

FLU SEASON IS RIGHT AROUND THE CORNER...

Fairhaven will be offering flu shots to all of our residents. Watch postings for Flu shot clinic times in your areas if interested. Reminders will be sent out. Be proactive and remember to get your flu shots.



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. - Olm Fellowship Hall
(Note: No devotions on September 20 & 21)

Catholic Mass

Wednesday, Sept. 7 at 10:00am in Olm Fellowship Hall with St. Patrick Catholic Church.

Catholic Communion Tuesday, Sept. 20 at 10:00am in the Olm Fellowship Hall with St. Patrick Catholic Church.

September Mini Mart Update

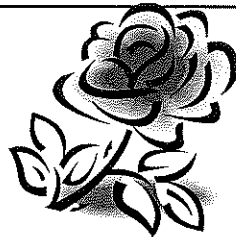
We always appreciate your business, but recent sales have surpassed any previous records. Thanks to all of you who shop with us for cards, candy, other foods, and personal items. Be on the lookout since you'll soon see the first of our end-of-year seasonal offerings. Yes, Fall is coming and there may be something decorative or a unique card in the Mini Mart that you "need"!

Please see information elsewhere in the newsletter about our September 20 program. We're very grateful to Whitewater resident Sue Schlough for putting this program together.

The Mini Mart, located on Fairhaven's Lower Level, is open **Monday and Wednesday afternoons 12:30-3:00**. It is open for all residents, employees, and guests. A long-time project of the Friends of Fairhaven, it is an all-volunteer effort. We appreciate your support since your purchases fund our donations that benefit all residents.

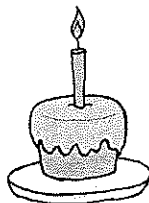
In Memory of ...

Judith Mueller



Happy September Birthday!!!

Edith Gilbertson	02
Patricia Jacobson	02
Carol Cobb	04
Nancy Rowley	04
Robert Cunningham	08
Nelda Bergsten	13
Frank Harenza	14
Elizabeth Asher	16
Georgene Adams	21
Lee Murray	24
Bonita Schauder	24
Gordon Smith	24
Michael Harenza	29
Beth McCulley	29
Robert Webb	29
Marilyn Koebke-Martin	30



Welcome to Fairhaven...

Adrienne Webb 209D
Lloyd Worden Health & Rehab

Listen In

Paul Kuenning will have a Listen In for Fairhaven residents on **Monday, September 19, 2022 at 11:15am in the Olm Fellowship Hall.**

OKTOBERFEST is coming....
Watch your mailbox for the menu and sign up forms...



Current Events and Ideas

Olm Fellowship Hall, Tuesdays, 2:00-3:00 p.m.
(Due to the program on September 20th there will be no Current Events that day.)

WEDNESDAY NIGHT MOVIES are back!!!

Join us in Olm Fellowship Hall at 6:00 pm for a different movie each week. Check out Channel 900 to see what is playing!



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 - 10:00-11:00am in the Private Dining Room on the 2nd and 4th Fridays. Please call Premier Bank's Whitewater Branch Manager Krystal Walsh with any questions about your account or this new, convenient service. Krystal can be reached at 262-458-2933, or email: kwalsh@bankwithpremier.com.

Happenings in September

Thursday, September 8th at 1:15pm in Fellowship Hall- Bingo w/Ang Doman from New Beginnings. Bingo is taking place today as we will not have Bingo on Friday the 9th.

Thursday, September 8th at 2:15pm in the Piano Lounge---FRESH CHEESE CURD SALE!!!! Proceeds from the Cheese Curd & Bread Sales for this month will go to: Hoo's Woods Raptor Center.

Friday, September 9th at 9:30am in Olm Fellowship Hall - Bell Choir rehearsals begin. If you are interested in hand bells and think you might want to join this fun group contact Marion Burrows, 314AA or call her at (262)473-5173.

Friday, September 9th we will be heading over to the Alpha Sigma Sorority House for an outside ice cream social at 2:00pm. The Alpha Sigma Sorority came over to Fairhaven every month last school year and we look to continue this relationship with them in this fun and different way for us. Transportation will leave the front lobby at 1:40 and if interested in going please sign up at the front desk. This event was originally scheduled for this past April.

Wednesday, September 14th at 1:15pm in Fellowship Hall- Whitewater Unified School District Referendum Presentation. Join Dr. Caroline Pate-Hefty; Superintendent; and Ben Prather; Director of Business Services; as they share with us information regarding the upcoming referendum that will be on the November 8th ballot.

Wednesday, September 14th Outing to UW-Whitewater Women's Soccer Game at 5:00pm located on Campus at the Track & Field area. This will be the first time we have gone for a soccer game and would recommend bringing a blanket or cushion to sit on. Transportation will leave the front lobby for this at 4:30pm. If interested in going, please sign up at the front desk.

Saturday, September 17th – Saturday Social at 4:00pm in the Skylight Dining Room. Come on down & enjoy an evening of socializing with your peers. Please remember that this is an in-person social event and not be to a grab and go, as the volunteers running this will not be allowing that.

Monday, September 19th: First Lecture Series is today starting at 3:00pm in Fellowship Hall. Flyers will be distributed the beginning of September and can also be picked up at the front desk. More information can be found in the following pages in this newsletter.

More Happenings in September...

Tuesday, September 20th- Jessica Michna portrayal of Golda Meier at 1:15pm in Fellowship Hall. Join us for the first Friends of Fairhaven sponsored program as we welcome back Jessica Michna and also the wonderful Genoa City Donut Ladies!!!

Tuesday, September 20th- UW-W Football Practice at Perkins Stadium. Join us as we head over to our annual football practice at Perkins Stadium and watch the men's football team. Transportation will leave the front lobby by 3:00pm and if interested in going please sign up at the front desk.

Wednesday, September 21st- **Bingo at UW-Whitewater!** We are excited to have the opportunity once again to be invited to go to UW-W Campus in the University Center to play Bingo with students. This is part of a grant that was received in partnership with Dr. Jeannine Rowe and Fairhaven (Brian in Leisure Services) for a class here at Fairhaven. **Bingo will go from 1:45-2:45 and transportation will leave starting at 1:00pm in the front lobby.** If interested in going please sign up at the front lobby.

Thursday, September 22nd- **Sandwich Sisters Food Truck will be here!** Flyer for this will be coming out around September 12th.

Thursday, September 22nd- **Wisconsin Historical Society Presentation at 1:15pm in Fellowship Hall- LOST Lake Geneva:** Starboard Cottage, The Frank Lloyd Wright Geneva Hotel, Chicago-Northwestern railroad depot, and many historic homes of prominent locals and wealthy Chicagoans have all disappeared from the Lake Geneva landscape in the past 70 years. This program highlights many lost iconic structures and some of their wellknown owners at the height of their heyday and discusses the role of historic preservation efforts.

Friday, September 23rd at 2:15pm in the Piano Lounge: FRESH BREAD SALE- Proceeds from the Cheese Curd and Bread Sales for this month will go to: Hoo's Woods Raptor Center.

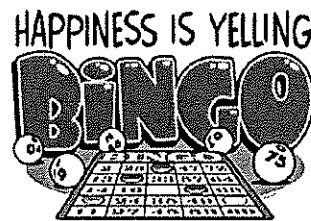
Tuesday, September 27th from 5:45-6:45pm join us in Fellowship Hall for an evening visit from the UW-Whitewater Women's Volleyball Team.

Thursday, September 29th- **Bingo from 1:15-2:15pm in Fellowship Hall**

Friday, September 30th- **Dog Treat Making with UW-W Sorority Delta Zeta starting at 1:15pm in Fellowship Hall.**

**Independent Bingo in Fellowship Hall from
1:15-2:15pm for September:**

**Friday the 1st
Thursday the 8th
Friday the 16th
Friday the 23rd
Thursday the 29th**



Just a reminder to residents/families/POA's, staff are not to be accepting gifts/cash/gift cards for a "job well done". Donations can be made to the Employee Christmas Fund (which is run by Mr. Malo in the apartments) to where staff receive a cash gift at the end of the year for their "job well done" from residents/families/POA's. If you are wanting to recognize a certain group of staff, we do have ways that can be done such of through meals/snacks and there is an appropriate channel for that to go through and would like that to be directed towards CEO Paul Kuenning or Director of HR & Business Services David Gackstatter. Any questions please contact Paul or David.

Fairhaven Lecture Series—Fall 2022: Mondays, 3:00 p.m. in Olm Fellowship Hall
Rediscovering Wisconsin

Our state has a rich history and promising future, filled with diverse people and unique places. Tourists and residents alike appreciate our natural beauty, talented artists, and change-makers. This fall, join us as we re-discover our upper Midwestern gem, & reflect on the events, individuals and communities that make up our past and are moving our state forward.

September 26 **Wisconsin's "Weird" Writer: August Derluth & the Founding of Arkham House**
John Pruitt, Professor, English and Women's & Gender Studies

All lectures are free and open to the public and are held on Mondays at 3 p.m. in the Olm Fellowship Hall of Fairhaven Senior Services, 435 West Starin Road, Whitewater. Street parking is adjacent to the building. Masks may be required in common areas at Fairhaven Senior Services. Please be prepared on arrival. Unable to attend? Links to videos of lectures, can be found at <http://www.uww.edu/ce/fairhaven>.

Friends of Fairhaven presents: Golda Meier presented by Jessica Michna and donuts!
Tuesday, September 20, 1:15 in Olm Fellowship Hall:

Join us on **Tuesday, September 20th at 1:15 p.m.** for the first Friends of Fairhaven-sponsored program since we have been able to invited guests back to **Olm Fellowship Hall**. The wonderful Genoa City "Donut Ladies" will provide bags of their delicious donuts to go. You'll get those as you leave the program.

This program will be a First Impressions presentation by Jessica Michna (who many residents will remember from previous programs here at Fairhaven) about Golda Meier. Mrs. Meier served as the fourth prime minister of Israel from 1969 to 1974. The world's fourth and Israel's only woman to hold the office of prime minister, and the first in any country in the Middle East, she has been described as the "Iron Lady" of Israeli politics. We are anticipating a fascinating program.

The Friends of Fairhaven welcomes everyone. A collection basket for free will donations will be located at the door to Fellowship Hall. Your donations help underwrite various Friends projects that enhance the lives of all Fairhaven and Prairie Village residents.

Greenfield Therapy and Rehab - "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 & maintain a clear, active mind. It requires you to be able to use all cognitive strengths of your brain—information management, logic, judgement, & 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 & activate your mind. New learning in any stage of life will help reduce your risk of cognitive decline & dementia. Speech Therapy can provide appropriate cognitive linguistic activities that promote new learning & cognitive enhancement while providing compensatory strategies to enhance effectiveness.
- Reduce Risk factors for cardiovascular disease and stroke—obesity, high blood pressure & diabetes. Engage in regular cardiovascular exercise that elevates your heart rate & increases blood flow to the brain & body & eat a healthy & balanced diet that is lower in fat & higher in vegetables & fruit. A physical therapist can help tailor an exercise program for you while ensuring optimal safety & 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 & dementia.
- Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Depression & stress impacts memory and thought process.
- Ensure good sleep patterns. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory & thinking.
- Stay socially engaged. Pursue social activities that are meaningful to you. Occupational Therapy can ensure that you are able to stay active & 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 & engagement in activities can optimize brain health, contact **Greenfield Rehabilitation at Fairhaven. 262-473-2140.**

September Resident Council

Representatives of the Resident Council will be at Paul's September discussion at Prairie Village on September 13 at 10:00 a.m. and at the September 19, 11:15 a.m. Listen-In in the Olm Fellowship Hall. We'll be talking about what we do and how we do it. You may think you know what we do, but maybe not?!

Employees Christmas Fund Mid-Year Giving

...was a resounding success. Thanks to all of you (residents and families) who donated. We'll have another giving 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.

Our Little Free Libraries

...continue to be used very well. As many of you know, it's a simple concept – take what you want, leave what you can. Prairie Village's is located on the trail between Burr Oak and Acorn Ridge. You'll find Fairhaven's in the Main Lobby.

They're Not Your Mother's Hearing Devices—The recent advances in hearing device technology mean those living with hearing loss can enjoy numerous benefits that were previously impossible. Some of these advances include:

Discreet size: Some models could be mistaken for a pair of wireless earbuds, and others are so tiny and sit so deep within the ear canal that they are nearly invisible!

Digital technology: Advanced technology means a more accurate simulation of how the ears work. That means sounds are more natural to the hearing device user.

Automatic adjustments: Hearing devices can scan your surroundings hundreds of times per second and automatically adjust to rapidly changing listening environments, eliminating the need for manual operation.

Directional microphone system: Users can enjoy better speech understanding in background noise thanks to microphones that maximize sounds in front of the wearer and minimize sounds from other directions.

Feedback management technology: That irritating whistle that lets everyone know you are wearing hearing devices is gone! Feedback management technology allows the hearing aids to recognize feedback and squelch it before it ever occurs.

Bluetooth® compatibility: This technology lets you stream sound straight to your hearing devices by wirelessly connecting them to cellphones and other Bluetooth-compatible devices.

Apps: State-of-the-art hearing devices come with smartphone apps that let you adjust the device, check the device's battery life, find a lost device and connect with your audiologist to adjust and fit your devices remotely.

Rechargeable batteries: Better for the environment and your budget, rechargeable batteries make it easy to keep your hearing devices working all day. Some come with portable charging cases for peace of mind while you're out and about.

You deserve to hear your best, and new hearing technology can help you do just that! Contact an audiologist at **Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater** to explore your options and schedule a hearing evaluation or complimentary hearing screening.

Sign up today to record your story!

Two microphones. Two people. One incredible conversation.

We invite you to share and record a conversation with a family member or friend for generations to come with our new Gathering and Sharing Stories initiative.

Bridges Library System and Dwight Foster Public Library has partnered with StoryCorps, a national oral history non-profit, to record and preserve community stories and we'd love for you to be part of it! The interviews will be on October 21, 22, and 24.

All stories are recorded with a trained facilitator from Dwight Foster Public Library. Recordings can then be added to the StoryCorps Archive and Library of Congress (optional) or kept private based on the participants' wishes. Participants are given access to their copies of their conversations as well.

What Is StoryCorps?

StoryCorps' mission is to preserve and share humanity's stories to build connections between people and create a more just and compassionate world. At the same time, StoryCorps is creating an invaluable archive for future generations online and in the Library of Congress.

What Can Participants Expect?

A trained facilitator from library will contact participants to set up the recording date, meet them at the decided location, go over the paperwork, and help both conversation partners settle in and get comfortable.

Participants will find a compassionate, respectful environment in which to share their stories. Participants will have up to 40 minutes to record a conversation. Participants can choose their conversation partner and what they would like to talk about.

The recording is audio only. No video will be taken. Participants decide whether to share their recording or keep it private.

Interested?

Contact Amy Christian at achristian@fortlibrary.org or 920-563-7790. You can also sign up for more information at <https://bridgeslibrarysystem.org/storycorps/>.

The logo for StoryCorps, featuring the word "Story" in a large, cursive font above the word "Corps" in a smaller, cursive font. A registered trademark symbol (®) is located at the end of the word "Corps".