



Lincoln Village
Assisted Living and Memory Care Community

Resident Newsletter

1330 W. Lincoln Ave., Port Washington, WI 53074 | 262-268-1300 | lincolnvillageseniorliving.com

December 2019

Letter from the Director

Dear residents and families,

The entire team here would like to wish you and your family a happy and healthy holiday season. We hope your celebrations are filled with plenty of food, family and laughter. And we wish you all the best as you embark on 2020!

Thank you for making 2019 such a wonderful year here! Your energy and enthusiasm make our community such a vibrant place to live and work – both during the holidays and throughout the year.

During this time of year, we also want to make sure all of our residents stay safe when coming and going. So please make sure that you and your loved ones are dressed appropriately for the cold weather, with a good coat, hat and gloves. And don't forget to wear shoes with good traction to help prevent slips!

Happy holidays!

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

Donald Kolbach

This month it only seems fitting that we recognize one of our residents who devoted his life to serving our country: Donald Kolbach.

Don served in the United States Army and was even part of the Honor Flight! Thank you, Don, from the bottom of all of our hearts. We are all grateful for your heroism!

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

Reduce Your Risk of Falls this Winter

There's nothing like an unexpected fall to ruin the holiday season. But about one in four seniors will experience a fall this year, which can lead to serious health issues like hip fractures and head trauma. The good news is that there are things you can do to reduce your risk of a fall so you can get back to enjoying the holidays with the ones you love.

- **Talk to your doctor** about medications and conditions that may put you at risk. Medications that cause dizziness and conditions that

affect your balance (like diabetes, heart disease or nerve issues) are good things to discuss, as are any eye issues.

- **Keep active** with exercises that improve strength, balance and coordination, like walking or tai chi. If you're nervous about doing these activities on your own, physical therapy could help.

- **Remove clutter and tripping hazards like** cords, boxes or stacks of papers, and keep your home well lit.



Anjie Kuopus
Director of Nursing

- **Wear sensible shoes** with a good grip and avoid baggy clothing.

- **Stand up slowly** and take your time while walking around.

A Message from Culinary

Turn Your Favorite Foods Festive

As holiday decorations start to go up and the ground is increasingly covered in snow, the world starts to seem a little more magical! So why not take this opportunity to add a holiday twist to your diet and make mealtime a little more magical, too?

Is your morning oatmeal a little boring? Brighten it up with some festive red and green apples to get into the Christmas spirit.

Similarly, rice isn't usually the most exciting dish on the menu, but why not spruce it up with some chopped green and red bell peppers?

Bring some of that nostalgic candy cane flavor into your day with some peppermint tea. Dried peppermint leaves – with dried cherries and oranges, if desired – make for a great after-dinner drink that also helps aid digestion.

You could also try a warming



Ken Kissell
Executive Chef

chai tea. With spices like cinnamon and cloves, it smells like Christmas in a cup. Plus, it's good for your heart!

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



Staff Updates

Welcome Libby, our new Resident Assistant

This month we would like to welcome Libby, who has recently joined our team as a resident assistant.

Libby is a graduate of West Bend High School and, in a few short weeks, she will turn 21, which she is looking forward to!

Libby has recently moved back to the area since living in Southern Illinois for a short while. She is happy to be back close

to home and is excited to be working in the health care field. In the future, Libby would like to continue her pursuits in becoming a registered nurse.

Does she look slightly familiar? That might be because she is the daughter of another one of our caretakers, Laura!

Welcome to our team, Libby! We are all very excited to have you!



Libby
Resident Assistant

Staff Member Spotlight

Erin, LPN

This month we would like to recognize Erin, one of our LPNs.

Erin works two full-time jobs: one here at Lincoln Village and one as a full-time mom to two beautiful girls.

Currently Erin is furthering her education to become a registered nurse.

She is hard-working and dedicated to our residents' safety and care.

Erin is a true team player and is a



Erin, LPN

joy to work alongside of.

Thank you, Erin, for everything you do for our residents!

Upcoming Staff Training

CHF Exacerbation

12/12/19

Signs and symptoms of CHF exacerbation.

Thickened Liquids

12/19/19

How to properly thicken liquids for certain diets.

Catheter Care

12/26/19

How to properly clean and take care of catheters.



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**.

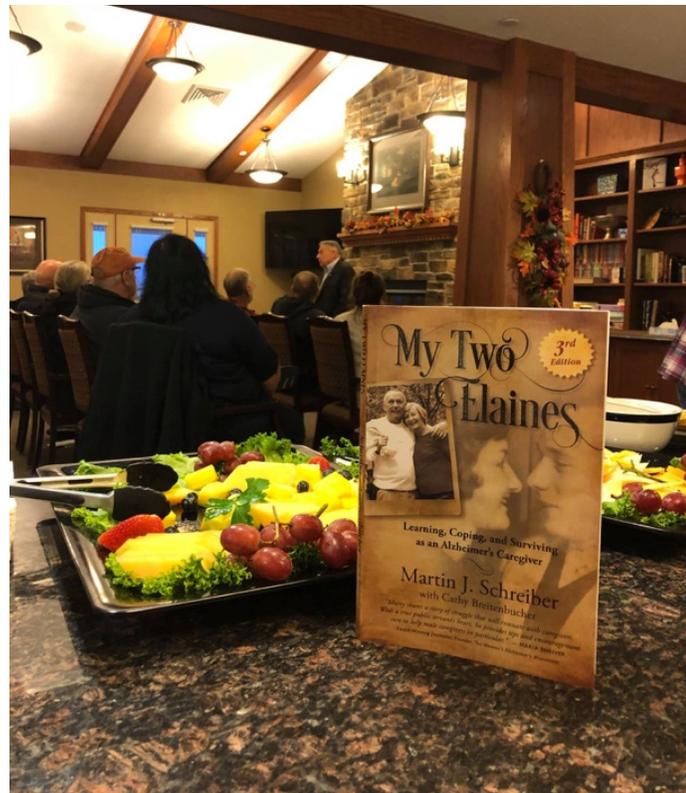
Last Month in Pictures

My Two Elaine's

On November 6, we had the tremendous pleasure of welcoming former Governor Martin Schreiber. He shared wonderful stories of his journey as a caregiver to his wife, Elaine!



Left: Despite the snowy weather, the presentation drew quite the crowd of friends, family and residents!



Left: Members of our management team pose for a picture with Schreiber. **Right:** A lovely spread of snacks accompanied Schreiber's presentation.

Last Month in Pictures

Veterans Day

We celebrated our veterans on November 20 with presentation of colors, flag folding and pinning ceremony. Thank you to the Port Washington American Legion for helping us put on this lovely event!



Clockwise from top left: The Legion presented our residents with a flag folding demonstration. Harley receives his document honoring his service! Residents enjoyed some patriotic cake after the ceremony.



Resident Birthday



Emilie K. 12/16



Welcome to our New Residents!

Jeanette C.
Bela H.

Upcoming Events

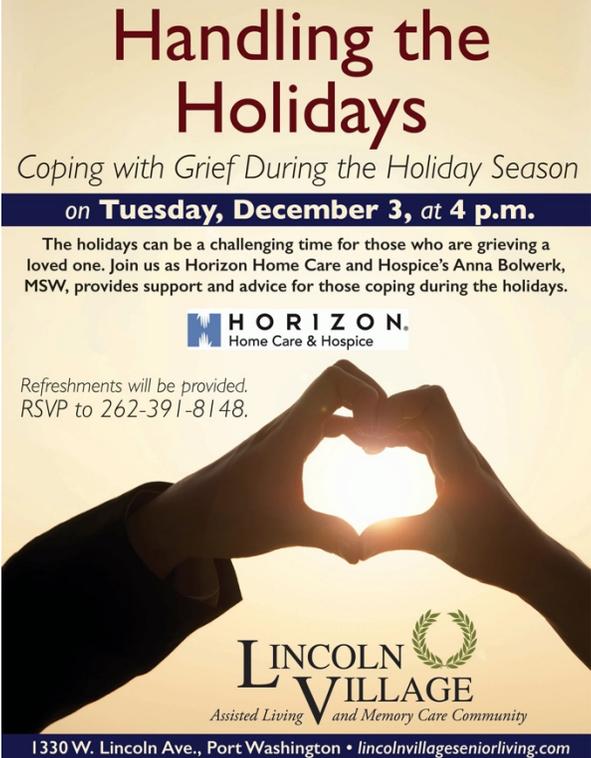
Handling the Holidays on Tuesday, December 3, at 4 p.m.

Visits from Santa on Wednesday, December 18, from 3:30-4:30 p.m.

Resident Council on Tuesday, December 17, at 11 a.m.

Church Carolers on Sunday, December 15, at 4:50 p.m.

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



Handling the Holidays
Coping with Grief During the Holiday Season
on **Tuesday, December 3, at 4 p.m.**

The holidays can be a challenging time for those who are grieving a loved one. Join us as Horizon Home Care and Hospice's Anna Bolwerk, MSW, provides support and advice for those coping during the holidays.

HORIZON
Home Care & Hospice

Refreshments will be provided.
RSVP to 262-391-8148.

LINCOLN VILLAGE
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Lincoln Village Core Value of the Month: Innovation

Innovation means continually working to develop new or enhanced solutions in order to better meet the needs of those who live and work in our communities.

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)!