

Father's Day Lunch...

Watch your mailbox for information on the special Father's Day lunch delivered right to your door!

Happy Father's Day!
June 19, 2022



Catholic Mass with St. Patrick's Catholic Church will be held on **Wednesday, June 1st at 10am.**

Prior to Mass at 9:30 we will have:

- Rosary in Fellowship
- Father Antony will hear confessions in the Private Dining Room

Catholic Communion Service with St. Patrick's Catholic Church will be held on **Tuesday, June 21st at 10:00am** in Fellowship Hall

Worship Programs with Chaplain Luke:

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

Lunch Outing to Rick's Eastside Pub Wednesday, June 8th at 11:00am

Transportation will leave the front lobby at **11:00am** (and also AA building just after the front lobby).

If interested in going, please sign up at the front desk by Monday, June 6.



Welcome to Fairhaven!

Donna Berg	118B
Carol Lockhart	109B
Melanie Ryan	100AA
Steve Ryan	100AA
Tom Ryan	318AA
Gordon Smith	109B

Whitewater Fire & Police at Fairhaven! Wednesday, June 22nd at 1:15pm Main Drive

Join us as we will be welcoming the Whitewater Fire & Rescue Departments along with the Whitewater Police Department as they will be bringing over some of their equipment to put on display for us in our main drive.

If you are a resident that does park outside of the B Building, we will be asking you to move your vehicle that day. NO parking permitted in front of the C/B Building from 11am until the end of the event for this date. (rain date for this is Thursday, June 23rd)

In Loving Memory of
Vergene "Mick" Lueder
Judy Gillett



Happy June Birthday!!!

Betty Murray	02
Edmund Sorenson	03
Merry Fitz Randolph	04
Lyndia Fry	04
Joanne Nordeen	04
Paul Balfe	05
John Loomis	05
Doris McQuillin	11
Jim Richards	11
Mary Wickler	11
Richard Piehl	12
Betsy Sonnemann	12
Jean DeHorn	14
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

Current Events & Ideas

We invite you to join us each **Tuesday afternoon 2:00-3:00 in Fellowship Hall**. Our array of subjects this past month included discussions on NATO, Life's Significant Events, Insanity as Defense and Is America governable?.

As we move into June we look for more stimulating conversations and are open to suggestions.

First Citizens State Bank Representatives will be at Fairhaven on **Fridays from 9:30—10:30 a.m. Private Dining Room**



BINGO in June with Allen Grady
Fridays, 1:15pm
(No Bingo June 24th)
Fellowship Hall

Join Allen for an afternoon of Bingo & a chance to win a prize!



Happenings at Fairhaven in June...

Lincoln Elementary School 5th Grade Musical Concert - director by Christine Hayes.
Wednesday, June 1st at 1:15pm in Fellowship Hall

Wisconsin Historical Society Presentation: How to Drink a Beer! - Thursday, June 2nd at 1:15pm in Fellowship Hall- Get a fresh understanding of where to find the beer flavors you like. Learn to become a "beer connoisseur" and discover the evolution of today's craft brews. Add to your understanding to appreciate beer and its flavor language. Also, we will have samples of 2 Seipp Beers...a Bock and Pilsner

Bell Choir Spring Concert - Friday, June 3rd at 10:00am in Fellowship Hall - Members of the Fairhaven Bell Choir have been working very hard & are ready to put on their Spring Concert for you!

Afternoon Social! - Thursday, June 9th at 2:30pm in Skylight Dining Room

Music w/ Cowboy Bob! - Monday, June 13th at 1:15pm in Fellowship Hall

Free Blood Pressure Screening - Thursday, June 16th from 10:00am-11:00am in the Whitewater Conference Room for blood pressure checks from staff at Fort Hospital in the Wellness Department.

"New Beginnings' Presentation - Thursday, June 16th at 10:30am in Fellowship Hall - "New Beginnings' Volunteer & Community Outreach Coordinator/Senior Specialized Advocate - Angeline Doman, will be here at Fairhaven Thursday June 16th at 10:30am to spread awareness about Elder Abuse. The five common categories of elder abuse will be covered: physical abuse, emotional abuse, sexual abuse, financial exploitation and neglect. Current and common scams against the older adult community will be covered and what to do in those situations. There will also be information on what New Beginnings stands for and how they are available to help. Whether you have been a victim, know someone who has been a victim or would just like to gain some knowledge on the topics, it will be very informative so please feel free to join!"

Classical Piano Performance - Thursday, June 16th at 1:15pm in Fellowship Hall

We welcome back **Gail Bisbach** and **Wade Woelfle** from Fort Hospital as they will once again dazzle us with their classical music. 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.

Listen-In with Paul Kuenning - Monday, June 20th at 11:15am in Fellowship Hall - Come learn what is happening at Fairhaven

Peru presentation - Monday, June 20th at 1:15pm in Fellowship Hall:
Chaplain Luke and his wife Lori will give a Power Point presentation on their trip to Peru!

Friday, June 24th at 2:00pm in Fellowship Hall we welcome back after a long break this extremely talented group of brother and sisters who have risen to fame.....**The Vintage Mix Quartet!!!!**
Vintage Mix is a Multi-award-winning American a cappella group of quadruplets from Milwaukee, WI. You will want to come down early to get your seats as the room will fill up due to this group.



Movies in June - Fellowship Hall

Monday, June 6th at 1:15pm in Fellowship Hall: The Last Lions: An incredible True Story of Survival....from National Geographic Entertainment. 90 minutes.

Thursday, June 9th at 10:30am in Fellowship Hall: Kamodo: Secrets of the Dragon...from BBC Earth. Venture inside the world of the Komodo dragon, one of the world's most fearsome predators in Komodo: Secrets of the Dragon. Not only do these dragons have a powerful set of jaws, but they may also have a secret weapon- extremely poisonous venom. This film, narrated by Peter Dapaldi, follows scientist Bryan Fry's quest to truly understand this dragon's deadly bite. 50 minutes

Wednesday, June 29 at 1:15pm in Fellowship Hall: Wednesday Afternoon Movie: City Slickers. Starring Billy Crystal, Daniel Stern and Bruno Kirby. 2 hours.

Happenings in Whitewater this summer!

Teepa Snow - June 15 - Young Auditorium (UW-Whitewater Campus)

Fairhaven is excited to be a sponsor in bringing Teepa Snow, one of the World's leading Dementia educators, to Whitewater this summer!!! **Wednesday, June 15th**, Teepa Snow will have 2 Sessions being held at the Young Auditorium on the campus of the University of Wisconsin-Whitewater and sign up is free and open to the public. Morning Session is from 9:00-11:45am with the topic: *A Positive Approach to Dementia Care*; lunch break from 11:45-1:00pm; and Afternoon Session from: 1:00-3:30pm with the topic: *Coping with Challenging Situations in Dementia Care*.

This event is being offered to those that would be Independent while at the Young Auditorium as staff on site will be there for the training- Fairhaven will provide transportation to and from the event. If interested in going to either or both of the sessions, please sign up at the front desk by 12:00pm, Friday, June 10th. Event Flyers can be picked up at the front desk. Transportation times will be 30 minutes prior to the start times of each session. Any questions please contact Brian in Leisure Services.



Savory Sounds Summer Concert Series 2022 - The 2nd Decade

All concerts 11:30-12:45 at the Birge Fountain - (food purchase is at your expense)

In case of rain, concerts will be performed in the Arts Center & broadcast on Whitewater Access 990

June 23—The Brothers Quinn –Folk Ensemble playing Celtic, Rock, Country, & Bluegrass.

Food Vendor: La Preferida

June 30 – Brass Knuckles Brass Quintet with Percussion—Renaissance music to Lady Gaga and anything in between.

Food Vendor: Subway

July 14 – Amanecer Y Más (Marco Wence Trio) Hispanic singing/guitar

Food Vendor: The Sweet Spot

July 21 - Ken Lonnquist and Friends Family Concert

Food Vendor: Rocky Rococo

July 28 – Ken Kilian Combo – Dixieland to soft rock to jazz

Food Vendor: The Black Sheep



Resident Council Update - June 2022

Mid-Year Opportunity to Donate to the Employees' Christmas Fund

Sometime this month, you (or your family) will be receiving a letter explaining the mid-year giving opportunity to support the Employees' Christmas Fund. This "kick off" to the current year is always well supported. We continue to be grateful to Dick Piehl of Prairie Village and Henry Malo of Fairhaven for leading this effort now and later in the year. Once you get your letter, please contact them if you've questions – and thanks in advance.

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 leave your nomination at the Front Desk addressed to Kathy Ross.

Fairhaven and Prairie Village Little Free Libraries

We seems to have an endless supply of books for both our Little Free Libraries – thanks again to everyone who uses and/or contributes to them.

Mini Mart News – June 2022

Fairhaven resident Beth Eachor's family chose to include giving memorial gifts to the Friends of Fairhaven (and, therefore, the Mini Mart) in her obituary when she passed last June. We gratefully acknowledge having received \$720.00 from her friends and family. Memorial gifts and donations are always welcome (checks can be made to the Friends of Fairhaven and left at the Front Desk).

Father's Day cards are available – for your sons, your sons-in-law, and any other father you might want to remember on June 19.

We anticipate having a "Christmas in July" sale – be on the lookout as it'll be a good time for early purchases of reduced priced Christmas decorations.

The Mini Mart, located on the Lower Level, is open Monday and Wednesday, 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.

Beware of Scams—they are out there!

Scams; whether via e-mail, phone calls or through mail; are becoming more and more sophisticated these days. We ASK that you bring them to our attention immediately and we can provide that information to the Police Department.....DO NOT ACT on these in any way and NEVER give out any personal information. Also, we do not want anyone to feel embarrassed in reporting these to us, especially if you have fallen victim to a scam or believe you might think it is not a scam but just want to make sure. We are here to help you and your help could also help others! Any questions please contact a staff member.



Safe Use of Mobility Devices - Greenfield Rehabilitation

Mobility aids are devices designed with the intent to assist people who have difficulties with moving around be able to enjoy greater freedom and independence. Typically, people who have disabilities or injuries are at an increased risk for falling. There are many types of mobility devices available to meet people's needs including walkers, canes, and wheelchairs. It is important for people to use mobility aids correctly or risk injury. Mobility device users are frequently not trained properly. Here are some valuable tips for safety with the use of your mobility device.

Please contact the Greenfield Physical & Occupational Therapist with questions or concerns at 262-473-2140.

Cane Safety - The first step in safety is to make sure it fits properly. Tips for ambulating with a cane:

- Do not look at your feet but straight ahead when ambulating in order to see obstacles/barriers ahead.
- Avoid slippery conditions (ice, snow, wet floors).
- Keep the cane close to your body.
- Replace rubber tips of cane if worn.

Walker Safety - An important step in safety with a walker is proper height & size. Work with a trained professional therapist.

Tips when ambulating with a walker:

- Stay upright & don't bend over to avoid back injury.
- Do not pull up on a walker when coming to stand. Push off surface you are sitting on.
- Look straight ahead, not at your feet.
- Step into the walker rather than walking behind it.
- Do not use a walker on stairs or escalators.
- Replace rubber tips on walker when worn.

Wheelchair safety - A wheelchair must be fitted to the patient for safety & comfort. A therapist can help determine proper fit.

- Brakes should be engaged prior to getting in and out of the wheelchair.
- Removal of foot pedals when transferring in & out of wheelchair to avoid tripping or possible leg injury.
- Avoid tipping/falling out of wheelchair by not bending forward/sideways on the seat.
- Use caregivers to maneuver over curbs or ramps
- Regular maintenance is very important.
- Keep loose objects away from spokes
- Avoid heavy loads on the back of wheelchair.

Wheelchair positioning - Recommendations include:

- Positioned in middle of chair, not leaning to 1 side.
- Knees level with hips
- Feet making contact with footplates.
- Sitting up straight, back resting on the back of chair.

The Effects of Hearing Loss on the Spouse

If you are suffering from hearing loss, you're not alone. While an estimated 36 million American adults experience some degree of hearing loss,¹ those closest to you—your immediate family—are affected even if they don't share your hearing loss. Your spouse, in particular, may have a difficult time dealing with it.

Many spouses complain of a lack of communication. They resent having to repeat themselves and adopt strategies such as positioning themselves in front of their husband or wife when speaking, encouraging lip-reading and relying on handwritten notes. The most significant effect is on everyday activities, mainly television and telephone use. Spouses must deal with increased volume when the TV is on, making it uncomfortable for them to watch television in the same room. They also tend to be the ones to answer and make all telephone calls. There is also a reduction in social activities. The partner with hearing loss is more likely to want to stay at home rather than venture out and put themselves in a potentially uncomfortable situation.

Naturally, these factors lead to resentment and put a strain on the marriage. Increased tension often leads to a lack of intimacy, causing serious damage to the relationship.

If you have hearing loss and are married, you can take steps to improve your relationship with your spouse and ease their burden. If you own hearing devices, use them—and if you don't, speak with your audiologist to see if they will help. There is a direct correlation between hearing device use and relationship satisfaction. Of equal importance: Accept your condition rather than wallowing in self-pity or despair. Nobody *wants* to have difficulty hearing, but dealing with it in a positive manner can go a long way toward maintaining a solid marriage. When you accept your hearing loss, your spouse is more willing to help, and it's easier for both of you to adapt to the situation.

1 Centers for Disease Control and Prevention. (2010). Healthy People 2010. https://www.cdc.gov/nchs/healthy_people/hp2010/focus_areas/fa28_vision2_ppt.htm

Struggling with hearing loss?

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.