

## House Cleaning.... Done!



One Lincoln Park offers house cleaning services as part of your monthly rent. Our housekeepers provide a thorough cleaning once a week. In addition, heavy cleaning including shampooing the carpet and washing windows is done every 18 months.

House cleaning services are a welcome relief for our residents. Many have shared with us how much they really were looking forward to never having to do it again. They have more fun things to do with their time. And we agree!

Our staff will take care of all the little details and keep your home neat and clean. Their weekly cleaning includes:

### MAIN LIVING AREAS AND BEDROOMS

- Vacuum carpets and rugs
- Sweep floors
- Make beds
- Dust furniture

### KITCHEN

- Sanitize sinks and countertops
- Wipe down all appliances

- Wipe off switch covers
- Wipe down walls
- Sweep and mop floors
- Take out trash

### BATHROOMS

- Clean/sanitize tub, walls, shower, grab bars and shower chairs
- Clean/sanitize toilet
- Clean/sanitize mirror and bathroom sink and vanity
- Wipe down walls
- Wipe off light switches
- Sweep and mop floors
- Take out trash

Weekly housekeeping is just one of the many services that enable One Lincoln Park residents to have a convenient and worry-free lifestyle. Visit our website at [LincolnParkSeniors.com](http://LincolnParkSeniors.com) for a complete list of all our services and amenities, located on the Resource page.

**We invite you to take a tour  
and experience our community  
for yourself.**

**Please call us today!  
937-298-0594**

## One Lincoln Park welcomes Food Services Director Robert E. Giesman



Robert is a culinarian with over 20 years hands-on experience managing all aspects of kitchen operations for retirement communities, restaurants, hotels and country clubs. He started out as a Dishwasher, worked his way up to Lead Line Cook, and then became Sous Chef and Executive Chef after obtaining an Associates Degree from the Culinary Institute of America in Hyde Park, New York. He worked for the Kenwood Country Club in Kenwood, OH, Sage Hospitality (Sheraton Cincinnati North, CocoKey Water Resort and Fairfield Inn & Suites Cincinnati North), The Kenwood Retirement Community in Kenwood, OH, and the Summit Hills Country Club in Crestview Hills, KY. Robert is a member of the American Culinary Federation and Les Chefs de Cuisine of Greater Cincinnati. He has won awards in multiple local, regional and state gourmet grill competitions.

According to Chef Robert, "I am excited to join the team at One Lincoln Park who has been doing an excellent job at providing high-quality, consistent dining experiences for the residents, their families and friends. I can't wait to meet everyone and make OLP my home!".

## Snowball Fight in July?

Jeannie Caulfield has worked in activities for more than twelve years. Many know her for her famous chair dancing sessions. These sessions are very well attended by our residents. Using weekly themes or upcoming holidays, she encompasses music, props and costumes to have fun with the residents. Jeannie makes this time for exercise fun and beneficial to mind, body and soul.

Jeannie's favorite yearly activity is our annual Snowball Fight In July Event. She carefully collects snow in the winter and shapes it into perfect snowballs. Her secret to keeping them soft and fluffy, is keeping them in a freezer that is NOT frost free.



You can see why this event is nothing short of hysterical and everyone has a good laugh. Weeks after, residents are still sharing funny stories about this day. Cheers to our beloved Activity Coordinator, Jeannie, for such a unique idea.

## CREAMY FACIAL ANYONE?



In the true spirit of fun, we took on a new challenge this year to raise money for our Employee Fun Fund. We implemented a Pie in the Face Day and boy did we have fun. Employees were busy bidding dollars for a chance to throw a pie in the face of their favorite (?) manager. Those who bid the highest earned the "cream puff" ticket to deliver this sweet treat in the face.

The five lucky recipients of the creamy facial were Kathy Edwards- Director of Nursing, Ann Wittoesch- Admissions Director, Judy

Diehl-Ashford- Activity Director, Mike McDonald- Maintenance Manager and Jamie Rath- Assisted Living Supervisor, who geared up with protective clothing. Amid laughter and smiles, they bravely waited for their pies. Residents stood on the sidelines and shared in the fun.

We raised \$151.00 for our fund. And truth be told, the recipients truly are everyone's favorite co-workers because of their sense of humor. The staff requested that we do this weekly... We can't really, but we will definitely bring it back again next year!



**Lincoln Park Manor**

Assisted Living, Rehabilitation & Skilled Nursing

## Private Assisted Living Suites



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.

We currently have a limited number of suites available. Please contact us for a visit! **937-297-4300**

## We Did it Again! 5 Star Rating

### Why is a 5 Star Rating important?

Nursing homes are required to be surveyed by The Centers for Medicare and Medicaid Services (CMS) for compliance with many regulations and for renewal of state licensure. Surveyors visit unannounced and review performance in three areas: state health inspections, staffing ratios and quality measures. It is a very detailed, week-long process. A star rating is applied with one being the lowest score to five being the highest. Lincoln Park Manor received another overall 5 Star Rating! We are pleased to be recognized as a community with the highest standards of care in the industry!

**We invite you to take a tour and see how we have upheld our reputation after 27 years.**

**937-297-4300**

## Two-Bedroom Apartments Now Available!

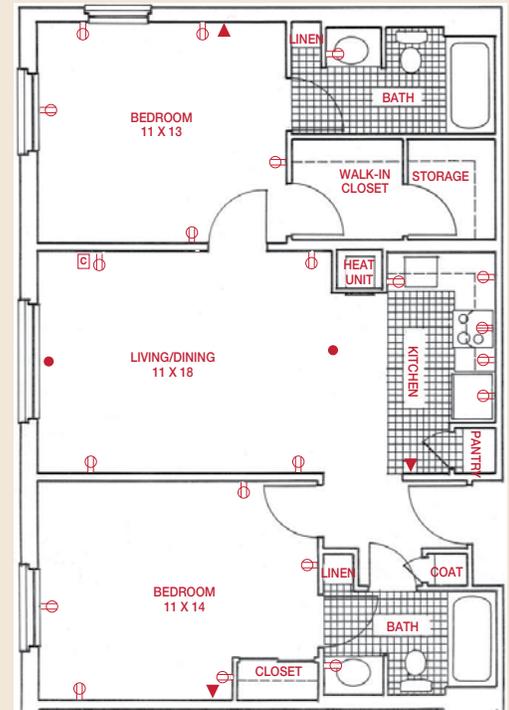
One Lincoln Park currently has two-bedroom apartments available, so if you have been considering downsizing from your home, now is the time to give us a call. These floor plans offer ample space to easily accommodate your furnishings. Our Move-in Coordinator is available to assist with furniture placement and with getting you comfortably settled in your new home.

Our apartments come with all the services and amenities we are known for such as: chauffeured transportation (our #1 most sought after service), several dining options with extensive menu choices, stimulating social activities, weekly housekeeping, 24-hour security, on-site Apothecary, Beauty/Barber Shop and Wellness Office.

Contact One Lincoln Park to schedule a tour. Limited availability.  
**937-298-0594**



## One Lincoln Park Premier Retirement Living



2 BEDROOM SUITE

## Remain Independent at One Lincoln Park

Our goal at One Lincoln Park is to help our residents increase their level of independence. Through Buckeye Home Health Care, on-site home health provider, residents can easily access private pay support services and bring personal assistance into their apartment homes.

### These services are available 24-hours a day:

- Medication reminders
- Medication set-ups (RN service rate)
- Personal care
- Homemaking
- Escort within the building
- Meal preparation
- Safety checks

These services can be billed in 15 minute increments for a low per visit cost. You can select one or multiple services and pay only when you need them. Aides are available to

assist with these needs every day, including holidays. For more information, please contact a retirement counselor at 937-298-0594.

### The following programs are scheduled weekly to keep One Lincoln Park residents active:



**Zumba** - gentle dance movements designed for seniors taught by a trained Zumba instructor.  
 Every Tues. • 11am

**Tai Chi** - a 20 minute video of self-healing through movement program that promotes relaxation, balance and stress reduction; guided

by a live instructor.  
 Every Mon. & Thurs. • 11am

**Arthritis Exercise** - a class taught by a physical therapist who works all parts of the body; this class is for everyone, not just those with arthritis.  
 Every Thurs. • 10am

**Chair Yoga** - while sitting, participants engage in various types of movement that promote flexibility, mobility, energy and relaxation.  
 Every Fri. • 11am

**"Fit Forever" Exercise Video** - a 45 minute video designed especially for seniors that includes warm-up, moderate aerobic and muscle relaxation exercises.  
 Every Wed. & Fri. • 10am

You're welcome to join us! Please contact one of our Retirement Counselors if you're interested in trying out an exercise class! **937-298-0594**

# Above & Beyond Recognition



Debi Harris has worked in our Activity Department for several years. When first approached to do church services at Lincoln Park Manor, she wasn't quite sure if she had what it takes. Now, six years later, it has become her passion, so much so that she has completed spiritual training.

Her compassion is evident, especially during times when patients or families need a little extra tender care. Her Sunday services are so well liked that some patients and families come back to Lincoln Park Manor for her services, even though they have completed their rehab and are living back at home. Thank you Debi for your compassion and service to everyone at Lincoln Park Manor.

Visit our websites for videos, leasing and dining information or to contact us via email.

One Lincoln Park: [www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com)

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

## GLOWING TESTIMONIALS

4/7/16 - Rita H., Dayton, Oh Rehab Services



*"The care I received at Lincoln Park Manor was tops. I went in unable to hold my head up, walk or be independent in any way, and I received excellent care. The nursing assistants helped me so much, and when I thanked one of them he said, "I love what I do." The therapists were wonderful and helped me get back on my feet. At the end of four weeks, I walked out with a walker, holding my head up and able to converse and have been improving ever since. I highly recommend this caring facility."*

**Please contact our Admissions Director,  
Ann Wittoesch to schedule your visit.  
937-297-4300**

4/6/16 Sallie J., Dayton, OH Assisted Living



*"My mother has been a resident at Lincoln Park Manor for almost 2 years- first in the Nursing/Rehab Unit and now in Assisted Living. My family and I were very pleased with the care and therapy she received after a brief hospital stay so, of course, we chose this facility when she needed assisted living care. The staff is very caring, efficient, friendly, and they treat my mother with the respect and dignity she deserves. When the family visits, the staff is always cheerful and welcoming. The facility is beautiful and well maintained and her room is perfect for her. The activity staff is excellent, the dietary staff provide excellent food and service as well as pleasant dining room atmosphere. I was a dietitian consultant for long term care facilities for over 20 years and visited many facilities. I can honestly say that Lincoln Park Manor is without a doubt one of the very best facilities and I highly recommend it."*



**One Lincoln Park**  
Premier Retirement Living

590 Isaac Prugh Way • Kettering, OH 45429  
[www.LincolnParkSeniors.com](http://www.LincolnParkSeniors.com) • 937-298-0594



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