



July Resident Newsletter

Sunday Evening Vespers 6:00 p.m. - Channel 900

- July 5 Chuck and Barb Taylor, lay leaders, Whitewater United Methodist Church
- July 12 Rev Carl Greene, Executive Director, Seventh Day Baptist Conference USA & Canada, & family
- July 19 Fairhaven Chaplains Delisa Buckingham-Taylor and Luke Bocher
- July 26 Rev David Yochum, retired Fairhaven Administrator and Prairie Village resident

(Links to these service will be emailed to Prairie Village residents.)

Just a reminder....

Wear your mask when you are in the common areas of the building.

Stay Informed...

We encourage you to watch **Channel 900** for the latest updates from Paul Kuenning, Karen Boyle and Brian Robinson.

YouTube Videos - Leisure Services is looking for ideas on travel destinations, musicians, historical events/monuments and any other interesting topics to put on the in-house channel. Leave Brian a note or give him a call if you have any ideas.

Programs with Chaplain's Delisa and Luke: All on TV CH: 900 (TouchTown)

Tuesday: Devotions w/Chaplain Delisa,
10:30am

Wednesday:
Bible Study w/Chaplain Luke
10:00- 10:30am

Devotions w/Chaplin Luke
11:00am

Friday: Devotions w/ Chaplain Delisa,
10:00am



SUNDAY NIGHT VESPERS UPDATE

Thanks to all of you who are continuing to participate in Sunday night Vespers, as well as any of you for whom this may be a new experience. During 2019, we had 34 different worship leaders who came to Fairhaven and lead our traditional services in Fellowship Hall. Once we realized that model would not be appropriate during this time, I began contacting them to see who could provide us Vespers via YouTube video. Some of our usual worship leaders don't have the resources to produce a Video. Some are rightly using their resources to provide worship services to their own congregations. Everyone who can't provide us a video service has told me they look forward to returning to Fellowship Hall when we can resume those services.

All this translates into my asking that if you know any of the worship leaders who are providing us these Sunday night services or know someone in their congregations, please thank them! Production of these videos is no small task. We are fortunate to have these pastors and lay people who create these services specifically for our Vesper services.

Kathy Ross

Resident Council Update - July

Nancy Hoffman- June Volunteer of the Month

We are pleased to recognize Nancy Hoffman as June's Volunteer of the Month. We haven't seen her around as much as usual these past few months, but know that she will be back helping us all as soon as she's allowed. Fairhaven resident Charlotte West said it all in her nomination of Nancy. "I'd like to nominate Nancy Hoffman for Volunteer of the Month. Most of us know Nancy as president of the Friends of Fairhaven but her involvement with Fairhaven goes back a long way. She first became known to Fairhaven when she came daily to visit her mother-in-law, who lived here for 16 years. She did this as a farmer's wife and mother of five boys. And her mother-in-law knew if she missed a day! It wasn't long before she was asked to be a Hospitality Director in the former Fairhaven Auxiliary (around 2002). Next she was the vice president then president in 2005. As past president, she was an "advisor" on the Board, so was still attending those meetings. She became involved with the committee working on the celebration of the 50th anniversary of the founding of Fairhaven and that led to being Historian for the Auxiliary until she became president again - for Friends of Fairhaven. During this time her family was growing. This past Christmas their family gathering numbered 48 - 20 grandchildren and 19 great grandchildren, plus 15 who couldn't make it. As a busy person outside Fairhaven, plus her continuing leadership of the Friends of Fairhaven for the past eight years, she certainly deserves our recognition and thanks."

Nominations for Resident/Volunteer of the Month

Please note that the Council has added "Volunteer" to this designation. That gives us an opportunity to acknowledge the contributions of non-Fairhaven/Prairie Village residents who contribute to our community. (There is a list of previously-honored residents and volunteers posted on the Lower Level Resident Council Bulletin Board. That list is also on the bottom of each month's Council agenda which all members have.) Nominations can be made by any Fairhaven or Prairie Village resident to any Resident Council member, preferably in writing. You can always leave your nomination in the Main Lobby Suggestion Box, located by the Main Lobby Coffee Bar.

Employees Christmas Fund Mid-Year Contributions

Thanks be to Prairie Village resident Dick Piehl for working with Beth Johnson and Fairhaven resident Henry Malo to begin the mid-year campaign for the Employees Christmas Fund. This will be your first opportunity to contribute to the 2020 fund with donations accepted again in late November.

Thanks to:

Brian Beck for maintaining the Resident Council bulletin boards in AA and by the C-D entrance.
Sue and Ed Schweitzer for moving the Little Free Library to Assisted Living for July's sharing.
Everyone who's donated to "Keep Us Safe" whose current contributions total \$13,113.51.
Henry Malo for signing those Employee Christmas Fund letters – no small task!
Friends of Fairhaven for donating the money for the summer flowers at the entrances to Fairhaven/Hearthstone.

Still Sheltering in Place? Try These Simple, Fun Hearing Exercises

Those with hearing loss can stave off boredom while sharpening their hearing and listening skills with the following exercises.

Exercise #1: Filter noise at home. Sound filtering involves focusing on the essential while filtering out unnecessary background noise. This allows you to follow conversations more easily in noisy, crowded settings. To do this exercise, invite a friend over and prepare several sources of noise: e.g., music, TV, a laptop computer. Begin a conversation with your friend and turn on one of the devices. Practice focusing on their words rather than the competing distraction. Repeat with other devices until you can focus your attention on the conversation.

Exercise #2: Identify and locate sounds. Many people with impaired hearing have difficulty because they are unable to locate the source of a sound. To become better at this, go someplace where it's busy and noisy, such as a park. Find a comfortable spot to sit, close your eyes, and try to focus on specific sounds in order to determine the source of the noise: e.g., a laughing child, or a nearby bird. Ask yourself some questions: *how big is the object making the noise? Or how does it make me feel?* These mental exercises will help you figure out where sounds are coming from and improve your mental focus.

Exercise #3: Brain games. A sharp, clear mind improves all your senses—not just your hearing. Mental exercises can help you learn to distinguish sounds better. There are endless choices; crossword and jigsaw puzzles, memory games, chess or Scrabble. Or concentrate on a specific activity, such as drawing a picture. The more you work out your brain, the better your hearing will be.

Call Fort HealthCare Audiology at 920-563-6667 to schedule a hearing evaluation/complimentary hearing screening.

Activities for July 2020

Wednesday, July 1, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Wednesday morning Bible Study w/Chaplain Luke (<i>Channel 900</i>)
Thursday, July 2, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, July 3, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, July 4, 2020 – No Mail Today – Happy 4th of July!	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	2019 Postal Holiday
Sunday, July 5, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
6:00:	Vesper Service – Chuck & Barb Taylor (<i>Channel 900</i>)
Monday, July 6, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Tuesday, July 7, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Wednesday, July 8, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Thursday, July 9, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, July 10, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, July 11, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)



Sunday, July 12, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
6:00:	Sunday Vespers – Rev. Carl Green (<i>Channel 900</i>)
Monday, July 13, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Tuesday, July 14, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Wednesday, July 15, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Thursday, July 16, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, July 17, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, July 18, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Sunday, July 19, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
6:00:	Sunday Vespers – Fairhaven Chaplains Delisa & Luke (<i>Channel 900</i>)
Monday, July 20, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Tuesday, July 21, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Wednesday, July 22, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Thursday, July 23, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, July 24, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, July 25, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)

Sunday, July 26, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
6:00:	Sunday Vespers – Rec. David Yochum (<i>Channel 900</i>)
Monday, July 27, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Tuesday, July 28, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Wednesday, July 29, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Thursday, July 30, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, July 31, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, August 1, 2020	
9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)

From the Fairhaven Safety Committee

Reminder that in warm weather residents need to keep their doors shut if they are not running their A/C's so it does not affect the hallway A/C.

Safety Reminder: We are not allowed to have/use extension cords even if they are attached to power strips in the common areas of the facility including the CBRF areas or anywhere on the Health and Rehabilitation floors. Cords must be plugged directly into the outlet. This is a state code, not a Fairhaven policy so we have no leeway on this. If you have any questions, please contact either Shane Niman- Director of Environmental Services or Betty Schelb- Environmental Services Manager for clarification.