



FEBRUARY 2023



Fairlawn Independent

Fairlawn Retirement Community

Archbold, Ohio

Candlelight Dinner

Fairlawn invites you to attend a special evening at Wyse Commons. On February 14th, Fairlawn will host a candle-lit dinner on this Valentine's Day. First course will be served at 5:15PM. This lovely Five-Course meal is \$25 per person and you must RSVP to Jake no later than February 9th. We have limited seating so get your reservation in right away.



VALENTINE'S DAY

CESEAR SALAD
WITH SIGNATURE DRESSING AND
HOUSE MADE CROUTONS

CHICKEN MARSALA
PAN SEARED CHICKEN WITH
MUSHROOMS & MARSALA WINE
SAUCE

CREAMY POTATOES
WHIPPED GARLIC POTATOES WITH
CHIVES

FRESH GREEN BEANS
WITH TOASTED ALMONDS

RED VELVET CAKE
DRIZZED WITH STRAWBERRY CONFIT

3rd Annual Ladies Night March 2nd



Fairlawn Independent Living is excited to host the third annual "Ladies Night Out" event. Mark your calendar and reserve your spot today (you are welcome to invite up to 2 guests). There will be great food as well as some fun games and giveaways. This event will feature Key Note Speaker, Amy Remer.

This is a great time to visit and catch up with friends, both new and old. See the enclosed flyer for details.



Carla's Corner

Fairlawn Interim CEO,
Carla Mitchell

Ah, February. The holidays are becoming a distant memory. Winter is wearing on; and Spring seems so very far away. I think this is what they call, "The Winter BLAHS."

Although I can find delight in any season, February is probably my least-favorite time of year.

What do the experts suggest to help? Here are some tips:

1. Get fresh air. If conditions allow it, try and go outside for a few minutes of daylight every day. If you are unable to get outside regularly, using a light box (a lamp that gives off light similar to natural sunlight) may help.

2. Eat well. Colder weather causes us to crave sweets and starches, but it's important to keep protein in your diet to maintain balance. Unlike carbohydrates and sugar, protein doesn't cause your sugar levels to spike, making you feel irritable, tired, and unsatisfied.

3. Get enough vitamin D. Sunlight is the best source of vitamin D, but it can also be obtained from certain foods such as salmon, tuna, milk, egg yolks, and fortified cereals.

4. Stay active. Staying active by exercising, socializing, and doing things you enjoy is one of the best ways to beat the blues in any season. Taking a short walk each day is an easy way to improve your mood.

5. Plan for spring. Now is a great time to start getting ready for spring activities. Think of the things you like to do in spring and summer, and make a plan for some warmer weather activities you enjoy.

6. Talk to your doctor. If you are concerned about depression, talk to your doctor. Your doctor can check for signs and symptoms of depression by talking to you about your mood and lifestyle.

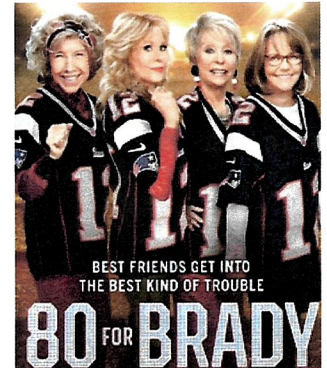
Where's the Bus Headed?

February 17th the bus leaves at 10:30 AM to Wauseon Ohio to enjoy a lunch together before heading off to Sky Cinema Theatre.

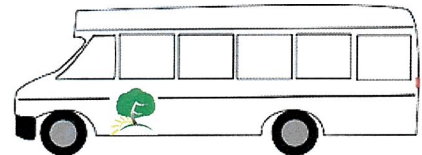
There will be two movies to Choose from:
Eighty for Brady or Titanic.

Cost is \$10 per person and that includes your ticket, popcorn and a drink.

80 for Brady- A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.



Titanic - A poor, young artist finds his way aboard the RMS Titanic Ship where he meets the love of his life, little do they know the ill fate of the Titanic.



Call ahead to sign up!

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, a 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.



Welcome Amy Snyder!

Independent Living is happy to announce that in late December, Amy Snyder was added to the Independent Living Staff. Amy lives in Bryan, Ohio where she has a recently-graduated son and a wonderful husband. Before Amy came to Fairlawn, she ran her own business as a Dog Trainer. Amy is still taking on canine clients on the weekends; but during the week we are glad to have her on our team. Stop in to say hi to Amy if you get the chance! If you have been considering adding housekeeping services to your home, now is the time to get on the books!

Call Jake at 567.444.5102
to make your appointment.

Want to Get up and Get Moving?

Take a look at the Activity Calendar this month and you will see we added a new **Sitting Exercise Class with Joyce**. Joyce is integrating the New "Big Screen" in the Wyse Commons Gathering Space by having video instructors teach seated exercise classes. Classes are free to attend and all on Campus are welcomed!



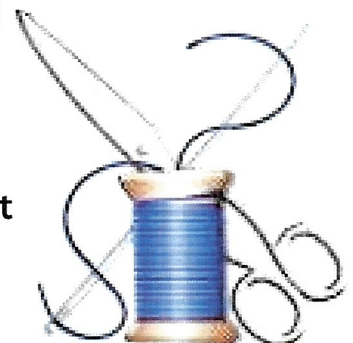
shutterstock.com • 489266146

Do you have the "Nitch to Stitch"?

Calling all quilters, seamstresses, stitchers, knitters, you name it! Campus resident, Jan Roloff, is interested in getting a group together from on campus for those who enjoy or once enjoyed stitching of any kind.

This resident-led group would be hosted by Jan Roloff. It's a great opportunity to keep up your passion for stitching, or perhaps re-ignite that flame.

If you're interested, please call Jan directly at 419.310.1601



Soup & Salad Drive-Thru Fundraiser

February 23rd from 11:30-12:30

Hosted By Village Council

Drive by Wyse Commons from 11:30-12:30 on February 23rd
and place your order at the window. We'll bring it right out to you!

At the request of Village Council, delivery is available ONLY for those who cannot drive themselves to Wyse Commons to pick up. Please call ahead to Jake if you require delivery.

567.444.5102



Choose from Three Soup Options:

Beef Braised Stew, Chili, & California Medley

Includes: Salad and Breadstick



Proceeds from this fundraiser go towards the added cost of making Fairlawn Independent Living more Handicap Accessible and towards supplementing the cost of the upcoming 2023 Resident Christmas Party.

Reserve your Lunch, call 567.444.5104

In December, the Morrison Living officially stepped into the Wyse Commons Café and began serving meals. There have been some questions about ordering meals and how to get in touch for meal delivery so we thought we would answer all these questions and provide some clarity for a smooth transition to our new partners.

Should I call ahead? Yes. Please call ahead for dates you want a meal. While a few extra meals are prepared each day, it is great to have a count for the day to get started.

Can I still get delivery? Yes. Please call ahead like you would to order your meals for the month, but also specify you would like delivery. Please note, however, delivery is only for those unable to get out of their homes on their own.

What number do I call to reserve meals? Please call 567.444.5104 and leave a message if there is no answer, messages will be checked daily to ensure no one is missed for the day.



Jean Peebles

Lana Showman

Dean Beck

JR Vance

Leta Beck

Elaine Roth

Norm Donnelly

Dawn Benton

Lenny Breidenbach

Arnold Wilson

Dot Burkholder

Janet Volkman

Marie Geesey

Bev Bettison

Jerry Griffin

Ed Yoder

Mary Potter



Dan & Jill Smith

Norbert & Linda Sonnenberg

Mary & Lawrence Zimmerman



Mary Grime Cloyce Nofziger



Jane Trudel

Doris Hornyak

February Reminders

- Be sure to unhook garden hoses from your spigot
- Let Darin or Jake know if you will be gone for an extended period of time so we can keep an eye on your place to ensure pipes do not freeze, etc.
- Please remember the speed limit on campus is 15 mph. Many residents use our roads to walk, so please be careful.
- Avoid street parking in the winter months so the snow plows can clean the streets.
- When snow is expected please park inside your garage or in your parking space when possible. No cars should be parked on the road. This ensures quick and efficient snow removal to keep our campus safe. Beck Farms of Pettisville is our plowing partner.
- You are permitted to park your extra vehicle in the big parking lot between the Community Building and the Care Center.
- Staff shovels sidewalks in the following order of priority.
 - Care Center - to ensure staff can get into the building to care for the residents as well as safe entrance for EMT.
 - USDA Sidewalks - as this is their only means of exiting their home.
 - Duplex Homes/Wyse Commons/Haven Apartments.
- VILLAGE COUNCIL FUNDRAISER THURSDAY FEB. 23RD 11:30-12:30.

Show and Tell

Don't miss Show and Tell this month as we have two features from our Fairlawn Campus. First, we welcome Connie Vincent. Connie wrote a book of poems and still writes poems to share with those around her. Come visit and listen to what inspires her wonderful poems and she will read a few poems aloud for all to enjoy.

Next, we welcome Mike & Priscilla Ashley. Mike and Priscilla are both completely blind, but they live an otherwise normal life. Mike and Priscilla met at the school for the blind in Columbus, Ohio before moving back this way. Hear how they make their way through this crazy world and there will be a time set aside to ask any questions you may have!

Join us Wednesday, February 22nd at 1PM in the Wyse Commons Gathering Space!



Contact Numbers for Independent Living

Interim CEO, Carla Mitchell	567.444.5080
IL Director, 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's Scheduling	567.444.5102
Wyse Commons Salon - Shannon Woodby	567.444.5078
FCHC Lab	567.444.5106
Non-Emergency Police	419.445.9991
Lisa Vollmer - IL Service Coordinator	567.444.5081
Admissions - Lora Ripke	567.444.5082
Business Office, Todd Moore	567.444.5089

FCHC LAB SERVICES at Wyse Commons

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

Please call ahead if you
are not feeling well.



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) 567.444.5104

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

Has your Phone Number Changed?

Remember to update Fairlawn staff if your phone number changes or if you add a new number that you prefer we use for the Emergency System. To update your contact information, or to verify the number on file, please call Jake at 567.444.5102.

Know your Village Council Members

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!

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) Floyd Vincent 419.220.4070 .

Monday	Tuesday	Wednesday	Thursday	Friday
				
9AM-Pool Tournament-WC 11AM -Chapel with Pastor Kern-GS 1PM-UNO-CB Lunch: Pulled Chicken, Tomato Cucumber Salad, Egg Noodles, Mixed Berry Crisp	6 10AM-Board games-WC 1PM-Grocery Run 1PM-Bingo-HA 2:30PM-Exercise with Joyce-GS Lunch: Lasagna, Glazed Beets, Garlic Breadstick, Tiramisu	7 10AM- Sitting Exercise with Joyce-GS 1PM- Craft-Putting candy and an encouraging message in the boxes that were crafted in January. These Boxes will then be delivered to our friends in the Care Center on February 13th. 1:00PM Lunch: Signature Fried Chicken, Coleslaw, Cheesy Potato Casserole, Lemon Cake	8 10AM- Sitting Exercise with Joyce-GS 1PM- Heads Up- WC Lunch: Ham Loaf w/ Pineapple Glaze, Steamed Broccoli, Roasted Sweet Potato, Banana Cake	14 10AM-Sitting Exercise with Joyce-GS 1PM-Heads Up- WC Lunch: Ham Loaf w/ Pineapple Glaze, Steamed Broccoli, Roasted Sweet Potato, Banana Cake
10AM-UNO-WC 11AM-Chapel with Pastor Kern-GS	13 1PM-Grocery Run 1PM-Bingo-CB 2:30PM-Exercise with Joyce-GS 5PM- Valentines Candle-Lit Dinner-WC	15 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley	16 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley	17 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley
Lunch: Spaghetti & Meatballs, Green Peas, Garlic Breadstick, Strawberry Lemon Pound Cake	Lunch: Chicken Cordon Bleu, Cinnamon Honey Glazed Carrots, Red Roasted Potatoes, Bread Pudding	Lunch: Roasted Salmon Filet, Roasted Zucchini, Herbbed Rice Pilaf, Cookies and Crème Cake	Lunch: BBQ Chicken, Sautéed Zucchini and Squash, Mashed Potatoes, Fruits of the Forest Pie	Lunch: Breaded Pork Chops, Green Beans with Bacon, Baked Beans, Oreo Pudding Parfait
10AM-Dominos-HA 11AM-Chapel with Pastor Kern-GS 1PM-Book Club-WC Library 2PM-Wii Bowling-GS Lunch: Hot Beef Sandwich, Green Peas, Cherry Crisp, Oat Topping	20 10AM-Wii Wheel of Fortune-GS 1PM-Grocery Run 2:30PM-Exercise with Joyce-GS Beach Volleyball Lunch: Chicken Pot Pie, Small Garden Salad, French Fries, Pumpkin, Cheese Bar	21 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley	22 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley	24 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley
10AM-Yatzee-CB 11AM-Chapel with Pastor Kern-GS 1PM- Wii Wheel of Fortune-GS	27 10AM-Dominos-HA 1PM-Grocery Run 1PM-Bingo-WC 2:30PM-Exercise with Joyce-GS Leg Exercises Lunch: Lemon Rosemary Chicken, Cinnamon Honey, Glazed Carrots, Potato Salad, Chocolate Oatmeal Cookie	28 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley	29 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley	30 10AM-Exercise with Joyce-GS 1PM-Show and Tell-GS-Connie Vincent & Mike & Priscilla Ashley
Lunch: Beef Macaroni, Braised Green beans w/ Bacon, Dinner Roll, Peach Crisp	Lunch: Country Fried Steak, Broccoli & Cauliflower, Mashed Potatoes, Lemon Raspberry Cupcakes	Lunch: Ham Loaf, Mixed Vegetables, Oven Fried Potatoes, Apple Pie	Lunch: Roasted Turkey Breast, Green Bean Casserole, Bread Stuffing Cheesecake with Strawberry Glaze	Lunch: Roasted Turkey Breast, Green Bean Casserole, Bread Stuffing Cheesecake with Strawberry Glaze

WC=Wyse Commons GS=Gathering Space CB=Community Building Haven Apt=600 Haven Apartment Solarium

February 2023

FAIRLAWN LADIES NIGHT

THURSDAY, MARCH 2, 5:00PM

Wyse Commons

\$10 Per Person

**Join us for food, fun, and fellowship.
Each resident may invite up to 2 female guests!**

In the Menu

**Petite Salad with shaved Radish, Cucumber, Grape Tomato,
Fresh Salad Greens, Balsamic Vinaigrette or Blue Cheese**

Chicken Kiev

Rice Pilaf

Sauté of Seasonal Vegetables

Lemon Squares

Coffee, Tea, Water

Trivia Games & Door Prizes

Hosted and served by the courteous Men of Fairlawn



Keynote Speaker Amy Remer

Amy Remer is a writer and speaker dedicated to sharing God's faithfulness even in the toughest of times. She has walked through many trials in her life including a diagnosis of cancer ultimately resulting in a full amputation of her left arm and shoulder. Amy has been sharing her journey and faith-walk through her Facebook page

Amy Remer, where she writes with raw emotion about her daily struggles and how she finds hope and joy through it all. She has also had her writing published in the literary journal "Awake Our Hearts."

Amy has been a guest on the podcasts "Just a Moment," "Between the

Bones," and "Eric Chase," and has appeared in the video series "Authentic Authors" and "Sister C.H.A.T." Amy has spoken at various events and conferences for men, women, and youth. She was also given the opportunity to emcee an event for author and motivational speaker, Bethany Hamilton.

Amy resides in Swanton, Ohio, with her husband, Ben, and their four children. Despite everything they've been through in their lives, it hasn't stopped them from traveling, going on adventures, and doing the things they love. They strive to live each day with no regrets!

Reserve your seat by calling Jake at 567.444.5102