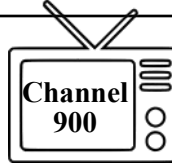


**REMINDER...** All of the Daily Activities and Updates can be viewed on TV Channel 900 or on the Fairhaven Website ([www.fairhaven.org](http://www.fairhaven.org)). Questions, contact, Brian Robinson at ext. 1145.



## 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 and remember to get your flu shots.



### From the Chaplain

As you know, after seven years of service to Fairhaven, chaplain Delisa has moved to Ohio to be with her husband. She has provided exceptional care for residents and staff over the years and I really miss her as I'm sure you do!

Although she is not being replaced, I will be working some additional hours on Tuesday, in addition to my regular day on Wednesday, and will be picking up some of her responsibilities. Because I won't be putting in the hours she did, I may not be as aware of the needs of some residents. Could you help me out? If you are in need of a chaplain to talk with or someone to pray with you, please give me a call at extension 1191. I'd be happy to come and visit you on a Tuesday or Wednesday. It would be my pleasure. May God bless all of you.

Chaplain Luke Bocher

### Programs with Chaplain Luke Bocher:

**Tuesday:** Devotions with Chaplain Luke  
10:00 a.m. - 4th Floor Dining Room  
10:45 a.m.—2nd Floor Dining Room

**Wednesdays:**  
Devotions with Chaplain Luke  
11:00 a.m. - Fellowship Hall  
(Also shown on TV Channel 900 )  
(Touchtown)

**Chaplain Luke will be on vacation the week of September 19th - There will be no Devotions on Sept. 21 or 22.**

### Dining Service Update:

As many of you know we have had to make several changes in how we provide our dining services as it has and continues to have an impact on all levels of care throughout Fairhaven. I wanted to update everyone on how this is impacting us in dining services.

We place our food orders twice a week with our prime vendors for food items and will receive a list of items that are not available for that delivery. Some of these items will be out of stock for maybe only a couple of weeks while some items have been permanently discontinued at this time. An example of that is ½ gallons of milk, and some of our cereals we used to get in bulk. This is due to not having employees to work in factories, so they are eliminating low volume items. Just because some of these items are in our local grocery store doesn't mean we are able to get them through our distributors. We are seeing shortages from our produce and bread companies also.

At this time, I would just like to ask for your patience with menu changes or substitutions. We will always try to honor what we have printed but there will be times this is out of our control.

Special orders are not currently available. We make a main entrée and soup and sandwich 2 times a day and with all the meals we provide, it is not possible to specialize sandwiches or make a third meal option.

As always it is our goal to provide appealing and appetizing meals. We appreciate all your continued support and patience to not only dining services but all the staff here at Fairhaven.

Sincerely,  
Millie Zarate CDM,CFPP  
Director Of Dining Services

## Welcome to Fairhaven...

Betty Ament	Health & Rehab
Anne Hope	Health & Rehab
Sonjia Schneider	101B
Ingrid Stroh	Health & Rehab
James Trier	Health & Rehab

## Happy September Birthday!!!

Edith Gilbertson	02
Patricia Jacobson	02
Carol Cobb	04
Frank Harenza	04
Nancy Rowley	04
Robert Cunningham	08
Nelda Bergsten	13
Elizabeth Asher	16
Jonathan Mohle	19
Georgene Adams	21
Lee Murray	24
Michael Harenza	29
Beth McCulley	29



## 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.

## Request from the Laundry Department

Please be sure to label any piece of linen/towel/wash cloth with your apartment number and Building number. You can use the tag if item color is too dark. This is much appreciated.

Shawn Koebke, Laundry Supervisor



**Thursday, October 7, 2021**

(Meals to be delivered to your apartment)

Menu: Sauerbraten, Hot German Potato Salad, German Style Red Cabbage, Gürkensalat and Schwarzwälder Kirschtorte, beer and wine.

Delivery: Apartments starting at 11:30 a.m. and Prairie Village starting at 12:00 noon.

Reservation forms to be placed in mailboxes (emailed to Prairie Village) soon.

**RSVP by Friday, October 1, 2021.**

## New Apartment Residents Thanks

You have likely noticed the recent flood of new apartment residents, after a near year-long hiatus. Thank you for always being so very welcoming to new members of the Fairhaven family. As you may remember from your own time when joining us at Fairhaven, this move can be very challenging. The fact that you all are so welcoming and positive when we are giving tours is greatly appreciated...and noticed by the prospects. And then there's the move -- getting used to all the hallways, which room is the laundry, where to put the garbage, what to do and when to do it.... It can be very overwhelming. We appreciate knowing that our current residents are always there to help the new people. New residents and their families notice this "positive attitude" and comment on Fairhaven's exception. We do have a "culture of caring like no other" at Fairhaven. Residents and staff prove that daily. Thanks.

Tim Probst – Marketing Director

## In Memory of ...

**Margaret Bureau  
Jean Lyford  
Arlene Rowley  
Mary Schlesner  
Ernest Staebler**



**Mini Mart Hours...** The Mini-Mart is open for residents only on **Mondays & Wednesdays** from **12:30-3:00 p.m.**, lower level. Stop & look!

**Current Events and Ideas - Fellowship Hall, Tuesdays, 2:00-3:00 p.m.** During the past month our discussions included the subjects; 'Racism', 'Immigration and Children', 'Inequality in Wealth', and 'Sexuality and The Bible'. Most interesting topics and we invite you to join our stimulating discussions each Tuesday.

**Listen In for September** - Paul Kuenning will have his monthly Listen-In on **Monday, September 20, 2021 at 11:15 a.m.** in Fellowship Hall.

**Bell Choir Practice - Every Friday, 9:30 a.m. in Fellowship Hall.** Questions? Interested? Like to Join Us? Contact Marion Burrows, 314 AA or call 262-473-5173.

**Bingo-Fridays in September, 1:15 pm in Fellowship Hall**

**Thursday, September 9<sup>th</sup> from 5:45-6:45pm in Fellowship Hall** we welcome back the UW-Whitewater Women's Volleyball Team for a special event! We are happy to have them back for our monthly visits and this would be a great time to see your pen pal if you did have one from the team.

**Wednesday, September 15<sup>th</sup> at 1:15pm in Fellowship Hall** - Memorial Service for Gloria Weigandt.

**Thursday, September 16<sup>th</sup>- Sandwich Sisters Food Truck will be back. Flyer/Menu will be sent out the week prior.**

**Hoo's Woods Raptor Center Program- Thursday, September 16<sup>th</sup> at 1:15pm in Fellowship Hall "Owls- Tall and Small" with Hoo's Woods** - During this one-hour education program participants will meet "Queen" Great Gray Owl, a rare and tallest owl species in the world. Folks will also meet "Oopsie" Saw Whet Owl, the tiniest owl in Wisconsin. Participants will learn about their natural history, breeding, habitat and behaviors. These raptors are some of the most beautiful and fascinating birds in the world. Hoo's Woods program will leave you spellbound, anxious to learn more about these fascinating birds.

**UW-Whitewater Women's Volleyball Practice/Scrimmage- Thursday, September 16<sup>th</sup>** we will head over to campus to watch the women's volleyball team. Transportation will leave the front lobby at 2:45 and it is asked that you sign up for this at the front desk if wanting to attend.

**Fort Wellness Presentation Series- Nutritional Needs For The Aging Population with Traci Wilson- Registered Dietician Wednesday, September 22<sup>nd</sup> at 1:15pm in Fellowship Hall.**

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.

**UW-Whitewater Football Practice- Wednesday, September 22,** Head Coach Kevin Bullis is opening practice up to us again for our annual trip to watch the Men's Football Team. Transportation will leave at 3:25 and it is asked that you sign up at the front desk if you are wanting to attend. Practice starts at 4:00pm and we should be back by 5pm/5:30 at the latest.

**Thursday, September 23<sup>rd</sup>-** Fort Wellness is back for FREE Blood Pressure Screenings, **10:00-11:00am in the Whitewater Conference Room.**

**Funnel Cake Fries & Ice Cream Social- Thursday, September 23<sup>rd</sup> at 2:30pm, Skylight Dining Room**

**How did Food Services Manage at UW-Whitewater during Covid19 and how are they bouncing back? Wednesday, September 29<sup>th</sup> at 1:15pm in Fellowship Hall** join Rachel Omdoll; Registered Dietician; as she shared with us how Dining Services at UW-W was impacted and how they are moving forward with the upcoming school year.

**LOOKING AHEAD TO OCTOBER...**

**Friday, October 1<sup>st</sup> at 1:15pm in Fellowship Hall** we welcome back the Ted Yoder Band for another wonderful musical program!

## Movie Night

**Queen Bees- (2021) - Thursday, September 2<sup>nd</sup> at 1:15pm in Fellowship Hall**

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." 105 Minutes.



## Fairhaven Lecture Series—Fall 2021 Mondays, 3:00 p.m. in Fellowship Hall

### *Science and Society: Connecting Research to Real Life*

From climate change to COVID-19, bird adaptations to brain function, our world faces new challenges and opportunities every day. Scientific research provides solutions to problems and impacts our daily lives, local communities and national policies. Members of the UW-Whitewater faculty share their research interests and learn how the findings make a difference in our society.

September 20	<b>Monitoring Shoreline Erosion and Slope Stability Along Lake Michigan</b> <b>Juk Bhattacharyya, Professor - Geology, Geography &amp; Environmental Science</b>
September 27	<b>What Makes the Northern Cardinal Such a Winner?</b> <b>Susan MeVries, Assistant Professor—Biological Sciences</b>

Lectures in the Fall 2021 series will be held on Mondays at 3:00 p.m. in Fellowship Hall & audiences will be limited to Fairhaven residents only. The Lectures will be recorded and posted to the UW-W website and their YouTube Channel. Videos of lectures in this series and in past series can be accessed for free any time after they are posted online.

## Resident Council Update – September

### **As the Season Begins to Change...**

Take time to look around at the flowers at the Fairhaven and Heartstone entrances, compliments of the Friends of Fairhaven. Both the Fairhaven and Prairie Village gardens have had amazing seasons. And now we'll see what the fall brings.

### **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 September...**

Second Floor "E" Lounge – thanks to everyone who contributes to this ongoing project.

## Greenfield Rehab - September 2021

### 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 seatbelt, 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 health 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.

### Finding the Perfect Fit: The Art of Hearing Device Selection

With hearing device costs ranging from \$2000-\$6500 a pair, patients ask, “What’s wrong with the less expensive ones?” The answer is nothing—budget hearing devices could be the perfect choice. The only way to find out is to partner with an audiologist. The added features of today’s hearing devices, while providing additional benefits, also make hearing devices more expensive. However, depending upon your requirements, more is not necessarily better. Think of it this way. If you were an athlete training for a marathon and purchased a treadmill, you might choose a \$4500 model to run on while the machine tracked your progress. You would also want to have a personal trainer. However, if you just want to take an occasional walk and lose a few pounds, a \$500 treadmill might suffice. The same considerations are true when it comes to selecting hearing devices. If you are very active, live in a noisy environment & don’t want to adjust the volume, you will be happier with hearing devices with advanced features. If you live a quiet life & don’t mind making manual adjustments, a more economical hearing device might be perfect. In short, the *art* of selection & fitting combined with the *science* of technology directly impacts your satisfaction.

Our audiologists make recommendations for the type and style of hearing devices based upon:

- Your personal lifestyle
- Your level of hearing loss
- The physical characteristics of your ear canal
- Your cosmetic preferences
- Your budget constraints

Our audiologists invest time into understanding what your life is like to ensure optimal hearing while providing the best value for you. For more information, contact Fort HealthCare-Audiology (Cheryl Kinney, Au.D.) at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater (Kimberly Knudsen, Au.D.) to schedule a hearing evaluation or complimentary hearing screening.