



This is Living



Three-part Education Series
Thursdays
April 14, 21 and 28
Llanfair Campus
Center Great Room
1701 Llanfair Avenue

Make the Most of Your Move

Bring a friend and join us for a unique three-part moving series that will give you the tools to make the most out of your next move.

Part I: Thursday, April 14 • 10 to 11 a.m.
The Emotional Side of Downsizing
RSVP by April 7

Join **Dr. Jerome Gabis**, clinical psychologist, as he uncovers the emotional side of downsizing. Dr. Gabis has over 20 years of experience working with older adults. He will share how to communicate with your family, how to deal with stress and how to overcome the emotional and sentimental connection to "stuff."



Part II: Thursday, April 21 • 10 to 11:30 a.m.
Rightsizing & Resale: How to Get Started
RSVP by April 14

Join **Kathie Currier**, realtor with Coldwell Banker West Shell for this helpful presentation. Kathie will share how rightsizing is different from downsizing, discuss the current real estate market and explain how to get the most out of the sale of your home.

Part III: Thursday, April 28 • 10 to 11:30 a.m.
Moving Experts Panel Discussion
RSVP by April 21

Join Llanfair Move-in Coordinator **Marty Weldishofer** as he leads a panel discussion with experts from various businesses that specialize in helping older adults downsize and move.

Panel of experts include:

- **Anne Arenstein**, Volunteer Coordinator, Legacies Upscale Resale Shop
- **Sharon Hannon**, Goodwill Industries
- **Betsy Goldfarb**, Queen City Transitions
- **Beverly Spoonamore**, Everything but the House

There will also be additional resources available from local businesses that assist in the moving process.
RSVP by calling Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.

ANNUAL ST. PATRICK'S DAY MARCH 17 CELEBRATION

Green Pancake Breakfast
6:30 to 10 a.m. • 1722 Larch Ave.
The Bistro at Larch Dining Room
\$5 per 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! Stop in any time from 6:30 and 10 a.m. for a delicious breakfast, followed by two other fabulous events!

Apartments on Parade
10 to 11 a.m. • 1722 Larch Ave.
Larchwood Building

Bring a friend and take a walk through the Larchwood building as we showcase our beautiful one- and two-bedroom apartment homes.

The History of St. Patrick's Day
11 a.m. to 12 p.m. • 1701 Llanfair Ave.
Campus Center Great Room

Bring a friend and join us for a presentation of a great film that honors the man who brought Christianity to Ireland. The documentary captures the history of this holiday, the unique and festive celebration in New York City and the facts about how St. Patrick's Day became a national event.

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

Please RSVP by March 14 to **Kim Kaser** at 513.591.4567 or email kkaser@llanfair.oprs.org.

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A Message from Our Executive Director Jean Morgan

Remaining Independent

William Wordsworth said “The wiser mind mourns less for what age takes away than what it leaves behind.” In other words, by concentrating on your strengths rather than your weaknesses, your more positive mental approach will allow you to take advantage of your strengths, even if they are not quite what they were when you were younger.

This wisdom is important to all of us because we live in a society where asking for help or assistance is often seen as an expression of weakness or dependency. In reality, when you recognize the need for support a service or other environment can provide, you are in fact remaining independent.



For some, one of the most difficult parts of growing older is having to rely on others for things they were always able to do themselves. No matter how healthy and independent we may be, as we age, we will eventually reach the point where we need some assistance. The

wiser people are those who recognize this potential part of the aging process and plan for an independent, active lifestyle that supports future needs as they arise.

At Llanfair, we not only encourage older adults to plan for the future in advance, we also help them do so. By dealing with the issue of assistance when you are physically healthy and financially sound, you can avoid the pitfalls of last-minute decision making.

Even though it may be some time before you need to seriously consider options for assistance, you can begin planning now. The important thing is to avoid the risk of making the difficult decisions in the time of a crisis.

Remain independent by acting today to control what age may take away, and making the most of what it will leave behind. ✏️

Chronic Disease Workshops – HEALTHY U

The six-part, small-group interactive workshops begin on April 14 and continue on the following dates: April 21, April 28, May 5, May 12, May 19. The workshops are offered in our Cafe’ from 10 a.m. to 12:30 p.m.

This series was developed at Stanford University for people with an ongoing (chronic) health condition such as diabetes, cancer, high blood pressure, or arthritis, who find that the day-to-day work of symptom management can be a grueling task. Fatigue, pain, isolation, confusion about medications, and worries about out-of-pocket medical costs are common issues.

We are pleased to host a local workshop, called Healthy U, which offers peer support and practical tips that help people manage their symptoms and improve their quality of life.

Healthy U participants will receive a workbook and discuss topics including:

- How to deal with frustration, fatigue, pain and isolation
- Ways to maintain and improve strength, flexibility, and endurance
- Managing medications
- How to communicate more effectively with family, friends and health professionals
- Healthy eating

Seats are limited. RSVP now by calling Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org. ✏️

experience FRIDAYS

Meeting in the Wellness Center Café • 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 marketing at 513.591.4567.

DATE	EVENT
Mar. 11	All About Marty! Marty Weldishofer
Mar. 25	No Program – Good Friday
Apr. 1	Caring for Backyard Chickens Chris Meyer
Apr. 8	College Hill Library – New Technology Amanda Rychener
Apr. 15	The Six Dimensions of Wellness for Older Adults Jean Morgan
Apr. 22	Never Forget Your Medication Again! Will Vollmer from Meda-Check
May 6	Our Trip to St. Lucia Kim Kaser
May 20	The Benefits of Mindfulness Chris Meyer

Llanfair Financial Presentation

The Duties, Details and Responsibilities of Being an Executor of an Estate

Llanfair Campus Center Great Room
1701 Llanfair Avenue

Thursday, March 10, 2016

5:30 p.m. Dinner • 6 to 7:30 p.m. Presentation

Join us as **Mary Ann Jacobs**, Esq., attorney with the law firm of Ritter & Randolph, LLC shares what you need to know as power of attorney, or as executor of someone’s estate. Mary Ann will go over the financial responsibilities, legal responsibilities, renunciation and common mistakes that executors make.

RSVP required by March 7, 2016.

Call Kim Kaser at 513.591.4567 or

kkaser@llanfair.oprs.org. ✏️



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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.

March 9, 2016 @ 10 a.m.
Romance and the Life and History of Davy Crockett



Tom Strohfeltdt, former curator of the Ohio Historical Society, is a student of frontier history and is an avid hiker and canoer. He worked at Williamsburg, VA for ten years as a trained rifle maker. He has published 47 articles on the American frontier. **RSVP required by March 4, 2016.**

April 13, 2016 @ 10 a.m.
The Cincinnati Street Car Project



Join us as Project Manager and Assistant to the City Manager **Chris Eilerman** walks us through the project and all of its highs and lows. **RSVP required by April 8, 2016.**

May 11, 2016 @ 10 a.m.
Historic Music Hall



Join **Romona Toussaint** as she shares with us the rich history of our beautiful and historic Music Hall and the restoration project that is expected to begin soon. **RSVP required by May 6, 2016.**

OTHER EVENTS

OLLI Spring Semester and Fab Friday Programs at Llanfair

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

Classes for spring term begin April 8, 2016.
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 include: queen city queens, human trafficking, geology history of Cincinnati, the solar system, Cincinnati's sister cities in Europe, Africa and Asia, forensic anthropology, west-side mysteries, the German influence in Cincinnati and much more!

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

May 3, 2016 @ 12 p.m. Lunch
12:30 p.m. Speaker
Campus Center Great Room
Derby Day at Llanfair!



Bring a friend and help us celebrate Derby Day at Llanfair! It is sure to be a great event with traditional mint juleps, big fancy hats and red roses. **Call Kim Kaser at 513.591.4567 for more details or to RSVP early.**

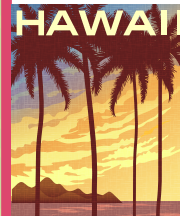


2016 FLYING PIG Walk the World Event

Flying Pig Kickoff Event
April 7, 2016 @ 2 p.m.

Awards Luncheon
May 16, 2016 • 11:30 a.m. to 12:30 p.m.
Campus Center Great Room

Llanfair is pleased to announce its participation in the Flying Pig Marathon. After a successful three years as the first retirement community to participate in the marathon, Llanfair is thrilled to join the nationally recognized marathon for the fourth time.



Bring a friend and join us for a fun kickoff and experience five different cities during the walk the world event. The kickoff event will begin outside on the Llanfair campus after a brief explanation of this year's incremental walking challenge and the distribution of Pig Passports. Llanfair team members will be located at various themed booths around the 14-acre campus and will stamp your Pig Passports upon arrival. You will walk your way to **Hawaii, Paris, Kenya, Germany and New York** – walk to a few or to all!



Once finished with the tour of the world's cities, the last stop will be in the Larchwood Pub, where our Executive Chef **Jason Campbell** will provide "Taste of the World" samplings from each of the destinations.

Make sure to wear comfortable shoes and clothing during the kickoff event!

On May 16, 2016 we will award those who participated in the incremental walking challenge and will honor them with a fabulous luncheon and presentation.

There is no cost to participate. Please RSVP no later than April 1. Call Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.

For more information on classes & events 513.681.4230
All events are free unless otherwise noted.



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Llanfair
Retirement
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For more information about Llanfair's active community, call 513.591.4567.

Belwood Condo-Style Homes • Larchwood Apartment Homes
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Llanfair
Retirement
Community

1701 Llanfair Avenue
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513.681.4230
www.llanfairohio.org

Protein Intake Linked with Muscle Mass



Protein is not just something that body builders need to get “ripped.” Every muscle in the human body requires a protein fuel source. The amino acids that feed hungry muscles can only be found in protein-containing foods. Research shows that a diet rich in high-quality protein is linked with healthy muscle tissue, no matter how much you can bench press or what your age may be!

The body loses muscle mass at a rate of up to two percent per year, after age 50; this is called ‘Sarcopenia’ (Hobson, 2008). So our retiree population is at risk for muscle wasting, which can eventually lead to an overall decline in health.

Try replacing your afternoon tea and cookies with protein-rich foods, like hard-boiled eggs, a glass of low-fat milk, a spoonful of peanut butter or half of a deli meat sandwich. Aim for about three to five ounces of lean protein at each meal, plus one protein-rich snack per day.

Healthy diet, along with an age-appropriate exercise program, can help protect our current muscle mass or increase it! Do not let the body steal from the muscles to keep the other organ systems running! Keep your protein intake and physical activity in balance to preserve your lean body mass and your health.



Don't forget! You can also get a lot of protein from non-meat sources!
Try the recipe below!

From: Courtney Papke, RDN, LD, Llanfair Dietician

Vegetable “Meat” Loaf

Nutritional information: Calories: 338, Fat: 21.2g, Protein: 17.5g, Carbohydrate: 22.6g

- 1 can roasted red bell peppers, drained and sliced
- 1 large green bell pepper
- 2 pounds cremini mushrooms, coarsely chopped
- 1 tablespoon olive oil
- 1 cup 1/2-inch asparagus pieces
- 1/2 cup chopped red onion
- 1 cup panko (Japanese bread crumbs)

- 1 cup chopped walnuts, toasted (optional)
- 2 tablespoons chopped fresh basil
- 1 tablespoon ketchup
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 ounces fresh Parmigiano-Reggiano cheese, grated

- 2 large eggs, lightly beaten
- Cooking spray

Topping:

- 2 tablespoons ketchup
- 1 tablespoon vegetable broth
- 1/4 teaspoon Dijon mustard

Preparation • Preheat oven temperature to 350°F.

1. Place mushrooms in a food processor or blender until finely chopped. Transfer chopped mushrooms to a bowl.
2. Heat a large nonstick skillet and oil over medium-high heat. Sauté mushrooms 15 minutes or until liquid evaporates. Add mushrooms to bell peppers. Wipe pan with paper towels. Add asparagus and onion to pan; sauté 6 minutes until tender, stirring occasionally. Add onion mixture to mushroom mixture.
3. Arrange bread crumbs in an even layer on a baking sheet; bake at 350° for 10 minutes or until golden. Add bread crumbs and the next 8 ingredients (through eggs) to mushroom mixture, stirring well. Spoon mixture into a 9 x 5-inch loaf pan coated with cooking spray; press gently to pack. Bake at 350° for 45 minutes or until a thermometer registers 155°.
4. To prepare topping, combine 2 tablespoons ketchup and remaining ingredients in a small bowl; brush ketchup mixture over meat loaf. Bake an additional 10 minutes. Let stand 10 minutes; cut into 6 slices.

Resource: Hobson, Katherine. “How to Avoid Losing Muscle as You Age.” US News. U.S. News & World Report, 4 Sept. 2008. Web. 07 Jan. 2016.
<<http://health.usnews.com/healthnews/blogs/on-fitness/2008/09/04/how-to-avoid-losing-muscle-as-you-age>>

SNAPSHOTS

From Llanfair



Photos showing off the new dining room at Larchwood. Larchwood's Culinary Team (from left to right) Afrika Lamar, Sarah Frey, Caleigh Jones, Marecka Collins, Ryan Carneson, William Moore, Andrew Finley and Jerikah Granam.

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 Last

Street Apt. #

City State Zip

Phone Number

E-mail



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