

# THE NORTH SPOKANE SENIOR TIMES



## Hallways of Heart and Home: Where Art, Stories, and Community Shine at Fairwood

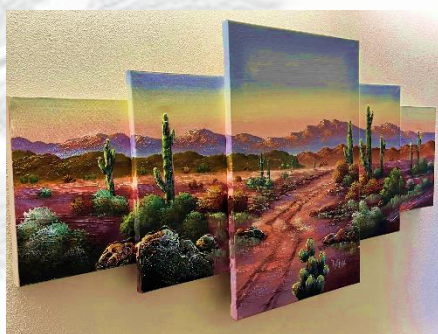


At Fairwood Retirement Village, our hallways and common areas transform into galleries of creativity and care, reflecting the heart of our community. As the holidays approach, these spaces grow even more vibrant with festive decorations, capturing the joy of the season while maintaining clear, accessible pathways for residents and emergency services. Our hallways are more than walkways—they're living stories. Adorned with quilts, needlework, paintings, and heirloom treasures, many created or donated by residents past and present, they celebrate creativity and history. To maintain a cohesive and welcoming environment, residents are encouraged to work closely with our decorator to ensure their contributions align with our community decor guidelines, balancing personal expression with shared spaces.

Residents can personalize the space near their homes with decorations that reflect their memories and personality. Larger displays or collections intended for shared areas should always be coordinated with our decorator, who helps incorporate these treasures into our decor in a way that complements the overall aesthetic and ensures safety and accessibility. For example, resident Odette Rubright was thrilled to discover her late father's paintings displayed in our halls. Collected during his travels, these pieces remind her of his legacy. Art is more than just decoration—it's a source of well-being. Studies show that creating and enjoying art reduces stress, boosts mood, and fosters social connections. For our residents, it also offers a sense of purpose and accomplishment.

As winter settles in, our interconnected hallways offer a safe, cozy retreat from the cold. Residents can enjoy the beauty of the artwork, socialize with neighbors, and stay active indoors, knowing that all displays are thoughtfully curated to enhance the community experience.

We invite you to visit and experience the joy, creativity, and sense of family that fill our halls. At Fairwood, every wall has a story, and every season brings new chapters to life—all made possible by collaboration and care for one another.





## Find our article in Trending Northwest Magazine!

### Seniors and Social Media: Building Connections Across Generations

Social media has become a vital tool for fostering connection, and seniors are increasingly discovering its benefits. Platforms like Facebook offer opportunities to stay in touch with family, reconnect with friends, and engage with the broader community. For seniors, these digital spaces provide more than entertainment—they combat isolation, encourage learning, and foster personal growth.

Despite its potential, social media can feel daunting to those unfamiliar with it. Concerns about privacy, security, or technology skills often hold seniors back. However, with supportive guidance from family, friends, and community groups, seniors can navigate these platforms confidently and safely. Simple steps like adjusting privacy settings, following trusted accounts, and starting with one platform make the process easier.

Social media also strengthens intergenerational bonds. Younger family members can teach seniors about trends and technology, while seniors share their experiences and stories, enriching these interactions. Beyond personal connections, seniors can use social media to explore hobbies, join virtual classes, and participate in community events.

Ultimately, social media empowers seniors to stay connected, learn, and grow. By embracing technology together, families and communities can create a vibrant online world where seniors feel valued and included, enhancing their lives and enriching ours.

## 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

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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](http://www.loveinhomeseniorcare.com)

## A Few Perks of Independent Living!

### *Simplify Your Life!*

Fairwood Retirement Village offers you...

### We will move you!

We hire professional movers who will complete your move. We contract our movers of choice, and this usually covers the entire cost of the move into our community.

### Transition Coordination

Real Estate/Estate Sale/Elder Law/Packing and Storage/Lender/Transition Service Referral Resources

### Home Care Agency Resources

If you need additional in-home care, we are happy to provide resources upon request. There are agencies who have special rates for our community, which means savings for you!

*We look forward to your residency*



**SHIELDS TRANSITION  
SERVICES**



**Judy P.**  
Airway Heights, WA  
@ 0 + 5

★★★★★ Sep 24, 2022

I have only talked to them on the phone about an upcoming move. I was very pleased with everything they told me. All the retirement homes I had looked at recommend them. I am very anxious to move and I definitely am going to request their help. They even told me they will hang my pictures up for me after the move. I will do anything to help the firefighters.



## Shields Transition Services

(509) 315-4256

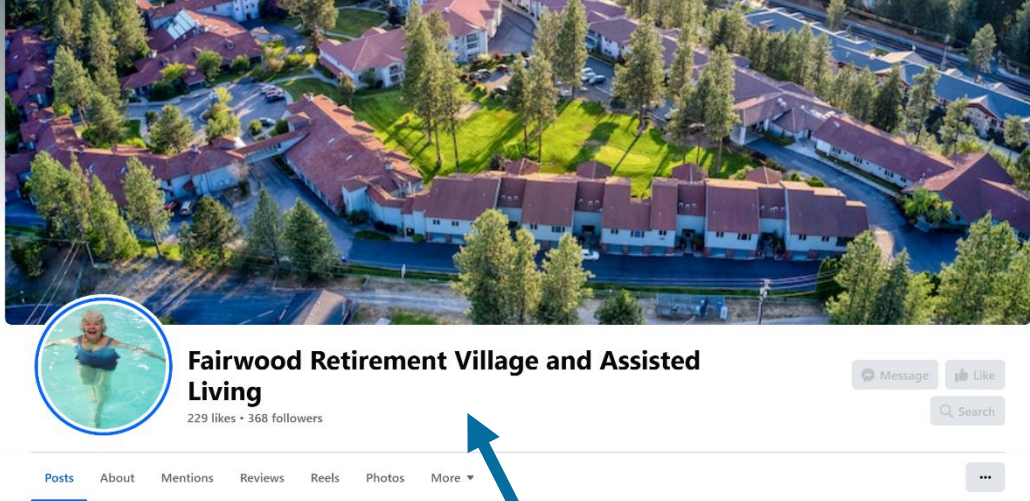
*"Shielding You & Your Treasures"*

*Firefighter Owned and Managed*



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Find Us Online...

at [fairwoodretirement.com](http://fairwoodretirement.com)



### OUR EXPERT TEAM

## Contact our friendly retirement professionals



**Sheila Fritts**

Marketing Director  
Independent Living  
509-467-2365



**Riley Knutson**

Administrator  
Assisted Living and Memory Care  
509-468-0457



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### Well kept ground!

We have now lived at Fairwood Retirement Village for over four years. We left a very nice home with well-kept house and grounds. It required considerable work, work which we enjoyed. However, it is now enjoyable to have our home and grounds well kept by maintenance employees; employees who are friendly and responsive to any problems we may have.

- Resident, Mr. & Mrs. Hanson



### Organized

On behalf of my mother who was a resident at Fairwood Retirement Village, we would like to highly recommend this community to others. The accommodations were comfortable, the staff very friendly and helpful, and the food in the dining room was well prepared and delicious. The activities are plentiful and well organized.

- Daughter of a former resident, Mrs. Shaw



### Loving the care free life!

I love living this care free life where all I have to do when something malfunctions is notify "Maintenance", and before I know it, someone is here to fix the problem.

- Resident, N. Trauger



### Convenient!

We are very happy we chose Fairwood Retirement Village as our place to retire. Physicians, dentists, vision specialists and shopping are not far away. We love our condo and have met so many nice, friendly people through the activities and trips Fairwood provides.

- Residents, Larry and Bonnie





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## Our Wait List is Growing!



# Call 509.467.2365

[sheila@fairwoodretirement.com](mailto:sheila@fairwoodretirement.com)

Video Tour available online at [www.fairwoodretirement.com](http://www.fairwoodretirement.com)

Move to a safe, beautiful setting on Spokane's North Side!

