

Lincoln Park Seniors News

APRIL 2015
Volume 2, Issue 2



One Lincoln Park *Premier Retirement Living*

Use our helpful checklist when visiting and comparing communities.

See details on page 3

UPCOMING EVENTS CHAMPAGNE AND PEARLS BRUNCH & FASHION SHOW

**Wednesday, May 13th
11:30 am**

RSVP required by May 8th
See details on page 3



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

Check out some FAQ's on Medicare questions and visit our website for a complimentary copy of Medicare 101 booklet.

LincolnPark-Manor.com
See details on page 6

One Lincoln Park wins 2015 Best Senior Living Award by Senior Advisor.com

The annual SeniorAdvisor.com Best Of Awards recognize outstanding senior living and home care providers who have received consistently high ratings from residents and their families.

Winners of the SeniorAdvisor.com Best of 2015 Awards are located all over the country and represent the top one percent of in-home care, assisted living, and other senior living providers.

To qualify for a Best of 2015 Award, providers:

- received an average overall rating of at least 4.5 stars
- accumulated a minimum number of reviews
- offer assisted living, in-home care, independent living, skilled nursing or Alzheimer's care

SeniorAdvisor.com is the nation's largest senior living review site where you'll find real reviews you can trust. Thousands of families have shared their unbiased reviews of Alzheimer's care homes, nursing homes, retirement communities, and more.

Many residents and families of One Lincoln Park consistently provide their review of our community.

Best of 2015 Award



Award presented to:

One Lincoln Park

Best Senior Living in Dayton

The SeniorAdvisor.com Best of 2015 Award recognizes senior living and home care providers who receive consistently high ratings and positive reviews from residents, families, and visitors. This exclusive designation is awarded to less than one percent of providers nationwide.



One such review of our staff and services:

"Our loved one moved to One Lincoln Park two months ago. She is very happy with her new apartment. We are very pleased with the warm, caring atmosphere. The move-in coordinator, in particular, has become a family friend. She has gone out of her way to include our Aunt in the daily activities, introducing her to other residents and making her feel welcome. The transportation service provides her the ability to remain active and independent. Choosing a place for our loved one was a difficult decision, but we are convinced we made the right one!"



One Lincoln Park transportation services stand apart from the rest

Offered seven days a week from 8:00am to 5:00pm, you won't find this level of personal, chauffeured transportation at any other senior living community. We would like to share with you the details of our services:

PERSONNEL & EQUIPMENT: We have a Transportation Supervisor and 16 drivers. Fleet consists of one Buick Lucerne, five Lincoln MKZ's and one 14 passenger bus.

AREA OF COVERAGE: Within 15 miles of One Lincoln Park: I-70 to the North; Diamond Mill Road to the West; SR 73 to the South; and SR 42 and 68 to Xenia, Route 235 and I-675 to the East.

SCHEDULING: We request 24 hours or more notice for scheduling trips. Same day doctor's

appointments, and prescription pick-up are accommodated whenever possible. We also try to meet scheduled pickup times within a 15 minute window as closely as possible.

CHURCHES: We transport residents to several different churches on Sundays. There is a bus trip to St. Albert's every Saturday.

SHOPPING TRIPS: Shopping trips are scheduled almost every day:

Tuesday: Kroger with departure at 10am – pickup at 11:15am

Tuesday: Dorothy Lane Market with departure at 1pm – pickup at 2pm

Thursday: Meijer with departure at 2pm – pickup at 3:15pm

Friday: Kroger with departure at 10am – pickup at 11:15am

Friday: Dorothy Lane Market with departure at 1pm – pickup at 2pm

Saturday: Meijer with departure at 10am – pickup at 11:15am

EVENING TRIPS: Residents will be accommodated for trips scheduled after 5:00pm for an hourly fee.

PARKING: There are several parking options available for residents - carports for a monthly fee, or reserved and open spaces at no charge. Residents may use the valet service daily as needed.

VALET SERVICES: Our transportation department will bring your car up to the entrance, as well as park your car upon return. During the winter, we will remove snow and warm your vehicle up before your departure time.

Contact One Lincoln Park to schedule your visit. 937-298-0594

Use this helpful checklist when visiting retirement communities

It takes a lot of time and effort to compare senior living communities when you're looking for a loved one or yourself. All of us at One Lincoln Park would be happy to assist you during this overwhelming process. Please stop by or call at any time.



We will also publish helpful information in our newsletter. Use the checklist below to review and compare amenities and services offered by various communities.

Looking forward to hearing from you,
Ana Paner-Johnson, Executive Director

COMMUNITY COMPARISON CHECKLIST

ONE LINCOLN PARK CONTACT: 937-298-0594

LOCATION	ONE LINCOLN PARK	OTHER COMMUNITIES		
		()	()	()
Park Setting	<input checked="" type="checkbox"/>	()	()	()
Friendly & Attractive Neighborhood	<input checked="" type="checkbox"/>	()	()	()
Convenient Community Access	<input checked="" type="checkbox"/>	()	()	()
FINANCIAL OBLIGATION				
No Upfront Endowment	<input checked="" type="checkbox"/>	()	()	()
Flexible Lease Agreements	<input checked="" type="checkbox"/>	()	()	()
Monthly Rent	<input checked="" type="checkbox"/>	()	()	()
APARTMENTS				
Numerous Floorplans	<input checked="" type="checkbox"/>	()	()	()
Individually Controlled Heat/Air-Conditioning	<input checked="" type="checkbox"/>	()	()	()
Utilities Included	<input checked="" type="checkbox"/>	()	()	()
SERVICES				
Personalized Transportation (7 days a week)	<input checked="" type="checkbox"/>	()	()	()
Complimentary Valet Service	<input checked="" type="checkbox"/>	()	()	()
Flexible Meal Plan	<input checked="" type="checkbox"/>	()	()	()
Restaurant-Style Dining	<input checked="" type="checkbox"/>	()	()	()
Extensive Breakfast, Lunch & Dinner Choices	<input checked="" type="checkbox"/>	()	()	()
Availability of Room Service	<input checked="" type="checkbox"/>	()	()	()
Weekly Apartment Cleaning	<input checked="" type="checkbox"/>	()	()	()
24-Hour Security	<input checked="" type="checkbox"/>	()	()	()
Emergency Contact System	<input checked="" type="checkbox"/>	()	()	()
Daily Check-In Service	<input checked="" type="checkbox"/>	()	()	()
Moving Coordinator	<input checked="" type="checkbox"/>	()	()	()
AMENITIES				
Complimentary Washers/Dryers	<input checked="" type="checkbox"/>	()	()	()
Wellness Office	<input checked="" type="checkbox"/>	()	()	()
Fitness Center	<input checked="" type="checkbox"/>	()	()	()
Beauty Salon/Barber Shop	<input checked="" type="checkbox"/>	()	()	()
Library	<input checked="" type="checkbox"/>	()	()	()
Gift Shop	<input checked="" type="checkbox"/>	()	()	()
CONTINUUM OF CARE				
Medicare-Certified Home Health Agency In-House	<input checked="" type="checkbox"/>	()	()	()
On-Site Assisted Living & Skilled Nursing Community	<input checked="" type="checkbox"/>	()	()	()
REPUTATION				
Local Ownership/Management	<input checked="" type="checkbox"/>	()	()	()
Consistent 90%+ Occupancy	<input checked="" type="checkbox"/>	()	()	()
Consistent 90%+ Satisfaction Ratings	<input checked="" type="checkbox"/>	()	()	()
AWARDS/RECOGNITIONS				
Best Senior Living in Dayton, OH	<input checked="" type="checkbox"/>	()	()	()
Medicare 5-Star Skilled Nursing & Rehab Community	<input checked="" type="checkbox"/>	()	()	()



Champagne & Pearls Brunch & Fashion Show

Wednesday,
May 13th, 11:30 am

RSVP by May 8th
(937) 913-8118

Featuring One Lincoln Park
residents modeling
fashion trends from
"Pieces of Style" in Centerville

Hosted by
Miss Ohio Mackenzie Bart
& Miss Ohio Outstanding Teen
Rosie Westerbeck

BRUNCH MENU

OLP's Mini Salad Sampler Plate
(homemade albacore tuna, white
meat chicken and egg salads)

Freshly Baked Baguette

Fresh Fruit Mini Kabob

Chocolate Chip Cookies

Iced Tea and Coffee

\$7 per person

One Lincoln Park shares a heartfelt letter from a grateful family

January 3, 2015

The family of Mary Bell would like to express our deepest appreciation for the care, love and home you provided to our mother and grandmother these past several years. As you were aware, Mary was a fiercely independent woman. Despite our offers to move her closer to our respective homes, Mary refused to move from Dayton. Through her volunteering she was familiar with all the senior living facilities in the greater Dayton area and had personally evaluated every one of them.

So, when Mary told us that she wanted to move to a senior facility, One Lincoln Park, we were a bit surprised and concerned. She would be sacrificing some of her independence and become dependent on others. Plus her opinion of most of the facilities in the area was less than satisfactory. To convince us, she took us on a tour of One Lincoln Park, discussed the positives and negatives and told us that it was the best place possible for her. Since she had already signed her lease there was little we could do but be hopeful.

With each visit to One Lincoln Park we realized what she knew, there was no better place for her to spend her golden years, One Lincoln Park was her home and it became ours as well. All of us enjoyed the friendly environment, wonderful staff and amenities that were perfect. Mary thrived socially as she rediscovered fellow graduates from Canton McKinley high school, reacquainted with long lost friends and made new friends from all over the world. Lincoln Park seems to attract the best in residents and employees.

Mary enjoyed interacting with all the One Lincoln Park employees from the cleaning crew to the executive office. She would update us with the stories of their lives, her antics and what she was planning to do next. She enjoyed learning about everyone and sharing their joys and comforting them during their sorrows. She cared about the people of One Lincoln Park and we know you cared about her as well.

It speaks volumes that her final wish was to be at home in her apartment that she loved so much at One Lincoln Park. In her final days it was heartwarming and comforting that the staff at all levels came to say good bye to her and share touching and precious memories with our family. After her memorial service her grandchildren were riding the elevator with some residents. The residents' conversation turned to Mary's passing. The grandchildren were full of pride as they listened to the residents express their love and memories of her.

No doubt as those around her touched her life she positively impacted theirs with her antics, vision and energy. We are eternally grateful to the staff and residents of One Lincoln Park for welcoming Mary and providing her with everything she expected, the best senior living experience in the world.

Thank you again, The children and grandchildren of Mary

**The resident name was changed to respect the privacy of this family*



What is involved with speech, occupational and physical therapies?

Lincoln Park Manor offers extensive rehabilitation services.

SPEECH THERAPY

Sometimes an illness, hearing impairment, or other disability can rob you of the ability to talk and communicate. Speech-language therapy is all about improving swallowing, relearning word formation, and your ability to speak and remember.

WHOM WE HELP: Any adult with communication or swallowing deficits including those with aphasia, dysarthria, apraxia of speech, traumatic brain injury, dysphagia, dementia or other neurologic impairment.

WHAT TO EXPECT: Following hospitalization or a medical illness, speech and swallowing abilities may not return overnight. Common treatments may include strengthening exercises, viewing visual aids, cognitive exercises, as well as developing problem solving strategies for a successful rehabilitation.

SPEECH THERAPY SERVICES

- Diagnostic testing
- Speech/language treatment
- Voice treatment & swallowing therapy
- Cognitive linguistic retraining
- Individual treatment plans

OCCUPATIONAL THERAPY

Occupational therapy is one-on-one skilled treatment aimed at helping someone resume the abilities required for independent living. For example, your doctor might prescribe occupational therapy following a heart attack or stroke, for a chronic condition such as arthritis, or for problems maintaining balance.

WHOM WE HELP: Adults of any age, who need to regain motor skills or to compensate for a permanent loss to successfully perform tasks such as dressing, cooking, eating, or computer use.

WHAT TO EXPECT: Following an illness or injury, the process of relearning skills may require a stay in our rehab center to gain strength and learn alternative approaches to daily activities.

OCCUPATIONAL THERAPY SERVICES

- Treatment programs for low vision, hand therapy, balance rehabilitation
- Wheelchair positioning and splinting
- Home safety assessments and adaptation equipment training
- Performance skills assessment and treatment

PHYSICAL THERAPY

Perhaps you have found yourself somewhat limited following an injury, illness or surgery. Physical therapy can help regain strength and mobility through exercise and proper motion of your body parts.

WHOM WE HELP: Adults who have challenges of function or fitness. For example fractures, joint replacements, amputations, arthritis, osteoporosis, or balance disorders.

WHAT TO EXPECT: Recovery does not happen all at once; it may take a brief stay in our rehab center. You can count on your physical therapist to be there every step of the way, until you are well on the road to recovery.

PHYSICAL THERAPY

- Neuromuscular re-education rehabilitation, gait training, strength training, manual therapy
- Exercise training
- Electrical stimulation
- Adaptive equipment use and training
- Education and support for patients, family members and caregivers
- Home safety analysis and adaptation recommendations

Fourth Quarter Patient Satisfaction Ratings

100%

Satisfied with the services the nursing assistants provided

100%

Satisfied with the rehabilitation program

100%

Satisfied with treatment the nurses provided

100%

Satisfied with cleanliness of hallways & other community areas

100%

Satisfied with access to and care provided by our Doctor

96%

Satisfied with how your food preferences were considered

Visit our website for a copy of the Medicare 101 Booklet. You'll find a link on the home page at LincolnPark-Manor.com.

Below are a few questions that many ask when they are caring for an aging family member or wondering how to pay for the expenses. You can contact me directly to help answer any questions that you may have. **Ann Wittoesch 937-297-4300**

My mother lives with me and my family. I take care of her most of the day and on weekends. I feel like I need a break. What can I do?

Ask your mother's doctor about respite care. You might be able to bring your mother to a facility such as Lincoln Park Manor to give yourself a much needed break. Lincoln Park Manor offers 24 hour nursing care in a compassionate and quality environment for your mother on a short term basis.

What does Medicare cover?

For any eligible beneficiary needing skilled nursing or skilled rehabilitation consistent with Medicare coverage criteria, Medicare Part A coverage will pay for a semi-private room, meals, nursing services, rehabilitation services, medications, supplies and durable medical equipment for up to 100 days in a benefit period. The first 20 days in a nursing home, Medicare covers 100 percent of skilled care. Day 21 through day 100, the resident must pay a daily co-insurance rate. Most supplemental insurance plans will cover the co-pay charges. Patients who are eligible for the services covered under Medicare Part B will be responsible for an annual deductible plus 20 percent of the total charges for services such as occupational therapy, physical therapy and speech therapy, as well as medical supplies. Again, a supplemental insurance could also pay these charges. For more information on Medicare, please visit their website Medicare.gov.

How do I know if my loved one qualifies for Medicare Part A benefits?

Your loved one must have a Medicare card that reads "hospital insurance" and have days left in their benefit period available to use. A qualifying hospital stay means an inpatient hospital stay of 3 consecutive days or more, starting with the day the hospital admits your loved one as an inpatient*, but not including the day of discharge from the hospital. The hospital stay must not have occurred more than 30 days prior to entering the nursing home. Further, a physician must certify that your loved one needs skilled nursing or skilled rehabilitation care on a continuing basis, and the need for skilled care must relate to the reason for hospitalization.

*Are you considered an inpatient?

Staying overnight in a hospital does not mean you are considered as an inpatient status. A doctor must order you to be admitted to the hospital formally to be considered as an inpatient. This is quite different from observation status. Contact us for more information.

Activities at Lincoln Park Manor go beyond just BINGO

We are focused on making your stay here feel more like home by offering the same type of activities you might do in your spare time. Please feel free to bring your laptop computer, iPad, Kindle or smart phone with you during your stay. Wi-Fi is provided to all residents and will enable you to stay in touch with friends and family online. Even if you do not have your own device, you are welcome to use our community desktop computer located in the library.

The library also offers a lot of reading material such as recent magazines, books, puzzles and an aviary.

Our large screen television has a DVD player and you are welcome to bring your own DVD's from home. The Dayton Metro Library stops by every month with a new supply of movies and books available for everyone to use. We can also provide a portable DVD player that can be brought to your room, if you are not up to going to the library. Hand held games, playing cards, word search, crossword puzzles and Sudoku books offer more variety. Just ask a staff member to bring them to your room.

We are fortunate to have a variety of piano players who come month-

ly to provide musical selections, as well as professional entertainers on a monthly basis. Holidays are special here and parties are one of our favorite past times. Happy Hour is held each Friday complete with adult beverages, soda and snacks. Others functions include free manicures, rousing trivia games, inter-denominational Church Services, Catholic Communion and Tea Time on a weekly basis. Oh, and just in case you get bored after all of that, we also play BINGO three times a week. It's easy to see why our patient discharge survey from December 2014 rate our activities as 100% satisfactory!

Assisted living services and amenities

- The thirty (30) studio suites at Lincoln Park Manor are fully carpeted, with private shower, bed and armoire.
- Large windows provide a pleasant sunny atmosphere
- Large rooms provide a pleasant home-like atmosphere.
- Emergency call response system in rooms and the shower
- Personal care services
- Around the clock experienced staff
- Supervised by a Licensed Nurse
- Social, educational and therapeutic recreational programs
- Maintenance, housekeeping and linen services
- Assistance with bathing, grooming and other activities of daily living
- Kitchenette available for personal use
- Laundry services included
- All utilities included
- Medication monitoring and assistance.
- Two beautiful outdoor patio areas
- Cable television access



- Beauty and barber shop
- Elegant dining room and private dining area for special events
- Lounge for social gatherings
- Personal telephone service with private number
- Special diets/three daily meals plus snacks

Contact Lincoln Park Manor for a visit! 937-297-4300

**CHAMPAGNE AND
PEARLS BRUNCH
& FASHION SHOW
MAY 13TH**

RSVP REQUIRED
SEE DETAILS ON PAGE 3

**COMPLIMENTARY
MEDICARE 101
BOOKLET**

SEE DETAILS ON PAGE 6



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Kettering, OH 45429

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Upcoming Events & Activities - Join Us!

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

Please RSVP on our website at LincolnParkSeniors.com or call 937-298-0594

ZUMBA

Every Tuesday at 11:00 a.m.

BINGO

Every Tuesday at 1:00 p.m.

TAI CHI

Every Thursday at 11:00 a.m.

KNITTING

Every Monday at 11:00 a.m.

