



March 2024



Fairlawn Independent

Fairlawn Retirement Community

Archbold, Ohio



FAIRLAWN IS CELEBRATING 60 YEARS!



Thursday, March 7th, we are kicking off the year-long celebration!

We invite you to join us for this community event at Wyse Commons on Thursday, March 7th at 6:00pm. The event will include a short program, paying tribute to and honoring our past and present. We will have an ice sculptor present starting at 5PM, and we will join together to light hundreds of luminaries outside of Wyse Commons. We hope to see you there!

Wellness Check in with Lisa Vollmer

Guest Speaker: Scott Burns, AllCare Pharmacy

Topic: Preventing Falls

March 14, 1:00PM Wyse Commons



Falls can be a significant concern for older adults because they can be scary, dangerous and even life threatening. Have you been concerned about falls, for yourself or an aging parent? Did you know that medications are among the most common causes for increased fall risk in older people? Medications are among the easiest risk factors to change when it comes to reducing falls risk in older adults, however, it is often unintentionally overlooked by busy health care providers. It is important to look at an individual's medication regimen, especially if they have a history of falls, to identify the medications they are taking and considering the likely benefits of the medications in relation to the likely risks of taking the medications to help reduce the risk for falls in the future. Health experts flag these types of medications as increasing falls risk because they can increase risk for light-headedness, dizziness or confusion:

- Medications that affect the brain, often referred to as "psychoactives."
- Medications that affect Blood Pressure
- Prescription and over-the-counter Antihistamines
- Medications that lower Blood Sugar levels
- Muscle Relaxants
- Medications to treat COPD, Parkinson's Disease, urinary incontinence, overactive bladder, often referred to as "Anticholinergics."

So what can you do to reduce the risk for falls for an older adult you care about...or yourself? The first thing is to consult with your healthcare team regularly to re-evaluate your care plan along with the medications you are taking. The healthcare team may include the individual's doctor, nurse, therapist, and pharmacist. Together, your healthcare team can complete a comprehensive evaluation of your falls risk and decide on the best clinical interventions to help reduce your risk for falls. To learn more about how AllCare Pharmacy can help reduce the risk for falls for you, or your loved one, we invite you to join us at Wyse Commons on Thursday, March 14 at 1:00 PM where they will be speaking on falls prevention and other approaches to health and wellness for the residents at Fairlawn Retirement Community. If you have questions or would like to get more information now, please feel free to contact Scott Burns, Director of Pharmacy Solutions at AllCare Pharmacy. He can be reached at (419) 344-8602 or email:

Scott@AllCareRx.com

March Activity Fun!

Mark Your Calendar

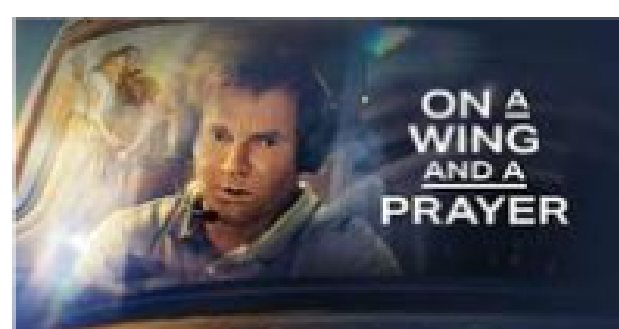
Movie Matinee

Wednesday, March 6th

Wyse Commons, 1PM

"On a Wing and a Prayer"

Based on a true story. An airline passenger who was forced to land the small plane after the pilot unexpectedly died mid-flight.




Silver Sneakers

IS BACK AT WYSE COMMONS!
Monday, Wednesday, Friday

Circuit 9:30AM Classic 10:30AM

Sunshine Bell Choir

Wednesday, March 13th 1PM

Wyse Commons

Join us as we welcome the Children from the Sunshine Home as they gift us with their musical talent!

Attention Pie Bakers

Get your flour and sugar out! There will be a pie baking contest on Thursday, March 14th. Pies are due to Wyse Commons by 10:30AM. Judging begins at 11:00AM. This year's judges will be members of the Maintenance crew and none other than Darin Sauder himself. Come with your favorite pie. Prizes awarded in two categories: Best in Show/Presentation & Best in Taste. Winners receive a Lange's Bakery Gift Card!

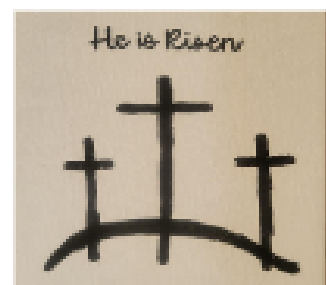


Craft Time with Joyce

Friday, March 15th @ 1pm

"Canvas Art"

Create your own Easter Design. Here is an example that Joyce outlined as a starting point to work off of.



March Bus Trips

Symphony at Founders Hall

March 14th, 7:30PM

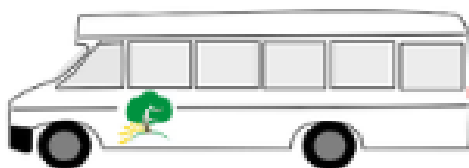
Tickets are \$18 each.

Bus Leaves at 7PM

St. John Lutheran Church

March 28th, bus leaves at 11AM

Learn about the beautiful stain glass windows in this church and hear first hand from the artist behind their beauty. Lunch beforehand at Downtown restaurant.



TIME WITH TAMMY

For me, there is nothing quite like time in nature. In February, my husband and I took a winter getaway to spend time with some close friends in Arizona. During this time, we ventured to the Grand Canyon. My last time seeing this magnificent creation was several years ago on a summer vacation with my family when I was still in high school. As I stood admiring what was before me, the only word to capture what I was feeling was- "awe-inspiring."



To be described as "awe-inspiring" means something is remarkable, amazing, and magnificent.

As our 60th anniversary celebration approaches, I find myself using the same adjective to depict this amazing feat. When we reflect on the vision of Fairlawn's founding men and women sixty years ago to where we are this day, it is nothing short of "awe-inspiring." We hope you will join our "Flickering for Fairlawn" event to hear stories of our unique story. The day's festivities will also include a professionally recorded video to commemorate our past, present, and future. Throughout this year, we seek to explore the past, engage in the present, and elevate the future for years to come.



FREE Bracket Challenge

Games start Thursday, March 21st

Join in the fun this basketball season!

Pick up a bracket in Wyse Commons between March 18-21. Fill out the bracket and submit your choices by 1pm, Thursday, March 21.

It is FREE to play!

- The top 2 participants with most correct on their bracket earn bragging rights AND a Fairlawn Gift Card good for Klean Korners, Tips 'n Toes or the Cafe!
- WINNER gets the prize of the traveling Trophy Basketball and their name enshrined on it forever!

Follow along on the giant bracket posted in Wyse Commons.

Is there a "Cinderella Team" this year? Watch to find out! Maybe you can dethrone current title-holder, Danny Smith!





Larry Falcuson	Jo Falcuson	Rick Lord
Danny Smith	Norbert Sonnenberg	Doug Van Cleave
Barb Aeschliman	Julie Miller	Shirley Moon
Cindy Rose	Joyce Roth	Jeanne Schrock
Joan Vance	Judy Wyse	Mary Zimmerman
Bill Poston	Joan Westfall	Tony Wetmore
Wendy Bori	Val Wyse	Irene Rabe

With Sympathy Judy Litchfield
Zelma Kauffman
Fritz Miller



Daryl & Bonnie Beck (59)
LeRoy & Janet Grubaugh (66)
Wayne & Donna Kauffman (58)
Doug & Sue Van Cleave (23)

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.

Thank You

The Clapp Family would like to use this Newsletter platform to thank you for the outpouring of love and support this past month. Your kind words, prayers, and generosity have been felt and appreciated more than you will ever know, more than can be put into words. Your impact has been a pillar in carrying this family through this difficult time. **THANK YOU.**

Delila was able to receive the surgery needed to place her shunt that she will have for the rest of her life. As of today she seems to be making improvements. It is still unknown when she will get to come home, but day by day she is closer. Here is a picture of Delila with her big sister Gracie.



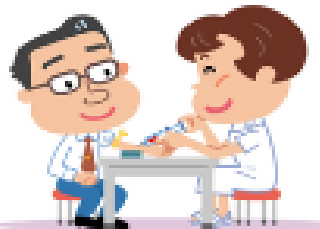
Village Council Represents YOU!

If you have any concerns about our Fairlawn Community please reach out to your Village Council representative to share your thoughts. We are thankful to have a great group to represent you and to ensure Fairlawn is doing all we can to make living here a great experience.

<u>Beverly Bettison</u>	<u>419.445.5600</u>
<u>Gloria Lauber</u>	<u>419.966.6488</u>
<u>Jane Niday</u>	<u>419.583.6375</u>
<u>Jerry Griffin</u>	<u>717.719.2244</u>
<u>Lee Shields</u>	<u>419.346.5322</u>
<u>Joyce Rupp</u>	<u>419.270.2641</u>
<u>Dan Smith</u>	<u>419.630.3501</u>
<u>Julie Fronk</u>	<u>419.305.7621</u>

Contact Numbers for Independent Living

Executive Director - Tammy Allison	567.444.5083
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 Scheduling	567.444.5102
Wyse Commons Salon - Shannon Woodby	567.444.5078
FCHC Lab	567.444.5106
Non-Emergency Police	419.445.9991
IL Service Coordinator - Lisa Vollmer	567.444.5081
Admissions - Lora Ripke	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

March 2024 Fairlawn Chapel Services

*Fairlawn Campus Residents and guests are Welcome!
 Thanks to our volunteers. The front doors closed to the
 Chapel will be open Sunday at 10:00 am.*

Sunday Services 10:30-11:00 AM

March 3	Rev. Dale Kern	Chaplain
March 10	Rev. Dale Kern	Chaplain
March 17	Rev. Dale Kern	Chaplain
March 24	Rev. Dale Kern	Chaplain
March 31	Rev. Dale Kern	Chaplain

Easter Sunday

Tuesday Services 10:30-11:00 AM

March 5	Rev. Donna Stutzman	Fairlawn
March 12	Rev. Linda Riegsecher	W. Clinton
March 19	Rev. David Tijerina	Good Shepherd
March 26	Rev. Nick Woodall	Stryker UB

Friday Services 10:30-11:00 AM

March 1	Rev. Dale Kern	Chaplain
March 8	Rev. Dale Kern	Chaplain
March 15	Rev. Dale Kern	Chaplain
March 22	Rev. Dale Kern	Chaplain
March 29 +	Rev. Erich Christman	St John CC

+Good Friday Communion



**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

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



Dinner with the Chef

• Tuesday March 12th 5 pm •

Appetizer Course

Lump Crab Cake with Remoulade Sauce

Soup Course

Louisiana Gumbo

Main Course

Smothered Pork Chop served with Sweet Potato
Polenta and Seasoned Greens

Bread Selection

From Scratch Buttermilk Cornbread with
seasoned butter

Dessert Course

Bananas Foster over Vanilla Bean Ice Cream



MARCH INTERNATIONAL DINNER



IRELAND

MENU

SHEPHERDS PIE
BEET SALAD
IRISH APPLE CAKE

Thurs March 21

5 pm

\$10 pp





Irish Brunch

Sunday March 3 11a-1p

Corned Beef Hash

Eggs

Hash Browns

Beans

Bacon & Pausage

Roasted Tomatoes

Lox & Bagels

Assorted Desserts


\$20 All You Can Eat

\$10 One Trip





MARCH





9AM-Coffee and Donuts-CB  1
 9:30AM-Silver Sneaker Circuit Class-GS
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Pictionary-WC
 2:30PM-I Spy Activity Pages/Brain Teasers-WC


9AM-Pool Tournament-WC 4
 9:30AM-Silver Sneaker Circuit Class-GS
 10:30AM-Silver Sneaker Classic Class-GS
 11:30AM--Chapel-GS
 1PM-Sequence-WC
 2:30PM-Wii Jeopardy-GS 


10AM-Mexican Train Dominos-WC 5
 1PM-Grocery Run
 1PM-Cards-WC
 1PM-Bingo-HA 
 2:30PM-Chair Exercise with Sharon on the Big Screen-GS


9:30AM-Silver Sneaker Circuit Class-GS 6
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Movie-On A Wing & Prayer-GS-Based on a true story. An airline passenger who was forced to land the small plane after the pilot unexpectedly died mid-flight. 


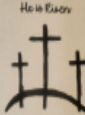
10AM-Adult Coloring-WC 7
 1PM-Charades-WC-Guessing the word or phrase 
 2:30PM-Wii Jeopardy-GS

9AM-Coffee and Donuts-HA 8
 9:30AM-Silver Sneaker Circuit Class-GS
 10:30AM-Silver Sneaker Classic Class-GS
 2PM-Music-WC 

9:30AM-Silver Sneaker Circuit Class-GS 11
 10:30AM-Silver Sneaker Classic Class-GS
 11:30AM-Chapel-GS
 1PM-Rummifun-WC 
 2:30PM- Wii Bowling-GS


10AM-Adult Coloring-CB 12
 1PM-Grocery Run
 1PM-Cards-WC
 1PM-Bingo-CB 
 2:30PM-Chair Exercise with Sharon on the Big Screen-GS


9:30AM-Silver Sneaker Circuit Class-GS 13
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Bell Choir-WC Children from the Sunshine Home Gift us with their musical talent! 


10:30AM-Pie Contest-WC-Please have your pie to Wyse Commons by 10:30for judging at 11AM 
 1PM-Wellnes Check-in with Lisa Vollmer Guest Speaker: Scott Burns Topic: Preventing Falls
 7:30PM-Symphony at Founders Hall 


9:30AM-Silver Sneaker Circuit Class-GS 15
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Craft-He is Risen painting-GS


9:30AM-Silver Sneaker Circuit Class-GS 18
 10:30AM-Silver Sneaker Classic Class-GS
 11:30AM-Chapel-GS
 1PM-Book Club-WC Library 
 2:30PM-Rummifun-WC


10AM-Cornhole-CB 19
 1PM-Grocery Run
 1PM-Cards-WC 
 2:30PM-Chair Exercise with Sharon on the Big Screen-GS


9:30AM-Silver Sneaker Circuit Class-GS 20
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Pictionary-WC
 2:30PM-Putt Putt Golf-GS 


10AM-Dominos-WC 21
 1PM-Sequence-WC 
 2:30PM-Ladder Toss-CB

9:30AM-Silver Sneaker Circuit Class-GS 22
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Brain Teasers-WC 
 2PM-Music-WC

9:30AM-Silver Sneaker Circuit Class GS 25
 10:30AM-Silver Sneaker Classic Class-GS
 11:30AM-Chapel-GS
 1PM-Yatzee-WC 
 2:30PM-Wii Bowling-GS

10AM-Uno-WC 26
 1PM-Grocery Run
 1PM-Cards-WC
 1PM-Bingo-GS 
 2:30PM-Chair Exercise with Sharon on the Big Screen-GS

9:30AM-Silver Sneaker Circuit Class-GS 27
 10:30AM-Silver Sneaker Classic Class-GS
 1PM-Ice Cream Social-WC 
 2:30PM-Cornhole-WC

11AM-Field Trip-Out to eat at Downtown Restaurant and then off to St. John Lutheran Church on the corner of St. Rt. 66 & 6. Sue will be talking about the story of the stain glass windows she made there. 

9:30AM-Silver Sneaker Circuit Class-GS 29
 10:30AM-Silver Sneaker Classic Class-GS 