

Christmas Hymn Sing

Almost everyone loves those wonderful old Christmas carols that we have sung for so many years! On **Wednesday, January 5 at 11:00 a.m.** we'll meet in **Fellowship Hall** for a Christmas sing-along.

If you have any favorite hymns you'd like to request, just let Chaplain Luke know and we'll sing them.

Holy Communion Offered

On **Wednesday, January 19**, we will remember the death and 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 January 18 and we will bring you the elements on the morning of January 19. 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.

Epiphany...

In celebration of Epiphany, a gift of fruit will be delivered to each apartment on **Thursday, January 6, 2022.**

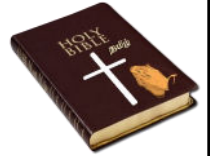
Prairie Village - We ask that you sign up with Dining Services by **noon on Monday, January 3, 2022** if you would like to have fruit delivered 1/6/22 and request that you are at home between 1-2 p.m. for the delivery due to the cold weather.

Thank you to the Friends of Fairhaven for their yearly donation of the fruit.



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 & CH. 900

Mini-Mart update...

Thanks to everyone who shopped with us for Christmas cards and decorations. We aim to provide more of the same next year. Until then, please remember to stop in and see what's new. Ice cream, frozen meals, candy, cards (best selection in town!), and some personal items are available. Maybe make a New Year's resolution to be a Mini Mart frequent shopper?! 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.

Dining Services 2022

As we say goodbye to 2021 and look forward to a New Year, we are trying to get back to a new normal. With staffing starting to improve, we are excited to say we will be opening the Skylight Dining room Monday through Friday for lunch service but not weekends. Even though we can't be open for supper yet, we are hoping to be able to add this option soon. We will continue to deliver meals on the days and times we are not able to be open in the Skylight Dining Room.

With the CMS guidelines still in place, we will need to continue with social distancing as much as possible and to encourage face masks be worn upon entering and leaving the Skylight Dining Room. We are still not able to seat more than 4 people per table, cannot have outside visitors dining in our dining room nor ordering guest meals, unfortunately this includes Prairie Village at this time. It is our focus and goal to provide the best service we can to our residents & family here at Fairhaven.

However small, this is a step forward for us and as things change, we shall also. Thank all of you for your continued patience and understanding as we all learn how to navigate through this changing world we live in.

Sincerely, Millie Zarate, Director of Dining Services

Bell Choir Practice

**Fridays, 9:30 a.m.
Fellowship Hall**



Current Events and Ideas

**Tuesdays, 2:00 - 3:00 p.m.
Fellowship Hall**

During December we discussed an array of subjects from Critical Racism to Domestic Violence and then a survey of Significant Events of the 20th Century. Our discussions are great for social interaction and brain stimulation! Join us a each Tuesday afternoon from 2:00 to 3:00 in Fellowship Hall.

Independent Bingo Schedule for Friday's in Fellowship Hall 1:15-2:15pm

Every Friday
for the
month of
January.

BINGO				
3	23	34	50	69
5	24	33	60	68
8	29	FREE SPACE	49	64
14	17	37	52	66
12	18	38	53	67

Fairhaven Happenings in January

Fairhaven Apartment Resident Karin Campbell is back once again for another GREAT Presentation: Thursday, January 6th 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.

Ice Cream Social- Skylight Dining Room on Thursday, January 6th at 2:30pm.

Bingo with the UW-W Women's Gymnastics Team- Monday, January 10th from 1:00-2:00pm in Fellowship Hall

Accordion Music w/ Steve Meisner and Jerry Hartman- Thursday, January 13th at 1:15pm in Fellowship Hall

Mark your Calendars... Resident Tea - , January 13, 2022, 2:15 p.m., Skylight Dining Room and Piano Lounge. Following Steve Meisner and Jerry Hartman's Accordion Music, Fairhaven and Prairie Village Residents are invited to a "Resident Tea" just for you! This is the employees way of saying thank you for the wonderful Christmas gift from you. So join us in the Skylight Dining Room on **Thursday, January 13, 2022, 2:15 p.m.** and enjoy some special "treats"! (Watch for potential changes - please check channel 900 for any information updates.)

Catholic Communion- 3rd Tuesday of every month at 10:00am in Fellowship Hall
Catholic Mass - still working on date & time - watch for more information to come soon.

Blood Pressure Screenings w/ Fort Wellness from FortHealthcare- 10:00-11:00am on the 3rd Thursday of every month in the Whitewater Conference Room. (January 20, 2022)

Movie Wednesday's in Fellowship Hall at 1:15pm- For the Month of January, we will be showing a movie EVERY Wednesday afternoon at 1:15pm. Keep an eye on CH: 900 (Touchtown) leading up to each Wednesday to find out what the movie will be.

Circle K Student Group Visit- Tuesday, February 1st - they will be in Fellowship Hall having a special Jeopardy Night for us all starting at 6:30pm in Fellowship Hall

Happy January Birthday!!!

Thomas Dosemagen	01
Peter Wurzer	01
Olive Crawley	03
Judy Hack	07
Judy Porter	09
Elizabeth Teed	10
John Kincaid	12
Tom Christofferson	13
Robert Brunner	14
Betty Heth	16
Gary Fry	21
Amy Landsee	25
Mary Anne Gerlach	26
Roger Kuhnke	27
Ronald Bergsten	29
Stephen Lade	30

Welcome Our New Resident!

Geraldine Mosley

Health & Rehab

In Memory of...

Douglas Mayer

Sara Jane "SJ" Woods



Did you know...

On December 15, 2021 the first orchid blossom opened up in the window garden between 1st floor A & B. When you walk or ride through there be sure to take a look because there are a number of orchid plants that will be blossoming during the new year. Enjoy!



Wedding Bells

Olivia Ammon, Fairhaven's scheduler on the skilled nursing floor, was married on December 2, 2021 in Jefferson, her new husband's name is Anthony & her new last name will be Fehlandt!! They have been together for 8 years and are both from Wausau. Following the wedding, the newly married couple flew off to Mexico for a nice and warm honeymoon! Congratulations to you both!



From the Fairhaven Safety Committee

January is Bath Safety month, so we would like to remind you to take some extra precautions and save yourselves from home injuries.

Bathing is such a routine activity that we often neglect to take proper precautions while we're in what is absolutely one of the most dangerous places in our homes. But there are a lot of things we can do to minimize the risk of injury in the bath. And many of these precautions are especially important for the very young and the very old. Safety bars — or grab handles — and non-slip mats inside the tub or shower are just two of the most effective — and most common — ways to stay safe in our soapy havens. Stay Safe!

New Year - New Insurance???

Just a reminder that if you have gotten a new Insurance or had changes in your Health Insurance plan, Fairhaven needs to know and also needs a copy of your Insurance Card.

You can bring your card to the Reception Desk to have your copy made. If you have questions, contact David Gackstatter in the Business Office.

Resident Council Update – January 2022

This is one big thank you to many people who helped with many activities that make Fairhaven & Prairie Village a wonderful place for Christmas celebrations.

Employees Christmas Fund

There are almost no words (but we'll try) to thank residents and families for their overwhelming, record-setting contributions to the Employees Christmas Fund. \$44,725 was shared with employees who received \$325, \$275, or \$250 (based on hours worked). This total is \$7100 more than our previous record-setting year 2019. This whole giving opportunity doesn't happen without the help of many people. We thank Fairhaven resident Henry Malo and Prairie Village resident Dick Piehl for their stellar leadership all year long. The cash amounts were verified and the envelopes (addressed by Sue Stanley*) were stuffed by Bev and Bo Aulik*, Lyndia and Gary Fry*, Jerry Grant, Dave and Judy Hack, Dick, Henry, and Marion Melo (*Prairie Village residents). Beth Johnson prepared both the mid-year and end of year donation letters (and answers countless questions!). Dawn Rocha and David Gackstatter of the Business Office provided on-going and awesome support. Again, what an awesome year and thanks to everyone!

Decorations Everywhere!!

Many Fairhaven residents continue the tradition of decorating their doors.

Under the direction of Betty Schelb, Director of Environmental Service, the following individuals and groups came together to decorate Fairhaven's public areas – which never looked better!!

The tradition of the Front Lobby Christmas Village continued with the support of Bruce Lucht from Maintenance. Luke and Lori Boucher, Dave and Judy Hack, Charlotte Kuenning, and Ed and Sue Schweitzer arranged the many, many pieces of the Village.

Prairie Village Shone!

Anyone who drove through Prairie Village, especially at night, saw an abundance of outdoor decorations. Outdoor lighting and Christmas trees added to the neighborhood's celebration. And, Santa sent an A-Team of elves to decorate the Community Center. Christmas trees and decorations were everywhere – picture perfect!

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 January

You'll find Fairhaven's Little Free Library on the 4th Floor C Building. Take what you want, leave what you can!



Fairhaven Employees' Christmas Fund Committee - 2021

Residents and conservators donated very wonderfully in 2021. With funds in the account from last year, \$44,750 was available for distribution to the employees for Christmas 2021. The 152 employees will receive either \$325, \$275, or \$250. Fairhaven prohibits tipping employees through the year, so this fund provides a thank you to them for all their care and services. The Residents' Council's Employee Christmas Fund Committee thanks you all for your cooperation and very generous giving.

Dick Piehl, Chair and Henry Malo

N-E-1 4

If you read the above as “Anyone for chess?” you may wish to see Robert Pitcher about playing him or Peter Webster in chess. Peter is a National Chess Master and was once Wisconsin Chess Champion. He typically plays at Fairhaven on Wednesdays at 10 A.M. (weather and health permitting). See Robert Pitcher (apt 304AA or 262-473-5006) for more information

The Link Between Thyroid Disease and Hearing Loss

Nearly 60% of the estimated 20 million Americans who have thyroid disease aren’t aware that they have the condition.¹ Another thing they may not know? That thyroid disease can impact your hearing. Since January is Thyroid Awareness Month, now’s the perfect time to learn more about the thyroid and your ears.

What Does the Thyroid Do?

The thyroid, a small butterfly-shaped gland on the front of your neck, produces thyroid hormones (TH) responsible for regulating many of the body’s daily functions. Every tissue and organ in the human body is affected by the thyroid.

When too little or too much TH is produced, your health can be affected. Hypothyroidism occurs when too little TH is produced, leading to weight gain, fatigue and depression. Hyperthyroidism occurs when too much TH is produced, causing faster heart rate, weight loss and tremors.

The Thyroid and Hearing Health

Research is still ongoing, but both hypothyroidism and hyperthyroidism have been linked to hearing loss. According to one study conducted in Taiwan, patients with a history of either condition were more likely to experience sudden sensorineural hearing loss.²

In addition, a separate study found that patients with congenital (present at birth) hypothyroidism were three times more likely to self-declare hearing loss than the reference population and that 17% of these affected patients required hearing support in early adulthood.³

Even the treatment of thyroid problems can wreak havoc on your hearing. Thyroid cancer patients who undergo radiation therapy may experience hearing loss, while patients who use the thyroid eye disease drug Teppezza report hearing dysfunction as a side effect.⁴

Think you may have hearing loss due to a thyroid issue? Contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to schedule a hearing evaluation or 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

1 American Thyroid Association. (n.d.). General Information/Press Room. <https://www.thyroid.org/media-main/press-room/> 2 Tsai, Y., Chang, I, et al. (2020, January 29). Association between sudden sensorineural hearing loss and preexisting thyroid diseases: A nationwide case-control study in Taiwan. *Int J Environ Res Public Health*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7037331/> 3 Lichtenberger-Geslin, L. (2013, September). Factors Associated With Hearing Impairment in Patients With Congenital Hypothyroidism Treated Since the Neonatal Period: A National Population-Based Study. *The Journal of Clinical Endocrinology & Metabolism*. <https://academic.oup.com/jcem/article/98/9/3644/2833132> 4 Melville, N. (2021, October 08). Hearing dysfunction with new thyroid eye drug is common, persistent. *Medscape*. www.medscape.com/viewarticle/960508