

THIS IS Living



Ohio Living
Llanfair

FALL 2017

OHIO LIVING.ORG



Three-Part Memory Maker Series

Presented by R. Edward Stinson, director of education for Ohio Living Llanfair Campus Center Great Room

Join us at Ohio Living Llanfair for this interactive series where you will become a certified Memory Maker. This caregiving journey will take you to places unimaginable, and in the process you will learn more about yourself as well as the individuals with dementia that you serve. Everyone who attends the three sessions will receive a commemorative pin and will graduate from this course as a certified Memory Maker.

Tuesday, Sept. 12 | 10 to 11:30 a.m.
Part I: The Umbrella Approach to Dementia



Not all umbrellas are for rainy days. Join in this interactive and information filled presentation as you explore the various types of dementia. Is it dementia or delirium? Learn about the various causes of delirium in contrast to dementia. Cover your umbrella and learn how to take the Functional Clock Test when helping others with dementia and delirium-related disorders and conditions. A separate focus will be provided on Alzheimer's disease facts and figures. In addition, you will explore the various stages of progression of the Alzheimer's disease.

Tuesday, Sept. 19 | 10 to 11:30 a.m.
Part II: Looking Beyond the Words



Edward Stinson has been teaching the concepts of Reality and Validation Therapy to the greater community and health care professionals for decades with the strategies you will learn from this interactive session.

See MEMORY on page 3

Ohio Living Llanfair Celebrates 60 Years!

For over 60 years, Ohio Living Llanfair has been dedicated to our mission of serving adults in the Cincinnati area. Ohio Living Llanfair is owned, operated and supported by Ohio Living.

In celebration of Ohio Living Llanfair's 60th anniversary, we invite you to join us for an Arts Sampler – **An Evening Celebration of the**

Arts, Saturday, October 7, 4 to 7 p.m. You will enjoy music, arts, crafts, great food and fellowship as you stroll through the campus and view our timeline from our opening in 1957 to present day.

Reservations are required. Please call **Kim Kaser** at 513.591.4567 or kkaser@ohioliving.org by September 29.

Orphan Elders of the Baby Boomers Workshop

What's in your aging alone toolbox?

Friday, November 17 | 9:30 a.m. to 4 p.m.

Campus Center Great Room | 1701 Llanfair Avenue 45224

With more than 25 percent of Americans over the age of 65 now living without spouses or nearby children, the "Orphan Elders" may begin to worry about what happens if they can no longer care for themselves. Have you planned yet, or are you just beginning to look at who will help with your physical and mental

challenges, as well as financial and legal planning needs? Who and What is in your Aging Alone Toolbox?

Our day-long workshop will help you with the tools to create your successful plan.

Please RSVP to **Kim Kaser** at 513.591.4567 or kkaser@ohioliving.org by November 13.

2 LIFESTYLE

A Message from Jean Facing Hard Choices
Join Ohio Living Llanfair Friends

3 ON CAMPUS

Community Calendar
Save the Dates

4 WELLNESS & FUN

Snapshots
Volunteers Make a Difference



*A Message from
Our Executive Director*
Jean Morgan

“Building
on a strong
foundation”

As we wind up our 60th Anniversary celebrations with our final event in October, I realize that this anniversary year and its happenings have not only provided us with an opportunity for learning, fun, and fellowship, but also an opportunity to reflect on our rich history and to look forward to our vibrant future. Both endeavors lead us to our mission and provide us with a wonderful

sense of pride for the community that Ohio Living Llanfair has become and the legacy that so many have created through these 60 years.

Our sense of mission and purpose is embraced by our parent organization, Ohio Living, and is reflected and felt every day through our service to residents. As we focus on the physical, mental, and spiritual well-being of each person,

we highlight their individuality and embrace their desires and goals toward well-being. While this may be seen by some as a lofty endeavor, it has served us well and has allowed us to build on a very strong foundation. While we have a tremendous history, I believe our greatest endeavors and service to others lies in our future. We have accomplished much and we have much more to do.

Parade of Homes



Belwood Parade of Homes

October 19 | 10 a.m. to 12 p.m.
1776 Larch Avenue

Bring a friend and join us for our open houses showcasing Belwood's spacious two-bedroom condo-style apartment homes. Belwood offers many services and amenities, including: five evening meals a week, housekeeping, linen service, transportation, cable and most utilities, underground parking and much more.



Larchwood Parade of Homes

September 12, November 9
10 a.m. to 12 p.m.
1722 Larch Avenue

Bring a friend and take a stroll through the spacious one- and two-bedroom apartment homes located in the Larchwood independent living building. Larchwood offers many services and amenities including: seven evening meals and your choice of breakfast or lunch; housekeeping; linen service; transportation; and more.



At each open house you will have the opportunity to talk with residents and staff, and ask questions about what life is really like living at Ohio Living Llanfair.

RSVPs are required by calling **Kim Kaser** at 513.591.4567 or kkaser@ohioliving.org

Facing Hard Choices

Thursday, October 26
Dinner & program 5:30 to 7 p.m.
Campus Center Great Room
1701 Llanfair Avenue

Join us for this educational program designed for caregivers. This program will help you navigate the process of moving your loved one to a life plan community.

Our expert panelists will answer your questions, and help you understand when to begin the conversation and ease the transition.

The panel of specialists from Ohio Living Llanfair include:

Lee Hubbuch

Admissions Case Manager

Pam Campbell

Director of Nursing

Christie Lee

Director of Social Services

Mark Hasselbeck

Division Director, Business Development

The evening will begin with a complimentary buffet style dinner



at 5:30 p.m., and the program will begin promptly at 6 p.m.

Panelists will give a brief overview of their roles at Ohio Living Llanfair and cover topics including: the admission process; the emotional side of long-term care placement; a typical day for a resident; nursing trends and skills; therapy outcomes; staff ratios; recreational and social support; Medicaid process; the role of hospice in long-term care; and

family care conferences.

This is the perfect time to have all of your questions answered, as we will leave most of the evening open for a question and answer session with our specialists.

If you or someone you know is considering a move to a life plan community, this is the perfect program.

Please RSVP to **Kim Kaser** at 513.591.4567 or kkaser@ohioliving.org by October 18.

Join Ohio Living Llanfair Friends!

Llanfair Friends is a group of residents and outside guests who come together to join our monthly Breakfast Clubs, enjoy day trips, events, health and wellness opportunities, learning events and occasional overnight trips. If you or someone you know is interested in joining the Llanfair Friends group, please call **Edward Stinson** 513.591.4548 to add your name to our mailing list to receive flyers and invitations.



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.

Sept. 13, 2017 | 10 a.m.

The Miami-Erie Canal



Join us to learn more about the canal that connected the Ohio River with Lake Erie from **Don Gillum** from the Cincinnati Museum Center. RSVP by September 8.

Oct. 11, 2017 | 10 a.m.

The History of the Cincinnati Zoo



Karen Borejka with the Cincinnati Zoo and Botanical Gardens will share the history of the Cincinnati Zoo, volunteer opportunities and programs. RSVP by October 6.

Nov. 8, 2017 | 10 a.m.

The Tomb of the Unknown Soldier



Join **Diane Shields** from the Cincinnati Museum Center as she uncovers the details and history behind the Tomb of the Unknown Soldier. RSVP by November 3.

Other Events

**Sept. 29, Oct. 27, Nov. 24, 2017
10 a.m. to 2 p.m.**

Terrace Lobby | 1701 Llanfair Avenue

Bake Sales to Benefit Alzheimer's Research

Did you know we host a monthly Bake Sale to raise funds for the annual Walk to End Alzheimer's? Ohio Living Llanfair has a team that walks and fundraises each year for the October Walk, to help fight Alzheimer's Disease — the sixth leading cause of death in the United States. Alzheimer's disease affects more than five million Americans, including an estimated 50,000 in the Greater Cincinnati area, and many of our Llanfair loved ones and friends. All funds raised go directly to the Cincinnati chapter. Support us by baking or shopping at the Bake Sale. Questions? Call Peg in the Marketing Office at 513.591.4503.

November 6, 2017 | 2 p.m.

Campus Center Great Room
1701 Llanfair Avenue

Celebration of Veterans

Bring a friend and join us in honoring our veterans. We welcome residents and friends who have admirably served in our nation's military branches. For those who are not veterans, we welcome you too, to help us pay tribute to those who served. **RSVP is required by October 30.** Call Kim Kaser at 513.591.4567.



**Starting in September
Fridays | 9 a.m. to Noon**

Campus Center Great Room
1701 Llanfair Avenue

OLLI Fall 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 — classes are called Fab Fridays. Fall topics include: The Cincinnati Enquirer, Lost tea rooms of Cincinnati, Victorian women, Medical marijuana, Traveling alone and more. Registration closes for the fall 2017 semester in early September.

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

Save the Date

October 24, 2017 | 10:30 a.m.

Larchwood Pub
1722 Larchwood Avenue

Taste of Fall

Join Ohio Living Llanfair's **Executive Chef Nathan Murad** for a taste of fall dishes, tips and recipes. Nathan will share how to eat seasonally and where to find the healthiest foods locally. You will broaden your palette with this tasty program and sample a variety of fall flavors. Limited seating. **RSVP to Kim Kaser at 513.591.4567 by October 20.**



MEMORY continued from page 1

You will learn communication tips and understand the rationale behind an individual's messages when they are not always clear to you. You will leave motivated with positive ways to care for an individual who has receptive and or expressive communication challenges.

**Tuesday, Sept. 26 | 10 to 11:30 a.m.
Part III: Flying Polar Bears**



Learn about **Diversional Therapy** and how it evolved out of World War I and how important it is today in helping an individual with dementia-related disorders.

In this interactive workshop **Edward** will teach you how to apply **Validation Therapy** as "Bear-able Solutions" and increase the quality of life of another individual. This session is interactive and provides you with a tool kit of ideas to use when working with another in your care. The correlation between spirituality and dementia will be explored. Learn ways to restore the spirituality in one's life that was thought to be lost.

It is recommended that you attend all three presentations. Please RSVP to **Kim Kaser** at 513.591.4567 or kkaser@ohioliving.org by September 11.

We currently have openings in our long-term nursing neighborhood with clinically trained 24-hour caregivers. If you know someone who would benefit from a tailored approach to long-term nursing care, please encourage them to contact Admission Case Manager **Lee Hubbuch** at 513.591.4516 or lhubbuch@ohioliving.org.



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 39 COLUMBUS OH

POSTAGE WILL BE PAID BY ADDRESSEE

MARKETING DIRECTOR
OHIO LIVING LLANFAIR
1001 KINGSMILL PKWY
COLUMBUS OH 43229-9892



Don't Be Left Out in the Snow!

Reserve your apartment home at Ohio Living Llanfair before the bad weather arrives. Call Kim Kaser at 513.591.4567 to schedule a tour.



Ohio Living

Llanfair

1701 Llanfair Avenue
Cincinnati, OH 45224
513.681.4230
ohioliving.org



Snapshots *from around our community*



Volunteers Make a Difference

Volunteering gives you an opportunity to change lives, including your own. New opportunities are always available. You can choose the type of volunteering that works for you, whether it's assisting other Ohio Living Llanfair residents or working alongside our staff by providing assistance at our varied activity programs, classes and workshops. **If you have a heart for volunteering, contact Director of Education and Volunteer Programming Edward Stinson at 513.591.4548.**

Volunteer Appreciation Reception

Ohio Living Llanfair's annual Volunteer Appreciation Reception will be held on Thursday, September 28, in the Campus Center Great Room. This is an invitation-only event to honor volunteers for their many hours of service to our residents and our community. We have been celebrating volunteers for over 17 years, many of whom have accumulated over 1,000 service hours. It is our privilege to have so many wonderful and talented men and women to serve our community.

For more information about the Volunteer Appreciation Reception or to explore volunteer opportunities at Ohio Living Llanfair, please call Edward Stinson at 513.591.4548.



- Executive Director Jean Morgan and board member Dick Reese at our annual Resident and Family Picnic celebrating our 60th anniversary.
- Larchwood residents enjoy taking turns weekly to host a happy hour in the pub. From left to right: Rita Heinrich, Carlye Jean Baer and Jo Barker.
- Unveiling of "Child of Time," a sculpture created by local artist and Artist-in-Residence, Kat Correll in April. From left to right: Chaplain Jan Ledford, Artist Kat Correll, Community Liaison Peg Ashbrock and Executive Director Jean Morgan.

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
Llanfair



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