Llanfair Retirement Community is pleased to announce that we will again participate in the Flying Pig Marathon. After our successful debut last year, as the first retirement community in the marathon, Llanfair is thrilled to be part of the nationally recognized marathon for the second time.

Come join our team of Flying Pig Walkers! Not only will Llanfair residents experience this exciting event, but we invite you to come join us as well! Any adult 55 years of age or better can join our team. Llanfair celebrates athletes of all abilities – residents, staff, families and friends in our neighborhood.

“The Flying Pig celebrates athletes of all abilities,” said Iris Simpson-Bush, executive director, Flying Pig Marathon. “Llanfair has created a progressive walking program to allow senior adults the opportunity to compete in the Flying Pig. The walking program is adapted so that all walkers can achieve their target distances.”

Each participant will create their own distance goal through a progressive walking training program offered on Llanfair’s campus. Llanfair’s indoor walking track or external walking trails will help you achieve your walking goals. This training program will provide the support, instruction and encouragement you may need to be successful in reaching your target distance.

At Llanfair, we are committed to an unwavering belief that older adults can learn and grow at any age. With our Masterpiece Living whole-person wellness philosophy we know that to live successfully, we need to challenge ourselves every day spiritually, intellectually, socially and physically. We are excited to see our belief in action with our participation and support of the 2014 Flying Pig Marathon.

The Walking training program will utilize the Flying Pig Marathon’s award-winning “Hog Log” system, so residents, staff members, families and friends, regardless of fitness level, can cover a full marathon distance, in increments, and focus on good nutrition habits to fuel their miles.

Join us for the Flying Pig Kickoff Event Friday, March 28 at 11 a.m. in the Llanfair Campus Center Great Room. We will explore a successful training program, welcome guests from the Flying Pig Marathon and discuss the details of this year’s exciting events.

At the Kickoff Event participants will also learn about Llanfair’s Walk the Block Awards Ceremony on April 30 to celebrate those who challenged themselves to reach their own personal distance goals. We encourage all walkers, family and friends of Llanfair to join us for this event and for a ceremonial walk around our campus and neighborhood. All 2014 Flying Pig Marathon participants will receive their official 2014 Flying Pig Marathon medal at the awards ceremony.

Back by Popular Demand for the Second Year

TEAM LLANFAIR JOINS THE FLYING PIG KICKOFF EVENT
MARCH 28 @ 11 A.M. • LLANFAIR CAMPUS CENTER GREAT ROOM

Green Pancake Breakfast
6:30 a.m. – 10 a.m.
Larchwood Building Dining Room
1722 Larch Avenue
$5.00/person payable at the door
Bring a friend and join us for a taste of Ireland as we celebrate St. Patrick’s Day, Llanfair style! Stop in any time between 6:30-10 a.m. for a delicious breakfast, followed by three other fabulous events!

Apartments on Parade
10 a.m. – 11 a.m.
Larchwood Building
1722 Larch Avenue
Bring a friend and take a walk through our Larchwood and Belwood buildings as we showcase our beautiful one-and two-bedroom apartment homes.

Documentary on Ireland
11 a.m. – 12 p.m.
Campus Center Great Room
1701 Llanfair Avenue
Bring a friend and join us for a presentation and viewing of an extraordinary documentary about the beautiful countryside and history of Ireland.

Traditional Irish Beer Tasting
12 p.m. – 1 p.m.
Wellness Center Cafe’
1701 Llanfair Avenue
Join us after the documentary for a traditional Irish beer tasting in our Cafe’ presented by Marty Weldishofer, owner of Marty’s Hops and Vines.

There is no cost for the first 100 registrants! Please RSVP no later than March 21.
Call marketing at 513.591.4567 or email pashbrock@llanfair.oprs.org.
A Message from Our Executive Director

Sheena Parton

Art Enriches & Enhances Lives

You thought about picking up a paint brush or learning a new craft to unleash your creativity and imagination? There are many forms of art, be it drawing, painting, listening to music, dancing, cooking, telling stories, gardening and visiting museums, just to name a few.

It has long been known that for people of every age, the act of creation is life-enhancing and nourishing for the spirit. Whether you are making a homemade gift for someone, decorating for a special event or working on a quilt, it is an enjoyable way to spend your leisure time.

The act of creating is a powerful way to share our lives with others, and friendships are more likely to be developed and grown through sharing experiences of fun and spontaneity. There are also physical benefits for coordination and small motor movements by drawing, assembling crafts or sculpting. Studies have also shown that creative activity lessens pain and even enhances the immune system.

Llanfair provides many opportunities for its residents to have access to the arts and music, along with creative academic and social enrichment. This spring, for example, Llanfair will welcome many creative and artistic style programs including, “The Llanfair Expressionist” gardening program and an educational series on modern dance.

In addition, residents who live within the OPRS Communities also have the opportunity to submit entries in the annual OPRS Resident Art Calendar Contest, where Llanfair has been well represented by its many artists over the years. In fact, nine of our expressionists joined together to submit an acrylic painting that was chosen to be featured during the month of February (see left) and Judy Doyle’s watercolor painting “The Llanfair Sycamore,” was chosen to be featured in October.

It’s never too late to enjoy the arts. During 2014, how are you going to unleash your artistic and creative side?

Cincinnati Broadcasting: The First Fifty Years

Tuesday, May 6, 2014 • 11 a.m. – 12 p.m. / Llanfair Campus Center Great Room

Bring a friend and join us for a look back into the world of television and radio broadcasting. Cincinnati is credited with many contributions towards the development of radio and television. Historian and radio host Mike Martini, with WMKV, will present “Cincinnati Broadcasting: The First Fifty Years,” for an in-depth presentation on the early days of broadcasting. Mike will dig deep into the origins of radio and television and share rare photographs and fascinating stories from the days when Cincinnati was ranked behind only New York and Chicago in the “golden age of broadcasting” with the group.

RSVP by May 2 to marketing@llanfair.oprs.org.
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 Nancy Quante, independent activities coordinator, at 513.591.4501 for more details.

Wednesday, March 12, 2014
Cincinnati Beginnings

Our History

Join us as Library Technician Jeﬀ Seuss from The Cincinnati Enquirer takes you through an in-depth look into the history of Cincinnati through our local newspaper. RSVP required by March 7.

Wednesday, April 9, 2014
Habitat for Humanity

Development Manager Charmain Kessinger will share with us how Habitat for Humanity reaches out to those in need, the history of the program and the many ways to get involved. RSVP required by April 4.

Wednesday, May 14, 2014
Mark Twain Impersonator

Join us for this exciting and comical presentation by humorist and storyteller Stephen Hollen as he recalls exciting adventures as Mark Twain. RSVP required by May 9.

Seasoned Singles

If you are 55 years of age or better and currently not residing at a retirement community, our Seasoned Singles outreach program may be just what you’re looking for – a great way to meet new people and share wonderful experiences through traveling and other entertaining events and trips. We offer a meeting place, group rates and round-trip transportation. Contact Nancy Quante, independent living activities coordinator, at 513.591.4501 to be added to the Seasoned Singles mailing list or for more details.

Please contact Nancy Quante, independent living activities coordinator, at 513.591.4501 for additional details for the events listed below.

March
Hamilton Rotary Musical
and The Houston Restaurant for Dinner

April
Visit to The Cincinnati Museum to view the Princess Diana Display

May
B&C Riverboat Luncheon Cruise
Break up your day and sail away! Climb aboard for a two-hour cruise featuring games, entertainment and a delicious buffet.

June

Journey Through Aging with Joel
WRFD 880AM
Saturdays 8-9 a.m.
Tune in to WRFD 880AM to hear Joel Wrobbel as he talks with experts from around the state regarding issues that affect Ohio’s older adults.

Save the Date

June 5, 12, 19 and 26
10 a.m. – 11 a.m.
Llanfair Campus Center Great Room
4-Part Education Series: Make the Most of Your Move

Topics include staging your home for the buyer, de-cluttering, organization tips and information on the current real estate market to help you maximize your home’s value. Enjoy all four presentations or just one! RSVP required by June 2. Call marketing at 513.591.4567 or email pashbrock@llanfair.org.

June 13 & 14 @ 8:30 p.m.
Aronoff Center for the Arts
Llanfair Partners with Contemporary Dance Theatre (CDT)

Llanfair residents and family members are encouraged to attend the premier performances at the Aronoff Center in June, to witness first-hand how some of Llanfair’s residents’ lifelong stories come alive through contemporary dance. A scaled-down performance will be presented at Llanfair, at a later date. CDT will also offer an educational program for residents to learn about modern dance. For more information please contact Llanfair Community Liaison Peg Ashbrook at 513.591.4503 or email pashbrock@llanfair.org.

July 24 • 2 p.m. – 3:30 p.m.
Llanfair Campus Center Great Room
The Medicare/Medicaid Maze

Learn all the ins and outs of Medicare and Medicaid. Also learn the ﬁnancial aspects of applying for Medicare and Medicaid.

RSVP required by July 17, seating is limited! Call marketing at 513.591.4567 or email pashbrock@llanfair.org.

Coming in Fall of 2014
OLLI to be Offered at Llanfair

Llanfair is proud to announce that our campus will be the newest partner site with University of Cincinnati’s Osher Lifelong Learning Institute (OLLI). We will welcome a variety of lifelong learning opportunities to western Cincinnati on our centrally-located College Hill campus. Stay tuned for the summer edition of This Is Living for more details!

Quarterly Documentary Series

Several times a year Llanfair will present interesting, inspiring and educational documentaries that will cover a wide range of topics. Guests are encouraged. All sessions will be held in the Campus Center Great Room at 1701 Llanfair Avenue.

March 17 • 11 a.m. – 12 p.m.
Documentary of Ireland

A presentation and viewing of an extraordinary documentary about the beautiful countryside and history of Ireland. RSVP required by March 10.

May 20 • 10 a.m. – 12 p.m.
The Loving Lamppost

This extraordinary ﬁlm takes a closer look at children living with Autism and the changing world in which those with Autism live. RSVP required by May 16.

To RSVP for all sessions call marketing at 513.591.4567 or pashbrock@llanfair.org.
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. So the 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 3-5 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 your 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.

Preparation

1. Preheat oven temperature to 350°F.
2. Place mushrooms in a food processor or blender until finely chopped. Transfer chopped mushrooms to a bowl.
3. Heat a large nonstick skillet and oil over medium-high heat. Sauté mushrooms 15 minutes or until liquid evaporates. Add mushrooms to bell peppers.
4. Wipe pan with paper towels. Add asparagus and onion to pan; sauté 6 minutes until tender, stirring occasionally. Add onion mixture to mushroom mixture.
5. Arrange breadcrumbs in an even layer on a baking sheet; bake at 350° for 10 minutes or until golden. Add breadcrumbs 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.
6. Bake at 350° for 45 minutes or until a thermometer registers 155°.
7. 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.

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

Yes! I’d like to visit and learn more about Llanfair Retirement Community and Masterpiece Living®.

First

Last

Street

City

State

Zip

Phone Number

Email

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

Residents from Llanfair’s Spiritual Life Committee share in the task of putting together Llanfair’s annual Christmas poinsettia tree in the Margaret Jean Wells Chapel.

Resident Min Silver enjoys time with Santa before the holidays.

Llanfair said Auf Weidersehen to Marketing Director Kim Kaser in December as she and husband, Matt, ventured to Germany for two years. Kim is still working part-time for Llanfair from Germany so you may get a call from her!