



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

Please note changes:

On Tuesday Oct. 11

Schedule for Chaplain Luke Chats/Devotions
10am- 2nd Floor Chats w/ Chaplain

Luke

11am- Devotions in Olm Fellowship Hall
(no visit to 4th fl this week)
(no Wednesday Devotions on the 12th due to booster/flu clinic in Olm F.H.)

Catholic Mass

Wednesday, October 5 at 10:00am in Olm Fellowship Hall with St. Patrick Catholic Church.

Catholic Communion

Tuesday, October 18 at 10:00am in the Olm Fellowship Hall with St. Patrick Catholic Church.

Covid-19 Boosters & Influenza Vaccines available to residents in October.

McCullough's Pharmacy is offering
2 opportunities to get your
Covid-19 Booster and Flu Vaccine.



Wednesday, October 12, 8:00am - 3:30pm
or
Tuesday, October 25, 8:00am-3:30pm
Olm Fellowship Hall

**Fairhaven Lecture Series - Fall 2022 -
Mondays, 3:00 p.m. in 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 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.

October 3	Hmong in Wisconsin Presented by: Nengher Vang, Associate Professor, History
October 10	A Common & Public Nuisance: Wisconsin Breweries Fight Prohibition, 1918-1922 Presented by: Karl Brown, Associate Professor, History
October 17	First Nations: Indigenous Peoples and Spiritualities of Wisconsin Presented by Michael Gueno, Associate Professor, Philosophy & Religious Studies
October 24	The Progressive Movement in Wisconsin Presented by: Jonah Ralston, Associate Professor

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>.

VOTER REGISTRATION/ADDRESS CHANGE

Marion Burrows will be available for Voter Registration & Address Changes on **October 3rd & 4th from 10:30-11:30am in the Whitewater Conference Room.**

Please remember to bring your valid Wisconsin driver's license or I.D. card if you have one. If you do not have one, please bring the last four digits of your Social Security number.

ABSENTEE VOTING in Fellowship Hall

(does not include Prairie Village)
PLEASE make every effort to come down the first day.

**Wednesday, October 25th
from 1:00-2:00pm.**

**&
Thursday, October 27th
from 10:00am-11:00am**



Happy October Birthday

Marlene Strait	02
Florence Pape	05
Jim Schumacher	06
Mary Jo Geraghty	07
Hans Hahn	13
Dorothy Schreiner	14
Brian Beck	20
Robert Aulik	23
Susan Brey	25
Nancy Schmidt	27
Peggy Hooper	30
James Leaver	30

BINGO!

Fridays in October in Olm Fellowship Hall

***Friday the 7th: 1:15-2:15**

***(No Bingo the 14th due to Dog Treat making)**

***Friday the 21st: 1:15-2:15**

***Thursday the 27th: 1:15-2:15**

New Residents... Welcome!

Avis & Russell Johnson	Prairie Village
Gerard Nell	Health & Rehab

SEP Topic of the Month: October is National Crime Prevention Month

One of the fastest growing crimes is Phone Scams and Credit card Fraud. Please see below how to identify a phone scam. If you become a target, please be sure to notify the Federal Trade Commission.

According to Federal Trade Commission data, more than 2.8 million people reported fraud in 2021, and 1 in 4 said they lost money. The median loss in scams that start with a call is \$1,200, higher than any other contact method.

Identifying Phone Scams

Recognizing red flags of phone scams could help you avoid falling for one. Here are some general indications that the person on the other end is a scammer:

They pretend to be from a familiar organization.

They pressure you to act immediately.

They say there's a problem or a prize.

They tell you to pay in a specific way.

Phone scams come in many forms but often make similar promises or threats. Trust your gut if something seems off or too good to be true.

Report Phone Scams

If you've lost money to a phone scam or have information about the company or scammer who called you, report it at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov). The Federal Trade Commission (FTC) is the main agency that collects scam reports. Report the scam to the FTC online, or by phone at **1-877-382-4357 (9:00 AM - 8:00 PM, ET)**.

Report the number that appears on your caller ID — even if you think it might be fake — and any number you're told to call back. The FTC analyzes complaint data and trends to identify illegal callers based on calling patterns. We also use additional information you report, like any names or numbers you're told to call back, to track down scammers.

‘Current Events and Ideas’ meets each **Tuesday afternoon (2:00-3:00)** in Olm Fellowship Hall. We closed out the month with discussion on “Am I Positively Positive?” and will begin October with the political ramifications of “In God We Trust”. Join us for good fellowship and intellectual stimulation!

Eyeglass Adjustments... next visit 11/16
Davis Duehr Dean will be coming **every other month on the 3rd Wednesday from 10:15am – 11:00 am in the Whitewater Room**

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.

Bell Choir Practice - Fridays at 9:30am
The Fairhaven Bell Choir will practice in Olm Fellowship Hall from 9:30—10:30am. If you have any questions, contact Marion Burrows, 314AA or 262-473-5173.

Coffee & Chats... Piano Lounge, 3:15pm
Tuesday’s (starting on Tuesday, October 4th) we will have Coffee & Chats coming to the calendar. **Tuesday’s at 3:15pm**, join us in the **Piano Lounge** for a chance to grab a cup of coffee and socialize with your friends and have the opportunity to meet new ones. Regular and Decaf coffee will be provided, all other beverages of choice one will need to bring on their own. We hope to see and hear many of you down for this.

Wednesday Night Movies
6:00pm in Olm Fellowship Hall
October 5th No movie due to Bingo tonight
October 12th
October 19th
October 26th

Check out Channel 900 to see what is playing!

Join us in Olm Fellowship Hall at **6:00 pm** for a different movie each week.

Saturday Social for Residents...
Saturday, October 15th at 4:00pm in 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.

2022 Fall Themed Food Vendor Fair! - Thursday, October 13th we welcome back this mouth watering food event in Olm Fellowship Hall. Food Vendors will be lined up around the outside for you to come in and sample each and every dish that you’d like starting at 11:30am. A flyer will be sent out in your mailboxes early October and it is asked you return those to Millie or the Front Desk. Cost for this event will be \$9.50 and include beverage. We will have plenty of staff and volunteers to help assist you while going around the room adding to your plate if needed. The Skylight Dining Room will be closed that date but the scheduled menu will be available for delivery for those not wanting to attend and you can indicate so on your weekly menu.



Heartfelt Goodbye... *Greetings, I just wanted to say goodbye to all of you. It has been a long, but great journey for me working at Fairhaven. I appreciate the chance to serve residents. I learned so much from our aging population. I have so much respect for each of you. My faith is strong and I believe that every person is here on earth for the purpose of taking care of each other. I leave a piece of my heart with you and please know that I believe you make a good choice in moving here to Fairhaven. My future is volunteering. Maybe at church, maybe the school system. Also, I want to take the “trip of a lifetime” with my husband in celebration of us both retiring. I plan to return and visit, so until then, God Bless you all. Debbie Agen, Retired Accounts Clerk*

Happenings in October!!!

Monday, October 3rd at 11:00am in Olm Fellowship Hall- The Other Side to the School Board Referendum- Join Whitewater Resident Henri Kinson for a discussion of the reasons to vote against the Whitewater school district referendum.

Tuesday, October 4th: Volleyball Game Outing to UW-W Campus. Tuesday evening transportation will leave the front lobby by 6:35pm to watch the lady Warhawks take on UW-Platteville. **If interested in going, please sign up at the front desk.**

Wednesday, October 5th at 1:15pm in Olm Fellowship Hall: *EMS Staffing Referendum*
Join Interim City Manager, John Weidl, Common Council President, Lisa Dawsey Smith and Fire Chief, Kelly Freeman as they talk about the upcoming referendum that will be on the ballot. *The Whitewater Fire Department provides fire and EMS services to the City and Town of Whitewater, and the Towns of Cold Spring, Johnstown, Koshkonong, Lima Center, and Richmond. The Whitewater Fire Department has identified a critical need to increase EMS staffing. On Tuesday, November 8th, voters will be asked whether or not to support an increase in the City's annual tax levy to cover the cost of up to 17 Emergency Medical Technicians.*

Wednesday, October 5th at 6:00pm: Bingo w/ UW-W Men's Basketball Team. (See Below)**
Join us in **Olm Fellowship Hall** for a fun night of Bingo. (Please note: **No Movie this evening.**)

Thursday, October 6th at 1:15pm in Olm Fellowship Hall: Abraham Lincoln Presentation: "The Political Lincoln: Honest Abe on Campaigns and Elections"

Thursday, October 6th at 2:15pm in the Piano Lounge- Fresh Cheese Curd Sale!!!

Thursday, October 6 at 2:30pm in the Skylight Dining Room-Chips & French Onion Dip Social!

Monday, October 10th at 11:15am in Olm Fellowship Hall- Listen In with Paul Kuenning

Monday, October 10th at 1:15pm in Olm Fellowship Hall- We welcome back Cowboy Bob for an afternoon of Country Music!

UW-Whitewater Sports Raffle....

***While the Team is here..... The University of Wisconsin-Whitewater football, men's basketball and baseball booster clubs will host the 27th annual Wally & Rod's Raffle and Public Auction on Saturday, Oct. 15, at 6:30 p.m. in the James R. Connor University Center's Hamilton Room, located on the UW-Whitewater campus.

All proceeds for the event benefit the UW-Whitewater football, men's basketball & baseball programs.

Raffle tickets are also for sale for a chance at cash prizes. Winning tickets will be drawn at approximately 9:30 p.m. **and need not be present to win.** Raffle tickets may be purchased for \$20 each and can be purchased during the **Men's Basketball Team Visit to Fairhaven on Wednesday, October 5th. (team will be here at 6:00pm in Fellowship Hall for Bingo)** Checks should be made out to "UWW Tip-Off Club"

Full event information can be found on flyers posted outside of Olm Fellowship Hall and across from the AA Mail Room.

More Happenings at Fairhaven in October...

Thursday, October 13th- Fall Themed Vendor Fair Lunch Event in Olm Fellowship Hall. Be on the lookout for flyers in your mailboxes for this event at the beginning of October

Friday, October 14th at 1:15 in Olm Fellowship Hall- Dog Treat Making event with Delta Zeta- (we will be doing 2 dog treat making events for the month of October to make up for missing it in September)

Monday, October 17th at 11:00am in Olm Fellowship Hall- UW-W Update/Presentation with Interim Chancellor John Chenoweth.

Thursday, October 20th from 10:00-11:00am in the Whitewater Conference Room: Free Blood Pressure Screening with Fort Wellness Staff from Fort Hospital.

Thursday, October 20th: Masonic Lodge Lunch Delivery. Be on the lookout in your mailboxes for flyers come early October.

Friday, October 21st at 1:15pm in Olm Fellowship Hall: Bingo w/ UW-W Students from Alpha Sigma. Come over and join in on an afternoon of bingo with this special group of ladies!

Friday, October 21st at 2:15pm in the Piano Lounge- Fresh Bread Sale!

Tuesday, October 25th at 5:45pm in Olm Fellowship Hall: Pumpkin Painting with UW-W Women's Volleyball Team!

Friday, October 28th at 1:15pm in Olm Fellowship Hall: Dog Treat Making with The UW-Whitewater Student-Athlete Advisory Committee (SAAC) is a group made up of student-athlete leaders from each of the 20 varsity sport teams.

Monday, October 31st at 1:15pm in Fellowship Hall: Halloween Movie: Abbott & Costello meet Frankenstein: A comic horror film in which Abbott and Costello encounter Frankenstein's monster, Dracula, and a mad scientist. 83minutes.

Monday, October 31st at 2:45pm in Skylight Dining Room: Halloween Themed Social. We encourage everyone to get dressed up for this social.



Looking ahead to November...

Technology Help Session with UW-W Students- 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/needing assistance, please come down to the front lobby.** If you are unable to bring your device/what needing help with and need students to come to your room, you still need to come to the lobby. We will have at minimum of 2 students go to rooms. Any questions please see Brian in Leisure Services.

October Mini Mart Update

Fall has definitely arrived in the Mini Mart. It's beautifully decorated with seasonal items available for purchase. We have Halloween candy, too! Please shop with us for your personal care items, frozen meals and treats, chips, and candy.

Many residents have told us how much they enjoyed our September 20th Jessica Michna-lead program on Golda Meier. Thanks again to Whitewater resident Sue Schlough who coordinated the whole event, including delicious treats from the Genoa City "Donut Ladies."

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.

Resident Council Update - October 2022

Thanks to everyone who attended our presentations at Prairie Village and Fairhaven in September. Council meetings are open to all residents – the third Thursday of each month at 9:30 in the Olm Fellowship Hall. Should you have questions about the Council, Fairhaven residents John Loomis, or Gerry Palmer, or Henry Malo can help. Prairie Village contacts for the Council include Mary Jo Allen, Lyndia Fry, Dick Piehl, or Kathy Ross.

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.

Recent inventories of our Little Free Libraries show.....

A lot of books waiting to be read. Help yourself!

Just a Reminder...

Residents are reminded that when using the washing machines and dryers in the resident buildings, please remember to move your items from the washing machines to the dryers or from the dryers back to your apartment in order to keep the machines open for others to use. Thank you!



Chili Cook-off results...

Thank you to everyone who participated in the Chili cookoff held by the "Fighting to Remember Team" to benefit the Alzheimer's Association. Results are as follows:

- ◆ Best Overall "People's Choice" - Betty Schelb
- ◆ Most Unique– "Not your mother's chili" Stephanie Zwitter (Pumpkin-Sausage)
- ◆ Most Spicy "Fire in the Hole"- Zulma Heinrichs
- ◆ Best use of Beans "There'll BEANO Relief" - Becca Schulz

The winner of the Green Bay Packer Football – Lisa Mendell!

The team did the walk on September 17th in Lake Geneva and raised \$3,692. Great Job!!!!!!

Enjoy the Harvest of a Life Well Heard—Fort HealthCare Audiology

At Fort HealthCare Audiology, we're committed to providing our patients with the best quality of care, as well as the latest information about living a life with healthy hearing. Below we review a recent study that correlated hearing aid use with a slower rate of cognitive decline.

The study was conducted by the University of Maryland Department of Hearing and Speech Sciences and published in the journals *Clinical Neurophysiology* and *Neuropsychologic*. For the study, researchers monitored a group of first-time hearing aid users who had mild to moderate hearing loss over a six-month period. Participants underwent a variety of behavioral and cognitive tests that assessed hearing, working memory, attention and processing speed, as well as electrical activity in the auditory cortex and midbrain that occurred in response to speech sounds. After wearing hearing aids for six months, participants exhibited improvement in working memory, neural speech processing and ease of listening.

"In effect, hearing aids can actually help reverse several of the major problems with communication that are common as we get older," explained lead researcher Samira Anderson, Ph.D.¹

Staying on top of your hearing health is one of the most vital ways to protect your quality of life. With new updates in hearing technology, hearing aids are more effective than ever at staving off memory loss while boosting your social health in the process.

As we approach Audiology Awareness Month this October, be sure to connect with this crucial part of your health, especially if you have trouble hearing. Common signs of hearing loss include turning up the volume on the TV louder than is comfortable for others, thinking people are constantly mumbling and having trouble hearing over background noise.

Fort HealthCare Audiology has an expert, compassionate team to help our community stay proactive and develop a better hearing strategy. 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.

Healthy Hearing Foundation. (2018, June 19). *New Research Shows Hearing Aids Improve Brain Function and Memory in Older Adults*. <https://hearinghealthfoundation.org/blogs/new-research-shows-hearing-aids-improve-brain-function-and-memory-in-older-adults>

No Candle-Open Flame Policy

The flame from a candle or any other open flame can quickly set fire to items nearby and can lead to damage to property, personal belongings, or even loss of life.

To ensure the safety of all residents, staff and visitors Fairhaven has adopted a No-Candle-No Open Flame Policy facility wide.



**Fairhaven is on Facebook!
CHECK US OUT...**

Jack O' Lantern Mix

- 1/2 cup smooth peanut butter
- 1/2 cup hard margarine
- 1 tsp salt
- 1/2 tsp garlic powder
- 1 1/2 TBLS. Worcestershire Sauce
- 12 cups Crispix cereal
- 1 1/2 cups peanuts—all types—dry roasted
- 3 oz. autumn candy mix
- 9 oz. candy corn
- 6 oz. candy pumpkins



Mix together first five ingredients (peanut butter, margarine, salt, garlic powder & Worcestershire sauce) in saucepan. Heat and Stir until melted. Pour over cereal and peanuts and mix well. Spread on cookie sheet, bake at 250 degrees for 1 hour. **Add candy when cereal mix is cool. ENJOY!**