

# FAIRHAVEN CHRISTADELPHIAN CHARITABLE FOUNDATION

WINTER 2023

*And even when I am old  
and grey, O God, do not  
forsake me, until I  
declare Your strength to  
this generation, Your  
might to all who are to  
come.*

*Psalms 71:18  
Legacy Standard Version*



## AGEING IN PLACE—MICHAEL NIELSEN

Many across the world witnessed the aging of Queen Elizabeth II through the lens of the media. Many older adults, including the Queen have spent their last days at home. To age in place, is a decision that many older adults may prefer. Older adults and their caregivers need to carefully make decisions that keep everyone safe. Have you clearly communicated with your family what your wishes are? There needs to be clear communication from all parties involved for an older adult to spend their final years at home. In some cases, there could be a time when this is no longer feasible. A plan should be in place to help with the next steps in living arrangements. To age at home some changes may need to occur in the home. Sleeping quarters might need to be changed for example.

Bathroom safety is another consideration. Raised toilet seats, transfer benches, and grab bars are a few examples of equipment that might need to be purchased to ensure safe transfers.

As we age, mobility typically declines. This can be a danger when living at home. Stair lifts, walkers, rollators or other assistive devices will help reduce the risk of falls in a home. A fall alert system is another example of something that might need to be purchased to mitigate any risk of falls.

While aging at home, there is a risk of being socially isolated. A family should help engage their loved one with activities with others to keep up with social engagement. They may need assistance getting to these activities. Social engagement is one of the most

important factors for health at any age. Some activities of everyday living may not be possible for an older adult living at home. In this case, the older adult and family need to discuss what outside help is required and that they would be willing to assist with. These would include the upkeep of the home and cleaning. Other examples are assistance with bathing or transfers. Assistance in these activities could be provided by a cleaning agency or a PSW. There are many resources available that can help a family with these decisions. An OT can help with assistance with home safety, and a caseworker from the LHIN or other agency can help with other issues. For a successful outcome, a family needs to come together to support their loved one's decision and advocate on their behalf.

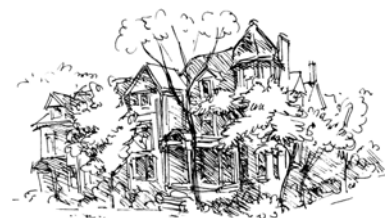
### Fairhaven Christadelphian Charitable Foundation

c/o 39 Knox Avenue

North, York, ON, M9L 2M2

[www.fairhavenfoundation.ca](http://www.fairhavenfoundation.ca)

**Directors:** Jennifer Cowles, Alan Ghent, Marie Klien, Ian McPhee,  
Mike Nielsen, Penny Sheppard, Tom Thorp



## OUR LENGTH OF DAYS

The days of our years are threescore years and ten; and if by reason of strength they be fourscore years; yet is their strength labour and sorrow; for it is soon cut off, and we fly away. (Psalm 90:10)

Gerontologists acknowledge the host of factors that contribute to the ageing process, yet even with medical advances the human life span has not increased significantly. The Scriptures can explain what scientists cannot—that true wisdom from above will give us ‘length of days’ and a more abundant life in the kingdom. ‘With long life I will satisfy him and show him my salvation’. (Psalm 91:16)

After the flood, God shortened man’s lifespan but He will increase it in the Kingdom age among the mortal population when ‘No more shall there be in it an infant who lives but a few days, or an old man who does not fill out his days, for the young man shall die a hundred years old; but the sinner being a hundred years old will be accursed.’ (Isaiah 65:20)

The immortalized saints will be ‘equal unto the angels’, and in the few descriptions we have of angels, they are pictured as ‘young men’, full of vitality and might.

What science today can’t fully understand, let alone prevent, our powerful and merciful God understands perfectly and can reverse in an instant. His kingdom will ultimately be full of perfected beings and when He is all in all at the end of the millennium, ageing, sickness, and death will be done away ‘for the earth shall be filled with the knowledge of the glory of the LORD as the waters cover the sea’. (Hab. 2:14).

*“(She) has had a moderate stroke...at this time it is unsafe for her to drive. She has been off work for the entire period—she felt tremendous need to return to work...to support herself and only son.”*



## THE FOUNDATION’S TERMS OF REFERENCE

How can the Fairhaven Foundation be of assistance to your ecclesia? Are there health and welfare needs in your meeting that require attention, but ecclesial resources are strained or insufficient? The Foundation, operating under the applicable government regulations, may provide grants only to registered charities in Canada. We must disperse a percentage of our investment income each year, based upon a government regulatory formula.

Ecclesias in Canada may request assistance from the Foundation by following these guidelines:

Only requests from Arranging Boards will be considered. Requests from an individual member of an ecclesia will not be accepted by the Foundation. Priority is to be given to the welfare needs of Christadelphian elderly, since this reflects the original purpose of Fairhaven House. If additional funds are available after meeting these needs, then more general health and welfare needs of the Christadelphian community will be considered, followed by health and welfare needs of the community at large. Requests must be in writing and should document, in confidence, the need, the background, the amount of help required and the amount of help being

provided by the ecclesia. It is expected that the ecclesia requesting support will also provide funds to assist from its own resources. It is preferable, if possible, that ecclesias address emergency situations, and subsequently follow up with a request to the Foundation. The board of the Foundation considers requests at its semi-annual meetings in February and June each year. Emergency requests will also be addressed as quickly as possible.

Requests may be sent to:

The Fairhaven Christadelphian Charitable Foundation  
c/o Sister Penny Sheppard,  
Secretary  
39 Knox Avenue  
North York, ON, M9L 2M2

It is important to appreciate that the primary responsibility to meet the welfare needs of our brothers, sisters and young people lies at the ecclesial level, and consequently the Foundation’s role is to supplement, rather than supplant this ecclesial responsibility. We encourage ecclesias to be actively aware of situations where there is a need, extend help, and then approach the Foundation as a funding partner.

## Spiritual Care for Seniors



In spite of failing health, the elderly can still cultivate their relationship with God, but ageing believers can have trouble staying connected with their spiritual support systems. It is often hard for them to get the fellowship that they need. Some are too feeble to attend services. Others with decreasing mental capacity can find Sunday morning overwhelming. What can we do to bridge this gap and provide a measure of comfort and stability to our senior members?

We can serve as their spiritual support network. We can value them as our spiritual examples. We can encourage them to relate how God has answered their prayers. We can ask who they admired in the Bible and their favorite verses. We can invite them to relate their faith journey and record it for future generations. We can join them on a Sunday morning and Zoom the local service on a laptop or phone from their residence. Our seniors have a rich spiritual legacy, and we too can benefit from this shared experience.

## AN APPEAL

Uncertain economic times have created financial challenges for many resulting in increased demands on the resources of recipient ecclesias. The Foundation would welcome ecclesial and individual gifts to support this work. Please visit our website, [www.fairhavenfoundation.ca](http://www.fairhavenfoundation.ca)

Donations can be sent to the treasurer:

Sis. Jennifer Cowles

2 Elvyn Cres.

Oro-Medonte, ON L0L 2E0

### A Glorious Future

They that wait upon the LORD shall renew (mg. change) their strength; they shall mount up with wings like eagles; they shall run and not be weary; and they shall walk and not be faint. (Isaiah 40:31)

The LORD...redeems your life from the pit...and satisfies you with good things so that your youth is renewed like the eagle's. (Psalm 103:4,5)



## OPPORTUNITIES TO MINISTER TO SENIORS

**Be a ready listener**—Many seniors benefit from reliving past experiences and talking about their losses

**Offer hope and encouragement**—An affectionate hug and tender words can help bring healing to a grieving heart

**Be practical**—For those who can't attend services, find ways to bring the service to them. Sing, pray, break bread, and read the Bible together.

**Remember meaningful days**—The anniversary of a spouse's death or a grandchild's birthday are significant events. Care about the things that matter.

**Encourage involvement in spiritual activities**—Befriending other seniors and caregivers can be an opportunity to let their lights shine. Praying for others can also be a significant source of spiritual growth.



## Year End Financial Report

### Statement of Revenue,

### Expenses And Fund Balance

### For The Year Ending

March 31, 2022

#### Revenue

Investment Income	3,726
Donations	14,612
	—————
	18,338

#### Expenses

Grants	16,300
Professional fees	1,944
Administrative	100
	—————
	18,344

Net Income ( 6)

Opening fund balance 224,166

Closing fund balance 224,160