

Continued Independence



The opportunity arose recently for me to discuss with two of our residents the benefits that they realized when they transitioned to the Haven in independent apartments. These particular residents had recently moved from their duplex to an apartment in the Haven. The first resident I spoke with, Shirley, shared, “the duplex was too big for just me, especially after my husband passed away. Socializing is a big deal for me and that was harder being in the duplex and not right here in the building. I like that I have the privacy of my room, but also can socialize easier. Being in the building and able to take advantage of so many social opportunities is wonderful. I started a new hobby in July. My kids bought me a diamond art kit for my birthday. It’s very addictive and time-consuming. I still meet with my friends from the duplexes and we play hand & foot or circle rummy here in the Haven on Thursday nights. I saw many advantages to making this move including not to have to do the cooking, shopping, or meal planning. Additionally, I don’t have to worry about cleaning anymore. I’ve been very, very happy I made the move, and my kids have been happy I made the move also.”

The second resident I spoke with, Val, shared, “I was thinking about it [moving to the Haven] for a long time. I had fallen a couple times and being 92 years old, I decided it was time. Once I decided, I didn’t look back and I don’t have any regrets. It took a little time to adjust, but I’m very satisfied. It was good that I prepared myself for the changes I anticipated.”

Shirley shared that she felt that her independence was not lost at all by moving into the Haven. Shirley stated, “I kept my car and I can go wherever I like. Sometimes I go out frequently and sometimes I don’t drive anywhere for weeks”. Val agreed that her independence has not been lost “I needed to stop driving already and it was very helpful to know the van here at Fairhaven could be scheduled or I could take advantage of the shopping trips scheduled. My kids are also very helpful getting me to appointments too!”

Lastly, I asked these ladies what they most enjoyed about being in the Haven. Shirley quickly stated, “Emily and Kristi do a wonderful job planning activities. We go on trips we enjoy and spend time together for scheduled events. When I first moved in, I played a lot of games with others. A group still gets together on Friday night to play Rook. I also made the decision to switch to one of the physicians that come to Fairhaven now that I moved to the Haven. It gives me confidence that my needs will be met since the doctor and nurses know my medical needs and know me.” Val shared, “what I enjoy most is being with people. I enjoy the fellowship with all the activities. If you are bored, it’s your own fault. I know that there is always someone that can be there for me. I knew that there may be some meals that wouldn’t be the same that I cooked, but the food here is very good. I enjoy sitting and eating with someone for meals.”

The interviews of both ladies describe the advantages of living in a continuum of care – using the different living options as you need them. We love those who call Fairhaven home so it is always our goal to serve in the best way we can. It is a privilege to work with residents and their families to educate or refamiliarize them with our services. That’s what we are here for and we are always available to assist people in making the right decisions for them.

Katie Martin

In Loving Memory: Those Who Have Passed



July to October 2023

- Norma Ashton
- Ruth Bogen
- Gertrude Breidigam
- Regina Crowder
- Paul Erickson
- Harriet Ishii
- Wayne Keen
- Francis Miller
- Barbara Pearse
- Lillian Reinertsen
- Patricia Rush
- Evelyn Shields
- Donald Swanson
- Margaret Tennant
- Grace Teslik
- Carol Wagner
- Judith Webb

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Family Letter

We thank the Fairhaven staff for their care and support for my mom and her family, during the 18 years she spent with you. We are extremely grateful for the amazing caregivers who provided for her in those last few years in the Health Center. She was very happy there.

Continuing to Thrive at 55

A Look Back at God's Blessings

I love to look back at God's provision on how Fairhaven started. A book was written in the early 1990's called "The Miracle Home - The Fairhaven Story." In fact, I remember reading it before I started my employment at Fairhaven, and the story and mission impressed on my heart that I was making the right decision. That was over 27 years ago.

It was December 4, 1966, when Fairhaven first broke ground on the property at 3470 North Alpine Road. In March 1968 (55 years ago), Fairhaven opened its doors to its first residents. A service of dedication was held on March 20, 1968. The dedication address was titled, "Adding Life to Our Years", given by Dr. Arnold T. Olson, President of the Evangelical Free Church of America.

As we celebrate 55 years of God's blessings, we believe that our residents have truly added life to their years as they live in community and enjoy life with others. The average age of our 300 plus residents is just over 85. We work hard to achieve our mission statement "to provide a comfortable lifestyle and exceptional care which enhances quality of life in a manner that glorifies God." Our residents' quality of life is continually enhanced as we strive to meet their needs in all areas of the wellness model: physical, emotional, spiritual, intellectual, occupational, and social.

After opening the initial wing of the building, Fairhaven later added a health center wing, two additional independent wings and three streets of duplexes which currently number 112 units. Many other add-ons and



Jeff Reiersen
Executive
Director

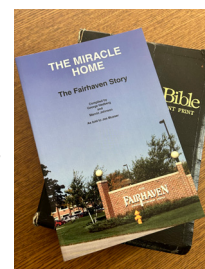
upgrades have occurred over the years to allow Fairhaven to continue to thrive all these years later, despite the many new competing facilities scattered across the county. We are very aware that it is not all about buildings and property, but about people and relationships, and the acknowledgment that we can and do "praise God from whom all blessings flow."

We are very excited to report that we are close to erecting the permanent pavilion in our courtyard. Funds were raised late in 2021 through our Give a Gift fundraising and from past memorial funds received. This will provide an amazing, sheltered space for families to gather and to enjoy Fairhaven events. Before the end of the year, we plan to have a time of dedication and a celebration of 55 years of God's blessings.

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

– Numbers 6:24-26

Note: If you would like a copy of "The Miracle Home," please ask for one in our main office.



Dave Wiles



Left to Right: Chris Hintzsche,
Chuck Schlueter, Dave Wiles, Jeff Reiersen

In April 2023, Dave Wiles stepped down as Board Chairman, after 39 years of serving in that role. Dave continues as a board member having started in 1980 as a director, before becoming Chairman in 1984. In Dave's years as Chairman, he oversaw the expansion of two streets of duplexes (80 units), the East independent wing, expansion of Supportive Care, expansion of our main kitchen, the multi-use chapel, and much more. We appreciate Dave's dedication, vision, leadership, and wisdom over the years. Thank you for your many years of service leading Fairhaven.

We welcome Chuck Schlueter as our new Board Chairman. Chuck has served as a board member since 2008 and had been our Vice Chairman since 2017. Thank you for your continued service, Chuck, and your willingness to serve as our Board Chairman.

Cubs Game

Duplex residents took a trip into Chicago on September 6th to watch the Cubs play. It was a win in the books with a score of 8-2 against the San Francisco Giants. Go Cubs Go!!!



Welcome to Fairhaven: New Admissions

July to October 2023

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|-----------------------------|---------------------------------|
| • Louise Berg* | • Kenneth Pearse* |
| • Barbara Bremer* | • Diane C. Pearson* |
| • Jetti Cannon* | • Eileen Schilling** |
| • Russell & Karen Carlson** | • Antonette Schwamberger * |
| • William Feather* | • Paul & Sharon Skrudland** |
| • Marcette Ford* | • Barbara Taylor* |
| • Cynthia Mathiesen* | • John & Patricia Timmerwilke** |
| • Miriam Palmer* | • Henry & Judith Webb** |
| • Ingrid Pautsch* | |

*Haven | **Duplex

GIVE A GIFT UPDATE



As a result of past generosity to the Give a Gift campaign, we are installing a permanent pavilion and additional walking paths that should be finished by mid-December. Thank you for your past support.

With the Christmas Season quickly approaching, we will soon be launching our 2023 Give a Gift campaign. This year's goal is raising \$70,000 to fund initial renovations of an independent apartment(s) and installation of a health center therapeutic tub.

In addition to these goals, the Fairhaven annual fund supports capital improvements, financial assistance programs (missionary and good samaritan), staff education fund, and our endowment.

Please consider supporting the Give a Gift Appeal this year and thank you so much for thinking of us.

If you have questions, please contact Joe Sosnowski at joes@fairhaven.cc or 815-877-1441 x1582.

Give online at: www.fairhaven.cc/giving

By mail: Fairhaven Give a Gift Appeal
3470 North Alpine Road, Rockford, Illinois 61114

Finial Horse

Finials was an icon in Rockford for almost four decades, located on East State Street. Across the street from the Sweden House, Finials was a 13 room "little red stuga" filled with a wide variety of Scandinavian gifts, interiors, lamps (including custom lamp creations), over 2,000 lampshades, and, of course, finials. Owners of Finials, Gary and Karin Lindberg, decided after nearly 40 years of being in business, it was time to retire and sell the building. In September, this year after selling their building, they generously donated the Finials 'dalahast' to Fairhaven. Over 20 years ago, The Lindbergs purchased this beautiful fiberglass 'dalahast' that was built in Kansas and sat outside of their store during the day and was housed inside the store overnight. The Lindbergs stated, "our customers had so much fun with the Swedish dalahast over the years. Families would come to our store and have pictures taken with it and even return to take updated photos every year. Some of them, even using the photos taken for their annual family Christmas letter". The Lindbergs admittedly stated that as much fun as it was for their customers, it gave them so much joy connecting them to their customers over the years. It was clear while speaking with them, their customers were far more than customers, they were more like friends and extended family. The Lindbergs moved to a duplex at Fairhaven earlier this year and we were honored that they chose Fairhaven to gift this amazing piece of Swedish memorabilia from Finials, and Rockford.



Gary and Karin Lindberg

The Lindbergs so appreciated all the connections that they made during their 38 years of owning Finials. We appreciate the contribution made to our community and making Finials such an incredible part of Rockford. You'll see this friendly face welcome you in our front entryway just as he was the staple to the Finial entrance. Thank you Gary & Karin Lindberg for choosing Fairhaven as the 'dalahast (and your) new home. Our next goal... the dalahast needs a name! Come in and see for yourself and put in your name request at the front office.



Ice Cream Social

We had about 440 guests for our ice cream social on August 26th. With music, ice cream, family, and friends, it was an afternoon enjoyed by all. Thank you for the generous donations for this successful fundraiser.



Oktoberfest

Pretzels & cheese, root beer, and polka music! All levels of care gathered in the chapel on September 19th to enjoy a fun fall event.



Front Office Changes



On Monday, September 25th we celebrated the ten years that Nancy Ritter served at Fairhaven. Nancy began working as the administrative assistant and later became the front office manager. Nancy looks forward to spending more time with her husband, children, and grandchild. Best of wishes to Nancy in her retirement!



Taking Nancy's position as the front office manager is Sue Brainard. Sue was previously the business office manager in the office on first floor. She has been with Fairhaven going on 11 years and has a proven record of stellar service. Welcome to the new position Sue!

The Early Days of Nursing*

The nursing profession originated in the 18th and 19th centuries mostly carried out in homes and Catholic Churches by monks or nuns. Industrialization, urbanization, and large wars helped contribute to the need for more formal education to save lives.

In 1854, Florence Nightingale, through her work during the Crimean War, is recognized as the founder of modern nursing. Florence and dozens of female volunteers helped improve poorly maintained military hospitals and instituted better sanitation practices. Nightingale helped to reduce the death rate in Crimean military hospitals by two-thirds. In recognition of her work, the Nightingale Fund was eventually established to begin the first nursing school at St. Thomas Hospital by 1860.

Greta Kay Berglund (1936-2023)

Nursing has advanced dramatically since the mid-1800's and is a vital part of the fabric of healthcare in the world and to care at Fairhaven. Greta Berglund moved to Fairhaven in 2006, several years after her loving husband Burt passed away, and she experienced first-hand the knowledge and care of the nurses at Fairhaven.

"I remember her always being compassionate about her friends. She always took the time to read to and comfort her friends", stated Lori, our MDS coordinator.

Fairhaven was a source of Greta's spiritual and physical strength. After more than 50 years of multiple sclerosis, Greta had developed an intense fighting spirit for herself and for those in need of assistance. She loved the Fairhaven nurses and thought the profession so important that she wanted to do something to help the profession and those in it.

Greta had arranged an estate gift with her children, to provide a generous gift to the Fairhaven Nursing Education Fund that helps current and future staff to obtain CNA licensure and/or to obtain advanced nursing degrees.

Greta's daughter Julie noted that "Mom loved so many of the Fairhaven staff and felt that they were family and not just employees. Housekeeping to nursing, she very much wanted them to be able to advance their positions and education."



"It is sufficient to say she loved the Lord, she loved her family and her country and she always stepped up to encourage and support those in need or who seemed like they were getting a raw deal somehow... Growing up the way she did gave her a burden for the underdog and drive for duty and doing the right thing. We had a great teacher," said her son Alan.

Greta, in addition to being a wonderful wife and mother, volunteered at SwedishAmerican Hospital, taught Sunday School at First Covenant Church, was a Brownie leader, volunteered at the MS Society and Fairhaven gift shop, and spent 27 years working for AMCORE Bank.

Greta's thoughtfulness, heart for others, and her generous gift of education will have a ripple effect that will touch many lives of current and future nurses for years to come.

And he has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast "about my weaknesses, so that the power of Christ may dwell in me."

– 2 Corinthians 12:9

*Source: History of Nursing Timeline: How Nursing Education Has Evolved, Jun 24, 2021.
<https://post.edu/blog/history-of-nursing-education-timeline>

Fairhaven

CHRISTIAN RETIREMENT CENTER

Who We Are

Fairhaven Christian Retirement Center is a not-for-profit corporation governed by a board of directors. Guided by a licensed Executive Director and a very capable administrative team, its highly trained and dedicated staff offers each resident the finest in retirement living and nursing care. Fairhaven is an affiliate ministry of the Great Lakes District Free Church.

OUR MISSION: To provide a comfortable lifestyle and exceptional care which enhances quality of life in a manner that glorifies God.

Our Core Values

- Serve the physical, emotional and spiritual needs with an eternal perspective.
- Maintain ethical practices consistent with God's word.
- Assure honesty and integrity in all of our relationships.
- Affirm the worth and dignity of all whom we serve and employ.
- Honor the sanctity of human life.
- Grow with focus and purpose based on sound financial management.
- Pursue innovation and excellence to meet the challenges of a changing environment.

Contact Us

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Rockford, IL 61114
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Save the Date:
**HOLLYBERRY
BAZAAR**

Friday, December 1, 2023

Public Welcome:
11:30 AM–4:00 PM