

Fairhaven

CHRISTIAN RETIREMENT CENTER

WINTER 2024

Fairhaven Fitness

Fairhaven offers a comprehensive fitness center that includes an exercise room and an equipment room. The exercise room hosts exercise classes three days a week for beginners to experts. Our equipment room offers nine pieces of equipment ranging from treadmills to the most-popular steppers or sci-fits.



MEET MICHELLE VIEAU our fitness coordinator. Michelle has been a personal trainer for 12 years and has been a coach for over 20 years. She specializes in corrective exercise and mobility. Michelle additionally has her own business working with people with disabilities, as well as being a published author. Michelle has been married for 22 years and has two children. She is currently the number one Illinois State power lifter. Michelle's hours are Mondays, Tuesdays, and Wednesdays from 8:30–11:00. Michelle is passionate about helping residents stay active, teaching them exercises to continue in their personal rooms, and to have fun while working out. When asked what drew her to Fairhaven, she responded, "I've always loved my older clients, so when I heard of this opportunity I thought it would be a good fit for me." **Joan Erickson** of our duplexes said that she has been attending exercise classes for many years. She stated, "exercise classes are enjoyable. They help me stay active and keep me moving. I also like to use the machines in the fitness room."



Fairhaven is very excited to offer personal training opportunities for our residents. Michelle is able to set up appointments if residents have an interest in individual exercise goals. These can be scheduled Monday–Thursday between 6:00 AM and 7:00 PM during the hours the fitness room is open.

In Loving Memory



November 2023 to January 2024

- Elaine Arco
- Sandra Barnum
- Barbara Bashaw
- Rolf Egeland
- William Feather
- Evelyn Krantz
- Joan Lindquist
- William Marek
- David Nelson
- Thomas Pellant
- Virginia Peterson
- Charles Reck
- Marie Reddick
- Inga Sandberg
- Lois Sutton
- Mary Ann Wisniewski

Family Letter

Received from the family of a resident that had lived at Fairhaven for almost five years:

Dear Friends,
Thank you to everyone at Fairhaven who so kindly cared for our cousin, Elaine Arco. She loved each one of you, and Gayle and I have been so grateful. From our initial interview with Christine, we felt God's presence and leading. Navigating this transition can be difficult, but all of you made it comfortable and easy. Communication was wonderful and you accommodated Elaine and her wishes and needs every day.

Love,
Jane Brooks and Gayle Kruse
(Elaine's cousins)

What is an Ambassador?

On this sunny and unseasonably warm winter day, I have taken the opportunity to reflect on what is an ambassador. I had just come from a meeting of the Ambassador's Fellowship held in our chapel. This is a group of former ministers and missionaries who meet once a quarter. They share their stories of what God has done in and through them for His glory. I consider it a blessing to work at Fairhaven and to be around the many saints (ambassadors) who have spread the good news of Jesus Christ in countries all over the world. Some of these saints have shepherded flocks of Christ's church across the country and preached His Word to those who needed to hear the good news of the gospel and to grow in their walk with their Lord and Savior.

What is an ambassador? In 2 Corinthians 5:20a Paul says, "We are therefore Christ's ambassadors, as though God were making his appeal through us." An ambassador is a REPRESENTATIVE – one who represents another. He represents Christ. Paul challenges us to be Christ like and present ourselves in ways that display virtues of God every day.

Duplex resident Dorothy Chick shared her story at the most recent Ambassador's Fellowship. Dorothy spent 38 years overall in foreign missions, with 30 of those years to the Zulu people in the Republic of South Africa. Two other duplex residents, Ardie Johnson and Jenny Love, also served alongside of Dorothy in South Africa. I asked Dorothy why she was willing to share at the fellowship time. She said, "It is good to hear peoples' stories and we don't always have time socially." As followers of Jesus Christ, we can be ambassadors for Him right here in our city of Rockford, or even in this place, Fairhaven.



Regarding Fairhaven projects, we are excited to be able to use our new permanent pavilion in our courtyard as the weather gets nicer. We appreciate those who gave to our 2021 Give-a-gift fundraising and those who contributed memorial funds. Please "save the date" of June 12 for a time of dedication and celebration. We will have a plaque near the pavilion commemorating the names of those that funds were given in memory of.

Regarding our 2023 Give-a-gift campaign in which over \$124,000 has been raised, work is underway for the two projects mentioned in the letter last Fall. As of this writing, three apartments have been renovated, one is close to being finished, and two more are just starting. Regarding the Health Center therapeutic tub, plans are underway, a quote has been given, and a visit to see one at a nearby facility has been scheduled.

May God bless you in this year ahead and may we continue to seek His wisdom and keep our eyes on Him.

"Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should."
– Ephesians 6:19-20

Do You Want to Avoid Market Instability?

A charitable gift annuity is a way you can make a gift to your favorite charity and receive secure fixed payments for life in return. For a minimum gift of \$10,000 (cash or stock), you can benefit with an up front charitable income tax deduction and a fixed income stream.

SAMPLE ONE LIFE RATES	
Age	Payout Rate
60	5.20%
70	6.30%
80	8.10%
90	10.10%

Fairhaven has partnered with Evangelical Free Church of America Foundation to offer Gift Annuities. For more information contact Joe Sosnowski:

(815) 877-1441 x1582, or joes@fairhaven.cc

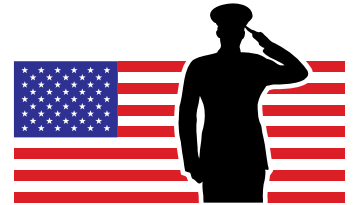
Due to recent Congressional action, you can make a one-time transfer of up to \$53,000 directly from an IRA to fund a charitable gift annuity.

Welcome to Fairhaven

November 2023 to January 2024

- John Bergman**
- Jane Block*
- Carol Edstrom*
- Gloria Govig*
- Sally Gustafson*
- Grace Johnson*
- Thomas Pellant*
- Marie Reddick*
- Robert Sherbondy*
- Marita Sjogren*
- Mark & Marcia Stouffer**

*Haven | **Duplex

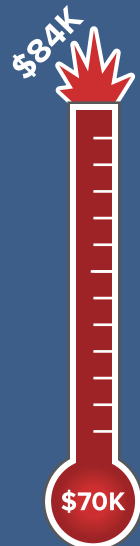


Veteran Recognition

On Friday, November 10th we had the privilege of honoring over 50 veterans that live here at Fairhaven. On behalf of Fairhaven, we were able to thank those who have served. A thank you to all veterans for giving us this home of the free because YOU ARE BRAVE. The VFW presented the color guard while our director of restorative services, Camile Mayes, led us in singing the National Anthem. Our Fairhaven choir, led by Sue Bleed, beautifully sang “We Are The Free”, “Blades of Grass and Pure White Stone”, “America on Our Knees”, and ended with leading everyone in singing “You’re A Grand Old Flag”. We also thank Heartland Hospice for volunteering and offering each veteran a pin and certificate. It was a very special program filled with special people.



THANK YOU!
THANK YOU!
THANK YOU!



Give a Gift Update

Thanks to all those who supported our year-end Give a Gift campaign. Thanks to your amazing generosity, we surpassed our goal (\$70k) and raised over \$84,000, and the first \$40,000 raised was matched by an amazingly generous donor. The grand total raised was over \$124,000 that will go towards renovating independent units and an individual therapeutic tub for the health center.

Renovated Apartments & Studios

We're excited about updates that are being made to independent apartments. The bathrooms are being completely renovated with new showers, new vanities, and new flooring. The kitchenettes are also receiving a make-over with new cabinets, countertops, flooring, and appliances. We would love to show you these improvements in person.

Schedule a time with Katie to come in and see these beautiful, upgraded apartments at (815) 877-1441 ext. 1170.



Pavilion Construction

Fairhaven broke ground in November for the addition of a pavilion in the chapel courtyard. It was completed just before Christmas. Previously, Fairhaven had added a tent canopy for hosting outdoor chapels, activities, visits, and events. We found that the canopy continued to prove very useful for shading residents, families, and guests and saw the use of the courtyard area increase. Outside of a sheltered space for residents and families to visit. In addition to this being a sheltered space for residents and families to visit, the chapel patio is used regularly for scheduled summer picnics, summer music & s'more nights, and special events.. The pavilion offers a permanent covering of the chapel patio with the benefit of electricity, long-term use, and stability.

Save the Date:
June 12, 2024
at 11:00 AM

Fairhaven is hosting a dedication for the pavilion.



Hollyberry Bazaar

Friday, December 1, 2023



Haven Smorgasbord

Thursday, December 7, 2023



Christmas Service

Friday, December 22, 2023



Marilyn and Armour Johnson

Warm summer days in the Midwest are a wonderful contrast to the frosty winter months. The beauty of the summer sun can be a metaphor for His presence in our lives: “For the Lord God is a sun and shield ... No good thing will He withhold from those who walk uprightly” (Psalm 84:11). For many, summers are packed with memory-making experiences: vacations, cross country road trips, backyard barbecues, parades, sandy beaches, concerts, community events, fireworks, and nature-bound summer camps.

During the summer of 1951, in quaint Lake Geneva, Wisconsin, Covenant Harbor hosted Marilyn (19) and Armour (21) who developed a friendship that sparked into a loving marriage several years later in Princeton, IL.

Owned by the Evangelical Covenant Church, Covenant Harbor has served over 75 years as a place of refuge and fun for all ages including some of Johnson's grandchildren and their son. Over time, Covenant Harbor's mission has been to “draw people from their routines into opportunities to enjoy creation, recreation and relationships, so that all will experience God through Jesus Christ.” They have helped shape generations by highlighting such principals as “relationships matter” and “purposeful experience.”



Covenant Harbor was so important to the two of them that at Marilyn's passing in 2014, memorials were designated to Covenant Harbor so future generations could continue to enjoy camp. Marilyn and Armour's life together eventually led them to Fairhaven where they lived in a duplex surrounded by friends, participated in community activities, and enjoyed a caring Christian environment. Upon Marilyn's passing, Armour moved into the Haven and continued to be actively involved.

The importance of Fairhaven was evident to their daughter Lynn and her husband Darrell: “Fairhaven was a special place for my mom and dad. They were surrounded by great friends and great caregivers. My brother Jay and I are thankful for the care and love received.” In 2023, Lynn and Darrell generously provided a gift to Fairhaven in honor of Marilyn and Armour who no doubt smile upon their friends and family from their heavenly resting place where the warm summer sun shines bright.



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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DIGITAL NEWSLETTER



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updates about Fairhaven!

