

On Our Friendly Campus

A VibrantLiving Community continued from page 1

in a town that values its seniors the way Downers Grove does.”

As a Continuing Care Retirement Community (CCRC), Fairview offers a diverse range of senior living choices that include residential living, assisted living, 24-hour skilled nursing, memory support care, and comprehensive rehabilitation. Located on 40 tree-lined acres in Downers Grove, this senior living community offers a strong sense of neighborhood within a neighborhood. Olson emphasized that life at Fairview will always embrace three main components — faith, family, and service.



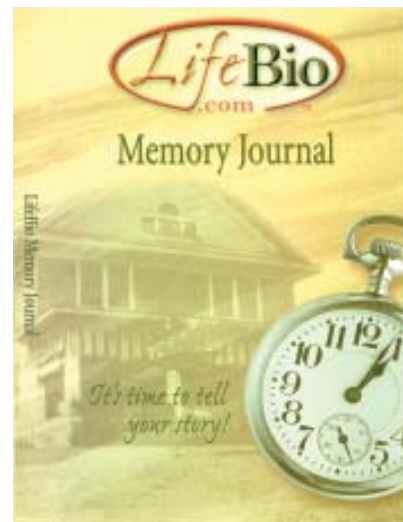
VibrantLiving
Communities & Services

As part of the name change, the logo also gets a facelift with fresh colors and a new design. In addition, new signage and marketing materials will help support Fairview's updated look. When a place like Fairview refreshes its look, it provides yet another opportunity to renew and strengthen its faith-based principles. From core values and mission statement to other corporate beacons for operating a business, these high standards enable staff and residents alike to feel reassured that Fairview truly is a **VIBRANT** place to be.

LifeBio —
preserving memories for
generations to come.

A Great Gift To Your Family: Preserve Your Legacy

Some people believe that resonating deep down inside every one of us is a book that's waiting to be written. Now, Fairview residents as well as non-residents can share and preserve their life story for generations to come through the innovative LifeBio program recently implemented at Fairview and some of its sister communities.



The stories they've meant to tell become a reality in a variety of easy ways with help from the computer. Using the interview questions supplied by LifeBio, participants can learn how to record their stories onto an audio CD, fill out a memory journal, or use the tools on the LifeBio.com website to generate a ready-to-print Legacy Book. They can answer as many of the interview questions as they'd like to create either a short or long version of their life story. Photos and personal documents can also be incorporated for a finishing touch.

All of us are a repository of memories and experiences of

times gone by and people no longer with us. A first prom, first job, or first date is a cherished memory that deserves to be shared with family. What life was like during World War II, how families struggled during the Great Depression, a significant spiritual experience, driving vacations the family took in a Rambler — these are the impetus for great tales that families enjoy hearing about again and again. LifeBio helps people see the BIG picture by assisting them in reviewing the past while also looking toward the future.

“When I was your age...”

For centuries, elders in tribal communities were the keepers of wisdom through an oral tradition of sharing. Their stories explained life's lessons, demonstrated how to survive in difficult times, and offered hope to the younger generation. LifeBio does that and more by taking that time-tested method of story-telling and combining it with the technology of today, resulting in a lasting keepsake legacy.

From a psychological standpoint, recalling and sharing life stories are powerful activities. Studies show that these activities can lower depression, exercise the brain, improve social interaction, increase a sense of purpose, and engage those with memory loss. Life stories also create new conversations and strengthen bonds between families and others in their lives.

LifeBio offers individuals and their families the chance of a lifetime — to never be forgotten and by preserving those memories for generations to come.

Reaching Out To Our Community

Revolutionary Pain Treatment Arrives At Fairview

Chronic pain is often cited as the most expensive health problem in the U.S. Estimated annual costs, including direct medical expenses, lost income, lost productivity, compensation payments, and legal charges hover close to \$50 billion. Studies show that up to 50% of older adults report significant pain problems with that number rising as high as 80% in the skilled care population.

Although national pain statistics are daunting, new, drug-free pain management programs at the Fairview campus show exciting results for residents. Fairview's Wellness and Rehabilitation department is expanding upon its already wide variety of programs to include pain as a critical symptom to address.

Rehabilitation at Fairview is comprehensive and includes physical and occupational therapies overseen by Dr. Sheila Khanna, a physical medicine and rehabilitation specialist with Physical Medicine Associates based in Naperville, IL. By decreasing pain for Fairview residents, they can embrace a higher quality of life with increased independence and better mobility.



“Pain management is an especially important symptom to treat for improved quality of life,” explained Christine Irvine, Wellness and Rehabilitation Director. “Many times older adults erroneously believe that pain is simply part of getting older and that's just not the case. There are so many treatment options now available that can either reduce or eliminate pain entirely. We are excited to offer our residents programs that deliver positive results after only a few sessions.”

The conservative treatment programs at Fairview were developed specifically for the complex needs of older adults, using non-invasive, medication-free therapies that include pulsed shortwave diathermy, ultrasound, and electrical stimulation. Utilizing proven therapeutic equipment, these therapies have been used effectively with the aging population for a decade and with athletes — Olympians and professional — for over 20 years.

Specific treatment programs currently in place at Fairview address:

- Numbness and tingling in extremities
- Painful burning feet
- Rheumatoid and Osteoarthritis
- Joint replacement
- Stroke recovery

By the end of summer 2007, three additional pain management programs will be in place for treating urinary incontinence, fall prevention, and slow healing wounds.

Call 630-769-6200 for more information.

**Want to see for yourself what LIFE at Fairview is all about?
Call 630-769-6106 and we'll arrange a complimentary lunch and tour.**



Save the Date

“A Taste of Fairview”

Saturday, October 13, 2007 • 11AM – 2PM

200 Village Drive, Downers Grove

Attendance Grand Prizes



200 Village Drive
Downers Grove, IL 60516

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*Commitment to Faith,
Family, and Service*

Calendar of Classes

Classes – College of DuPage

Life & Poetry of Emily Dickenson

September 21 – December 14
9–11:20AM

Fairview Village – Great Hall
Instructor Eaton

Mixed Media – Drawing & Painting

September 10 – November 12
Mondays: 9AM – 12PM; or, 1PM – 4PM
Fairview Village — Sabel Studio
Instructor Malm

Register at Fairview Village Apartment
Reception Desk in early September



Call us today to arrange a tour &
complimentary lunch:

Fairview Village Apartments & Townhomes:
630-769-6106

Välkommen Place Assisted Living: 630-769-1653

Community Event Calendar

Downers Grove Camera Club

October through May
1st and 3rd Tuesday of each month – 7:30PM
Fairview Village — Great Hall
630-897-2894

Salt Creek Civil War Round Table

1st Friday of each month beginning in
September — 8PM
Fairview Village — Great Hall
www.saltcreekcwrt.org

Senior Suburban Orchestra – rehearsal

1st Tuesday of each week after Labor Day
Fairview Village — Great Hall
630-986-5801

SAVE THE DATE: Fairview Bazaar –
Saturday, November 10, 2007

“Serving Seniors for 100+ years”

www.LifeAtFairview.com

A Newsletter
Focused On
Enhancing
The Well-Being
Of Seniors

views

Fairview – A VibrantLiving Community Unveils Its New Look And New Name

Fairview — a VibrantLiving Community — proudly announces its new name and updated logo. The new look and polished corporate image do not compromise Fairview’s steadfast commitment and passion to continue serving older adults. What’s especially exciting is that this change helps pave the way for Fairview’s mission to grow VibrantLiving communities in other parts of the U.S., such as Seattle, WA, and Rockford, IL, and to connect with communities through other service venues.

Introducing a new look and new name are important avenues for conveying the sense of who Fairview is. It helps usher in a fresh way to share the Fairview experience of vibrancy where senior adults can connect with a vital, Christ-honoring, spirit-nurturing, and meaningful life. Whether this is through the PEP program (People Energized through Purpose), the hallmark cornerstone of the Fairview community, or in other ways, a new look and new name can offer renewal on many levels

“The words vibrancy and vibrant living completely capture the full and meaningful life Fairview offers in Downers Grove,” explained Richard W. Olson, President/CEO of VibrantLiving Communities & Services. “The term ‘VibrantLiving Community’ means so much more than the name Fairview alone, which is really just a residential street in Downers Grove. It will help the organization become more visually anchored and recognizable as it develops its senior living communities in other parts of the country.

So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith. — Galatians 6:9–10

“The term ‘VibrantLiving Community’ assures people that this is not just a place where they come to live — **it’s an experience in living,**” noted Olson. “We offer exciting opportunities for purposeful living and ways to stay connected with others. In addition, Downers Grove is a wonderful place to live with exceptional support from the mayor and others in the community. We’re lucky to be

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“The words vibrancy and vibrant living completely capture the full and meaningful life Fairview offers . . .”



Fairview
A VibrantLiving Community

Purposeful living is what LIFE at Fairview is all about.