



Slow-Cooked Comforts

Ohio Living Llanfair dining rooms feature hearty helpings and savory seasoning this winter

When an unrelenting chill is in the air, there's nothing like a slow-cooked meal to warm your bones. Aromas from the simmering pot build our anticipation until the meal is ready to savor.

The comfort of food is a central part of everyday life at Ohio Living Llanfair. Our chefs take that to heart as they create seasonally-inspired menus each month. They prepare our food from scratch daily using fresh, quality ingredients. That's the key to our home-cooked flavors.



Homemade pulled pork chili with fried pork belly.



Our staff fulfills custom requests for celebrations and special occasions.

As you might imagine, during cold winters our most popular foods are the homemade soups, stews, and chili. We give each its own flair, like our pulled pork chili (shown).

"We eat with our eyes first, so we plate each meal with care," says Steve Schmitz, Director of Culinary and Nutritional Services. "The food you find here is of exceptional quality and presentation, yet without the coolness and formality sometimes found in 'fine dining' establishments. This campus is your home, and our food and service reflects that comfort and ease."

Our chefs meet regularly with residents to learn what flavors or recipes they'd like to see, and comfort foods are in high demand. Thanks to the input from our residents, the dining rooms in our Larchwood and Belwood independent apartment buildings may also offer Hungarian goulash – which leans on paprika and other savory spices more than its American cousin – tuna casserole. Residents also suggested beef barley soup, winter squash soup, and the ever-popular filet mignon.

Another great benefit of living at Ohio Living Llanfair is that occasionally our chefs even offer cooking demonstrations so our residents can learn how to recreate some of their favorite comfort food recipes at home – though many of them prefer to eat in their building's dining room rather than making it themselves! "I enjoy two meals a day with my friends," said one resident. "It's casual, just like a restaurant. I have a full kitchen, but I don't have to worry about cooking." When you live in an independent apartment at Ohio Living Llanfair, daily brunch and dinner are included in your rent. So, whether you prefer to make your own comfort food or have it served to you in an upscale dining setting, Ohio Living Llanfair has you covered!

Speaking of service, the best things about dining at Ohio Living Llanfair are the relationships you'll make with the staff and chefs. If you ask, they'll try to include your favorite food on the menu. Your meals are always cooked-to-order and prepared to your liking.

The dining experience at Ohio Living Llanfair offers flexibility and blends the comfort of food with great conversation and friends.

Give us a call at **513.681.4230** to schedule a tour of our independent apartments and try something from our winter menu for yourself!

2 COMMUNITY LIFESTYLE

- Don't Retire. Re-Create!
- Customization: Make it Your Own



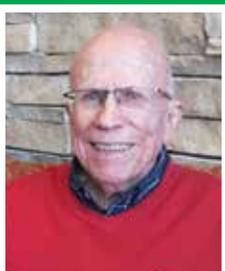
3 COMMUNITY LIFESTYLE

- What it's *Really* Like Inside an Ohio Living Community
- Award Winning Workplace Culture



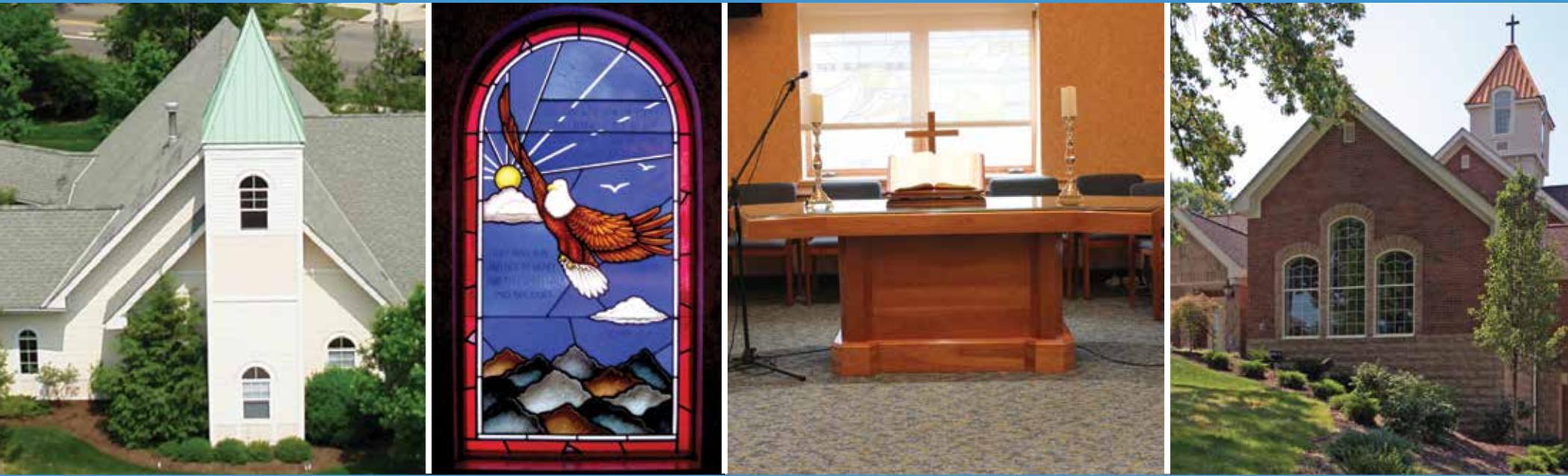
4 CAMPUS LIFE

- Community Calendar
- Resident Spotlight



Faith, Compassion, Community

A way of life at Ohio Living



Ohio Living chapels throughout the state of Ohio on the campuses of Ohio Living Westminster-Thurber, Llanfair and Breckenridge Village.

Ohio Living communities are filled with love; you can feel it. That's because we make it part of our mission to care for the spiritual well-being of each person we serve. We understand that living each day according to the values and beliefs that have been lifelong anchors is important to you.

Each Ohio Living community is a special place to live – a vibrant neighborhood of caring friends and family. Its spiritual center provides you with fellowship during times of celebration and loving support during times of challenge.

We live our Christian mission and welcome the diverse spiritual traditions and expressions of residents and staff. But spiritual well-being goes beyond religious affiliation; it speaks to our peace of mind, values the whole person and encourages compassion, friendship and understanding, which are the qualities that make Ohio Living communities such unique places to live, work and visit.

At Ohio Living you'll have the freedom to express your individual spiritual beliefs, to grow in personal faith, and to continue to be a part of your home church. If someday you can no longer drive to your church, we're there. Donors have funded

beautiful chapels on eight of our campuses, and charitable gifts continue to bring new spiritual opportunities to residents every day.

Ohio Living also respects, without judgment, your choice to abstain from spiritual opportunities altogether. This freedom is accompanied by respect for you and your beliefs.

Our employees are an important part of this spiritual support system as well. They often receive just as much care and comfort as they give, helping each other through life's changing and challenging times. For some, their job provides a spiritual connection in their lives and drives them in their career path.

Ohio Living is deeply rooted in faith, as our founding in 1922 was a communal expression of sympathy and spiritual support. As an organization, we affirm both our historic relationship with the Presbyterian Church (U.S.A.) and our commitment to welcome all faiths. Our chaplains bring an ecumenical perspective to campus spiritual programming as well as sensitivity to the ways that we can continue to nurture residents' spiritual development through all stages of life.

Our goal is to make sure that no one is left behind on his or her spiritual journey.

Our Mission is to provide adults with caring and quality services toward the enhancement of physical, mental and spiritual well-being consistent with the Christian Gospel.

SPIRITUAL PROGRAMS AVAILABLE:

- On-site chaplains
- Catholic, Lutheran & Presbyterian hours or worship services
- Sunday non-denominational worship
- Counseling and crisis intervention for residents, staff and families
- Weddings and baptisms
- Memorial services and funerals
- Devotions and devotional books
- Bible study groups
- Choirs
- Educational programs and speakers
- Hospital visitations
- One-on-one visits with Chaplain

Managing Recovery from Surgery, Illness or Injury – 3 ways to get back to the life you love

The right care management after surgery, illness or injury is vital to regaining your mobility and independence. You need a personalized plan for recovery and well-qualified clinicians to reach your goal. Here are three ways Ohio Living can help.

1

SHORT-TERM REHAB

Ohio Living’s short-term rehab centers offer a private and comfortable environment set apart from the long-term nursing care area. You’ll receive the focused therapy you need in a safe setting with skilled caregivers available around the clock. Our team has been extensively trained in caring for adults after hospitalization for neurological diseases, orthopedic surgery, cardiovascular events or other debilitating conditions. With our proven results and years of expertise, we will lead you on the road to recovery.



HOME HEALTH

If you don’t need an inpatient stay but cannot easily leave home for outpatient therapy, then home health can be of service. With an order from your physician, physical, occupational and speech therapies can be done in your home by our expert clinicians. They will create a personal care plan, provide regular reports to your physician, assess safety concerns in your home, promote independence with activities of daily living, and support the involvement of your caregivers in your recovery process.

2

3

OUTPATIENT THERAPY

Ohio Living offers an array of physical, occupational and speech therapy services provided by appointment in many of our life plan communities. Our team of experienced clinicians offer one-on-one treatment sessions with each patient and provide a variety of innovative treatment options to help you achieve the best possible outcomes. Outpatient therapy is available for anyone 18 years of age or older with a physician’s prescription.



Call your Ohio Living community at the number on the back of this newsletter or visit ohioliving.org to learn more.

BENEFITS OF SIMPLIFYING YOUR LIFESTYLE

Why Independant Living Might be Right for You



FREEDOM

Want to travel? Just lock the door and go, knowing your home will be looked after in your absence.



FRIENDS

When you live in a life plan community, you’ll always have a friend close by.



FUTURE

You’ll have a plan for the future, knowing you have access to care if your health needs change.



FUN

Enjoy lifelong learning, and lifelong fun, with more classes and activities than you ever thought possible.



FITNESS

Make your health a priority using our wellness centers and programs.



A Little Help With a Big Difference

No matter if you need a little help or a lot, our **assisted living services** at Ohio Living Llanfair make a big difference in your quality of care. Our talented team of dedicated and caring staff members are there when you need them most. Residents enjoy an active, engaging lifestyle that promotes comfort, wellness and independence.

Our apartments also offer the **assistance** residents may need. We provide daily nutritious meals and snacks, weekly housekeeping, laundry/linen service, scheduled transportation, medication assistance, emergency pendants/pull cords, and a variety of other services as needed.



Ohio Living
Llanfair

1701 Llanfair Avenue
Cincinnati, OH 45224
513.681.4230 | ohioliving.org



Call 513.681.4230 to schedule your visit today!



Ohio Living

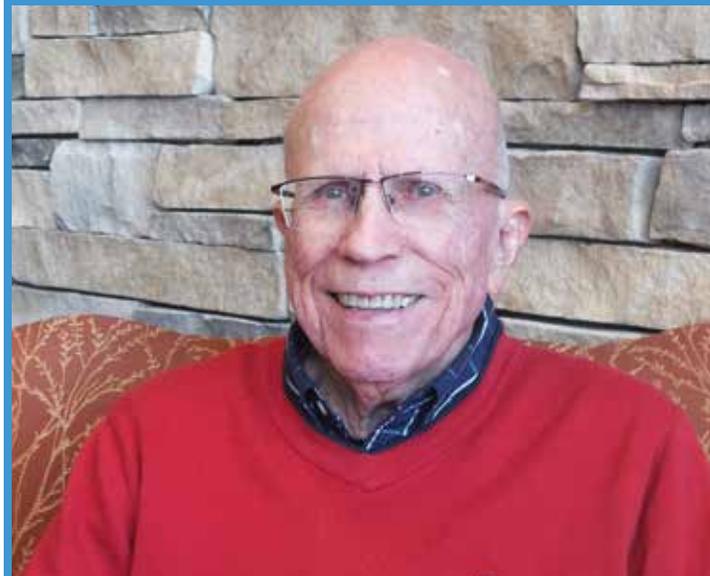
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Resident Spotlight: Ross Royce



Ross Royce obtained his chemical engineering degree from the University of Wisconsin and went to work for Colgate/Palmolive. In his 34 years with the company, he worked everywhere from Louisville, Kentucky, to Nairobi, Kenya, and Eastern Europe.

After retiring, Ross served as a volunteer telephone crisis hotline operator at a domestic abuse organization. He also volunteered at his local Presbyterian church.

While living in Palm Coast, Florida, Ross began researching life plan communities in Cincinnati because he had many friends here. During an "Escape Stay" at Ohio Living Llanfair, he fell in love with the food, the grounds and the people he met.

Ross participates in the University of Cincinnati's OLLI classes on campus, as well as the men's weekly coffee hour, Sunday Vespers services, the Wii Bowling league and a resident-led Bible study in the Belwood building. He's also a passholder with the Ensemble Theatre of Cincinnati, The Know Theatre in OTR, Cincinnati Art Museum and Hamilton County Parks District.

Are you curious about
Ohio Living Llanfair's "Escape Stay"?
Call 513.591.4567
to find out more!

Community Calendar



March 2020

Financial Program: What does it mean to be an Executor of an Estate?

Wednesday, March 25, 2020

5:30 p.m. – Buffet Dinner

6:00 p.m. to 7:15 p.m. – Presentation

Guest Speaker: Mary Ann Jacobs, Esq.,
Ritter and Randolph LLC

Learn important information on what it means to be an executor of an estate or power of attorney. Topics covered include: financial and legal responsibilities, renunciation and common mistakes that executors make and more.

RSVP by March 23 to 513.591.4567



April 2020

Breakfast Club: Topic – "Great Grapes! Ohio Wines"

Wednesday, April 8, 2020

Doors open at 9:30 a.m.

Presentation begins at 10:00 a.m.

Speaker: Sherri Brinkman

Description: In 1859 Ohio was the top producing wine maker in the nation, sample Pink Catawba

\$3.00/person payable at the door.

Larchwood Taste Talk and Tour

Thursday, April 16, 2020

10:00 a.m.

May 2020

Mark Your Calendar! Ohio Living Moving EXPO

Thursday May, 14, 2020

For more information about events contact:
Kim Kaser at 513.681.4230