



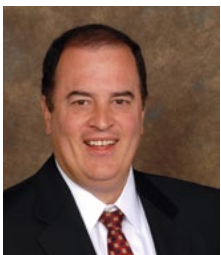
This is Living

A Workshop to Help Craft an Aging-Alone Plan

Thursday, October 13 • 9:30 a.m. to 4 p.m. • Campus Center Great Room, 1701 Llanfair Avenue



AMERICA'S ELDER ORPHANS: PREPARING FOR A LIFE WITHOUT LOVED ONES



Nearly one in four Americans over 65 is at risk of becoming an “elder orphan,” living without spouses or nearby children. Many have not planned well, or at all, and will need to address health care challenges, physical and mental health, financial and legal planning, retirement, and long-term social and well-being needs.

Join us as a panel of experts, including **Pam Ward**, parish nurse with Knox Presbyterian; **Mary Ann Jacobs**, attorney with Ritter & Randolph; **Sandra Guile** with the Cincinnati Better Business Bureau; and **Tracey Collins** from Cincinnati Area Senior Services, provide information to help address this growing health concern among older adults. The lunch keynote speaker will be **Dr. Robert Keyes** discussing “Crafting an Aging-Alone Plan from a Medical Perspective.”

RSVP required by October 10, 2016.

Call Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.

Is Diabetes Holding You Back?

Bring a friend and join our Director of Education Edward Stinson as he hosts a six-part series on Diabetes.

The Healthy U Diabetes self-management program is proven to improve quality of life for Type 2 diabetes patients and help them save money by reducing health care expenses.

Take part in this important series where you will meet in small groups to find ways to solve problems common to those with diabetes. Caregivers for those with diabetes are encouraged to join in and participate in this series.

Healthy U Diabetes Details

Thursdays • 10 a.m. to 12:30 p.m.
**September 29, October 6, 13, 20, 27
and November 3**
Larchwood Pub, 1722 Larch Avenue.

You will learn to control symptoms through: Healthy eating • Using medications correctly • Exercise • Problem Solving • Blood Sugar Control • Preventing Complications

There is no charge for the series, however an RSVP is required by September 15. Call Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.



Disruptive Technologies: A Ride through Military History

Thursday, November 3 • 10 to 11:30 a.m.

Campus Center Great Room, 1701 Llanfair Avenue

Bring a friend and join us as retired Brig. Gen. **David A. Herrelko**, U.S. Air Force, presents “Disruptive Technologies: A Ride through Military History,” a fast-paced look at how technology has dramatically affected war-fighting throughout history.

This exciting presentation will include stories of innovations from long ago and will explain how every new tool provides an edge. We will explore historic cases in which armies, navies and air forces from the U.S. and beyond had difficulty leveraging technological advances. This journey back in time will include incredible stories from Greek hoplite warriors in the fifth century B.C. to British and U.S. navies in the 19th century, and the early days of army aviation.

You won't want to miss this exhilarating ride through military history. You will enjoy interesting illustrations, quick-witted storytelling, and extra vignettes from modern-day consumer goods that will help correlate disruptive military technologies and products of the 21st century.

David is a recently-retired Bernhard M. Schmidt Chair in Engineering Leadership at the University of Dayton, and has extensive experience in the management of technology. From his early work at the MIT Lincoln Laboratory and the National Security Agency, David has worked as avionics engineer, staff officer and weapon system program manager. He was most recently commander of the Wright Laboratory and vice commander of the Aeronautical Systems Center at Wright-Patterson Air Force Base in Ohio.

RSVP required by October 27. Call Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.

In This Issue...

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A Message from Our Executive Director Jean Morgan

How Engaged Are You?

E. Moore wrote, "An autumn tapestry some say, but I say fall is a magical art show where our Creator struts His stuff before He closes the curtain for this year's show. I should know. I have been a partaker as well as a performer in these productions. One foot in front of the other is not easy, but if you are determined as I am, you get to where you want to be. I am nearing the century mark and getting to my favorite park bench is nothing less than a daily endurance test. Why do I bother? I am a nature observer from way back and I find all kinds of mind exercises sitting under my favorite oak tree watching the squirrels gather nuts and waiting for a few of my friends to walk past and stop for a chat."

As I read this introduction of Moore's short story, I was reminded of the beautiful autumn tapestry and the many people I see on a daily basis here at Llanfair. This time of year, day after day the sun rises and from the darkness comes the brilliance of reds, greens, yellows and browns to paint the view outside our windows. And day after day I see people, our residents, whose attitude and approach to each new day is as vibrant as the view outside the window. For many it is as Moore describes, "one foot in front of the other is not easy," but the determination to visit with a friend, to brighten the day of a staff member, to take a walk, to attend a musical performance, a spiritual service, a campus event, or to help someone else, is the driving force that keeps us "engaged" in life.

At Llanfair, our residents are engaged in life! We are much more than our beautiful buildings and many amenities. We are a "lifestyle." Each member of our community choosing the level of involvement and engagement that fits their abilities, interests and desires. This is what makes each person unique and what makes Llanfair a special place to be. So the questions to be asked are, "Why do you bother?" and "What type of engagement are you looking for?" With our Masterpiece Living philosophy and our approach to successful aging, I will venture to say you will most likely find it here, at Llanfair! 

experience FRIDAYS

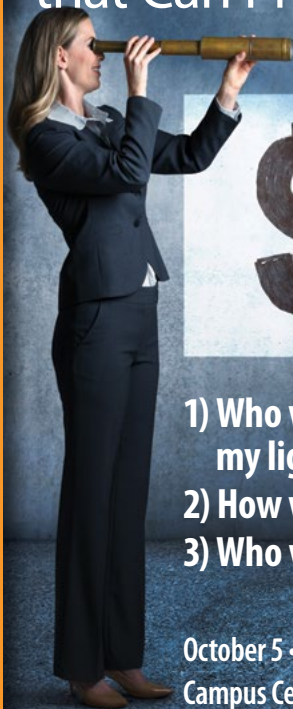
Meeting in the Wellness Center Cafe' • 11 a.m.



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. 2	Our Adventures in Alabama Veronica Berning
Sept. 9	National Parks of Florida Peg Ashbrock
Sept. 16	Your Diet and Memory Dr. Robert Krikorian
Sept. 23	The History of S'Mores and Enjoy This Yummy Treat! Holly Baker & Team
Sept. 30	Our Trip to St. Lucia Kim Kaser
Oct. 7	Steve's Famous Root Vegetable Soup and Area Made Breads Steve Schmitz
Oct. 14	Harvest Beer Tasting Marty Weldishofer
Oct. 21	Medicare Made Clear: Benefits, Costs and Important Dates Anita Berry from the Medicare Plan Store
Oct. 28	No Program
Nov. 4	Living With Heart Failure Mary Alice Maze

Three Questions that Can Predict Your Future




- 1) Who will change my light bulb?
- 2) How will I get an ice cream cone?
- 3) Who will I have lunch with?

October 5 • 11:30 a.m. Lunch and Presentation
Campus Center Great Room, 1701 Llanfair Avenue

RSVP required by September 30, 2016. Call Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org

Presented by **Tom Myrick**, financial advisor with Edwards Jones and **Dave Ingram**, financial advisor with Hartford Funds

Although the three questions that can predict your future seem simple, when planning for your retirement, they are extremely important to assess how prepared you are to live longer and better.

When faced with the simplicity of "Who will change my light bulb?" you need to make sure you have a plan in place to maintain your home and identify the costs of house cleaning, maintenance and basic repairs. "How will I get an ice cream cone?" seems like a simple enough task, but the liberty of being able to grab an ice cream cone at the local whip dip whenever you want may pose an issue if you are no longer able to drive. This question focuses on the transitions that older adults face when driving is no longer possible and the necessity of staying engaged, active and connected is even more important. Lastly, "Who will I have lunch with?" is an ever-present question that many of us face later in life. This question will center on understanding that who you lunch with is a great indicator of your current social network, and the importance of maintaining a healthy and active lifestyle. 



Dollars and Donuts

An informal seminar for children of older adults.

As your parents age, at some point, you may be asked to take over their finances and that can be stressful. Join us for a series of informal seminars that will help you get a handle on what needs to be done.


All programs are on Tuesdays and are 45 minutes in length beginning at 10 a.m. in the Larchwood Pub, 1722 Larch Avenue.

September 13
"10 Things Your Bank and Personal Trust Can Do for You and Your Parents"

Linda Jones and Michael Lambert – Northside Bank and Trust

September 20
"Banking With or For Mom and Dad"
Troy Bake – Key Bank

September 27
"The Financial Paperwork Detective"
Chuck Vonderhaar & Michele Douglas –
Chuck Vonderhaar, CPA

Seating is limited at all programs. Please RSVP early to Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org 

Events & Happenings

BREAKFAST CLUB EVENTS

Breakfast Club provides Llanfair residents and non-residents, not already living in a retirement community, an opportunity to learn something new, be entertained and 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 per person.** Contact Judy Sweeney, independent activities coordinator, at 513.591.4501 for more details.

September 14, 2016 • 10 a.m.

The Reds Hall of Fame Museum

Bring a friend and join us as **Dee Taylor**, outreach and marketing with the Reds Hall of Fame Museum, shares a behind-the-scenes look into the Reds Museum. **RSVP required by September 9, 2016.**



October 12, 2016 • 10 a.m.

Cincinnati Nature Center



Discover how the Nature Center's innovative programs, historic structures and incredible lands are unique in our region. **Sharon Renner** will also share spectacular images of the center's 1,600 acres of forests, fields, streams and ponds. **RSVP required by October 7, 2016.**

November 9, 2016 • 10 a.m.

Reimagining the Cincinnati Museum Center



Speaker **Jonathon Perlman** will share with us how the Cincinnati Museum Center isn't just for kids. Learning is a lifelong pursuit, and the center offers a wide variety of educational opportunities for adults, from organ concerts to walking tours to lectures on history and science. **RSVP required by November 4, 2016.**

OTHER EVENTS

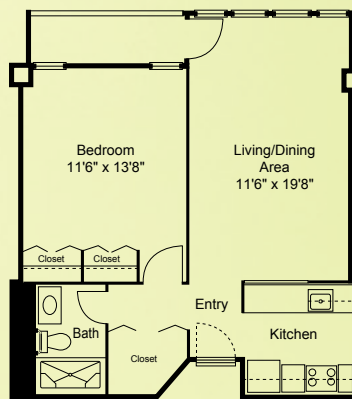
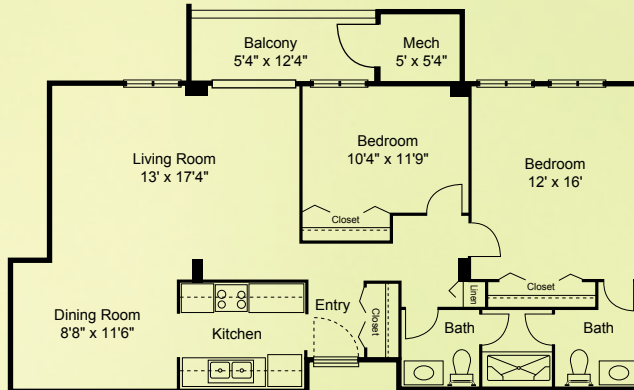


Tuesdays • 10 a.m. to 12 p.m.

September 27, October 25, November 29
Larchwood Building, 1722 Larch Avenue

Bring a friend and join us for our open houses showcasing our spacious one- and two-bedroom independent living apartment homes. Larchwood and Belwood offer many services and amenities, including meals, housekeeping, linen service, transportation and much more.

The La Boiteaux, Two Bedroom, 1040 Sq. Ft. with Balcony



The Aspen, One Bedroom, 600 Sq. Ft. with Balcony

RSVP required by calling Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.

OLLI Fall Semester and Fab Friday Programs at Llanfair

Llanfair Retirement Community is a proud partner site with the University of Cincinnati's Osher Lifelong Learning Institute (OLLI).

Classes for fall term begin in September. Classes at Llanfair will be held Friday mornings • 9:30 a.m. to Noon Llanfair Campus Center Great Room 1701 Llanfair Avenue

The classes will cover curriculum for a one-time course, special program or an event – all classes are called Fab Fridays.



Topics for the fall 2016 semester will include: American craft beer, Broadway musicals, West Africa, CVG airport, Presidential election of 1860, War on heroin addiction, Cuban culture and global water resources, and Alpine regions.

Anyone interested in registering for OLLI programs, including Fab Fridays at Llanfair, must contact the OLLI Program Office directly at 513.556.9186 or olli@uc.edu.

SAVE THE DATE

October 1, 2016

5K Walk to End Alzheimer's

Register with Llanfair's team and walk the 5K with us to show your support to end Alzheimer's! Visit: www.alz.org/cincinnati/ and register under "Llanfair Retirement Community."

November 10, 2016 • 2 p.m.

Llanfair Campus Center Great Room

Veterans Program

March 17, 2017 • 6:30 to 10 a.m.

Larchwood Building Dining Room
1722 Larch Avenue

St. Patrick's Day Celebration

For more information on classes & events **513.681.4230**

All events are free unless otherwise noted.

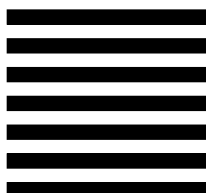


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Don't Be Left Out in the Snow!

Reserve your apartment home at Llanfair Retirement Community before the bad weather arrives. Call Kim Kaser at 513.591.4567 to schedule your visit today.

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



Llanfair
Retirement
Community



Volunteers Make a Difference

Volunteering gives you an opportunity to change lives, including your own. New opportunities are always available. You can choose the type of volunteering that works for you, whether it's assisting other Llanfair residents or working alongside Llanfair staff by providing assistance at our varied activity programs, classes and workshops.

If you have a heart for volunteering, contact Director of Education and Volunteer Programming Edward Stinson at 513.591.4548.

Volunteer Appreciation Reception

Llanfair's annual Volunteer Appreciation Reception will be held on Thursday, September 22, in the Llanfair Campus Center Great Room. **This is an invitation-only event to honor volunteers for their many hours of service to our residents and the Llanfair Community.** We have been celebrating volunteers for over 16 years, many of whom have accumulated over 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 or to explore volunteer opportunities at Llanfair, please call Edward Stinson at 513.591.4548. 



Llanfair Celebrates 60 Year Anniversary in 2017

Stay tuned for the next edition of "This is Living" for upcoming events celebrating Llanfair's dedication to serving the needs of older adults since 1957.

SNAPSHOTS From Llanfair



New resident **Nancy Schwartz** celebrated her Welcome Luncheon with friends in June. Pictured (back row left to right): **Mary Kay Wagner, Karen Keller, Susann Medl, Joann Rumpler, Georgie Meagher, Rose Ann Barone Wirth, Kathy Neuman.** Front row left to right: **Nancy Schwartz and Murphy Unterbrink.**

This year's annual resident and family picnic was a Polynesian theme. Pictured are: Director of Resident Services **Carol Saylor**, Director of Marketing **Kim Kaser**, and Executive Director **Jean Morgan.**

June 25 marked the unveiling of Llanfair's Arboretum. Pictured are residents and Arboretum tour guides: **Kathleen Faux, Glenn Rogers and Sharon Cusick.** With over 200 trees and 43 different species, this hidden gem of trees, shrubs and gardens engages residents and visitors throughout the season. 

Call us! Facebook us! Tweet us!



513.681.4230



Yes! I'd like to visit and learn more about Llanfair Retirement Community and Masterpiece Living®.

First Name _____ Last Name _____

Street _____ Apt. # _____

City _____ State _____ Zip _____

Phone Number _____

E-mail _____



Llanfair
Retirement
Community

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