

Sunday Evening Vespers –Channel 900 - 6:00pm

September 6	Leader Seventh Day Baptist Summer Christian Service Corps Team
September 13	Rev. Chris Buckingham-Taylor, Fort Atkinson UCC
September 20	Alan Timm, Lay Leader, Grace United, Fort Atkinson
September 27	Mike Rankin, Lay Leader, Fort Atkinson UCC

These services will be available on Fairhaven's Channel 900 at 6:00 p.m. on Sunday.
The link to each service will be emailed to Prairie Village residents on the weekend of the service.

2020 Fall Semester Lecture Series

We are waiting to promote the series until there is definitive word that they will be able to have them and that we can host them. For Prairie Village- if they are held, they will be recorded and put on the University website <https://www.uw.edu/ce/fairhaven/fall-2020>

VOTING IN THE NOVEMBER ELECTION

If you have voted before at Fairhaven, you will be receiving your Absentee Ballot in the mail around the third week of September.

If you have NEVER voted at Fairhaven before, contact MARION BURROWS TO REGISTER AND TO REQUEST AN ABSENTEE BALLOT.

Marion Burrows, Apartment 314AA
262-473-5173

When you get your ballot, PLEASE MARK IT RIGHT AWAY. After you have marked your ballot, put it into the return envelope.

BE SURE TO SIGN AND DATE THE ENVELOPE AS INDICATED, AND BE SURE TO HAVE A WITNESS SIGN AND DATE THE ENVELOPE. THE WITNESS MUST INCLUDE A COMPLETE ADDRESS AS INDICATED.

MOST IMPORTANT: MAIL YOUR COMPLETED BALLOT AS SOON AS POSSIBLE!

Programs with Chaplains Delisa & Luke: All on TV Channel 900 (Touchtown)

Tuesday: Devotions with Chaplain Delisa
10:30 a.m.

Wednesdays:
Bible Study with Chaplain Luke
10:00 - 10:30 a.m.

Devotions with Chaplain Luke
11:00 a.m.

Fridays: Devotions with Chaplain Delisa
10:00 a.m.

FLU SEASON IS RIGHT AROUND THE CORNER...

Fairhaven will be offering flu shots to all of our residents.

Watch postings for Flu shot clinic times in your areas if interested. Reminders will be sent out.

Be proactive, remember to get your flu shots.



Welcome to Fairhaven...

Neil & Carol Aiken 218AA
Jim Richards (from Prairie Village) 109D

Happy September Birthday!!!

Carol Cobb	04
Frank Harenza	04
Nancy Rowley	04
Ruth Bertolaet	10
Bonnie Schumacher	11
Nelda Bergsten	13
Joanne Jacobs	15
Elizabeth Asher	16
Georgene Adams	21
Lee Murray	24
Beth McCulley	29
William Berry	30



New Wheels...

Fairhaven would like to thank John and Jean Lyford (320AA) for the donation of their car for use at Fairhaven.

Many residents (and staff) will be able to use this wonderful gift of transportation!

THANK YOU!

Thank you to Fairhaven residents, Dale & Barb Green for taking care of the flower gardens in the circle drive. It is greatly appreciated and the flowers are enjoyed by residents and staff daily.



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.

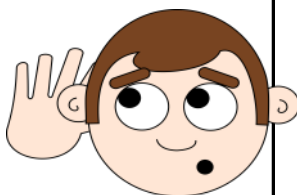
Just a Reminder...

One of the Fairhaven benefits is the Beauty Salon. The Salon is open Tuesday - Friday, servicing both men & women. Call 473-2140, ext. 1120, to set up an appointment. with Renee or Marie.



Audiologist to Visit

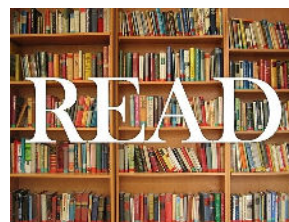
Cheryl Kinney will be coming to Fairhaven on **Friday, September 4.** Free hearing tests and comprehensive hearing aid service are available. Call 1-920-563-6667 to set up an appointment.



Jess H. Norenberg Library...

submitted by Lori Stoneking-Cunningham

A big HELLO to all Residents! I miss you lots and am looking so very forward to someday being able to get back into Fairhaven so that I may once again, take up my wonderfully fun duties as Librarian! And I am hoping it will be sooner than later. Thinking lots about you all! Please stay, well, safe and enjoy the little things. Looking forward to seeing you again sometime! You can email me at loristoneking@yahoo.com Bests, Lori



In Memory of ...

Mary Louise Beischer
Wanda Richards
Wally Green
Jerry Route
Betty Eloff
Nancy Cassano
Mary Lein



Resident Council Update – September

Many Thanks To:

- Residents and staff who're doing all we know to do to get through this most challenging time.
- Those who donated to the mid-year collection for the Employees Christmas Fund which currently totals \$7691.73. Prairie Village resident and Council Treasurer Dick Piehl reports this exceeds last year's mid-year donations by about \$2000. He and Fairhaven resident Henry Malo will be in contact with us about the end of year donation opportunity.
- Everyone who's contributed \$13,413.51 to the Keep Us Safe fund. Remember, this is an ongoing effort as the needs remain and donations are certainly appreciated.
- Fairhaven resident and Council Chaplain Chuck Graffius who has done so much over the years for our community and the Council. One of his recent "assignments" was checking the Suggestion Box in the Main Lobby. He has recently passed that responsibility on to Brian Robinson – so thanks to them both for past and future work.

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.

It's September and the Little Free Library can be found....

In the Second Floor "E" Lounge. Thanks to everyone who continues to "give what you can and take what you want."

A Two-Part Thanks

McCullough's Announces Donation Results of Maxwell Street Liquidation Sale Whitewater Banner August 6, 2020

(Reprinted with permission from retired Fairhaven Administrator/Whitewater Banner editor, Lynn Binnie)

McCullough's is pleased to announce that as a result of its Maxwell Street Liquidation Sale on Friday 7/31/20, donations were made to the Whitewater Food Pantry in the amount of \$2,505.00 and to The Community Space in the amount of \$1,383.00. Bob McCullough reported the proceeds were generated by a liquidation sale that invited shoppers to donate \$20.00 to either of the above two charitable organizations and, in turn, have an opportunity to select up to \$100.00 of merchandise. Additional savings were enjoyed by donating \$20.00 for each subsequent \$100.00 increment of merchandise. Shoppers were numerous and generous and by the end of the day on Friday, merchandise had been depleted to the extent that the plan for a second day on Saturday had to be cancelled.

McCullough's is grateful to the community for making this liquidation sale a successful fundraiser. Further, Bob McCullough would like to thank the many customers who have been so supportive during McCullough's Prescriptions and Gifts' years in Whitewater from 1981-2020. While the retail pharmacy closed in March following the transfer of prescription records to Walgreens in Whitewater, McCullough's Long Term Care Pharmacy continues to operate and serves residents in skilled and assisted living.

Special Thanks to McCullough's from the Mini-Mart

McCullough's generosity continued with the donation of 23 boxes of Hallmark cards (this equals hundreds of all season and purpose cards!) and two racks (which they also installed) to the Mini-Mart. We will all look forward to eventually being able to get in the Mini-Mart and see and purchase these treasures. In addition, McCullough's continues its long-time service to Fairhaven of delivering the "Happier" publication every Tuesday. It's always been appreciated but now even more so.

(Thanks to Fairhaven residents Charlotte West and Betty Schoonover for this information.)

Greenfield Rehab - September 2020

Brain Health

Throughout your life, your brain's job is to help you make sense of the world and to help you manage your daily life. Brain health refers to the ability to remember, learn, plan, concentrate and maintain a clear, active mind. It requires you to be able to use all cognitive strengths of your brain—information management, logic, judgement, and perspective. Brain health is about making the most of your brain functioning while helping to reduce risks to your “thinking” as you age. Maintaining food brain health can not only enhance your ability to “think” but can also impact your ability to maintain your independence in all your daily activities. Research shows that people can maintain optimal brain health by making key lifestyle changes. Some recommendations of lifestyle changes are:

- Keep learning. Challenge and activate your mind. New learning in any stage of life will help reduce your risk of cognitive decline and dementia. Speech Therapy can provide appropriate cognitive linguistic activities that promote new learning and cognitive enhancement while providing compensatory strategies to enhance effectiveness.
- Reduce risk factors for cardiovascular disease and stroke—obesity, high blood pressure and diabetes. Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body and eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit. A physical therapist can help tailor an exercise program for you while ensuring optimal safety and effectiveness.
- Protect your brain. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls. Brain injury can raise your risk of cognitive decline and dementia. Seek medical treatment if you have symptoms of depression, anxiety, or other mental concerns. Depression and stress impacts memory and thought processing.
- Ensure good sleep patterns. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- Stay socially engaged. Pursue social activities that are meaningful to you. Occupational Therapy can ensure that you are able to stay active and allow you to continue to engage in recreational activities of choice while maintaining meaningful socialization opportunities.

If you would like more information on how the use of exercise, cognitive stimulation, and engagement in recreational activities can optimize brain health and reduce risk of cognitive decline please reach out to us. Our Speech Therapy, Physical Therapy and Occupational Therapy departments would love to help you maintain your independence and function and allow you to live your BEST LIFE! **Greenfield Rehabilitation, 262-473-2140, Fairhaven Senior Services, 435 W. Starin Road, Whitewater, WI 53190.**

Young Auditorium...

The first two events are **An Evening with Cole Porter** (Ensemble Tribute Performance) on **Mon., 8/31** at 7 p.m., and **Broadway & Beyond with J. Mark McVey** on **Sun., 9/20** at 4 p.m.

To purchase your virtual ticket for \$20 for either Heartland Productions performance, visit <http://www.HeartlandProductions.org/Tickets>. Proceeds from each purchase directly benefit Young Auditorium.

Piano Fondue, a live-streaming, interactive rock-and-roll dueling pianos show will be presented on **Fri., 9/25** at 7 p.m. Tickets are free for members and \$6 for the general public.

The auditorium also has an exclusive subscription offer for **BroadwayHD**, which makes Broadway shows available to everyone, extending the reach of live theatre. High definition (HD) cameras capture the excitement of a Broadway performance in front of an audience and deliver the best angles, video quality, and audio quality to your living room. Broadway HD offers hundreds of Broadway-related programs including musicals, concert events (like *Les Miserables in Concert*) and plays (like *Driving Miss Daisy*), and new content is added regularly. In addition, their offerings include Broadway classics, Cirque de Soleil, ballet performances, BBC's Proms concerts, Live from Lincoln Center, and more. To take advantage of this offer, visit <https://www.uww.edu/youngauditorium/2020-broadwayhd> - make arrangements for a donation of \$20 or more, and submit. This special 3-month subscription is not available to the general public.

This is a very difficult time for all venues such as the Young, and consequently memberships are especially helpful, with a variety of levels of contribution beginning at \$75.

From the Chaplains' Desk - August 25, 2020

My father was the one who introduced me to the thrills of riding roller coasters. He had grown up in Pittsburgh, Pennsylvania, famous for Kennywood Park and its old wooden coasters. So, when my brother and I were kids and our parents took us to amusement parks, it was my father who would ride the rides with me. My mother and brother both suffered from motion sickness and could not tolerate the more vigorous rides. But my father and I would ride anything and everything that twirled us around, or flung us up and down, or tore through the air at breakneck (literally, breakneck!) speeds.

But there was one part of riding roller coasters I did not like, and that was the slow click-click-click-click-click of climbing that first giant hill. It was excruciating for me, because on the other side of that hill, I knew there was the fast plummet to what felt like certain death. The rest of the roller coaster ride was exhilarating and made me laugh with delight, but that first hill filled me with dread. So, my father would lean into me and put his arm around me, and I would remember that I would be okay.

Well, a few years ago, when my son was in middle school, our family went to Cedar Point on the shores of Lake Erie. Cedar Point is one of those classic boardwalk amusement parks that has continued to thrive over its one hundred fifty-year history, because it keeps adding new attractions to its collection of legendary rides. In my childhood, my father and I rode the coasters and rides at Cedar Point many times.

On that visit, my son and I decided to ride the old classic wood coaster that overlooks the lake. We boarded the coaster, and I felt a bit apprehensive before the ride got underway. My middle-aged body doesn't respond to the thrashing of roller coasters the way it used to, but I wanted to ride this with him, because, like my mother and brother, my husband doesn't do well on vigorous rides. So, my son and I were belted into our seats, and the bar locked in place over us. And then we started the long ascent up that first big hill. Click-click-click-click-click. Click-click-click-click. Click. Then, out of the blue, we stopped! On the upward climb of that giant hill. We were leaned far back in our seats, and it felt as though we could slide out headfirst, if it weren't for the seatbelts and that bar tight across our laps. But the roller coaster had stalled, right in the middle of that hill!!

Now imagine my anxiety, getting stuck on the hill that I dreaded the most. I wanted more than anything to get off that ride. We didn't know why we were stalled, and we didn't know when we would get going again, and we didn't know when or how we could exit! But I tried to stay cool for the sake of my son, who thought this was just the greatest thing ever, getting stuck on the first hill of this giant roller coaster.

Well, our experience of the coronavirus certainly feels like we have stalled on a giant roller coaster, and we want to get off! We thought it would be a quick "ride," and we could return to normal. But here we are, six months later, and we're still stuck! And we have been awash in a sea of emotions and worries during this time. We have ridden the highs of potential containment and freedom from the virus, and then the lows of our personal boredom and loneliness, but also our sadness over the surges of illness and death that are reported. We feel whipped about as leaders disagree on the best ways to treat the virus and prevent its spread. Let us off this crazy ride, we yell.

And yet, when I think back to my first roller coaster rides with my father, I remember the strength of his arm around me, holding me against his side. I remember how safe I felt with him, no matter what terror the roller coaster ride might bring. I remember that despite my initial fears, I could relax into his reassuring presence, and know he would take care of me. And then I would be okay.

It is that way for us during the coronavirus pandemic. Despite our fears, frustration, and anxiety, we are not on this ride alone; we are riding these ups and downs with God, who chooses to stay with us through it all. God is beside us, and God has wrapped all of God's love around us to hold us and calm us and remind us that God will get us through this. We will make it off this crazy ride! Yes, there are the hills and valleys of this experience, but God is with us in them. And God will always be faithful to us.

My son and I finally did get to finish that roller coaster ride. After several minutes (perhaps it was about fifteen?), the ride started back up again, and two minutes later, we were done! My legs felt a bit wobbly after we got off, but my son and I had made it. We were victorious over this ride! And we were victorious, together.

We will make it through this time of the coronavirus, too, together with God. God is holding fast to us and will not let us go. May God bless you with the experience of God's closeness and peace, and may you be assured that God is with us in this, all the way.

--Chaplain Delisa

Activities for September, 2020

Tuesday, September 1, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:30:	Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
1:15:	The Muppets Celebrate Jim Henson (<i>Channel 900</i>)

Wednesday, September 2, 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>)
11:00:	Wednesday Devotions (<i>Channel 900</i>)

Thursday, September 3, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Friday, September 4, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)

Saturday, September 5, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Sunday, September 6, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
6:00:	Sunday Vespers – Seventh Day Baptist Summer Christian Service Corps Team (<i>Channel 900</i>)

Monday, September 7, 2020 – Labor Day – No mail today

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Tuesday, September 8, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:30:	Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)

Wednesday, September 9, 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>)
11:00:	Wednesday Devotions (<i>Channel 900</i>)

Thursday, September 10, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Friday, September 11, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)

Saturday, September 12, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Sunday, September 13, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Monday, September 14, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Tuesday, September 15, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:30:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, September 16, 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>)
11:00:		Wednesday Devotions (<i>Channel 900</i>)
Thursday, September 17, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, September 18, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:		Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, September 19, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Sunday, September 20, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Monday, September 21, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Tuesday, September 22, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:30:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, September 23, 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>)
11:00:		Wednesday Devotions (<i>Channel 900</i>)
Thursday, September 24, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
Friday, September 25, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)
10:00:		Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, September 26, 2020		
9:15:		Complete Seated Workout for Seniors (<i>Channel 900</i>)

Sunday, September 27, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Monday, September 28, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Tuesday, September 29, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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10:30:	Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
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Wednesday, September 30, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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10:00:	Wednesday morning Bible Study w/ Chaplain Luke (<i>Channel 900</i>)
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11:00:	Wednesday Devotions (<i>Channel 900</i>)
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Thursday, October 1, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Friday, October 2, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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10:00:	Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
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Saturday, October 3, 2020

9:15:	Complete Seated Workout for Seniors (<i>Channel 900</i>)
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Grocery Shopping Update

As we continue to do our daily monitoring of the COBID-19 situation and best practices throughout the facility for staff and residents, we will continue with online only shopping and providing groceries in-house that we can obtain through our vendors. (Medication pick-ups are available from the pharmacy department at Wal-Mart and Walgreens through drive-thru. Walgreens does offer delivery service on Tuesdays and Fridays). The stores that we order online from are Festival Foods and Pick-N-Save, both located in Fort Atkinson. Wal-Mart does not have a location close that is offering online grocery shopping at this time.

Transportation Services and Brian will be able to assist you all with your online orders, but we will be only allowing **1 order per week**. It is asked that you continue to submit your orders to the Front Desk or by notifying Brian. Please be mindful that these orders will take time for the stores to process and do not have the "same day" turnaround time, some may take multiple days.

There have been many who have asked..."Can my family member shop for me and drop off groceries", Absolutely. It is asked that they bring them to the main entrance to be dropped off.

**We thank you for your understanding during this difficult time for everyone.
If you have questions, contact Brian at ext. 1145 or Nancy at ext. 1188**