

THIS IS Living



Ohio Living
Llanfair

WINTER 2017

OHIOLIVING.ORG

It's a Brand New Day

Llanfair
Retirement
Community

is now



Ohio Living
Llanfair



We have some exciting news to share with you. On October 28, our parent company, Ohio Presbyterian Retirement Services, changed its name to Ohio Living. As a result, our community's name has changed to Ohio Living Llanfair. Additionally, Senior Independence, our home health and hospice provider, has changed its name to Ohio Living Home Health & Hospice and our Foundation is now Ohio Living Foundation.

We are very excited about this change and believe it will bring a bright future as we continue to offer high-quality care and services to you under the unified name of Ohio Living.

Please rest assured that this rebranding effort is not the result of a merger,

acquisition or change in ownership. Our people, mission and ownership will remain the same.

We chose the name Ohio Living because we believe it embodies the essence of who we are as an organization – a community of people who celebrate living. It is our deepest desire to provide others with opportunities to live life to the fullest by joining alongside them to make each day count. This new brand is an expression of our organizational values and speaks to the principles we were founded on in caring for Ohioans, a charge which proudly remains our primary focus.

You'll notice we also removed the words retirement community from our name. This decision was based on research indicating

that many current and future prospective residents view the word retirement negatively. Similarly, we have also changed from referring to our community as a continuing care retirement community which allows "planning" and "living" to merge. Having a plan in place allows for living life to the fullest

Additionally, we have adopted the tagline "Faith, Compassion, Community" to embrace our faith-based, not-for-profit culture and heritage.

We want to assure you that this change will not affect the care and services at Ohio Living Llanfair in any way. Our new brand represents a renewed commitment to our residents, families, staff and the Greater Cincinnati community.

Cocktails & Climbing

Presented by Bob Herring
Thursday, Dec. 8, 2016

4:30 p.m. Cocktails & Appetizers

5 to 6 p.m. Presentation

Campus Center Great Room

1701 Llanfair Avenue



Since 1980, Nativity School has been preparing students to become citizen diplomats through a comprehensive global education program designed for students in kindergarten through eighth grade.

This global education program teaches geography, instruction in world languages and gives students the opportunity to travel abroad.

Over the years, the global education program at Nativity has evolved to include the opportunity to learn Latin, Chinese and Spanish languages; a map studies program with an emphasis on physical and political geography; a student exchange program and much more.

Last year, **Bob Herring** and a team of parents and teachers traveled to Africa with the specific goal of climbing Mt. Kilimanjaro, the highest mountain in Africa and the highest free-standing mountain in the world.

Join us to learn about this unique international study program and what motivated this team to embark on a hike above the clouds.

Please RSVP to Kim Kaser by December 5 by calling 513.591.4567.

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*A Message from
Our Executive Director*
Jean Morgan

“Happy 60th
Anniversary
Ohio Living
Llanfair!”

Quality of life is as important as *length* of life, and our residents are a testament to that philosophy. As we celebrate our 60th Anniversary in 2017, we remember our mission comes alive every day as our residents are served by staff and volunteers who meet their individual needs with faith, compassion, and a sense of community.

The initial efforts to develop our community were undertaken by the founding council, a group of pastors from the Cincinnati, Dayton and Portsmouth Presbyteries. Their efforts led to the dedication of the original 40-room building and the start of services in January 1957. From then we have grown exponentially with the most recent expansion and opening of the Rehab Suites.

Since 1957, the programs of Ohio Living Llanfair have defined the highest standards of quality of life for adults. A milestone in our philosophy and approach to living well included becoming the first community in the greater Cincinnati area to become Eden Alternative certified in 1998. The Eden Alternative philosophy focuses on the skilled nursing



area and advocates creating an environment and atmosphere where people can continue to grow as human beings through variety, companionship, and opportunities to serve and give. This philosophy was expanded even further when we became a Masterpiece Living community in 2009. We broadened our approach to successful living well beyond our skilled nursing areas into assisted living and independent living. Our commitment to Masterpiece Living guides us toward our vision that by engaging in healthy lifestyle choices in the social, intellectual, physical, and spiritual dimensions, people are able to increase resilience and

decrease risk. This results in a fulfilling engagement with life and continuous challenge toward new goals or dreams.

We have always been blessed with the generosity of residents, their families and our friends in the greater community. The inspired and dedicated staff, along with their tenure, creativity and desire to make our mission a breathing and living document is a testament to the compassion that lives in their soul. Our volunteer board leadership team also shares these same traits and dedication.

We will celebrate our 60th anniversary with many exciting events as we remember that our success has been predicated by our day-to-day commitment. We are continually inspired by the call to service, by our deep roots in our community, and by the generosity of residents and friends who recognize the importance of all that we do. We look forward to our next 60 years! I have every reason to believe that what has made us successful in the past will only enhance the future of Ohio Living Llanfair, as we plan, dream and, most importantly, serve.

Masterpiece FRIDAYS

Meeting in the Wellness Center Café • 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. 2	Make Your Own Gingerbread House Activities Team
Dec. 9	Figgy Pudding Steve Schmitz
Dec. 16	Celebrating Advent Chaplain Jan Ledford
Dec. 23	Fall Prevention & Home Safety Therapy Department
Jan. 6	Erin Wales The Sonshine House
Jan. 13	It's All About Hearing Dr. Brandi Raycheck
Jan. 20	Joint Replacement and Pain Management Therapy Department
Feb. 10	Wine & Chocolate Marty Weldishofer

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.

It's a great time to start thinking about winter and the issues that it brings. If you're worried about snow and slippery driveways, how you're going to get your groceries or do your banking when the weather is nasty, then the Winter Stay Program might be for you! Watch the snowfall and the ice melt from the beautiful campus of Ohio Living Llanfair and don't worry about having to go out in the weather.

The Winter Stay program is ideal for an individual who doesn't know a lot about life plan communities and wants

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, lonesome, 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, experience the Matter of Balance course, immerse yourself in our enlightening Masterpiece Friday lessons, or 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 and you have

a wonderful staff to cook and get you to needed places with no worry. 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, so you are free to move in when the weather is chilly and move back to your 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 14, 2016 | 10 a.m.

Video of The Mormon Tabernacle Choir



Enjoy the sounds of Christmas with this special presentation, on the big screen, of the Mormon Tabernacle Choir featuring David Archuleta. RSVP by Friday, December 9.

January 11, 2017 | 10 a.m.

Cold Serial: The Jack Strangler Murders



Author **Brian Forchner, Ph.D.**, reopens this cold case file from an unsolved murder mystery in Dayton, Ohio in the early 1900s. RSVP by Friday, January 6.

February 8, 2017 | 10 a.m.



The Benefits of Physical Activity

Join us as **Susan Leytz** with the Clippard YMCA teaches us about how to stay active and fit during the cold winter months. RSVP by Friday, February 3.

Other Events

Starting January 20, 2017 Fridays | 9:30 a.m. to Noon Campus Center Great Room 1722 Larchwood Avenue

OLLI Winter Semester and Fab Fridays

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

Registration for the winter courses begin mid-December. Topics will include WCPO-TV, local theatre groups, grieving and loss, arson investigations, CET arts channel, Cincinnati Reds memories, historical overview of race riots and police, tour of England and much more!

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

January 10, 17 and 24, 2017 10 to 10:45 a.m. | Larchwood Pub 1722 Larchwood Avenue

Dollars & Donuts for Children of Older Adults

As your parents age, you may be asked to take over their finances and that can be stressful. Join us for a series of seminars to help you get a handle on what needs to be done. Topics will include: Conservative financial solutions, long-term care coverage and financial planning for your future. All programs are limited seating. Please RSVP early to Kim Kaser at 513.591.4567 or kkaser@ohioliving.org.

Save the Dates

March 17, 2017 | 6:30 to 10 a.m. Larchwood Building Dining Room 1722 Larchwood Avenue \$5 per person

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. | Apartments on Parade | 1722 Larchwood Avenue

Bring a friend and 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.

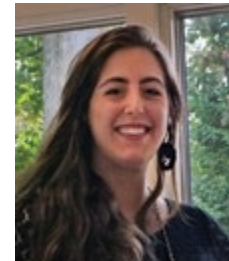
March 2, 2017 | 5:30 p.m. Dinner 6 to 7 p.m. Presentation Campus Center Great Room 1701 Llanfair Avenue

The Duties, Details and Responsibilities of Being an Executor of an Estate

Join us as **Mary Ann Jacobs, Esq.**, attorney with the law firm of Ritter & Randolph, LLC shares what you need to know as Power of Attorney or executor of someone's estate. Mary Ann will go over the financial responsibilities, legal responsibilities, renunciation and common mistakes that executors make.

RSVP required by April 21. Call Kim Kaser at 513.591.4567 or kkaser@ohioliving.org.

Ohio Living Llanfair's Artist-in-Residence



Two years ago, Ohio Living Llanfair wrote a grant to bring an artist-in-residence to our beautiful campus, as part of

a growing national trend to bring more arts to life plan communities.

We are pleased to announce that our artist-in-residence is **Katherine "Kat" Correll**. Kat is an up-and-coming ceramic sculptor, illustrator and muralist. She has a Bachelor of Fine Arts degree and currently teaches art in the Cincinnati area and is a sales manager at Art Gallery MugMug, LLC.

Kat will create a legacy piece of artwork that will become a focal point on Ohio Living Llanfair's grounds in support of the Arboretum. Kat's plans for the sculpture are an organic representation based on a combination of Bristol pine and driftwood, mimicking the motion of the wind. It will be a clay structure, approximately four feet tall and two feet wide, weighing roughly 300 pounds. The piece will be terracotta-colored clay covered with a clear glaze. The final firing of the artwork will take place at Queen City Clay in Hyde Park and the sculpture will be installed along the "Raccoon Walking Trail" on Ohio Living Llanfair's campus.

The dedication ceremony for the artwork is tentatively scheduled for January 2017.

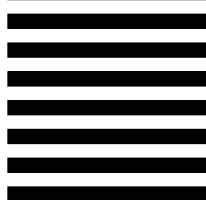


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Are you scheduling an elective surgery soon? Are you curious about rehab options and where you might recover after a hospital stay? **We invite you to stop in any time for a quick tour through our Rehab Center Suites and**

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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Llanfair

1701 Llanfair Avenue
Cincinnati, OH 45224
513.681.4230
ohioliving.org

Snapshots *from around our community*



- *The Arboretum at Ohio Living Llanfair is such a beautiful sight during the fall months.*
- *Resident and founder of 'Calories for a Cause' hair care fundraiser for Ohio Living Llanfair, Ruth Hartzell, at this year's event with Mr. Redlegs.*
- *Environmental Services Administrative Assistant Lisa Turner and Move-In Coordinator Marty Weldisher posing in between serving ice cream sundaes at 'Calories for a Cause.'*
- *Administrator Zan Pink and Nursing Scheduler Julie Murray at this year's Halloween costume party.*

Shopping for the Flu

Suggested items on what 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
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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