ISSUE #10 FALL 2024

THE NORTH SPOKANE SENIOR TIMES











Featuring the Kari's Kritterz Petting Zoo!

Meet the whole menagerie of permanent residents:

mini horses, goats, pigs, bunnies, guinea pigs, and a mix of seasonal visitors which can be baby goats, baby lamb, calf, chicken chicks.





Fairwood Retirement Village tours available Monday- Friday by appointment. Call 509.467.2365 or email sheila@fairwoodretirement.com







THE NORTH SPOKANE SENIOR TIMES









Tours Available By Appointment

Fairwood Retirement Village 312 W. Hastings Rd. Spokane, WA 99218



509-467-2365

Independent Living

509-468-0457 Assisted Living and Memory Care Business Hours: Monday - Friday: 9AM to 4:30PM sheila@fairwoodretirement.com

> Follow Us On facebook





To the Heroes Next Door Who Keep Showing Up!

We would like to extend our heartfelt gratitude to Spokane County Fire District 9 for joining us at our special fire safety picnic. Your presence and the valuable information you provided about your daily operations and the care you offer our community were incredibly enlightening. We learned crucial safety tips and felt reassured knowing that, just as generations of seniors have called Fairwood Retirement Village home, generations of firefighters have tirelessly served our community and neighborhood.

We hope to make this event an annual tradition, welcoming you each year to share a picnic and educate us on how we can work together to stay safe and support your vital work. There are no words to fully express our thanks to the emergency responders and firefighters who have consistently answered our calls over the past 37 years. You are our heroes, and we are profoundly grateful for your dedication and service!





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Celebrating Our S.C.O.P.E. Volunteers

At Fairwood Retirement Village, we are proud to recognize the invaluable contributions of S.C.O.P.E. (Sheriff's Community Oriented Policing Effort) volunteers within our community. S.C.O.P.E. is dedicated to enhancing public safety by fostering partnerships between law enforcement and citizens. Their mission is to provide a safe living environment, increase community awareness, and promote public safety through citizen involvement.

We are delighted to share that four of our residents actively volunteer with S.C.O.P.E., supporting the Spokane County Sheriff's Office. Their dedication not only strengthens our community's safety but also brings a sense of purpose and fulfillment to their lives. We are incredibly proud of their efforts and thankful for their commitment to making a difference.

S.C.O.P.E. volunteers play a crucial role in addressing public safety issues and organizing neighborhood groups. By working together, they help prevent crime and foster a spirit of community collaboration. We applaud S.C.O.P.E. for their unwavering dedication and the positive impact they have on our community.



Shields Transition Services is a full-service Packing, Moving, and House Cleaning. We specialize in serving older adults and their families in their moving and transition process.

Our compassionate Transition Team includes trained & serving off-duty firefighters who believe in serving and protecting their clients and their belongings through the entire process.







May 13, 2021

A week ago my parents moved from their home of 53 years to an assisted living facility. The facility was contracted with Shields Transition Services to move current residents into the new building and highly recommended Shields Transition Services when I asked about moving company options. They were fantastic! Responsive, fairly priced, reliable and very careful with my parents many precious antiques. They treated my parents with great respect and care. Everything was moved without issue. My parents had a massive oak door mounted to their bedroom wall as a headboard which was a real bear to take down and even more difficult to mount again in their new unit. The crew did a great job without complaint. Follow-up after the move was wonderful as well. Many of the moving crew are off-duty firefighters or those in training to be firefighters. I highly recommend Shields Transition Services.

Shields Transition Services

(509) 315-4256 "Shielding You & Your Treasures" Firefighter Owned and Managed









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THE NORTH **SPOKANE SENIOR** TIMES





REGISTER AT ALZWA.ORG/WALK

Fairwood Retirement Village and Assisted Living Joins the Fight Against Alzheimer's

Fairwood Retirement Village and Assisted Living is proud to announce our participation in the Alzheimer's Association Walk to End Alzheimer's. This event, held annually in more than 600 communities nationwide, is the world's largest fundraiser for Alzheimer's care, support, and research. The walk calls on participants of all ages and abilities to join the fight against this devastating disease.

Since 1989, the Alzheimer's Association has mobilized millions of Americans through the Alzheimer's Association Memory Walk[®]. Today, the tradition continues with the Walk to End Alzheimer's, leading the way in raising funds and awareness.

Why We Walk

At Fairwood, we understand the impact Alzheimer's has on individuals and families. We walk for those who have the disease, for their loved ones, and for the dedicated caregivers who support them every day. We also walk for those who cannot, ensuring their struggles are not forgotten and their voices are heard. This walk is more than a fundraiser; it is a movement to make services and support available to those who need them most, regardless of the type of dementia they face.

Fairwood Retirement Village and Assisted Living knows firsthand the challenges of dementia. We have hundreds of seniors in our community affected by Alzheimer's and other forms of dementia. By participating in the Walk to End Alzheimer's, we aim to support these individuals and work towards a future where there is finally a cure.

How to Participate in 3 Easy Steps:

- Register for your local Walk.
- Start or join a team and invite others to walk with you.

2. Fundraise:

- Start fundraising and spread the word. 0
- We provide tips and coaching every step of the way, including easy ways to recruit others and raise funds.
- 3. Walk Day:
 - \circ Join us on Walk day.
 - Come together for an inspiring community event that celebrates our commitment to ending the disease.

There is no fee to register for the Walk, but all participants are encouraged to raise critical funds. These funds enable the Alzheimer's Association to provide 24/7 care and support, advance research towards prevention, treatment, and ultimately, a cure.

Join Fairwood Retirement Village and Assisted Living in making a difference. Together, we can end Alzheimer's. For more information or to join our team, please contact Sheila Fritts at 509-467-2365 or sheila@fairwoodretirement.com.

Let's walk together for a brighter future!







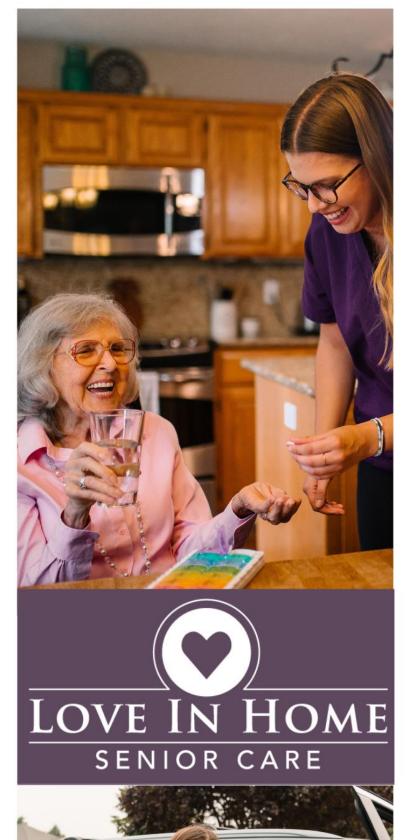
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A LITTLE HELP GOES A LONG WAY.

At Love In Home Senior Care, our mission is to enhance the quality of life for our beloved seniors. Our dedicated caregivers provide personalized assistance, ensuring your loved ones receive the best care possible to maintain their independence and continue the lifestyle they choose!

Some of Our Services Include:

- Shopping & Transportation
- Bathing & Dressing Assistance
- Meal Preparation and Assistance
- Light Housekeeping



- Laundry & Dry Cleaning Assistance
- Dog Walking & Litter Box Clean up
- Medication Assistance & Reminders
- Long Term Care Insurance Advocacy Program



Call Leslie at (509) 499-9957 for your FREE Consultation! www.loveinhomeseniorcare.com







At Hastings Rd and Division at the Wandermere Mall

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THE FOLOWING EVENTS ARE OPEN TO THE PUBLIC BY RSVP Call 509.467.2376 to sign up!

August

16th 11am-1pm Cheeseburger in Paradise Party Building #10 Garden Mall Independent Living

NO RSVP NEEDED

22nd 12pm-1:30pm Downsizing Workshop Building #10 Dining Room Independent Living

29th 12pm-3pm Life Lease Seminar and Group Tour Building #10 Dining Room Independent Living

September

12th 12pm-3pm Life Lease Seminar and Group Tour Building #10 Dining Room Independent Living

14th 1pm-6 PM Wandermere Block Party- Wandermere Mall Parking Lot NO RSVP NEEDED

24th Fairwood Farmers Market Senior Day Fairwood Shopping Center Parking Lot NO RSVP NEEDED

26th 12pm-3pm Life Lease Seminar and Group Tour Building #10 Dining Room Independent Living

October

3rd 12pm-2pm Alzheimers and Dementia Workshop with Riley Knutsen Building #10 Dining Room Independent Living

17th 12pm-3pm Life Lease Seminar and Group Tour Building #10 Dining Room Independent Living









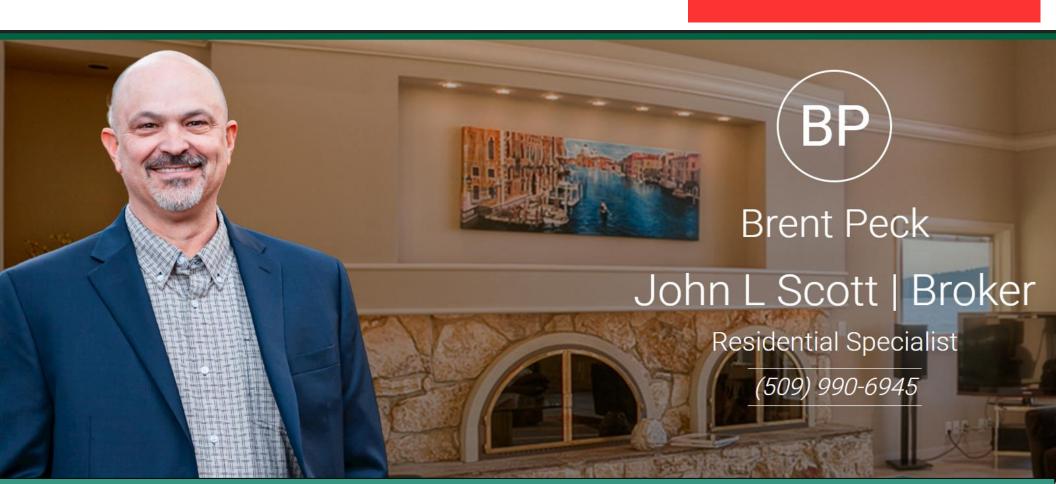


At Hastings Rd and Division

at the Wandermere Mall

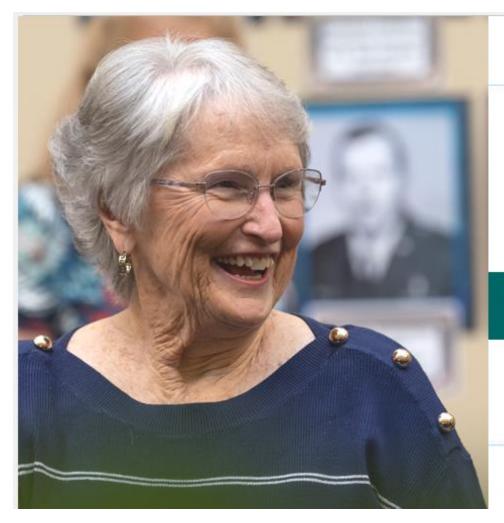
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The real estate market is hyperlocal. It's not about what homes are selling for on average nationally or even across the state; it's about what is happening in your neighborhood.

I am your local expert and can provide up-to-date information on home values, strategies for buying or selling, and market trends. I have chosen to partner with John L. Scott in part because they are an industry leader that is continually recognized nationally.



Independent Living

Assisted Living • Memory Care Watch our guided video tour at www.fairwoodretirement.com

call 509.467.2365 for tours and pricing

ENJOY YOUR RETIREMENT!



Retirement Village & Assisted Living

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