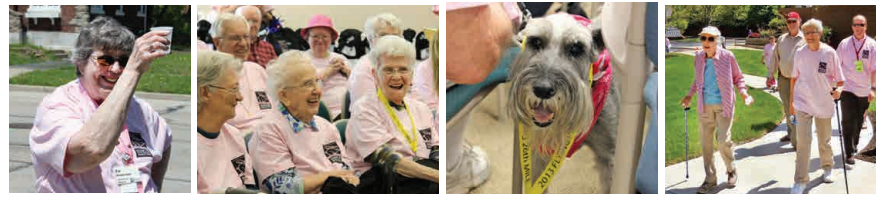




This is Living



Back by Popular Demand for the Second Year



TEAM LLANFAIR JOINS THE



FLYING PIG KICKOFF EVENT

MARCH 28 @ 11 A.M. • LLANFAIR CAMPUS CENTER GREAT ROOM

Llanfair Retirement Community is pleased to announce that we will again participate in the Flying Pig Marathon. After our successful debut last year, as the first retirement community in the marathon, Llanfair is thrilled to be part of the nationally recognized marathon for the second time.

Come join our team of Flying Pig Walkers!

Not only will Llanfair residents experience this exciting event, but we invite you to come join us as well! Any adult 55 years of age or better can join our team. Llanfair celebrates athletes of all abilities – residents, staff, families and friends in our neighborhood.

“The Flying Pig celebrates athletes of all abilities,” said **Iris Simpson-Bush**, executive director, Flying Pig Marathon. “Llanfair has created a progressive walking program to allow senior adults the opportunity to compete in the Flying Pig. The walking program is adapted so that all walkers can achieve their target distances.”

Each participant will create their own distance goal through a progressive walking training program offered on Llanfair's campus.

Llanfair's indoor walking track or external walking trails will help you achieve your walking goals. This training program will provide the support, instruction and encouragement you may need to be successful in reaching your target distance.

At Llanfair, we are committed to an unwavering belief that older adults can learn and grow at any age. With our Masterpiece Living® whole-person wellness philosophy we know that to live successfully,

we need to challenge ourselves every day spiritually, intellectually, socially and physically. We are excited to see our belief in action with our participation and support of the 2014 Flying Pig Marathon.

The Walking training program will utilize the Flying Pig Marathon's award-winning “Hog Log” system, so residents, staff members, families and friends, regardless of fitness level, can cover a full marathon distance, in increments, and focus on good nutrition habits to fuel their miles.

Join us for the Flying Pig Kickoff Event Friday, March 28 at 11 a.m. in the Llanfair Campus Center Great Room. We will explore a successful training program, welcome guests from the Flying Pig Marathon and discuss the details of this year's exciting events.

At the Kickoff Event participants will also learn about Llanfair's **Walk the Block Awards Ceremony on April 30** to celebrate those who challenged themselves to reach their own personal distance goals. We encourage all walkers, family and friends of Llanfair to join us for this event and for a ceremonial walk around our campus and neighborhood. All 2014 Flying Pig Marathon participants will receive their official 2014 Flying Pig Marathon medal at the awards ceremony.



There is no cost for the first 100 registrants! Please RSVP no later than March 21. Call marketing at 513.591.4567 or email pashbrock@llanfair.oprs.org.

Annual St. Patrick's Day Celebration!

Monday, March 17, 2014

Green Pancake Breakfast

6:30 a.m. – 10 a.m.

Larchwood Building Dining Room
1722 Larch Avenue

\$5.00/person payable at the door

Bring a friend and join us for a taste of Ireland as we celebrate St. Patrick's Day, Llanfair style! Stop in any time between 6:30-10 a.m. for a delicious breakfast, followed by three other fabulous events!

Apartments on Parade

10 a.m. – 11 a.m.

Larchwood Building
1722 Larch Avenue

Bring a friend and take a walk through our Larchwood and Belwood buildings as we showcase our beautiful one-and two-bedroom apartment homes.

Documentary on Ireland

11 a.m. – 12 p.m.

Campus Center Great Room
1701 Llanfair Avenue

Bring a friend and join us for a presentation and viewing of an extraordinary documentary about the beautiful countryside and history of Ireland.

Traditional Irish Beer Tasting

12 p.m. – 1 p.m.

Wellness Center Cafe'
1701 Llanfair Avenue

Join us after the documentary for a traditional Irish beer tasting in our Cafe' presented by **Marty Weldishofer**, owner of Marty's Hops and Vines.

Attend all four programs or just one, it's completely up to you!

RSVP by March 10 by calling marketing at 513.591.4567 or email pashbrock@llanfair.oprs.org.



In This Issue...

- A Message from Sheena
- 3-Part Financial Program
- The First 50 Years of Broadcasting in Cincinnati

- Masterpiece Fridays
- Events & Happenings
- Documentary Series

- Health Bites
- Photo Gallery



A Message from Our Executive Director

SHEENA PARTON

Art Enriches & Enhances Lives

Have you thought about picking up a paint brush or learning a new craft to unleash your creativity and imagination? There are many forms of art, be it drawing, painting, listening to music, dancing, cooking, telling stories, gardening and visiting museums, just to name a few.

It has long been known that for people of every age, the act of creation is life-enhancing and nourishing for the spirit. Whether you are making a homemade gift for someone, decorating for a special event or working on a quilt, it is an enjoyable way to spend your leisure time.

The act of creating is a powerful way to share our lives with others, and friendships are more likely to be developed and grow through sharing experiences of fun and spontaneity. There are also physical benefits for coordination and small motor movements by drawing, assembling crafts or sculpting. Studies have also shown that creative activity lessens pain and even enhances the immune system.

Llanfair provides many opportunities for its residents to have access to the arts and music, along with creative academic and social enrichment. This spring, for example, Llanfair will welcome many creative and artistic style programs including, "The Llanfair Expressionist" gardening program, and an educational series on modern dance.

Eclectic Passions – Acrylic Painting by Clara Armbruster, Ruby Godby, Margo Heckle, Jan Hyde, Howard Leytze, Verlie Meyers, Russ Traub, Mary Vanskee and Anna Weidus was featured in the 2014 OPRS Resident Art Calendar.



In addition, residents who live within the OPRS Communities also have the opportunity to submit entries in the annual OPRS Resident Art Calendar Contest, where Llanfair has been well represented by its many artists over the years. In fact, nine of our expressionists joined together to submit an acrylic painting that was chosen to be featured during the month of February (see left) and Judy Doyle's watercolor painting "The Llanfair Sycamore", was chosen to be featured in October.

It's never too late to enjoy the arts. During 2014, how are you going to unleash your artistic and creative side?

Cincinnati Broadcasting: The First Fifty Years

Tuesday, May 6, 2014 • 11 a.m. – 12 p.m. / Llanfair Campus Center Great Room



Bring a friend and join us for a look back into the world of television and radio broadcasting. Greater Cincinnati is credited with many contributions towards the development of radio and television. Historian and radio host **Mike Martini** with WMKV, will present "Cincinnati Broadcasting: The First Fifty Years," for an in-depth presentation on the early days of broadcasting. Mike will dig deep into the origins of radio and television and share rare photographs and fascinating stories from the days when Cincinnati was ranked behind only New York and Chicago in the "golden age of broadcasting" with the group.

RSVP by May 2 to marketing 513.591.4567 or pashbrock@llanfair.oprs.org.

Three-Part Financial Series

Join us for a financial series full of valuable information to help you: 1) Understand retirement choices; 2) Manage your money and benefits; and 3) Get the most out of what is available to you. Join us for all three presentations or just one.

Llanfair Campus Center Great Room
1701 Llanfair Avenue
5 p.m. Registration & Appetizers
5:30-6:30 p.m. Program
RSVP by February 20
to marketing at 513.591.4567



Thursday, March 6 Estate Planning – Don't Leave a Mess for Your Heirs

Attorneys Mary Ann Jacobs, Mollie Stegman and Maria Kontopos, with the law firm of Ritter & Randolph, LLC, will explain the importance of estate planning documents, such as a Last Will & Testament, Durable Power of Attorney, Health Care Power of Attorney and Living Will. You will learn about the legal significance of these documents and the pitfalls of not keeping them updated.

Thursday, March 13 Beneficiaries and IRAs – Leaving a Legacy

IRAs have reduced the need for many to create trusts – but does your IRA take care of how you leave your legacy? Join Jennifer Funk, a Financial Adviser at Merrill Lynch Wealth Management, as she discusses estate-planning strategies such as how to stretch IRAs, Roth IRAs and Trusteed IRAs.

Thursday, March 20 How Risky Are Your Investments?

Financial Adviser Jennifer Funk will take a closer look at financial risk as it pertains to different types of investments. Risk can take on several meanings for individuals and in this environment, some investments that seem safe might have unforeseen risks.

experience FRIDAYS

Meeting in the Wellness Center Cafe • 11 a.m.



Join us for entertaining, educational, spiritual and physical programs. Meet our residents, take a tour of the campus and learn about our Masterpiece Living® culture. Each program is free, but an RSVP is required to marketing at 513.591.4567.

DATE	EVENT
Mar. 7	The Llanfair Expressionist Rachael Demir
Mar. 14	National Pi(e) Day Judy and Dick Doyle
Mar. 21	Stay Healthy with Steve's All Root Vegetable Soup – Steve Schmitz
Mar. 28	Flying Pig Kickoff Event
Apr. 4	Curious Women of College Hill in the 19th and 20th Centuries Diana McBride
Apr. 11	Memory Tour of WWII David Luce
Apr. 18	Good Friday – No Program
Apr. 25	Gardens Led Us to Llanfair Phyllis Schoenberger & Jane Avery
May 2	Spring Sips: Wine Tasting Marty Weldishofer
May 9	Lights ... Camera ... Action! Sharon Conlon
May 16	Finding Myself by Volunteering Bill Neus
May 23	A Soothing Touch Deb Faessler
May 30	The Lord's Bounty Comes to College Hill – Peggy Kehrer

Events & Happenings

BREAKFAST CLUB EVENTS

Breakfast Club provides Llanfair 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 per person.** Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

Wednesday, March 12, 2014
Cincinnati Beginnings

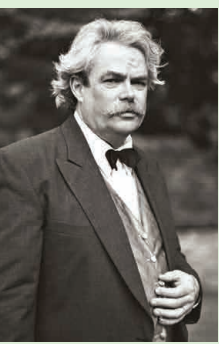


Join us as Library Technician **Jeff Seuss** from *The Cincinnati Enquirer* takes us through an in-depth look in to the history of Cincinnati through the eyes of our local newspaper. **RSVP required by March 7**

Wednesday, April 9, 2014
Habitat for Humanity



Development Manager **Charmain Kessinger** will share with us how Habitat for Humanity reaches out to those in need, the history of the program and the many ways to get involved. **RSVP required by April 4.**



Wednesday, May 14, 2014
Mark Twain Impersonator

Join us for this exciting and comical presentation by humorist and story teller **Stephen Hollen** as he recalls exciting adventures as Mark Twain. **RSVP required by May 9.**

SEASONED SINGLES

If you are 55 years of age or better and currently not residing at a retirement community, our *Seasoned Singles* outreach program may be just what you're looking for – a great way to meet new people and share wonderful experiences through traveling and other entertaining events and trips. We offer a meeting place, group rates and round-trip transportation. Contact Nancy Quante, independent living activities coordinator, at 513.591.4501 to be added to the *Seasoned Singles* mailing list or for more details.

Please contact Nancy Quante, independent living activities coordinator, at 513.591.4501 for additional details for the events listed below.

March

Hamilton Rotary Musical and The Houston Restaurant for Dinner

April

Visit to The Cincinnati Museum to view the Princess Diana Display

May

B&B Riverboat Luncheon Cruise
Break up your day and sail away! Climb aboard for a two-hour cruise featuring games, entertainment and a delicious buffet.



JOURNEY THROUGH AGING WITH JOEL
WRFD 880AM Saturdays 8-9 a.m.

Tune-in to 880AM to hear Joel Wrobbel as he talks with experts from around the state regarding issues that affect Ohio's older adults.



SAVE THE DATE

June 5, 12, 19 and 26
10 a.m. – 11 a.m.
Llanfair Campus Center Great Room
4-Part Education Series: Make the Most of Your Move

Topics include staging your home for the buyer, de-cluttering, organization tips and information on the current real estate market to help you maximize your home's value. Enjoy all four presentations or just one. **RSVP required by June 2.** Call marketing at 513.591.4567 or email pashbrock@llanfair.oprs.org.

June 13 & 14 @ 8:30 p.m.
Aronoff Center for the Arts
Llanfair Partners with Contemporary Dance Theatre (CDT)

Llanfair residents and family members are encouraged to attend the premier performances at the Aronoff Center in June, to witness first-hand how some of Llanfair's residents' lifelong stories come alive through contemporary dance. A scaled-down performance will be presented at Llanfair, at a later date. CDT will also offer an educational program for residents to learn about modern dance. **For more information please contact Llanfair Community Liaison Peg Ashbrock** at 513.591.4503 or email pashbrock@llanfair.oprs.org.

July 24 • 2 p.m. – 3:30 p.m.
Llanfair Campus Center Great Room
The Medicare/Medicaid Maze

Learn all the ins and outs of Medicare and Medicaid. Also learn the financial aspects of applying for Medicare and Medicaid. **RSVP required by July 17, seating is limited!** Call marketing at 513.591.4567 or email pashbrock@llanfair.oprs.org.

Coming in Fall of 2014
OLLI to be Offered at Llanfair

Llanfair is proud to announce that our campus will be the newest partner site with University of Cincinnati's Osher Lifelong Learning Institute (OLLI). We will welcome a variety of lifelong learning opportunities to western Cincinnati on our centrally-located College Hill campus. **Stay tuned for the summer edition of *This Is Living* for more details!**

For more information on classes & events 513.681.4230
All events are free unless otherwise noted.

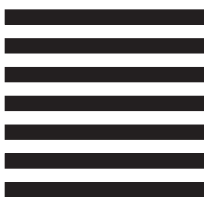


NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 39 COLUMBUS OH

POSTAGE WILL BE PAID BY ADDRESSEE

CHRIS MCKENZIE
OPRS COMMUNITIES
1001 KINGSMILL PKWY
COLUMBUS OH 43229-9892



Quarterly Documentary Series

Several times a year Llanfair will present interesting, inspiring and educational documentaries that will cover a wide range of topics. Guests are encouraged.

All sessions will be held in the Campus Center Great Room at 1701 Llanfair Avenue.

March 17 • 11 a.m. – 12 p.m.
Documentary of Ireland

A presentation and viewing of an extraordinary documentary about the beautiful countryside and history of Ireland. **RSVP required by March 10.**

May 20 • 10 a.m. – 12 p.m.
The Loving Lamppost

This extraordinary film takes a closer look at children living with Autism and the changing world in which those with Autism live. **RSVP required by May 16.**

To RSVP for all sessions call marketing at 513.591.4567 or pashbrock@llanfair.oprs.org.





Llanfair
Retirement
Community

1701 Llanfair Avenue
Cincinnati, OH 45224
513.681.4230
www.llanfairohio.org

Protein Intake Linked with Muscle Mass



Protein is not just something that body builders need to get “ripped.” Every muscle in the human body requires a protein fuel source. The amino acids that feed hungry muscles can only be found in protein-containing foods. Research shows that a diet rich in high-quality protein is linked with healthy muscle tissue, no matter how much you can bench press or what your age may be.

The body loses muscle mass at a rate of up to two percent per year after age 50. So the retiree population is at risk for muscle wasting, which can eventually lead to an overall decline in health.

Try replacing your afternoon tea and cookies with protein rich foods like hard-boiled eggs, a glass of low-fat milk, a spoonful of peanut butter, or half of a deli meat sandwich. Aim for about 3-5 ounces of lean protein at each meal, plus one protein-rich snack per day.

Healthy diet, along with an age-appropriate exercise program, can help protect your current muscle mass or increase it! Do not let the body steal from the muscles to keep the other organ systems running! Keep your protein intake and physical activity in balance to preserve your lean body mass and your health.



Vegetable “Meat” Loaf

Nutritional information: Calories: 338, Fat: 21.2g, Protein: 17.5g, Carbohydrate: 22.6g

- 1 can roasted red bell peppers, drained and sliced
- 1 large green bell pepper
- 2 pounds cremini mushrooms, coarsely chopped
- 1 tablespoon olive oil
- 1 cup 1/2-inch asparagus pieces
- 1/2 cup chopped red onion
- 1 cup panko (Japanese breadcrumbs)

- 1 cup chopped walnuts, toasted (optional)
- 2 tablespoons chopped fresh basil
- 1 tablespoon ketchup
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 ounces fresh Parmigiano-Reggiano cheese, grated

- 2 large eggs, lightly beaten
- Cooking spray

Topping:

- 2 tablespoons ketchup
- 1 tablespoon vegetable broth
- 1/4 teaspoon Dijon mustard

Preparation

1. Preheat oven temperature to 350°F.
2. Place mushrooms in a food processor or blender until finely chopped. Transfer chopped mushrooms to a bowl.
3. Heat a large nonstick skillet and oil over medium-high heat. Sauté mushrooms 15 minutes or until liquid evaporates. Add mushrooms to bell peppers. Wipe pan with paper towels. Add asparagus and onion to pan; sauté 6 minutes until tender, stirring occasionally. Add onion mixture to mushroom mixture.
4. Arrange breadcrumbs in an even layer on a baking sheet; bake at 350° for 10 minutes or until golden. Add breadcrumbs and the next 8 ingredients (through eggs) to mushroom mixture, stirring well. Spoon mixture into a 9 x 5-inch loaf pan coated with cooking spray; press gently to pack. Bake at 350° for 45 minutes or until a thermometer registers 155°.
5. To prepare topping, combine 2 tablespoons ketchup and remaining ingredients in a small bowl; brush ketchup mixture over meat loaf. Bake an additional 10 minutes. Let stand 10 minutes; cut into 6 slices.

SNAPSHOTS From Llanfair



Residents from Llanfair's Spiritual Life Committee share in the task of putting together Llanfair's annual Christmas poinsettia tree in the Margaret Jean Wells Chapel.

Resident Min Silver enjoys time with Santa before the holidays.

Llanfair said Auf Wiedersehen to Marketing Director Kim Kaser in December as she and husband, Matt, ventured to Germany for two years. Kim is still working part-time for Llanfair from Germany so you may get a call from her!



For more information about Llanfair's active community, call 513.591.4567.

Belwood Condo-Style Homes • Larchwood Apartment Homes
Assisted Living Apartment Homes • Rehabilitation
Memory Care & Skilled Nursing



Llanfair
Retirement
Community

513.681.4230

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

First _____ Last _____

Street _____ Apt. # _____

City _____ State _____ Zip _____

Phone Number _____

Email _____

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