



Llanfair
Retirement
Community

Winter 2013-2014

This is Living



VERTICAL

FRIDAYS • 11 A.M. TO NOON • CAMPUS CENTER GREAT ROOM
JANUARY 24 & 31 / FEBRUARY 7 & 14, 2014

Join Llanfair's Director of Education **R. Edward Stinson** in this interactive and inspiring four-part education series. Ed is a certified Matter of Balance coach and educator.

Bring a friend and join us for the four-part series, Vertical, by Masterpiece Living®. 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 24, 2014

- 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

PART II JANUARY 31, 2014

- 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 FEBRUARY 7, 2014

- Participate in a fall history assessment
- Pharmacology and falls
- How impaired vision causes falls
- Vision compensations to prevent falls

PART IV FEBRUARY 14, 2014

- Explore assistive devices
- Learn and practice the process of safe transfers
- Learn the correct ways of how to get up from a fall

There is no charge for this event, but advanced registration is required.

Please contact Marketing at 513.591.4567 by January 10, 2014 to reserve your space. 



Moving Series Program

Home Inspection – What's it All About?

Presented by:

John Cordell, President, Inspection Plus

Thursday, December 12, 2013 • 10 a.m.

**Llanfair Campus Center Great Room
1701 Llanfair Avenue**

As part of Llanfair's ongoing moving series, "Home Inspection – What's it All About?" will cover the questions you have about home inspections, what's involved and how the industry has changed over the past 20 years.

Bring a friend and join us as John Cordell, President of Inspection Plus, covers the ins-and-outs of home inspection. Since 1991, Inspection Plus has performed more than 39,000 home inspections and hundreds of commercial property inspections. As the largest home inspection firm in Greater Cincinnati, Home Inspection prides itself on being sensitive to the needs of the buyers, sellers and agents they work with.

John's presentation will cover the many aspects of a home inspection and what is involved. Program topics will include:



- What does a home inspector do?
- Why do home owners need a home inspection?
- What parts of the home will the inspector examine?
- How do homeowners prepare for an inspection?
- Why is it a good idea to have a pre-listing inspection?



You won't want to miss this educational program including interesting stories that John will share on unusual items he's uncovered during his 20 year career.



Reservations are required.

Please RSVP to Marketing at 513.591.4567 by December 5. 

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 Heart Program Offered
 Health Bites



A Message from Our Executive Director

SHEENA PARTON

'Tis the season to celebrate with family and friends! Are you beginning to have dreams of sugarplums dancing in your head along with some of the holiday culinary delights? Though they may be tasty, they are often loaded with sugar, salt and fat. Some examples of such include cheese platters, cream cheese and bacon-wrapped appetizers, cheese dips, cheesecake and cookies (note cheese is a key ingredient in many of these examples!). You may have a calendar that is packed with holiday parties and family gatherings, which can present a particular challenge when it comes to continuing to eat healthy. Cold and snowy weather could also lessen your motivation to stay active. However, it is possible to enjoy holiday parties and maintain fitness. Following are some tips and strategies that may help you with this challenge!



You are less likely to overindulge on holiday treats if you eat four to six smaller meals instead of saving yourself for that one huge holiday meal. Who could resist the smell of a holiday kitchen if you are starving? Smaller meals also enhance metabolic activity so that you can burn more calories during the day. Be sure to include vegetables and fruits to balance out your plate. Slow down and savor every bite! It takes at least 20 minutes for our brains to signal that we are actually full. If you are competitive by nature, try being the last to finish, not the first! When it comes time for dessert, take a bite or two instead of having a full serving - 90 percent of the pleasure at 10 percent of the calories!

If you are asked to bring food to a gathering, contribute a healthy dish and that way you will know there is one healthy thing you can treat yourself to. While you are at the party, most of us like to "graze" near the food table. Try standing more than an arm's length away from the food so you are not tempted to indulge so often.

Enjoying the holiday season doesn't mean you have to sacrifice all of your favorites! ✏️

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 Kim Kaser at 513.591.4567.

DATE	EVENT
Dec. 6	Holiday Cookie Treats with Llanfair staff members
Dec. 13	Steve Schmitz – Figgy Pudding
Dec. 20	Resident Christmas Party No program
Dec. 27	Rachel Demir – What You are Not Going to do in the New Year
Jan. 3 2014	Mary Alice Maze – My Independence Senior Independence
Jan. 10	Chaplain Jan – Have an Epiphany Year
Jan. 17	Marty Weldishofer – Winter Wine Tasting
Jan. 24	Ed Stinson – Vertical I
Jan. 31	Ed Stinson – Vertical II
Feb. 7	Ed Stinson – Vertical III
Feb. 14	Ed Stinson – Vertical IV

“A Taste” of Meatless Monday On Tuesday, January 14, 2014!



The goal of Meatless Monday is for one day a week to cut out saturated fat intake, which in turn reduces the risk of chronic diseases such as diabetes, heart disease, stroke and cancer.

Though Meatless Monday is normally on Mondays, Llanfair's "A Taste of Meatless Monday" will be on a Tuesday.

**A Taste of Meatless Monday
TUESDAY, January 14, 2014 • 10 a.m.
Campus Center Great Room**

Bring a friend and join Llanfair's Executive Chef **Nancy Schmale** share the buzz about the international movement. You will learn the history behind the movement, key benefits of participating in the Meatless Monday campaign, celebrities and restaurants that endorse it and much more.

**Please RSVP to Marketing
513.591.4567 by January 3, 2014.** ✏️

**For More Information
About Our Active Community
513.591.4567**



Llanfair
Retirement
Community

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



SNAPSHOTS

From Llanfair



Calories for a Cause – Rosie Red & guests before enjoying ice cream sundaes • Mr. Red with Calories for a Cause founder & resident, Ruth Hartzell

Harvest Home Parade – Llanfair staff & residents (l-r) Nichole Bumpus, Harold 'Chappie' Chapman, Brian Voegle, Holly Schmidt, Terry Emerson, Rachael Demir, Ed Stinson • Llanfair staff Kim Kaser & Mary Prus

Family Picnic – Llanfair staff (l-r) Joni Kaser, Chris Asselin, Becca Adams, Miranda Sitchanoff, Carol Saylor & Kim Kaser • Resident Nancy Fletcher with daughter Ruth • Resident Dorothy Ramsey with family

Events & Happenings

BREAKFAST CLUB EVENTS

Breakfast Club provides Llanfair residents and non-residents not already residing in a retirement community an opportunity to learn something new, be entertained and be 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 for non-residents.** Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

December 11 @ 10 a.m.
Christmas with the Hills of Kentucky Dulcimers



Join us for some good old fashion jamming! The Hills of Kentucky Dulcimer Club, a non-profit organization with more than 100 members, provides entertaining programs of beautiful music by mountain dulcimers played on traditional mountain instruments. **RSVP required by Dec. 6.**

January 8, 2014 @ 10 a.m.
Beauty Has No Age



Examine exceptional works created by artists in their later years and thoughtful portrayals of older adults in art over the centuries. Join us as a specially-trained docent from the Cincinnati Art Museum brings the "museum on wheels" and gives a rich and colorful presentation of this fascinating work. **RSVP required by January 3, 2014.**

Get Your Walking Shoes Ready!

The Flying Pig Marathon Part II is coming to Llanfair again in spring 2014. Stay tuned for the spring edition of This is Living for more information about how to get involved with The Flying Pig and with Llanfair's progressive walking group.



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.

December 6 @ 6 p.m.
Meet/greet – Larchwood Lobby
Depart 6:16 p.m. / Return 9:30 p.m.
 Reception following the concert

Christmas Grace

Cincinnati Christian University presents *Christmas Grace*, a musical theater production. Join us as we become part of the Miller family Christmas. You will hear family stories, Christmas sing-a-longs, and be reminded that Grace is God's gift to us, perfectly illustrated in the One whose birth we celebrate at Christmas. **For additional information, please contact Nancy Quante, independent living activities coordinator, at 513.591.4501.**



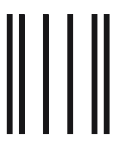
December 16 @ 1:45 p.m.
Meet/greet – Larchwood Lobby
Depart 2 p.m. / Return 8:30 p.m.

Lights Under Louisville



We are headed to Louisville, KY, by bus to have dinner at the Bristol Bar & Grill and then visit the Louisville Mega Cavern to see the lights. The ride through the display is approximately 30-40 minutes featuring over 800 lit characters with over 2 million points of light. It's the only underground light show of its kind on the planet. **\$60 per person includes transportation and entrance to Cavern. Cost of dinner is on your own. RSVPs due December 1.**

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



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Save these Dates in March 2014! Three-Part Financial Series



You're invited to a three-part education series full of valuable information to help you:

- 1) Understand retirement choices
- 2) Manage your money and benefits
- 3) Get the most out of what is available to you

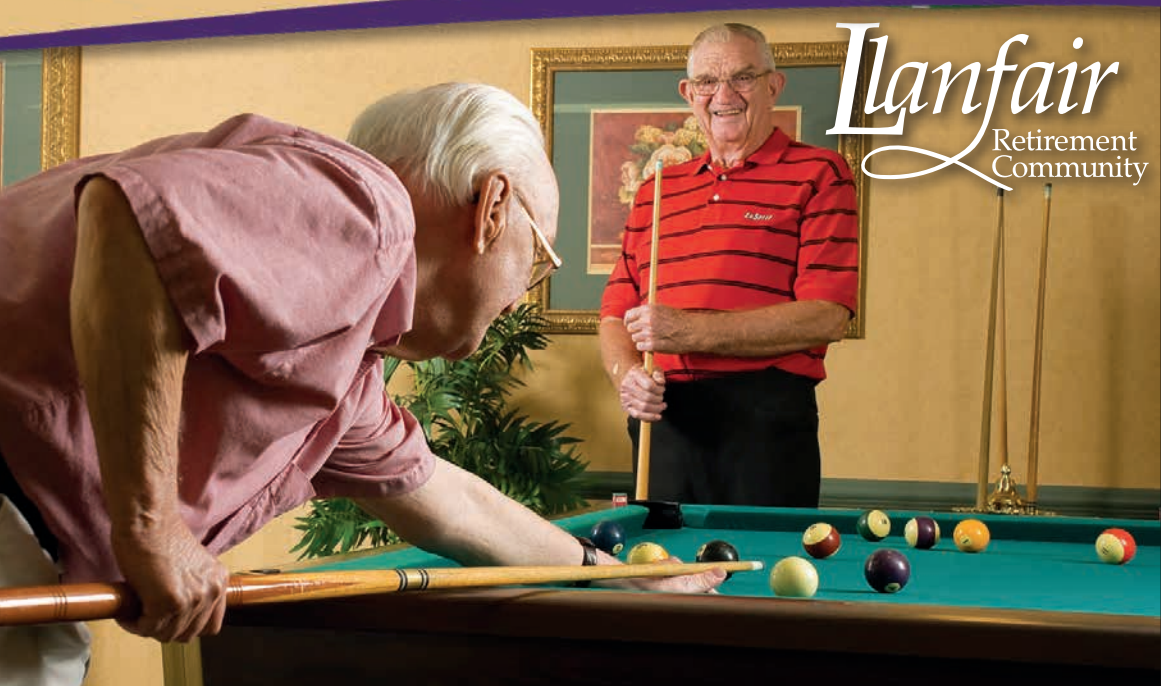
Enjoy all three presentations or just one. Guest speakers include Jennifer Funk, financial advisor at Merrill Lynch Wealth Management, Mary Ann Jacobs and Mollie Stegman, Ritter and Randolph Law Office.

Please RSVP to Marketing at 513.591.4567 by February 20, 2014.

- March 6** Estate Planning – Don't Leave a Mess for Your Heirs
- March 13** Beneficiaries and IRAs – Leaving a Legacy
- March 20** How Risky Are Your Investments?

Wednesday evenings
 5 p.m. Registration & Appetizers
 5:30-6:30 p.m. Program





Llanfair
Retirement
Community

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

From the Desk of R. Edward Stinson,
Director of Education, American
Heart Instructor and Emergency
Care & Safety Institute Instructor

**Keep
Your Heart
Healthy**

**February
2014**

**Reserve a
Date for Your
Organization!**

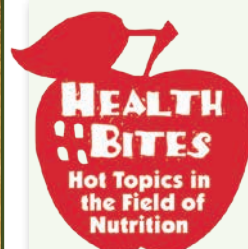
**Call Community Liaison
Peg Ashbrock 513.591.4503**

**Llanfair will be offering
Heart Healthy seminars
to various senior centers
and church groups to
assist older adults in
making their hearts
stronger and healthier
during February 2014.**

Interesting Facts about the Human Heart

- ♥ The average heart beats 72 times a minute, 100,000 times a day, 3.6 million times a year, and 2.5 billion times during a lifetime.
- ♥ A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- ♥ Every day, the human heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
- ♥ Grab a tennis ball and squeeze it tightly: that is how hard the beating heart works to pump blood.
- ♥ During an average lifetime, the heart will pump nearly 1.5 million barrels of blood – enough to fill 200 train tank cars.

Reference: Random History and Word Origins for the Curious Mind



*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 what your age may be.

After age 50, the body loses muscle mass at a rate of up to two percent per year. Try replacing your afternoon tea and cookies with protein rich foods, such as hard-boiled eggs, a glass of low-fat milk, a spoonful of peanut butter, or half of a deli meat sandwich. Aim for 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 even 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.

Microwave Scrambled Eggs

2 eggs • 2 Tbsp. milk
Pepper to taste
Dash of dried oregano and parsley



Instructions: Beat eggs, milk, pepper and spices in microwave-safe bowl or 12-oz. coffee mug until blended. Microwave on high 45 seconds, then stir. Microwave again until eggs are almost set, 30-45 seconds longer. Serve immediately. Try this, top your eggs with your favorite toppings like cheese, green onions, or salsa and sour cream!



**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



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

E-mail



513.681.4230

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