



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)

November 2019

## Letter from the Director

Dear residents and families,

This month, as our thoughts turn to Thanksgiving and the upcoming holiday season, we would like to let you know how thankful we are for all of you! The residents, families and staff here are all part of our Lincoln Village family, and we're lucky to have each and every one of you here with us.

During this time of year, we also think about those less fortunate than ourselves. That's why this month we'll be collecting nonperishable food items for those in need. If you are able, please consider donating an item or two for this great cause. We will have a harvest basket up at the front desk to collect your donations.

Thank you for your generosity! From all of us here, we wish you an excellent holiday season filled with laughter and joy.

Sincerely,

*Elizabeth Kowalsky*



**Elizabeth Kowalsky**  
Executive Director

Stay up to date on news and happenings in the community by liking **Lincoln Village on Facebook** and following **Heritage Senior Living on Instagram** and **Twitter (@Heritage\_Senior)**.



## Resident Recognition: Gertrude

Since October was German Heritage month, we would like to recognize Gertrud as our resident of the month!

Gertrud always has a smile on her face and will chat up a storm with anyone at any time. On a normal day you can find Gertrude at almost every activity. She likes to keep busy with her friends playing Kings in the Korner.

Danke, Gertrude, for being such a delight to be around!

### **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 Team

### Embrace a Lifestyle of Gratitude

As Thanksgiving approaches, our thoughts naturally turn to those things in life for which we are most grateful. But did you know that showing gratitude can improve our health?

Making time for regular gratitude exercises can:

- Help you make friends
- Reduce aches and pains
- Promote well-being, self-esteem and happiness
- Increase resilience
- Improve sleep

So how do you best harness these amazing benefits? The

easiest way is to start a journal. Take time each day to write down 3-5 things for which you are grateful. It could be something good that happened to you or specific friends that have impacted your life.

Another option is to express your gratitude directly to someone in your life. You could create a gratitude box, into which you place messages about why you are thankful for that person and the good things you wish for them. Or you could write a



**Anjie Kuopus**  
Director of Nursing

letter explaining how they've impacted your life for the better. Then hand deliver it, if possible, so you can see their reactions!

## A Message from Culinary

### Taste the Rainbow

Your food should be colorful, incorporating almost every hue in the rainbow. In fact, roughly half of your plate should be filled with colorful foods, as a rule of thumb.

Selecting foods with a rainbow of colors means you're getting a full array of nutrients and vitamins. Try to incorporate at least two brightly colored foods into each meal! Here are some colorful ideas.

**Green:** Broccoli is a nutrient powerhouse. So is kale. Other options include brussels sprouts, winter greens (collard, mustard, turnip) and pears.

**Yellow:** Bananas and lemons.

**Blue/Purple:** Grapes, plums, eggplant, prunes and figs.

**Orange:** Think carrots, butternut squash and sweet potatoes. Winter is also a great time for citrus, like tangerines and oranges.



**Ken Kissell**  
Executive Chef

**Red:** Beets are a great option, as are red cabbage, cranberries, radishes, pomegranates and red bell peppers.

### 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 Danielle, our new Physical Therapist

Danielle Dyer is the new physical therapist and clinic coordinator with Aegis Therapies who will be working with our residents.

Danielle grew up in Mequon and went to the University of Minnesota for her undergraduate degree before receiving her doctorate in physical therapy in 2015 at the College of Saint Scholastica in Duluth, Minnesota.

Danielle has been working in geriatrics in the Milwaukee area for over four years now. She and her husband just welcomed their first child, Olivia, this March.

Danielle loves working in geriatrics because she feels she can learn so much from her patients.

Welcome to Lincoln Village Danielle! We are excited to have you as a part of our Lincoln Village family!



**Danielle Dyer**  
Physical Therapist

### Staff and Family Thank You

#### The Walk to End Alzheimer's

On October 5, staff participated in the Ozaukee County Walk to End Alzheimer's at Veterans Memorial Park in Port Washington.

We were overwhelmed by the support from our families in fundraising and are grateful to have spent time with some of them during the walk.

Thank you to those who came out and those who generously



donated. We were honored to be a part of the walk and even exceeded our fundraising goal!

### Upcoming Staff Training

#### Flu

11/6/19

Preparing and preventing the flu virus

#### Communication

11/13/19

The importance of effective communication

#### Etiquette

11/20/19

The code of good manners



### 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

### Pumpkin Painting

Last month we paired up with students from Port Washington High School to get into the fall spirit by painting some pumpkins!



**Left:** Pat and Emilie paint happy faces on their pumpkins among the students!



**Above:** Ilse and Phyllis concentrate on their masterpiece pumpkins! **Right:** A few of the many finished masterpieces.



## Last Month in Pictures

### Oktoberfest Open House

Thanks to everyone who came to our Oktoberfest Open House on October 23! We had lots of fun listening to German polka music, drinking 'bier' and eating bratwurst.



**Clockwise from top left:** Look at that food! Residents gather to snack on German specialties and listen to accordion polka music by Roger Boll. Isle celebrates her German heritage with her family.



### Resident Birthdays

### Welcome to our New Residents!



Mary M. 11/3    Lorraine S. 11/25  
Ilse M. 11/22    Ronald Y. 11/26



Pat and Wally S.  
Loren and Dorothy C.  
Joan N.

## Upcoming Events

**My Two Elaines** on Wednesday, November 6, from 4:30-5:30 p.m.

**Veterans Day Lunch** on Monday, November 11, at 12 p.m.

**Honoring those Who Served: Our Veterans** on Wednesday, November 20, at 3:30 p.m.

**Family Thanksgiving** on Thursday, November 21, at 12 p.m.

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

*My Two Elaines*  
Learning, Coping and Surviving as an Alzheimer's Caregiver  
Wednesday, November 6  
from 4:30-5:30 p.m.

Join former WI Gov. Martin J. Schreiber as he shares lessons from his journey as a caregiver for his wife, Elaine, who lives with Alzheimer's.

Schreiber will describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia.

The first 20 people will receive a free copy of Schreiber's book!

Schreiber's book available for \$15. (Cash or checks preferred.) Proceeds benefit Alzheimer's caregiver support.

**LINCOLN VILLAGE**  
Assisted Living and Memory Care Community  
1330 W. Lincoln Ave., Port Washington • 262-391-8148  
lincolnvillageseniorliving.com

**Lincoln Village Core Value of the Month: Hospitality**  
*Hospitality is having a welcoming spirit with an outstretched hand and offering a smile.*

### 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)!