

## 9 Ways to Help Seniors Avoid Social Isolation

Social isolation among seniors is alarmingly common, and will continue to increase in prevalence as the older population grows. Isolation among seniors who live at home may be as high as 43% and is projected to increase exponentially in the near future. Social isolation will likely impact the health, well-being and quality of life of numerous older people now and in the foreseeable future. This is why activities are steadily becoming a deciding factor before moving into a senior community. Here are some ways to promote social health and connectedness:

### 1. Make Transportation Available

Lack of adequate transportation is a primary cause of social isolation. Because many seniors do not drive, this is a big issue for them. One Lincoln Park prides itself on offering the largest fleet of chauffeured transportation to maintain independence.

### 2. Promote Sense of Purpose

Seniors with a sense of purpose or hobbies that really interest them are less likely to succumb to the negative effects of social isolation. Anything that involves a group, for example, playing bridge is socially healthy.

### 3. Encourage Religious Seniors to Maintain Attendance at their Places of Worship

For seniors who have been regular churchgoers, this weekly social connection has been shown to be quite beneficial. They also benefit from the watchful eye of other churchgoers, who are likely to recognize a decline in an isolated senior that may have gone unnoticed otherwise.



### 4. Give a Senior a Pet or Plant to Take Care Of

Many experts note that the act of nurturing can relieve feelings of social isolation. Pet owners remain engaged socially, have less depression, suffer less loneliness, feel more secure, have more motivation for constructive use of time and require less medication than non-pet owners. Even tending a garden can satisfy our nurturing drive.

### 5. Encourage Hearing and Vision Tests

Seniors with undiagnosed or untreated hearing or vision problems may avoid social situations because of embarrassment and difficulty communicating. A hearing aid may be the only barrier between a senior and better social health.

### 6. Make Adaptive Equipment Available

Adaptive equipment, ranging from walkers to the above mentioned hearing aids, help seniors to compensate for age related deficiencies that can impede social interaction. Many seniors do not take full advantage of these devices and may be embarrassed because they don't want to look or feel old.

### 7. Encourage Dining with Others

Encourage seniors to share a meal with others whenever possible, whether it's with a church group, the local senior center, or a friendly café or diner.

### 8. Address Incontinence Issues

For obvious reasons, a senior who experiences incontinence may be hesitant to leave their home and could become isolated. Incontinence issues can be appropriately addressed through medications and incontinence supplies, and allow them to live without fear of a public instance.

### 9. Give Extra Support to Seniors Who Have Recently Lost a Spouse

When you've shared your life with a beloved spouse and companion for decades, it can be like losing the foundation of your existence when that person dies. Do more than bring flowers; go the extra mile and spend more time with the senior in the days and weeks following his or her loss.



### Kim Lust – Retirement Counselor, One Lincoln Park

Kim earned her Bachelor of Science degree from the University of Cincinnati.

She was the Lifestyle Director for Triple Creek Retirement Community in Cincinnati, and Community Life Director for Pinebrook Retirement Community in Milford, where she developed and implemented programs to enhance the physical, mental and psychosocial well-being of seniors. Kim's experience enables her to expertly guide prospective residents through the challenging process of transitioning into our senior living community. We're happy to have her on the One Lincoln Park team!



# What is Respite Care?

Respite care typically refers to a short-term stay at a senior community, usually an assisted living or skilled nursing community. Respite care is a great living option for an elderly or disabled person who requires some day-to-day supportive services, but still desires social stimulation, engagement and activities. Family caregivers can use this opportunity to “recharge their batteries.”

Couples may use respite care when one of the partners requires a higher level of care after surgery or an illness and their spouse requires minimal services or simply wants to be closer to their loved one during recovery. One Lincoln Park and Lincoln Park Manor offer these services with each specializing in varying levels of care for each individual.

### One Lincoln Park Respite stays:

- Offer one and two bedroom furnished guest apartments fully equipped for a more home-like setting.
- On-site home health care provider is available from 15 minutes to 24 hours, as needed; and emergency call pendants are provided.
- Our transportation department can shuttle a loved one next door to Lincoln Park Manor when a spouse is being treated in their facility. Services are available seven days a week from 8am-5pm.

For more information call 937-298-0594 or visit our website [LincolnParkSeniors.com](http://LincolnParkSeniors.com)

### Lincoln Park Manor Respite stays:

- Offer 24 hour skilled nursing when a higher level of care and attention are needed.
- Specialized equipment and a highly skilled therapy team provide a focused care plan for a quick recovery.
- Continuous monitoring every 2 hours and call pendants offer immediate response.
- Private & Semi-Private rooms available
- Five Star Medicare facility

For more information call 937-297-4300 or visit our website [LincolnPark-Manor.com](http://LincolnPark-Manor.com)

### Respite care can serve a number of valuable functions and can also be used:

- When the family caregiver needs to travel or needs a break.
- As a trial stay when a family is deciding whether a community is right for them

### Respite Stays usually include:

- Three nutritious meals daily
- Medication management
- 24-hour supervision and security
- Assistance with personal care needs such as bathing, dressing, toileting and grooming
- Laundry service
- Housekeeping
- Activities and outings
- Transportation

Each facility offers some or all of these services. They can evaluate your personal needs and determine the appropriate level of care you or a loved one requires.

Visit

[Medicare.gov/NursingHomeCompare](https://www.Medicare.gov/NursingHomeCompare)

for a complete guide, helpful checklists, ratings and more when looking for a nursing home, rehab or skilled nursing community.



One Lincoln Park Furnished Guest Suite

Check out this video tour of a two bedroom model apartment at One Lincoln Park.



Scan with smartphone or iPad

Visit our website [LincolnParkSeniors.com](http://LincolnParkSeniors.com) and look for the link on the home page slide show or on the leasing page.

# Top 9 Reasons Seniors End up in the ER

*Almost a quarter of all seniors visit the emergency room.*

*What brings older adults in?*

*You might be surprised.*



Strokes, heart attacks, falls — these are the conditions we usually think of as landing older adults in the emergency room and subsequently in a skilled nursing or rehabilitation facility when they are not quite ready to return home following a hospital stay. But seniors visit the ER for a lot of other reasons that may be just as critical, such as adverse drug effects, infections and COPD.

Caregivers should be aware of the symptoms that are most likely to lead to a serious diagnosis in seniors. If you have seniors under your care, this is a list of 10 conditions that you'll want to pay attention to:

## 1. Injuries and Accidents

Injuries, falls, traffic accidents, even exhaustion — these are the types of acute issues that most often land seniors in the emergency room. Rehabilitation may be needed to regain strength and mobility.

## 2. Heart Disease

Some of the most common symptoms reported by seniors in emergency room visits are chest pain and shortness of breath, both potential indicators of heart disease, which is still the leading cause of death in the U.S.

## 3. Chest Pain

As mentioned above, chest pain can be a symptom of heart disease; it can

also be caused by other problems such as heart attacks, injuries, blood clots, respiratory infections, or even gastrointestinal issues.

## 4. Adverse Effects and Complications of Medical Treatment

Adverse drug reactions can include unexpected side effects, interactions with other drugs, or inappropriate self-medication.

## 5. Abdominal Pain

Digestive disease, food poisoning and infection can all cause abdominal pain or nausea; so can kidney stones, which may result from malnutrition, dehydration or other medical conditions.

## 6. Chronic Obstructive Pulmonary Disease

COPD covers a number of conditions including bronchitis, emphysema, and chronic airway obstruction. Fatigue, coughing, and shortness of breath are some possible symptoms. Lincoln Park Manor offers a specialized COPD program. Contact us for details.

## 7. Pneumonia

Pneumonia is one of the most common upper respiratory infections to land seniors in the ER. Signs may be milder in older adults and can include shortness of breath, coughing, and confusion or delirium.

## 8. Urinary Tract Infection

This is yet another reason why seniors should make sure they're getting enough fluids—31% of seniors are chronically dehydrated, and one of the best ways to prevent UTIs is to drink plenty of water.

## 9. Stroke

Stroke is the third leading cause of death in the U.S. It has a distinct pattern of symptoms, which means a vigilant caregiver can often prevent long-term damage if the patient is treated quickly enough.

If you're a family member or caregiver of an older adult, be sure to familiarize yourself with the symptoms of these common emergency medical issues, and you'll be better prepared to deal with them if they should arise.

## Questions About Insurance?

Contact us for a complimentary consultation.

Lincoln Park Manor accepts Medicare, most Anthem plans, Aetna, Cigna, Humana OPERS plan, Tricare, Medical Mutual of Ohio and Premier Health Plan. Please call for a complete list and specifics.



## One Lincoln Park

Premier Retirement Living

590 Isaac Prugh Way  
Kettering, OH 45429

937-298-0594

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Assisted Living, Rehabilitation & Skilled Nursing

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## 9 Tips for Staying Socially Active



### UPCOMING EVENTS AT ONE LINCOLN PARK

#### Introduction to Technology

Friday, October 23rd at 10:30 a.m.; location - Oakwood Room

Presented by Marianne Bailey, The Senior Tutor

- Do you wonder what the terms app, social media, facebook or twitter mean?
  - Do you want to discover what the benefits of having a kindle, smartphone or tablet?
- Coffee and sweet treats will be served!

**RSVP by October 21st, 937-913-8118**



#### Medicare Advantage Open Enrollment Education Seminar

Thursday, October 29th, 2:00 p.m.; location - Oakwood Room

Topics:

- Overview of Medicare Parts A,B,C,D
  - Information about various Medicare Advantage Plans
- Presenter: Mr. Chad Hooper is an Employee Benefits Executive with 13 years experience in the group market specializing in helping employers understand the ramifications of Healthcare Reform and compliance issues. He is the Broker Relationship Manager for Premier Health Plan. Refreshments will be served

**RSVP by October 26th, 937-913-8118**



#### Bourbon Tasting at One Lincoln Park

Thursday, November 12th, 2:00 p.m.; location - The Wright Spot

Hosted by "The Smart Guy in a Tie"

**You're invited to kick back, relax and taste the following bourbons with us:**

Evan Williams Single Barrel Vintage – paired with a Lettuce and Berries Wrap

Four Roses Single Barrel – paired with a Roast Beef Roll

Russel's Reserve Small Batch Single Barrel – paired with a Chocolate Chunk Cookie and Brownie Bite

**RSVP by November 5, 937-913-8118**

Bourbon Tasting  
brandy | whiskey