

# Be Inspired

SEASONS | a Senior Lifestyle community | CINCINNATI, OH 45236 | 513-984-9400

## THIS MONTH'S *silver star*

### ANN LARSON

Born in Mankato, Minn., Ann fondly recounts memories of summers with her best childhood friend, Karen. When they were 11 years old, they spent hours from daylight to dark playing and climbing trees on a hill overlooking the whole town and (of course) giving them a sense of sovereign power. In addition, (Ann kiddingly claims) she and Karen invented the Frisbee. When they weren't in their tree-thrones, they played in a nearby field and hurled cow-chips back and forth through the air. Ahh ... the joys of childhood! The girls inevitably grew up; Karen still lives in Minnesota and has two grown children.



Ann met her future husband, Jim Larson, two years her senior and in college, through her brother when she was still in high school. Ann later graduated in nursing from St. Teresa College in Minnesota. She ventured to San Francisco and began her nursing career, but later returned to the University of Illinois in Chicago for a master's degree in public health, working as an epidemiologist. Ann and Jim were married in Chicago.

The Larsons had four children — two daughters were born severely handicapped, requiring that they be institutionalized throughout their lives. She describes her son (also Jim) as a really great guy and a golf-pro. Young Jim tragically died of brain cancer at 47, but not until he had achieved his professional nirvana — a hole-in-one! He left behind a son and daughter.

Ann's husband had a successful career as a professional fundraiser for charitable organizations. He suffered a heart attack at 40, yet enjoyed another 10 years, but was taken from his wife and children at age 50. It was a blessing that he had encouraged Ann to further her education in order to raise their children, through her work as a public health epidemiologist.

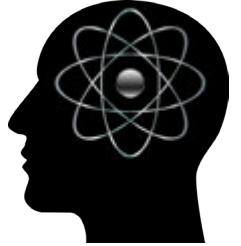
In the summer of 2015, Ann sold her Chicago home and arrived in Cincinnati to be near her daughter.

Ann describes Margi in glowing terms, adding that she is a free thinker ... not unlike her mother, one might guess. Aron and Margi Levin have two sons, Josh and Ben. Residents of Cincinnati in general and The Seasons in particular are well acquainted with Josh, Ben and dad, Aron. Whether singing or playing piano or guitar, all three are well-known and Ben is only finishing high school. One can find them on YouTube and other media, and Seasons' residents look forward to Ben's performances here. While tremendously proud of her daughter, Ann gives the musical credits to their dad!

Ann had only been in Cincinnati a few weeks when in August, 2015, she visited The Seasons and decided this was the place for her! She loves it here. When asked what gives her great joy, her answer is unequivocal: "My grandchildren." Sophia, James, Josh and Ben, you are joy personified!

## JOIN US THIS MONTH FOR

# love your brain



This month, we'll be exploring ways to increase our brain health and bring awareness and education to Alzheimer's disease. Join us as we explore our six dimensions of wellness:

**MOVE** — Your mind and body will move together in our Tai Chi Flow Class taught by certified instructor Kristin Dietsche.

**GROW** — Join us for our Love Your Brain Series taught by Pat Faust. Learn new ways to tap into your brain power using Taste, Emotion, Touch and Aromatherapy. Certified nutritionist Elizabeth DeJulius will tell us which foods will help boost your brain power with her presentation — Brain Bites.

**FEEL** — Jenny Hall will help you get your creative pathways flowing in her Create and Learn class.

**REFLECT** — Memory Screenings will be offered to give you a baseline reading on your brain function.

**CONTRIBUTE** — Our annual Black Tie Bingo will be on June 20 with all proceeds going to the Alzheimer's Association.

Check your cubbies for more information on these and other events.

## TRAIN YOUR BRAIN *search for MLB teams*

Y	A	N	K	E	E	S	K	K	D	S	
D	S	E	I	K	C	O	R	H	O	K	R
S	S	E	T	A	R	I	P	D	R	H	E
G	I	A	N	T	S	C	G	G	I	C	G
D	Y	B	S	B	H	E	A	P	O	S	I
S	R	A	U	R	R	K	H	R	L	D	T
N	E	C	A	S	E	P	A	D	E	E	B
A	D	D	S	N	D	N	A	H	S	R	R
I	S	X	D	K	G	D	I	D	D	G	A
D	O	S	T	E	M	E	S	R	R	H	V
N	X	B	R	O	Y	A	L	S	A	E	E
I	D	S	H	T	W	I	N	S	C	M	S

- ANGELS
- ASTROS
- BRAVES
- CUBS
- DODGERS
- GIANTS
- INDIANS
- MARINERS
- METS
- ORIOLES
- PADRES
- PIRATES
- RANGERS
- REDS
- RED SOX
- ROCKIES
- ROYALS
- TIGERS
- TWINS
- YANKEES

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ATRIUM — ATR
- AUDITORIUM — ADT
- BE FIT STUDIO — FS
- BILLIARDS ROOM — BR
- CHAPEL — CPL
- CONFERENCE ROOM — CR
- CREATIVE STUDIO — CS
- DINING ROOM — DR
- LIBRARY — LB
- POOL LAWN — PL
- SOCIAL HOUR AREA — SHA
- TERRACE LOUNGE — TL
- THEATER ROOM — TR

TRANSPORTATION SCHEDULE

- TUESDAY 9 and 11 a.m. *Madeira Kroger and CVS*
- TUESDAY 2:30 p.m. *Banks in Madeira & Kenwood*
- TUESDAY Leave at 1 p.m., pickup From Mall at 2 and 3 p.m. *Kenwood Towne Centre*
- FIRST WEDNESDAY AT 10 A.M. *Walmart*
- SECOND WEDNESDAY AT 10 A.M. *Dillonvale Shopping Center*
- THIRD WEDNESDAY AT 10 A.M. *Kohl's, JCPenney, Michaels*
- FOURTH WEDNESDAY AT 10 A.M. *Target and Meijer*
- FRIDAY 9:30 a.m. *Montgomery Kroger*
- SATURDAY 12:45 and 1:45 p.m. *Madeira Kroger and CVS*
- SUNDAY 12:45 and 1:45 p.m. *Kenwood Towne Centre*

CHANGING SEASON STYLING SALON

- WEDNESDAY-SATURDAY 8:30 a.m.-5 p.m. 791-0222
- www.SeniorLifestyle.com
- Activities are subject to change

BIRTHDAYS THIS MONTH

- |                           |                     |                          |
|---------------------------|---------------------|--------------------------|
| EVELYN MARGOLIS — 4th     | CRISTI BOONE — 16th | SANDY ZAFT — 25th        |
| KAY CAESAR — 8th          | KATHE KELLAR — 16th | ILENE NESS — 28th        |
| CLARENCE HAMMEL — 8th     | MARV WICK — 21st    | MARY PAPADOPETROS — 30th |
| JEAN POPE — 12th          | JAYNE KULLE — 22nd  | BILL PHIPPS — 30th       |
| HARRIET BLUMENTHAL — 13th | MARY WINKLER — 23rd |                          |
| MARY EMMERT — 14th        | PAUL HACK — 25th    |                          |



<p>10:30 ● Catholic Service at the Courtyard 3</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre   SHA</p> <p>2:30 ● Protestant Service at the Courtyard</p> <p>6:00 ● Alzheimer's Fundraiser: Pizza, Music and Beer   DR</p> <p>7:00 ● Seasons Cinema</p>	<p>9:45 ● Tai Chi Flow Class   ADT 4</p> <p>11:00 ● Protestant Service   CPL</p> <p>1:00 ● Fiber Arts Class with Cara   CS</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● Lagniappe Western Swing Music   ATR</p>	<p>9:30 ● Blood Pressure Clinic   SHA 5</p> <p>10:00 ● Low Impact Exercise Class   ADT</p> <p>11:00 ● Catholic Mass   ADT</p> <p>1:00 ● Warbird Museum Guided Tour</p> <p>1:00 ● Shopping at Rookwood &amp; Whole Foods</p> <p>2:00 ● Bingo!   CS</p> <p>4:00 ● Wine and Beer Social   ATR</p> <p>6:30 ● Blue Ash Concert: The Klaberheads Big Band</p> <p>7:00 ● Game Night: Left, Right, Center   SHA</p>	<p>10:00 ● Low Impact Exercise   ADT 6</p> <p>10:00 ● News and Views   CS</p> <p>12:00 ● Volunteer at Matthew 25 Ministries</p> <p>1:00 ● Mind Games   ATR</p> <p>2:00 ● Women's Bible Study   CS</p> <p>2:00 ● Pool Sharks for Men   BR</p> <p>2:00 ● Round Robin Social Bridge   TL</p> <p>4:00 ● Happy Hour on the Pool Lawn with Denny   PL</p> <p>7:00 ● Mexican Train Dominoes   SHA</p>	<p>10:00 ● Low Impact Exercise Class   ADT 7</p> <p>11:00 ● Catholic Communion   CPL</p> <p>12:00 ● Picnic &amp; Music   PL</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel   CS</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● Music with Bob Pollack &amp; Jack Rowekamp   ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 8</p> <p>10:00 ● Yoga Class with Linda Becker   ADT</p> <p>11:15 ● Lecture by Diane Shields — Current World Events   ADT</p> <p>4:00 ● Bourbon Tasting with Jessica Meyers   SHA</p> <p>4:15 ● Sabbath Eve Service   CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class   ADT 9</p> <p>11:00 ● Chair Volleyball with Cliff   ATR</p> <p>11:00 ● Pool Sharks for Men   BR</p> <p>11:00 ● Create &amp; Learn with Jenny   CS</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo   CS</p> <p>7:00 ● Seasons Cinema</p>
<p>10:30 ● Catholic Service at the Courtyard 10</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Pinochle and Euchre   SHA</p> <p>2:00 ● Movie Matinee</p> <p>3:30 ● Protestant Service at the Courtyard</p> <p>5:30 ● "Aladdin" At the Aronoff: Ticket Holders Only</p> <p>6:00 ● Bone Voyage Band   ADT</p> <p>7:00 ● Seasons Cinema</p>	<p>9:45 ● Tai Chi Flow Class   ADT 11</p> <p>10:00 ● Chair Dancing with Kate   ADT</p> <p>11:00 ● Protestant Service   CPL</p> <p>1:00 ● Tour of Memorial Hall</p> <p>1:45 ● Writing Group: Everyone Welcome!   CR</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● Diane Shields: HMS Titanic   ADT</p>	<p>9:30 ● Blood Pressure Clinic   SHA 12</p> <p>10:00 ● Low Impact Exercise Class   ADT</p> <p>11:00 ● Chair Volleyball   ATR</p> <p>2:00 ● Bingo!   CS</p> <p>3:00 ● Town Hall Meeting: Everyone Welcome   ADT</p> <p>4:00 ● Wine and Beer Social   ATR</p> <p>7:00 ● Game Night: Left, Right, Center   SHA</p> <p>7:00 ● Blue Ash Concert: UC Community Band</p>	<p>10:00 ● Low Impact Exercise   ADT 13</p> <p>10:00 ● News and Views   CS</p> <p>1:00 ● Mind Games   ATR</p> <p>2:00 ● Women's Bible Study   CS</p> <p>2:00 ● Pool Sharks for Men   BR</p> <p>2:00 ● Round Robin Social Bridge   TL</p> <p>5:00 ● Dinner at National Exemplar</p> <p>7:00 ● Mexican Train Dominoes   SHA</p>	<p>FLAG DAY 14</p> <p>10:00 ● Low Impact Exercise Class   ADT</p> <p>11:00 ● Catholic Communion   CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>12:00 ● Love Your Brain Series: Taste   ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel   CS</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● Queen City Songbirds   ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 15</p> <p>10:00 ● Yoga Class with Linda Becker   ADT</p> <p>10:00 ● June Birthday Brunch   TL</p> <p>11:00 ● Greeting Card Class with Blaise   CS</p> <p>4:15 ● Sabbath Eve Service   CPL</p> <p>5:30 ● Father's Day Dinner   ADT</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class   ADT 16</p> <p>11:00 ● Chair Volleyball with Cliff   ATR</p> <p>11:00 ● Pool Sharks for Men   BR</p> <p>11:30 ● Picnic with Reds Mascot   PL</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo   CS</p> <p>7:00 ● Seasons Cinema</p>
<p>FATHER'S DAY 17</p> <p>10:30 ● Catholic Service at the Courtyard</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre   SHA</p> <p>4:15 ● NKU Dinner Theater: Ticket Holders Only</p> <p>7:00 ● Seasons Cinema</p>	<p>9:45 ● Tai Chi Flow Class   ADT 18</p> <p>11:00 ● Protestant Service   CPL</p> <p>12:00 ● Lunch &amp; Learn: Brain Bites Nutrition Talk   ADT</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● Music with Ricky Nye   ATR</p>	<p>9:30 ● Blood Pressure Clinic   SHA 19</p> <p>10:00 ● Low Impact Exercise Class   ADT</p> <p>11:00 ● Chair Volleyball   ATR</p> <p>1:30 ● Book Group: Everyone Welcome!   CR</p> <p>2:00 ● Bingo!   CS</p> <p>4:00 ● Wine and Beer Social   ATR</p> <p>7:00 ● Game Night: Left, Right, Center   SHA</p> <p>7:00 ● Blue Ash Concert: Sound Body Jazz Orchestra</p>	<p>10:00 ● Low Impact Exercise   ADT 20</p> <p>10:00 ● News &amp; Views   CS</p> <p>1:00 ● Mind Games   ATR</p> <p>2:00 ● Women's Bible Study   CS</p> <p>2:00 ● Pool Sharks for Men   BR</p> <p>2:00 ● Round Robin Social Bridge   TL</p> <p>7:00 ● Mexican Train Dominoes   SHA</p> <p>7:00 ● Black Tie Bingo   ADT</p>	<p>SUMMER BEGINS 21</p> <p>10:00 ● Low Impact Exercise Class   ADT</p> <p>11:00 ● Catholic Communion   CPL</p> <p>12:00 ● Love Your Brain Series: Emotion &amp; Touch   ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel   CS</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● The Sociables   ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 22</p> <p>10:00 ● Yoga Class with Linda Becker   ADT</p> <p>10:00 ● Ladies' Lunch at Sunrise Cafe in Yellow Springs</p> <p>4:15 ● Sabbath Eve Service   CPL</p> <p>6:00 ● Reds Game: Ticket Holders Only</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class   ADT 23</p> <p>11:00 ● Chair Volleyball with Cliff   ATR</p> <p>11:00 ● Pool Sharks for Men   BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo   CS</p> <p>7:00 ● Seasons Cinema</p>
<p>10:30 ● Catholic Service at the Courtyard 24</p> <p>12:45 ● Kenwood Mall</p> <p>1:00 ● Puzzle Pages on Program Table</p> <p>1:45 ● Kenwood Mall</p> <p>2:00 ● Movie Matinee</p> <p>2:00 ● Pinochle and Euchre   SHA</p> <p>2:00 ● College Conservatory of Music Performance   ATR</p> <p>7:00 ● Seasons Cinema</p>	<p>9:45 ● Tai Chi Flow Class   ADT 25</p> <p>10:00 ● Chair Dancing with Kate   ADT</p> <p>11:00 ● Protestant Service   CPL</p> <p>11:00 ● Patriotic Centerpieces with Jill   CS</p> <p>1:45 ● Writing Group: Everyone Welcome!   CR</p> <p>3:30 ● Social Hour   SHA</p> <p>7:00 ● Travel Talk with Brian Jorg: East Africa   ADT</p>	<p>8:30 ● Men's Breakfast: Cracker Barrel 26</p> <p>9:00 ● Hill Hearing: Hearing Aid Checks   SHA</p> <p>9:30 ● Blood Pressure Clinic   SHA</p> <p>10:00 ● Low Impact Exercise Class   ADT</p> <p>11:00 ● Chair Volleyball   ATR</p> <p>1:00 ● Shopping at Trader Joe's</p> <p>2:00 ● Bingo with Prizes   CS</p> <p>4:00 ● Wine and Beer Social   ATR</p> <p>7:00 ● Game Night: Left, Right, Center   SHA</p> <p>7:00 ● Dixieland Band   ATR</p>	<p>10:00 ● Low Impact Exercise   ADT 27</p> <p>10:00 ● News &amp; Views   CS</p> <p>10:00 ● Memory Screenings Until 3 p.m.: Sign Up Required   TR</p> <p>1:00 ● Mind Games   ATR</p> <p>2:00 ● Women's Bible Study   CS</p> <p>2:00 ● Pool Sharks for Men   BR</p> <p>2:00 ● Round Robin Social Bridge   TL</p> <p>7:00 ● Mexican Train Dominoes   SHA</p>	<p>10:00 ● Low Impact Exercise Class   ADT 28</p> <p>11:00 ● Catholic Communion   CPL</p> <p>11:15 ● Volunteer at Walnut Hills Soup Kitchen</p> <p>12:00 ● Love Your Brain Series: Aromatherapy   ADT</p> <p>1:00 ● Painting Class with Resident Artist Rhea Preschel   CS</p> <p>3:30 ● Social Hour   SHA</p> <p>4:00 ● Piano Music with Mike Pendell   ATR</p>	<p>9:30 ● Shopping at Montgomery Kroger 29</p> <p>10:00 ● Yoga Class with Linda Becker   ADT</p> <p>11:30 ● Picnic Lunch in Eden Park</p> <p>4:15 ● Sabbath Eve Service   CPL</p> <p>7:00 ● Seasons Cinema</p>	<p>10:00 ● Low Impact Exercise Class   ADT 30</p> <p>11:00 ● Chair Volleyball with Cliff   ATR</p> <p>11:00 ● Pool Sharks for Men   BR</p> <p>12:45 ● Madeira Kroger</p> <p>1:45 ● Madeira Kroger</p> <p>2:00 ● Bingo   CS</p> <p>7:00 ● Seasons Cinema</p>

EVENT RECAP

# snapshots from around our community



Who's ready for some volleyball?  
Everyone is welcome to join our Seasons Slammers team!



Ladies' Night — cheese fondue, wine and a movie

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,  
RESPECT, TEAMWORK

AMANDA SNYDER

Congratulations to Amanda Snyder, who is our HEART Hero for the month. She exemplifies our values of hospitality, excellence, appreciation, respect and teamwork.

She has been a Server in our Dining Room for a little over two years. Before coming to Seasons, she was a dog groomer and manager at PetSmart. She loves coming to work at Seasons because she rarely got to see her grandparents growing up and now she has 250 grandparents to call her own. Hearing life stories from our residents brightens her day and she treasures the relationships she has built. "You feel genuinely needed working at Seasons," Amanda says with a grin.

In her spare time, she is busy planning her Aug. 25 wedding to Zachary Cieslak. They have been together for four years and will be honeymooning in Hawaii. They enjoy travelling, biking, watching movies and eating at The Cheesecake Factory.

Amanda looks forward to meeting you in our Dining Room.



IT'S OUR PLEASURE TO SERVE YOU ...  
*word from your executive director*

NOTE FROM NICK

Summer is here! We have a beautiful campus and hope that you will enjoy our pool and walks on our paved path. Residents sitting on our "front porch" welcoming visitors and residents home, truly makes Seasons a welcoming community.

Happy Father's Day!

## MANAGEMENT TEAM

- Nick Carson, *Executive Director*
- Jill James, *Director of Resident Programs*
- Tricia Feitlinger, *Director of Resident Services*
- Staci Fluehr, *Business Office Manager*
- Liz Bangel-Stehlin, *Director of Sales & Marketing*
- Dennis Glosser, *Dining Services Director*
- Tina Smiley, *Director of Housekeeping*
- Shaun Kidd, *Director of Maintenance*

## TRAIN YOUR BRAIN *solution*



SENIOR LIFESTYLE

your life, your style