



# This is Living



Llanfair Retirement Community Presents:

## Cocktails & Comedy

Featuring Comedian Michael Flannery

Thursday, June 20 at 4 p.m.

Campus Center Great Room • 1701 Llanfair Avenue



Growing up in College Hill, **Michael Flannery** dreamt of becoming a professional stand-up comedian. During the 1980s, comedy clubs opened in Cincinnati and Michael took a shot at

his dream by performing at various venues for amateur night. After just two years, his hard work paid off and he was on the road working in comedy clubs across the country. Michael has been featured on A&E, Showtime and HBO, and has worked with show business legends: Mel Torme, The Smothers Brothers, Jay Leno, Jerry Seinfeld and Robin Williams.

In 1995, Michael came back to Cincinnati to get married and raise a family. After 20 years in broadcasting at WXIX and WCPO, Michael returned to the comedy stage.

Bring a friend with you for this premiere event!

Join us for "Cocktails & Comedy" on Thursday, June 20, beginning at 4 p.m. in the Llanfair Campus Center Great Room.

We will begin the evening with an assortment of appetizers and cocktails, followed by Michael's presentation.

To attend this event, please RSVP to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) by June 13

## DOCUMENTARY "AGE OF CHAMPIONS"

Friday, June 7

Llanfair Campus Center Great Room

9:30 a.m. Registration/Continental Breakfast

10 a.m. Screening of Age of Champions



Bring a friend and join us for a screening of this extraordinary documentary film, "Age of Champions."

"Age of Champions" is the award-winning documentary following five competitors who sprint, leap and swim for gold at the National Senior Olympics.

"Age of Champions" premiered to a standing ovation at the prestigious Silverdocs Film Festival, and has since been shown at more than 1,000 venues around the world. *The Washington Post* called the film "infectiously inspiring" and its characters have been featured in major media outlets including ABC, CBS, PBS and NPR.

This documentary film touches on why healthy aging is critical for a 21st century society, how new movements like the Senior Games are redefining what it means to "grow old" and how we can all challenge ourselves to be active, healthy and happy at 100 years old!

A brief discussion led by Llanfair's Director of Education **Ed Stinson** will follow the film.

You will leave inspired, energized and ready to engage in all things healthy!

RSVP by June 5 to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org). Seating is limited!



## Celebrate COLLEGE HILL BICENTENNIAL WITH Llanfair

July 20, 2013

### 3 p.m. CELEBRATION KICK-OFF

Invite a friend and join us under the big white tent or the climate-controlled Campus Center Great Room to celebrate College Hill's Bicentennial. Enjoy traditional ballpark food, such as hot dogs, cotton candy, popcorn and more! Enjoy live music, entertainment and a fun-filled summer evening with friends and family.

### 5 p.m. BASEBALL GAME

Join us at the College Hill Towne Hall, Baseball Field (1805 Larch Avenue), to welcome the Cincinnati Vintage Baseball Club and the Cincinnati Red Stockings for an exciting baseball game across the street from the Larchwood building. The national anthem will be performed by McAuley High School Vocal Ensemble at 5:30 p.m., first pitch at 5:40 p.m.

RSVP by July 1 to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).

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## A Message from Our Executive Director

**SHEENA PARTON**

Welcome Sunshine!



Since this winter has been the snowiest in two years, who isn't looking forward to the approaching summer season? There are numerous ways to enjoy and celebrate the summer months and the sunshine. Do some simple gardening. Bird-watching is another enjoyable and interesting activity. Take your card game, board game or puzzle outdoors on your balcony, deck or patio! When you are enjoying your outdoor activities take the necessary precautions like avoiding the hottest part of the day, staying hydrated, wearing protective clothing and applying plenty of sunscreen. When done safely, being outdoors is great for one's health, mental attitude and spirit.

Take a short walk and reward yourself with some ice cream. Did you know that vanilla ice cream is America's top choice out of more than 500 flavors available today? Thomas Jefferson came up with the idea of making ice cream from a recipe of fresh cream, sugar and flavoring and it was called "iced cream." Egg yolks were added later, which made it creamier. There are even varieties of the unique vanilla flavor



- New York Vanilla is considered the classic vanilla flavor and French Vanilla is an egg-custard flavor and could be thicker than regular ice cream. There are varying types of vanilla on the market with high sugar, no sugar added and maybe even sugar free! Stop by Llanfair's Wellness Center Cafe' on Friday, August 16 at 11 a.m., and enjoy a delicious sundae for only \$5, with proceeds benefitting the Llanfair Hair Care Fund for residents. Nothing beats a dish of ice cream on a hot summer day! 🍦



## trash or Treasure

Llanfair Campus Center Great Room

Tuesday, July 23

9:30 a.m. Registration • 10 a.m. Program

Presenter: Mike Turmell

Mike Turmell Estate Sales

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

**Mike Turmell** is a seasoned estate seller with almost 20 years of experience. During this program, Mike will give you reasons why an estate sale is a good way to downsize, share the how-to's of holding an estate sale, as well as share some of the greatest stories of items he found at various estate sales over the years.

Guests are invited to bring **one\*** item for Mike to assess and recommend whether you should "Trash" it or "Treasure" it.

**RSVP by July 16 to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@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. 🍷

# 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
June 7	<b>Ed Stinson</b> Documentary: "Age of Champions"
June 14	<b>Hamilton County Park District</b> Animals, Animals, Animals
June 21	<b>Resident Jim Eddy</b> Camping Ministry
June 28	<b>Steve Schmitz</b> Hot Dog Day
July 12	<b>Mae Terpenning</b> Vintage Hats and Their Stories
July 19	<b>Kathleen Arthur</b> Healthy Habits for Healthy Skin
July 26	<b>Chaplain Jan Ledford</b> A Swiss Christmas in July
Aug. 2	<b>Kathleen Arthur</b> What To Gain When You Grain
Aug. 16	<b>Annual Fundraiser for Llanfair's Hair Care Fund</b> Calories for a Cause, \$5 Ice Cream Sundaes



## SNAPSHOTS

Around Llanfair



Top photo — Residents Judy Doyle and Sharon Cusick enjoy energy smoothies in the Wellness Center Cafe' with grandchildren. Volunteer Judy Sweeney creates delicious smoothies every Wednesday for residents and their families to enjoy.

Photo on left — Channel 5 News Reporter Andrew Setters interviewed Llanfair's Executive Director Sheena Parton about Llanfair's partnership with the 2013 Flying Pig Marathon.

Photo on right — Production Manager of Culinary and Nutritional Services Chris Asselin pictured with his beautiful painting of College Hill to celebrate the Bicentennial. 🍷

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

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# Events & Happenings

## BREAKFAST CLUB EVENTS

*Breakfast Club* provides those who are considering a move, 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 for non-residents. Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

**June 12, 2013 at 10 a.m.**

### African Congo Mission Trip

**Wes Duran** will share details of his recent trip to the Congo. RSVP required by June 6.



**July 10, 2013 at 10 a.m.**

### Introduction to E-Books

**Ned Heeger-Brehm**, from the Hamilton County Public Library, will discuss several e-book readers and how to use them. In addition, Ned will also show how to download library e-books for free. RSVP required by July 5.



**August 14, 2013 at 10 a.m.**

### Bible Sticks

**Ron Vance**, from the Western Hills Church of Christ, will share his sculpturing techniques using cane-size sticks – you'll be amazed at what he can do! RSVP required by August 1.



As part of our Masterpiece Living® philosophy, we believe in whole-person wellness. We also believe our spiritual, intellectual, physical and social well-being is enhanced by the stories we share.



### 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.

## SEASONED SINGLES EVENTS

*Seasoned Singles* is an outreach group for senior singles NOT residing at Llanfair. Events and programs provide an easy way to meet new people. Llanfair offers a meeting place, group rates and round-trip transportation. **RSVPs are required.** Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

**June 25, 2013**



### Alpaca Farming

Visit an Alpaca Farm in northern Kentucky and lunch at the Tousey House in Burlington. Please contact Nancy Quante at 513.591.4501 for more details and cost.

**July 18, 2013**



### Cathedral Gardens

A visit to Cathedral Gardens in Henryville, Indiana. Tram tour and picnic lunch. Please contact Nancy Quante at 513.591.4501 for more details and cost.

**August 7, 2013**

**Location: Campus Center  
Depart: 11 a.m. / Return 4 p.m.**

### Annual Reds Game



Cincinnati Reds vs. Oakland Athletics. Please contact Nancy Quante at 513.591.4501 for more details and cost.

**August 19, 2013**

### A Visit to the Statehouse

Trip to Frankfort, Kentucky. Visit the Statehouse and other historical sites. Please contact Nancy Quante at 513.591.4501 for more details and cost.



### 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 seniors.



## SAVE THE DATE

**September 13, 2013**

**Location: Campus Center Great Room**

**10 a.m. Registration**

Author Barbara Bruce will be available for book signing at this time.

**10:30 a.m. - 12 p.m. Program**

A light lunch will be served following the program.

### Successful Aging

Bring a friend and join us as author and educator **Barbara Bruce** discusses her book, "100 Days to Successful Aging." With a passion for teaching and learning, Barbara presents a holistic approach to successful aging. With a strong belief in mind, body and spirit, she will discuss how all three are intertwined to make us who we are as individuals.



Living well is a lifelong journey and can begin at any time for any person. During her program, Barbara will provide you with a "strategy bank," which includes mental and physical exercises, life review, developing an attitude of gratitude, creative/critical thinking, folk wisdom and humor.

Register early as seating is limited! The first 25 registrants will receive a free copy of "100 Days to Successful Aging," signed by Barbara.

RSVP required by September 6 to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).

**October 3, 10, 17, 24, 2013 • 2 p.m.**

**Location: Campus Center Great Room**

### Four-Part Memory Maker Series

Become a certified Memory Maker through this interactive, four-part series, led by Llanfair's Director of Education **R. Edward Stinson**.



For all who attend all four sessions, you will receive a commemorative pin and graduate from this course as a certified Memory Maker.

**Thursday, October 3**

*Part I – The Umbrella Approach to Dementia*

**Thursday, October 10**

*Part II – Looking Beyond The Words*

**Thursday, October 17**

*Part III – Behavioral Interventions*

**Thursday, October 24**

*Part IV – Bearable Solutions*

RSVP required by September 19 to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).

**For more information on classes and events**

**513.681.4230**

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



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**Llanfair**  
Retirement  
Community

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# Functional Foods

Visit [www.eatright.org](http://www.eatright.org) for more information on Functional Foods and Nutrition.

“Functional foods” are foods that provide additional health benefits that may reduce disease risk and/or promote good health. They have a potentially positive effect on health beyond the basics of nutrition. Of course, all foods are functional because they provide various amounts of nutrients and energy to support vital processes. But, what is a functional food exactly?

Protein for muscle repair, carbohydrates for energy, or vitamins and minerals for cell function, are all examples of basic functions of foods.

**Examples of functional foods include:**

- Conventional foods such as grains, fruits, vegetables and nuts
- Modified foods such as yogurt, cereals and orange juice
- Medical foods such as special formulations of foods and beverages for certain health conditions like Ensure®, Glucerna® or Boost®

**Foods for special dietary use, such as hypo-allergenic foods:**

The American consumer must always keep in mind that health claims are often used as a marketing tool. So, always check the nutritional facts label to find the truth. If the package claims to be a whole-grain product, then whole grains should be the first ingredient listed because this list is organized by weight.

**Try these functional foods to increase your nutritional standing:**

**Cold-Water Fish Like Sardines & Salmon** – They have high amounts of Omega-3 fatty acids, which can lower the overall risk of heart disease, reduce joint pain, and improve brain development

and function. The average person needs about eight ounces of fish per week.

**Nuts** – They make a great snack, help you feel full and control blood sugar levels. Certain nuts are also high in magnesium, which can lower blood pressure and cholesterol.

**Whole Grains Like Barley & Oatmeal** – These foods are high in soluble fiber, which most Americans lack in their diets. They help lower cholesterol and assist with blood sugar control, making it a good choice for people with diabetes. So, eat your oatmeal in the morning, then add barley to your soup at lunch.

**Beans** – These are another terrific source of soluble fiber. A diet rich in fiber can help reduce the risk of colon, rectal and breast cancers. While canned beans are fine, look for those low in sodium and rinse them in water before eating.

**Berries** – In general, berries are amazing functional foods. They are a great low calorie snack. Their anthocyanin pigments, which give them color, offer health-promoting benefits. If you can't get fresh berries, frozen unsweetened berries are a great alternative. 🍷



## Marinated Salmon with Mango-Kiwi Relish

Recipe by: Barbara Seelig Brown, Cooking Light

**Salmon:**

- 1 tablespoon honey
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon olive oil
- 1/4 teaspoon black pepper
- 4, 6 oz. salmon fillets (1-inch thick)

**Relish:**

- 1/4 cup diced peeled mango
- 1/4 cup cubed peeled kiwifruit
- 1/4 cup chopped fresh cilantro
- 1/4 cup fresh orange juice

**Preparation:** To prepare salmon, combine first four ingredients in a large zip-top plastic bag. Add fish to bag; seal. Marinate 10 minutes, turning occasionally.

While fish marinates, heat grill or large nonstick skillet over medium-high heat. Remove fish from bag, discarding marinade. Coat pan with cooking spray or olive oil. Add fish, and cook five minutes on each side or until the fish flakes easily when tested with a fork.

While fish cooks, prepare the relish. Combine mango and the remaining ingredients. Serve over fish.



**Llanfair**  
Retirement  
Community

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

Belwood Condo-Style Homes  
Larchwood Apartment Homes  
Assisted Living Apartment Homes

Memory Care  
Rehabilitation  
Skilled Nursing



Become A Fan



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

First Last

Street Apt. #

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**Llanfair**  
Retirement  
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**513.681.4230**

*I am interested in the following:*

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- 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