



# This is Living



## 2015 Flying Pig at Llanfair Retirement Community



**Team Llanfair Joins the Flying Pig Marathon for Third Consecutive Year!**

Join Us for the **Flying Pig Kickoff Event**  
 March 27 • 10 a.m. to 12:30 p.m.  
 Llanfair Campus Center Great Room

Llanfair Retirement Community is pleased to announce that we will again participate in the Flying Pig Marathon. After the success of the past two years, Llanfair is thrilled to be part of the nationally recognized marathon for the third time.

**Come Join our team of Flying Pig Walkers!** Not only will Llanfair residents get to 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.

**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 personal walking goals. This training program will provide the support, instruction and encouragement you may need to be successful in reaching your target distance.

The walking training program will utilize the Flying Pig Marathon's award winning "Hog Log" system. 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.

Dress in comfortable shoes and join us for this year's Flying Pig Kickoff Event on March 27 in the Llanfair Campus Center Great Room. Your day will begin at the starting line from 10 to 10:30 a.m. where you will pick up your Hog Log, Kickoff Passport and goodie bag. At 10:30 a.m. our Kickoff Event Master of Ceremonies **R. Edward Stinson**, director of education, volunteer programs and successful living, will welcome you and share with you a recap of the

last two years, explain how this year will be different and keep you all moving throughout the Kickoff Event.

**During the Kickoff Event, you will have the chance to visit four stations.** The first, "Make it Official" is where you will receive your official Flying Pig Marathon registration packet

and staff members will assist you in registering for the Llanfair walking training program. At the next station, "Let's Get Going" you will learn about the Llanfair walking track, understand how to log your miles and get the chance to use the "clickers" to keep track of your laps. At the third station, "Stay Stronger Longer" the Llanfair therapy team will teach you exercise techniques such as stretching and strength training to be successful in your walking. The fourth and final station, "Fuel Your Engine" is your energy "pit stop" during this lively kickoff event. You will also learn from Llanfair's registered diet technician and nursing staff the importance of staying hydrated and the right foods to eat to fuel your body. Once everyone has completed each of the four stations, we will reconvene back in the Campus Center Great Room at the finish line for questions, closing remarks and to celebrate the beginning of another successful Flying Pig Marathon season.

At this event you 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 2015 Flying Pig Marathon participants will receive their official 2015 Flying Pig Marathon medal at the awards ceremony.

**The first 100 registrants participate free! Please RSVP by March 21st. Call marketing at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).**

### Three-part Education Series



### Make the Most of Your Move

RSVP by calling Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org)  
 Llanfair Campus Center Great Room  
 1701 Llanfair Avenue

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

**Part I Tuesday, April 7 • 10 to 11 a.m. The Emotional Side of Downsizing**  
 RSVP by March 30

Join **Dr. Jerome Gabis**, clinical psychologist, as he uncovers the emotional side to downsizing. Dr. Gabis has over 20 years of experience working with older adults. He will share how to successfully communicate with your family, deal with stress and overcome the emotional and sentimental connection to "stuff."

**Part II: Tuesday, April 14 • 10 to 11:30 a.m. A Panel of Experts Discuss Downsizing**  
 RSVP by April 6

Join **Chris McKenzie**, vice president of marketing, pr and communications for OPRS Communities, as she leads a panel discussion with experts from various businesses that specialize in helping older adults downsize.

*Panel of experts include:*

- **Anne Arenstein**, volunteer coordinator, Legacies Upscale Resale Shop
- **Maggie Beckmeyer**, auctioneer, Appraiser Auctions by Maggie
- **Joe Steele** of Second Story Auctions (Sibcy Cline)
- **Marty Weldishofer**, move-in coordinator for Llanfair Retirement Community

**Part III: Tuesday, April 21 • 10 a.m. to 1 p.m. Moving Resource Fair** RSVP not required

Bring a friend and join us for a moving resource fair with plenty of great information from various moving and downsizing companies, estate sellers, auctioneers, realtors, home organizers, and much more. You will have the chance to collect valuable information all in one place from a variety of experts who have been in the moving business for many years.



## In This Issue...

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## A Message from Our Executive Director

**SHEENA PARTON**

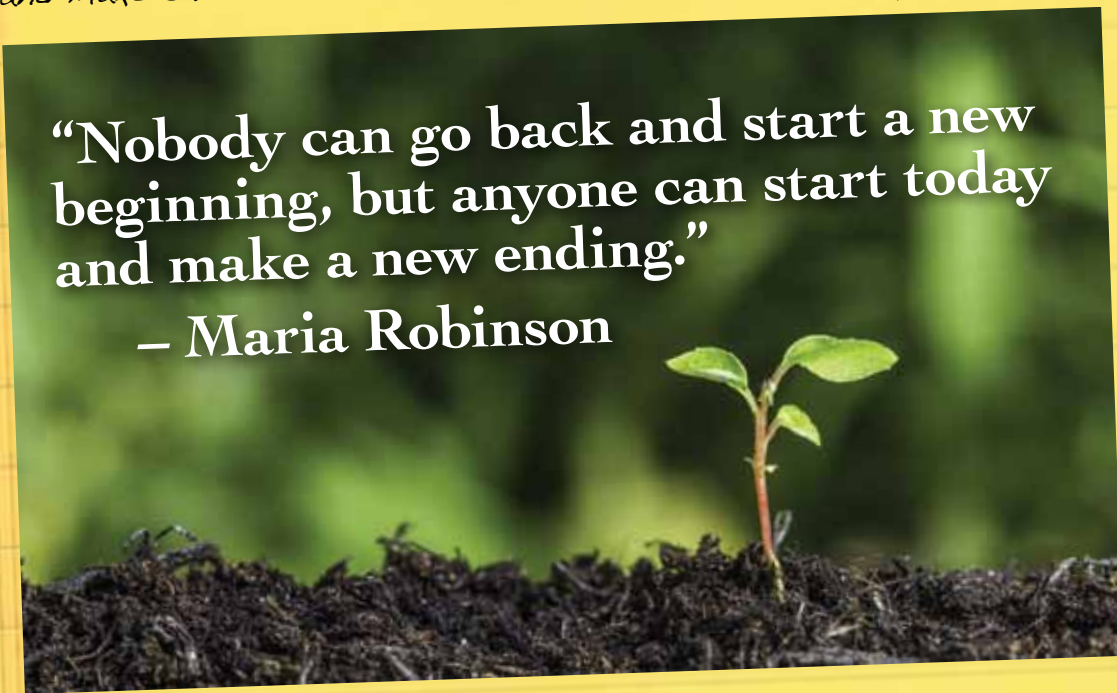
*Spring is synonymous with new beginnings.*

*Spring is a time of rebirth, inspiration and an awakening of the earth after the doldrums of winter with the sighting of a robin, blooming of the crocuses and bright yellow daffodils, brown grass turning to a lush green, and the air has that fresh smell. Sometimes it arrives with cold and wet weather, but you are still glad to see it finally come! Spring signifies the energy of growth and change. At this time of year you may have more energy, "spring fever" to get moving on special projects such as "spring cleaning!" Spring cleaning can help clear your home - and your mind - of clutter. However, sometimes this transition from winter to spring can cause health issues such as muscle tightness, pain and allergies. A proper diet plays an important part in energy levels. Spring clean your diet, also! Foods high in sugar cause our systems to crash and it takes a toll on our immune system. Remember, too, that you still need a good night's sleep to keep your energy level up.*

*Spring is synonymous with new beginnings. Consider your daily habits and decide which contribute most - and least - to your happiness. Pick one or two changes you would most like to make and break them down into steps. Try not to get discouraged and make the most of this wonderful time of year!*

**"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."**

**- Maria Robinson**



## experience 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 marketing at 513.591.4567.

DATE	EVENT
Mar. 6	<b>Conquering the English Channel</b> Gregg Bolsinger, Attorney
Mar. 13	<b>Travelogue on Alaska</b> Peg Ashbrock, Llanfair Community Liaison
Mar. 20	<b>Topic TBD</b> Jan Ledford, Llanfair Chaplain
Mar. 27	<b>Flying Pig Kickoff Event</b>
Apr. 3	<b>Good Friday</b> - No Program
Apr. 7	<b>Spring Wines &amp; Tasty Appetizers</b> Marty Weldishofer and Steve Schmitz
Apr. 10	<b>Jammin' with Jarrod</b> Jarrod Rodriguez, Llanfair Director of Environmental Services

## Escape to Llanfair

Complimentary 2-night, 3-day stay

Escape to relax and rejuvenate in one of our themed guest apartments.



Leave behind your daily routine of yard work, housekeeping and cooking to experience fine dining with chef prepared meals, plus a wide variety of social, educational and fitness programs and classes.

Offer is subject to availability and application approval.

Call Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) to learn more.



## Annual St. Patrick's Day Celebration!

Tuesday, March 17, 2015

### Green Pancake Breakfast

**6:30 to 10 a.m., Larchwood Building**  
\$5 per person payable at the door

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



### Apartments on Parade

**10 to 11 a.m., Larchwood Building**

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

**Join us for all three programs or just one, it's completely up to you!**

Please RSVP by March 10th to Kim Kaser at 513.591.4567 or email [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).

### Visions of Ireland

**11 a.m. to 12 p.m.,**

**Campus Center Great Room**

Bring a friend and join us for an aerial perspective of the breathtaking views of Ireland. You will soar above the sea and landscapes as you view this extraordinary film about the countryside of Ireland.



# 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.

**March 11, 2015 @ 10 a.m.**

### Who is Oxbow, Inc.?



Oxbow, Inc. is a non-profit conservation organization formed by citizens concerned about growing threats of industrial development in the Great Miami River floodplain at its confluence

with the Ohio River. **Kani Meyer** will explain what Oxbow does and what we can do. RSVP required by March 6, 2015.

**April 8, 2015 @ 10 a.m.**

### LADD, Inc., Living Arrangements for the Developmentally Disabled



Join us as speakers **Susan Brownknight** and **Kathleen Sheil** share LADD's mission to facilitate the education of adults with disabilities to realize their aspirations. RSVP required by April 3, 2015.

**May 13, 2015 @ 10 a.m.**

### Honor Flight Tristate

Join us to learn more about this amazing program mission – to fly as many WWII and Korean veterans to see their memorial in Washington, DC as quickly as they can! RSVP required by May 1, 2015.



## OTHER EVENTS

### OLLI Spring Semester and Fab Friday Programs at Llanfair

Llanfair Retirement Community is the newest partner site with the University of Cincinnati's Osher Lifelong Learning Institute (OLLI).

**Classes for spring term begin March 30, 2015.**

**Classes at Llanfair will be held Friday mornings • 9 a.m. to Noon Llanfair Campus Center Great Room 1701 Llanfair Avenue**

The classes will cover curriculum for a one-time course, special program or an event – all classes are called Fab Fridays.



Registration closes for the spring 2015 semester in mid-March. Topics will include Doris Day, architecture, patio victory gardens, food in world history and more!

**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.**

## SAVE THE DATE

### Three-Part Financial Series

Thursdays, June 4, 11 and 18, 2015



Join us for a financial series featuring a variety of speakers who will help you understand retirement choices, how to manage your money and benefits, and help you to get the most out of what is available to you.

Speakers will cover topics such as long term care insurance, trust documents and making good financial decisions for your future. Join us for all three presentations or just one.

Llanfair Campus Center Great Room, 1701 Llanfair Ave. 5 p.m. Registration & Appetizers • 5:30-6:30 p.m. Program RSVP by May 26, 2015 to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org)



Join us for an afternoon of food and education. There is a \$5 per person charge that includes lunch and the program. All programs are held in the Wellness Center Café.

**Thursdays • 11:45 a.m. to Noon Lunch Noon to 12:45 p.m. Program**

**March 12 Documentary, "Poverty in America"**

**May 7 Shakespeare Day**

Limited seating. RSVP for one or both events by March 9. Call Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).

### Larchwood Open House

**April 18, 2015 • 10 a.m. to Noon**  
Larchwood Building, 1722 Larch Avenue

Bring a friend and join us for an open house showcasing our spacious one- and two-bedroom apartment homes located in the Larchwood independent living building. Larchwood offers many services and amenities including: seven dinners per week, a choice of five breakfasts or lunches, housekeeping, flat laundry service, transportation and more.

RSVPs are required by calling Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) by April 13.



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

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



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

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**Llanfair**  
Retirement  
Community

1701 Llanfair Avenue  
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513.681.4230  
www.llanfairohio.org

## The "What's, What" of the Anti-Inflammatory Diet

### What is Inflammation?

Inflammation is the body's attempt at damage control. Specialized cells attempt to defend our system against anything that may be detrimental to our health. Quite often, these defenses remain on high alert, even when the threat is less serious, causing damage to innocent, unaffected organs. In times of inflammatory war, it is common to see adverse effects on the heart, gums, teeth, and joints (arthritis). Inflammation plays a key role in chronic disease. In order to prevent inflammation, there are several factors that work together including exercise, weight loss, smoking cessation, dental hygiene, and medication, medical and stress management. One of the primary factors that is very controllable and can prevent inflammation is your DIET.

### What is an Anti-Inflammatory Diet?

This diet utilizes integrative medicine and an anti-inflammatory eating style for healthful aging which promotes whole foods and reduces the intake of processed items. It is very similar to the Mediterranean Diet. Keep in mind, federal regulation mandates much of the dietary necessities for long term care facilities. Regulations are somewhat behind the times, as far as what current research states, but with time, emerging science will begin to transform what "diets" should look like in rehabilitation and long term care settings. Llanfair is on very innovative path with respect to diet and treating the overall health of the client and resident.

### What Foods Inhibit or Promote Inflammation?

**Inhibit:** Vegetables (the darker the better!), fruits (phytochemicals boost your defenses), whole grains, legumes, seafood, healthful fats/oils, whole soy foods (like soy beans and edamame), cooked mushrooms, herbs and spices, tea, red wine, dark

chocolate, berries, foods containing vitamin C and beta carotene.

**Promote:** Margarine, processed foods, refined grains (like white bread), saturated fats (like those found in full-fat dairy and meat). Rule of Thumb: if it has a label, stay away!

### What are Some Simple Changes I Can Make?

We all know that the changes we would like to implement will not happen overnight. However, we can begin taking steps now that will lead us down the path towards our goals. By decreasing our intake of some of the items that are hurting us, we can do a world of good!



Simple Changes to reduce inflammation

- Increase daily fruit and vegetable intake to 9 servings.
- Replace white-flour pasta, rice and oats with whole-wheat varieties, and cook them al dente.
- More beans including soy and legumes.
- Aim for one daily Omega-3 rich food item.
- Using organic olive or canola oil in place of other fats for cooking.
- Do not add salt during the cooking process or at the table.
- Enjoy a cup of green tea or glass of red wine daily.
- Use cooking methods that maximize the preservation of vitamins, antioxidants, minerals and other nutrients found in foods. Minimize the amount of water and time you are taking to cook your foods.



## SNAPSHOTS From Llanfair



Residents were interviewed by Tana Weingartner, reporter with WVXU, on the best and worst holiday gifts for older adults. From left to right: Doris Kuszler, Joyce Uetrecht, Tana Weingartner, Harold "Chappie" Chapman and Marybelle Chapman.

Executive Chef Jason Campbell and Dietary Lead Rachael Watson at Llanfair's Fall Parade of Homes event in November.

New resident, LaVerne Merkle with her special guests at her Welcome Luncheon in October. From left to right: Christina Klocke, Rose Koehne, Pat Themmann, Janet Ankenbauer, Lois Glacken, Ceil Kuntz, LaVerne Merkle, Terri Harvey and Doris Wheeler.

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



**Llanfair**  
Retirement  
Community

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