

## Renovation Added More Dining Options



Renovations at One Lincoln Park were completed last month and we hosted an open house on February 29th to celebrate our new spaces. "We were so happy to have such a large turnout," said Ana Paner-Johnson, Executive Director. "Over 70 guests attended and were very impressed with the transformations we made to our common areas. They saw how our elegant, sophisticated and modernized decor evoke the true essence of our residents' lifestyles."

Guests enjoyed sipping wine in the new Lincoln Lounge which was formerly a hallway and entrance to the Fairmont Dining Room. Now this area features a bar and wine lockers

which are available for residents to store their wine for convenience. The lounge area offers cozy seating for socialization and snacks.

The new Bistro is a traditional style deli offering quick meals for lunch and many choices for snacks. It is open Monday-Friday from 1pm - 4pm, as well as Saturday and Sunday from 12pm - 4pm. Whether dining in the seating area or taking food to go, residents are loving this new dining option. The menu includes sandwiches, homemade soups, ice cream and specialty items from Boosalis Bakery. The menu changes weekly and some favorites include: Smokey Poblano & Cheese

Soup, Caribbean Shrimp Salad, BBQ Ranch Pulled Pork Salad and Stacked Roast Beef with Horse-radish sauce on a Brioche Bun.

Our Fairmont Dining Room was transformed into a more elegant space complete with the ambiance and warmth of a flickering infrared fireplace and brick wall. The new furniture compliments the natural light allowed by the large windows and vaulted ceilings. The dining experience is enhanced by our Chef's five star menu and the staff's friendly service.

### MISSED OUR OPEN HOUSE?

**We invite you to schedule a private tour and dine with us for lunch to experience everything for yourself. Please call 937-298-0594 to make a reservation.**

### TEXT TO JOIN

It's easy to join our e-newsletter and receive invitations to events, helpful tips and more. Text to join is the quickest and easiest way to be added to the list.

**Text OLP to 22828**, and enter your email address.

## Conveniences and Services Are a Win-Win!

One Lincoln Park's chauffeured transportation keeps our residents on the go. It is offered from 8:00 a.m. to 5:00 p.m. seven days a week. With our fleet of six luxury cars and a staff of 15 chauffeurs, it is a premier service that no other community provides. If shopping, a doctor appointment or visiting a friend are on your list, our drivers will get you there on time and pick you up when you're ready to come home. A complete list of services and amenities is listed on the right to review with your family when shopping for a retirement community.



For more information call 937-298-0594  
or visit our website [LincolnParkSeniors.com](http://LincolnParkSeniors.com)  
Helpful downloads are available on our Resource page.

## Gleaming Reputation & High Satisfaction Ratings

If and when you might need a higher level of care, it's comforting to know that Lincoln Park Manor is steps away. Prior residents and family members have given us high ratings and our gleaming reputation is shared among many in the community. We recently were named as one of the top 15 nursing homes in the state of Ohio in a recent article in the Dayton Daily News. Additionally, our Five Star Medicare rating and U.S. News and World Report award listed us as one of the top nursing home facilities in the nation. While obtaining these notable ratings is difficult, nothing compares to how our residents and their families feel

about how we have taken care of their loved one.

Residents repeatedly provide a 96-100% satisfaction rating for our food among many other services that continually have high rankings. St. Patrick's Day is one of their favorite feasts with corned beef and cabbage, Irish red potatoes and ginger beer.



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

### SUMMARY OF SERVICES

- Chauffeured transportation 7 days a week
- Valet Service
- Restaurant style dining and chef prepared meals
- Weekly maid service
- Social events - recreational, cultural and educational opportunities
- 24 hour security
- Apartment Maintenance
- Wellness Nurse
- Emergency Call System
- Move-In Coordinator
- In-House Home Health Care

### AMENITIES

- Fairmont Dining Room for formal dining
- Private Dining Room for group entertaining
- Bistro for quick snacks and deli style lunches
- Lincoln Lounge with private wine lockers for happy hour and socials
- Wright Spot Living Room for TV watching or simply relaxing
- Beauty and Barber Salon with body relaxation services
- Fitness Center with supervised access
- Library with internet
- Apothecary for prescription drop-off and pick-up, over the counter meds and health and beauty items
- Guest suites for visiting family and friends
- Complimentary laundry centers on each floor

## Physical Therapy, Speech Therapy, Occupational Therapy *What's the Difference?*

Our therapy team is comprised of physical, occupational, and speech therapists with vast experience in senior health care. Lincoln Park Manor has therapy equipment and treatment modalities necessary to treat most conditions. You will find a brief list of some of our more common therapy programs on the right. Balance issues, stroke, heart attack, falls and hip or knee replacements are the more common occurrences that lead to someone requiring our therapy services.

### Common Causes of Balance Problems

As people get older, they experience problems with their sense of balance. They feel dizzy or unsteady and sometimes feel as if their surroundings were in motion. Disturbances of the inner ear are a common cause.

There are many types of balance disorders. One of the most common and most easily treated is benign paroxysmal positional vertigo, or BPPV. In BPPV, you experience a brief, intense feeling of vertigo when you change the position of your head, such as when rolling over to the left or right, upon getting out of bed, or when looking for an object on a high or low shelf. BPPV is more likely to occur in adults aged 60 and older, but can also occur in younger people. It typically can be cured with a simple physical therapy maneuver, but check with your doctor for more information.

In BPPV, small calcium particles in the inner ear become displaced and disrupt the inner ear balance sensors, causing dizziness. The reason they become displaced is not known; the cause may be an inner ear infection, head injury, or aging.

These symptoms can lead to a fall, that could result in an injury and require rehabilitation therapy after a hospital stay.

### Speech Disorders

Disorders of speech and communication that affect the elderly population may result from stroke, cancer, disease of the larynx, Parkinson's disease or other neurological disorders. They vary widely and include difficulty speaking and

understanding verbal and/or written information. Lincoln Park Manor's Speech Language Pathologists are specialists in communication and its disorders. They work with patients to regain or help improve cognition and communication skills.

### Occupational Therapy vs Physical Therapy: What's the difference?

Within the plan of care, it may be recommended that a patient see both an occupational therapist and physical therapist. An easy way to remember the occupational therapist specialty is that it is about the technical execution of daily activities. Occupational therapists help patients perform daily functions of daily living like dressing, eating and even opening a door. Occupational therapy focuses on improving life skills and often involves adaptive tools that lead to better quality of life.

A physical therapist, on the other hand, works with a person to improve mobility. They are more likely to treat the physical source of the injury: damaged tissues, muscle, and structure. When a physical therapist treats an older adult with a broken leg, their main goal will be to restore full mobility. An occupational therapist will help that person relearn using eating utensils and daily tasks like combing one's hair.

### How do I pay for therapy treatment?

Major health care plans and Medicare pay for many of these types of therapies.

Please contact one of our executive team specialists who can review your insurance and provide details on what coverage you have available.



**Lincoln Park Manor**

*Assisted Living, Rehabilitation & Skilled Nursing*

### Types of Therapy Available:

#### Physical Therapy

- Gait and Balance Training
- Range of Motion Programs
- Assistive Device Training
- Strengthening Exercises
- Pain Management
- Prosthetic Training

#### Occupational Therapy

- Activities of Daily Living
- Home Management Training
- Coordination Training
- Fine Motor Skills Training
- Adaptive Equipment Training
- Work Simplification Training

#### Speech Therapy

- Verbal Expression Training
- Oral-Motor Exercises
- Comprehension
- Swallowing Therapy
- Articulation
- Aural (Hearing) Rehabilitation



For more information contact

**Ann Wittoesch**  
**937-297-4300**

or visit our website  
[LincolnPark-Manor.com](http://LincolnPark-Manor.com)

To compare nursing homes visit:  
[Medicare.gov/NursingHomeCompare](http://Medicare.gov/NursingHomeCompare)



## One Lincoln Park

*Premier Retirement Living*

590 Isaac Prugh Way  
Kettering, OH 45429

937-298-0594

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## Learn Some Common Causes of Balance Problems

## Meet our Activity Directors

*The activities at One Lincoln Park and Lincoln Park Manor receive rave reviews.*



**Holly Campbell-Bradley**, Activity Director at One Lincoln Park, strives for balance when planning the monthly calendar. She likes to provide well-rounded recreational, cultural and educational opportunities to all residents. Zumba and Tai Chi, Wii Games, Knitting Club, Sinclair College Classes, Happy Hour, Bingo and Bridge are just among the regular in-house activities. She also plans off-site excursions to the Dayton Philharmonic, Wright State University Theater, and area restaurants. Holly makes sure that there are many ways for residents to remain active and make new friends.

Visit our website for more event information: [LincolnParkSeniors.com](http://LincolnParkSeniors.com)



**Judy Ashford**, Activity Director at Lincoln Park Manor, keeps everyone entertained with diverse programs that appeal to all ages. They range from Bible Study to live entertainment programs, Happy Hour, Wine and Cheese Socials, educational and mind expanding activities, cooking, daily trivia and more. Paid performers entertain several times a month and we have even had a llama as a guest. During warm days we enjoy outdoor BBQ's, sunshine and occasional music coming from the Frazee.

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