



Lincoln Village
Assisted Living and Memory Care Community

Resident Newsletter

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

March 2020

Letter from the Director

Dear residents, families and friends,

Spring is right around the corner – and we hope it brings some warmer weather (and less snow)!

With the days getting longer, it's a great time to start a bit of spring cleaning. Clearing up clutter can be good for both your physical and mental health. So what are you waiting for? Here are some tips to help you get started.

- Make it a family affair. Invite the kids and grandkids. When you're going through your stuff, make it a point to stop and reminisce. It's a great chance to look back while growing closer with your loved ones.
- Create piles to keep, throw away and donate to charity. A lot of your old stuff could have a new second life if taken to a thrift store.
- Gather your important documents and put them in one safe, easily accessible location. Make sure your family knows where they are in case of an emergency.
- Use small bins to stay organized. They're a good way to store craft supplies, decorations and out-of-season clothes. And they're easier to lift than large bins.

Sincerely, *Elizabeth Kowalsky*



Elizabeth Kowalsky
Executive Director



Resident Recognition

Pat S.

Pat and her husband, Wally, have lived at Lincoln Village for a few months now and both have such a kind nature. Pat especially is such a sweet and giving person.

Pat often crochets in her spare time, and this winter she made every staff member a beautiful hat, with different colors and sizes! From all of us at Lincoln Village, thank you Pat. We adore our new hats – and our warm heads, of course!

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

Can't Sleep? You're Not Alone

Does a good night's sleep seem like a dream to you? As we age, our sleep patterns change. We get tired earlier, have more trouble falling asleep and sleep less deeply. This can impact our lives, affecting everything from brain health and memory to your overall mood.

The first step in improving sleep is to discover the cause. Is your sleep being interrupted by apnea, restless leg syndrome or periodic leg movements? Or is it a side effect of a medication – or just normal insomnia? Tracking your sleep with a sleep

journal can help you find patterns. A visit to your doctor – who may recommend a sleep study – is also a good idea.

Be careful when it comes to prescription and OTC sleep aids. They can often be habit-forming and, worse, can be bad for brain function.

Cognitive therapy, on the other hand, can help you learn thought, relaxation and behavioral techniques to improve your sleep patterns.

Other changes that can help



Rebeca Brown

Director of Nursing

include adopting mindful meditation, making sure to get enough sunlight every day, avoiding screen time before bed and establishing pre-sleep rituals.

A Message from Culinary

Show your Heart Some Love with a Healthy Diet

Will a glass of warm milk actually help you sleep better? It turns out that the old remedy is a good one. Like turkey, milk contains tryptophan, which has been shown to improve sleep (especially when paired with melatonin). But milk isn't the only comestible that can help you catch more z's.

- Certain **fruits** contain melatonin, which can help you fall asleep and stay

asleep. Tart cherries, bananas, pineapple and oranges are good sources, as are kiwis.

- Drinking **caffeine-free tea**, like chamomile, ginger or peppermint, can help you relax while also being a great pre-sleep ritual.

- **Cottage cheese** has tryptophan and casein, a milk protein that helps with muscle repair and growth. Top it with raspberries to add melatonin.



Ken Kissell

Executive Chef

- **Avoid complex carbs.** Bread, pasta and sugar can reduce serotonin and impair sleep. Instead, choose whole grains.

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 Rebeca, our new Director of Nursing

Rebeca is quickly becoming a familiar face around Lincoln Village, as she has recently started as our new director of nursing.

Rebeca graduated from Alverno in 2010 and has since been a practicing nurse. Her husband of nine years also works in health care as a doctor of internal medicine.

Rebeca has mostly worked in hospital settings with a variety

of patient needs. Most recently she worked at Aurora St. Luke's.

She spends a lot of her free time with her two sons, Benjamin and Samson. She also has a cat, Howie, and a fish, Mr. Frank. Rebeca enjoys going for walks, crocheting, reading, and watching a good movie.

We are very excited to have Rebeca on our team and look forward to the positive changes she will be making!



Rebeca
Director of Nursing

Staff Member Spotlight

Taylor, Concierge

Taylor is a familiar face around Lincoln Village. As many people have noticed, Taylor has switched roles and is now working as our concierge while also helping out in activities.

Did you know that she's also going to school to be an engineer? In fact, she attended the New York Institute of Technology for the first three years of her degree!

Taylor has an energy about her that is contagious. She is always happy and willing to help out any



Taylor, Concierge coworker, resident, or family member. Thank you for everything you do, Taylor. We are all happy to see you when we walk in the front door!

Upcoming Staff Training

Virus Control

3/12/20

The do's and don'ts of controlling a virus

Dysphasia

3/19/20

The consequences of not being able to swallow properly

Blood Thinners

3/26/20

How to monitor residents on blood thinners



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

Valentine's Day Dance

We had lots of fun at our Valentine's Day dance! Residents and families got to enjoy food and drinks along with live music! It was a night filled with love.



Left: Lois and Donna toast to a fun night! It was quite a full house.



Above: Chuck and Bill strike a pose for a picture
Right: Shirley and Norma matched their outfits to the special occasion, the color of love!



Last Month in Pictures

Puppy Happy Hour

This month we got a little surprise at happy hour. Residents were able to enjoy a drink while also playing with, petting, and watching a puppy. The puppy, Moxie will be making regular visits to Lincoln Village in the future!



Above left and right: Residents gather for happy hour – with a special guest! **Right and below:** Joan, Bettie, and Phyllis take turns giving Moxie a little love.



Resident Birthdays



Angie P. 3/14
Arlene H. 3/23
Fred H. 3/23



Welcome to our New Residents!

Muriel
Marylin
Mary

Upcoming Events

In response to the developing situation surrounding coronavirus, we are implementing heightened disease control strategies – which has included canceling our external events through the end of April. For more information on this, contact our community at 262-268-1300.

Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



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FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: www.cdc.gov/COVID19

Heritage Core Value of the Month: Collaboration

Collaboration means maintaining an environment that promotes engagement through open communication and transparency.

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)!