



Lincoln Village  
Assisted Living and Memory Care Community

# Resident Newsletter

1330 W. Lincoln Ave., Port Washington, WI 53074 | 262-268-1300 | [lincolnvillageseniorliving.com](http://lincolnvillageseniorliving.com)

July 2019

## Letter from the Director

Dear residents, families and friends,

We are so excited to be rolling out a new resident program called Feet to the Fire! This unique six-week writing course is designed to teach individuals how to write their own life story – and share it with others.



Feet to the Fire  
Writers' Workshops®  
*Where Memory Sparks Stories*



**Elizabeth Kowalsky**  
Executive Director

By becoming part of Feet to the Fire, residents will receive writing prompts and support from our trained facilitators that will encourage them to open up, reminisce, connect with each other and, ultimately, write down their amazing stories. Not only is this a wonderful cognitive exercise, but it allows these incredible stories to be shared and preserved for future generations.

Feet to the Fire takes place in small groups, consisting of about 5-10 residents and a group leader, and they take only about one hour a week. We will be holding Feet to the Fire courses throughout the year, so contact our life enrichment team for more information or to sign up for the next session. We can't wait to hear the wonderful stories you have to share!

Sincerely, *Elizabeth Kowalsky*



**Ilse**, right, with friend Norma.

## Resident Recognition: Ilse M.

Ilse is a participant in our Feet to the Fire Program. Aside from coming to exercise and Dynseo trivia almost every day, Ilse has written her own book! Though she only has a few copies, Ilse's book documents her life events for her family's remembrance for years to come. She is one sharp cookie and always has interesting stories to share with fellow residents! We're so glad she decided to be a part of our inaugural Feet to the Fire group!

### The Lincoln Village Mission:

To provide the highest standard while protecting, cherishing, and dignifying the knowledge, value, and joy of our respected residents.

## A Message from the Wellness Nurse

### Tips for Protecting Your Skin

As we age, our skin undergoes many changes – just like the rest of our body. It becomes thinner, drier and itchier, as well as easier to bruise and slower to heal. But the right skin care regime can help address these issues and improve your skin's overall health.

**Take active measures to address dryness.** This includes replacing bar soap with a gentle cleaner; using warm water instead of hot while bathing; keeping your bath or shower to about 10 minutes; and applying a creamy,

fragrance-free moisturizer after bathing and throughout the day. Drinking plenty of liquids and stopping smoking can also make a difference.

**Protect your skin from the sun.**

This is especially important in these warmer months. Wearing a broad-spectrum sunscreen and protective clothing when outdoors can help prevent new age spots, blotchy skin and dryness and reduce your risk of developing skin cancer.

**Check your skin for signs of**



**Amanda Runnoe**

VP of Quality and Clinical Operations

**skin cancer**, like new growths, a sore that doesn't heal or a bleeding mole. And consider seeing a dermatologist regularly.

## A Message from Culinary

### Let's All Scream for Ice Cream

Summer is officially here – and the warmer weather is wonderful. We want to take advantage of every beautiful day with food and activities that celebrate summer. So we're rolling out the ice cream – and other delicious treats!

Keep your eyes peeled for fun upcoming events like ice cream socials and build-your-own sundae parties. We want these

events to be a time where we can get together, soak up some sun and enjoy each other's company.

We'll also be showcasing some healthier summer treats, like fruit parfaits with fresh, in-season fruit, sherbet, frozen yogurt and sugar-free ice cream. These are great alternatives for those with dietary restrictions or those looking to maintain a healthier diet. Yet they still satisfy that sweet tooth!



**Ken Kissell**

Culinary Director

Are there any other sweet treats you're craving this summer? Let us know what you'd love to see on the menu!

## Our Quality Promise to You

Our quality promise starts with commitment. Lincoln Village is committed to listening to YOU. Got an idea? A suggestion? We want to hear it. Quality matters so we appreciate your ideas and input. Whether you are an employee, a resident, a family member or a visitor, let us know. Email us at: [quality@heritageal.com](mailto:quality@heritageal.com)



## Staff Updates

### Welcome Kita, our new Activities Assistant

We're delighted to welcome Kita, our new activities assistant.

Kita has worked in health care for 11 years, mainly focusing on activities for seniors. She is skilled in dietary and medical records, and has also been a unit secretary. She is a warm compassionate person with a bright smile who loves to be around people.

Some of Kita's hobbies include cooking and eating. She is a

true "foodie" who is always up for a challenge and enjoys trying new things.

Kita finds joy in surrounding herself with family and is looking forward to meeting all the Lincoln Village families, as well as making a difference in our residents' lives – while having a bit of fun!

Welcome, Kita! We are excited to see what fun you will bring to our residents and staff.



**Kita Sparks**  
Activities Assistant

## Staff Spotlight

### Thank You to All our Staff!

This month we are celebrating our entire Lincoln Village Team!

Each and every staff member has put in hard work and effort to improve call response times and the quality of life for our residents.

The hard work and dedication of our staff has paid off not only in our systems but have helped us achieve a perfect state survey in the month of June.



Teamwork makes the dream work! Good job everyone and keep up the good work.

## Upcoming Staff Training

### Pressure Ulcers

7/4/19

The importance of turn schedules

### Transfers

7/11/19

Safe transfers and fall risks

### Diets

7/18/19

The most common nursing homes diets

### Dementia

7/25/19

Dementia and Alzheimer's care



## We're Looking for Volunteers!

We are looking for people to volunteer at our community. If you are interested in helping out, please call us at **262-268-1300**.

## Last Month in Pictures



### Wisconsin Beer Tasting

During June we celebrated Wisconsin foods, and couldn't leave out Wisconsin's favorite drink: beer! Residents enjoyed live music by David Noll while tasting some of state's most famous brews!

**Left:** Harley smiles while trying a MKE Brewing Co. IPA.



**Above left:** Mary and Norma sample a New Glarus favorite. **Above right:** A few of the beers that were sampled were on display for residents to choose from.

## Last Month in Pictures

### Father's Day Cookout

On June 16, we celebrated all the fathers in the building with an indoor cookout. Many families joined and lined the hall to get a plate from the picnic-style buffet. There was music, drinks, food and, of course, many happy dads!



**Clockwise from top left:** Cute decorations were placed around the pub to celebrate the dads. Harley, his sister and his daughter enjoy the cookout meal. David smiles proud alongside his daughter. Don and his family smile for a picture.



### Resident Birthdays

### Welcome to our New Residents!



Verena W. 7/10  
Lois G. 7/23

Lois H. 7/26  
Anna L. 7/27



James Gawin

## Upcoming Events

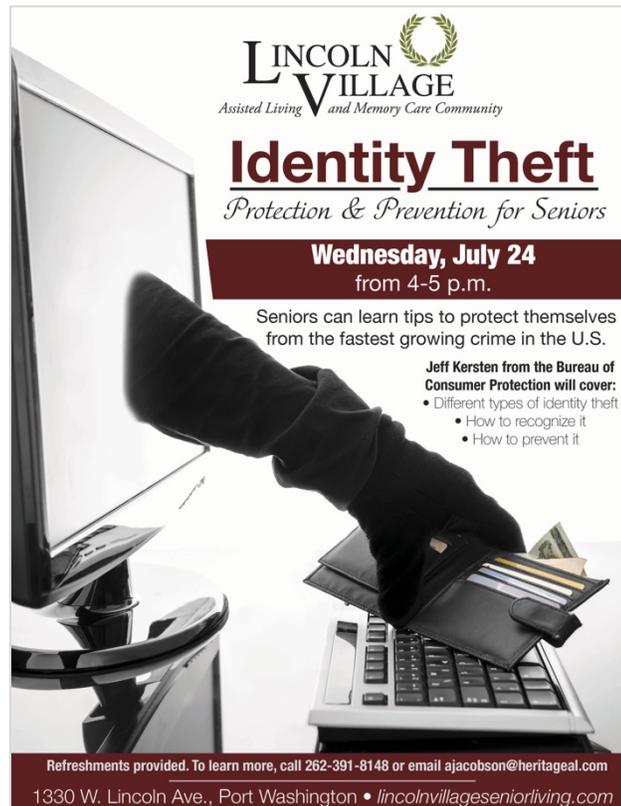
**July Fourth Social** on Thursday, July 4, at 1 p.m.

**Picnic By the Port** on Thursday, July 11, at 11:30 a.m.

**Identity Theft: Protection & Prevention for Seniors** on Wednesday, July 24, from 4-5 p.m.

**Schlitz Audubon Nature Presentation** on Tuesday, July 30, at 12:45 p.m.

For more information or to RSVP to an event, contact our community at 262-268-1300.



The flyer features the Lincoln Village logo at the top, which includes a laurel wreath and the text 'LINCOLN VILLAGE Assisted Living and Memory Care Community'. Below the logo, the title 'Identity Theft' is written in a large, bold, serif font, with 'Protection & Prevention for Seniors' in a smaller, italicized font underneath. A dark red banner contains the date and time: 'Wednesday, July 24 from 4-5 p.m.'. The main body of the flyer has a background image of a hand in a black glove reaching into a laptop bag to take a wallet. Text on the flyer includes: 'Seniors can learn tips to protect themselves from the fastest growing crime in the U.S.', 'Jeff Kersten from the Bureau of Consumer Protection will cover:', and a bulleted list: '• Different types of identity theft', '• How to recognize it', and '• How to prevent it'. At the bottom, there is contact information: 'Refreshments provided. To learn more, call 262-391-8148 or email [ajacobson@heritageal.com](mailto:ajacobson@heritageal.com)' and '1330 W. Lincoln Ave., Port Washington • [lincolnvillageseniorliving.com](http://lincolnvillageseniorliving.com)'.

**Lincoln Village Core Value of the Month: Integrity**  
*Integrity means holding ourselves to the highest standard by doing the right thing because it is the right thing to do.*

### Write us a Review!

We want to hear from you! If you're pleased with your experience at Lincoln Village, let us know by writing us a review online. You can find us on various websites, including **Facebook**, **Google**, **Yelp** and more.

And don't forget to **like us on Facebook** and **follow us on Twitter (@Heritage\_Senior)** to stay up to date on Heritage news and events.



### Friends and Family Referral Program

If you refer someone who moves into our Assisted Living or Memory Care community, you'll receive **\$500** toward your next month's rent! If you refer 2 people, you'll receive **\$1,000** (\$1,500 total) and if you refer 3+ people, you'll receive **\$1,500** (\$3,000+ total)!