

# Lincoln Park Seniors News

JANUARY 2015  
Volume 2, Issue 1

## HOT TOPICS YOU SHOULD KNOW:



### **Lincoln Park Manor** *Assisted Living, Rehabilitation & Skilled Nursing*

Lincoln Park Manor's REHAB CENTER is accepting new patients for post-op therapy after knee or hip replacement surgery.

#### **Do you have a surgery scheduled?**

Get your pre-registration completed in advance if you need therapy to help speed up your recovery.



### **One Lincoln Park** *Premier Retirement Living*

#### **OHIO BEER TASTING** HOSTED BY ARROW WINE

Tuesday, February 17th  
1:00pm - 2:30pm

RSVP by Friday, Feb. 13  
Call 937-913-8118

## A new year & new Executive Director

Lincoln Park Manor is pleased to announce the appointment of Brenda Wirrig as Executive Director. Brenda has been with Lincoln Park Manor since 2001 and is very familiar with all the residents and daily operations.



License. The last eight years she has served in this position.

Brenda has worked in the customer service industry for over 20 years and is a graduate of Wright State University, with

a Bachelor's degree in Management Information Systems. She is passionate about providing outstanding care in a quality environment for our residents and their families. Brenda lives in Dayton with her husband and two daughters.

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**If you would like to contact her, please send questions to:**  
**Brenda.Wirrig@mvg.com**

Brenda started as an evening receptionist and has worked her way up through the organization quickly. After five years as Human Resource Manager she was promoted to Assistant Executive Director in 2006 upon receiving her Nursing Home Administrator

## Medical Director named as a "Top 10 Doctor in Ohio" by Vitals.com

Dr. Louis Heckman of Associated Specialists of Internal Medicine in Centerville, and Medical Director of Lincoln Park Manor in Kettering, OH has been recognized as a Vitals Top 10 Doctor in the state of Ohio. Vitals.com is a website that offers referrals and help in locating a doctor in your area. Dr. Heckman has earned this award as well as the Patient Choice Award.



experiences by providing ratings and reviews. In order to differentiate highly-regarded doctors from the rest for patients in search of quality care, Vitals awards Top Ten Doctor honors to those physicians within a certain specialty and neighborhood who are consistently given top ratings by their patients.

Top Ten Doctors Awards are chosen by the millions of patients who visit Vitals.com each year to find a new doctor and share their

Patients' Choice recognition reflects the difference a particular physician has made in the lives of his/her patients. The honor is bestowed to physicians who have received near perfect scores, as voted by patients.

## Did you know that Lincoln Park Manor offers extensive rehabilitation services?



*Typical stays are driven by elective surgeries for hip and knee replacements and most patients are discharged after less than a three week stay.*

Many who are planning these procedures, and I'll share they are getting younger and younger with most in their 50's, contact us before they have their surgery to get pre-registered and let us know what services they prefer during their stay. "We cater to your needs as much as possible when you stay with us for any type of condition," said Ann Wittoesch, Admissions Director. For instance if you prefer to sleep in or have your shower at a certain time, we will try to schedule therapy later in the day. If you would like a newspaper everyday and room service for your meals, all of those preferences are documented in advance. Pre-planning allows us to get your insurance information and approvals, doctor and family contact information and have a room waiting for you.

We have rooms available and can admit patients anytime day or night. Emergency room visits and discharges from the hospital are acted on promptly, however when possible, it makes it a little smoother if you can plan in advance.

In fact, therapy services make up over 63% of their skilled nursing area. "It's always been a focus for our business and the community really needs to think of us, not just as a nursing home, but as a medically diverse establishment," explained Dr. Heckman, Medical Director.

We've come a long way from the "old school" ways that most nursing homes used to operate on. There were more acute, long term care patients years ago than what there are today. People stay in their homes longer and are living longer.

Over the past ten years or so, Lincoln Park Manor has transitioned into more therapy driven services that meet the needs of today's seniors, as well as specialty therapies like our Congestive Heart Failure (CHF) program.

Our goal is to get you home as quickly as possible so that you can return to your daily life.

These short REHAB stays are the reason many turn to us for their care.

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**Have a surgery coming up?  
Please contact Ann to schedule a tour!**

**Contact Ann Wittoesch to schedule a tour or for pre-admission.**



**CALL 937-297-4300**

**Questions?** Email her at [Ann.Wittoesch@mvg.com](mailto:Ann.Wittoesch@mvg.com)

**Rehab Services: Physical, Occupational and Speech therapy.**

For a more complete list of our therapy services visit our website [LincolnPark-Manor.com](http://LincolnPark-Manor.com)

## Website offers "Contact Us" form for submitting all your questions [LincolnPark-Manor.com](http://LincolnPark-Manor.com)

Have you visited our new website lately? If not, you're missing out on a lot of information and a quick way to submit questions. Simply go to the Contact Us page and fill in the form with your needs or questions. Many out-of-town family members can search for information 24/7 and submit questions when they are in "search mode". Our team will respond sometimes within minutes, if it's during business hours, or on the next business day.

### Take a look at a recent Q & A submitted on our website:

**Q: "My mother has dementia and is starting to require more care and supervision. What types of care and living situations are available for her at Lincoln Park Manor? How is the cost structured (upfront fees, monthly fees, optional services)? Is there any guest housing available on-site?"**

**A:** Lincoln Park Manor can accommodate early stage dementia patients that are not a wandering risk. Our nursing staff is very attentive and can work with you closely for immediate and long term care needs.

Fees are monthly and billed to your insurance for the amount of coverage you have available. We can do a no charge analysis to determine what coverage you have available. If no insurance, then private pay arrangements will be discussed. Guest housing may be available, call for details.



## Why the increase in knee & hip replacements?

The boomers who tend to forget their body's age while exercising or playing too rigorously, too often, may end up damaging hip and knee joints in particular and have spurred a new term "boomeritis" in the orthopedic industry.

It's the condition with which many middle-aged patients become afflicted with when they've overstressed their aging body parts to the point of requiring drastic treatments. A few of the maladies diagnosed in association with boomeritis include tendinitis, bursitis, and arthritis—all conditions further exacerbated by continued activity if left untreated.

Osteoarthritis, or degenerative joint disease, can be particularly debilitating and often requires replacement surgery. Until now, both knee and hip replacement surgeries used to be primarily associated with the Medicare population.

That's changing with boomeritis on the rise, according to an article by Dr. Matthew Boes, a Raleigh, N.C., sports medicine specialist. Over the last 10 years

he says there was a threefold increase in knee replacements among the 45- to 64-year-old age span.

The rise in replacement surgery among boomers is this: Knee arthritis can be extremely debilitating and interfere with even the basic activities of daily living. Rather than suffer with knee pain, baby boomers realize that a knee replacement typically relieves pain and facilitates a return to a healthy, active lifestyle.

Hip replacement procedures have been found to result in significant restoration of function and reduction of pain in over 90 percent of patients.

Lincoln Park Manor's REHAB CENTER has experienced a significant increase in treating joint replacement patients after surgery.

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***If you have questions on the therapy services we can provide after surgery, please contact us. 937-297-4300***

*Source: Orthopedic Institute of Pennsylvania [www.oip.com](http://www.oip.com)*



**Lincoln Park Manor**  
Assisted Living, Rehabilitation & Skilled Nursing

## Third Quarter Patient Satisfaction Ratings

100%

*Satisfied with politeness  
& friendliness  
of the admission staff*

100%

*Satisfied with  
cleanliness of your room  
& bathroom*

100%

*Satisfied with cleanliness  
of hallways & other  
community areas*

100%

*Satisfied with the care  
of your linens  
& personal clothing*

97%

*Satisfied with  
treatment the nurses  
provided*

96%

*Satisfied with  
organization & smooth  
admission process*

96%

*Satisfied with the nurse  
manager's response  
if you had a concern*

96%

*Satisfied with how  
your food preferences  
were considered*

93%

*Satisfied with  
the quality of food*



## Small has its advantages

In today's world everyone pushes BIGGER IS BETTER. Well we're here to say, that's not always the case and you'll agree. One of the key advantages that Lincoln Park Manor can offer is a smaller campus. We're perfectly happy putting all our focus on you. Our building is a single floor and nurses stations are positioned only five rooms deep making it easy to locate someone when you need them.

*Small does have many advantages, mainly our ability to provide more personalized care in a calm and soothing environment.*

Our professional care team knows each patient personally by name and can provide one-on-one care.

This comes as a relief to patients and their families who are apprehensive about moving. Our per-

sonal attention adds a level of comfort.

When you receive more one-on-one care, guess what? You are more likely to get better faster and return home more quickly. We have a low re-hospitalization rate of only 9% with Kettering Health Network. The focus to achieve clinical excellence and invest in quality care is our top priority.

We have a high staff ratio to number of patients and a reputation in the community that again... we are proud to share.

Our 5 Star Medicare rating defines the exceptional quality of care we strive to provide.

Medicare.gov is a valuable resource during your search. Visit the site and search nursing homes in Dayton, Ohio to see our ratings and others in the area.

## What is independent living?

Independent living is simply any housing arrangement designed exclusively for seniors, generally those aged 55 and over. Housing varies widely, from apartment-style living to freestanding homes. In general, the housing is friendlier to older adults, often being more compact, with easier navigation and no maintenance or yard work to worry about. One Lincoln Park offers 250 luxury apartment homes located all in one building.

While residents live independently, most communities offer amenities, activities, and services. Often, recreational centers or clubhouses are available on site to give seniors the opportunity to connect with peers and participate in community activities, such as arts and crafts, holiday gatherings, continuing education classes, or movie nights. One Lincoln Park's transportation department is a unique amenity. Residents can access chauffeured transportation 7 days a week and use it as often as they like at no additional charge.



**One Lincoln Park**  
Premier Retirement Living

Other services offered at One Lincoln Park include daily meals, weekly housekeeping, emergency call system, and 24-hour security.

Since independent living facilities are aimed at older adults who need little or no assistance with activities of daily living, most do not offer medical care or nursing staff. One Lincoln Park does offer health care options from an on-site home health agency should you need to hire in-home help.

Source: [Helpguide.org](http://Helpguide.org)

## 3 Myths about Independent Living

MYTH	REALITY
<b>Living in a retirement community or senior apartment means losing independence.</b>	You'll have your own space without the hassles. You'll also maintain your privacy and independence. You can furnish your apartment with your own furniture and personal items and decide how you wish to spend your days and with whom. The doors to your apartment lock and are controlled by you. You should feel at home and absolutely secure in your environment.
<b>Moving away from my family means no one will be around to help when needed.</b>	Most independent living facilities have built-in safety and security measures along with 24-hour staff, designed to reduce the worry that often comes from living alone. Features are in place to respond quickly in the event that you need someone to help you.
<b>Moving to independent living means saying goodbye to hobbies such as gardening.</b>	Life at an independent living facility usually means that seniors are more active than they were living alone. Many facilities have gardening programs for residents in addition to fitness programs, bingo, cards, and book clubs. Studies have shown that people who are active and engaged are healthier and happier. Extensive activity programs give all residents options and choices tailored to their specific needs, desires, and lifestyle. They can also reduce the isolation felt when living alone.

Source: *A Place for Mom*



## YOU ARE INVITED TO JOIN US.

**Tuesday, February 17th  
1:00pm - 2:30pm**

Arrow Wine will be presenting  
beers crafted from Ohio.

**RSVP by Friday, Feb. 13  
Call 937-913-8118**

The event will be posted on  
our website. Visit the events  
page where you can RSVP  
there as well. Limited Seating.



## New Lobby and Living Room

In our last newsletter we announced the \$250,000 renovation that was beginning at One Lincoln Park. We are happy to share it is completed and our residents are using it every day. A name the new living room contest was held among our residents. We had overwhelming participation and the most popular name was "The Wright Spot". You have to come and see for yourself. Schedule a tour and we'll treat you to a complimentary lunch.

## RENOVATIONS CONTINUE AT ONE LINCOLN PARK

2015 is a new year for us literally as we bring in new décor and remodel several areas of our building. Renovations are currently going on for several of our guest suites. Many guests come in for a winter stay and this year will be greeted by fresh, new and comfortable surroundings. Guest apartments are fully furnished and will be decked out with new carpeting, furniture, bedding and appliances. They are expected to be ready early February. Book your stay now and check availability. There's a lot to see so stop by soon.

## One Lincoln Park and Heartland Pharmacy team up!

One Lincoln Park and Heartland Pharmacy, a full-service community pharmacy in Kettering, are working together to ensure that One Lincoln Park residents receive timely delivery of prescription and over the counter items, personalized service and competitive pricing. Residents also receive complimentary medication adherence packaging to help them take the right medication, the right dose, at the right time. We invite you to meet and learn from Dr. Ghussin. You will understand why Heartland Pharmacy is known as "the Pharmacy with a Heart"!

## Join us

**DR. KINDY GHUSSIN, R.P.H.,  
OWNER OF HEARTLAND PHARMACY**

**Monday, Jan. 26th at 2:00pm**

He will speak about "G.I. Diseases and Treatments"  
in the Oakwood Room at One Lincoln Park

**Call 937-913-8118 to RSVP**



**One Lincoln Park**  
Premier Retirement Living

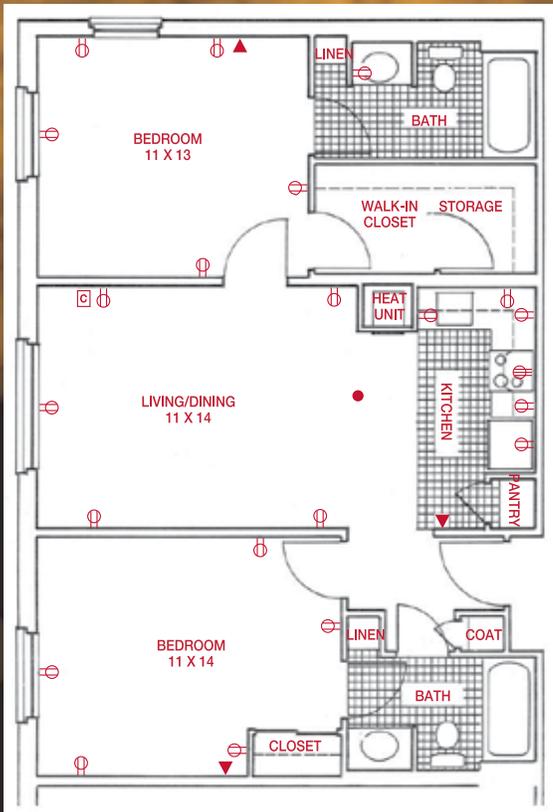
**NOW  
LEASING**

# APARTMENT HOMES

**One Lincoln Park is now leasing one & two bedroom luxury apartment homes.**

Floor plans range from 500 sq.ft. to 1200 sq. ft.

We offer some of the largest floor plans in the area!



2 Bedroom Suite

**2015**

*Happy New Year*

Move  
in **Special!**

**\$1000 OFF your 4th month's rent**

When you move in by March 31, 2015  
& sign a 1 year lease.

Offer valid on any 1 or 2 bedroom apartment

## ARE YOU ON OUR EMAIL LIST?

You're missing out on events like Fraze Pavilion concerts, Dayton Philharmonic performances, wine and beer tastings and more! Most include complimentary meals or refreshments

### 3 WAYS TO GET CONNECTED:

1. If you have a smart phone you can scan the QR code here & submit your email address to receive our e-newsletters.
2. Visit our website at [LincolnParkSeniors.com](http://LincolnParkSeniors.com). Locate the box on the left side of the screen to sign up for our newsletter.
3. **TEXT TO JOIN** - Text 22828 and use Keyword OLP. You'll receive a reply to text your email address, hit send & you're done!



# OHIO BEER TASTING HOSTED BY ARROW WINE!

SEE DETAILS ON PG 6

# NEW EXECUTIVE DIRECTOR AT LINCOLN PARK MANOR ANNOUNCED.

SEE DETAILS INSIDE



## One Lincoln Park

*Premier Retirement Living*

590 Isaac Prugh Way  
Kettering, OH 45429

[www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com)



## One Lincoln Park

*Premier Retirement Living*

590 Isaac Prugh Way  
Kettering, OH 45429

937-298-0594

[www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com)  
[info@LincolnParkSeniors.com](mailto:info@LincolnParkSeniors.com)



## Lincoln Park Manor

*Assisted Living, Rehabilitation & Skilled Nursing*

694 Isaac Prugh Way  
Kettering, OH 45429

937-297-4300

[www.LincolnPark-Manor.com](http://www.LincolnPark-Manor.com)  
[info@LincolnPark-Manor.com](mailto:info@LincolnPark-Manor.com)

## Upcoming Events & Activities - Join Us!

One Lincoln Park invites you to stop by & enjoy both of these activities:

### BEER TASTING HOSTED BY ARROW WINE

**Tuesday, February 17**

**1:00pm - 2:30pm**

Taste beers crafted in Ohio

RSVP required

**Call 937-913-8118**

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**Call 937-913-8118 to RSVP**

Visit our website/events page to register for any event.

