



This issue will feature the seventh of *Fairhaven Christian Retirement Center's* seven Core Values.

Core Value #7: Pursue innovation and excellence to meet the challenges of a changing environment.

"Any enterprise is built by wise planning, becomes strong through common sense, and profits wonderfully by keeping abreast of the facts." Prov. 24:3-4 L.B.

Goal - Peace of Mind

Fairhaven offers an excellent opportunity for retirees to lead an active, independent life, secure in the knowledge that licensed nursing care is available should it be needed.

Haven And Health Center Improvements Coming!

The *Fairhaven* Board will finalize the scope and budget for improvements to be undertaken between now and 2018 at its April meeting. *Fairhaven's* Give-a-Gift project funding from fall of 2016 raised over \$40,000 to assist this important renewal. A focus on first impression and "seen" interior improvement will provide a warmth and welcome feel to residents, family members, friends, and prospects.

The Haven's main entry changes will feature a relocated guard desk, decorative entry wall, opened up coffee shop space, as well as corridor and lighting improvements. The common space corridors between the main dining room, the coffee shop, and the gift shop will be coordinated with colors, textures, and materials that will be pleasing to the eye.

The Health Center entrance foyer will be expanded by adding automatic sliding doors to make it easier to move wheelchair dependent people in and out of the building. In addition, plans are for the Nursing Center service area on each floor to be made smaller to enhance movement around them into our enlarged dining/activity areas and to improve visibility of this generous space available to residents and family members. The common areas around the Nursing Centers will also be given warm color coordinated décor and improved lighting.

Swedish Pancake Brunch. . . Postponed

In light of the major construction, which will be occurring around the main entryway, i.e. safety reasons and congestion, it will require us to postpone the much enjoyed Swedish Pancake Brunch to a future time. We look forward to announcing a new date in a future Navigator Newsletter.

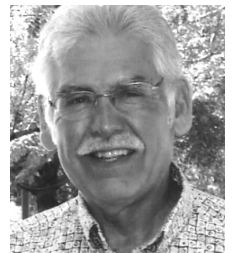
Saluting *Fairhaven* Volunteers

Fairhaven's Volunteer Board, under the leadership of Marilyn Knuth hosted their annual Appreciation Luncheon on April 19, 2017. They sent out over 140 invitations. This year's program featured Jeff Rohl's musical talent and the Reverend Glen Johnson who shared about the impact of volunteer work for Habitat for Humanity. This event would not have been complete without a delicious meal catered by Cindy Seagen.

The *Fairhaven* Board of Directors, to whom the Administrative staff of *Fairhaven* report, also serve as willing volunteers who attend a quarterly meeting and are kept abreast of important challenges and opportunities at *Fairhaven*.

Honoring Larry Johnson

This past November the Lord promoted Larry to his heavenly home after a long struggle with cancer. On behalf of the *Fairhaven* Board, staff, and our resident family, we extend our love and sympathy to Larry's wife, Beth, his children, and his mother, Maybelle, who is still a *Fairhaven* resident.



We gratefully recognize Larry's volunteer service on the *Fairhaven* Board of 12½ years. Larry's commitment to the board was exemplary. He was at almost all quarterly meetings and extra meetings required as a member of our Finance Committee serving as treasurer of the organization. Larry received from God, a great sense of the right thing to do, and an uncommon amount of common sense. Larry helped make meetings fun and it was great to be in his company.

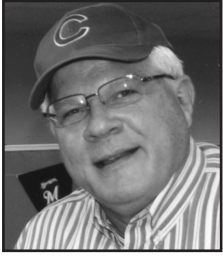
King's Men Four

Larry also sang with this quartet of the same four men, for 45 years. They decided upon Larry's passing to cease performing. We are so grateful for the many times they ministered to *Fairhaven* residents over those 45 years. To Gary Erickson, Cliff Linhart, and Manny Livesay, we also extend our thanks for singing about the Lord and encouraging everyone to put their faith and trust in Him. "It is the only way."



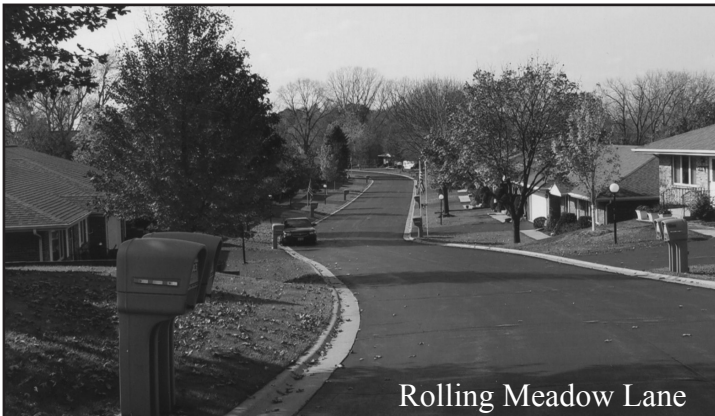
From the Executive Director

Where were you on March 1, 1968?



Perhaps you actually stopped by *Fairhaven* that day because you knew that it had officially opened its doors to residents. You may have been curious to see what this place “*Fairhaven*” was all about. We are planning for opportunities in 2018 to celebrate this **50th Anniversary** milestone

and God’s Blessing and Provision for this home and ministry to senior adults. A steady tradition of growth resulted in developing today’s 38-acre community with its duplex living, Haven apartments and studios, supportive care, and nursing care over the first three decades. Since then, we have been able to focus on renovations of space, additions with wonderful amenities providing new destinations on campus, as well as updates to equipment and technology for resident and staff safety and convenience. We will be excited to share reflections on this **50th Anniversary** milestone and the anticipation of God’s continued direction for *Fairhaven*’s future.



Rolling Meadow Lane



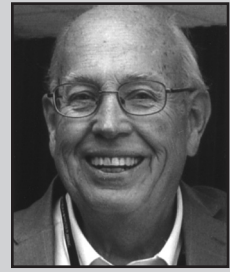
Flowers and plantings add to our walkways.

Spring & Summer Activities

Fairhaven residents both Fairlaner Duplexes and Main Building Haven are active and enjoy many programs and special events that occur almost every day. Look at Page 6 to see the wide variety of activities offered.

Development Department Update

Helping to fund the future of *Fairhaven* is my privilege and opportunity. Challenging people to give generously to God’s work is my objective. Generosity is one of the most over looked topics in Christian churches because talking about money makes people uncomfortable. But scripture is clear. How we use our possessions can have a lasting impact on our spiritual growth. We are all called to be stewards, not hoarders, of what is given to us - time, money and possessions - and to use these things to God’s glory. Asking for and giving money are natural processes and need not be viewed as something to be avoided.



a. *People give money because they want to.* This concept is basic. Asking for money is not an act of begging. We are inviting willing cooperation.

b. *People don’t give unless they’re asked.* We cannot sit back and hope that because the ministry is known and liked that money will flow in. We have to ask.

c. *People give money to people.* They give to ministries for many different reasons but the most powerful motive underlying contributions is *to make a change for the good.*

d. *People give money to success not to distress.* Everyone likes a winner. Everyone wants to help a ministry that is achieving. Donors give to opportunities. They don’t give because the ministry needs some money. They give to ministries because they are meeting needs and touching lives.

Brian Ogne, FCRC Development Director

Partnering with *Fairhaven*

Stop in the Development Office or the Front Office and pick up a copy of each of four brochures detailing the many ways you can partner with *Fairhaven* to keep it vital and growing.

- Gifts of Love
- Endowment Fund
- *Fairhaven* Legacy
- Capital Gifts

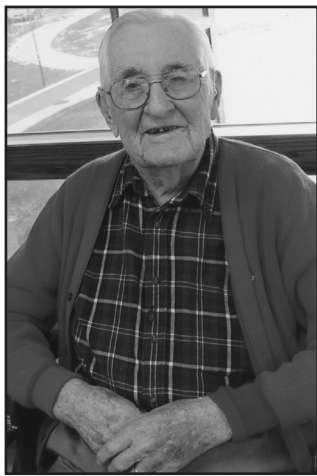


Fairhaven Christian Retirement Center is a not-for-profit corporation governed by a Board of Directors. Guided by a licensed Executive Director and a very capable administrative team, its highly trained and dedicated staff offers each resident the finest in retirement living and nursing care. *Fairhaven*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

Mission Statement: *Fairhaven Christian Retirement Center*’s mission is to provide a comfortable lifestyle and exceptional care which enhances quality of life in a manner that glorifies God.

The Story of Leo Pavlik

(as interviewed on Veteran's Day November 11, 2016)



One cannot help but be drawn to Leo Pavlik's smile, straight posture, and the obvious love and care of his wife, Julie, ...nor not be fascinated by his story.

Verdel, a Spanish derivative of Verde or green was located in Knox County the northeast corner of Nebraska. Population in the 1920's was increased from 161 by one when Leo was born October 31, 1920, number one child of 10, son of Rudolph and Tilley Pavlik, farmers. (As of the last census in 2010, population was 30.) "I was a Trick or Treat for my parents" he said with a grin. Leo did not have the desire to farm after graduating from high school during the depression, so he left for the Civil Conservation Corps (known as the C.C.C.) for two years. He was able to have \$8.00 per month of the money he earned with the balance sent to his parents.

Enlisting in the Army, training was completed for the Medical Corps in Colorado. From there he was transferred to Camp Grant here in Rockford, serving three years, training other medics. As life in the Army camps go, there were dances held with local ladies and this is where Leo met Julie,

the friend of the girl he was dating. He knew right from the start she was "the one." "She was quite the beauty," he said with a twinkle in his eye. They dated two years and married before he left for the European Theatre. "Julie worked for National Lock and stayed with 'her wonderful parents'," Leo said, "until I returned from the war. We lived with them for a while, too, after I returned."

Recalling some of his most outstanding memories as 1st Sgt. in the European Theatre, he told a few to remember. One memory being one of thousands bounding from "the Jaws of Death" landing crafts on Omaha Beachhead, Normandy, on D Day, the beginning of the end. (It is a marvel how he lived to tell of this story.) In another battle, when he tried to reach some of his injured men, there was a hand grenade on the ground right in front of him. Grabbing it, he pulled the pin and threw it into the German bunker window. ("During war, you do things automatically that would not be done otherwise"). He also fought in the Battle of the Bulge, Ardennes Counter offensive... as the Allies called it. The most casualties were lost in that surprise battle.



As described in an article from the World War II Combat Medic website, (not Leo's words,) "In combat, Medics were loved, respected and admired. The main objective of the medic was to get the wounded away from the front lines. Many times this involved the medic climbing out from the protection of his foxhole during shelling or into no-man's-land to help a fallen comrade. Once with the wounded soldier, the medic would do a brief examination, evaluate the wound, apply a tourniquet if necessary, sometimes inject a vial of morphine, clean up the wound as best as possible and sprinkle sulfa powder on the wound followed by a bandage. Then he would drag or carry the patient out of harm's way and to the rear. This was many times done under enemy fire or artillery shelling." Leo earned three Bronze Stars for heroism and bravery, but is very humble about them.

Leo spent 18 months in the European Theatre of Operation. After the war, while the soldiers waited to return to the States, French families took them in to live and "showed them a grand time around town." "I was with a wonderful family- they did not speak English, but the daughter did. I was lucky," he said. "We went to all the high class places." Promising to convert to Catechism, he continued his studies the best he could with the chaplain and had the special privilege of being baptized in Notre Dame Cathedral in Paris. If you have ever been in that grand cathedral, you would agree it would be an unforgettable inspiring event. Upon his return to Rockford, the priest in his church honored him by telling the parishioners of this happening. They applauded!

One of the most fascinating stories he recalled was the time in Paris when General Eisenhower reviewed his platoon. "The men were lined up and Eisenhower shook each soldier's hand asking, 'Soldier, if you would have something right now, what would that be?'" Working his way down to just two soldiers away from Leo, within hearing distance, the same question was asked. "Soldier, if you could have something right now, what would that be?" The soldier responded, "Sir, I would like a pair of shoes just like yours," at which time General Eisenhower bent over, unlaced his shoes and gave them to the soldier. "This is something I'll never forget."

Upon returning to the states in 1945, Leo worked for three years at Nelson Knitting. His foreman died suddenly from a heart attack, so Mr. Peterson and Mr. Slade gave Leo the job. "But, there are other men that have worked here longer than I have", Leo humbly replied. "Either you take it or leave it, Leo" and he worked as foreman for the next 32 years. "It was a good company with good benefits."

Meanwhile, Julie worked in a dress shop, designing and sewing her own clothing. "That was the most important thing that ever happened to me was getting married. She was the perfect wife." "I wouldn't do anything over differently. I did quite well without a college degree," Leo concluded. A great gift of His love was moving to *Fairhaven*, he told me. "I knew if anything happened to me, *Fairhaven* would always care for Julie."

What a privilege to have Leo and Julie be a part of our *Fairhaven* family.



Amazing Facts about the Human Body

Bob Hope once said, "Today my heart beat 103,369 times; my blood traveled 168 million miles; I breathed 23,400 times; I inhaled 438 cubic feet of air; I ate 3 pounds of food; I drank 2.9 pounds of liquid; and I perspired 1.43 pints; I generated 450 tons of energy; I spoke 4,800 words; I moved 750 major muscles; and I exercised 7 million brain cells. Gee, I'm just all tired out!

"Welcome" to the Welcome Inn!



Verse of the Day

"And yet, O Lord, you are our Father. We are the clay and You are the Potter. We are all formed by Your hand." Isaiah 64:8



Welcome! New Friends at *Fairhaven* September 16, 2016 - March 31, 2017

New Residents:		Duplex **	Haven *
Jean L. Glauert *	Maureen Hannon**	Duane & Carol Dixon **	
Laura Uptegrove *	James Dellorto **	Don & Angie Erickson *	
Elia Harper *	Clara Istad *	Carson & Shirley Gipson**	
Joan Lindquist *	Patricia Reynolds *	Orville Jonland *	
Jane Langill *	Faith Vargason *	Erling Reinertsen *	

Fairhaven Memorial Services are held quarterly to celebrate the lives of those "family members" who have passed away. They will be remembered with great fondness and will be missed.

Those who have passed away between September 2016 - March 2017.

Donald Springer	Alvin Shaver	Mary Ann Gill
Ervine Mauch	Imogene Arnold	Patricia Moore
Lilly Dahlstrom	Melicent Hanson	Charleen Nelson
William Midgett	Elenor Haukaas	Phyllis Anderson
Donald Lindholm	Bonnie Mandell	Dorothy Wallace
Stanley Chewning	Lola Becker	Joyce Holmberg
Arline Johnson	Vivan Levin	Lucille Crone
Dorothy Wales	Mary Ellen Andresen	Ruth Seiler
Ina Lee Parlee	Alice Sandberg	



An Amazing Journey

by Mary Kluck (daughter)

My mom, Joann Pearson, joined the *Fairhaven* family in March of 2008. It's hard to believe nine years have already flown by. Ever since our family walked through the doors, we've continued to have a sense of home, security, and a feeling of belonging to a family that cares for one another. During Mom's time at *Fairhaven*, she has experienced the benefits of the many levels of care from Independent to Supportive, and currently the Health Care Center. Every step of the way has been a meaningful and positive experience. Mom loves it here and we love it just as much as she does.

Some of my mom's hobbies include bingo, puzzles, visits from any of the pets, and her favorite is having a friend of the family stop by for a visit. We take her on outings to events and our homes for dinner, conversation and games. When we can't be here, *Fairhaven* is her family. On behalf of my mom and our family, we would like to thank *Fairhaven* for its loving care.



The Eight Foot Hand-Made Grandfather Chime Clock

by Orville Jonland

I am Orville Jonland, a full Norwegian by heritage. I just moved to *Fairhaven* one week ago and I am enjoying it.



My wife has Alzheimer's and is a resident at the Alpine Fireside Home. I am now disposing of my Rockford home and furnishings. However, I am donating my own hand made chime clock to *Fairhaven*.

I would like to tell you the story of this Grandfather Clock. I worked at the Clock Tower Inn as an instructor of antique clocks when the tourists came in. I found this book when I was serving in the mu-

seum and decided I would like to make my own Grandfather clock. The manager donated the book to me on how to make an 18th century clock. It needed to be hand made since it was not a kit. With my engineering experience and with the woodworking tools I have... and my love of working with wood, I thought I would take on this challenge. I needed a dial and finally found one in an antique shop. I examined the dial and it was 18th century, so I bought it, which gave me a head start in making that clock.

The clock I decided to build is a replica of the clock from the 1796 period, during the English Revolutionary War with America. The man that invented the clock, that I made, was from Lexington, MA. The original clock is in a museum in Lexington, MA. I bought the solid cherry wood, planed the pieces, and applied a finish like the one used on the original clock. My hobby has been to make fine antique furniture and making this clock was a wonderful experience. I started building the clock in 1989 and finished it 90 days later.

There was no room in my new apartment, here at *Fairhaven*, so I asked Tom Bleed if there was a prominent place here at *Fairhaven* to display the clock. He suggested putting it in the Sjostrom Lounge area. I come down and look at the clock daily to make sure it is working well, including looking at the weights to see if they need winding. It is a five/six day clock and keeps accurate time... you can set your watch by it.

Ecclesiastes 3:1-8

Verse 1: "There is a time for everything, and a season for every activity under Heaven".

Now read Ecclesiastes Verses 2-8... "A time to"....

Ray Treadway - 101st Birthday

by daughters, Connie, Carol, and Holly

Ray Treadway grew up in Rockford where he was a high school athlete. He lettered in track and ran in the state track meet. He

continued his love of sports by competing in triathlons and running marathons.

Ray taught Sunday School, in his early years, to



a group of young boys through their upper teens. One of the boys stayed in contact with Ray until 2016. Ray was an avid reader and loved to go to the Library. He was also a member of the YMCA where he ran and swam.

Ray's devotion to his wife, Marian, and his three daughters remains to this day. Ray is a blessing to his family and friends who have enjoyed his wit and humor. Stories others have shared with us over the years have been a blessing to hear.

Fellowship Gatherings

In March and April, 2017, Brian Ogne hosted bi-weekly gatherings in the Sjostrom Center, of 4-6 Fairlaner individuals and couples, for a one hour time of snacks, fellowship and getting-to-know-you. They learned interesting facts about each other and upcoming events at *Fairhaven*.



Ministers & Missionaries Fellowship

Retired members enjoy monthly meetings of fellowship and Bible study.

The Life Enrichment Program

Fairhaven Christian Retirement Center is designed to help our residents feel and be successful. Our desire is to provide our senior residents with opportunities to meet their spiritual, emotional, mental, and physical needs. Our goal is to give them hope, challenges and fellowship not only here at *Fairhaven* but as they reach out to serve ministries citywide and worldwide. Our programs and activities involve our residents in the Haven who live in independent, supportive care, and health care living. The heart of the ministry occurs in the Family Room where activities such as computers, crafts, puzzles, bowling tournaments, movies, and fellowship occur. Other programs such as Hollyberry, Christmas Smorgasbords, Choir and Bell programs during Easter, Thanksgiving, Christmas and July 4th services.” Summer in January” along with the Ladies Tea, Bible Studies and Hymn Sing all provide a rich and beneficial ministry. Around this article you can enjoy some of the pictures from the above listed activities.

Tina Harper, Life Enrichment Coordinator, Independent Living & Supportive Care

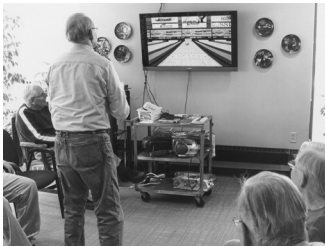
Katie Martin, Life Enrichment Coordinator, Health Center



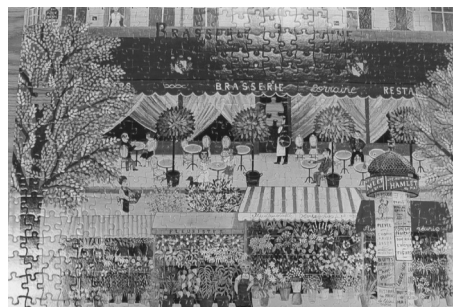
Bingo



Movies



Bowling



Puzzles



Music, Chapel, Choir



Harbor East Treats



Birthdays



In Summary

As *Fairhaven Christian Retirement Center* continues to grow . . . we need prayer and financial SUPPORT . . . to carry on the VISION, FAITH, and COMMITMENT of this ministry.