

THIS IS Living



WINTER 2019

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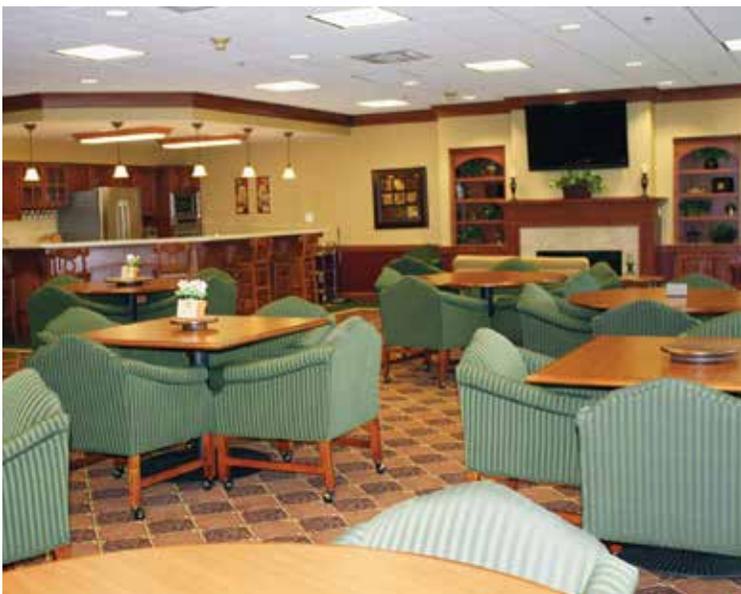
The Best of Both Worlds

Couple enjoys independence and access to care

Just Like Mom Used to Make

At Ohio Living Llanfair, we are proud to make most of our meals from scratch and source them locally as often as possible. Menus rotate every week so there's always something new to look forward to, and dinner specials change every day.

We also take our residents' tastes into account, meeting with them monthly to discuss their likes, dislikes and ideas. At one of these meetings a resident submitted a recipe that her mother, who had passed away many years ago, used to make for her family. The beloved kielbasa dish was a favorite



Bob and Tisha Clary have been committed to making a difference in their community since 1956 when they met at First Presbyterian Church of Norman, Oklahoma. Bob served as a Presbyterian pastor before working as a church sales and consulting expert, while Tisha pastored a Presbyterian church and was a children's court attorney.

After moving to Cincinnati, Tisha was diagnosed with multiple sclerosis and the couple decided to move to a life plan community. They wanted to live somewhere that allowed them to maintain their independence, but would also accommodate Tisha's walker and wheelchair and any future changes to her health.

They found everything they were looking for in our Belwood apartments. Knowing that they could live independently while still having access to medical care and physical therapy gave Bob and Tisha the peace of mind they needed. They also appreciated learning about our Life Care Commitment, which ensures Ohio Living residents that they will always have a home, even if, through no fault of their own,

they run out of the funds meant to see them through.

Life at Ohio Living Llanfair has been just what the Clarys were looking for. They can take an elevator directly to the Belwood parking garage so they can go enjoy live music at local pub or visit the theatre whenever they like. And because the campus is interconnected with walker/wheelchair-accessible sidewalks, they never have to miss a wine tasting, movie night or potluck with friends. Those friends are part of what the couple loves most about their new home. "There is a real sense of community and camaraderie here," said Bob.

The independent lifestyle here has allowed Bob and Tisha to continue their passion for giving back – and they've even found new ways to make a difference. They belong to Urban Pastor, and Tisha leads three support groups for people with limited abilities.

It's safe to say that Ohio Living Llanfair was the perfect fit for the Clarys, allowing them to stay independent, active and involved, while having access to care and services at their fingertips.



throughout her childhood, and she longed to taste it again.

Our culinary team was determined to recreate the recipe for the resident. They made a trial batch for her to test and adjusted the recipe until they got it just right. Finally, they were able to offer it as an evening menu special. So not only did the resident get to experience her mother's kielbasa dish again after many years, she was able to share it with her friends at Ohio Living Llanfair as well.

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Pets Help Seniors Stay Healthier, Happier

French novelist Sidonie-Gabrielle Colette once said, “Our perfect companions never have fewer than four feet.”

Indeed, pets provide meaningful support to their owners, and they can be especially beneficial for seniors. Research shows that pet ownership delivers both physical and mental health benefits, such as:

- Decreased stress and anxiety
- Lowered blood pressure
- Reduced chances of depression and loneliness
- Increased mobility and independence
- Lessened pain
- Increased physical activity

However, many older Americans still mistakenly believe that moving into a life plan community means they’ll have to leave their pets behind. This is not the case at Ohio Living communities, most of which are pet-friendly.

According to Megan Nolan, Social Services Associate at Ohio Living Swan Creek, pets may live in any unit on their campus. “We even have residents in memory care who have pets,” she explained.

Many of our residents will tell you that they chose Ohio Living because of the pet-friendly atmosphere and the amenities offered to pets, such as walking trails and dog runs, which allow furry residents to stretch their legs and socialize.

Prior to bringing an animal into their home, residents are encouraged to make sure it’s the best arrangement for themselves and the pet. “Our staff meets with residents to discuss our community’s specific pet guidelines and policies,” said Megan.

For more information about your local Ohio Living community’s pet policy, please call us at the phone number listed on the back cover.



Four Ways to Stay Active During Cold Winter Months

During colder months, regular exercise is essential because it can help combat winter blues, lessen joint pain, increase metabolism and contribute to a healthy immune system. While temperatures frequently dip below freezing during the winter, there are still many ways to stay active indoors:



SWIMMING*

This low-impact workout can reduce stress and increase quality of life. Exercising while in water provides buoyancy that supports the joints and can reduce pain. Brain function and cognition are also improved with better blood flow and increased oxygenation. Some of our communities offer indoor pools for classes, laps and recreational swimming.



MIND STIMULATING ACTIVITIES

It’s important to stay mentally active. Playing board games, knitting, crocheting, doing puzzles, socializing, reading and learning new skills are great ways to stay sharp. Calming activities like these can lower the breathing rate, slow the heart rate and reduce blood pressure.



GUIDED EXERCISE*

Exercise classes are a popular choice because they are offered at various skill levels. For those who do not enjoy classes, there are plenty of simple workouts that can be done at home. Borrow a DVD from your local library, check your TV guide for fitness programs, or browse YouTube for guided instruction.



WALKING, JOGGING OR RUNNING*

There’s no denying that these activities come with numerous health benefits. They can increase bone mass and even strengthen problem-area joints, such as your knees. Many of our communities have indoor walking tracks or other areas to take laps, as well as fitness centers with treadmills and other equipment.

When you choose to move to an Ohio Living community, you can have these opportunities and more at your fingertips. From group fitness classes to a morning swim, we offer a multitude of opportunities to stay active and fit – even during the cold winter months!

*Always remember to consult with your physician before starting an exercise program.

Community Calendar



JANUARY

Breakfast Club

January 9, 10 -11 a.m. *Location: Campus Center*
Music Hall renovations: Guest speaker Ramona Touscount

Smart Senior Workshop

January 15, 10:30 a.m. - 1 p.m. *Location: Campus Center*
Speakers are Sandy Guile with the Better Business Bureau and Officer Princess Davis with the Cincinnati Police Dept.

Taste, Talk and Tour – Belwood

January 16, 10 a.m.
Location: Belwood Building, 1776 Larch Avenue

FEBRUARY

Breakfast Club

February 13, 10 -11 a.m. *Location: Campus Center*
Tour of the universe with the Cincinnati Observatory and guest speaker Dean Regis.

Taste, Talk and Tour – Larchwood

February 26, 10 a.m.
Location: Belwood Building, 1776 Larch Avenue

MARCH

Breakfast Club

March 13, 10 -11 a.m. *Location: Campus Center*
Golden Age of Television with a guest speaker from the Cincinnati Museum Center

St. Patrick's Day Breakfast and Open House

March 15, Breakfast: 6:30 - 10 a.m. / Larchwood Tour: 10 a.m.
Location: Larchwood Building, 1722 Larch Avenue

Taste, Talk and Tour – Belwood

March 20, 10 a.m.
Location: Belwood Building, 1776 Larch Avenue

For additional information on events and activities at Ohio Living Llanfair, please call: 513.681.4230

Number of Tech-Savvy Seniors on the Rise



Many people think of teens and young adults as being the most tech-savvy, but seniors are using social platforms, email and other technology at an increasing rate – much to their benefit.

Prior to the technology boom, the main sources for socializing included writing letters, making phone calls and joining clubs, religious groups or volunteer programs. Today, many adults are communicating online, which makes it easier and faster to get updates from family and friends.

Email remains the primary choice of adults for digital interaction and communication, with 59 percent of people over the age of 65 using email and search engines like Google. In addition, 56 percent of this same age group is also on Facebook. Although this number may seem small, it has jumped substantially within the last several years.

There are a variety of social benefits to adults who use technology, the biggest of which is staying in touch by sharing and viewing family photos. Tech-savvy adults can also experience notable health benefits – such as reduced rates of depression and improvement in memory and cognitive function – by playing games, listening to music, reading the news and watching TV.

Believe it or not, technology can help you be happier and healthier! Regardless of your age, it's never too late to learn, which is why many of our communities offer a variety of technology classes. To learn more, call your local Ohio Living community today.

What You Need to Know About Common Scams

Financial scams targeting older adults have become extremely prevalent because this demographic is often thought to be an easy target. These scams often go unreported and can be difficult to prosecute.

Some of the most common scams to watch for include:

The Pigeon Drop

Often, a con artist will tell an individual that they have found a large sum of money and are willing to split it if the person will make a “good faith” payment by withdrawing funds from his or her bank account. Unfortunately for the unsuspecting victim, there is no large sum of money and the payment is stolen by the scammer.

The Fake Accident

After making up a story about an unfortunate incident, the perpetrator gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

Charity Scams

In this common scam, money is solicited for fake charities. This most often occurs after natural disasters. Be mindful of only donating to not-for-profits that you know and trust, like Ohio Living.

Email/Phishing Scams

This takes place when people receive email messages that appear to be from legitimate companies or institutions, asking them to update

or verify their personal information. The link they're given is to an imposter website, however, and their information is stolen. A common occurrence of this is fake emails from the IRS about a tax refund.

Investment Schemes

Many of these scams specifically target older people by asking them to invest in pyramid or advance-fee scams. Remember – if it sounds too good to be true, it probably is!

Sweepstakes/Lottery Scams

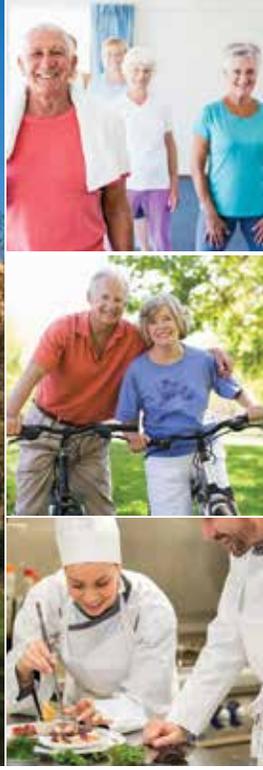
This simple scam informs the target that they have won a lottery or sweepstakes of some kind, and need to make a payment to unlock the prize. The unwitting victim then deposits a check or transfers money

into the scammer's account.

Grandparent Scams

This often involves a phone call by someone pretending to be a grandchild in need of money to solve some unexpected financial problem, such as overdue rent or payment for car repairs. Payment is always demanded via Western Union or MoneyGram, which don't always require identification to collect.

If you suspect you've been the victim of a scam, don't be afraid or embarrassed to talk about it with someone you trust. Keep handy the phone numbers of resources you can turn to, including the local police and your bank.



Ohio Living

Llanfair

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*A Message From
our Executive
Director*

**JEAN
MORGAN**



During the winter months, most people in Ohio prefer to stay indoors where it's warm instead of going outside and battling the elements. And the older we get, the more going out can seem like an even bigger chore.

But what if I told you that you could have a winter with no more snow shoveling, no more scraping ice off your car, no more having to drive on slick streets to get to the grocery store or pharmacy, no more worrying about slipping and injuring yourself, no more winter blues and isolation.

No, I'm not talking about moving south – I'm talking about moving to Ohio Living Llanfair!

Our residents enjoy an active, independent lifestyle – with none of the headaches that come with winter weather! Here, the snow is shoveled for you, you have access to covered parking, transportation is provided, help is available if and when you need it, and you're surrounded by a community of people your age with similar interests.

Are you ready to ditch your snow shovel and relax this winter, with time to explore new interests, make new friends and learn new things? Call us today to learn how Ohio Living Llanfair can help you do all this and more!

Resident Spotlight: Corrine Gutjahr

Corrine Gutjahr married her husband in 1952 and they were blessed with five children, 10 grandchildren and two great-grandchildren. Corrine enjoyed a fulfilling career as a nurse and educator before retiring in 1983.

When she needed rehab services in 2014, Corrine knew exactly where to go because Ohio Living Llanfair was right down the street. She was so appreciative of the quality care and customer service that before long she was looking at our apartments! Corrine found that the Belwood building's floor plans were similar to the condo she was living in at the time. She also liked the attractive dining room – and the beautiful, serene environment of the campus's arboretum.

Now, Corrine enjoys going to monthly board game nights, classes on campus, scheduled group outings and a book club with her friends. She's also involved in the greater community as a member of the League of Women Voters and United Methodist Women.

Above all, Corrine loves the sense of community she has found here. "Belwood is small enough that you really get to know your neighbors," she said. "There is such a strong network of positive reinforcement, and we support each other through good times and bad."

If you'd like to learn more about life at Ohio Living Llanfair, call Kim Kaser, Director of Business Development, at **513.681.4230**.



**Join
Ohio Living
Llanfair
Friends!**

Ohio Living Llanfair Friends is a group of our residents and guests (not already living in a retirement community) who get together for our monthly Breakfast Clubs, day trips, health and wellness opportunities, learning events and occasional overnight trips. If you or someone you know is interested in joining Ohio Living Llanfair Friends, call **513.591.4548** to be added to the mailing list.

**Call Us!
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**513.681.4230
@myohioliving
ohioliving.org**

