Vertical by Masterpiece Living

Wednesdays | January 17, 24, 31 | 10 to 11:30 a.m.
Campus Center Great Room | 1701 Llanfair Ave.

Join Ohio Living Llanfair's Director of Education R. Edward Stinson in this interactive and inspiring three part education series. Ed is a certified Matter of Balance coach and educator. Vertical is a research-based fall prevention education program where you will learn a variety of techniques in which you can reduce falls and protect yourself in the event that you do fall. Vertical will help you manage falls and assist you with increasing your strength.

Part I: January 17
- Explore the serious nature of falls.
- Learn and practice the multidimensional approach to preventing a fall.
- Identify risk factors for falls.
- Participate in exercises that you can perform on a regular basis to build strength.
- Learn about the serious nature of falling.

Part II: January 24
- Explore the internal and external risk factors associated with falls.
- Take an inventory of environmental hazards that potentially exist in your world.
- Look at simple modifications to ensure safety.
- Walk away with a home hazard checklist.

Part III: January 31
- Participate in a fall history assessment.
- Learn about pharmacology and falls, and how impaired vision causes falls and how to compensate to prevent falls.
- Explore assistive devices.
- Learn and practice the process of safe transfers.
- Learn the correct ways to get up from a fall.

It is recommended that you attend all three classes.
Please RSVP by January 15 by calling Kim Kaser at 513.591.4567 or kkaser@ohioliving.org.
The change of seasons is upon us. It’s a great time to start thinking about winter and the issues that it brings. Why worry about snow and slippery driveways, how you are going to get your groceries or do your banking when the weather is nasty! Watch the snow fall and the ice melt from the beautiful Ohio Living Llanfair campus and forget your worries about the weather.

The Winter Stay program is ideal for someone who doesn’t know a lot about a life plan community and who would like to experience the lifestyle before making a long-term commitment. This option is offered December through April but does not require a six-month commitment.

Forget about the long, lonely, dreary winter days; at Ohio Living Llanfair there is always something to do! Enjoy the many opportunities to meet with new and old friends, join in the many exercise and wellness classes, immerse yourself in our enlightening Masterpiece Friday lessons and find new talents in our variety of art classes. During your stay, you will experience Ohio Living Llanfair’s Masterpiece Living culture, a revolutionary lifestyle program that is redefining what healthy aging is all about.

Our Winter Stay program offers meals, housekeeping, laundry, transportation, activities, a lifeline system, and much more! You can bring your favorite furnishings and belongings to surround you in your new home or enjoy a furnished apartment. Watch the snow fly from your new apartment, knowing that everything you need is right here. If you do need to go out, no worry! We can do the driving! We have a gift shop, beauty salon, fitness center, chef prepared meals and much more.

The Winter Stay program does not require a long-term commitment, you can move in when the weather is chilly and move back to home in the spring after the bad weather has passed. If interested, please call Kimberly Kaser at 513.591.4567 or kkaser@ohioliving.org.

This offer is subject to availability and application approval. Offer only available in the Larchwood building.
Community Calendar

Breakfast Club Events

Breakfast Club provides 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. Contact Independent Activities Coordinator Judy Sweeney at 513.591.4501 for more details.

Save the Dates

Starting February 5, 2018
Fridays | 9:30 a.m. to Noon
Campus Center Great Room
1701 Llanfair Avenue

OLLI Winter Semester and Fab Fridays
Ohio Living Llanfair is a partner site with University of Cincinnati’s Osher Lifelong Learning Institute (OLLI). The classes will cover curriculum for a one-time course, special program or an event – all classes are called Fab Fridays.

Topics will include: self defense, Fernald, Cincinnati Shriners Hospital, Cincinnati Sports and more.

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

March 17, 2018 | 6:30 to 10 a.m.
Larchwood Building Dining Room
1722 Larchwood Avenue
$5 per person, payable at the door

Green Pancake Breakfast
Bring a friend and join us for a little “Erin Go Bragh” as we celebrate St. Patrick’s Day, Ohio Living Llanfair-style! Stop in any time between 6:30 and 10 a.m. for a delicious breakfast, followed by an open house and film!

10 to 11 a.m. I Larchwood Building
1722 Larchwood Avenue

Open House
Bring a friend, walk through the Larchwood Building, and see our beautiful one- and two-bedroom apartment homes.

RSVP to Kim Kaser, 513.591.4567 or email kkaser@ohioliving.org.

Tuesday, March 20, 2018
5:30 p.m. Dinner | 6 p.m. Presentation
Campus Center Great Room
1701 Llanfair Avenue

Financial Presentation –
What you need to know about trusts from a legal and financial perspective

Join us as Mary Ann Jacobs, Esq., attorney with the law firm of Ritter & Randolph, LLC and Mike Lambert CTFA, Vice President and Senior Trust Officer, Northside Bank share all you need to know regarding trusts.

This informative presentation will include topics such as: who needs a trust and why, probate, revocable and irrevocable trusts, benefits of a trust, how they are administered and more. RSVP required by March 15.

Call Kim Kaser at 513.591.4567 or kkaser@ohioliving.org

Thursdays, April 12, 19, 26, 2018
10 to 11 a.m.
Campus Center Great Room
1701 Llanfair Avenue

3-Part Education Series –
Make the Most of Your Move

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

Stay tuned for the spring edition of “This is Living” for details on this program. RSVP to Kim Kaser, 513.591.4567 or email kkaser@ohioliving.org.

We currently have openings in our long-term nursing neighborhood with clinically trained 24-hour caregivers. If you know someone who would benefit from a tailored approach to long-term nursing care, please encourage them to contact Ohio Living Llanfair’s transitional care liaison at 513.591.4516.

Rehab to Home
Are you scheduling an elective surgery soon?
Are you curious about rehab options and where you might recover after a hospital stay?
We invite you to stop in any time for a quick tour through our Rehab Center Suites and Therapy Gym.
You will leave with a detailed packet explaining everything you need to know about Ohio Living Llanfair’s rehab center, what to expect from your stay, and what is covered by insurance. It’s a great way to be prepared for future hospital visits.
No RSVP is required.

Reserve your apartment home at Ohio Living Llanfair before the bad weather arrives. Call Kim Kaser at 513.591.4567 to schedule a tour.

Business Reply Mail
First-Class Mail
Permit No. 39
Columbus, OH
Postage Will Be Paid by Addressee

Marketing Director
Ohio Living Llanfair
1001 Kingsmill Parkway
Columbus, OH 43229-9892

Don’t Be Left Out in the Snow!

Don’t be left out in the snow! Reserve your apartment home at Ohio Living Llanfair before the bad weather arrives. Call Kim Kaser at 513.591.4567 to schedule a tour.
Suggested items you will need for stomach flu or seasonal flu symptoms:

**Medical:**
- Thermometer – a normal body temperature is 98.6 degrees
- Acetaminophen (e.g., Tylenol) – for fever, aches and pains
- Guaifenesin (e.g., Robitussin) – good for coughs
- Tissues – and plenty of them!

**Food:**
- Juices – frozen cans store well
- Ginger ale or Sprite – for nausea
- Gatorade or Pedialyte (if not on salt restriction or have kidney failure)
- Chicken broth
- Low-salt chicken noodle soup
- Crackers/saltines
- Jello – ready made
- Applesauce (part of BRAT diet)

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**Snapshots from around our community**

Clockwise from top:
- Residents and Ohio Living Llanfair Garden Committee members Sharon Cusick and Kathleen Faux at the College Hill Garden Tour which highlighted Ohio Living Llanfair’s Arboretum.
- Move-in Coordinator Marty Weldishofer and resident Nancy Schwartz at the annual Derby Day party.
- Larchwood dining room culinary staff Callie, Diane and Erin pose for quick photo before dinner service.

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**Shopping for the Flu**

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

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**Call Us! Facebook Us! Tweet Us!**

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