lifestyles in their local community, while also enjoying the amenities, social activities and companionship available through their residential community.

One Lincoln Park residents use our transportation service for:

- Day trips each month to different locations (museums, theater, etc.)
- Lunch Bunch outings every week to sample area restaurants
- Scenic drives through the Dayton area countryside
- Trips to beauty and barber shops
- Weekly trips to all local grocery stores and shopping malls
- Regularly scheduled trips to different churches on Sundays
- Trips to doctors' appointments, pharmacies for prescription pick-ups
- Trips to banks for deposits and withdrawals
- Transportation to other planned social events.

There is no limit to the number of trips a resident is entitled to during any time period.



Residents can count on our professional team of friendly chauffeurs.

## IMMEDIATE OCCUPANCY AVAILABLE

Call Kim or Jack today to arrange a personal appointment to view our **one bedroom apartments.**



For more information call  
937.298.0594 or visit our website  
[LincolnParkSeniors.com](http://LincolnParkSeniors.com)

Helpful downloads are available  
on our Resource page.

Email Kim or Jack directly via  
email to discuss your specific  
needs and/or schedule a visit.

**KIM LUST**  
Retirement Counselor  
[kim.lust@mvg.com](mailto:kim.lust@mvg.com)

**JACK McGEADY**  
Retirement Counselor  
[jack.mcgeady@mvg.com](mailto:jack.mcgeady@mvg.com)

"The entire staff was kind and we were very pleased with all of our experiences at Lincoln Park Manor."

Mary P., Bellbrook, Ohio

"The food was outstanding. I especially loved the homemade stuffed green pepper soup. It was so hearty and flavorful. My favorite!"

John T., Centerville, Ohio

"The Rehab girls gave me so much support. I could not have made it without them. I'm back home now and doing fine."

Janet H., Kettering, Ohio

For more information contact  
**ANN WITTOESCH**  
Director of Admissions  
[ann.wittoesch@mvg.com](mailto:ann.wittoesch@mvg.com)

Call 937-297-4300 or visit our website [LincolnPark-Manor.com](http://LincolnPark-Manor.com)

  
**WANT TO JOIN?**  
It's easy to join our e-newsletter and receive invitations to events, helpful tips and more.  
Send an email to [info@lincolnparkseniors.com](mailto:info@lincolnparkseniors.com) and provide us with your email address...  
**THAT'S IT!**



## Lincoln Park Manor

Receives U.S. News & World Report 2017-18



## Best Nursing Home Award

If you are seeking a nursing home that will provide outstanding care for you or your loved one, Lincoln Park Manor in Kettering, Ohio, is a great choice. U.S. News evaluated more than 15,000 homes nationwide, in every state and nearly 100 major metropolitan areas. The nearly 2,300 nursing homes that earned the designation of a U.S. News & World Report Best Nursing Home for 2017-18 represent about 15 percent of all homes.

**"Finding a nursing home that meets an individual's specific needs is a difficult decision that millions of families across America face each year,"** says Brian Kelly, editor and chief content officer of U.S. News.

**"The Best Nursing Homes ratings, advice and tools were designed to help navigate this important life decision and make the process a little easier."**

**"Selecting the right nursing home that offers exceptional care for a loved one can be particularly challenging,"** says Ben Harder, Managing Editor and Chief of Health Analysis.

**"For the Best Nursing Homes, U.S. News analyzed objective data to arm consumers with the information and confidence they need to help them choose a home capable of providing the quality care seniors deserve."**

To qualify as a Best Nursing Home, facilities had to earn an average rating of 4.5 out of 5 during 10 months of federal reports ending in August 2017 and consistently meet performance standards set by U.S. News in a variety of categories, including health inspections, staffing and medical care quality measures.

See for yourself...stop in or call 937.297.4300 to schedule your tour!