

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.

10:00am- Chats w Chaplain Luke on 2nd Floor

11:00am- Tuesday Devotions in Fellowship Hall

Wednesdays: Devotions with Chaplain Luke

11:00 a.m. - Fellowship Hall & CH. 900

Catholic Mass with St. Patrick's Catholic Church

Due to scheduling conflicts, we will be looking for a new Date/Time for Catholic Mass starting in December. **We will NOT be having Catholic Mass on Friday, December 3rd.** Once a new date/time is set, we will update Touchtown.

"Blue Christmas" Service to be Offered

Christmas is a time of joy and celebration. It is filled with memories of family and friends gathering in the past and present. We are lifted by the music and the beautiful decorations. Yet, it is also a time when we often miss those who are no longer with us. The song we remember by Elvis Presley says it well, *"I'll have a blue Christmas without you, I'll be so blue just thinking about you Decorations of red on a green Christmas tree, Won't be the same dear, if you're not here with me."*

At Christmastime many of us miss people who have been such an important part of our lives.

On **December 1** at our **11:00 a.m. Devotions** service, we will bring our grief to God and hear God's words of comfort and hope. God's light shines even in our darkness.

The writer of the gospel of John says it this way:
"The light shines in the darkness, and the darkness has not overcome it." (John 1:5)

Christmas Eve Worship

"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace" (Isaiah 9:6).

At 10:30 a.m. on December 24 you are invited to celebrate God's gift of Jesus Christ to us and to the world. We will meet in Fellowship Hall, hear the story of the birth of Jesus and sing some of the wonderful hymns which proclaim and give thanks for the birth of our Lord. You are invited to attend in person or to watch it on channel 900.

Mini Mart/Friends of Fairhaven News

We are celebrating the long-time leadership of Nancy Cooper, Nancy Hoffman, Sue Schlough, and Charlotte West who have resigned their positions with the Friends of Fairhaven Board. As they are able, we believe they will continue to support the Mini Mart and other Friends activities.

Christmas Cards and Other Items

Please visit the Mini Mart anytime, but especially this month. We have an abundance of boxed and individual Christmas cards, as well as decorative items. Remember your purchases are currently the only source of income for the Mini Mart. The Friends, in turn, use those proceeds for activities like the upcoming Epiphany fruit and the summer flowers around the Fairhaven and Hearthstone campuses.

Bingo Prize Donations

The Board unanimously voted to donate personal care and other items from the Mini Mart to be used as prizes for Bingo. An additional incentive to play bingo this month?

Mini Mart Offerings

...include frozen meals, personal care items, candy, ice cream, mini cans of Coke, Diet Coke, and 7Up, and the absolute best assortment of all kinds of Hallmark cards in Whitewater. The Mini Mart, located on the Lower Level, is open **Monday and Wednesday afternoons, 12:30-3:00**. It is open for all residents, including Prairie Village. The Mini Mart is a long-time project of the Friends of Fairhaven and supported totally by volunteers. We appreciate your support since your purchases help support projects that benefit all residents.



CURRENT EVENTS and IDEAS

During November we've dealt with some very interesting topics including 'Oppressive Obesity', 'Poverty', 'Transgender Confusion' and 'Critical Race Theories'. Join us for stimulating discussions each **Tuesday 2:00-3:00 p.m. in Fellowship Hall**. All welcome.

Bell Choir Practice
Fridays - 9:30am
Fellowship Hall



Fellowship Hall Independent Bingo Schedule for December:

Friday, December 3 - 1:30-2:30
with UW-W Sorority Alpha Sigma
Friday, December 10 - NO BINGO
due to Carolyn Wehner Piano Program
Friday, December 17 - 1:15-2:15
Friday, December 24 - To Be Determined
Friday, December 31 - To Be Determined

Other Happenings in November

Bingo w/ UW-W Women's Volleyball Team- Thursday, December 2 at 5:45pm in Fellowship Hall

Banana Split Social w/ UW-W Student Group Circle K- Tuesday, December 7, 6:30pm, FH

Staller Estate Winery Outing- Wednesday, December 8, we will be heading over to our local winery for a special event...Wine and Chocolate flight! Cost is \$14 per person and includes Four-1oz. Pours of your choice each paired with a Belgian chocolate truffle. ****Dessert wines are not included**** Transportation cost is \$3.00 and will leave the front lobby by 12:45 and Prairie Village Community Center by 12:55. It is asked that you **sign up at the Front Desk by Monday, December 6th** if wanting to go. All costs will be added to your monthly bill if attending. Wine and other items at the Winery will be available for purchase at your own expense.

Holiday Music w/ the group Tapestry!- Thursday, December 9th at 1:30pm in Fellowship Hall we welcome back a group that many have heard before.

Christmas Musical Program w/ favorite Carolyn Wehner- Friday, December 10th at 1:15pm in Fellowship Hall come on down to listen to a special Holiday Program on the Piano!

Special Program with Apartment Resident Karin Campbell on Thursday, December 16 at 1:30pm in Fellowship Hall- Karin will be showing pictures from the Downtown Abbey Christmas Cookbook by Regula Ysewijn. Relive all the fun we had sharing what we thought of the latest episode. If you feel like dressing up, please do so!

Country Holiday Music Program w/ Cowboy Bob- Wed., December 22, 1:15pm in Fellowship Hall.

Piano Concert- Thursday, December 23rd at 10:30am in Fellowship Hall- we welcome back Gail Bisbach and Wade Woelfle from Fort Hospital as they will once again dazzle us with their Holiday Classical Piano Performance. What sets them apart is that they sit next to one another and often/if not entirely, play at the same time. It is a concert not to miss.

Apartment Social- Thursday, December 23rd starting at 2:30pm - we will be spreading holiday cheer throughout the apartments; starting in the AA Building; with a special Basket Full of goodies!

MUSIC MASTERS SHOWCASE - On December 19th, the Whitewater High School Music Masters Ensemble will present Music Masters Showcase. The concert theme is Miracle on 34th Street---Winter in New York. The event will take place in the Whitewater High School MPR and will include solos and small ensemble performances, as well as songs sung by the entire Music Masters Ensemble. The event will begin at 3:00 pm. The \$10 ticket per person includes the performance and refreshments. This is a special event of its kind at WHS you won't want to miss! See any Music Masters Ensemble member, their director Karen Tordera, or the High School Office for tickets. Tickets should be purchased by December 10th. If you have questions, please contact Mrs. Tordera at ktordera@wwusd.org. **Transportation from Fairhaven will NOT be provided for this event and tickets will need to be purchased on your own.**

Resident Council Update—December 2021

Christmas Fund

Thanks to all residents and families who have already made donations to the Employees Christmas Fund. If you have questions about this annual giving opportunity (our only chance to “tip” employees), please contact Fairhaven resident Henry Malo or Prairie Village resident Dick Piehl. We very much appreciate Henry and Dick’s leadership these past several years with this effort.

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 December

You’ll find Fairhaven’s Little Free Library in the AA Second Floor Lounge on Second Floor.

Merry Christmas from the Resident’s Council

Mary Jo Allen*, Lyndia Fry*, John Loomis, Henry Malo, Dick Piehl*, Kathy Ross*, Sue Schweitzer, Betsy Sonnemann, Doris Willis (*Prairie Village resident)

The Psychology Behind Why We Listen to Music Loudly

If you have kids, you’ve probably asked them to turn down their music because it’s too loud. The apple rarely falls far from the tree; many of us have also enjoyed our share of loud music over the years, whether blasting Led Zeppelin, Jennifer Lopez or Garth Brooks. The genre doesn’t matter so much as the fact that we LIKE IT LOUD!

If you’ve ever wondered why, a pair of University of Auckland researchers have some answers. David Welch and Guy Fremaux researched the issue by interviewing nightclub staff and patrons in Auckland and learned that, simply put, loud music is associated with fun. Their theoretical model, called CAALM (Conditioning, Adaptation, Acculturation to Loud Music), helps explain this phenomenon in more detail.

Conditioning refers to pairing loud music with having fun—and eventually, the loud music itself elicits pleasure. Adaptation is the process of becoming acclimated to loud sounds, which might seem uncomfortably noisy at first, but we’ll soon learn to tolerate them. Acculturation is our collective expectation that clubs, parties and similar events will inevitably play loud music.

CAALM also identifies four elements of loud music that stimulate us:

- Music arouses and excites us; our auditory systems evolved to warn us of dangers, and our ears are connected to parts of the brain associated with arousal.
- Loud sounds offer refuge from the outside world, acting as a sort of cocoon that allows us to drown out other sounds—and even our own thoughts, masking our anxieties.
- Loud music transports us to a more carefree place.
- Loud music offers us a new, stronger identity based on power and toughness. Think of the anger and masculinity inherent in a lot of rock and rap music.

It’s still important to protect your kids’ hearing, but now you understand on a deeper level why they’re listening to loud music! Contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to learn more about hearing protection options, get help with your hearing or schedule a complimentary hearing screening.

Contacts: Fort Health Care	
Cheryl Kinney, Au.D. Fort Atkinson Location cheryl.kinney@forthc.com 920.563.6667	Kimberly Knudsen, Au.D. Whitewater Location kimberly.knudsen@forthc.com 262.473.8920

Nu-Step Update

Our fundraising goal for raising funds to purchase two new Nu-Steps is just over ½ the cost of 1 bike.

Each bike costs right around \$7,400.00. The hope is to be able to add a 2nd exercise room in one of the apartments if we are able to obtain 2 Nu-Steps.

If you are wishing to donate, see Beth Johnson.

Thank you!

Free Blood Pressure Screenings from Fort Wellness of FortHeathcare

**Thursday, December 16th
from 10:00am-11:00am
in the Whitewater Conference Room.**



Arthritis Management

Arthritis is generally defined by inflammation in the joints. The most common form of arthritis is osteoarthritis, which is degeneration of the bone and cartilage. Osteoarthritis often affects weight bearing joints such as the hip knee, spine, and thumb. Osteoarthritis is a degenerative disease that gets worse over time and can affect function in your daily activities.

Symptoms

Pain
Joint deformities
Swelling in the joints
Stiffness in the joints
Tenderness
Bone Spurs

Risk Factors

Hereditary
Obesity
Joint injuries
Repetitive motion of the joint
Female
Age

Treatment consists of use of non-prescriptive and prescriptive medications, physical and occupational therapies, self-management and if necessary, surgery, to help reduce symptoms or improve functional abilities.

- **Self Management** - Physical exercise and ultimately losing weight reduces stress on the joints and can decrease pain and improve function. Use of ice packs and heating pads can also reduce pain and stiffness. Know your limits—don't overdo. Balance activity with rest. Talking to your doctor and following their recommended treatment plan will offer you the support you need for optimal self-management.
- **Physical Therapy** - Physical Therapy can provide exercises to help with joint pain. They can teach you gentle stretching to help with morning stiffness. They can teach you proper body mechanics to help alleviate stress on joints. For example, the proper way to get in and out of a car or lift objects.
- **Occupational Therapy** - Occupational Therapists can train you how to protect your joints by using adaptive equipment (like a long handle shower horn) and if needed custom fit prefabricated splints not only to reduce stress on joints but to compensate for loss of function and pain. Occupational therapists can also assess your home and make recommendations for home modifications to simplify movement and optimize independence.
- **Surgery**— Joint surgery can remove damaged parts and replace them with new man-made parts. Surgery is not recommended for everyone. Replacing a joint can aid in the reduction of pain and help you move with greater ease. The most common types of joint replacements are hips, knees, and shoulders. A physical and occupational therapy program is usually recommended post joint replacement to regain motion, strength and prior function.

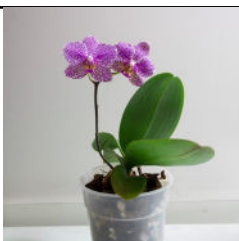
Treatment for arthritis aims to control pain, minimize joint damage, and improve the quality of life. Occupational and Physical Therapy can be an integral part of your treatment plan. Please contact Greenfield Rehabilitation at (262) 473-2140, Fairhaven Senior Services, 435 W. Starin Road, Whitewater, WI 53190 for more information. We would love to be part of your treatment plan.

Happy December Birthday!!!

Marcia Yochum	07
Dolores Piehl	08
Anton Kapela	09
Hazel Leonard	11
Betty Schneible	11
Jerry Lehto	13
Bill Endisch	14
Judith Mueller	17
Carol Harenza	20
Carole Scharinger	20
Denise Green	22
Susan Weigel	22
Carmella Kuhnke	23
Sara Woods	24
Neil Aiken	28

Just a Reminder... Employee Christmas Fund

The Fairhaven Employee Christmas Fund collection for 2021 will end on **December 5, 2021**. If you plan on donating this year, please give your gift to Henry Malo, apt. 115B or drop at the Reception desk. Any gifts received past 12/5/21 will be credited to the 2022 Employee Christmas Fund.



As some of you may have noticed the orchid plants between A & B have sprouted the stems that will have the blooms soon. If anyone is interested in learning to take care of them, I would be happy to show you.
Shirley Klindt, 119B

December Safety Tip from the Fairhaven SEP Committee:

To Prevent Slips on Snow and Ice This Winter:

- Unless it is an Emergency, please wait for the sidewalks and parking lots to be cleared after snow/ice storm(s).
- Wear footwear that has good traction and insulation (e.g. insulated and water resistant boots or rubber over-shoes with good rubber treads).
- Take short steps and walk at a slower pace to react quickly to changes in traction.

In loving memory of...

*Charles Allen
Jane Becker
Charles Gabby
Peter Goihl
Terry Ostermeier
Wendell Swift
Robert "Bob" Wulfkuhle*



Holiday Gift Baskets

As the holidays are quickly approaching we want to still recognize all of our family here at Fairhaven. We have been able to open the Skylight Dining Room for our apartment residents on Wednesday and Friday lunch. Due to staffing and continued covid restrictions we are not able to open for more days or large gatherings at this time. This means we will not be able to host the 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 once again 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 Thursday December 23rd between 1-2pm.

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 17th.

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 _____



Light In the Darkness

One of my favorite verses from the Gospel of John is one I have read almost every year at the beginning of our late Christmas Eve Service, when the darkness of night surrounded us. It comes from the opening verses of the Gospel of John. John writes to people who are going through difficult times; time of darkness. He says this of Jesus Christ, the light of the world: "The light shines in the darkness, and the darkness has not overcome it" (John 1:5).

This past year has not been an easy one. So many times it seems we have encountered the power of darkness. Continuing spread, sickness and death from COVID, political divisions which have divided our nation, rage which has again recently erupted in Waukesha where so many were cut down by an angry driver, many deaths here at Fairhaven and deaths of others we have loved – people who were dear to us, as well as terrible illnesses which have affected those we know and love. Some days it is hard for me to remain optimistic!

But at Christmastime we're again reminded: Although the power of darkness is around us, as it was in the time of Jesus and John, G has sent Jesus Christ into the world. He is our salvation, our source of healing and our hope. And in time he will bring in God's Kingdom. His light has shone in our lives in many ways. He has blessed us with homes in which we were loved and cared for. He has given us his Word to direct and strengthen us. He has been active in our lives, lifting us many times from the pits of frustration and despair. He is the light of our past, our present and our future.

So this Christmastime, as we experience the darkest time of the year and as our hearts are sometimes weighed down with the darkness around us, remember Jesus. Remember that his light, healing and power are in you, in others and at work in this world. Steep yourselves in prayer, in the scriptures and in worship. Take the hand of the One who can and will lead you and I through the darkness and into the light of joy and hope.

Merry Christmas,

Chaplain Luke

