



# This is Living



## Team Llanfair Joins the FLYING PIG MARATHON



Llanfair Retirement Community is pleased to announce that we are participating in the 2013 Flying Pig Marathon. This marks the first time that a continuing care retirement community will participate in the nationally recognized marathon event.

The 15th Annual Flying Pig Marathon takes place on Sunday, May 5, in downtown Cincinnati and has events for all ages and abilities.

The Flying Pig Marathon is hosted by Cincinnati Marathon, Inc., a nonprofit organization whose mission is to provide a premier event that is open to athletes of all abilities.

*We invite you to join our team of flying pig walkers! Not only will Llanfair residents get to experience this exciting event, but we extend the invitation to any older adult, 55 years of age or older to join our team.*

Each participant will create their own distance goal through a progressive **walk training program** offered on Llanfair's campus. By using Llanfair's indoor walking track or external walking trails, you will be able to set and 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.



At Llanfair, we are committed to an unwavering belief that older adults can learn and grow at any age. With our Masterpiece Living® whole-person wellness philosophy, we know that to live successfully we need to challenge ourselves every day spiritually, intellectually, socially and physically. We are excited to see our belief in action with our participation and support of the 2013 Flying Pig Marathon.

For those who want to participate, join us for the:

**FLYING PIG KICK-OFF EVENT  
MARCH 8 AT 11 A.M.  
IN THE LLANFAIR  
WELLNESS CENTER CAFÉ.**

We will welcome **Iris Simpson Bush**, executive director of the Flying Pig Marathon, to cover the history of "The Pig" and details of this year's exciting event. Llanfair's Masterpiece Living® Coordinator **Carol Saylor** will cover the particulars of Llanfair's training program. Llanfair's Director of Marketing **Kim Kaser** will share the incentive program and prizes for those who participate.

**WALK THE BLOCK  
AND AWARDS CEREMONY  
APRIL 30**

All walkers, family and friends are encouraged to join us for a ceremonial walk around our campus, and to receive their official 2013 Flying Pig Marathon medal.

**1:00 -1:30 P.M. – CHECK IN  
1:30-2:30 P.M. – WALK THE BLOCK**

Join friends and family for a short walk around Llanfair's campus.

**1:30-3:00 P.M. – RE-ENERGIZE!**  
Gather in the Campus Center Great Room for music, vendor information prizes, and healthy snacks and beverages.

**3:00 PM – AWARDS CEREMONY**  
Join us in the Campus Center Great Room.

*There is no cost to participate!*

*RSVP must be received for the Friday, March 8, Kick-Off Event no later than Monday, March 4.  
Call Kim Kaser at 513.591.4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org).*

## Join Us St. Patrick's Day Celebration! Friday, March 15, 2013

**Green Pancake Breakfast  
6:00 a.m. – 10:00 a.m.  
Larchwood Building Dining Room  
1722 Larch Avenue  
\$5.00/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! Our traditional Irish breakfast of green pancakes, scrambled eggs, bacon, sausage and other goodies will be served to you by Llanfair's management team. Stop in any time between 6:00-10:00 a.m. After breakfast join us for two other fabulous events!

**Apartments on Parade  
10:00 a.m. – 11:00 a.m.  
Larchwood Building  
1722 Larch Avenue**

Bring a friend and take a walk through our Larchwood building, as we showcase our beautiful one-bedroom apartment homes. Your tour will include Llanfair's Key West and Hollywood-themed guest apartments, as well as our newly renovated one-bedroom apartment homes, unlike any Larchwood apartment you've ever seen!

**Patrick: Beyond the Shamrocks and Snakes  
11:00 a.m. – 12:00 p.m.  
Campus Center Great Room  
1701 Llanfair Avenue**

Bring a friend and join us as we view this extraordinary film about the life of St. Patrick. Following the film, enjoy St. Patrick's Day shamrock cookies and samplings of traditional Irish beer.

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

**RSVP to Kim Kaser at  
513.591.4567 by March 8.**





## A Message from Our Executive Director

**SHEENA PARTON**

### Nourish Your Body & Mind

Many people think of nourishment as only being the food we eat. Yes, eating healthy food plays a major role in our well-being, but it takes more than that to nourish your body appropriately. To enjoy physical and mental health, personal and spiritual development, and a balance in every part of your life, start by providing the real nourishment your body requires. Making healthy food choices and exercising healthy eating habits maximizes the nutrition your body receives. Other ways to maintain or improve your health include getting adequate physical activity; replacing fluids you lose from your body each day (about 2.5 liters) by drinking liquids and consuming foods with a high water content; getting plenty of rest; and trying to soak up some sunlight.

A healthy mind is also crucial for your overall well-being. What is a healthy mind and how do you nourish it? What do we mean by our mind as opposed to our brain? When you think, are you using your mind, your brain, or both? The words brain and mind are sometimes used interchangeably, but they are actually not the same thing. They are so interrelated that it is hard to refer to them separately. However, the brain is an organ, while the mind is not a physical thing. Your mind involves thoughts, emotions, intentions and meanings. Recent research suggests that your mind is not the slave of your brain, but that they influence each other. You can use your mind to change the wiring of your brain. It is a scientific fact that if you nourish your mind you can improve the performance and health of your physical brain.



How do you nourish your mind and brain? By eating "brain" foods such as complex carbohydrates. They provide energy, but the overall idea is to maintain a well-balanced diet. Regular physical activity/exercise is also important. Emphasis on brain fitness is on the rise and solving puzzles keeps the brain stimulated.

Challenge your brain by trying new activities. Go out of your comfort zone and expand your mind.

While on the subject of the mind, the feeling known as awe is getting attention from researchers at Stanford and the University of Minnesota. Groups of people watched videos of waterfalls, whales and space exploration, which evoked this feeling of awe. They found that when experiencing awe, it makes us less impatient, less materialistic and more willing to volunteer. This is attributed to awe's ability to change our relationship to time because when we are in awe, time appears to slow down, making us feel that we have more time available. It's interesting what the mind can do! ✏️



## The Truth About Finances

*Armed with More Knowledge,  
You Can Make Better Decisions*

**Three-part Financial Education Series**  
**April 25, May 2 and 9, 2013**  
**Registration – 4 to 4:30 p.m.**  
**Presentation – 4:30 to 5:30 p.m.**  
**Llanfair Campus Center Great Room**  
**1701 Llanfair Avenue**

You're invited to a three-part education series full of valuable information to help you understand retirement choices, how to manage your money and benefits, and how to get the most out of what is available to you.

Guest Speakers include **Jennifer Funk**, Financial Advisor-Merrill Lynch Wealth Management, **Mary Ann Jacobs** and **Mollie Stegman**, of Ritter and Randolph Law Office, as well as additional guest speakers. A light-to-go dinner will be prepared by Llanfair's culinary team.

### **Thursday, April 25** **Adapting to Sudden Life Changes**

RSVP to Kim Kaser at 513.591.4567 by April 18  
Life brings us numerous transitional moments that affect our lives in many ways. This program discusses the planning challenges and financial strategies that occur in conjunction with major life events. Emphasis will be on gender-related planning challenges resulting from divorce, death of a spouse, job change and/or retirement. All of these situations can dramatically change our future if we are not prepared. We will specifically address how to navigate the road to financial independence for individuals and families in transition.

### **Thursday, May 2** **Searching for Yield in a Weak Environment**

RSVP to Kim Kaser at 513.591.4567 by April 25  
With interest rates at historic lows, it is hard to find the income or growth one needs from their investments without taking on unwanted risk. The lack of growth in conservative income paying options can jeopardize long-term goals. We will discuss five specific investment strategies that have higher yield to either provide for more income or allow for continued growth of portfolios.

### **Thursday, May 9th** **Don't Leave Your Heirs a Mess to Clean Up and The Ins and Outs of Social Security**

RSVP to Kim Kaser at 513.591.4567 by May 2  
Learn the importance of having estate planning documents in place, how often they should be updated, how life changes will affect these documents and why you should review your beneficiary designations. You will also learn how to maximize the rewards from Social Security, veterans benefits and other important programs.

*Join us for all three presentations 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).* ✏️

**For More Information  
About Our Active Community**  
**513.591.4567**



**Llanfair**  
Retirement  
Community

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

Become A Fan





# Events & Happenings

## BREAKFAST CLUB EVENTS

*Breakfast Club* provides those who are considering a move to Llanfair an opportunity to learn something new, be entertained and get 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.

**March 13, 2013 at 10 a.m.**  
*How, Why and What We Collect*



Cincinnati Museum History Collections Curator **David Conzett** will give us an overview of how they go about adding to the

museum collections, how things are cataloged and what they do not use. **RSVP required by March 8.**

**April 10, 2013 at 10 a.m.**  
*Cincinnati Children's Hospital*



**Tina Nelter** and others will share with us what makes the College Hill Campus hospital different from the others. They will explain how the facility helps young people

in need. **RSVP required by April 5.**

**May 8, 2013 at 10 a.m.**  
*Guarding Against Medicare Fraud and Identity Theft*



U.S. Air Force Retired Lt. Col. **Teb Bains** will share with us ways that we can protect ourselves and others from Medicare fraud and identity theft. **RSVP required by May 3.**

**JOURNEY THROUGH AGING WITH JOEL**  
**WRFD 880AM • Saturdays 8 a.m.**

## SEASONED SINGLES EVENTS

*Seasoned Singles* is an outreach program for seniors NOT residing at Llanfair or any other retirement community. 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.

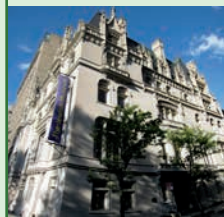
**March 22, 2013**  
**Meet at Larchwood Lobby**  
**Depart 12:30 p.m./Return 7:30 p.m.**

*"Our Town" – School for the Creative & Performing Arts*



"Our Town" by **Thornton Wilder** is the story of the fictional town of Grover's Corner, New Hampshire, and the people who live there. The play covers a time period of 12 years and is a glimpse into life in a small New England town in the early 1900s. Prior to the show, we will stop for dinner (on your own) at the Montgomery Inn Boathouse. **RSVP and payment of \$35 (includes ticket and charter coach) required by March 1.**

**March 26, 2013**  
*Warburg Museum and Lunch Outing*



Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

**April 19, 2013**  
**Meet at Larchwood Lobby**  
**Depart 9 a.m./Return 6 p.m.**  
*A Day Trip to Hanover College and Madison, Indiana*

Enjoy a motorcoach tour of Hanover College, lunch in the faculty dining room, a tour of the Lanier Mansion in Madison and shopping time in Madison. **RSVP and payment of \$65 (includes ticket, transportation and lunch) is required by March 29.**



**May 9, 2013**  
**Meet at Larchwood Lobby**  
**Depart 9:20 a.m./Return 1 p.m.**

*Buster Keaton in Steamboat Bill, Jr. and the "Mighty Wurlitzer"*

The Music Hall Ballroom's "Mighty Wurlitzer" will accompany **Buster Keaton** in his acclaimed 1928 feature-length comedy silent movie, which is considered by many film critics as a masterpiece of its era. **RSVP and payment of \$25 (includes ticket and transportation) is required by April 26.**



## 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
Mar. 1	<b>It's Dr. Seuss' Birthday</b> with Molly Cloyd and Carol Saylor
Mar. 8	<b>Flying Pig Marathon Kick-off Event</b> with Iris Simpson Bush
Mar. 15	<b>Patrick: Beyond the Shamrocks and Snakes!</b> with Ed Stinson
Mar. 22	<b>Computer Fun</b> with Kim Kaser
Mar. 29	<b>Good Friday Observed</b> No program
Apr. 5	<b>Capturing 200 years of College Hill</b> with Chris Asselin

## SAVE THE DATE

**July 20, 2013 at 2 p.m.**  
**Larchwood Lobby, 1722 Larchwood Ave.**  
*College Hill Bicentennial Celebration*

Bring a friend to celebrate College Hill's Bicentennial. The celebration starts at Llanfair Retirement Community at 2 p.m. Enjoy traditional "ballpark foods" such as



hot dogs, cotton candy, popcorn and more! At 5:30 p.m., we will welcome the Cincinnati Red Legs for an exciting baseball game across the street from the Larchwood building. First pitch is at 5:30 p.m. and fireworks follow at 10 p.m.

**RSVP required by June 1.**

*For more information on classes and events*

**513.681.4230**

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



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*Hot Topics in the Field of Nutrition*

**HEALTH BITES**

**An Apple a Day...**



It's a common saying, "an apple a day keeps the doctor away." But how much of it is rooted in fact, versus folklore?


Apples do have good claim to promote health because they contain vitamin C, which aids in immune system health, and phenols, which reduce cholesterol. Apples also contain pectin, which is a form of soluble fiber that lowers both blood pressure, LDL (or "bad" cholesterol) and glucose levels. They also reduce tooth decay by cleaning the teeth and killing off bacteria within the mouth.

Quercetin is a flavinoid that recent research links to reduced risk of various forms of cancer. It has also been suggested by Cornell University researchers that the Quercetin and Boron found in apples protect brain cells against neuro-degenerative disorders like Alzheimer's Disease.

While consuming this antioxidant rich fruit certainly can help boost your immune system, it

is important to remember that no one food can completely ward off illness.

A healthy balance is the key! Healthy intake of fruits and vegetables is most definitely the answer! Eating foods containing a variety of phytonutrients, including vitamins A and E and beta carotene, will help fight the damage of free radicals in the environment. These food groups give your immune system a boost and make it less vulnerable to disease. The key to staying healthy is a healthy diet.

Keep your diet colorful and try a variety of spices and herbs, like garlic and hot pepper, which are also high in antioxidants. In addition to apples, fill your shopping cart with citrus fruits, a variety of berries and don't forget your vegetables. Eating several servings of various fruits and vegetables is truly the best way to keep the doctor away! 




**SNAPSHOTS**  
Around Llanfair



*New resident Ester Roth pictured with friends and family during her Welcome Luncheon. Back row: Judy Hauck, Rev. Dan Weyand-Geise, Dan McDonald, Pam McDonald, Cindy Beckman, Evelyn Elbe. Front Row: Ester Roth, Mrytle Kriegel, Laverne Behr.*



*New resident Janet Whithworth pictured with friends during her Welcome Luncheon. From Left to right: Jane Bentz, Gen Bellissimo, Shirley Schultz, Rosie Murray, Wanda Wiseman, Bev Williams, Shirley Conner, Marilyn Weddle, Mary Jane Adcock and Janet Whithworth.* 



**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. #

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