
FAITH HAVEN OFFICE NEWS

May 2022

 Faith Haven is a smoke free complex.

The President's Corner

Winter Fatigue

I'm sitting in front of my computer and my mind is in a fog as to what to write about this month. I think winter has been too long, too cold with too much snow and I have made falling an Olympic sport this year. So, by the beginning of March, we are all looking for those first signs that spring is just around the corner and then we get another snowstorm which dashes all our hopes of that early spring thaw. It's as if winter is angry at us and stomps out of the room and then comes back in and say's "and another thing".

I even planted tomatoes and lettuce in my house this year to remind winter that the planting season in Duluth is short on a good year and if it doesn't leave soon all we are going to be able to grow this year is lettuce and radishes.

I have run out of windshield washer fluid, almost washed the paint off my car because of all the dirt and salt and had to change my windshield wipers... all three of them.

I guess if there is a bright side to this long winter it would have to be that I love hot apple cider, hot chocolate and the smell of goodies baking on cold winter days.

Also, there are no mosquitoes yet!!

Kathy Gannucci-Resberg
President -Faith Haven
Board of Directors

Comments from Carol ---- Service Coordinator

Hello Everyone! Thank you to all who completed the surveys. I am working on trying to set up and connect you with activities. Please let me know of other ideas or interests you have. Also, I am available to assist you with paperwork such as Medicaid applications and Health Care Directives. [we hope to have a presentation about health care choices /decisions in June, in the meantime ----I have the forms and would be happy to review them with you]. Just a reminder--- I will gladly try to help you obtain information and answers as well as access resources.

Don't hesitate to call me at:
218-332-4679 or come by
apt. # 106. Mon.-Thurs. 9:00-2:00.
Be safe and Take care! Carol

May Presentations

Wed. May 11 – 1pm

Come join Gina Marsalla from the Arrowhead Area Agency on Aging to learn & discuss

Juniper's Evidence Based
Health Promotion classes
and find out which class would be a good fit for you!

Juniper has 13 classes that range from Managing Chronic Diseases to Staying Active.

All classes aim to improve quality of life for Seniors.

We want your input on what classes you would like to see offered at Faith Haven.

Thursday, May 19 – 1pm
Wendy Gustafson with
aveanna healthcare
will present on the topic of:

Fall Prevention

\$30 billion is spent annually on
healthcare related to falls.
1/3 of those over 65 report yearly falls.
There are measures you can take to
decrease your fall risk, let's make sure
you're doing all you can
to not be a statistic!

Tenant Computer/Printer

The Tenant computer & printer are now
located in the Community Room.
These are for Resident use only!
You do not need a username or
password to use.
Your computer screen remains private.

Food Shelf

The Food Shelf will continue to be
distributed from the Comm. Rm. for
Faith Haven Residents,
Mondays at 10am.
If you are hungry and in need of food,
there is support for you in the way of
non-perishables, milk, bread, eggs,
meat, fruit, and vegetables.
Proof of income is NOT required.
(People line up starting at 9:15-9:30)

When the weather gets
consistently better,
The (Faith Haven residents) Food Shelf
will relocate to Our Savior's Evangelical
Lutheran Church.

Faith Haven Gardens

With the anticipation of warmer weather,
thoughts wander toward spring flowers,
fresh veggies, farmers markets, &
more...

Last year there was a great
collaborative effort by tenants
who tended to the various flower
gardens on the Faith Haven
property.



Soil prep, weeding, watering, and
pampering perennials & annuals was all
part of the fun!
If you are interested in helping maintain
the gardens again this year or newly
joining the group, please see Monica in
the office.



A Meeting will be held mid-
May for individuals interested
in gardening and for those
wanting a small section of the
raised beds.

A sign-up sheet will soon be posted on
the tenant board.

New Bench

Notice the new bench outside
under the canopy. It was donated by the
family of former resident, Claudia
Woollwever,
in her memory.

Memorial Day Closure

Office and store closed,
Monday, May 30th

After Hour Emergencies:

Andy- 391-9323 /Dean – 590-5602

