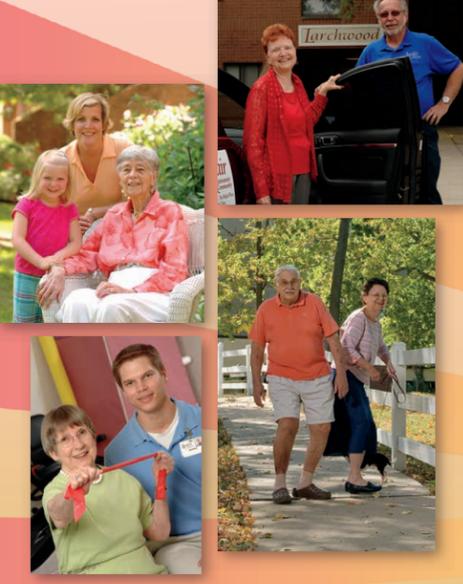




This is Living



Fall Enrichment program

Friday, November 2 • Registration 9:30–10 a.m. • Lunch Provided
Llanfair Campus Center Great Room, 1701 Llanfair Ave.
Morning Session: 10 a.m.–Noon • Afternoon Session: 12:30–3 p.m.

At Llanfair Retirement Community, we are committed to helping older adults live healthier and happier, and remain independent longer. Through our Masterpiece Living® whole-person wellness philosophy, we provide a lifestyle that will help you feel more energetic, more engaged with the world around you, more interested in your health and wellness, and give you the freedom to pursue whatever it is that lifts your spirit and makes you happy.

On Friday, November 2, we invite you to experience our Masterpiece Living® lifestyle for an enrichment event that will enlighten you and provide you with tools to live more successfully.

In conjunction with Llanfair's Masterpiece Living® whole-person wellness philosophy, this enrichment program will focus on enhancing your spiritual, intellectual, physical and social self. Speakers will cover a wide range of topics that will enhance your overall well-being and give you an opportunity to educate yourself on a variety of issues facing older adults today.

A sampling of topics covered:

Not Your Grandma's Nursing Home – Llanfair's Administrator will help you understand Medicare and other insurance coverage, legal documents that your children or loved ones will need and resources that will help you through the process.

Creative Expressions – An interactive and fun program that will help you uncover more about your creative side through expressive therapy.

The Memory Muscle – A unique program of brain exercises that will help you prevent mental aging and reveal memory strategies, challenge you intellectually and help you feel more confident with your memory.

If It Looks Like A Duck – A Cincinnati police officer will give you tips on how to maintain your independence by being more observant with your surroundings, as well as provide you with information on safety and self awareness.

Spiritual Health As We Age – A healthy well-being includes a healthy spiritual self. Learn the "what" and the "why" of spiritual health as we age.

It Takes A Village – Learn how to maintain your independence through home health services provided by the Senior Independence iVillage program.

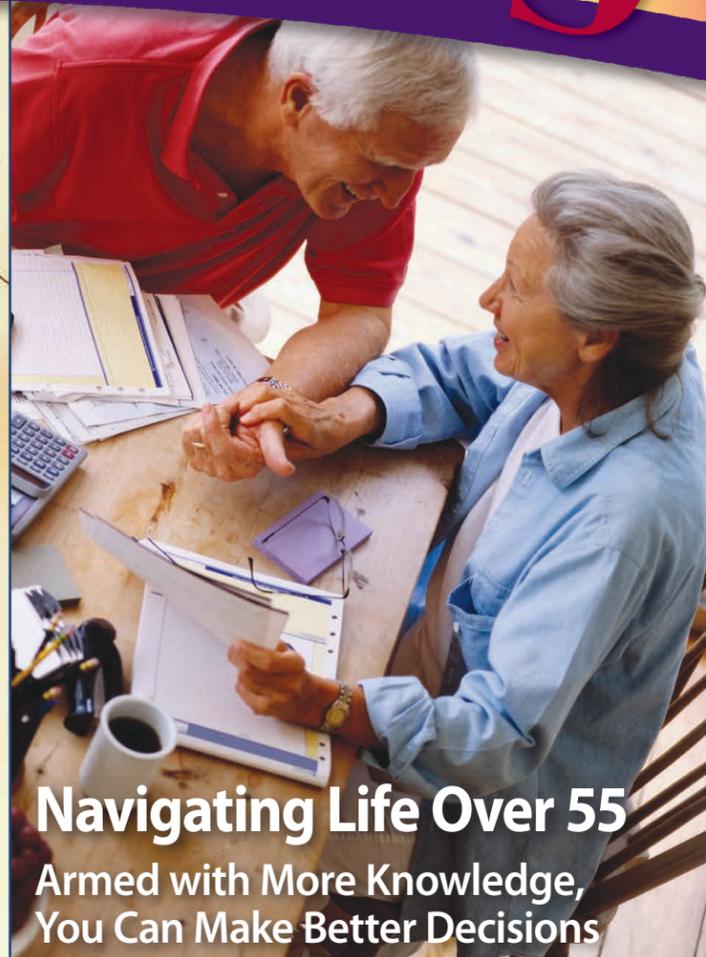
Housing Market and Designing for Your New Home – A Certified Senior Real Estate Specialist will provide information on today's housing market in the Cincinnati area and provide a plethora of information on the "how-to's" of selling your home. You will also hear tips from Llanfair's Move-in Coordinator about how to maximize living space, interior design ideas and much more.

Out With the Old, In With the New – An Elder Law attorney will help you decide which legal and financial documents you need and which ones you can throw away. But beware! Identity theft is common among older adults. Our speaker will also help protect you from being a victim with special tips and other information so that you can avoid identity theft.

You won't want to miss this extraordinary event that includes a delicious, complimentary lunch provided by Llanfair's Culinary Services team.

Bring a friend for a full day of presentations that will not only enhance your overall well-being, but will give you the tools to live a more successful life.

Please RSVP to Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org by October 26.



Navigating Life Over 55 Armed with More Knowledge, You Can Make Better Decisions

Llanfair Campus Center, 1701 Llanfair Ave.
Registration and Light Dinner 5:30–6 p.m.
Presentation 6–7:15 p.m.

You're invited to a four-part education series full of valuable information to help you understand retirement choices, how to manage your money and benefits, and how to get the most out of what is available to you.

Guest speakers are **Jennifer Funk**, a Financial Advisor with Merrill Lynch Wealth Management, and **Mary Ann Jacobs** and **Mollie Stegman** of Ritter and Randolph Law Office, as well as additional guest speakers. A light dinner will be prepared by Llanfair's Culinary Services team.

Session I: Thursday, October 4 – Proper Planning for a Successful Retirement RSVP by September 27

Retirement income planning is a process of determining if your income sources are enough to meet your expense needs at all stages of retirement. Proper planning will help you sustain the comfortable retirement lifestyle you deserve.

Session II: Thursday, October 11 – Parenting Your Parents – Estate and Long Term Care Planning RSVP by October 4

Proactive estate planning will aid you in helping your parents while not letting your work or home life suffer. Learn the importance of estate planning so you don't get caught in the "last minute" trap.

Continued on next page >

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Pumpkin Packs a Punch





A Message from Our Executive Director

SHEENA PARTON

What Does Wealth Mean to You?

Does it mean winning the lottery? We have all heard the saying that, "money doesn't buy true happiness." When winners of the lottery were surveyed a year after winning, the results were that they were not any happier than they were before. People without all the luxuries and material things are often much happier than those who have them. Money doesn't buy happiness, but it provides you with entertainment while looking for it!

We recently asked a few of our residents and staff what wealth meant to them and the answers varied, but the common ground was that they related to each one of the S.I.P.S. (spiritual, intellectual, physical and social). Some felt a spiritual connection was important, as well as time with family and having an education. Others felt being healthy and staying socially active was key. No one actually shared that financial wealth was high on their list of values. However, one resident joked that if they were more mobile and also had better eyesight they would want to be wealthy so they could travel!



Wealth is most like health and wellness. We used to define wellness as the absence of disease. Now, we know that health and wellness happens in many levels - body, mind and spirit. In a similar way, wealth can be defined in many levels from how much money to how much property one has, but is that what most people value in their life? When a person has healthy relationships and the love and support of friends and family, they could say they are rich in many ways and we hope you are too. Wealth is much more than material possessions and excess income, it has many levels and meanings and also reminds us to put value on what matters most - you can be rich in so many ways! ✍️

Continued from page 1 - Navigating Life Over 55.

Session III: Thursday, October 18 - Making the Most from Government Benefits RSVP by October 11

By learning the ins-and-outs of Social Security, Medicare, Medicaid and Veterans benefits, you could be saving money instead of wasting it. Gap plans, tax deductions and supplements - we'll explain it all. A retired representative from the Cincinnati Social Security Office with 35 years of experience will be joining the discussion.

Session IV: Thursday, October 25 - Navigating Long Term Care RSVP by October 18

There has been significant expansion in the ways in which you can protect yourself from the overwhelming expense of long term care. This discussion will cover the different solutions available, and make sense of the myriad of options that will support in-home or facility care. You'll also learn the financial criteria that is used by retirement communities to qualify for residency.

Join us for all four presentations or just one. **Seating is limited. RSVP to Kim Kaser, at 513.591.4567 or kkaser@llanfair.oprs.org.** ✍️

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. 14	Judith Fadden - Neurobics in Action
Sept. 21	Ed Stinson - Dementia I: The Umbrella Approach
Sept. 28	Ed Stinson - Dementia II: Looking Beyond the Words
Oct. 5	Ed Stinson - Dementia III: Bearable Solutions
Oct. 12	Ed Stinson - Dementia IV: Spirituality and Dementia
Oct. 19	Resident Jane Avery - Flower Arranging: What Judges Look For
Oct. 26	Marty Weldishofer from Marty's Hops and Vines - Taste of October: Pumpkin Beer Tasting
Nov. 2	Jayne Reizner - A Chinese and Tibetan Adventure
Nov. 9	Steve Schmitz - Vegetable Soup: Using Root Vegetables
Nov. 16	Ed Stinson - A Top Hat to Charles Dickens! What Are You Reading For The Holidays?
Nov. 23	Rachael Demir - Creative Expressions

The Continuum Conundrum

Wednesday, September 26, 2012

Llanfair Campus Center Great Room
1701 Llanfair Ave.

6-6:30 p.m.	Meet/Greet Residents, families, staff
6:30-7:30 p.m.	Testimonials
7:30-8 p.m.	Questions

Understanding what is involved with a full continuum of care retirement community, like Llanfair, can be confusing.

Bring a friend and join us for this informative get-together where you will gain priceless information about Llanfair's continuum of care. During this time, you will meet Llanfair staff, nurses and residents, and be able to ask important questions regarding the quality of care at Llanfair. You will also hear testimonials from Llanfair residents and families that have experienced Llanfair first-hand.

Knowledge is power! By educating yourself now, you will be better prepared for the future.

RSVP to Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org by September 19. ✍️

For More Information
About Our Active Community
513.591.4567



Llanfair
Retirement Community

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

Become A Fan



OPRS LIVING

News and views for a vibrant life.

FALL 2012



Breckenridge Village (Willoughby) • Cape May Retirement Village (Wilmington) • Dorothy Love Retirement Community (Sidney)
Lake Vista of Cortland (Cortland) • Llanfair Retirement Community (Cincinnati) • Mount Pleasant Retirement Village (Monroe)
Park Vista of Youngstown (Youngstown) • Rockynol (Akron) • Swan Creek Retirement Village (Toledo)
The Vineyard on Catawba (Port Clinton) • Westminster-Thurber Community (Columbus)

Setting the table for Culinary Advancement



*May I Take
Your Order?*

It's no secret that the face of retirement is changing. Those who are retiring today are looking for and expecting different things than their parents did when they retired. This is especially true of the Baby Boomers who began retiring in 2011. Today, people are looking to remain physically active through Pilates, yoga or biking. They want lifelong learning opportunities, and they are especially looking for a culinary makeover that offers healthy, exciting menu choices.

At OPRS Communities, we are embracing the culture shift and staying on the cutting edge to make sure we give our current and future residents what they want. Over the past few years, our culinary staff has been undergoing a major transformation to do just that.

Spearheaded by OPRS Corporate Director of Culinary and Nutritional Services **John Andrews**, the transition began as a simple name change from Dining Services to Culinary and Nutritional Services. However, John took on the challenge to make it something more. "I look at it as a never-ending project. I'm always searching for ways we can take our already great service and move it up another notch," he said.

One way John and his team are raising the bar is through the implementation of the OPRS Culinary Skills Builder Academy. This program consists of more than two dozen cooking

methods and training courses that are facilitated by our professionally-trained chefs. The culinary staff completes each course using the instructional DVDs and hands-on training. This results in a higher level of competency that allows them to expand the variety of delicious meals for residents.

The culinary team has also begun rolling out a Point of Sale, or pay as you go, system at OPRS Communities around the state. This system allows for greater flexibility and convenience for residents and better efficiency for the staff. Now, residents aren't limited to one dining room option. With this system, residents may choose to eat in numerous different venues – whether it's picking up a dessert in the bistro, sitting down to an elegant dinner in the dining room or attending a catered event.

In addition, the OPRS culinary team is moving away from rigid meal times toward "anytime" dining, as well as offering healthier and eclectic food choices that satisfy a broader range of tastes, giving residents a greater set of options. Another change that is being implemented throughout the state is shifting from volume cooking methods to cooked-to-order meals. This approach offers a higher quality of food preparation while enabling the residents to customize their meals with regard to their taste preferences and allergies.

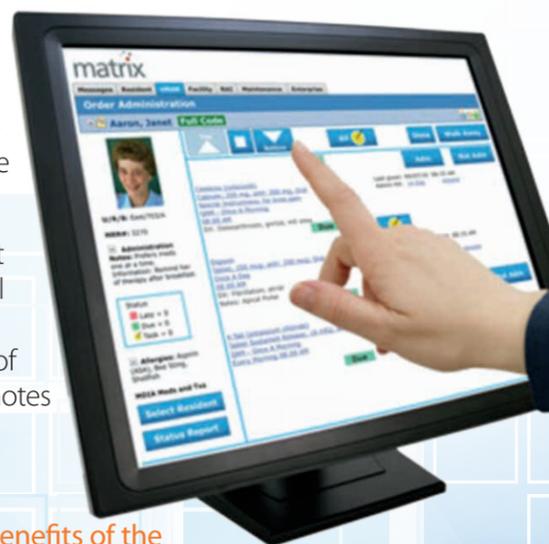
This exhilarating transformation is more than just a change of name – it's a transition that will allow OPRS Communities to continue providing high quality, well-prepared and nutritious meals to current residents as well as the next generation of older adults. 🌟



New Technology Helping to Improve Quality at OPRS

OPRS continually looks for ways to improve its services and programs in order to offer better care to those we serve. Keeping with this tradition, OPRS has been implementing some new technology over the past year that will further enhance the quality of care our nursing staff is able to provide residents.

In May 2011, the first Matrix Point of Care system was installed at Dorothy Love Retirement Community. This touch-screen clinical charting technology allows nursing assistants, or anyone who gives direct care, to efficiently document detailed descriptions of the care they deliver. The Matrix Point of Care system also promotes more timely communication among the interdisciplinary team.



Other features and benefits of the Matrix Point of Care system include:

- Precise documentation resulting in better care planning
- Increased time spent with residents
- Improved staff management
- Reduction in administrative costs
- Real-time data sharing and communication

Staff and members using this new technology are already noticing a huge difference. Documentation is clearer and more thorough, the system is easy to use, and less time is spent charting and more time is spent where it really matters – with the residents. 

EXPERIENCE • STRENGTH • MISSION **OPRS**

OPRS Communities is a wholly owned subsidiary of Ohio Presbyterian Retirement Services (OPRS), an organization that was founded in 1922 and has become the largest and most experienced not-for-profit provider of Continuing Care Retirement Communities and services in the state of Ohio. With 90 years of history and experience, OPRS and OPRS Communities look to partner with other organizations to not only increase our own knowledge base, but to share our knowledge with others.

OPRS Communities throughout the state are forging these collaborations. For example, *Breckenridge Village in Willoughby took part in two research studies in coordination with Hearthstone Alzheimer Care.* The studies were funded by the National Institute on Aging and were focused on seeing if people with Alzheimer's disease or dementia could continue to participate in meaningful activities at different stages of their disease.

The first study, "Meet & Remember," provided residents with training by staff to lead small-group activities for other residents. The goal was to increase residents' ability to lead a group, and assess their level of engagement. The second study, "Hearthside Book Club," aimed to provide residents with a sense of purpose, to utilize their remaining abilities while being respectful of each person's age and status, and to be enjoyable for the residents. *Both studies found that passive and active engagement was higher and that those with Alzheimer's or dementia were capable of leading group activities with limited staff assistance.*

Mount Pleasant Retirement Village in Monroe has another example of a wonderful collaboration. *Recently, members of Mount Pleasant's staff teamed up with Atrium Medical Center, a local hospital, to offer two informational classes to residents and those in the greater community.* The first is a pre-surgery class to help prepare orthopedic surgery



patients for what to expect before and after their joint surgery. This class, taught by both hospital and Mount Pleasant staff members, is offered twice a month to patients and their caregivers. The second class centers on heart failure to help reduce cardiac-related hospital re-admissions. This free, three-part series is interactive and focuses on helping patients take ownership of their recovery process.

OPRS Communities will keep seeking out these partnerships with other organizations in order to continue to educate and raise awareness about topics that are important to residents and the greater community. 

Our Mission is to provide older adults with caring and quality services toward the enhancement of physical, mental and spiritual well-being consistent with the Christian Gospel.

www.oprscommunities.org

OPRS Communities, a wholly owned subsidiary of Ohio Presbyterian Retirement Services (OPRS), headquartered in Columbus, serves more than 6,500 residents in its 11 retirement communities. Since 1922, OPRS has defined the highest standards of quality of life for older adults.

OPRS Living shares knowledge and information. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not medical advice. OPRS Communities encourages you to make health and business decisions based upon your own research and in partnership with a qualified professional.

Events & Happenings

BREAKFAST CLUB EVENTS

Breakfast Club provides Llanfair residents and non-residents, not already residing 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 for non-residents. Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

September 12, 2012 at 10 a.m.

Model Railroads Over the Past 75 Years



Larry Goodrich will set up and demonstrate two running elaborate trains with motion and lighting. There will also be an art display of original train paintings by one of our residents.

RSVP required by September 7.

October 10, 2012 at 10 a.m.

FDR's "Tree Army"

Presenter **Bill Deitzer** will teach us about the work of the Civilian Conservation Corps (CCC). The CCC was a public work-relief program that operated in the U.S. from 1933-1942 for unemployed, unmarried men from the ages of 17-23. It was a part of the New Deal of President Franklin D. Roosevelt. There are several areas in and around Cincinnati that our speaker will focus on. RSVP required by October 5.

November 14, 2012 at 10 a.m.

Playing Ball with the Boys: The Rise of Women in the World of Men's Sports



Presenter **Betsy M. Ross**, WXIX-TV Fox 19 Sports Reporter, will talk about the more visible role of women in sports. You will hear stories on how women had to battle the stereotypes of working in a male-dominated field, and what they had to do to overcome the obstacles in front of them. Her book offers an inside look on what it takes to "play ball with the boys," to be respected and to succeed. RSVP required by November 9.

RSVP required by November 9.

SEASONED SINGLES EVENTS

Seasoned Singles is an outreach group for senior singles NOT residing at Llanfair or any other retirement community. Events and programs provide an easy way to meet new people. Llanfair offers a meeting place, group rates and round-trip transportation. **RSVPs are required.** Contact Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

October 12, 2012

Meet at Larchwood Lobby at 10 a.m. Leave Larchwood 10:10 a.m.

BB Riverboat Cruise and Lunch

Break up your day and sail away! Climb aboard for a two-hour cruise featuring games, entertainment and a delicious buffet. Cost for the cruise, lunch and transportation is \$37. RSVP required by September 14.

October 22, 2012

Meet at Campus Center at 8 a.m. Leave at 8:30 a.m./Return 9:30 p.m.

All-Day Trip to Berea, Kentucky

Stops at the Kentucky Artisan Center, a tour of Berea College and a visit to the Old Town Artisan Village are included. We will eat lunch at Berea's famous Boone Tavern, which is known for its spoon bread. RSVP required by October 1.

November 1, 2012

Meet at Larchwood at 6:45 p.m. Leave at 7 p.m./Return 10 p.m.

Covedale Center for the Performing Arts – I Do! I Do!

The story of a couple during their 50 years of marriage is lovingly played out to the strains of a tuneful, charming score, which includes the standard "My Cup Runneth Over." Cost for the ticket and transportation is \$30. RSVP required by October 12.

November 29, 2012

Meet at Larchwood at 2:15 p.m. Leave at 2:30 p.m./Return 9:30 p.m.

Clifton Mill, Ohio

Dinner will be at Young's Golden Jersey Inn. After dinner, we will go to Clifton Mill to view the beautiful light display. RSVP required by October 11.

OTHER EVENTS

Every first Wednesday of the month Larchwood Building at 11 a.m.

Shared Vision Group

Llanfair's Shared Vision group focuses on understanding the causes of vision loss and adapting to low vision. Meetings are facilitated by psychologist **Dr. Jerome Gabis**. RSVPs are required no later than the Friday before the meeting. Call Kim Kaser at 513.591.4567 or kkaser@llanfair.oprs.org.

Symposium of Sound



This fall, Llanfair will introduce "Symposium of Sound," a collection of educational and interactive events designed around music therapy. RSVP for one or both programs by calling Kim Kaser at 513.591.4567 by October 22.

October 24 at 2 p.m.

Campus Center Great Room

Join us as we welcome **Jennifer Seley**, Music Therapist at Cincinnati Children's Hospital Medical Center. Jennifer will present the general benefits of music listening, music making, and combining music and movement together. She will also teach us how she uses music therapy to help children who are struggling or battling with disease.



October 30 at 3 p.m.

Margaret Jean Wells Chapel

Join us as we welcome **Rodney Barbour**, organist and Director of Worship and Arts at Crestview Presbyterian Church. Rodney has a B.A. in Music Education and Organ Performance, as well as a master's degree of Music in Organ Performance. Rodney will give an extraordinary concert, and also provide an interesting presentation about certain pieces he will be performing.



November 8 at 7:30 p.m.

Campus Center

Celebration of Veterans

Join us in celebrating Llanfair military veterans with a Presentation of Colors, performed by a local Boy Scout troop. The Ohio Military Band, under the direction of **Mark Hensler**, will perform a variety of patriotic and other classical music pieces. Refreshments will be provided. RSVP to Kim Kaser at 513.591.4567 by November 1.



For more information on classes & events 513.681.4230

All events are free unless otherwise noted.



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On July 13th more than 200 residents, families and friends enjoyed the Friendship Celebration Concert in the Margaret Jean Wells Chapel. Llanfair was thrilled to welcome three choirs who competed in the World Choir Games – Victoria from Russia, Forever Praise and Cantore Vocal Ensemble, both from the USA. What a beautiful concert it was!



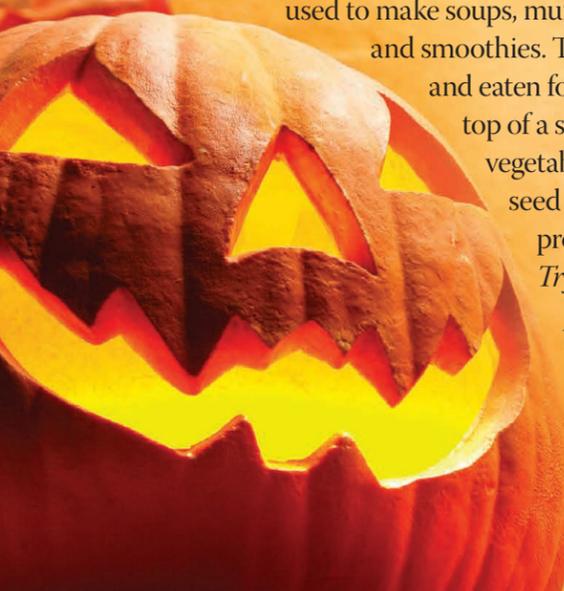
HEALTH BITES Hot Topics in the Field of Nutrition

Pumpkin Packs a Punch!

Pumpkin is no longer the fruit of old, utilized only for decorating in the fall and pie-filling purposes. Research shows that this orange globe is packed with nutrition and offers a wide range of health benefits. They are a powerhouse of vitamins, minerals and other nutrients that are necessary for the body to perform at its absolute best. Pumpkin is considered a "power-food" because of its high level of carotenoids, protein, essential fatty acids, vitamin A, vitamin C, magnesium, fiber, potassium and zinc. Consuming either the flesh of the pumpkin or the seeds on a regular basis has many health benefits, including lowering the risks of developing prostate cancer, protecting against joint inflammation and arthritis, preventing kidney stones, preventing depression, acting as a diuretic, giving a healthy glow to your skin and inhibiting wrinkle development!

Fresh pumpkins are typically only available during the fall and early winter season. However, canned pumpkin is just as nutritious as the fresh counterpart. It can be used to make soups, muffins, breads, puddings, and smoothies. The seeds can be roasted and eaten for a snack, sprinkled on top of a salad or added to sautéed vegetables. The oil of the pumpkin seed can be used in the cooking process or as a salad dressing.

Try one of these recipes for pumpkin today!



Try these at home!

Pumpkin Granola

Wrapped up in a nice jar, this is a gift anyone would enjoy. This granola tastes especially delicious over maple or vanilla yogurt.

- 4 c. Old-fashioned oats
- 1/2 c. Raw pecan pieces
- 1/2 c. Raw pumpkin seeds, shelled
- 1/2 c. Brown sugar
- 1/4 c. Maple syrup
- 1/3 c. Oil
- Pinch Salt
- 1 1/2 tsp. Pumpkin pie spice
- 1/2 c. Dried cranberries

Directions:

1. Preheat oven to 325 degrees.
2. Mix oats, nuts and dried fruit together in a large bowl. Mix sugar, spices, salt and wet ingredients in another.
3. Pour sugar and oil mixture over the oats and stir well, making sure everything is evenly coated.
4. Pour out onto greased, rimmed baking sheet and bake for 25-30 minutes or until golden brown, stirring occasionally.
5. Let cool completely and store in an airtight container for up to two weeks.



Pumpkin Stew

This pumpkin stew recipe is baked and served in the pumpkin. It's a neat way to cook and serve pumpkin stew.

- 1 10-12 pound pumpkin
- 2 lb. Beef Stew Meat
- 2 tbs. Oil
- 1 Bell Pepper (1" slices)
- 1 Onion (1" slices)
- 4 Medium Potatoes (cubed)
- 3 Carrots (cubed)
- 2 Cloves of Garlic (diced)
- 2 Stalks of Celery (sliced)
- 1 15 oz. can of Diced Tomatoes
- 2-3 c. Water

Directions:

1. Carve a hole in the top of the pumpkin and remove seeds, and stringy insides. Set pumpkin aside.
2. In a dutch oven or skillet, brown beef in oil.
3. Add in bell pepper, onion, potatoes, carrots, garlic, celery and can of diced tomatoes.
4. Add salt and pepper to taste.
5. Add 2-3 cups of water.
6. Let simmer for 1 hour.
7. Place pumpkin in shallow pan, and place stew inside pumpkin.
8. Brush the outside of the pumpkin with a light coating of oil.
9. Bake pumpkin and stew at 350 degrees for 2 hours, or until pumpkin is tender.
10. Serve while hot. Be sure to get chunks of pumpkin in your stew, as they enhance the flavor.



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

Belwood Condo-Style Homes
Larchwood Apartment Homes
Assisted Living Apartment Homes

Memory Care
Rehabilitation
Skilled Nursing



Become A Fan



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



513.681.4230

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