

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

December 6 - Chaplain Luke Bocher - Special Music
Peggy Hooper, organist, Barb Green, pianist, and Charlotte Kuenning, violinist

December 13 - Rev. Chris Buckingham-Taylor, Fort United Church of Christ

December 20 - Rev. Paul Johnsen, Fort Atkinson United Methodist Church

December 27 - Rev. Carl Green, Executive Director,
Seventh Day Baptist General Conference & Canada, and family

Christmas Day Service

Fairhaven Residents,

Rev. Dr. Robert Gross of the Evangelical and Reformed United Church of Christ in Waukesha is leading a Christmas Day Service. It will be broadcast on Channel 900 on **Christmas Day at 1:15 p.m.**

As many of you know, Bob frequently provides Vesper Services, both in person and by video. As a bit of personal trivia about Bob, he's Paul Kuenning's brother in law. Please include this Christmas Day Service on your calendar!

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

Tuesday: Devotions with Chaplain Delisa
10:00 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.

Joy to the World!

On **December 23 at 11:00 a.m.** on channel 900, a special Christmas celebration service will be held at Fairhaven. Chaplains Luke and Delisa will be joined by organist Peggy Hooper, pianist Barb Green, vocalist Kay Sparling and friends and Charlotte Kuenning on violin.

We'll be singing some of the Christmas favorites: Silent Night, Joy to the World, Away in a Manger and many others. Lyrics to the songs will be available at the front desk or, if you request them in advance, we'll include them with your mail. If you'd like a copy dial extension 1191 (the chaplain's office). A 15-minute prelude featuring organ and piano will precede the service.

Let's celebrate the wonderful good news of the birth of Jesus Christ our Savior!

Happy December Birthday!!!

Clara Bastian	03
Jane Becker	03
Dolores Piehl	08
Anton Kapela	09
Hazel Leonard	11
Betty Schneible	11
Clara Schoenenberger	12
Jerry Lehto	13
Patricia Quass	13
Bill Endisch	14
Judith Mueller	17
Carol Harenza	20
Carole Scharinger	20
Carleen Vanderkoy	21
Denise Green	23
Susan Weigel	22
Carmella Kuhnke	23
Sara Woods	24
Shirley McQuade	26
Neil Aiken	28
Marion Rockwell	28

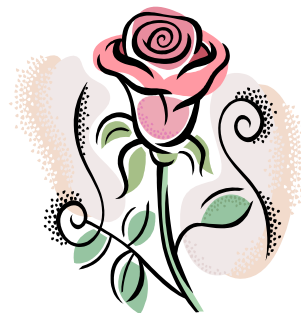
Seated Workouts for Seniors

Start your day out with a little exercise. Each morning at **9:15 a.m.** on **Channel 900** a complete seated workout for seniors is shown. Join us & stay healthy!

Thank you... John & Jean Lyford for the donation of the large Holiday Wreaths on the AA building and at Hearthstone. They asked to pass on the following:
To our Fairhaven Family & Staff,
We want to thank Fairhaven staff for all they do & wish everyone a Blessed Christmas & a Happy New Year
Rev. John and Jean Lyford, 320AA

In loving memory of...

Ruth Bertolaet
Alfons Brandenburg
David Byrne
William Cushman
Eldon Sonnenburg
Jeanine Stauffacher
William Tomcko
Kathleen Williams
Sophia Woitowicz
Mary Jane Worgull
Lorayne Zingg



Holiday Gift Baskets

As we continue to struggle with the changes in our lives created by Covid, we again find ourselves challenged on how to try to carry on some of our holiday traditions here at Fairhaven. As we still have our Skylight Dining Room closed, we face the loss of our holiday meal which has been offered to all our apartment and Prairie Village family.

To let you know we are still thinking of you, we are offering a holiday gift basket this year instead of the holiday meal. Most of the items will be non-perishable, but there will be some cheese and sausage sticks in them, we are asking you let us know that you will be home and would like to accept this gift basket from us on Wednesday December 23 between 2-4pm.

We are offering one gift basket per resident, please contact Millie at Fairhaven (262-473-2140 ext. 1216) or complete the form below by Friday December 18th.

As always stay safe and we look forward to seeing everyone when we can open our doors and dining room again.

Sincerely, Millie Zarate, Director of Dining Services.

Name (s) _____

Number of baskets: _____

Apt. # or Address _____



Resident Council Update—December 2020

A Christmas Prayer for Our Community From Fairhaven Resident Rev. Charles H. (Chuck) Graffius

Dear Lord and Father of all mankind, as we look around us, we see a world at war while we have peace through your Son Jesus Christ. It is the season in your world when peace is on our lips, but there is no peace. We thank you for your peace that calms our spirit. We thank you for the birds outside the window and for the silent snow which displays your beauty all around us this time of year. We look up into your beautiful sky and enjoy the sun, moon & billions of stars that you have created.

May we, each one, feel the real joy and the real reason for the season and may the love of God gently fill our hearts this holiday season. May blessings fall like snowflakes and blanket every corner of this wonderful Fairhaven. May we, like you, our Father, learn to love all of your peoples while we dislike the deeds of some. We look forward to your arrival here on earth and will welcome you at any moment. For thine is the Kingdom and the Power and the Glory for ever and ever. Amen.

Chuck is the longest serving member of the Resident Council, currently serving as our Chaplain. He is well known for his devotion to his late wife Lorna and his baking skills and generosity in sharing that bounty. What fewer people may know about Chuck is his long history of service as a Seventh Day Baptist pastor and denominational leader. He pastored churches in Pennsylvania, California, and in Denver for over 30 years. He trained college age church leaders in the Summer Christian Service Corp, lead Senior Saints groups who participated in construction of church and camp facilities, and led numerous summer camps. He was an early adopter of VHS technology on behalf of the denomination which has been described as “innovative and creative.” In the same way that those who knew Chuck during his years of very active ministry, we here at Fairhaven and Prairie Village appreciate the leadership and friendship he continues to share.

Employees Christmas Fund

If you have any questions about how or why to donate to the Employees Christmas Fund, please contact Fairhaven resident, Henry Malo or Prairie Village resident, Dick Piehl. If there's ever been a year when we want Fairhaven staff to know how much we appreciate them, 2020 seems right!

Residents/Volunteers of the Month

The only public list of who's been honored as a Resident or Volunteer of the Month is on the Council's Lower Level Bulletin Board. We've decided to include that list here so all can see who's been honored (you can always say “thanks” again). Nominations are appreciated. Just leave it in the Front Lobby Suggestion Box or get to Kathy Ross.

And our Little Free Library is celebrating Christmas in.....

“AA's” 2nd Floor Lounge. Take a book. Leave a book. Take & leave a book. Whatever works for you!

Persons of the Month

Don & Gladys Ellerman (9/17)
Jim Davis* (10/17)
Bev. Roehl (11/17)
Max Rigert* (12/17)
Nelda Bergsten* (1/18)
Kathy Ross* (2/18)
Vivian McQuoid (3/18)
Jean Leedham (4/18)
Betty Arndt (5/18)
Marion Burrows (8/18)
Gerri Jennings (9/18)
Betty Schoonover (10/18)
Hans Hahn* (11/18)

Ruth Nicholson (12/18)& (1/19)
Gary Fry* (2/18)
Mike Woitowicz (3/19)
Dick Haney* (4/19)
Shirley Klindt (5/19)
Irene Conrad (6/19)
Charlotte West (7/19)
Gale Plath* (8/19)
Charlotte Kuenning^ (11/19)
Jean Leedham (12/19)
Nancy Hoffman^ (6/20)
Dale & Barb Green (10/20)

*Prairie Village Resident

^ Community Volunteer

Months with no designation means no one was honored that month.

Therapy Role in Diabetes Management



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body does not make enough or any insulin or does not use insulin well. Glucose then stays in your blood and does not reach your cells. Over time, having too much glucose in your blood can cause health problems. These can include kidney disease, vision loss, heart disease, stroke, and neuropathy. Many of these long-term complications can be barriers to performance of activities necessary to successfully self-manage diabetes. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

Occupational and physical therapists **can** play a strong role in diabetes education and self-management for individuals who are likely to develop the disease as well as those who are already diagnosed. Therapists are experts at analyzing the performance skills and patterns necessary for people to engage in their everyday activities.

Therapists can:

- Effectively educate and train persons at risk for or who currently have diabetes to modify current habits and routines and develop new ones to promote a healthier lifestyle and minimize disease progression.
- Promote healthy food choices and safe cooking methods.
- Instruct in safe and appropriate ways to incorporate exercise and physical activity into daily routines and providing treatment for complications.
- Provide techniques to organize and track medications.
- Instruct in the use of low-vision and nonvisual devices to draw up and measure insulin.
- Instruct and provide strategies to successfully use a talking blood glucose monitor or use any blood glucose monitor onehanded.
- Incorporate protective techniques and compensation for peripheral sensory loss in activities that involve exposure to heat, cold, and sharp objects.
- Educate in techniques to structure time and simplify activities to cope with depression.

If you would like to learn more about how an Occupational or Physical Therapists can assist you in the management of diabetes please feel free to contact us at Greenfield Rehabilitation. **262-473-2140**.

Fairhaven Senior Services, 435 W. Starin Road, Whitewater, WI 53190 for more information.

Hearing Aids in the Wireless Era

Hearing aids have become very sophisticated over the years, with features undreamt of just a generation ago. Nowhere is this more apparent than in the advent of wireless connectivity. Thanks to the proliferation of Bluetooth technology, today's hearing devices are more versatile than ever & feature unparalleled sound quality & convenience.

Bluetooth is a wireless communications system that allows various electronic devices—computers, smartphones, etc.—to communicate with one another. When paired with hearing aids, Bluetooth allows the user to stream signals from those devices directly to the hearing aids. The result is clearer, more natural sound.

Wireless connectivity does come with a price: increased power demand. Most hearing aid batteries are tiny and unable to supply enough power for a steady Bluetooth connection. To get around this, assistive listening devices called streamers have been developed.

Usually worn around the neck, streamers provide a communication link between devices, picking up Bluetooth signals and transmitting them to and from hearing aids via an FM signal or electromagnetic field. The streamer works as a personal remote control for your hearing aids, enabling you to change the hearing program, tweak the volume, and mute the streaming sound—all with the push of a button.

Meanwhile, certain situations require a little extra boost. In public places where large groups congregate—e.g., meetings, lectures, churches, movie theaters, conference rooms and museums—background noise can make it difficult to pick up speech. One solution is to use a wireless FM system.

This portable device comes with a microphone that is placed near the speaker for transmitting sounds over radio frequencies, and a receiver that attaches directly to the hearing aids, helping the user decipher speech in

Christmas is all about God's gift of Christ, who comes to be with us in all the circumstances and moments of our lives, assuring us that we are never alone. Christ IS with us, in hope, in peace, in joy, and in all of God's love for us. Christ is with us to bring us through our suffering and sorrow, and lead us to new life. Especially in this year, and in this Christmas season, we need to experience the gift of Christ's presence with us. We invite you to share the sacrament of Holy Communion, as we receive the fullness of Christ's life and love through the bread and the cup.

Chaplains Luke and Delisa will offer communion on Wednesday, December 16 during the 11 a.m. devotions service, which can be viewed on Channel 900. We will distribute the bread and cup to resident rooms and apartments before the worship service, and invite residents to watch the service and have their communion elements blessed, and then eat and drink together. The bread will be gluten-free, and the cup will be grape juice. Please make reservations with Leisure Services staff or the Front Desk by 12 noon on Tuesday, December 15. During this service, we also hope to enjoy some special music offered by some of our friends.

Please call the Chaplains' office if you have any questions, at Extension 1191.

What Can Never Be Taken From Us

Many of us remember what Christmas was like when we were young, living through the Great Depression and the Second World War. Times were tough, and sacrifices had to be made. Rationing made holiday treats all the more delicious, and time with loved ones all the more precious. But even during these hardships, we could celebrate the holidays together, and share the love we had for one another and for humankind.

This year, the coronavirus has not taken away our sugar, dairy or gasoline, but rather, our ability to safely celebrate with the ones we love. Now, it is the act of physical gathering which threatens our safety and health. In order to protect ourselves from the virus, we need to stay away from each other. This goes against everything we love about the holidays. We love celebrating with family and friends more than we love sugar cookies, Christmas caroling and Christmas lights.

But here's the thing. The love that undergirds and cements our relationships can never be taken away from us. The love that God holds for us can never be taken away from us. As the Apostle Paul says in 1 Corinthians 13: "Love bears all things, believes all things, hopes all things, endures all things. Love never ends." Although Paul originally described the love Christians have for one another, this passage also describes the love God has for us. In God's love for us, God bears all things (like our frustrations and sorrows), believes all things (including believing in us), and hopes all things (such as an end to the threat of the coronavirus), and endures all things (God is strong and patient for us!). God's love never ends. Our love for one another never ends. **The coronavirus can never take love away from us; the coronavirus can never take away the gift that makes life worth living.**

Christmas is our celebration of God's gift of love to us in Jesus Christ, and the love we share with each other. The threat of the coronavirus WILL come to an end. Our time apart from each other WILL come to an end. But our families' and friends' love for us will never end. Our love for them will never end. God's love for us will never end. This gift of love can never be taken from us.

Our love for each other will help see us through. God's love for us will help see us through. Love will enable us to endure this time, and hope in a better day to come. We thank God for God's presence of love, given to us in our Savior Jesus Christ, who loves us without end.

God bless you with Christ's strong and eternal presence of love this Christmas.

Chaplain Delisa

December 2020

Tuesday, December 1, 2020		
10:00:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, December 2, 2020		
10:00:		Wednesday Morning Bible Study w/ Chaplain Luke (<i>Channel 900</i>)
11:00:		Wednesday Devotions (<i>Channel 900</i>)
Thursday, December 3, 2020		
Friday, December 4, 2020		
10:00:		Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, December 5, 2020		
Sunday, December 6, 2020		
6:00: Sunday Vespers – Chaplain Luke, Charlotte Kuenning (<i>Channel 900</i>)		
Monday, December 7, 2020		
Tuesday, December 8, 2020		
10:00:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, December 9, 2020		
10:00:		Wednesday Morning Bible Study w/ Chaplain Luke (<i>Channel 900</i>)
11:00:		Wednesday Devotions (<i>Channel 900</i>)
Thursday, December 10, 2020		
Friday, December 11, 2020		
10:00:		Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, December 12, 2020		

Sunday, December 13, 2020		
6:00:		Vesper Services – Rev. Chris Buckingham-Taylor (<i>Channel 900</i>)
Monday, December 14, 2020		
Tuesday, December 15, 2020		
10:00:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, December 16, 2020		
10:00:		Wednesday morning Bible Study w/Chaplain Luke (<i>Channel 900</i>)
11:00:		Wednesday Devotions (<i>Channel 900</i>)
Thursday, December 17, 2020		
Friday, December 18, 2020		
10:00:		Friday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Saturday, December 19, 2020		
Sunday, December 20, 2020		
6:00:		Vesper Services – Rev. Paul Johnson (<i>Channel 900</i>)
Monday, December 21, 2020		
Tuesday, December 22, 2020		
10:00:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, December 23, 2020		
10:00:		Wednesday Morning Bible Study w/ Chaplain Luke (<i>Channel 900</i>)
11:00:		Joy to the World – Live Christmas Celebration (<i>Channel 900</i>)
2:00 – 4:00:		Holiday Gift Basket Delivery
Thursday, December 24, 2020		
Friday, December 25, 2020 – Merry Christmas!		
1:15:		Christmas Day Service – Rev. Robert Gross (<i>Channel 900</i>)
Saturday, December 26, 2020		
Sunday, December 27, 2020		
6:00:		Vesper Services – Rev. Carl Green (<i>Channel 900</i>)
Monday, December 28, 2020		
Tuesday, December 29, 2020		
10:00:		Tuesday Devotions w/ Chaplain Delisa (<i>Channel 900</i>)
Wednesday, December 30, 2020		
10:00:		Wednesday Morning Bible Study w/ Chaplain Luke (<i>Channel 900</i>)
11:00:		Wednesday Devotions (<i>Channel 900</i>)
Thursday, December 31, 2020		
Friday, January 1, 2021 – Happy New Year!		