

# Lincoln Park Seniors News

OCTOBER 2014  
Volume 1, Issue 4

One campus  
offering continuum  
of care



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

**INDEPENDENT LIVING  
RESPITE STAY  
HOME HEALTH CARE**

Fully furnished suites  
are still available.

Call today to book your  
winter stay!

**937-298-0594**



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

**ASSISTED LIVING  
SKILLED NURSING  
REHABILITATION**

Free Consultation on  
your Medicare and Medicare  
Advantage Plan options.

Call today!

**937-297-4300**

## Miller-Valentine Group Announces the Renovation of One Lincoln Park in Kettering, Ohio

**KETTERING, OHIO** – Miller-Valentine Group is pleased to announce a \$250,000 renovation of One Lincoln Park, Dayton's Premier Retirement Community, located at 590 Isaac Prugh Way. The renovation will include the expansion of the main lobby and transportation office. One Lincoln Park's lobby will be redesigned to create a new receptionist area and add a "Living Room" - an elegant and cozy gathering area for our residents, family members and guests. The new Living Room will have a fireplace, a big screen TV and a player piano. "We are excited to be able to offer such a beautiful gathering space to our residents and their families", said Ana Paner-Johnson, Executive Director. "This renovation will feature upscale, yet comfortable amenities that our residents will appreciate and enjoy. One Lincoln Park will continue to be a place that they are excited to call home." The Transportation Office will be expanded to accommodate



the increased demand for this valuable service to its residents. The Transportation Department is currently staffed with 13 chauffeurs who drive a fleet of 6 luxury cars and a 14 passenger shuttle, which takes residents anywhere within a 15 mile radius 7 days a week from 8:00 a.m. to 5:00 p.m. Complimentary valet service is also provided to residents and guests. This renovation is being done by Miller-Valentine's Commercial Construction Group. Completion is anticipated by the end of October, 2014, and an Open House will be held in November. Those interested in attending may contact:

**One Lincoln Park at  
937-298-0594  
LincolnParkSeniors.com.**

## UPCOMING EVENTS

at ONE LINCOLN PARK

### VETERAN'S LUNCHEON Nov. 11 - 11:30AM - 1:00PM

With guest speaker former WPAFB commander; lunch is complimentary for veterans.

**Limited Seating, RSVP by Nov. 7  
937-913-8118**

Visit our website for more details.

### HALLOWEEN DINNER Oct. 31 - 5:00 - 6:30PM

Hallowed dining experience with tricks and treats plus table side magic.

**Limited seating, RSVP by Oct. 28  
937-913-8118**



**HAVE A QUESTION**  
OR WANT MORE INFORMATION?

One Lincoln Park  
937-298-0594  
Lincoln Park Manor  
937-297-4300  
Info@LincolnParkSeniors.com

## Farmer's Almanac predicts another bad winter for Dayton

The prospect of another heavy winter is daunting for many of us. But there is something you can do about it this year. No, you can't stop it from happening, but you can minimize the effects on your life by opting for a "Winter Stay" at One Lincoln Park.

**EXACTLY HOW WILL THAT HELP?** All your needs can be met under one roof as we offer convenient chauffeured transportation, a full service dining room, a plethora of social activities and a gift shop, a hair salon, a bank, and a health club.

### Perks of a winter stay...

**TRANSPORTATION:** One of the biggest advantages of living at One Lincoln Park is our transportation service. With a fleet of six cars and a bus, plus fourteen chauffeurs on staff, we have the ability to take you anywhere within a 15 mile radius anytime between 8:00 am to 5:00 pm every day. With advance notice and an hourly fee, we can also take you out in the evenings. If you bring your own car, we will warm it up and scrape it off during inclement weather. Regularly scheduled trips to Kroger, Trader

Joe's, Dorothy Lane Market and Meijer as well as frequent trips to the Dayton Mall, ensure that your shopping needs are easily met.

*In addition, we have 16 area churches on our regular Sunday route.*

We also take the "Fun for Lunch Bunch" on weekly excursions to various restaurants in the area. It all makes for easy winter living!

### Weekly excursions, great meals

**DINING:** One Lincoln Park prides itself on its excellent dining services. With full service dining and over twenty menu items to choose from for breakfast, lunch and dinner, our residents are sure to enjoy good company and good meals every day. Our chef has a penchant for winter comfort foods such as a beef stew, chili and casseroles, but also loves serving specialties such as

*Chicken Kiev, Rainbow Trout and Bourbon Glazed Pork Shank.*

And to keep the winter blues at bay, the dining room shakes things up with Wacky Wednesdays, Dress Brightly Days and Breakfast for Dinner.



Why risk the hazards of winter when you can escape it all with a "Winter Stay" at One Lincoln Park?

Call us soon before our fully furnished suites fill up!

937-298-0594

**PERSONAL ASSISTANCE TEAM:** One Lincoln Park partners with a Medicare certified home health agency.

*Higher levels of care such as skilled nursing and therapy services may also be provided right in your apartment.*

Services by certified aides can be accessed with a quick phone call if and when needed – from as little as 15 minutes to as much as 24 hours a day. You can be at ease knowing that someone will quickly respond to your personal and health care needs.

**SOCIAL ACTIVITIES:** One of the hardest parts of winter are the long days spent at home alone when you can't get out. But here at One Lincoln Park, our residents can always have company. There are so many activities that bring our residents together. Some choose to drop in for a game of Bingo, go to an exercise class, or enjoy movie showings. No more long, lonely winter days!



**MAINTENANCE:** Tired of shoveling? Worried about ice on your sidewalks? Well, worry no more. You can park the shovel at home and leave all the work to us!

## Flu Shots & Medicare Coverage

Flu season is upon us! There can be many risks for complications associated with the flu, so get your flu shot early. Medicare provides coverage of the flu vaccine without any out-of-pocket costs to the Medicare patient. No deductible or copayment/coinsurance applies. The vaccine is covered by Part B benefits. Note that it is NOT a Part D covered drug.

**If you would like a FREE consultation on what Medicare benefits you have, contact Mary Beth Barton at Lincoln Park Manor. 937-297-4300**

# Rehab & Home

## New CHF Rehab Program!

Lincoln Park Manor offers a comprehensive Congestive Heart Failure or CHF rehabilitation program with advanced treatment options focusing on active patient centered management. Our program has four phases to ensure each patient meets critical milestones and learns valuable skills before going home. The diagram below will help explain some of the program benefits.

### PHASE 1

#### Educational/Gaining Skills:

How to measure and record daily weight, exertion levels, oxygen saturation levels, blood pressure, heart rate, etc.

### PHASE 2

#### How to Avoid Swelling:

Learning proactive solutions like keeping legs elevated and limiting your exertion for daily activities.

#### INPATIENT & OUTPATIENT PROGRAM

Whether you come here from a hospital stay after a heart attack or have been diagnosed with CHF and been dealing with it for years, you can get treatment here or in your home.

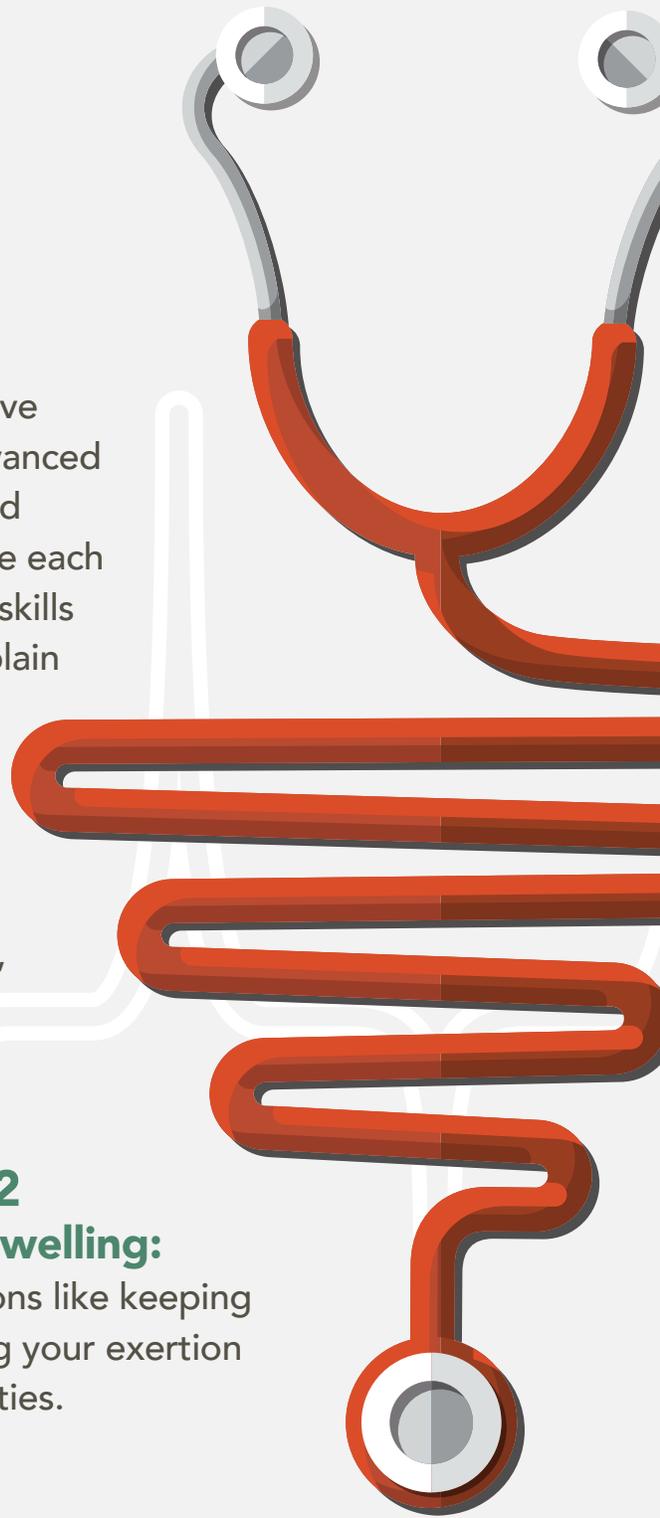
#### CHF — CONGESTIVE HEART FAILURE

Many people may suffer from symptoms and never know they have this condition. Check out the symptoms of CHF and if you are experiencing any of them, contact your doctor immediately.

Contact us for a  
**FREE ASSESSMENT**

Learn to manage your CHF to lead an active, healthy lifestyle.

**Call 937-297-4300**



## PHASE 3 Performing All Tasks by Themselves:

Once the patient has the training they move on to doing it for themselves each day. They are monitored until it become routine so they don't forget anything once they return home.

## PHASE 4 Going Home Training:

Our nurses and rehab team assess their home environment to remove obstacles and ensure they understand what to eat, when to take medications and self assessment if swelling occurs.

### TEAM APPROACH

Our program is structured so everyone involved from your doctor, nurse, rehab team and your family are trained to support you with monitoring symptoms and staying on track. Most importantly, you know the lifestyle changes you need to follow when you complete the program. Interested in learning more? Contact us today 937-297-4300

## CHF Warning Signs Checklist

It is important to monitor all your symptoms on a regular basis. This list is a quick reminder of symptoms that you should look out for and what you should do if they occur.

### CALL FOR IMMEDIATE HELP IF YOU EXPERIENCE:

- ✓ Persistent chest pain that is not relieved by nitroglycerin
- ✓ Severe and persistent shortness of breath
- ✓ Fainting

### INFORM YOUR DOCTOR OR NURSE AS SOON AS POSSIBLE IF YOU EXPERIENCE:

- ✓ Increasing shortness of breath and tolerating less and less activity
- ✓ Consistently awakening short of breath
- ✓ Needing more pillows to sleep comfortably
- ✓ Rapid heart rate or worsening palpitations
- ✓ Rapid weight gain of more than 3 pounds in three days
- ✓ Progressive swelling or pain in the abdomen
- ✓ Increasing swelling of the legs or ankles
- ✓ Worsening dizziness
- ✓ Loss of appetite/ nausea
- ✓ Increasing fatigue
- ✓ Worsening cough

### Contact us to learn more about our CHF rehabilitation program

937-297-4300  
694 Isaac Prugh Way,  
Kettering, OH 45429  
[www.LincolnPark-Manor.com](http://www.LincolnPark-Manor.com)



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



## Low Sodium Tuscan Chicken Casserole

- 8 oz Baby Portabella Mushrooms (sliced)
- 2 ½ lb Chicken Tenders (raw)
- 2 cups Cherry Tomatoes (fresh)
- 1 tsp Mrs. Dash
- 1 cup Red Onions (slices)
- 8 oz Bow Tie Pasta (dry)
- 1 Tsp Olive Oil
- 1 cup Peas (frozen)
- 2 tsp Salt
- ¼ cup Parsley, Italian (Fresh & chopped)
- 1 tsp Ground Black Pepper
- ¼ cup Parmesan Cheese (grated)
- ¼ cup LS Chicken Broth

Preheat oven to 475F.

Combine first 6 ingredients in a bowl; toss to coat. Arrange mixture in a single layer on baking sheet. Bake 15 min; turn vegetables over. Drizzle broth evenly over vegetables and bake an additional 7 min. or until tender and lightly browned. Season chicken with Mrs. Dash and bake for 20 to 30 min. at 350F (internal temp 165F). Cook pasta according to package directions. Drain and keep warm. Combine pasta, vegetables and peas. Top with parsley, parmesan cheese and chicken.



The staff at Lincoln Park Manor celebrated National Pirates Day in true fashion. "Never a dull moment and they are always joking around," said a resident.

## Have you heard the news?

See what others are talking about!

**Lincoln Park Manor receives many compliments and letters from former residents. Here's what some have had to say:**

*"I was VERY pleased with all of my experiences at LPM. The food was fabulous...I felt like I was a very special patient while in residence."*

*"The food was outstanding! I appreciated the variety of activities and how fun the staff is, even the executives chime in."*

*"Your staff cared for my mother in very difficult circumstances and always in a respectful, caring way. The people that assisted my mom treated her as they would a friend."*

*"Assisted Living nurses and staff were wonderful. We were so pleased with the caring, responsiveness and companionship that they provided. They were like our extended family."*

*"I really appreciated my therapists. They did an excellent job. Overall you have a fabulous facility and very caring staff."*

## Many look forward to a winter stay

The decision was easy for Sydelle (Sy) and Larry Balas. After last year's winter, they were sure that coming to One Lincoln Park for a "Winter Stay" was just the thing to do this year. They stayed here three years ago for a few months during the winter and had such good memories of their time here that they wanted to be sure to beat this year's winter before it even arrived.

They will move into a One Lincoln Park furnished suite from November through March. Packing will be easy as our apartments are completely equipped with furniture, a full kitchen, and of course, linens. A warm coat, hats and gloves will be the most important things they'll need to bring!

Larry looks forward to the meals in the dining room. "Your delicious selections of winter soups are reminiscent of the hearty soups

I loved growing up in Hungary," he said. Sy chimed in, "All of the meals are wonderful and it's so nice not to have to cook when I don't want to.

"On snowy days, they are assured that their car will be delivered to the front door all warmed up and

scraped clean. Or, if they are uncomfortable driving due to bad roads, they can rely on our Transportation Department to take them anywhere they need to go in the area. Sy is happy to be closer to Trader Joe's again, as they are known

to frequently make the trip from north Dayton just to shop there.

Sy and Larry made a lot of friends when they previously stayed at One Lincoln Park. "In addition to the friends we made, the staff is really exceptional here," said Sy. "Everyone is so helpful and friendly. We can't wait to come back!"

*Sy said, "We never even considered going anywhere else since One Lincoln Park has everything. There's no place else like it in the area."*



Book your winter stay today!

Furnished Suites

WANT TO SCHEDULE A TOUR?  
CALL 937-298-0594

Read more about our winter stays and all the perks on pages 2 and 3



# NEW REHAB PROGRAM ANNOUNCED!

## \$250,000 RENOVATION

SEE DETAILS INSIDE



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*Assisted Living, Rehabilitation & Skilled Nursing*

694 Isaac Prugh Way,  
Kettering, OH 45429

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

## Upcoming Events & Activities - Join Us!

One Lincoln Park invites you to stop by and enjoy any of these activities:

**VETERAN'S LUNCHEON**  
Nov. 11 • 11:30am - 1:00pm

**HALLOWEEN DINNER**  
Oct. 31 • 5:00 - 6:30pm  
RSVP required for both events.  
**937-913-8118**

**Zumba** Tuesdays at 11:00 am  
**Tai Chi** Thursdays at 11:00 am  
**Bingo** Tuesdays at 1:00 pm  
**Knitting** Mondays at 10:00 am

Please call to reserve your spot for any activity at  
**937-298-0594**



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*Assisted Living, Rehabilitation & Skilled Nursing*

694 Isaac Prugh Way  
Kettering, OH 45429

937-297-4300

VISIT OUR NEW WEBSITE!  
[www.LincolnPark-Manor.com](http://www.LincolnPark-Manor.com)  
[info@LincolnPark-Manor.com](mailto:info@LincolnPark-Manor.com)



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