



AUGUST 2022

Fairlawn Independent

Fairlawn Retirement Community

Archbold, Ohio

"Show and Tell" is not just for kindergarten!

At Fairlawn we have taken "Show & Tell" to a new level! It is an opportunity to share a passion with others. If you or someone you know has a special skill, or hobby, invite them to share it with our community. It could be about a special trip, cooking, art, crafts or more.

This month our own master woodworkers, Ralph and Carolyn Metzler will be sharing some of their most unique pieces and the stories of their work. Join us on August 8th in the Gathering Space at 1PM to learn the stories and see the beautiful results of Ralph and Carolyn's work.

2022-2023 Village Council Reps.

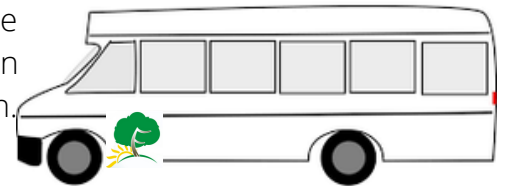
Thank you to all that attended the annual meeting for Independent Living on July 13th. This meeting is always a great opportunity for Fairlawn to share information about not only independent living, but also about the entire campus. Handouts from the meeting are available at Wyse Commons if you were unable to attend.

During the meeting, election of Village Council members was held. Your representatives for 2022-2023 are: Bev Bettison (419.445.5600), Jerry Griffin (717.719.2244), Gloria Lauber (419.966.6488), Jane Niday (419.583.6375), Joyce Rupp (419.270.2641), Lee Shields (419.346.5322), Janet Tadsen (419.215.7211).

Your council members are here to represent you. If you have any compliments, concerns or ideas for the community please share them with a member of the council. We cannot fix what we don't know about and it is always good to know what Fairlawn is doing well!

🎵 WHEELS ON THE BUS GO 'ROUND AND 'ROUND 🎵

Let's go all through the town! Independent Living Activities now will be adventuring on 2 bus trip each month! The bus will be reserved for an Independent Living Trip the 2nd and the 4th Thursday of each month.



This month the bus is headed to Adrian MI on August 11th for a shopping day and lunch at Red Lobster. THEN on August 25th the bus heads to Defiance for a round of Putt-Putt Golf and lunch to follow.

If you have a trip suggestion or information on a destination please share your ideas with Joyce Short, Independent Living Activities Coordinator, 567.444.5101.



Carla's Corner, FAIRLAWN CEO Carla Mitchell

Comforts of Community

At our annual meeting, I joked with Jake about evicting me. Living in one of our duplexes has been an honor; and the truth is I'm not evicted. I'll be moving to a new apartment only because Jake found a wonderful new community member who wants the duplex I've been occupying.

It made me think about the comfort we get when we consider ourselves part of a community. Scientists are finding that our links to others can have powerful effects on our health. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

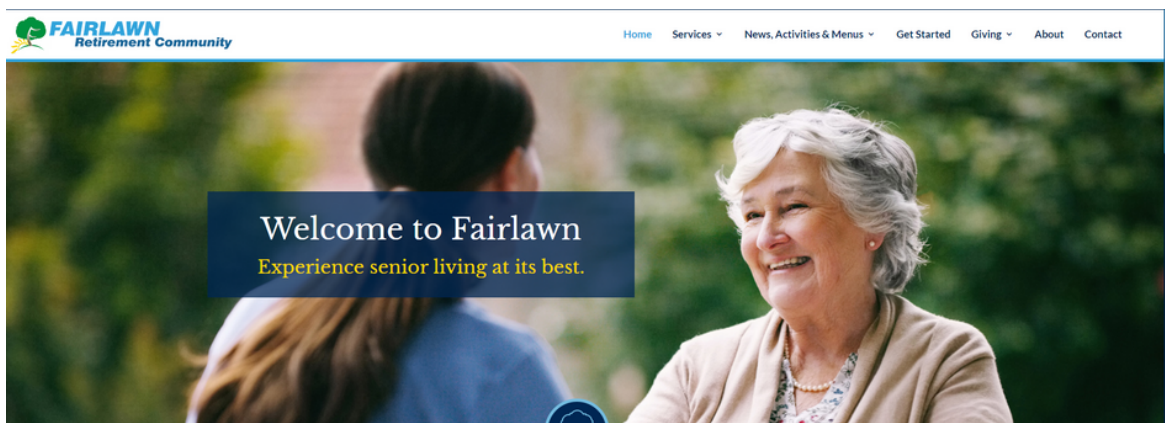
Wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Studies have found that having a variety of social relationships may help reduce stress and heart-related risks. Such connections might improve your ability to fight off germs or give you a more positive outlook on life. Physical contact can trigger release of hormones and brain chemicals that not only make us feel great but also have other biological benefits.

We know from other studies that people who have larger and more diverse types of social ties tend to live longer. They also tend to have better physical and mental health than people with fewer such relationships. Social support may be especially protective during difficult times.

Traveling through our community, it's heartening to see neighbors chatting with each other, getting some exercise on their bikes, or walking with a friend. The connections we make with each other are what make Fairlawn a community – not the buildings.

Thank you all for welcoming me as part of the community. And if you haven't already done it, reach out to a new person or refresh a relationship with a neighbor you haven't heard from in a while. It's what keeps us healthy!



Fairlawn has a NEW website! Check it out!
www.fairlawnarchbold.com

Fairlawn Tree Replacement Project

Sponsor a new Tree

Several Ash trees have been removed from campus due to the Emerald Ash Borer bug that has destroyed these beautiful trees. Years ago an initiative was started to replace these trees. The trees donated to the campus are intended to be in memory of a loved one. Fairlawn has chosen 4 options to choose from to replace the beloved Ash. Pictures of these beautiful tree options can be found in the lobby of Wyse Commons. If you wish to sponsor a tree simply fill out the form (also located in Wyse Commons). Complete the form and return payment to Fairlawn and the order will be placed. All trees will be planted in the fall of 2022 for best results.

How do I sponsor a tree?

- Choose option 1, 2 3, or 4
- Cost- \$300
- What's included?
 - Planting of the tree
 - Consistent Watering of the tree
 - Staking of the new tree
 - Plaque at the Chapel Entrance of Fairlawn.



Option # 1 Sun Valley Maple

The Sun Valley Maple is a showy fall-coloring accent tree for the home landscape, featuring an upright oval habit of growth, attractive red flowers in early spring, and brilliant red foliage in fall. It grows more slowly, and it matures between 20 and 35 feet tall with a spread of 15-25 feet. And yes! It is seedless!!

Option #3 Northern Pin Oak

The Northern Pin Oak is native throughout North & North-Central America. It's a stately medium to large tree for yards with plenty of sun. Northern Pin Oaks will grow to be about 60 feet tall at maturity, with a spread of 50 feet, with a lovely oval-shaped crown that provides plenty of shade as the tree matures. The leaves of Northern Pin Oak are a darkish green and the fall color is a deep red-russet, turning brown as the season advances.

Option # 2 Valley Forge Elm

Valley Forge American Elm is a large-maturing shade tree with a dense canopy of dark green leaves and the graceful arching habit. This deciduous tree typically grows to 60–80 feet tall with a broad-rounded crown. It is native to eastern and central North America. Non-showy, small green flowers appear in spring before the foliage emerges. Leaves typically turn yellow in fall. 'Valley Forge' has excellent resistance to Dutch elm disease.

Option # 4 Eastern Redbud (Ornamental Tree)

Eastern Redbud is a small deciduous tree. Trees typically grow 20 feet in height with a similar spread and have gracefully ascending branches and a rounded shape. The showy flowers are pea-like and rosy-pink with a purplish tinge. Flowers develop before the leaves in spring, emerging in clusters along the branches. Eastern Redbud leaves are alternate, simple, broadly heart-shaped and 3 to 5 inches high and wide. Leaves emerge reddish, turning green as they expand. Leaves are dark green in summer and yellowish in autumn. Trees are suitable for small sites with full sun to partial shade. It is especially beautiful in woodland and naturalized gardens.

Safety Matters

Your Emergency Call System is Important



Every duplex and apartment on the IL campus has access to the emergency call system. This safety feature includes smoke detectors and pull stations should an emergency arise. With this emergency system every resident in Independent Living and USDA Apartments has access to help quickly.

HOW DOES IT WORK?

SMOKE DETECTOR: If a smoke detector activates, an alarm sounds automatically in the Care Center. The nurse will call your home to see if it is a false alarm (maybe you burned some bacon) or an actual emergency. If there is no answer, a call is automatically made to 911 for emergency response. If you answer, you will need to notify the nurse if it is an emergency or false alarm. If it is an emergency Fairlawn staff will notify 911 and instruct you to vacate the unit.

PULL STATION: Pull stations are available in each bedroom and bathroom. If you fall or have a health emergency you can pull the cord and an alarm sounds in the Care Center. A nurse will call and if you do not answer 911 will be called immediately and dispatched to help you. If you answer be prepared to either let them know the reason for your emergency or if the cord was pulled in error.

PERSONAL PENDANT: This is an optional service. There is a one time cost of \$150 for the pendent and it only works within 30-ft. radius of your home. The pendent is NOT waterproof and cannot be used in the shower (there is a pull cord right next to the shower in each unit). They are a great safety measure when you are working outside or getting the mail. To activate you must PRESS AND HOLD THE BUTTON FOR 3 SECONDS OR MORE. Just like the pull station, a call then goes to the Care Center who will call to get information on the emergency. If no answer, 911 will be called immediately.

PLEASE NOTE: If you change from land line to cell phone or change your number you need to alert Jake Clapp so that he has the correct contact for Fairlawn to call in case of emergency.

COMMON ISSUE: The pull stations are automatically in the "off" position. This does not mean the system isn't working, it means that it has not been pulled and activated. Please keep it in the "off" position unless you are pulling the cord for an emergency. Fairlawn employees will test the pull stations, pendants and smoke detectors annually to insure they are working properly. If you are ever concerned about your emergency call system contact Jake or Darin to have it tested. PLEASE DO NOT TEST without alerting staff. False alarms can create risk and cause the unintentional waste of emergency resources.



Menu

Mon	Tue	Wed	Thu	Fri
1) Pulled Pork Cole Slaw Chips Dessert	2) Chipped Beef Gravy over Toast Applesauce Corn	3) Egg Casserole Fruit Bacon	4) Sweet & Sour Chicken over Rice Egg Roll Dessert	5) Waffles Blueberries Sausage Links
8) Taco's Rice Dessert	9) Broccoli & Cheese Soup Turkey Wrap Fruit	10) BLT Cucumber Salad Chips 's'mores	11) Baked Chicken Mashed Potato Corn Roll	12) Shrimp Hush Puppies Coleslaw Fruit
15) Grilled Chicken Breast Rice Grilled Veggies	16) Hay Stacks With Rice, Meat, Cheese and toppings Dessert	17) Bacon Wrapped Hot Dog Pasta Salad Corn on the Cob	18) Grilled Hamburger on Bun Chips Baked Beans Cookie	19) Mancino's Pizza Cheese, Pepperoni, or Veggie Call Ahead Only
22) Kielbasa & Veggies Applesauce Pie	23) Chef Salad Desert	24) Chicken Nuggets Mac n Cheese Roll	25) Sloppy Jo Pea Salad Chips	26) BBQ Ribs Potato's Roll
29) Shredded Chicken Sandwich Potato Salad Angel Food Cake Strawberries	30) Country Fried Steak Potato with Gravy Corn	31) Baked Potato Bar with all the toppings Dessert		

THE BIG SCREEN IS COMING SOON!

We are excited to announce that Fairlawn now has the ability to show movies on the "Big Screen" at Wyse Commons in the Gathering Space. An extra large projection screen and projector were donated to Fairlawn to offer movie fun and more!

Not only can the screen be used for movies, but our activities coordinator Joyce Short will be facilitating exercise classes with the leader providing instruction on the BIG Screen for everyone to follow. With this enormous screen it will feel like the instructor is right there in the room with you!

Wait there's more! Have you ever wondered what it would be like to be on Wheel of Fortune? Now is your chance, soon we can play wheel of fortune on the big screen with the help of our Wii console! The possibilities are endless with such a BIG SCREEN. Come check it out in the coming weeks and leave a suggestion for how our Activities department can utilize our new BIG SCREEN!

THE WELCOME COMMITTEE



A Welcome Committee was formed by a group of campus residents late in 2021. The idea was to have a team to welcome new members to the Fairlawn community and help them with questions they may have about Fairlawn or Archbold

Since its inception, the committee has had representatives visiting with new residents who moved in after the group was formed. If you moved in prior to the groups formation and would like a welcome packet and visit, call Jake at 567.444.5101.

The Welcome Committee is open to anyone that would like to help. There is always room for new members and new ideas! The committee meets 4 times a year to put together welcome packets and take turns going out to visit new residents. As a member it is a great way to meet our newest community residents and make some new friends or even connect with friends from the past.



August Activities

Live well and love life!



Mon	Tue	Wed	Thu	Fri
1) 11AM Chapel GS	2) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Bingo-HA	3) Movie Matinee 1:00PM "I can only Imagine" GS	4) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 10AM Rummikub WC 1PM Card Games	5) 9AM Coffee & Donuts CB
8) 9AM Pool Tour- nament 11AM Chapel GS 1PM Show n Tell with the Metzlers	9) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1 PM Bingo-CB	10) 12PM s'mores At WC 2PM Board Games	11) 9:30AM Shopping trip to Adrian MI Lunch at Red Lobster to follow Silver Sneakers 9:30AM-Circuit 10:30AM-Classic	12) 9AM Donuts HA 2PM Jam Ses- sion with Ed Roth WC
15) 9AM Pool Tour- nament 1 PM Wyse Readers book club WC-Library	16) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Wii Bowling-GS	17) 10AM Card Games CB 1PM Corn Hole WC	18) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 10AM Corn Hole WC 1PM Craft	19) 9AM Donuts WC 11AM Hearing Aid Battery Check & Cleaning GS
22) 11AM Chapel GS 12:30PM Ice Cream Social WC	23) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Bingo-WC	24) Board Games & Card Games 10am-12pm WC	25) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 10AM Bus Trip Putt Putt Golfing Defiance Lunch to follow	26) 2PM Jam Session with Ed Roth WC
29) 11AM Chapel GS 1PM Board Games-HA	30) Silver Sneakers 9:30AM-Circuit 10:30AM-Classic 1PM Wii Bowling-GS	31)		CB-Community Bldg HA-Haven Apt. WC-Wyse Commons GS-Gathering Space



Silver Sneakers

Due to popular demand SILVER SNEAKER Classes are back through September, each Tuesday and Thursday in Wyse Commons Gathering Space!

9:30AM Circuit Class-Standing Exercises

10:30AM Classic Class-Sitting Down Exercises

AUGUST ACTIVITIES CALENDAR

FOR FAIRLAWN RESIDENTS

GROCERY SHUTTLE Every Tuesday at 9:30AM

- Pick up at Wyse Commons and Community Building
- If you need to be picked up at your duplex call 567-444-5101

BINGO Tuesday August 2 HA @ 1PM Tuesday August 9 CB @ 1PM Tuesday August 23 WC @ 1PM

- Join us for some BINGO fun! It might be your lucky day

MOVIE DAY "I Can Only Imagine" Wednesday, August 3 GS @ 1PM

- This is the inspiring and unknown true story of MercyMe lead singer Bart Millard's life in an abusive home. This story takes us through the trials of his life and all that went into the song, "I can only imagine" a song that brings ultimate hope to so many.
- Popcorn will be provided

DONUTS & COFFEE Friday Aug 5 CB @ 9AM Friday Aug 12 HA @ 9AM Friday Aug 19 WC @ 9AM

- We will be joined each session by Wendy Gericke, the new Community Liaison for CHP. Wendy will be bringing a team member from CHP with her to get to know as many folks as possible from Fairlawn. Welcome Wendy and CHP.

BILLIARD TOURNAMENT Monday August 8 WC @ 9AM

Show n Tell with Ralph & Carolyn Metzler Monday August 8, GS @ 1:00PM

- Ralph and Carolyn are notorious on campus for their fine woodworking skills. Come check out a few of the things they have worked on throughout the years and hear the stories behind their magnificent pieces.

Bus Trip Thursday August 11th and Thursday August 25th

- August 11th-Bus trip to Adrian MI shopping centers with lunch to follow at Red Lobster. Bus leaves at 9:30AM
- August 25th-Bus trip to Defiance Putt-Putt Golf! The course may be challenging for those with a motorized scooter so please be prepared for walking on uneven terrain. Benches are along the way to rest as needed. Lunch will follow in Defiance at the group's choice of venue.

HEARING AID BATTERY CHECK AND CLEANING Friday, August 19 GS @ 11AM

- Hearing for Life of Wauseon provides this service each month

CHAPEL with Pastor Kern Monday August 1, 8, 22, 29 GS @ 11AM

ICE CREAM SOCIAL AT WYSE COMMONS Monday, August 22 WC @ 12:30PM

- Join us for a cool treat and great conversation!
- Lots of fun toppings to choose from!

WYSE READERS BOOK CLUB Monday, August 22 GS @ 1PM

- All are welcome
- For information on what book we are reading call 567.444.5101



Wii Bowling Tuesday August 16th & 30th 1PM @ GS

- NEW ACTIVITY
- Similar to real bowling but virtual using a hand held controller (instead of a real bowling ball) and a TV screen that shows the pins and roll of the ball
- Stop up and see how it works and give it a try! It is fun for everyone

Board Games, Card Games, Corn Hole, Rummikub, you name it we got it

- Check the calendar for the game of your choice. Wyse Commons and the Community Building are back at it hosting various games of all kinds throughout the month. Check the activity calendar to find a game you want to try out this month.
- If you have a recommendation for a game please let Joyce Short know! 567.444.5101



Sandy Allen	Jr. Grieser
Hutch Grieser	Gene Funk
Don LaFountaine	Juanita Storrer
Nancy Nofziger	Jane Niday
Gloria Graber	Karen Grieser
Sharon Seaman	Martha Howard
Mary Isbell	Connie Nofziger



John & Virginia Bamonte
 Jerry & Evelyn Stevens-Grieser
 Dale & Arlene Short



Violet LaNew

FOR EMERGENCY MAINTENANCE

call 419.551.2838

Call immediately in the event of plumbing leak, roof leaks, lack of heat or AC, no water or no hot water, flooding, broken refrigerator, or no electric service.

These incidents may cause harm to you or damage to the unit and need to be addressed immediately.

The sooner an issue is reported, the sooner it can be addressed.

*We
Need
Your
Help!*

Fairlawn Haven was founded as a mission to serve. As we work each day to continue that mission of care we need your help. The generosity of our churches and community are what allow Fairlawn to provide the dignity, respect and care needs each resident deserves.

Please include Fairlawn Haven in your giving plans.



**Quarters are
now available
for exchange at
the Wyse
Commons Office
Monday-Friday
8-4:30**



Would you like to volunteer! We could use your help! For more information call:
 Director of Fairlawn Care Center Activities
 Sarah Smith 567.444.5064



Contact Numbers for Independent Living

Interim CEO, Carla Mitchell	567.444.5080
IL Manager, Jake Clapp	567.444.5102
Safety/Maintenance Emergencies	419.551.2838
Project Manager, Darin Sauder	567.444.5077
Activities/Transportation, Joyce Short	567.444.5101
Klean Korner --Leslie and Shannon	567.444.5101
Wyse Commons Salon--Shannon	567.444.5078
FCHC Lab	567.444.5106
Non-Emergency Police	419.445.9991
Social Services/Admissions., Lisa Vollmer	567.444.5082
Business Office, Todd Moore	567.444.5089



please call ahead if you are not feeling well.

FCHC LAB SERVICES at Wyse Commons

No appointment needed!
OPEN M-F 7am-1:30pm
for info call **419.446.4899**



It's
Easy
to
Help!

- Donate Today!
- Make Fairlawn a part of your estate plan.
- Be a volunteer.
- Encourage others to support our mission.

Tax deductible donations can be dropped off at
Wyse Commons or mailed to the Care Center:
Fairlawn, 407 E. Lutz Rd., Archbold, OH 43502
Attn: Development Office

Join us for Lunch Monday-Friday Wyse Commons

11:30-12:30

Eat-In, Carry-Out or Delivery

Please call ahead at least 24 hours
(when possible) 567.444.5101

**BEREAVEMENT SUPPORT IS
AVAILABLE BY APPOINTMENT
TO SCHEDULE OR LEARN MORE
CALL 567.444.5101 OR
567.444.5102**

Don't Miss Out...

If you are going to be away or lost your newsletter you can find it on the Fairlawn website at www.fairlawnarchbold.com

Click on the News&Events tab at the top of the page!

You can also follow us on facebook at www.facebook.com/fairlawnarchbold