

November Resident Newsletter

November 1, 2022

Issue #782

Veteran's Day Program.

Friday, November 11th at 11:00am in
Olm Fellowship Hall

We encourage ALL
to attend this
meaningful
program.



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.

(Note: **Tuesday, Nov. 1st** Chaplain Luke will NOT be here.
No 2nd or 4th Floor visits that day.)

Wednesdays: Devotions with Chaplain Luke 11:00 a.m. -
Olm Fellowship Hall

You Are Invited to the Sacrament of Holy Communion

On Wednesday, November 23 at 11:00 a.m. in Fellowship Hall we will have a service of Thanksgiving to the Lord. The Lord has blessed us throughout the year in so many ways and it is good to give thanks. We are also grateful for the incredible grace and love of God we see in Jesus Christ His Son. We will celebrate the gift of Jesus Christ for us in the Sacrament of Holy Communion. This will be a service for people of all faiths. If you cannot be present but would like to receive communion, please contact Chaplain Luke before November 22 and he will bring the elements to you.

All Saints Day Celebration

We have all been blessed by people who have deeply touched our lives. In this past year some of those whom we loved have died and we miss them! Yet as people of faith we know that they are now with the Lord and one day we will join all those who have gone on before us to be a part of God's family in heaven. On Wednesday, November 2 at 11:00 a.m. in Fellowship Hall we will have a special worship service to remember all those from Fairhaven who have died in the past year. We will name each one and light a candle as we remember them and give thanks for their lives.

Catholic Mass for November Olm Fellowship Hall:

**Wednesdays - November 2 at 9:45 am &
November 30 at 10:00 am** (We will not be
having Catholic Mass in December).

Catholic Communion:

Tuesday, November 15th at 10:00am in
Olm Fellowship Hall.

Thanksgiving Dinner

Thursday, November 24, 2022

Watch your mailbox for the sign up sheet for the Thanksgiving Day meal. This year we will serve in the Dining Room.

Menu will be choice of Turkey or Ham and will include:
Mashed potatoes, Gravy, Dressing, Green Bean Casserole,
Cranberry Fluff, Dinner Rolls, Pumpkin Pie & beverage.

(Unfortunately, no guest meals will be available).

Christmas and Holiday Hummels

Many of you know that a large collection of Hummels were donated to Fairhaven in 1997. (See details in the March 2022 Fairhaven newsletter or the Volume II of the late Rev. Olm's Fairhaven: God's Mighty Oak). It's been almost a year that we've rotated various collections in and out of the showcases outside Olm Fellowship Hall. We'll be ending the year with the largest portion of the collection, the Christmas and holiday ones.

Keep an eye out for this display in late November. Among other things, we have a four camel nativity set, many angels and Madonnas. It's not there as you read this but will be – and through the first of the year.

**Reminder: Turn your
Clocks Back when you
go to bed Saturday
night, November 5th!**

**Daylight Savings Time
ends on Sunday,
November 6th.**



“Fall Back”

Welcome to Fairhaven!

James Flewelling
David Helming
Melissa Martin
Julie Richards
Shirley Sweno
Hugo Tscharnack

Health & Rehab
Health & Rehab
443C
Health & Rehab
Health & Rehab
Health & Rehab

Happy November Birthday!!!

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|---------------------|----|
| Richard Haney | 01 |
| H. Gaylon Greenhill | 02 |
| Tina Plath | 05 |
| Shirley Klindt | 06 |
| Geraldine Brunner | 08 |
| Curt McCulley | 12 |
| James Flewelling | 13 |
| Jacob Gerlach | 16 |
| Geraldine Mosley | 16 |
| Jerry Knox | 20 |
| Darla Enright | 21 |
| Ruth Nicholson | 23 |
| Dorothy Koenitzer | 24 |
| Barbara Jaquith | 24 |
| Kathleen Schumacher | 24 |
| Karen Hicks | 25 |
| Carol Aiken | 27 |
| Carla Cheek | 27 |
| Chris Lange | 27 |
| Max Rigert | 29 |
| David Stimpson | 29 |

Flu Vaccines Available...

Fairhaven does have Influenza Vaccines available for apartment residents. If you would like one, please contact the Wellness Nurse, Jessica Ward or the Reception Desk.



Blood Pressure Screenings w/Fort

Wellness Staff from Fort Hospital -
**Thursday, November 17th from 10:00
-11:00am** in the Whitewater Conference Room.



Eyeglass Adjustment

**November 16 from 10:15 - 11:00 am
Whitewater Conference Room**



In Loving Memory of



**Robert “Bob” Brunner
Dorothy “Dot” Carpentier**

Fairhaven Lecture Series—Fall 2022 - *Rediscovering Wisconsin*

Mondays, 3:00 p.m. in Fellowship Hall

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 changemakers. This fall, join us as we rediscover our upper Midwestern gem, and reflect on the events, individuals and communities that make up our past and are moving our state forward.

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| November 7 | What Colfax, Barneveld, and Oakfield Have in Common: The History of (E)F5 Tornadoes in Wisconsin. Presented by John Frye, Associate Professor, Geology, Geography, and Environmental Science. |
| November 14 | The Lavinia Goodell Cases: Wisconsin’s First Female Lawyer and Her Fight for Justice. Presented by Jennifer Motszko, Head of Archives |

Reminder to Prairie Village Residents: Masks are Mandatory for ALL LECTURE SERIES PROGRAMS as well as on the bus ride to/from.

Mini Mart Update - Thanks to all of you who've shopped with us recently for our usual candy and other food and personal care items. You may have noticed that we've been beautifully decorated for fall (thanks to Janet Morrow, our manager) with plenty of seasonal items and cards for purchase. In addition, boxed Christmas cards are already for sale with many individual cards on their way. We will have a limited number of Christmas gifts and decorative items for sale, too.

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.

CURRENT EVENTS and IDEAS

With mid term elections, the continuing conflict in Ukraine, mass shootings, Supreme Court decisions ...we indeed have much to talk about.

Join us for good conversation and fellowship each **Tuesday afternoon at 2:00pm** in Olm Hall. We always invite new faces! (Note: Time change - Nov. 15 - 2:15 pm)

Bell Choir Practice (Begins Nov. 11th at 9:00am) then each Friday, 9:30am in Olm Fellowship Hall



Wednesday Night Movie- 6:00pm in Fellowship Hall Every Wednesday in November!

Check out Channel 900 for the title of each weeks movie!



Area Banks 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, Private Dining Room on the 2nd and 4th Fridays. Please call Premier Bank's White-water Branch Manager **Krystal Walsh** with any questions about your account or this new, convenient service. Krystal can be reached at 262-458-2933, email: kwash@bankwithpremier.com.

Activities in November

Tuesday, November 1st from 3:30-5:00pm- Students from UW-W will be coming over to help with any technology needs and is first come first serve. If interested/needng assistance, you must come down to the front lobby. If you are unable to bring your device/what needing help with, we will have 2 students go back to your room with you....BUT....you still need to come down to the lobby. Any questions please see Brian in Leisure Services.

Tuesday, November 1st at 6:30pm in Olm Fellowship Hall: **Circle K Students (UW-W)** will be here hosting a **Jeopardy/Trivia Night** for all of Fairhaven.

Thursday, November 3rd at 2:15pm in the Skylight Dining Room- Ice Cream Social! Come down and enjoy an ice cream social prior to heading into Olm Fellowship Hall for the Benjamin Whitcomb Program.

Thursday, November 3rd at 3:00pm in Olm Fellowship Hall- Zoltan Kodaly's revolutionary sonata for unaccompanied cello, written in 1915, ushered in a new wave of works for solo cello. **UW-W cello professor Benjamin Whitcomb will discuss the composition in detail and then will perform it in its entirety. You won't want to miss it!** It is distinctive in several ways, such as its use of "scordatura" (tuning some of the cello's strings to non-standard notes), Hungarian scales and melodic devices, and rhapsodic passages, and as such it benefits from being discussed before being listened to.

Friday, November 4th at 1:15pm in Olm Fellowship Hall- Bingo with UW-W Sorority Delta Zeta and Fraternity Delta Chi.

Monday, November 7th at 5:45pm in Olm Fellowship Hall- Bingo with UW-W Student Group DECA (The University of Wisconsin - Whitewater's collegiate DECA chapter is focused on creating emerging leaders and entrepreneurs in marketing, finance, hospitality, and management.)

More Happenings in November...

Thursday, November 10th at 1:15pm in Olm Fellowship Hall- Hoo's Woods Raptor Center Presentation featuring Wesley the Snowy Owl!

Thursday, November 10th at 2:15pm in Piano Lounge - Fresh Cheese Curd Sale!

Proceeds from the October, November and December Cheese Curd and Bread Sales will go towards The Family Emergency Fund (Whitewater Unified School District) which is comprised solely of donations and 100% is used to help families (no administrative fees). It is used in a variety of ways including: to prevent homelessness by helping with a rent payment or security deposit, utility bills, and when crises occur, such as a fire, job loss, etc. They have also used funds to help families buy snow pants and other items that are difficult to find for free at the Community Space.

Thursday, November 10th - UW-W Gymnastics Practice Outing. Transportation will leave the Front Lobby at 3:00pm for those interested in heading over to UW-W Campus and watching Gymnastics Practice. This has been a really enjoyable outing the last number of years we have gone. Practice starts at 3:30 and we should be back no later than 5:00pm. If interested in going please sign up at the front desk.

Friday, November 11, 1:15pm in Olm Fellowship Hall- Dog Treat Making with UW-W Student Athlete Group.

Monday, November 14th at 5:45pm in Olm Fellowship Hall- Bingo with UW-W Student Group Pi Sigma Epsilon (business group).

Tuesday, November 15th at 1:15pm in Olm Fellowship Hall- Friends of Fairhaven Presents Music Masters from Whitewater High School. (CURRENT EVENTS to start at 2:15pm)

Wednesday, November 16th at 1:15pm in Olm Fellowship Hall- We welcome back Angie Doman from New Beginnings for an afternoon of BINGO!

Thursday, November 17th at 1:15pm in Olm Fellowship Hall- Wisconsin Historical Society Presentation: Spiritualism in the Victorian era. Learn about the uncanny world of nineteenth-century American Spiritualism.

Friday, November 18th at 1:15pm in Olm Fellowship Hall- Arts and Craft Project with UW-W Sorority Alpha Sigma

Friday, November 18th at 2:15pm in the Piano Lounge- Fresh Bread Sale

Monday, November 21st at 11:00 a.m. in Olm Fellowship Hall - Listen In with Paul Kuenning

The Friends of Fairhaven Invite You

The Friends of Fairhaven invite you to join us on **Tuesday, November 15, at 1:15 p.m.** in the **Olm Fellowship Hall** for the annual Christmas program provided by the **Music Masters from Whitewater High School**. This program is a long tradition from both the high school and as a Friends Christmas gift to our community. We thank Carole Scharinger, Fairhaven resident and Friends Board member, for making the arrangements for this program.

November 2022 Resident Council Update

Sue Stanley, Resident of the Month

We are pleased to honor Prairie Village resident Sue Stanley as November's Resident of the Month. The biggest challenge to compiling her nominations is the amount of Newsletter space we have to note all her contributions! Gale Plath, a Prairie Village neighbor, noted that Sue quietly delivers Meals on Wheels (and manages much of the business end of it, too). "No fanfare. She just gets it done. Sue is a font of knowledge and caring about residents...if a resident needs a helping hand, Sue will again see that it gets done."

Beth Johnson, Fairhaven secretary, recognizes Sue's ongoing contribution to the Employees Christmas Fund: "...by handwriting the names of each employee on an envelope that will be distributed to staff prior to Christmas. I believe this project is completed during a weekend football game and has been as many as 240 envelopes."

Prairie Village resident Gary Fry reminds us that Sue has a long record of volunteerism at Fairhaven and in the local community which continues to this day. She has served as a member, secretary and president of the Resident Council. She manages Prairie Village's Social Activities fund. With the help of Jerri Stevenson, another Prairie Village neighbor, she keeps the Community Center kitchen orderly and functional. Sue is a driving force behind several regularly scheduled women's bridge groups that meet at the Community Center. Gary comments about her Meals on Wheels work by saying, "As an occasional driver, I can tell you coordination is a monumental task, as each week there are changes to the schedule. It's absolutely, critical, that these clients get what they're supposed to get each day, and Sue is on top of it all."

Many of us are glad to know Sue (and Tom, her husband) already and recognize how fortunate we are that she is part of this community. If you don't know her already and an opportunity presents itself, one conversation will convince you that she is truly an asset. Thank you, Sue, for everything that you do to help us all!

Boxes – It's that Time of Year!

Fairhaven has been a steady promoter of recycling – and nothing shows that better than the long-time Boxes Locker located across from the Lower-Level Exercise Room. Thanks to Bruce Lucht from Maintenance, we have a steady supply of medium size boxes throughout the year. Residents recycle smaller boxes to this locker – and this is the time of year when they seem to be most needed. Residents and others will need them for packing and other end of the year activities. If you need a box, see what you can find there. If you have cardboard boxes to donate, thanks!

Employees Christmas Fund – Final Donation Opportunity for 2022

We look forward to providing Fairhaven employees with a nice end-of-year "tip", funded through you and/or your family's contributions to the Employees Christmas Fund. If you've any questions about this, contact Fairhaven resident Henry Malo or Prairie Village resident, Dick Piehl. We thank you in advance.

As Our Little Free Libraries coming into a new season of the year.....As we settle into shorter days & longer nights, it may be an especially good time to check out the offerings of our Little Free Libraries (contribute as you can).

Helping People with Diabetes Stay Both Healthy and Hearing -

Did you know that hearing loss is twice as common in adults who have diabetes?¹ In addition, recent research shows that U.S. patients with prediabetes blood glucose levels have a rate of hearing loss that is 30% higher than those with normal blood glucose levels.¹

November is American Diabetes Month, which means it's a great time to explore care options for yourself or loved ones who have diabetes.

DIABETES AND HEARING LOSS GO HAND IN HAND - AS WITH CARDIOVASCULAR DISEASE, DIABETES SYMPTOMS SUCH AS HIGH BLOOD SUGAR CAN DAMAGE BLOOD VESSELS THROUGHOUT THE BODY, INCLUDING THE SMALL BLOOD VESSELS IN THE EARS. ALONG WITH NERVE DAMAGE, THIS OTHER DIABETES SYMPTOM CAN DAMAGE AUDITORY NERVES & LEAD TO HEARING LOSS. DIABETIC PATIENTS MAY ALSO TAKE OTOTOXIC MEDICATIONS, LIKE GLYBURIDE, TO MANAGE THEIR DISEASE, AFFECTING HEARING & VESTIBULAR FUNCTION.

More people are becoming aware of the link between these two conditions. The American Diabetes Association confirmed that hearing loss is more common in people with diabetes, which means more people are now recommended to visit an audiologist or hearing specialist as part of their routine diabetes care.

People with diabetes should have annual hearing exams as part of their routine health care. 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. 1 Centers for Disease Control and Prevention. (2022). Diabetes and hearing loss. <https://www.cdc.gov/diabetes/managing/diabetes-hearing-loss.html>