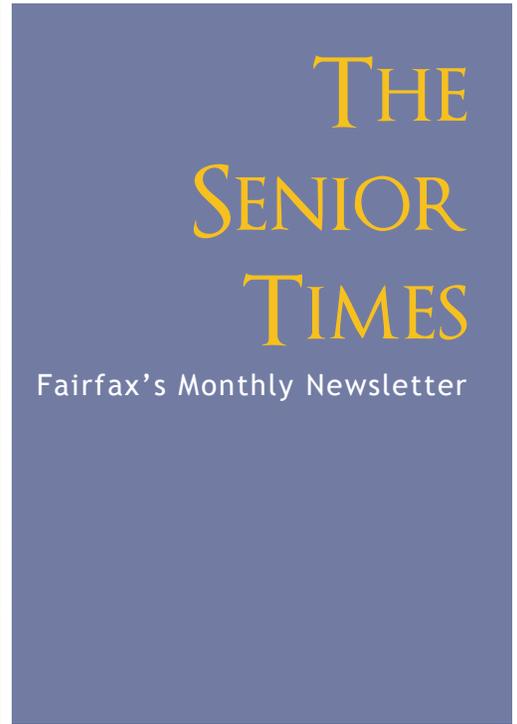




CONNECTING OUR RESIDENTS, THEIR FAMILIES, AND THE COMMUNITY



IN THIS ISSUE

# Celebrating Fairfax's Fathers

June 15, 2014 Fairfax had the honor and privilege of celebrating all fathers communitywide. This annual celebration took on a different twist from previous years as we moved our event outdoors.

Taking into account that most men enjoy a relaxing time at home, our staff extended the warmth and comfort of home to this year's celebration. We moved to a picnic theme and opened our courtyard to residents, staff, family, and friends. Our guests were given the option to dine indoors as well, to escape the heat of the day.

In addition to hosting the event outdoors, Fairfax Place invited the Herbert Wilborn Jr. Ensemble to play jazz for our residents and guests. Their melodic tunes flowed through the courtyard.

Numerous families enjoyed the opportunity to dine and spend time with their loved ones. We always encourage family members to join us as we host these dinners. They are designed to meet the needs of our residents and families so that an enjoyable meal doesn't have to be a difficult journey.

Please keep your loved ones and Fairfax in mind on Easter, Mother's Day, and Father's Day as we celebrate these holidays as a Fairfax family.

The time you spend with our residents here at Fairfax is invaluable to their well-being. We encourage you and your family to visit Fairfax as often as you'd like to keep the spirits up of our cherished residents.



Family Night 2014



In & Around Fairfax Place

## Family Night 2014

Thursday, June 12, 2014 marked Fairfax's second annual Family Night. We had the esteemed honor of welcoming and informing our residents' families about updates in our industry, what's going on in our facility, and things happening in our community.

The meeting opened up with our President, Melvin G. Pye Jr. warmly greeting and welcoming everyone back to Fairfax Place. Our Director of Admissions, Francine Bradshaw, shared a few pressing topics. The first was our activities department. Though it is difficult for families to see and be involved in all that we do, it is our desire to keep everyone informed about the lives, health care, and activities of our residents. Some highlights of this spring's activity department included gardening, Tops Band, our monthly trips to PNC's Community day, and a trip downtown

for a citywide Senior Day.

We desire to keep our residents as active as possible in the community and in Fairfax Place. Some activities we do require more "hands on" assistance that is often times difficult to provide without your help. Family volunteers and helpers can make our activities all the more fun and enjoyable for the residents. We encourage all family members to visit as often as possible.

As it relates to care our Unit Manager, Gladys Nobles presented on myths about DNR (Do Not Resuscitate), which provided a smooth transition into Deborah Lewis presenting on Hospice Care.

The Fairfax Family would like to extend a warm thank you to all of those who came out and made this



day a great success. We hope to see those who could not attend at our next Family Night.

### HOSPICE CARE

For more information about Hospice Care through McGregor Pace please visit [www.mcgregoramasa.org](http://www.mcgregoramasa.org)



All aboard for the Fairfax Business Association's 2nd Annual Neighborhood Bus Tour. The second annual tour included some of Fairfax's businesses and new places in Cleveland.

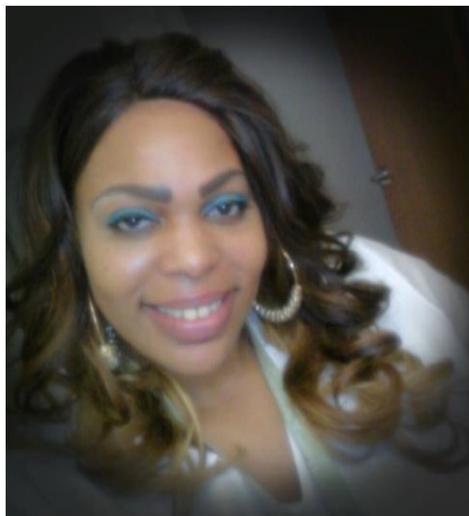
One of our very own, here at Fairfax Place, Ms. Sara Curry participated in the Fairfax Business Association's

## Neighborhood Bus Tour

Neighborhood Bus Tour. While on the tour, Curry and other tourists learned of the history of notable and established landmarks around Cleveland, such as Shaker Square's Farmers Market, the Art Museum, Antioch Baptist Church, the new Lancer's, Play House Square, and several of Fairfax neighborhood businesses. We thank and acknowledge Sara Curry and her family for representing Fairfax Place at this wonderful occasion.

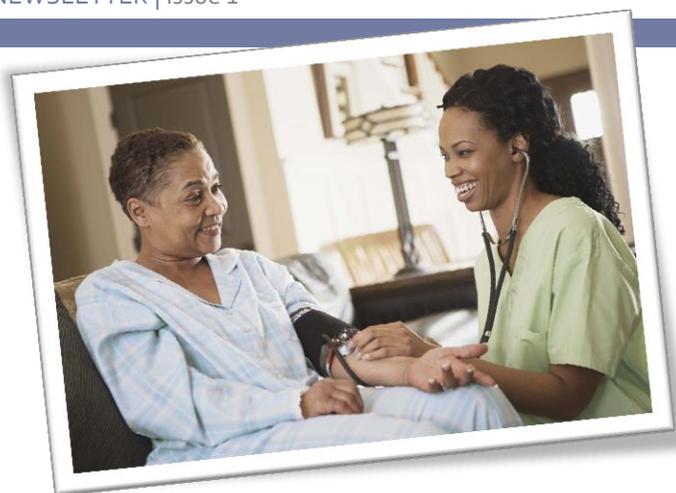


## EMPLOYEE SPOTLIGHT



### Camilya Williams, LPN

- October 2014 makes two years @ FP
- Mother of two (Nine-year-old daughter and dog)
- Attended Detroit High School for the Performing Arts
- Lives in the Mt. Pleasant neighborhood
- Writes poetry
- Knows sign language
- In her spare time she enjoys going to see plays, gardening, and cooking for her family
- Her favorite thing about working at Fairfax Place is that it is a Black-owned facility.



## Tips for Healthy Living

Wellness and living a healthy lifestyle are important for everyone at any stage in life, even if there are a few more gray hairs. As we grow older the need for a healthy lifestyle is just as important as when we were younger, in fact, there are some simple things we can do to combat the different physical and mental changes our bodies experience as we age.

Did you know that you're never too old to participate in moderate physical exercise? Regular physical activity, even something as simple as walking everyday can help reduce your risk of falling and fracturing bones. Paired with regular physical exercise, diet and nutrition are essential to maintaining wellness.

It is suggested you pay attention to portions and to FDA nutritional labels printed on food packaging. Maintaining a healthy weight can help you remain youthful beyond the years.

A major issue we experience as we enter our golden years is the loss of memory. Memory loss can be frustrating, but don't get over concerned with a little memory loss. Keeping your mind active, by constant learning and stimulation will help keep your mind youthful.

The final tip for living a healthy lifestyle into the later years of life is weight lifting. While you may not see yourself as a body builder, lifting weights can actually combat arthritis, restore balance, strengthen bones, and help you maintain a healthy weight. Applying these healthy tips can help you live life to the fullest no matter your age.

### 1. Fill up on vegetables

Vegetables are a low calorie/high volume food. This means you can eat a lot of vegetables without consuming a lot of unwanted calories and you will feel full because they take up a lot of room in your stomach. When eating vegetables, avoid adding sauces and oil, which will add more total calories to your meal. Aim for fresh or steamed vegetables when possible.

### 2. Take it easy on the fruit

While fruit is a great source of fiber and natural sugar, some people tend to go overboard and eat too much. In turn, this keeps sugar and carbohydrate intake sky high. Rather than ditching fruit all together, try pairing one piece of fruit with almond butter, nuts or a source of lean protein.

### **3. Be wary of nutrition/protein bars**

While the marketing on most of these products claim these bars are the healthy alternative, most of these bars are high in fat, carbohydrates and artificial preservatives. Some of these health bars also pack a similar nutritional punch as a traditional candy bar. Do not allow yourself to be fooled! Read the label and check out what is really going into these products before you snack on them daily.

### **4. Up the protein**

If you feel like you are constantly hungry, try adding a bit more protein to your meals. When ordering a dinner salad, order a serving of lean protein to be placed on top to help you fill up and stay full. Also try eating the protein portion of your meals before having the side items which are usually higher in carbohydrates and fat.

### **5. Drink more water**

Water aids your body in digestion and keeps your skin looking youthful and hydrated. On days where you are training or outdoors for a period of time, be sure to consume extra water. Drinking 12 ounces of water before your meal will also fill up your stomach and may prevent you from overeating.