

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

Catholic Mass

Wednesday, August 5 at 10:00am in Fellowship Hall with St. Patrick's Catholic Church.

Catholic Communion

Tuesday, August 16 at 10:00am in Fellowship Hall with St. Patrick's Catholic Church.



The Sacrament of Holy Communion

On **Wednesday, August 17 at 11:00 a.m.** the sacrament of Holy Communion will be offered during our devotions service in Fellowship Hall. All are welcome to attend the service and to receive Communion.

If you are not able to attend and would like to receive Communion, please contact Chaplain Luke ahead of time and he will bring it to you.

In Loving Memory of...

**Mary "Carla" Heimerl
Roman Schmidt**



Listen In

Paul Kuenning will have a Listen In for Fairhaven residents on **Monday, August 15, 2022 at 11:15am** in the Olm Fellowship Hall.

First Citizens State Bank and Premier Bank offer services at Fairhaven.

First Citizens State Bank—Thursdays from 11:00—11:45 am in the Private Dining Room.

Premier Bank - Beginning August 26th, from **10:00-11:00am** in the **Private Dining Room** on the 2nd and 4th **Fridays**. If you would like to make an appointment with the representative prior to the visit may call 262-473-1111. Walk up appointments are also accepted.

CURRENT EVENTS & IDEAS -

We ended the month discussing the "Supreme Court Fiasco" and then the tragic "On-going War in Ukraine". We decided to continue meeting on through the summer and will start off with "The Continuing caustic Polarity In our Country".

Join us each Tuesday afternoon 2:00-3:00 in the Carroll Olm Fellowship Hall.

Bingo in August:

**Fridays, 1:15pm
Olm Fellowship Hall**



Happenings in August!!!

Monday, August 1st at 1:15pm in Fellowship Hall: Monday Afternoon Movie! Come on down and enjoy a Movie and Popcorn!

Thursday, August 11, 1:15pm in Fellowship Hall: Wisconsin Historical Society Presentation: Beer Barons on Geneva Lake and their Milwaukee Neighbors. Introduce yourself to the six beer barons of Geneva Lake and the four major brewers in Milwaukee. Learn the difference between ale and lager beer as well as the basics of brewing beer in the 19th century in this illustrated presentation. You'll also hear about how the brewers responded to prohibition.

Thursday, August 11, 2:15pm in the Piano Lounge- Fresh Cheese Curd Sale. Proceeds for this month will go towards the Alzheimer's Association Walk that will be in Lake Geneva in September. Stephanie Zwitter and Jessica Ward are organizing a Fairhaven Team for this cause. From the July sales we were able to donate \$226.00 to the K-9 Unit at the UW-Whitewater Police Department.

Thursday, August 11, 2:30pm in Skylight Dining Room- Soft Pretzel Bite and Beverage Social

Monday, August 15, 11:15am in Fellowship Hall- Listen In with Paul Kuenning, CEO

Thursday, August 18, 10:00-11:00am in the Whitewater Conference Room - FREE Blood Pressure Screenings from Fort Wellness Staff.

Thursday, August 18, Steve Meisner and Jerry Hartman will be back for another accordion program at 1:15pm in Fellowship Hall.

Friday, August 19, Special Guest Bingo Callers from New Beginnings from 1:15-2:15pm in Fellowship Hall.

Friday, August 19, Fresh Bread Sale at 2:15pm in the Piano Lounge. Proceeds for this month will go towards the Alzheimer's Association Walk that will be in Lake Geneva in September. Stephanie Zwitter and Jessica Ward are organizing a Fairhaven Team for this cause.

Monday, August 22, 1:15pm in Fellowship Hall - re-scheduled date for Meet & Greet with UW-Whitewater Interim Chancellor John Chenoweth

Wednesday, August 24, 1:15pm in Fellowship Hall- Debra Oas; Author of "Whitewater Witch" Presentation - Debra Oas has two published fictional novels, "Sinister Bay", published in 2019 and most recently "Whitewater Witch", published in 2022. The books are part of a series called Cryptid Mysteries. (There are three more cryptid mystery stories planned) Sinister Bay is a murder mystery which takes place in the Upper Peninsula of Michigan. Some of the characters continue into the next novel Whitewater Witch, which takes place primarily in Whitewater, Wisconsin and features the eerie background of the famed Second Salem. In addition, she has one published children's book., "Little Lost Annie" the first in a series of dachsie adventures, with three more children's books (featuring dachshunds) to come. The cost of the novel is \$15 each and the children's books are \$5 each. Cash or Check preferred.

Thursday August 25, 1:15 p.m in Fellowship Hall. Lecture – "From early Christian Church Roots to the founding of Fairhaven". Presented by Rev. Max Rigert.

Monday, August 29, 1:15pm in Fellowship Hall - Carroll Olm Fellowship Hall Dedication. Join Paul Kuenning and members of the Olm family as Fellowship Hall will be renamed after Fairhaven's Founder, Carroll J. Olm. Refreshments will be served.

Welcome to Fairhaven...

| | |
|----------------------|----------------|
| Lois Benes | 107B |
| Jerry Knox | Hearthstone |
| Warren Kukla | Health & Rehab |
| Marilyn Mittelhauser | Health & Rehab |
| Wanda Russell | Health & Rehab |
| Nels Wiberg | Health & Rehab |



Happy August Birthday!!!

| | |
|-------------------------|----|
| Charlotte Seiler | 04 |
| George Hafer | 05 |
| Jerry Grant | 06 |
| Sharon Craggs | 10 |
| Thomas Stanley | 10 |
| Bernice Sheahan | 11 |
| Rita Rasmussen | 12 |
| Caroline Forster | 16 |
| David Hack | 17 |
| Susan Schweitzer | 22 |
| Edward Schweitzer | 22 |
| Gordon Nichols | 23 |
| Elizabeth "Betty" Arndt | 25 |
| Marilyn Enstad | 25 |
| Jerrilyn Stevenson | 30 |
| Warney Pickering | 31 |



Looking ahead...Labor Day Dinner...

Watch your mailbox later in the month for sign-up and information about the Labor Day Dinner on **September 5, 2022.**



Phone Number Update

Have you gotten a new phone or changed your phone number recently?



If so, please contact the reception desk to update your information.

Thank You!

August SEP Team Safety Tip: Safe Driving Practices for Everyone

As August is a time when many people are on the road taking their summer vacations, listed below are some safe driving tips as recommended by OSHA to make sure you safely get to your destination and home again.

- Always wear your seat belt. This is for the driver and passenger(s).
- Be well-rested before driving.
- Avoid taking medications that make you drowsy when driving.
- If you are impaired by alcohol or any drug, do not drive.
- Set a realistic goal for the number of miles that you can drive safely each day.
- Stay Focused. Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking on the phone.
- Continually search the roadway to be alert to situations requiring quick action.
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed.
- Avoid Aggressive Driving. Keep your cool in traffic!
- Be patient and courteous to other drivers.
- Do not take other drivers' actions personally.
- Reduce your stress by planning your route ahead of time (bring the maps and directions), allowing plenty of travel time, and avoiding crowded roadways and busy driving times.

Mini Mart Update

Thanks again to everyone who supports the Mini Mart and especially those of you who've shopped our Christmas in July sale. Please note it's been extended another week, so the last day to take advantage of this great sale is August 4.

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.

We welcome friends, family and staff, too!! The Mini Mart, a long-time project of the Friends of Fairhaven, is supported totally by your friends and neighbors from Fairhaven, Prairie Village, and the Whitewater area. We appreciate your support since your purchases enable our donations that benefit all residents.

Resident Council Update - August 2022

Employees Christmas Fund Mid-Year Update

The Council has sponsored the Employees Christmas Fund since at least 1988 when \$8146 was donated by residents. Employees received either \$55 or \$65, depending on hours worked. We've come a long way since then. 2021's record-setting donations totaled \$44,725 and employees received either \$250, \$275, or \$325. And we are well on our way to having at least collected half of 2021's donations already this year. If you've questions about the Fund, Fairhaven's Henry Malo & Prairie Village's Dick Piehl are THE experts. Thanks to everyone who chose to donate mid-year & know that you'll have the same opportunity later this year.

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.

Looking for Knitters, Crocheters and those who like to Sew!!!!

We are currently making scarfs and mittens for the American Legion Auxiliary (through Betty Schelb) for Blessing Backpacks for the homeless. This has inspired the thought of continuing to work on projects for a good cause. We would like to know if there is an interest in starting a group of crafters for purpose driven projects. If interested, please contact Terrie Munger in Leisure Services at extension 1189.

NOTE: We are also taking donations of yarn for these projects. Thank you

CIAO! AUF WIEDERSEHEN! GOODBYE!

After 3 fulfilling years as the Front Desk Receptionist at Fairhaven, I have decided to move on to a new adventure. I have accepted a job as an Investigative Law Clerk at the State of Wisconsin, Workman's Compensation Division.

The hardest part of leaving this position is leaving the residents. I will miss you all greatly! Thank you for all the support and wisdom that you have given me, particularly after my Mother's passing. Thank you for sharing your incredible life stories – I could write many books on your individual lives! We have shared good times and hard times, but through it all, you have expressed grace, love, and faith. I have learned so much from all of you and will cherish my memories of Fairhaven forever. Peace be with you!

In Honor, Kay Sparling

Greenfield Rehabilitation/Therapy – August 2022

PARKINSON'S DISEASE MANAGEMENT

Parkinson's is a degenerative disease that affects mobility, speech, and motor skills. Early detection and proper management are key to maintaining safety and overall optimal functioning.

SYMPTOMS OF PARKINSONS: Slow movement, Small movement, Tremors or shaking, Loss of sense of smell, Sleep difficulties, Impaired balance "Freezing" of person's manner of walking, Pain, Mood disorders, Fatigue, Swallowing difficulties and decreased voice quality and volume.

People often report having loss of balance backwards, tripping, and increased difficulty picking up their feet while walking. They may struggle to write their name legibly, button a shirt, or use utensils. Their speech may become mumbled and trail off at the end of a sentence. Tasks that were easy before are increasingly difficult.

Physical Therapy, Occupational Therapy, and Speech Therapy can help delay Parkinson's progression. Exercise is crucial because it helps maintain mobility, assists with balance, and allows one to participate in daily routines.

Physical Therapy - can add balance, strength, and range of motion. They can generate and train you in exercises to help loosen up rigid and still muscles which can improve your ability to help you stand from sitting and improve walking.

Occupational Therapy - assist those to optimize independence with their daily tasks (dressing, grooming, bathing, etc.) as the disease progresses. They can do this by assessing their current skills, training them on improved ways to complete tasks, or introducing them to adaptive equipment to aid in performance. OT can also assess home safety to reduce the likelihood of falls through making safety recommendations (ex. Remove scatter rugs to avoid tripping, add grab bars etc.). OT can also generate and train you on an individualized exercise program to work on reducing stiffness and motion in the upper body.

Speech Therapy - assist in the maintenance of communication skills as it relates to vocal intensity and speech clarity. They can evaluate swallowing functions and make necessary recommendations regarding diet and swallowing strategies as well as provide and train on an individualized swallowing exercise program.

Although Parkinson's is a progressive disease, physical therapy, occupational therapy and speech therapy can help people with Parkinson's disease remain active in their activities such as personal care, work, and leisure Activities. If you would like to learn more about the benefits of rehabilitation and its ability to improve your independence and overall quality of life by improving movement and function, please reach out to us!

**Greenfield Rehabilitation - 262-473-2140,
Fairhaven Senior Services, 435 W. Starin Road, Whitewater, Wisconsin 53190**

