

THIS IS Living



FALL 2019

OHIOLIVING.ORG

Warm Up Your Winter

The seasonal stay program at Ohio Living Llanfair can help banish the winter blues

As fall transitions into winter, many of us at Ohio Living Llanfair find ourselves looking forward to the beauty that comes with the colder weather. Is there anything like the sight of tree branches encased in icy glass against a bright sky, rolling hills covered in a fresh powder of snow, or young children happily ice-skating on a frozen lake? Is anything as pleasant as sitting by a fire, wrapped in a warm blanket and sipping hot cocoa while snow falls gently outside your window? Moments like this make us grateful to live in a state where we get to experience the fullness of every season.

Of course, we have to admit that winter can also bring some unpleasant side effects with it. For homeowners, worrying about frozen plumbing, furnace repair and de-icing the driveway can detract from the beauty of the outdoors. And facing slippery sidewalks, icy roadways and parking lots can turn something as simple as going out to dinner into an ordeal.

That's why Ohio Living Llanfair developed the seasonal stay program. We want to give you the opportunity to enjoy all the best parts of winter without having to worry about home maintenance or the consequences of inclement weather.

With the seasonal stay program, you can put your snow shovel in storage and try out living in Ohio Living Llanfair on a month-to-month basis. We'll take care of maintenance for your apartment and the grounds, so you never have to worry about a malfunctioning heater or frozen parking lot. We'll also provide complimentary housekeeping and linen service so you can fill your days with educational and exercise classes; horticultural, art and craft programs; planned outings; new friends; and delicious meals prepared by our executive chef.

This program is also useful for those who'd like to learn more about life plan communities and experience our lifestyle before committing to the move. You can rent a fully furnished apartment or bring your favorite furnishings and belongings with you to get a feel for what living here would really be like. Either way, you'll have access to all of our activities and campus amenities, with the option of moving back to your home in the spring after the bad weather has passed.

Dorothea Barker became a resident at Ohio Living Llanfair as the result of a seasonal stay. She saw the program as a great way to try out the community and see what it was like to live here without having to commit to a permanent move. She also hoped to get away from some of the bad weather her native town of Bowling Green, Ohio can experience during the winter months.

Dorothea's seasonal stay gave her a chance to get to know the staff, residents and the campus itself. "Everyone made me feel very welcomed," she said. "The variety of programming, friendliness of the residents and staff, and the beautiful grounds really helped me make my decision. I love that I can walk around the campus and feel like I'm in a park."



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Don't Retire. Re-create!

Find new purpose, renewed energy after retirement

If you're like most people today, you don't want to be defined by your age. You cringe when society seems to assume that, after a certain age, you have nothing meaningful to offer or experience. And the old-fashioned notion of retirement — trading a lifetime career for a simple life of recreation — sounds nice, but...boring.

This positive change in perspective is being recognized. A great example is AARP — formerly the American Association of Retired Persons — which in 2013 changed the definition of its acronym to An Ally for Real Possibilities!

At Ohio Living, we've always believed that life can and should be lived to the fullest at any age. So instead of settling for recreation, consider re-creation. Re-create your lifestyle to make room for future joy, meaning and new possibilities — for good health, meaningful work, connections with others and new experiences.

Consider these ways to re-create your lifestyle:

Rethink Vocation

Instead of retiring, find ways to continue your career on your own terms. Rather than working because you need to, work because you want to. Whether it's finding a more fulfilling job or continuing in a career that's already rewarding, consider keeping vocation at the forefront of your life. You can also find vocational value as a mentor to children, young adults and professionals alike.

Volunteer

When you share your skills and passion with others, it can add purpose and meaning to life and provide wonderful memories — in addition to making a difference in your community. AARP reports that a growing study of research indicates that volunteers have a greater sense of control over their lives, higher rates of self-esteem and happiness and other positive benefits.

Seek New Adventures

Travel can take center stage as a key way to experience other cultures, savor new foods, learn about historical events and spend extended time with friends and family at a distance.

Value Experiences Over Possessions

One key reason to downsize is the desire to spend more time on experiences important to you and less on maintaining possessions. You may be spending time dusting knick-knacks you no longer want, vacuuming rooms that aren't used, or using valuable energy on the never-ending care of lawns and landscaping.

Deepen Your Spiritual Life

If you're faith-minded you may now have time for related classes, outreach services, music programs and leadership roles within your place of worship. You may also prefer to spend more time in private prayer or meditation, focusing on developing a deeper spiritual connection in your life.

Prioritize Wellness

You may find more time and energy to focus on your health now, and exercise can become a priority. Whether choosing healthy foods, joining group fitness classes or simply walking outdoors with friends each day, you can take control of your health.

Are you ready to re-create your lifestyle? In an Ohio Living life plan community, you can enjoy all of this and more. Around the country, people are moving into life plan communities at younger ages, ready for the new possibilities that lie ahead. Call us today to schedule a tour and see what new possibilities await you!

Make it Your Own

Don't settle for basic beige! When you move to an Ohio Living community, you can customize* your new home to suit your tastes. In some cases, we can even move a wall for you! Just tell us your vision, and we'll do our best to make it happen. Here are some of the custom options you can select for your new home with us:

- Wall and trim colors
- Carpet, laminate or tile floors
- Cabinetry color, style and hardware
- Quartz, laminate or granite countertops
- Appliances and color
- Light fixtures
- Faucets
- And so much more!

*Upgrades from standard selections may incur additional cost.



What it's Really Like at an Ohio Living community?

Our employees tell-all about our award-winning culture

The culture of a place is a tricky thing to put into words. Ultimately, it's about how you feel in a certain environment. Whether it's in your favorite restaurant, your job or the neighborhood where you live, culture plays a big role in your quality of life.

Not surprisingly, a life plan community's culture can be largely shaped by the employees who work within it. We believe that the best way to create an exceptional experience for residents is to create an exceptional workplace culture for the teammates who provide care and service to them. We value the uniqueness of each individual and want them to thrive here. When our teammates are happy at work, residents reap the benefits.

As a result, our employees consistently tell us that our culture feels like family. Don't take our word for it. Read our teammates' anonymous opinions (taken from our most recent employee survey) to see how they really feel about Ohio Living, their coworkers and the people they serve!



Our culture is different here; you can feel it. And you can trust that it makes a difference in your quality of life.

What does our award-winning workplace culture mean for you?

If you're thinking about moving to an Ohio Living community, our award-winning workplace culture should make your decision easier. When employees are well cared for, you know they will take good care of you, too! Consider these recent accolades:

Fortune Magazine's Best Workplaces in Aging Services
Nationally ranked at number 17 in the category Senior Housing and Care – Large Companies.

Great Place to Work™ Certification
Certified for the second year in a row. Anonymous survey results were analyzed from more than 162,000 employees working in the aging services industry across the country.

Employer of Choice
Seven Ohio Living locations honored by LeadingAge Ohio with Silver and Bronze awards for 2019-2020.

Spotlight Award for Workplace Culture
Presented by LeadingAge Ohio recognizing the results of Ohio Living's focus on culture.

Best Workplaces™
for Aging Services

Great Place To Work. USA 2019

LeadingAge Ohio

EMPLOYER OF CHOICE
Silver Level

2019-2020

LeadingAge Ohio

EMPLOYER OF CHOICE
Bronze Level

2019-2020



Ohio Living

Llanfair

1701 Llanfair Avenue
Cincinnati, OH 45224
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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 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 and a variety of other services as needed.

Assisted Living Open House
Wednesday, January 15, 2020 – 10:00 a.m.



Ohio Living
Llanfair

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



Community Calendar



November 2019

Breakfast Club - Program: Life and History of Powel Crosley
Wednesday, November 13
9:30 a.m. – Continental Breakfast
10:00 a.m. – Class
Cost is \$3
Presenter: Cincinnati Museum Center
Enjoy an overview of the life and legacy of our local celebrity Powel Crosley.
RSVP by November 8.

Taste, Talk and Tour - Belwood
Wednesday, November 20
10:00 a.m.
Location: 1776 Larch Avenue
Showcasing the two-bedroom condo-style apartment homes. RSVP by November 18.

December 2019

Cocktails and Christmas
Thursday, December 5
4:30 p.m. – Cocktails and Appetizers
5:00 p.m. to 6:00 p.m. – Program
Location: 1701 Llanfair Avenue
RSVP by November 27.

Taste, Talk and Tour - Larchwood
Thursday, December 12
10:00 a.m.
Location: 1722 Larch Avenue
Showcasing the one- and two-bedroom apartment homes.
RSVP by December 10.

January 2020

Radio Waves
Wednesday, January 8, 2020
9:30 a.m. – Continental Breakfast
10:00 a.m. – Class
Location: 1701 Llanfair Avenue
Cost is \$3
Presenter: Cincinnati Museum Center
Docent
A walk down memory lane of all the popular radio programs from the 40s and 50s.
RSVP by January 3

Assisted Living Open House
Wednesday, January 15, 2020
10:00 a.m. to 12:00 p.m.
RSVP by January 10.
Location: 1701 Llanfair Avenue

For more information about events contact:
Kim Kaser at 513.681.4230

Resident Spotlight: Mona Schwer



Larchwood resident Mona Schwer and her late husband Art raised three children while also caring for Art's father and brother, who had special needs. Mona loved having her father- and brother-in-law with their family because it taught their children that "you don't have to be perfect to be loved."

Art and Mona traveled extensively, visiting all 50 states and 15 foreign countries. They were married 54 years before he passed away in 2008.

Eventually, Mona knew it was time to start looking for a life plan community. "Too many of my friends waited too long, so the decision was made by their family and not by them," Mona said. She knew she wanted to stay in the College Hill area, where she had lived since 1957. When she toured Ohio Living Llanfair with her daughter-in-law, they both knew it was the right place for her.

An accomplished seamstress, Mona chose a two-bedroom apartment home so she would have room for her sewing machine and supplies. She now spends some of her free time mending items for neighbors and creating pieces to be sold in the gift shop.

Mona also appreciates the circle of friends she's found at Ohio Living Llanfair. "We all come from different backgrounds, but when you start to talk with the other residents you realize how much we have in common. It's like being in an extended family."