

THIS IS Living



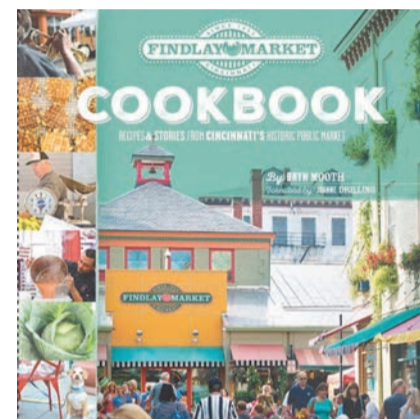
Ohio Living
Llanfair

WINTER 2018

OHIOIVING.ORG



Cocktails & Cookbooks



Monday, December 11
4 p.m. | Cocktails & Appetizers
4:30 to 5:30 p.m. | Program
Campus Center Great Room
1701 Llanfair Avenue

Join us as **Bryn Mooth**, author of the "Findlay Market Cookbook," will share stories of local market vendors and their areas of expertise, recipes that forge together Cincinnati's present and past, the shopping experience at Findlay Market, eating locally and much more.

This is Bryn's first book and is available now from Farm Fresh Books. She is also the editor of Edible Ohio Valley, a member of the International Association of Culinary Professionals and a master gardener.

If you enjoy the food scene and want to learn more about Findlay Market, then please join us for this tasty treat of an evening.

You won't want to miss out on this exciting presentation!

Please RSVP to Kim Kaser by December 7 by calling 513.591.4567 or kkaser@ohioliving.org.

Vertical by Masterpiece Living

Wednesdays | January 17, 24, 31 | 10 to 11:30 a.m.
Campus Center Great Room | 1701 Llanfair Ave.

Join Ohio Living Llanfair's Director of Education **R. Edward Stinson** in this interactive and inspiring three part education series. Ed is a certified Matter of Balance coach and educator. Vertical is a research-based fall prevention education program where you will learn a variety of techniques in which you can reduce falls and protect yourself in the event that you do fall. Vertical will help you manage falls and assist you with increasing your strength.



Part I: January 17

- Explore the serious nature of falls.
- Learn and practice the multidimensional approach to preventing a fall.
- Identify risk factors for falls.
- Participate in exercises that you can perform on a regular basis to build strength.
- Learn about the serious nature of falling.

Part II: January 24

- Explore the internal and external risk factors associated with falls.
- Take an inventory of environmental hazards that potentially exist in your world.
- Look at simple modifications to ensure safety.
- Walk away with a home hazard checklist.

Part III: January 31

- Participate in a fall history assessment.
- Learn about pharmacology and falls, and how impaired vision causes falls and how to compensate to prevent falls.
- Explore assistive devices.
- Learn and practice the process of safe transfers.
- Learn the correct ways to get up from a fall.

It is recommended that you attend all three classes.

Please RSVP by January 15 by calling Kim Kaser at 513.591.4567 or kkaser@ohioliving.org.

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Taste, Talk and Tours



A Message from Our Executive Director Jean Morgan

It has been one year since our parent company changed its name to Ohio Living resulting in our community's name change to Ohio Living Llanfair. It has been an exciting year as we have continued to unify with our sister communities across the state and with Ohio Living Home Health & Hospice.

Along with our new name came our new tag line, "Faith, Compassion, Community." For me, this tag line continues to focus us on embracing our faith-based, not-for-profit culture and heritage while we provide the opportunity for our residents to live life to the fullest.

Ohio Living embodies the essence of who we are as an organization, a community of people who celebrate living. We hope you plan a visit soon to experience this tag line in action!



Belwood Taste, Talk and Tour

January 18 | 10 a.m.
1776 Larch Avenue

Bring a friend and join us for this exclusive event that will begin with a seasonal tasting of fresh pastries, coffees and teas. You will enjoy a brief overview of the Ohio Living Llanfair campus, history of our organization, our life care commitment, move-in services and more. We will also discuss the many amenities that Belwood has to offer and walk through the varying two-bedroom floor plans.

Please RSVP by January 15. Call Kim Kaser at 513.591.4567 or kkaser@ohioliving.org

Larchwood Taste, Talk and Tour

February 21 | 10 a.m.
1722 Larch Avenue

This tour takes us on a stroll through the Larchwood building. We will begin with seasonal pastries, coffees and teas. The presentation portion will focus on the financial aspects of Ohio Living Llanfair, the application process, entrance fees and rental rates, and more. Larchwood offers many services and amenities including: two meals every day, housekeeping, linen service, transportation and more.

Please RSVP by February 19. Call Kim Kaser at 513.591.4567 or kkaser@ohioliving.org



Each of these events will give you the opportunity to talk with residents and staff and ask questions about what life is really like living at Ohio Living Llanfair.

Winter Stay Program

Sign up for the Winter Stay program by December 15 or earlier and receive \$250 off the monthly rate for the first two months of occupancy.

The change of seasons is upon us. It's a great time to start thinking about winter and the issues that it brings. Why worry about snow and slippery driveways, how you are going to get your groceries or do your banking when the weather is nasty! Watch the snow fall and the ice melt from the beautiful Ohio Living Llanfair campus and forget your worries about the weather.

The Winter Stay program is ideal for someone who doesn't know a lot about a life plan community and who would like to experience

the lifestyle before making a long-term commitment. This option is offered December through April but does not require a six-month commitment.

Forget about the long, lonely, dreary winter days; at Ohio Living Llanfair there is always something to do! Enjoy the many opportunities to meet with new and old friends, join in the many exercise and wellness classes, immerse yourself in our enlightening Masterpiece Friday lessons and find new talents in our variety of art classes. During

your stay, you will experience Ohio Living Llanfair's Masterpiece Living culture, a revolutionary lifestyle program that is redefining what healthy aging is all about.

Our Winter Stay program offers meals, housekeeping, laundry, transportation, activities, a lifeline system, and much more! You can bring your favorite furnishings and belongings to surround you in your new home or enjoy a furnished apartment. Watch the snow fly from your new apartment, knowing that everything you need is right here. If you do need to go out, no worry! We can do the

driving! We have a gift shop, beauty salon, fitness center, chef prepared meals and much more.

The Winter Stay program does not require a long-term commitment, you can move in when the weather is chilly and move back to home in the spring after the bad weather has passed. **If interested, please call Kimberly Kaser at 513.591.4567 or kkaser@ohioliving.org.**

This offer is subject to availability and application approval. Offer only available in the Larchwood building.

Community Calendar

If a phone number is not included in the Community Calendar event description, please call 513.681.4230 for more information. All events are free unless otherwise noted.

Breakfast Club Events

Breakfast Club provides residents and non-residents, not already living in a retirement community, an opportunity to learn something new, be entertained and informed about a topic or issue. Every second Wednesday of the month, we offer a continental breakfast at 9:30 a.m. The program begins at 10 a.m. in the Campus Center. RSVPs are required and there is a \$3 charge. Contact Independent Activities Coordinator Judy Sweeney at 513.591.4501 for more details.

December 13, 2017 | 10 a.m.

Tidings of Comfort & Joy

Enjoy a beautiful Christmas music video presentation from Luther College. Presented by **Ed Stinson**. **RSVP by December 11.**

January 10, 2018 | 10 a.m.

Cincinnati Zoo Babies



Join us as **Karen Borejka** from Zoo to You shares all the news about zoo babies. **RSVP by January 8.**

February 14, 2018 | 10 a.m.

Anatomy of a Green Building



Join us as **Jim Warner** shares his story of developing a high performance green building. **RSVP by February 12.**

March 14, 2018 | 10 a.m.

The Bricca Murders – Then and Now



Join us as **J.T. Townsend** presents Cincinnati's most infamous murder mysteries. **RSVP by March 12.**

Save the Dates

Starting February 5, 2018

Fridays | 9:30 a.m. to Noon

Campus Center Great Room
1701 Llanfair Avenue

OLLI Winter Semester and Fab Fridays

Ohio Living Llanfair is a partner site with University of Cincinnati's Osher Lifelong Learning Institute (OLLI). The classes will cover curriculum for a onetime course, special program or an event – all classes are called Fab Fridays.

Topics will include: self defense, Fernald, Cincinnati Shriners Hospital, Cincinnati Sports and more.

Anyone interested in OLLI programs, including Fab Fridays, contact the OLLI Program Office directly at 513.556.9186 or olli@uc.edu.

March 17, 2018 | 6:30 to 10 a.m.

Larchwood Building Dining Room
1722 Larchwood Avenue
\$5 per person, payable at the door

Green Pancake Breakfast

Bring a friend and join us for a little "Erin Go Bragh" as we celebrate St. Patrick's Day, Ohio Living Llanfair-style! Stop in any time between 6:30 and 10 a.m. for a delicious breakfast, followed by an open house and film!



10 to 11 a.m. | Larchwood Building
1722 Larchwood Avenue

Open House

Bring a friend, walk through the Larchwood Building, and see our beautiful one- and two-bedroom apartment homes.

RSVP to Kim Kaser, 513.591.4567 or email kkaser@ohioliving.org.

Tuesday, March 20, 2018

5:30 p.m. Dinner | 6 p.m. Presentation
Campus Center Great Room
1701 Llanfair Avenue

Financial Presentation – What you need to know about trusts from a legal and financial perspective

Join us as **Mary Ann Jacobs, Esq.**, attorney with the law firm of Ritter & Randolph, LLC and **Mike Lambert** CTFA, Vice President and Senior Trust Officer, Northside Bank share all you need to know regarding trusts.

This informative presentation will include topics such as: who needs a trust and why, probate, revocable and irrevocable trusts, benefits of a trust how they are administered and more. **RSVP required by March 15.**

Call Kim Kaser at 513.591.4567 or kkaser@ohioliving.org

Thursdays, April 12, 19, 26, 2018 10 to 11 a.m.

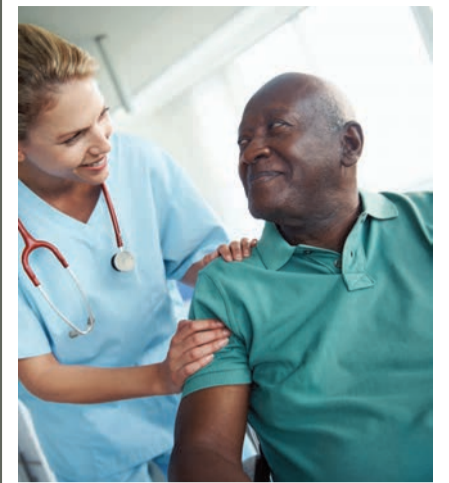
Campus Center Great Room
1701 Llanfair Avenue

3-Part Education Series – Make the Most of Your Move

Bring a friend and join us for our uniquely designed three-part moving series that will give you the tools you need to make the most out of your next move.



Stay tuned for the spring edition of "This is Living" for details on this program. **RSVP to Kim Kaser, 513.591.4567 or email kkaser@ohioliving.org.**



We currently have openings in our long-term nursing neighborhood with clinically trained 24-hour caregivers. If you know someone who would benefit from a tailored approach to long-term nursing care, please encourage them to contact Ohio Living Llanfair's transitional care liaison at 513.591.4516.

Are you scheduling an elective surgery soon?

Are you curious about rehab options and where you might recover after a hospital stay? **We invite you to stop in any time for a quick tour through our Rehab Center Suites and Therapy Gym.** You will leave with a detailed packet explaining everything you need to know about Ohio Living Llanfair's rehab center, what to expect from your stay, and what is covered by insurance. It's a great way to be prepared for future hospital visits.

No RSVP is required.

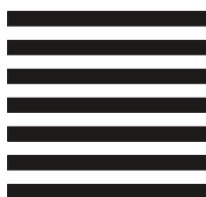
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Don't Be Left Out in the Snow!
Reserve your apartment home at Ohio Living Llanfair before the bad weather arrives. Call Kim Kaser at 513.591.4567 to schedule a tour.





Ohio Living

Llanfair

1701 Llanfair Avenue
Cincinnati, OH 45224
513.681.4230
ohioliving.org

Snapshots *from around our community*



Clockwise from top:

- Residents and Ohio Living Llanfair Garden Committee members Sharon Cusick and Kathleen Faux at the College Hill Garden Tour which highlighted Ohio Living Llanfair's Arboretum.
- Move-in Coordinator Marty Weldishofer and resident Nancy Schwartz at the annual Derby Day party.
- Larchwood dining room culinary staff Callie, Diane and Erin pose for quick photo before dinner service.

Shopping for the Flu

Suggested items you will need for stomach flu or seasonal flu symptoms:

Medical:

- Thermometer – a normal body temperature is 98.6 degrees
- Acetaminophen (e.g., Tylenol) – for fever, aches and pains
- Guaifenesin (e.g., Robitussin) – good for coughs
- Tissues – and plenty of them!

Food:

- Juices – frozen cans store well
- Ginger ale or Sprite – for nausea
- Gatorade or Pedialyte
(if not on salt restriction or have kidney failure)
- Chicken broth
- Low-salt chicken noodle soup
- Crackers/saltines
- Jello – ready made
- Applesauce (part of BRAT diet)

Call Us! Facebook Us! Tweet Us!



513.681.4230 | ohioliving.org

Yes! I'd like to visit and learn more about Ohio Living Llanfair and Masterpiece Living.

First Name

Last Name

Street

Apt. #

City

State

Zip

Phone Number

E-mail



Ohio Living

Llanfair



I am interested in the following:

- Belwood Condo-Style Apartment Homes
- Larchwood Apartment Homes
- Assisted Living Apartment Homes
- Rehabilitation
- Outpatient Therapy
- Skilled Nursing
- The Veterans Service Grant
- Church Employee Grant
- Please call me to schedule a visit and lunch
- Please remove my name from your list