



# This is Living



## Successful Living program presented by Barbara Bruce

**September 13, 2013**  
**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 complimentary lunch will be provided following the program.



At Llanfair Retirement Community, we are committed to helping older adults live healthier, happier and remain independent longer. Through our Masterpiece Living® whole-person wellness philosophy, we provide a lifestyle that will help you feel more energetic, more engaged with the world around you, more interested in your health and wellness, and give you the freedom to pursue whatever it is that lifts your spirit and makes you happy.

On Friday, September 13, we invite you to experience our Masterpiece Living® lifestyle for an event that will enlighten you and provide you with many tools to live more successfully.

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. 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.

**There is no charge for this event, but advanced registration is required. Please contact Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) by September 9 to reserve your space.**

## FOUR-PART MEMORY MAKER SERIES

Presented by R. Edward Stinson, Llanfair Director of Education, Campus Center Great Room



Invite a friend and join us for an interactive four-part series where you will become a certified Memory Maker. This series has been presented at local hospitals, churches and other healthcare professions for more than seven years.

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

### Part I • Thursday, October 3 at 2 p.m. 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 numerous 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 the progression of Alzheimer's.



### Part II • Thursday, October 10 at 2 p.m. LOOKING BEYOND THE WORDS

In this session, the concepts of Reality and Validation Therapy will be presented. 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.

*Continued on next page >*

## SNAPSHOTS From the Annual Ladies' Tea • May 17, 2013



*Independent Living Activities Coordinator Nancy Quante serves tea • Resident Sharon Cusick helps serve guests the delicious cupcakes at the Ladies' Tea*

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## A Message from Our Executive Director

**SHEENA PARTON**

*It is really a simple idea - to achieve total quality of life you need to take care of the brain since it may be the most important muscle we have. Some might believe that remaining active by continuing to do the same things you're already good at is the key to successful aging. However, a failure to challenge yourself with new activities and learning may contribute to a decline. It is great to work on crossword puzzles, but if this is the only thing you do, it just reinforces a strength you already have and is also only focused on language skills. It is like exercising only one part of the body. Consider exploring other avenues to expand your brain skills. Here's a tip: eat with your other hand! If you are right-handed, swap to the left hand and vice versa. Imagine billions of neurons mastering new tricks as you gain control of your other hand.*

*Activities to stimulate the brain can include volunteering, participating in a book or card club, learning a new language, playing an instrument or doing creative projects. There is a correlation between physical and cognitive health. In fact, research has shown that physical activity was the most protective factor against cognitive decline. Cognitive decline is not inevitable later in life, as many once believed. However, that does not mean that a healthy and active lifestyle guarantees a person from declining. Staying active and engaged with a focus on the whole person is important and can increase your chances of leading healthier and productive lives.*

*Another way to stimulate the brain is to play "brain games" on various websites. Try visiting [www.gamesforthebrain.com](http://www.gamesforthebrain.com), a website offering several games to choose from to challenge different areas such as memory, hand-eye coordination, language skills, logic, problem-solving and more. A few other sites are [www.allstarpuzzles.com](http://www.allstarpuzzles.com), [www.freerice.com](http://www.freerice.com) and [www.freepuzzles.com](http://www.freepuzzles.com). Try these out, they are not only fun, but could also prove to be rewarding for you.*

### Annual Volunteer Appreciation – Friday, September 20 – Campus Center Great Room

This is an invitation-only Volunteer Appreciation Reception to honor our volunteers for their many hours of service to our residents and community. We have been celebrating volunteers for more than 15 years, many of whom have provided 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, please call our Director of Successful Living Ed Stinson at 513.591.4548.*

### Volunteer Opportunities

Volunteering gives you an opportunity to change lives, including your own. Choose what type of volunteering works for you, whether it's assisting other residents or working alongside Llanfair staff in helping with our activity programs. New opportunities are always available. *If you have a heart for volunteering at Llanfair, contact Ed Stinson at 513.591.4548.*



**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



## 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
Sept. 6	<b>Marty Weldishofer</b> from Marty's Hops and Vines – Harvest Beer Tasting
Sept. 13	Resident <b>Jan Lykins</b> – The Volunteering Life
Sept. 20	<b>Annual Volunteer Appreciation</b> – No program today
Sept. 27	<b>Peg Ashbrook</b> – Traveling the Pacific Northwest
Oct. 4	<b>Peg Hoekstra</b> – My Roller Derby Years
Oct. 11	<b>Judi Pohlmeyer</b> – Masterpiece Giving
Oct. 18	<b>Jed Ledford</b> – TBA
Nov. 15	Resident <b>Dick Doyle</b> – What's So Interesting About Mushrooms?



### 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.

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### Part III • Thursday, October 17 at 2 p.m.

#### BEHAVIORAL INTERVENTIONS WITH POSITIVE OUTCOMES

During this interactive class, you will explore the reasons why difficult behaviors occur and identify problem-solving strategies for specific behaviors, while keeping a sense of humor. You will identify causes related to the person's physical and emotional health including those that are environmental. In addition, you will learn a technique to dissect behavior, and practice the ABCs of Behavioral Interventions.

### Part IV • Thursday, October 24 at 2 p.m.

#### FLYING POLAR BEARS

Learn about Diversional Therapy, 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 you will learn how to apply Validation Therapy as "Bear-able Solutions" and increase the quality of life of another individual. Learn ways to restore the spirituality in one's life that was thought to be lost.

**Join us for all four classes or just one – it's up to you. Please RSVP to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) by September 19.**



## One of the Best Decisions You'll Ever Make

There's a good chance you already know that life at Llanfair Retirement Community brims with possibilities for every interest. With spacious apartments, bountiful amenities and a complete continuum of care, Llanfair offers an unparalleled opportunity for active older adults to continue to live life to its fullest, surrounded by friends who share their interests.

Since 2009, Llanfair has partnered with Masterpiece Living®, a research-based approach that offers rich opportunities for living a happier, healthier life. Llanfair brings together the people, resources, activities and culture you need to achieve your personal best. These elements include a strong network of positive relationships and a daily life characterized by optimal physical, intellectual, spiritual and social opportunities.

### The Facts

We're all familiar with the negative stereotype of aging that permeates our society. The idea that growing older leads to decreased possibilities for growth and unavoidable decline can become a self-fulfilling prophecy. However, the MacArthur study research shows that if we believe in our ability to grow, we can experience success in our personal lives even as we face the challenges inherent in aging. Your decision to move into a retirement community can be one of the most important health decisions you'll ever make. The type of community you choose will have a direct bearing on the likelihood that your dreams for the future will become a reality. Masterpiece Living® at Llanfair offers a proven, research-based way to reach your personal best and live a happier, longer life.

We welcome you to take the first step to see what living at Llanfair is really like and participate in our Masterpiece Living® culture.

### We Invite You to "Escape to Llanfair"

#### Your complimentary 3 day/2 night package includes:

Accommodations in our luxurious Larchwood themed guest suite. Leave behind your daily routine of housekeeping, yard work and cooking to experience fine dining with chef-prepared meals and a wide variety of social, educational and traveling opportunities.

RSVP to Kim Kaser 513.591.4567

If you are wondering if Llanfair is the right decision for you now, then you owe it to yourself to experience the Llanfair lifestyle and Masterpiece Living® culture for your 3 day/2 night Escape.

Offer is subject to availability and application approval.

# Events & Happenings

## BREAKFAST CLUB EVENTS

*Breakfast Club* provides Llanfair residents and non-residents not already residing in a retirement community an opportunity to learn something new, be entertained and be 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.

**September 11, 2013 at 10 a.m.**

### Licking River & Ohio River Murals

Presenter **Kristine French**, manager of Strategic Initiative for Vision 2015, will discuss the Greenway Plan. This plan, commissioned by Vision 2015 in 2008, establishes a continuous green corridor along the Licking River valley connecting the Kentucky communities of Newport, Covington, Wilder and Taylor Mill. RSVP required by September 6.

**October 9, 2013 at 10 a.m.**

### Harris Rosedale's Dancing Grandmas & Bob

Enjoy this entertaining performance by a tap dance group from Covington, Kentucky. The group was founded by the legendary Harris Rosedale in 1982.



From ages 55-87, the dancers enjoy performing for a variety of audiences. RSVP required by October 4.

**November 13, 2013 at 10 a.m.**

### Tri-State Warbird Museum Outreach Program

In order to bring the museum into the community, outreach volunteers **Jim Lucas** and **John Moon** narrate a program of slides and videos of the



museum, the aircrafts and the various displays. They invite the veterans to talk about their experiences during World War II and all veterans are thanked for their service. RSVP required by November 8.

## SEASONED SINGLES

If you are 55 years of age or better and not currently residing at a retirement community, our **Seasoned Singles** outreach program may be just what you're looking for! Seasoned Singles is a great way to meet new people and share wonderful experiences through traveling and other entertaining events and trips. Llanfair offers a meeting place, group rates and round-trip transportation. **Please contact Nancy Quante, independent living activities coordinator, at 513.591.4501 to be added to the Seasoned Singles mailing list or for more details.**

## SNAPSHOTS

From the Flying Pig Marathon



Residents enjoying the weather for the 2013 "Walk the Block" event at Llanfair • Merlin, faithful friend of Belwood residents Chappie and Marybelle Chapman wearing his official 2013 Flying Pig Marathon medal • Llanfair staff member Dwayne Jennings receives his medal from Flying Pig Marathon Executive Director Iris Simpson-Bush

**For more information on classes & events 513.681.4230**  
All events are free unless otherwise noted.



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## Stay Tuned!

The winter edition of *This is Living* will list dates and times for a new and research-based program on fall prevention, **Vertical**. You will learn ways to become more confident about managing falls by believing that you can increase your strength, find ways to reduce falls, and protect yourself in the event that you do fall. Join Director of Education **Edward Stinson** for this interactive and successful learning series to prevent and manage falls in your life.

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



**The Açai Berry's Claims to Fame:**

- Fast weight loss!
  - Rids you of belly fat!
  - Cures cancer!
  - Anti-aging qualities!
  - Detoxifies your body!
- Sounds too good to be true, right? IT IS!*

**Time for the facts...**

The açai berry is a great source of antioxidants which help prevent against cell death and free radical damage. Most berries have a good source of antioxidants, as do many other fruits and vegetables!

There has been no proven research to support that the açai berry prevents disease, fights signs of aging or causes weight loss! Most products made with açai berry are very cheap and low quality and so their effects are minimal. While it is a nutritious food, it should be combined with a well-balanced diet for the best results.

No one food can do it all, balance your plate like you balance your life!  
*Don't believe the hype – Ask a professional!*

**What is the Açai Berry?**

The açai (ah-sigh-EE) berry is a purple berry similar in size and shape to a grape only with a large seed inside. It has a rich berry flavor with a slight chocolate aftertaste; it is not very sweet like other berries. Typically, you will find the açai berry in juices and dietary supplements or as an additive in foods due to its high protein content. Açai has been a staple food item of Brazil for many years due to being grown best in a tropical climate, but the berry has recently become known as a “super food” here in the United States. ✍️

**Managing Your Medications**

October 22 • Campus Center Great Room  
9:30 a.m. Registration/Continental Breakfast  
10 a.m. Presentation



When it comes to ensuring appropriate medication use, the best-kept secret is your pharmacist. Medications are one of the most important factors in improving your quality of life. Unfortunately, you are especially at risk for medication-related problems due to physiological changes in aging's higher incidence of multiple chronic diseases and conditions; and greater consumption of prescription and over-the-counter medications.

Medication-related problems are estimated to be one of the top five causes of death in older adults, and a major cause of confusion, depression, falls, disability and loss of independence.

Bring a friend and join us for an educational presentation from **Jim Kissmeyer, RPh**, head pharmacist for Mullaney's new White Oak location.

**Jim's Presentation Includes:**

- Key medication considerations, including normal age-related changes, pathologic process or aging and pharma-cokinetics
- Helping you understand current gaps between what is and what could be in medication management for older adults.
- Changes in medication practice and innovations in care
- The top five medication problems and how to prevent them
- The best ways to purchase brand-name medications
- Ways to store your medications properly
- How to safely buy your medications online
- A list of foods that do not mix well with certain medications
- Questions to ask the pharmacist about your prescriptions

RSVP by calling Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) by October 15. ✍️

**Consignment: 101**

November 14 • Campus Center Great Room  
9:30 a.m. Registration • 10 a.m. Program

Bring a friend and join **Anne Arenstein**, from Legacies Resale Shop in Hyde Park Plaza, for a first-hand look into the world of consignment and how to downsize. Anne will use her expertise and explain how using a consignment store to downsize not only benefits you, but the Cancer Support Community as well.

Most people who are thinking of downsizing to retirement living have one common question: what do I do with the items I don't take with me? Anne will help sort through those answers and help you understand the options available. She will share how consignment shops recycle items, great stories of one-of-a-kind items that have come through Legacies' doors over the years and volunteer opportunities.

RSVP to Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) by November 4. ✍️



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

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



**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 \_\_\_\_\_



**513.681.4230**

*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