

**Fairhaven Parade 2021**-----“Save The Date”  
Thursday, July 22<sup>nd</sup> starting at 2:00pm. More information will come out in the July Newsletter

## Devotions & Bible Study...

**Tuesday:** Devotions w/Chaplain Delisa,  
4th floor—10:00 am  
2nd floor SNF—10:45 am

**Wednesday:** Bible Study w/Chaplain Luke  
10:00- 10:30am  
Channel 900 only

Devotions w/Chaplain Luke at 11:00am  
Fellowship Hall and Channel 900

**Friday:** Devotions w/Chaplain Delisa, 10:00am  
Fellowship Hall and Channel 900

## Welcome to Fairhaven!

Carl Birk	Health & Rehab
Marian Heath	Health & Rehab
Regina Kulbicki	Health & Rehab
Richard “Dick” Riddle	118B

Hello Fairhaven residents!!

My name is **Paige Peterson** and I am a part of the **Leisure Services Department**. I have been toying around with the idea of having a **Talent Show** and letting the residents show a skill or act they are proud of. This talent show will be open to all residents from all living centers in Fairhaven. I am a dance minor and if anyone wants to do a small dance choreographed for them or a group that is an option as well. I am hoping to have a live stream of the talent show for family members to watch from home for residents performing. If anyone is interested in doing this and has ideas for acts they may want to do, contact Brian Robinson; Director of Leisure Services; and let him know. Our hope is to have this late July/early August..

## In Memory of

*Roscoe Harrison  
Howard “Al” Lindh*



**REMINDER - All of the Daily Activities and Updates can be viewed on TV Channel 900 or on the Fairhaven website. Questions? Call Brian Robinson at ext. 1145.**

## Catholic Mass with Father Mark Niehaus from St. Patrick's Catholic Church

**Friday, June 4<sup>th</sup> at 9:30am in Fellowship Hall**

This will be Father Mark's last Mass here at Fairhaven as he will be transitioning to his prior ministry. Due to Father Mark leaving, we will look to resume Catholic Mass Services at Fairhaven in September to allow their new Parish Priest time to settle in.

## Happy June Birthday!!!

Betty Murray	02
Dianne Camplin	03
Edmund Sorenson	03
Lyndia Fry	04
Joanne Nordeen	04
Paul Balfe	05
John Loomis	05
Regina Kulbicki	08
Douglas Mayer	08
Phyllis Goyer	10
John Lyford	11
Doris McQuillin	11
Jim Richards	11
Mary Wickler	11
Richard Piehl	12
Betsy Sonnemann	12
Jean DeHorn	14
Peter Goihl	15
Carmela Yuhas	15
Richard Moyse	20
David Yochum	20
Liane Kincaid	21
Robert Pitcher	22
Colleen Endisch	23
Hannah Greenhill	23
Margaret Rohrs	23
Marjorie Black	24
Bonnie Moyse	24
Terry Tutton	25
John Belsky	26
Delores Grulkowski	28
Helen Brady	29

## **Here's What's Happening...**

**(Prairie Village Residents—in order to attend events - you are required to be fully vaccinated +2 weeks, enter & exit through the Main Entrance and complete the screening process. Thank you!)**

**Current Events & Ideas to resume June 8, 2021** - For ten years Fairhaven has offered this opportunity for intellectual dialogue with discussions on a wide variety of subjects; international affairs, morality questions, religion, local and state issues, racism, war, education etc.. Our discussions are open and fair and we begin a new series June 8th at the regular meeting time of **2:00-3:00 p.m. each Tuesday afternoon in Fellowship Hall**. All are invited. Your Moderator, Max Rigert

**Monthly Blood Pressure Screenings w/ Fort Wellness Staff from Fort Hospital** - We are excited to welcome back Tiffany Pernat and others for this free blood pressure screening. **This will be held on the 4<sup>th</sup> Thursday of the Month in the Whitewater Conference Room from 10:30am-11:30am.**

**In-Person Chair Exercise - 10:00 a.m. in Fellowship Hall on Mondays & Thursdays. Join Us!**

\* \* \* \* \*

**Piano Program w/ new entertainer (to Fairhaven) Kurt Cowling- Monday, June 14<sup>th</sup> at 1:00pm in Fellowship Hall and on Channel 900.** Kurt Cowling is a pianist and composer who will present a program of familiar songs from the 1920s to the 1960s known the Great American Songbook. This includes songs made popular by such artists as Frank Sinatra, Ella Fitzgerald and many others who presented popular songs and hits from Broadway shows in a jazzy style.

He has worked with many musical theaters including The Fireside Music Theatre, Skylight Music Theater and the Milwaukee Repertory Theater. He also has had occasion to perform with well known artists such as Aretha Franklin and Bobby Vinton.

**Banjo Program with Fairhaven's own Mike Woitowicz- Thursday, June 17<sup>th</sup> at 1:00pm in Fellowship Hall and also on CH: 900** - "Mike will be doing a selections from Classical to Broadway, with stops along the way for Ragtime, Blues, Roaring 20's, Polkas and a touch of Irish."

**Roberta's Art Gallery "Splatter Paint" Workshop** - will be held outside the front entrance on Friday, June 18<sup>th</sup> at 1:00pm and be limited to the first 16 residents that sign up at the front desk.

**Father's Day Social - Friday, June 18, 2021** - Staff from Fairhaven will be going around to all living centers throughout Fairhaven spreading some joy for Father's Day with a special snack pass.

**Schedule will be: 9:30-9:50- Hearthstone, 10:00-10:15- 4<sup>th</sup> Fl, 10:15-10:35- 2<sup>nd</sup> Fl, 11:00-11:30ish: P.V, 2:30-Apartments starting in the 2D Building**

### **Nutritional Needs for the Aging Population**

**Traci Wilson, Registered Dietitian/Community Health Program Coordinator Fort Hospital**

**Wed, June 23<sup>rd</sup> 1-2 pm in Fellowship Hall and on CH: 900**

There are many age-related challenges that we must face as we get older. Many of these challenges can hinder proper nutrition which can lead to other problems. Learn about foods to focus on for better aging, tips to make nutrition easier, as well as preparing meals for one or two. Seasonal produce from the farmer's market will also be tied into a short cooking demonstration.

**Accordion Music w/ Steve Meisner and Jerry Hartman - Wednesday, June 30<sup>th</sup> at 1:00pm OUTSIDE the main entrance. (will move indoors to Fellowship Hall and on CH: 900 if weather is bad).** Jerry and Steve are excited to be able to play in front of an audience and our hope is for nice weather and to be outside. Steve and Jerry will make their way to Hearthstone afterwards for a short program as well. Please note that if we are outside, this will not be broadcast on CH: 900.

## June is Recognized as National Safety Month:

### Seven Basic Work Safety Rules

1. Keep work areas clean. ...
2. Use the proper tool for the job. ...
3. Always wear the proper PPE for the work task. ...
4. Never work on live equipment. ...
5. Make sure chemicals are properly labeled and stored.
6. Communicate hazards to other personnel. ...
7. Stop work when needed to address hazards.



### Five General Summer Safety tips to prevent heat related illnesses:

1. Stay in a cool, shaded area.
2. Keep yourself hydrated.
3. Wear clothing that's loose and light.
4. Protect yourself from the sun with shade and sunscreen.
5. Stay informed. Know the signs and symptoms of heat overexposure, & what you can do to help.

**From the Fairhaven SEP Committee**

## The Magic of Music & Brain Activity

Alzheimer's affects an estimated 5.5 million Americans and is the sixth-leading cause of death in the U.S.,<sup>1</sup> killing more than breast cancer and prostate cancer combined. It is the only leading cause of death that cannot be prevented, cured or slowed.

While there is no cure for Alzheimer's, certain therapies have proven effective in helping patients recall memories and emotions. Researchers have found that music improves mental performance, effectively awakening memories<sup>2</sup> in people who have undergone music therapy. Both singing along and listening to music are helpful, with those who sing along displaying the most improvement.

Researchers attribute this boost in brain activity to the following factors:

- **Music evokes emotion that can restore memory** more effectively than anything else. Incorporating music into everyday activities can help patients develop a rhythm that allows them to recall the memory of that activity.
- **Musical aptitude and appreciation are two of the last remaining abilities** in patients with Alzheimer's and dementia. This makes it easier to reach patients whose disease has progressed.
- **Music fosters emotional and physical closeness.** As dementia advances, the ability to share emotions declines. Music helps by encouraging dancing, which in turn can lead to physical contact. That may bring security and memories.
- **Singing stimulates the brain.** Singing engages the left side of the brain while listening to music provokes activity on the right side. All this brain stimulation provides a mental boost.

**Music can change mood, help individuals manage stress, stimulate positive interactions and improve cognitive function.** Music requires little or no mental processing, freeing up cognitive regions of the brain.

For more information on hearing and brain health, contact Kimberly Knudsen, Au.D. in Whitewater, 262.473.8920/[kimberly.knudsen@forthc.com](mailto:kimberly.knudsen@forthc.com), or Cheryl Kinney, Au.D. at **Fort HealthCare Audiology** at 920.563.6667 to schedule a hearing evaluation or complimentary hearing screening.

<sup>1</sup> NIH. (n.d.). *Alzheimer's Disease Fact Sheet*. Retrieved April 2, 2021, from <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>

## From the Chaplains' Desk

I recently read an interesting statistic, that 70% of Americans say that quarantining during Covid made them better people. They said they picked up new talents and hobbies, and grew to know themselves better. I expect there are other aspects of their lives that they also improved, such as their relationships with loved ones. They had more time to talk with them, because they weren't going out and running from here to there! Many people also didn't gain weight during quarantining, but found more time to exercise!

And, in a sense, I found this to be true in my church. We had to, as I would say, "separate the wheat from the chaff." We had to sift through everything to determine what was most essential for our broadcast worship services and for our ministry and life together. For example, when we were only broadcasting our worship services, and didn't have services "in-person," it didn't make sense to pass the offering plate. So that was omitted from the worship service. Instead, we made sure to include self-addressed stamped envelopes in our newsletters, so that folks could mail in their offerings. And we're doing this today, even though we have returned to in-person worship. It's still not safe to pass the worship plate, so we leave it at the entrance to the sanctuary, and let folks drop in their offerings as they enter or exit.

In addition, we needed to find other ways for folks to fellowship with one another (because that is definitely important in the life of a church), so we conducted outdoor gatherings during good weather, and online Zoom gatherings during the winter months. But we had to eliminate providing coffee and goodies to everyone, and we asked folks to bring their own treats!

The whole Covid period has been one in which we were sorting and sifting and reconfiguring to make the most of what we had and could do, when we were trying our best to protect each other from the virus. We had to decide what our priorities and essential activities were, and focus on them. I found it was kind of liberating, because we weren't getting bogged down in superficial or extraneous details that gave us more headaches and heartache than joy.

And as I reflected on this "separating the wheat from the chaff," I also recognized that this is one of the tasks of aging, isn't it? Like the limits imposed on us from quarantining during Covid, aging begins to set certain limits on us. Our bodies aren't as agile, sturdy and tireless as they used to be. We wear out more easily. We can't lift the things we used to. We might be more vulnerable to illness. Likewise, our minds and spirits tell us when we've had enough of certain activities and interpersonal dynamics. We just don't want to waste precious time on things that don't add value to our lives.

So we, too, are "separating the wheat from the chaff," and choosing to participate in activities which add joy, vitality and meaning to our existence, and to associate with people and groups who impact our quality-of-life. With these people, we have the opportunity to share the day-ins and day-outs of our lives, to grieve and rejoice together, to offer hope and faith, to love and be loved, and to offer the best of ourselves in service.

We determine what is essential to us. We are "separating the wheat from the chaff." The limits we acquire as we age give us the permission to choose what we want and need for our physical, emotional and spiritual well-being, and for our more precious relationships. This is a gift to us. We thank God for this gift of "separating the wheat from the chaff," so that our lives may be the most whole and joyful with one another and God.

May today be a gift of joy and life to you,  
Chaplain Delisa

## **Resident Council Update - June 2021**

### **Rev. Chris Buckingham-Taylor is our June Volunteer of the Month**

We are grateful for all the joy Rev. Chris' ministry brought Fairhaven residents during his seventeen years at First Congregational United Church of Christ in Fort Atkinson. He was nominated for our Volunteer of the Month by Chaplain Luke who says "He loved the Fairhaven residents and enjoyed visiting with them. He always came with his loving spirit and welcoming smile." Rev Chris was a regular in Chaplain Delisa's Friday's devotions providing guitar music and singing. The second Sunday of December Sunday Vesper service (and other times, too) was always lead by Rev. Chris with the Fort UCC Bell Choir (and they always brought cookies!). As Janet Hardt, Leisure Services commented, "A very busy man, so generous with his time and talents!" Rev. Chris will be missed, as with Chaplain Delisa (but there'll be another time to say good-bye to her in the future).

### **Update Keep Us Safe**

We are very hopeful that we never again have to ask you to consider donations to the Keep Us Safe Fund! That being said, we are grateful for the response to our most recent invitation to donate which resulted in \$8125, giving us a grand total of \$25,176.51 since this fund was created in early 2020. Thanks to everyone who donated!

### **Boxes Locker**

Boxes are available to all Fairhaven and Prairie Village residents in the locker across from the Lower Level Exercise Room. These are generally small to medium size boxes, perfect for mailing and storage. We're grateful for Bruce Lucht, Maintenance, for knowing just the right sizes we need, as well as everyone who contributes and uses the boxes.

### **Be on the Lookout for....**

Another opportunity to donate to the Employees Christmas Fund. Yes, it's time again for mid-year donations. Be on the lookout for your letter with those details. Thanks again to Council treasurer and Prairie Village resident Dick Piehl for managing the multiple tasks that are involved with the Christmas Fund – and to Beth Johnson who prepares these letters.

### **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.) Nominations can be made by any Fairhaven or Prairie Village resident to any Resident Council member, preferably in writing, with information about why you are nominating this person. You can always leave your nomination in the Main Lobby Suggestion Box, located by the Main Lobby Coffee Bar or get your nomination to Prairie Village resident, Kathy Ross.

### **Little Free Library in June...**

Can be found in the Second Floor AA Lounge.

And from the larger Little Free Library World, "One book is shared per day in the average Little Free Library. That adds up to 42 million books shared annually in little libraries around the world!"

