



# This is Living



Wednesday, October 8, 2014  
1:30 p.m. Book Signing / 2 p.m. Program  
Llanfair Campus Center Great Room  
1701 Llanfair Avenue

Presented by Dr. Roger Landry, MD, MPH

## LIVE LONG, DIE SHORT



This fall, Llanfair will celebrate a five-year long partnership with Masterpiece Living®, the revolutionary new lifestyle philosophy that is redefining what healthy aging is all about.

To celebrate this partnership, we welcome you to bring a friend and join us for this groundbreaking presentation.

“Live Long, Die Short,” highlights the landmark 10-year study by the MacArthur Foundation that found 70 percent of physical aging and about 50 percent of mental aging is determined by lifestyle and the choices we make every day. With that in mind, we can optimize our lifestyles and live longer and die shorter, compressing the decline period into the very end of a fulfilling, active, older age.

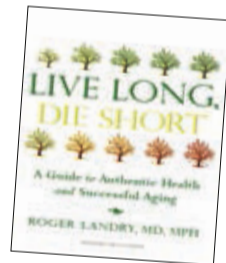
Dr. Landry’s presentation features important life lessons and will give you an opportunity to take a snapshot of your own current lifestyle and provide feedback which can guide you to your “authentic health.” Authentic health gives us resilience and strength that is achieved by paying special attention to components that make us human. By remaining socially, spiritually, physically and intellectually engaged with life, we experience authentic health.



Through research, real-life stories and personal anecdotes, Dr. Landry will teach you how to take a “Lifestyle Inventory,” and also share his “Ten Tips” to live successfully.

Dr. Landry is a nationally recognized speaker on successful aging, lecturer, researcher, consultant and author and is frequently called upon as a media consultant on the topic of successful aging.

**Be one of the first 25 registrants and receive a free copy of Live Long, Die Short, signed by Dr. Roger Landry. Please RSVP by October 1 by calling 513.591.4567 or [lt@llanfair.oprs.org](mailto:lt@llanfair.oprs.org).**



## OLLI & Fab Fridays Come to Llanfair!

Llanfair Retirement Community is the newest partner site with University of Cincinnati’s Osher Lifelong Learning Institute (OLLI). **Classes for the fall term begin Friday, September 26.** Members of OLLI will be able to attend opportunities for lifelong learning on the Llanfair campus.

A commitment to lifelong learning is a key belief at Llanfair. As a Masterpiece Living® community, we challenge ourselves and our residents to actively engage every day, spiritually, intellectually, physically, and socially. Partnering with OLLI allows us to expand our continuing education to older adults 50 years of age and better. The only prerequisite is a desire to learn; no college degree is required.

The mission of the Osher Lifelong Learning Institute is to provide opportunities for lifetime learning and social interaction to the mature residents of Greater Cincinnati. OLLI at the University of Cincinnati is part of a network of 125 Osher Lifelong Learning Institutes throughout America.

OLLI at the University of Cincinnati offers great classes and terrific teachers in a relaxed, informal environment. OLLI’s motto continues to be, No tests, no papers, no grades. Each year OLLI offers more than 400 courses ranging from eight-week long seminars to two-hour presentations on a wide range of topics, covering the arts, Cincinnati-specific topics, history, lifestyle, medical, science, social and travel.

“Adding Llanfair’s westside location expands OLLI’s reach to more conveniently serve more students,” said **Cate O’Hara**, Program Director, OLLI at University of Cincinnati.

OLLI registration for fall classes began on August 25. Classes at Llanfair will be held on Friday mornings, 9 a.m. to noon, in the Llanfair Campus Center Great Room, 1701 Llanfair Avenue. The classes will cover curriculum for a onetime course, special program or an event — All classes will be called Fab Fridays.

**Anyone interested in registering for OLLI programs, including Fab Fridays at Llanfair, must contact the OLLI Program Office directly at 513.556.9186 or [olli@uc.edu](mailto:olli@uc.edu).**



## Trash or Treasure

Presented by Mike Turmell, Mike Turmell Estate Sales

Wednesday, November 19  
9:30 a.m. Registration • 10 a.m. Program  
Llanfair Campus Center Great Room  
1701 Llanfair Avenue

Bring a friend and join us for Trash or Treasure, a program designed to assist those who need help with de-cluttering, downsizing, holding an estate sale and knowing what to keep and what to toss.

Guests are invited to bring **one\*** item for Mike, a seasoned estate seller with almost 20 years of experience, to assess and recommend whether you should “Trash” it or “Treasure” it.

**RSVP by November 5 by calling marketing 513.591.4567 or [lt@llanfair.oprs.org](mailto:lt@llanfair.oprs.org).**

\* NOTE: Please, only one item per person. You must be able to carry the item and it must be able to fit on a table.

## In This Issue...

A Message from Sheena Nourish

Flying Machines Events & Happenings

Health Bites Snapshots from Llanfair



Then bend, do not break, be like bamboo. It endures stress and finds a way to bounce back.

- Japanese proverb

## Llanfair's new Rehab Center,

with all private contemporary studios, will be opening soon; designed for those in need of a short term rehabilitation stay after illness, injury or surgery.

For the second consecutive year, **Llanfair has been recognized as one of the nation's best** in "U.S. News and World Report's" Best Nursing Homes of 2014.

At Llanfair, we are committed to your road to recovery by providing you with a team of therapy professionals extensively trained for physical, occupational and speech therapies that will work with you in our fully-equipped therapy gym and occupational therapy center.

In addition, we will provide detailed care coordination for smooth transitions from the hospital to Llanfair to home.

**Please contact Taylor Buchtman, Admissions Case Manager at 513.591.4516**

or [tbuchtman@llanfair.oprs.org](mailto:tbuchtman@llanfair.oprs.org), if you or someone you know has an upcoming surgery or needs short term rehab. 



## A Message from Our Executive Director

**SHEENA PARTON**

### Resilience is Key

*This past July we celebrated the unveiling of our new Rehab Center during a dedication ceremony. The new Rehab Center is focused on creating a culture of resiliency in which guests who are in need of a short term rehabilitation stay can work directly with trained therapy professionals and return home as quickly as possible.*

*Resiliency is defined as: the ability to recover from or adjust easily to misfortune or change. We all experience adversity, from everyday changes and challenges to serious losses; people are able to adapt. Resiliency takes on many forms and can be seen in everyday life through nature and the human spirit.*



*Mt. St. Helen erupted more than 30 years ago, but miraculously life is returning and regeneration is beginning.*



*Since opening in 1933, Union Terminal has been a treasured landmark in Cincinnati and an icon of resiliency.*




*Advancements in technology are due to the many individuals throughout the world who dared to overcome failure.*



*Cacti can survive in the harshest of climates and still they endure.*

*At Llanfair, we wanted our own symbol to illustrate the meaning of resiliency. We decided on bamboo. Bamboo are some of the fastest growing plants in the world and have a higher compressive strength than wood, brick or concrete and an ultimate strength that rivals steel.*

*I hope you, too, can see the symbolic similarities between bamboo and resilience.*

*We invite you to tour our new Rehab Center. Call us at 513.681.4230 to schedule a visit. *



## Those Daring Young Men & Women in their Flying Machines

Presented by: **General David A. Herrelko, Ph.D.**

Thursday, October 2 • 10 to 11 a.m.

Campus Center Great Room • 1701 Llanfair Avenue

Join us as **David A. Herrelko**, Brigadier General, USAF (Retired), Bernhard M. Schmidt Chair in Engineering Leadership, University of Dayton (Retired) presents, "Those Daring Young Men and Women in their Flying Machines." This delightful and informative presentation is narrated by the speaker in costume with a fascinating "lantern" slide show of images from the early days of flight in Dayton, Ohio.

RSVP by September 22 to marketing at 513.591.4567 or [lt@llanfair.oprs.org](mailto:lt@llanfair.oprs.org). 



**For More Information About Our Active Community 513.681.4230**

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



**Llanfair**  
Retirement Community



Learn, discuss and explore nutrition in new ways to support your journey of successful living.




Tuesdays, October 14, 21 & 28  
10 to 11 a.m. • Campus Center Great Room

**What are your meals doing for you?  
Do they support your overall wellness?**

Bring a friend and join Llanfair's Director of Education **R. Edward Stinson** and Llanfair's Registered Dietetic Technician **Courtney Papke** for a fresh look at nutrition as we explore Nourish, an interactive nutrition experience program by Masterpiece Living®.

The Nourish experience connects nutrition to the 4 components of wellness: social, spiritual, intellectual and physical. Topics include: food recommendations, the importance of nutrition at any age, food as energy, mindful eating, the dining experience, calories, organic/locally grown/natural foods, minimizing cost while maximizing nutritional quality, the basics of menu planning, healthy cooking methods, super foods and food legacies.

You will learn, discuss and explore nutrition in new ways to support your journey of successful living.

**It is recommended that you attend all three programs. RSVP to marketing by October 1, call 513.591.4567 or [lt@llanfair.oprs.org](mailto:lt@llanfair.oprs.org).** 

# 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, September 10, 2014**

### The Art Carvers of Music Hall

Director, producer and filmmaker **Melissa Godoy** will share the story of 108 women artisans and their role in one of the largest and most important public art commissions in Cincinnati history at a time (1878) when women were largely excluded from artisan employment. **RSVP required by September 5.**

**Wednesday, October 8, 2014**

### What is Masterpiece?

President of Masterpiece Living® **Dr. Roger Landry, MD, MPH**, will share comical life lessons and personal stories while exploring the key components to live more successfully. Backed by the MacArthur Foundation's 10-year study on aging, Masterpiece Living® is redefining what healthy aging is all about. **RSVP required by October 3.**

**Wednesday, December 10, 2014**

### Home for the Holidays

Together with the Mormon Tabernacle Choir, Orchestra at Temple Square and Bells on Temple Square you will witness a Christmas celebration honoring the well-known candy bomber of the Berlin Airlift Gail "Hal" Halvorsen. **RSVP required by December 5.**



### Take A Peek

Visit [www.llanfairohio.org](http://www.llanfairohio.org) and "take a peek" behind the scenes and meet the people who make Llanfair a great place to live.

## SAVE THE DATE

Stay tuned for the winter 2014/2015 issue of *This is Living* for information on **VERTICAL: MOVEMENT AND MUSCLE**.

This interactive, educational series was designed by Masterpiece Living® and is facilitated by Llanfair's director of education and certified Matter of Balance coach **R. Edward Stinson**. Learn how to be more confident in relation to balance and how to watch for fall hazards. **For more information, please call 513.591.4567.**



**Tuesday, November 11, 2014 • 10-11:30 a.m.**  
**Llanfair Campus Center Great Room**

Bring a friend and join us for a 90-minute participatory workshop for anyone considering a major life change such as vocation, retirement, downsizing, or relocating to a retirement community.

This workshop will help you gain a greater understanding of the common experiences of people in transition — no matter what age. You will begin to craft a personal vision of what happiness, satisfaction and well-being will look like for you in the next stage of your life. You will also reflect on potential barriers that could prevent you from achieving your vision. Finally, you will increase your awareness of the resources and tools available to promote healthier and happier life transitions.

**Paula Houston-Allen** holds a Masters of Sociology and has many years experience conducting workshops on a variety of topics. She is a certified senior relocation and transitions expert and owner of Caring Transitions of Southeast Ohio and Northern Kentucky.

**Lisa Hughes**, holds a Masters in Organizational Management and has facilitated numerous retreats and workshops to strengthen communication, trust and teamwork.

**RSVP required by Nov. 6. Call marketing at 513.591.4567 or [lt@llanfair.oprs.org](mailto:lt@llanfair.oprs.org).**

## FALL SPECIAL!

### The Cedar at Larchwood

A perfectly-sized apartment!

If you are in search of a one-bedroom apartment home perfectly-sized for one person, then The Cedar is just what you are looking for!

#### The Cedar Features:

- 535 square feet • New appliances • Choice of paint palette and carpet • Complimentary interior designer services • Additional storage unit • All utilities including cable
- Bi-weekly housekeeping • Weekly linen service • Preventative and emergency maintenance • 24-hour on-campus and building security • Emergency call system
- Individual heating and cooling for your comfort



#### Services & Amenities:

- 7 evening meals per week • 5 breakfast or lunch meals per week (Monday through Friday) • Scheduled community transportation • Free laundry facility in building • Health and wellness classes, events and group activities • Masterpiece Living® exclusive programs, classes and workshops
- New library • New casual pub and game room • Lifelong learning resource center • New exercise studio • LaBel's Beauty and Barber Salon • New gift shop • Security of the OPRS Life Care Commitment • Priority access to OPRS services and levels of care
- Priority access to Llanfair's Health Care Center and future care levels

*In addition, you will enjoy Llanfair's beautiful 14-acre wooded campus, as well as all of the services and amenities offered by our community!*

**To learn more about this exciting offer call Llanfair's marketing office at 513.591.4567 and reserve your apartment prior to December 1, 2014!**

**For more information on classes & events 513.681.4230**

**All events are free unless otherwise noted.**



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## Meet Taylor Buchtman

Admissions Case Manager



Taylor will help families and prospective guests who are in search of long term nursing care or a short term rehabilitation stay after an illness, injury or surgery in the new Rehab Center at Llanfair.

With five years experience working in the field of continuing care in both the nutritional services and administrator's training program, Taylor's well-rounded understanding of the long term care industry will be beneficial to residents and their families.

"I am very happy to be part of the Llanfair family," Taylor says. "I can't wait to begin building strong and wonderful relationships with residents and staff!"

*If you or someone you know needs long term nursing care or a short term rehabilitation stay, please call Taylor Buchtman at 513.591.4516 or [tbuchtman@llanfair.oprs.org](mailto:tbuchtman@llanfair.oprs.org)*



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



**Llanfair**  
Retirement  
Community



# Resilience food?

When you think of the word Resilience, food is not always the first thing that comes to mind, but it should be. Merriam-Webster defines resilience as, “the ability to become strong, healthy, or successful again after something bad happens” (<http://www.merriam-webster.com/dictionary/resilience>). Nutrition is one of the key factors that affects one’s ability to recover following any kind of physical stress, so it warrants great attention.

One simple thing that you can rely on to determine the nutritional standing of a food item is the Nutrition Facts label. “For 20 years, consumers have come to rely on the iconic nutrition label to help them make healthier food choices,” said U.S. Food and Drug Administration (FDA) Commissioner **Margaret A. Hamburg, MD**. As a result, the FDA has proposed a revised version of the old labels so that they can remain relevant in today’s consumer-driven market.

The new label design includes a wide range of changes, including: information about the amount of *added sugars* in foods, updated serving size requirements, provides *dual columns* (not shown) one providing *per serving* information and the other providing *per package* information, it will include potassium and vitamin D content while eliminating vitamin A and C information, revision of the *daily values* information, and *calories from fat* information will be removed and the specific type of fat will be indicated.

**PROPOSED LABEL / WHAT’S DIFFERENT**

<p><b>Servings:</b> larger, bolder type</p> <p><b>Updated Daily Values</b></p> <p><b>% DV comes first</b></p> <p><b>New: added sugars</b></p> <p><b>Change of nutrients required</b></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="background-color: #0056b3; color: white;">Nutrition Facts</th> </tr> <tr> <td colspan="2"><b>8 servings per container</b></td> </tr> <tr> <td colspan="2">Serving size 2/3 cup (55g)</td> </tr> <tr> <td>Amount per 2/3 cup</td> <td style="text-align: right;"><b>Calories 230</b></td> </tr> <tr> <td colspan="2"><b>% DV*</b></td> </tr> <tr> <td><b>12%</b> Total Fat 8g</td> <td></td> </tr> <tr> <td><b>5%</b> Saturated Fat 1g</td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;"><i>Trans Fat</i> 0g</td> </tr> <tr> <td><b>0%</b> Cholesterol 0mg</td> <td></td> </tr> <tr> <td><b>7%</b> Sodium 160mg</td> <td></td> </tr> <tr> <td><b>12%</b> Total Carbs 37g</td> <td></td> </tr> <tr> <td><b>14%</b> Dietary Fiber 4g</td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Sugars 1g</td> </tr> <tr> <td colspan="2" style="text-align: center;">Added Sugars 0g</td> </tr> <tr> <td colspan="2"><b>Protein</b> 3g</td> </tr> <tr> <td><b>10%</b> Vitamin D 2mcg</td> <td></td> </tr> <tr> <td><b>20%</b> Calcium 260mg</td> <td></td> </tr> <tr> <td><b>45%</b> Iron 8mg</td> <td></td> </tr> <tr> <td><b>5%</b> Potassium 235mg</td> <td></td> </tr> <tr> <td colspan="2" style="font-size: small;">* Footnote on Daily Values (DV) and calories reference to be inserted here.</td> </tr> </table>	Nutrition Facts		<b>8 servings per container</b>		Serving size 2/3 cup (55g)		Amount per 2/3 cup	<b>Calories 230</b>	<b>% DV*</b>		<b>12%</b> Total Fat 8g		<b>5%</b> Saturated Fat 1g		<i>Trans Fat</i> 0g		<b>0%</b> Cholesterol 0mg		<b>7%</b> Sodium 160mg		<b>12%</b> Total Carbs 37g		<b>14%</b> Dietary Fiber 4g		Sugars 1g		Added Sugars 0g		<b>Protein</b> 3g		<b>10%</b> Vitamin D 2mcg		<b>20%</b> Calcium 260mg		<b>45%</b> Iron 8mg		<b>5%</b> Potassium 235mg		* Footnote on Daily Values (DV) and calories reference to be inserted here.		<p><b>Serving sizes updated</b></p> <p><b>Calories: larger type</b></p> <p><b>Actual amounts declared</b></p> <p><b>New footnote to come</b></p>
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The labels have not received much attention since the addition of the trans fat line in 2006. The goal of each of these revisions to the Nutrition Facts label is to make it easier for consumers to make more informed choices that will support a healthy diet overall. In order to support your own resilience, make sure you are reading your Nutrition Facts labels, and look out for the new design coming soon!

Have a comment or nutrition topic you would like to see covered? Please contact **Courtney Papke** at 513.591.4554 or meet her in person during the Nourish program in October!

Reference: [http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm387418.htm?utm\\_source=Foodservice&utm\\_campaign=ad70145a79-2014-04-22-CrackingEdge&utm\\_medium=email&utm\\_term=0\\_7968c7eb72-ad70145a79-65552089](http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm387418.htm?utm_source=Foodservice&utm_campaign=ad70145a79-2014-04-22-CrackingEdge&utm_medium=email&utm_term=0_7968c7eb72-ad70145a79-65552089)

## SNAPSHOTS From Llanfair



**1.** Ribbon Cutting Ceremony (l-r): Mike Milligan, JMM Architects; Nick Crew, Oswald Construction Company; Sheena Parton, Llanfair Executive Director; Chris White, Llanfair Board Chair; Larry Gumina, OPRS President/CEO; Dan O'Connor, OPRS Communities President and Miranda Stchanoff, Llanfair Administrator  
**2.** Sheena Parton and Miranda Stchanoff with Dan O'Connor  
**3.** New Rehab Center Occupational Therapy suite  
**4.** New private rehab studio with neutral interior design  
**5.** (l-r): Resident Phyllis Schoenberger, Director of Resident Services and Lifestyle Coordinator Carol Saylor, Director of Education Ed Stinson, Assisted Living Coordinator Sharon Conlon and Medical Records Coordinator Carolyn Hodson.

Call us! Facebook us! Tweet us!



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

\_\_\_\_\_  
E-mail



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