

# Lincoln Park Seniors News

July 2014  
Volume 1, Issue 3



## 25th Anniversary Celebration!

This year marks the 25th anniversary of Lincoln Park Manor. We've come a long way in these last 25 years. Many people have shared their lives with us including some of our staff who have been here almost as long. With that longevity, we have created a special bond within our community and among our neighbors. It's been our mission to provide a high level of care to our rehab patients, assisted living and long term care nursing residents. We will honor our employees for their contribution to our success during this week long celebration.

Lincoln Park Manor is owned by Miller-Valentine Group, a trusted name in Dayton and many communities. Together we have built a reputation of integrity and best business practices. Every day our staff lives up to these expectations and strives to exceed them. Their dedication has been acknowledged by achieving a deficiency free health survey for the past three years earning us a 5 Star Rating with Medicare.

We thank all our staff and families for allowing us to serve them and look forward to the next 25 years.



Russell Holtz, Executive Director

### *What was happening in 1989?*

As we look back to 1989 when we first opened our doors, the top news stories were: US Troops invade Panama, George W. Bush became the 41st President, Exxon Valdez sent 11 million gallons of oil into Alaska's Prince William Sound and Army Gen. Colin Powell is the first black Chairman of the Joint Chiefs of staff.

# Upcoming Events



## Lincoln Park Manor

Assisted Living, Rehabilitation & Skilled Nursing

*25th Anniversary*

*Celebration*

*Thursday, July 24*

Reception for residents, patients and their family members only.



## One Lincoln Park

*Premier Retirement Living*

*Secret Lives of the First Ladies*

*A two part series*

*July 11 & 25*

Lunch will feature favorite dishes of America's First Ladies while in office

RSVP required.

See pg 7 for details.

# Comfortable Private Suites



A private assisted living suite at Lincoln Park Manor

Private Assisted Living suites offer ample space to include your own furnishings. Two floor plans are available: one includes a small kitchenette area that has a mini-refrigerator, cupboard space and small sink or you can select a room that has a custom built-in closet. Every room also features a private bathroom with walk-in shower.

To check our availability, please contact us for a visit!

**937-297-4300**

## *Short Term Respite Stays Available*

Short term respite stays are available for as few as five days and can offer caregivers a needed break from caring for their loved one. Whether the stay is prompted by needing to go out of town, a vacation or dealing with your own health, rest assured you or your loved one will receive exceptional care.

During a respite stay, our staff is focused on trying to improve the resident's level of mobility, interaction with others or independence. Whatever your needs are, we'll follow the prescribed plan to provide outstanding patient care.



Residents rave about our homemade menu options.

*A typical respite stay includes:*

- Simple monitoring and personal care to more medically complex needs
- Dining restaurant style in an elegant atmosphere
- Chef prepared delicious meals; our residents rave about our excellent menu options
- Nursing staff on-site 24/7
- Fun activities and social gatherings like Happy Hour\*
- Rehab therapy is available
- Private bathroom/walk-in shower in every room
- Free WiFi and flat screen TV's
- Free long distance phone calls

\*activities, food selection and happy hour are based on doctor/caregiver approval

***Lincoln Park Manor ranks in the top third of Assisted Living facilities in the area for resident satisfaction.***

Our new website is expected to be live mid-July. Check it out for more information, to schedule a tour, view a video tour of our community and read about how to choose a nursing home.

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



Respite stays available in assisted living and skilled nursing



Assisted living suite kitchenette and dining areas



Assisted living dining room

## Highlights from National Nursing Home Week



*The week of May 12-17 was National Nursing Home Week and we had a great time with our residents, families and staff. The theme was “Living the Aloha Spirit” and we were not short on ideas. One day featured a Tropical Carry-in that included a staff competition for best dish. There were many tasty treats that we all enjoyed. Everyone voted on the dish he enjoyed the most. The winning dish was Old Fashioned Coconut Cream Pie made by Charolette Alsept!*

Russ Holtz, LNHA, Executive Director presenting to Charolette Alsept, Medical Supplies Coordinator, the trophy for the best Tropical Food at the facility's carry-in during National Nursing Home Week celebration of “The Aloha Spirit”.

*Try the recipe out for yourself and let us know what you think.*

### Old Fashioned Coconut Cream Pie

1 cup Sugar or equivalent amount of Splenda  
¼ cup Flour  
Dash of Salt  
3 Egg Yolks or egg substitute  
2 cups Milk or same amount of fat-free half & half  
1½ tsp. Vanilla Extract  
1¼ cup Flaked Coconut, toasted lightly - Divide  
One 9” pie shell, baked or use a Keebler reduced fat graham cracker crust

#### Directions:

In a large sauce pan, combine flour, sugar and salt. Combine egg yolks and milk. Stir in the dry ingredients until smooth. Cook and stir over medium heat until mixture is thickened and bubbly. Reduce heat to low; cook and stir 2 minutes longer. Remove from heat; stir in vanilla and 1 cup coconut. Pour hot filling into pie shell. For meringue, beat egg whites in a bowl until soft peaks form. Gradually beat in 6 teaspoons of sugar until mixture forms stiff, glossy peaks. Spread meringue over hot filling, sprinkle with remaining coconut. Bake at 350 degrees for 12-15 minutes or until golden brown. Yields 8 servings.

# Rehab & Home

## *How Long Does it Take to Recover from Total Hip Replacement?*

Most patients undergoing total hip replacement surgery want to know when they'll be able to return to their normal life. There are many factors that can contribute to recovery time, but typically patients can return to normal life activities within 1 to 6 months.

Short-term recovery involves the early stages of recovery, such as the ability to get out of the hospital bed and be discharged from the hospital. On days one or two, most total hip replacement patients are given a walker to stabilize them. By the third day after the surgery, most patients can go home or to a rehab facility such as Lincoln Park Manor. Making prior arrangements for your stay will assure that all treatment and therapy will start as soon as you arrive.

It is also important to know that proper wound care is vital as you will most likely have staples or stitches. Lincoln Park Manor provides a dedicated Wound



Care Nurse who monitors for infection and proactive solutions when patients are healing from any open wound. She has been a part of our staff for many years and area physicians recommend our facility due in part to this close monitoring and confidence that a patient can have the opportunity to get home faster.

Patients who see physical therapy as an integral part of their recovery tend to return to their normal activities more quickly. The goals of physical therapy are to prevent contractures, improve patient education, and strengthen muscles around the hip joint through controlled exercises. Contractures are a condition of shortening and hardening of muscles, tendons or other tissue, often leading to deformity and rigidity of joints. Contractures can cause limitation of full joint motion. Our team of occupational and physical rehab experts will help you get back to your life as quickly as possible.



---

**HAVE A QUESTION? EMAIL US AT:**  
[info@LincolnPark-Manor.com](mailto:info@LincolnPark-Manor.com) or CALL 937-297-4300  
Our new website is expected to be available mid-July  
[www.LincolnPark-Manor.com](http://www.LincolnPark-Manor.com)

**LIKE US on Facebook**  
Locate One Lincoln Park at [Facebook.com](https://www.facebook.com) and  
search One Lincoln Park Premier Retirement Living  
[Facebook.com/LincolnParkManor](https://www.facebook.com/LincolnParkManor)

# Check Out Our New Websites!

One Lincoln Park and Lincoln Park Manor now have their own websites which offer ease of use, engaging photos and content.

- One Lincoln Park’s site is located at [www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com) and Lincoln Park Manor’s site is expect to be ready by mid-July at [www.LincolnPark-Manor.com](http://www.LincolnPark-Manor.com).
- You’ll find it very easy to schedule a visit or RSVP for an event.
- Events are updated regularly; since most will have limited seating, this feature will help confirm your attendance.



One Lincoln Park’s new home page

There are several resources you can download to assist in your search for a retirement community or skilled nursing center. One Lincoln Park’s most popular floor plans, and Lincoln Park Manor’s assisted living and skilled nursing rooms are shown with beautiful new photography. Learn more and ask questions with LIVE CHAT, which will be available Monday-Friday from 9am-4pm.

Location	One Lincoln Park	Other Communities
<b>Park Setting</b>		
Friendly & Attractive Neighborhood	X	
Convenient Community Access	X	
<b>Financial Obligations</b>		
No Upfront Endowment	X	
Flexible Lease Agreements	X	
Monthly Rent	X	
<b>Apartments</b>		
20+ Floorplans - Studios, One & Two Bedroom units	X	
Individually Controlled Heat/Air-Conditioning	X	
Full Size Kitchen in Every Apartment	X	
Small Pets Welcome	X	
Short Term/Respite Stays	X	
<b>Services</b>		
Personalized Transportation (7 Days a Week)	X	
Complimentary Valet Service	X	
Flexible Meal Plan	X	
Restaurant-Style Dining	X	
Extensive Breakfast, Lunch & Dinner Choices	X	
Custom Decorating Options	X	
Fully Furnished Guest Suites for Visiting Family	X	
Private Dining Room for Personal Use	X	
Room Service	X	
Weekly Apartment Cleaning	X	
24-Hour Security	X	
Emergency Contact System	X	
Daily Check-In Service	X	
Moving Coordinator	X	
<b>Amenities</b>		
Complimentary Washers/Dryers	X	
Wellness Office	X	
Fitness Center	X	
Beauty Salon/Barber Shop	X	
Library	X	
Gift Shop	X	
<b>Continuum of Care</b>		
Medicare-Certified Home Health Agency In-House	X	
On-Site Assisted Living & Skilled Nursing Facility	X	
- Medicare 5-Star Rating	X	
- American Registry of Excellence	X	
U.S. News & World Report Award "Best Nursing Home in the Nation"	X	
Retiree Staff with 20+ yrs Experience	X	
<b>Reputation</b>		
Local Ownership/Management	X	
Consistent 90%+ Occupancy	X	
Consistent 90%+ Satisfaction Ratings	X	
Executive Director Who Has Been on Staff for 20 Years	X	

## Compare US Chart

You'll find our new Compare Us Chart at [www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com).

This chart provides helpful information on all our amenities and services here at One Lincoln Park and will assist you in comparing them with other facilities.

## One Lincoln Park helps you stay on top of your game!

**If you have vision problems**  
**One Lincoln Park:**

- Offers large print books in our library
- Gives you the ability to dial for information about menus, transportation or activities
- Has a reading machine in our library

**If you have arthritis**  
**One Lincoln Park:**

- Has a well- equipped exercise room
- Offers Arthritis Foundation recommended exercise classes every week

**If you have hearing concerns**  
**One Lincoln Park:**

- Brings a Bell Tone representative in monthly to assist with hearing tests, hearing aides and clearing out wax

**If you have diabetes**  
**One Lincoln Park:**

- Offers sugar-free food items

# Celebrate Independence With Personal Assistance

One Lincoln Park celebrates independence! We know how important it is for our residents to continue living an independent life so we have a Personal Assistance Team in place to help everyone do just that. By partnering with two different agencies,



Wellness Coordinator  
Angie Smith, RN  
For more information  
or to schedule a visit,  
please call 937-298-0594

Senior Independence and Home Instead, One Lincoln Park offers residents a variety of options that allow them to remain independent.

Headed up by Angie Smith, RN and Wellness Coordinator at One Lincoln Park, Senior Independence assists our residents with basic health concerns such as blood pressure monitoring all the way through responding to medical emergencies. Since they are Medicare-certified, they can provide skilled nursing and therapy services in the apartments. Their aides will also address many other privately paid in-

identicals from putting on elastic hose to medication reminders. Assistance can be booked with Senior Independence for as little as 15 minutes a day. Senior Independence also staffs our on-site Wellness Clinic every weekday morning.

Home Instead offers another dimension of assistance. Their aides provide help with daily living activities such as personal care. They can also provide up to 24 hour companionship services. Combined, these two agencies allow our residents to experience longer and happier lives here at One Lincoln Park.

Residents who are already established with other home health agencies are welcome to use the service provider they prefer.

**HAVE A QUESTION? EMAIL US AT:**  
[info@LincolnParkSeniors.com](mailto:info@LincolnParkSeniors.com) or **CALL 937-298-0594**  
Visit our website! [www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com)

## Upcoming Events

### The Secret Lives of America's First Ladies a Two Part Series

#### Part 1

**July 11 - RSVP by July 8th**

Call 937-913-8118

Lunch 11:30am - 12:30pm

Presentation at 1:00pm

call for more details, limited seating  
A presentation about Louise Adams, Letitia Tyler, Julia Tyler, Sarah Polk and Margaret Taylor

#### Part 2

**July 25 RSVP by July 22**

Call 937-913-8118

Lunch 11:30am - 12:30pm

Presentation at 1:00pm

call for more details, limited seating  
A presentation about Dolly Madison, Elizabeth Monroe, Julia Grant and Lucy Hayes

### Frankie Valli Tribute Show at The Frazee Pavilion Thursday, August 7 RSVP by August 1

Call 937-913-8118

Arrive at 5:30pm for a tour  
and receive a special gift

Dinner 6:30pm - 7:30pm

Walk across the street for the show  
at 8:00pm

Limited seating, tickets and dinner  
are complimentary

# CHECK OUT OUR NEW WEBSITES!

Many resources are  
available to download.

## One Lincoln Park

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

**NOW AVAILABLE!**

## Lincoln Park Manor

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

**COMING MID-JULY**



## One Lincoln Park

*Premier Retirement Living*

590 Isaac Prugh Way  
Kettering, Oh 45429



## 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)

## Weekly Activities - Join Us!

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

Zumba every  
Tuesday at 11:00am

Bingo every  
Tuesday at 1:00pm

Tai Chi every  
Thursday at 11:00am

Knitting every  
Monday at 11:00am

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

