



Programs with Chaplain Luke Bocher:

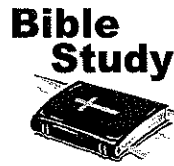
Tuesday: Devotions with Chaplain Luke
4th Floor Dining Room - 10:00 a.m.
2nd Floor Dining Room - 10:45 a.m.

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

Holy Communion - On Wednesday, October 6 we will remember the death & resurrection of our Lord as we share in the sacrament of Holy Communion. Communion will be celebrated at **11:00 a.m.** **Devotions in Fellowship Hall.** If you desire communion and cannot be at the service please contact the chaplain's office by October 4 and we will bring you the elements on the morning of **October 6.** For safety's sake the elements will be in individual containers so that they will not be touched by others until you open them. The bread will be gluten-free.

Monthly Catholic Communion Service with St. Patrick's Catholic Church will be held the 3rd Tuesday of EVERY month at 10:00am in Fellowship Hall.

Bi-weekly Lutheran Bible Study in the Private Dining Room - 9:30 -10:30 a.m.
October 4th & 18th, 2021



UW-Whitewater Volleyball Game Outing- (Independent Residents) Wednesday, October 13

We will be loading up the bus and heading over to campus to root on the lady Warhawks as they take on Dubuque, Iowa. **Game starts at 7:00pm and transportation will leave the front lobby at 6:35pm.** If interested in going please sign up at the front desk by Tuesday, October 12th.



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.

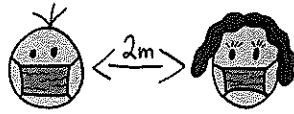
October 4	Inventions, Innovations and Publications: An Academic Perspective Ozgur Yavuzcetin, Associate Professor - Physics
October 11	Chemistry in the Kitchen Kim Kostka, Professor - Chemistry
October 18	Citizen Science: A Tool for Bird Conservation Tom Klubertanz, Professor - Biology
October 25	Biophysics: Where Magnets and Neutrons Collide Martin Tchernookov, Assistant Professor - Physics

Reminder to Prairie Village Residents: Masks are Mandatory for ALL LECTURE SERIES PROGRAMS as well as the bus ride to/from.

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/Prairie Village 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.

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.

Independent Bingo with AI for the Month of October in Fellowship Hall

Friday, October 1 1:30-2:30 w/Alpha Sigma Sorority from UW-Whitewater

**Friday, October 8th, 15th, 22nd and 29th:
1:15-2:15pm**

BINGO!

Happy October Birthday

Marlene Strait	02
Beverly Roehl	04
Florence Pape	05
Jim Schumacher	06
Robert Wulfsuhle	06
Mary Jo Geraghty	07
Hans Hahn	13
Dorothy Schreiner	14
Brian Beck	20
Robert Aulik	23
Susan Brey	25
Nancy Schmidt	27
Suzette Sorenson	27
Peggy Hooper	30
Betty Lawrence	30

New Residents... Welcome!

Sharron Craggs	113D
John Holford	Health & Rehab
Mary Mayer	444C
Nancy Streich	419C
James Trier	Health & Rehab

Listen-In

Paul will have his monthly Listen-In on **Monday, October 11th at 11:00 a.m. in Fellowship Hall.**

Mark your Calendar...

FREE Blood Pressure Screenings w/ Fort Wellness Staff from Fort Hospital- October 21, November 18 and December 16 from 10:00am-11:00am in the Whitewater Conference Room.



In Memory of...

*Betty Ament
Richard Holt
Beverly Roehl*



Watch for Dates for Influenza Vaccines

We expect that flu vaccines will be given in early October. Watch for the dates when they will be offered. This year, per CDC recommendations and our Medical Director's advice, we will be using the high dose vaccine. If you don't have Medicare B, the cost is \$80.



Save the Date...

Kelly's Pot Pies and More will be back with an order delivery on **Friday, November 19th** ... just in time for Thanksgiving!!! They have also added 1 more pot pie - Turkey Pot Pies to their already amazing list.

Order forms will go out early November.



**Fairhaven is on Facebook!
CHECK US OUT...**



Happenings in October!!!

Wisconsin Historical Society Presentation- Maple Park Lantern Tour, Wednesday, October 6th at 1:15pm in Fellowship Hall - Explore the Maple Park Historic District during this virtual tour of the original residential section of the village of Geneva. Learn what defines a Historic District. Discover its distinctive architecture, from a Scottish Castle to Dutch Colonial; stories of its prominent residents such as teachers, preacher, builders, and The Ice King; and the dedicated preservation efforts of current homeowners to maintain the integrity of the prestigious historical neighborhood.

Soft Pretzel Bite and Melted Cheese Social - Thursday, October 6th- starting at 2:30pm in the Skylight Dining Room!

Meet and Greet with the UW-Whitewater Men's Basketball Team - Wednesday, October 6th from 6:00-7:00pm in Fellowship Hall. Making their first appearance at Fairhaven, we encourage all to attend this event as we welcome the men's basketball team to Fairhaven. Player introductions, raffling off of prizes and an opportunity to have conversations with them all in one evening! Hope to see you down there supporting the student athletes.

Help Session with UW-Whitewater Technology Students - Tuesday, October 12th at 3:30pm in Fellowship Hall. We encourage all residents; who need technology answers; to come down and put your name on the list to get help from these students. If you are unable to bring your device down to Fellowship Hall, we still ask you to come down and will partner you up with multiple students who will go back to your room with you. Please know this is first come first serve and this right now is the only Help Session we have planned for the Fall Semester.

Wisconsin Historical Society Presentation- Posters and Propaganda, Wednesday, October 13th at 1:15pm in Fellowship Hall - From band posters staples to telephone poles to the advertisements hanging at bus shelters to the inspirational prints that adorn office walls, posters surround us everywhere-but do we know how they began? Telling the story of this ephemeral art form, Dave Desimone of the Wisconsin Historical Society reexamines the poster's roots in the nineteenth century and explores the relevance they still possess in the age of Covid and modern social justice movements. Few forms of graphic design can rival posters for sheer spatial presence, and they provide new opportunities to communicate across public spaces in cities around the globe.

Fairhaven Apartment Resident, Karin Campbell is back once again for another GREAT Presentation: Thursday, October 14th at 1:30pm in Fellowship Hall - "Let's Bring Back" by Lesley Blume and "The Little book of Hygge (coziness)" by Meik Wiking will be combined by Karin Campbell for ways to make the upcoming winter cozier and more enjoyable.

National Cheese Curd Day Social - Come and enjoy fresh and fried cheese curds and drinks in the Skylight Dining Room on **Friday, October 15th at 2:30 p.m.**

Cowboy Bob - We look to welcome back Cowboy Bob for a Country Music Program on **Thursday, October 21st at 1:15pm in Fellowship Hall**

Blood Pressure Screening with Fort Wellness from Fort Hospital - Thursday, October 21st from 10:00-11:00am come on down to the **Whitewater Conference Room** for your FREE monthly blood pressure screening.

Monthly Visit from UW-Whitewater Women's Volleyball Team - Thursday, October 28th at 5:45pm in Fellowship Hall- roll up your sleeves and get ready to have fun as we celebrate Halloween with our annual pumpkin painting event with the Women's Volleyball Team. Come down to paint or just have conversation, either way help us get ready for Halloween & have a good time with the team.

MINI MART NEWS

Come check out our Half Price Sale, beginning **October 4.**



- Frozen items – including ice cream – are now available.
- We have an abundance of Hallmark cards (including Halloween and Thanksgiving) and plenty of candy.
- Decorative seasonal items are on display.

The Mini Mart, located on the Lower Level, is open **Monday and Wednesday afternoons, 12:30-3:00.**

It is a long-time project of the Friends of Fairhaven and supported totally by volunteers.

Hoo's Woods Raptor Center Wish List:

As mentioned at the September program, here is the list of items they are looking for:

- Large rolls of Rosen Paper or contractors paper for lining cages.
- Mr. Clean Magic Erasers
- Paper Towel
- 13-gallon size trash bags
- Gallon Size Freezer Bags
- Laundry soap- liquid and scent free
- Bleach
- Window cleaner
- Cases of bottled water
- Q-tips
- Cotton balls.
- Gift Cards: Menards/Lowes/Home Depot for building supplies, Gas Cards (used for picking up and transporting birds) gift cards for screws, staples, etc. for perch repairs

We will have a table set up outside of Fellowship Hall for any small item donations.

Wednesday, October 13th will be end for this donation drive.

If wishing to support financially, checks can be made out to: Hoo's Woods Raptor Center and given to Beth Johnson in the office.

We greatly appreciate all that Dianne does and the educational programs she brings to us...and of course the birds!!! Any questions please contact Brian Robinson-Leisure Services Director.

Resident Council Update October 2021

Welcome John Loomis

We welcome Fairhaven resident John Loomis to the Council. He was elected at our September meeting. A full list of all members is at the bottom of this article.

New Bulletin Boards

Over the years, various musicians have contributed an abundance of sheet music to Fairhaven. You'll see some of those on the first-floor bulletin boards maintained by the Council (on the turn into AA and at the CD entrance). There's interesting music there, as well as photos of some well-known personalities of earlier times.

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 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.

Suggestion Box

The Suggestion Box at Fairhaven (see location information in the Nominations notice above) is open for all Fairhaven and Prairie Village residents. Please know that it is not useful for time-sensitive issues. If you have a problem that you believe needs immediate resolution, please contact the appropriate Department head.

Little Free Library in October...

You'll find Fairhaven's Little Free Library in the D Lounge on First Floor.

Current Resident Council Members

Mary Jo Allen*, Lyndia Fry (secretary)*, John Loomis, Henry Malo (Employees Christmas Fund), Dick Piehl (Employees Christmas Fund chair and treasurer), Kathy Ross (president)*, Sue Schweitzer (acting vice president), Betsy Sonnemann, Doris Willis

*Prairie Village resident

Jack O' Lantern Mix

- 1/2 cup smooth peanut butter
- 1/2 cup hard margarine
- 1 tsp salt
- 1/2 tsp garlic powder
- 1 1/2 TBL.S. Worcestershire Sauce
- 12 cups Crispix cereal
- 1 1/2 cups peanuts—all types—dry roasted
- 3 oz. autumn candy mix
- 9 oz. candy corn
- 6 oz. candy pumpkins



Mix together first five ingredients (peanut butter, margarine, salt, garlic powder & Worcestershire sauce) in saucepan. Heat and Stir until melted. Pour over cereal and peanuts and mix well. Spread on cookie sheet, bake at 250 degrees for 1 hour. **Add candy when cereal mix is cool. ENJOY!**

Sleeping With Tinnitus: How to Get a Good Night's Rest

Tinnitus, or a persistent ringing in your ears, can interfere with many aspects of your life—including getting a good night's sleep. It can prevent you from falling asleep or getting enough quality restorative sleep, leading to daytime grogginess, anxiety, stress and reduced mental alertness.

Here are steps you can take to help lessen the nightly impact of tinnitus:

- Establish a regular bedtime routine and stick with it. Going to bed at the same time every night will help “train” your body that it's time to get some sleep. Put away your phone and other electronic devices—these emit blue light that can interfere with sleep.
- Clear your mind before bedtime. Try meditation or relaxation exercises. Popular techniques include autogenic training (focusing on creating sensations of warmth and heaviness in different areas of your body); deep breathing exercises such as 4-7-8 (inhale for four seconds, hold your breath for seven seconds, exhale for eight seconds); guided imagery, in which you visualize appealing experiences; and progressive relaxation, tensing and relaxing different muscle groups.
- Sleep in a darkened room. If your bedroom window faces a bright external light source, try room-darkening shades.
- Keep your bedroom cool. Turning down the thermostat can help promote a good night's sleep.
- Use white noise. You can buy a white noise machine, but an air conditioner, fan or humidifier is just as effective.
- Exercise regularly. Not only will exercise keep you healthier, but it also helps tire your body, leading to better sleep.

These techniques should help you sleep better with tinnitus. If you're still having difficulty, contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to get help with your tinnitus or schedule a complimentary hearing screening.

Contacts:	
Cheryl Kinney, Au.D. Fort Atkinson Location cheryl.kinney@forthc.com	Kimberly Knudsen, Au.D. Whitewater Location kimberly.knudsen@forthc.com

GREENFIELD REHAB



LEADING THE WAY IN REHABILITATION SERVICES

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 good 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 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, 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, 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 (at Fairhaven Senior Services)
435 W. Starin Road, Whitewater, WI 53190
262-473-2140