

## Visits from our Pet Therapy Friends — Louie and Bunker

Nursing homes were one of the first settings to graciously open their doors to the concept of Pet Therapy. Today, Lincoln Park Manor continues to open our doors to two very special therapy dogs, Louie and Bunker. These therapy dogs create a heartwarming experience for our residents, patients and their families.

Bunker visits us once a week on Thursday. The last time Bunker visited, one of our patients offered to dog sit anytime his owner needed a break. "Just bring him over and let him sleep on my bed," she said with a grin.

Bunker is a 24 pound West Highland Terrier. He is 6 years old and went through extensive training with his owner, Bill. This training consisted of ten categories, each one week long to qualify to enter the Hos-Pets Program. Bunker was the Hos-Pet of the Year winner in 2011, 2012 and 2014.

Bunker loves what he does as a pet therapy dog. He has the sense to know that he makes people happy. He enjoys visiting his friends at Lincoln Park Manor.

Louie, a five year old Goldendoodle (1/2 Poodle and 1/2 Golden Retriever) visits monthly and is a big hit at our community. He and his owner Debby Bee spent eight months in a very challenging program to become a certified pet therapy team.

One of our residents who will turn 100 in July, has a special place in her heart for Louie. When Louie enters the room you can almost see him smile. She just thinks that he is the smartest dog in the world.



Louie with his owner Debbie, smiles when he visits our residents.

Louie usually dresses for the occasion. It is common for him to come dressed as a turkey, bunny,

Uncle Sam, an elf or another interesting character during his rounds. Not only does he brighten up the day for our residents, but he boosts the spirits of our staff as well!



Bunker loves being a therapy dog.

It is profoundly moving to see how these dogs help calm and soothe people while lifting the spirits of those who may miss the companionship of a pet. They elicit responses from some of our residents who are typically withdrawn and limited in their abilities. We are very fortunate to have Bunker and Louie at Lincoln Park Manor.



### Mary Beth Barton, Promoted to Assistant Executive Director, Lincoln Park Manor

Mary Beth has worked in medical offices for over 15 years and became Lincoln Park Manor's Business Office Manager in 2011. After completing her Master of Business Administration with a specialization in Health Care Management in April of 2014,

she pursued her Administrator in Training, passing her Federal Exam in early 2015 to become a Licensed Nursing Home Administrator. Everyone at Lincoln Park Manor welcomes her into this new position.

# Shocking Statistics About Elderly Falls & Prevention

It all starts with a fall. Increasing awareness about fall risk factors is crucial in helping older adults, their families, and caregivers to effectively help prevent falls. These shocking statistics highlight the importance of preventing falls by taking deliberate precautions.

Among people age 85 and older **ONE in TEN falls** results in a hip fracture.



Of all people who fall annually,

**30%**

are over the age of 65.



Hospital stays due to a fall are

**2x**

longer than those of elderly patients who are admitted for any other reason.



## Fall Prevention Tips

Among older adults, falls are the leading cause of hospitalization and emergency care. Falls can lead to potentially severe injuries such as hip fractures and head traumas, and can even increase the risk of early death. Follow a few of these tips to protect your loved ones.

### 1 Regular Exercise



Weak legs can increase the chance of falling.

Exercise programs can increase strength and improve balance.

### 2 Review Your Medications



Some medicines can cause dizziness or drowsiness.

This can make falling more serious. Review all medications with your doctor to reduce risky side effects.

### 3 Have Your Vision Checked



Poor vision can make it harder to get around safely.

Have your vision checked every year and wear your glasses with the right prescription.

### 4 Make Your Home Safer



About half of all falls happen at home. Identify

potential threats like poor lighting, clutter and throw rugs that can be a tripping hazard.

**Lincoln Park Manor's staff of professionals is available to assist with any questions and is here as a resource for your family.**

If you find yourself in need of rehabilitation care, our Rehab Center offers a team of skilled therapists to help you recover quickly and return to your normal daily life.

**Call today for a no-obligation consultation. 937-297-4300**

## What You Should Know About Continuing Care Retirement Communities (CCRC)

The key selling point of most CCRCs is that they offer multiple levels of care and that you will be taken care of for life when you pay their hefty entrance fees. But transitions between those levels of care can be a major source of tension between residents and providers.

**Here are a few topics you'll want to review before making a decision.**

1. Residents may feel pressured to move from one level of care to another, such as when a facility says it cannot deliver the required care in an independent-living unit. That may mean leaving a longtime home in the independent-living unit and being separated from a spouse—resulting in higher fees for a couple occupying two units.
2. Many CCRCs mandate that residents who need more than a set number of hours of care per day transfer to assisted living or skilled nursing. Before signing a contract, ask about the process for transferring to the next level of care. Also ask about the rules on hiring your own care providers, in addition to those offered by the CCRC.
3. Another key question: Will an assisted-living or skilled-nursing bed be available when you need it? In many cases, CCRCs will admit people from outside the community to the nursing facility. If there is not a skilled-nursing bed available when you need it, will you have to move to another community? Ask about the process for moving if the nursing facility fills up and how any extra cost would be covered.
4. Most importantly, CCRCs guarantee a life-long place to live. However, virtually no CCRC will guarantee an individual entry into the skilled nursing facility that is a part of the CCRC. If all the nursing units are filled (by either other residents or non-residents), the CCRC may place the ailing resident in another nursing home in the community. This can come as a shock to the affected elders, who believe precisely the opposite.

**One Lincoln Park is a rental community. To discuss our monthly leasing options, contact one of our retirement counselors at 937-298-0594.**



## 12 Benefits of Tai Chi for Seniors

The benefits of Tai Chi for seniors are incredible. If you are looking for a low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts, Tai Chi is for you. Tai Chi is

an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement. This meditative form of exercise consists of a series of 19 movements and one pose. Many seniors and senior care facilities have been enjoying this style of workout and conditioning for more than 20 years.

**Here are 12 benefits of Tai Chi for seniors:**

1. Relieves physical affects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles and knees
11. Promotes faster recovery from strokes and heart attacks
12. Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's

One Lincoln Park offers Tai Chi classes free of charge to seniors in the community. Many seniors find it an easy activity and a peaceful environment in which to meet other seniors with common interests.

**CLASSES HELD EVERY THURSDAY at 11:00am  
Call 937-298-0594 to RSVP**

source: InsideElderCare.com



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Louie, a therapy dog, in his Easter costume with owner Debbie.

## Therapy Dogs Create a Heartwarming Experience!

### **Festival of the Vine Pre-Party**

Friday, August 7th, 6:30-7:30 pm

One Lincoln Park

Enjoy an array of appetizers, a glass of select wine, and smooth jazz piano by Tim Jennens.

RSVP by August 3rd

### **"Behind the Iron Dome"**

Meet Daniel Ravitch and hear the first-hand account of a soldier who served in the Iron Dome Missile Defense System.

Friday, August 21st, 11:00 a.m.

One Lincoln Park, Oakwood Room

Refreshments will be served

RSVP by August 17th

### **Spend Holiday at Home at our Home!**

Monday, September 7th

Join us at One Lincoln Park for a Labor Day Cookout from 2:00 to 3:00 pm. Then head across the street to the City of Kettering's annual Holiday at Home festivities featuring arts & crafts, car show, children's activities and entertainment.

RSVP by September 1st

**Call 937-913-8118 to RSVP to any of these events.**

