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.

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

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

In This Issue...
• A Message from Jean
• Healthy U
• Masterpiece Fridays
• Financial Presentation
• Events & Happenings
• Flying Pig Marathon
• Health Bites
• Photo Gallery
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.
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 Strohfeldt, 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 Other 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-semester 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.

May 3, 2016 @ 12 p.m.
Lunch

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.

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

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

Belwood Condo-Style Homes • Larchwood Apartment Homes
Assisted Living Apartment Homes • Rehabilitation
Memory Care & Skilled Nursing

Llanfair Retirement Community
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 Dietitian

1701 Llanfair Avenue
Cincinnati, OH 45224
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Vegetable “Meat” Loaf

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.
3. Wipe pan with paper towels. Add asparagus and onion to pan; sauté 6 minutes until tender, stirring occasionally. Add onion mixture to mushroom mixture.
4. 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.
5. Bake at 350° for 45 minutes or until a thermometer registers 155°.

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

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)
1 tablespoon chopped fresh basil
2 tablespoons 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

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

Vegetable “Meat” Loaf   Nutritional information: Calories: 338, Fat: 21.2g, Protein: 17.5g, Carbohydrate: 22.6g
