

## A (Brush) Stroke of Genius

### Residents share paintings at campus exhibit



The lobby of our Larchwood apartment building was recently transformed into a gallery for our third annual art exhibit. Sixty-three watercolor paintings from seven different artists were showcased over the course of three days.

The featured artists are all residents of Ohio Living Llanfair, and many of them had no formal training before enrolling in classes on our campus. “I told [instructor] Judy I couldn’t even draw a stick figure, but she said, ‘Yes you can!’ She says anyone can learn techniques and become an artist,” said Sue Heath.

A resident herself, instructor Judy Doyle began teaching the class in 2013. Judy is a watercolor artist who specializes in nature scenes and abstracts. As a retired teacher, she especially delights in helping her students learn new skills and explore the world of painting. “I enjoy working with them and teaching them something new,” Judy explained. “I love seeing them uncover their hidden talents for artistic expression.”

Sue has come a long way since beginning classes and feels a sense of pride when she looks at her artwork. “I think to myself, I cannot believe I created that!” she exclaimed. Sue entered eight unique pieces in the art exhibit, ranging from winter landscapes to florals to desert scenes. One of her favorite creations, which her daughter let her borrow back for the show, is a watercolor she painted of her daughter’s 17-year-old Chihuahua that she gave to her as a Christmas present.

Our resident artists appreciate being able to share their work with their friends and family, as well as with the public. They also enjoy using their newfound talent to raise funds for a meaningful cause; each piece on display was available for sale, with 15 percent of the proceeds benefiting the Life Care Commitment, which guarantees that our residents will always have a home here even if – in good faith – they run out of the funds meant to see them through.

## Convenient Courses

“All of the learning but with no tests, no papers and no homework.” That’s how one student described classes provided through our partnership with the University of Cincinnati’s Osher Lifelong Learning Institute (OLLI).

For the last four years, we have worked with OLLI to provide “Fab Fridays,” a series of classes that run on



Friday mornings during the fall, winter and spring semesters. Designed for learners age 55+, Fab Fridays are free to Ohio Living Llanfair residents and open to local participants who register and pay a fee.

Resident Doris Kuszler has been attending OLLI classes since they debuted on our campus, but especially enjoyed “From Cincinnati to the World: Products from P&G.” As a retired Proctor & Gamble archivist, she was not only familiar with the materials but knew the presenter personally! Doris has also attended classes on American jazz music, the Tony Perez story and the effects of 9/11. “There’s such a variety of topics, and it’s so convenient that they’re all available on campus!” she said.

For more information and to register, call, 513.681.4230.

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# Keep Yourself Young with Technology and Innovation

## Ohio Living partners with state colleges and institutes

At Ohio Living, we're always on the lookout for partners in our ongoing efforts to stay at the forefront of innovation in aging services. Here are a few of the partnerships that are currently helping us bring unique opportunities to our residents, patients, staff and those in our surrounding communities:



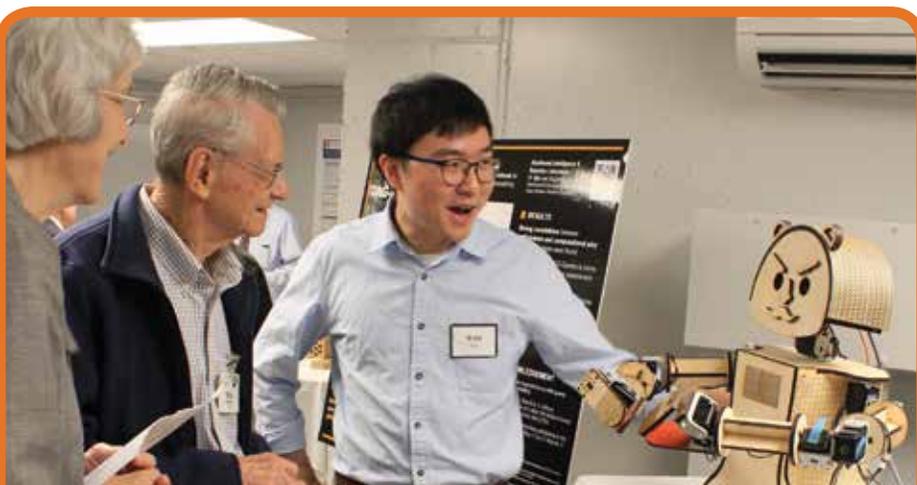
### Nursing School Rotations

In 2011, the father of Youngstown State University (YSU) nursing professor Mary Shortreed was a resident at Ohio Living Lake Vista in Cortland. She was so impressed by his care that she wanted her nursing students to experience it firsthand. Since that time, Mary's students have gone through nine-week sessions in the long-term care center one day per week to learn about care from professionals she trusts. "I choose to be at Ohio Living Lake Vista because of the way they care for their residents and the way they treat my students," said Mary.



### Project VIBE

Ohio Living Park Vista and YSU have teamed up to offer Project VIBE (Valley Initiative to promote Balance among the Elderly) to Mahoning Valley residents. Participants receive free assessments that examine things like gait, balance, strength, cognition, lifestyle and more. "Falls are the leading cause of injury among older adults, which is a major threat to independence and leads to costly health care," said Dr. Tiffany Hughes, Assistant Professor of Gerontology at YSU. "Project VIBE helps to better understand who is at risk and raises awareness about fall prevention."



### Smart Living Lab

Ohio Living Breckenridge Village in Willoughby built a 2,400-square-foot Smart Living Lab on its campus to give residents a dedicated location for trying out new devices and programs that meet age-related needs. In collaboration with Case Western Reserve University researchers, participants work with the devices before the technology advances to the marketplace—and where university faculty and students can immediately relate with them to address their daily challenges. This program has proven so popular that there is a waiting list to be able to participate!



### Student In Residence

Ohio Living Westminster-Thurber has partnered with the Ohio State University for a special opportunity as part of the Age-Friendly Student In Residence Program. Natalie, a 21-year-old student in the College of Social Work and an intern with Age-Friendly Columbus and Franklin County, lives in a studio apartment at our Columbus life plan community. To fulfill her requirement of engaging formally with the community, Natalie hosts a weekly "Porch Stories" program where residents share their personal stories relating to the topic of the week.

# Community Calendar



## APRIL

### Breakfast Club

April 10, 10 -11 a.m. Location: Campus Center  
The History of Spring Grove

### Documentary Series

April 16, 10 a.m. Location: Campus Center  
Martin Luther: The Idea that Changed the World

### Taste, Talk and Tour – Larchwood

April 25, 10 a.m.  
Location: Larchwood Building, 1722 Larch Avenue

## MAY

### Breakfast Club

May 8, 10 -11 a.m. Location: Campus Center  
The Story of Powell Crosley

### Taste, Talk and Tour – Belwood

May 15, 10 a.m.  
Location: Belwood Building, 1776 Larch Avenue

### Moving Expo

May 16, 11 a.m. - 2:00 p.m. Location: Campus Center  
Join us for a vendor fair, buffet-style lunch, tour of the campus and guest speaker, Kathie Currier, realtor with Coldwell Banker West Shell for her helpful presentation, "Rightsizing & Real Estate."  
Learn the current real estate market and trends, how rightsizing is different from downsizing, and how to get the most out of the sale of your home.

## JUNE

### Breakfast Club

June 12, 10 -11 a.m. Location: Campus Center  
Cincinnati Soups: Facts and Food Fun!

### Taste, Talk and Tour – Larchwood

June 25, 10 a.m.  
Location: Larchwood Building, 1722 Larch Avenue

For additional information on events and activities at Ohio Living Llanfair, please call: 513.681.4230

# How to Know it's Time

## Simplify your life with a move to an Ohio Living community

Did you know that you can simplify your life while enriching your lifestyle? Ohio Living life plan communities are active, vibrant places designed exclusively for people who are aged 55 and better. Here, you can focus on what matters most: enjoying the best years of your life, care-free!

Too often, people think that moving to a condo is the best way to downsize and take the next step toward a simpler life. After all, it can eliminate some of the time and money spent on home upkeep. But moving to an Ohio Living community offers the same benefits while also securing a plan for your future that allows you to enjoy the present.

So how do you know if it's time to make the move? Let's look at four questions that can help you decide:

### Are you tired of home upkeep?

Is the care and maintenance of your home more of a burden than a joy? If so, get ready to delete the numbers for your handyman, plumber and electrician – at Ohio Living, you won't need them! Let us handle the routine maintenance and urgent repairs, both inside and out. We'll also take care of the leaf raking, snow shoveling, lawn mowing and landscaping, so you have more time for the things you enjoy.

### Do you live alone?

Safety, security and quality of life are all things that can be easily compromised when living alone. Residing in an Ohio Living community where there's fast access to medical care, along with staff and neighbors who are there to check in on you, can make a world of difference in staying independent. Enjoy the peace of mind that comes from knowing your home will be looked after in your absence.

### Are you being challenged?

Our minds are kept sharp by learning new skills. As an Ohio Living resident, you'll have access to more opportunities to challenge yourself than you ever thought possible. Enjoy lifelong learning opportunities through workshops and lectures; fitness classes and access to top-of-the-line equipment; social engagement through trips, clubs, volunteer work and activities; cultural enrichment like music and theater performances as well as participation in arts classes; and spiritual life programming including worship services, Bible studies and more.

### Do you have a plan for your future?

As an active person, it's best to be proactive and plan for your future health care needs. If you take control of those decisions now, your family won't have to if a crisis happens later. When you make an Ohio Living community your home, you'll have access to varying levels of care for different stages of health. You can move from one level of care to another – and back again – with ease. You'll also have access to transportation to offsite medical appointments if needed. You have a lot of living yet to do! Call us today to schedule your tour and see why our residents say they wish they'd made the move to this incredible lifestyle years earlier.

JOIN US!

# OHIO LIVING MOVING EXPO

11 Ohio Locations, Same Ohio Living Expertise

Talk to experts about what it takes to move, and learn about everything Ohio Living has to offer for independent living.

Take a tour and connect with professional:

- Packers
- Movers
- Realtors
- Interior designers
- Stagers
- And more!

May 16

11 a.m. to 2 p.m.



Visit [ohioliving.org](http://ohioliving.org) or call 513.681.4230 to make a reservation and learn more about our moving expo locations!

JOIN US!

# OHIO LIVING MOVING EXPO



11 Ohio Locations, Same Ohio Living Expertise

We know that planning a move can be overwhelming, and it only gets more complicated when you and your family members live in different parts of the state. That's why we're offering 11 moving expos throughout Ohio on the same day.

Talk to experts about what it takes to move, and learn about everything Ohio Living has to offer for independent living.



May 16  
11 a.m.  
to  
2 p.m.



Ohio Living  
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Visit [ohioliving.org](http://ohioliving.org) or call 513.681.4230 to make a reservation and learn more about our moving expo locations!



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1701 Llanfair Avenue  
Cincinnati, Ohio 45224  
[ohioliving.org](http://ohioliving.org)

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A Message  
From our  
Executive  
Director

JEAN  
MORGAN

*"Alone we can do so little; together we can do so much." – Helen Keller*

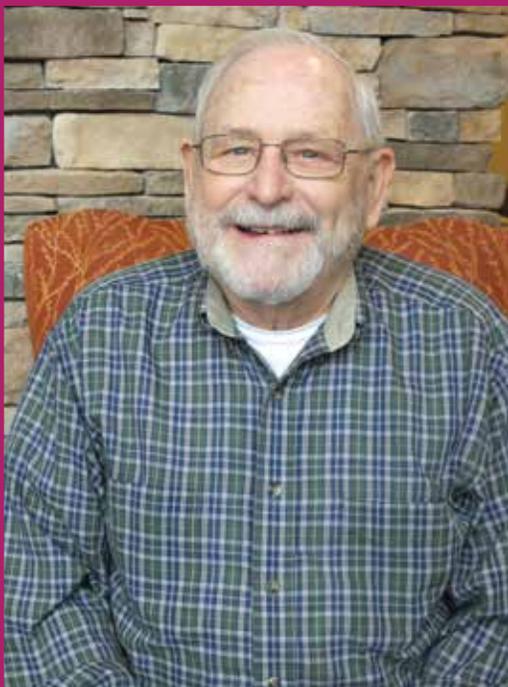
Providing quality care and services in senior living requires a network of partnerships that foster collaboration and innovation. That's why Ohio Living Llanfair regularly reaches out to those in our greater community and beyond as we navigate the complex issues facing older adults.

We are proud to be part of several hospital care collaboratives in our area, which allow our residents and rehab guests to receive continuity of care from acute (hospital) to post-acute (rehab/skilled nursing care) settings.

Through our affiliation with LeadingAge, we work on a state and national level to advocate and educate regarding issues related to aging.

And as part of the historic College Hill neighborhood, we intentionally partner with individuals and organizations that are committed to celebrating and improving our community. Several local groups meet on our campus, and we gladly contribute to and participate in College Hill National Night Out, College Hill Blues & Brews 5K, and the College Hill Community Urban Redevelopment Corporation's annual Derby Day fundraiser.

Whether through clinical initiatives, advocating for older adults, or simply being a good neighbor, Ohio Living Llanfair is proud of those we partner with and everything we've been able to achieve together. Because truly, when we work together, we can do so much more than we ever could alone.



## Resident Spotlight: Dr. John Bennet

Dr. John Bennet graduated from the Ohio State University College of Dentistry in 1956 and soon moved to Fort Gordon, Georgia, so he could serve as a dentist at the local military base. He and his wife, Martha, returned to Ohio in 1958 and quickly established themselves in various service organizations such as Kiwanis, the local dental society and their church.

After their son took over the dentistry practice in 1995, the Bennets spent most of their time traveling throughout North

and South America, Africa and Europe. Dr. Bennet also served as an amateur radio operator, helping in emergency situations.

Eventually, the couple found themselves looking for a life plan community that could serve Martha's failing health. After Dr. Bennet utilized our rehab services in 2015, they decided to make Ohio Living Llanfair their home. While Martha has sadly passed away, Dr. Bennet continues to be involved on campus. He runs the audiovisual equipment for our Vespers services, is on the Resident Ambassador team that welcomes new residents to our community, attends lifelong learning classes, and participates in lots of day trips and other activities.

We are so thankful Dr. Bennet calls Ohio Living Llanfair home!



## A Place To Call Home

Apartment living at Ohio Living Llanfair provides freedom from home upkeep and maintenance with all the added amenities that will allow you to live life your way.

### Features:

- Fully-equipped kitchens
- Beautiful views
- Spacious closets and storage
- Housekeeping services
- And much more!

Call 513.681.4230  
to schedule your  
visit today!



Ohio Living  
Llanfair