

Programs with Chaplain Luke Bocher:

Tuesdays: 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

We Love Pastries!

Staff and Residents come on down and get some Fresh Baked Good on **Monday, December 5th starting at 8:15am** in the Piano Lounge.

Center Street Cafe is a small family business in downtown Whitewater that is managed and run by Kevin Bezat, who is the daughter of Daniela Bezat. Daniela used to work in Leisure Services roughly 9 years ago. They specialize in everything coffee, and offer an assortment of breakfast and lunch sandwiches. They also offer a variety of bakery items including their specialty, baklava, and many more!

For their first visit to Fairhaven they will be offering scones, Swedish Shortbread cookies and chocolate chip cookies.

Scones will be 2.50 each, Swedish cookies are 1.50 each, and chocolate chip cookies are 2.50 each. They will only be bringing in 2 dozen of each item.

If this goes over well, we will look to do this twice a month and also look at making an outing to their downtown shop to try their other items.

Catholic Mass with St. Patrick's Catholic Church

There will be NO Catholic mass in December.

Catholic Communion will be held Tuesday, **Dec. 20 at 10:00 am** in Olm Fellowship Hall.

"Blue Christmas Service"

Christmas is a wonderful time of joy and celebration. We celebrate the birth of our Lord and love getting together with family and friends. We cherish hearing and singing the Christmas carols and seeing the beautiful decorations and light displays. Many of us also remember those who are no longer with us and experience a bit of sadness as we recall how much we miss them at this time of year. We miss sharing this wonderful holiday with them and we are "blue".

On **Wednesday, December 7 at 11:00 a.m.** we will hold a "Blue Christmas Service" in Fellowship Hall as we acknowledge our losses and ask for God's comfort and peace.

Christmas Sing Along

For many of us, one of the joys of the Christmas season is the beautiful music we love to hear and the songs we love to sing. On Wednesday, **December 21 at 10:30 a.m.** we will gather in Fellowship Hall to worship God and to sing some of the familiar Christmas Carols. We'll sing both favorite sacred carols like Joy to the World and some secular favorites as well such as White Christmas. Whatever your singing ability, or if you just like to listen, why not join us on the 21st?

Mini Mart/Friends of Fairhaven News

We are still looking for a few more volunteers to help in the Mini Mart. We are open every Monday and Wednesday from 12:30—3:00 pm. We always have two people working at a time and we hope you will be able to work one day a month. If not, we are very flexible.

Mini Mart Update

Please Christmas shop at the Mini Mart! You'll find boxed and individual Christmas cards, decorative items beautifully displayed, and some gift items. 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.



Movie Night!

Join us every Wednesday evening at 6:00 pm in Olm Fellowship Hall for a movie and popcorn!

Bell Choir Practice
Fridays - 9:30am
Olm Fellowship Hall



Fellowship Hall Independent Bingo Schedule for December:

Friday, December 2 - 1:15-2:15 Bingo w/ UW-W Delta Zeta sorority members

Friday, December 16 - 1:15-2:15 Bingo w/ Darla and Ang from New Beginnings. Wear your holiday attire!

Friday, December 23 - 1:15-2:15 TBD

Friday, December 30 - 1:15-2:15 TBD

Please check Ch. 900 for the TBD dates.

Other Happenings in December

Friday, December 2 at 9:30 am—UW-W Men's Wheelchair Basketball Game. Transportation will leave the front lobby at 9:30, with the game starting at 10 am. We should be back around 11:15. If interested, please sign up at the front desk.

Monday, December 5 at 1:15 pm in Olm Fellowship Hall—Rusty Kapela will give a presentation on his weather-related work at the geographic South Pole in Antarctica October-December 1976. Yes, he lived/worked at the bottom of the Earth! Everyone is invited—you'll learn some fascinating facts about Antarctica that are not taught in school!

Tuesday, December 6 at 1:45 pm in Olm Fellowship Hall—Holiday Bingo w/ UW-W Women's Volleyball Team.

Tuesday, December 6 at 7:00pm in Skylight Dining Room—Banana splits with Circle K members from UW-Whitewater.

Friday, December 9 at 1:15pm in Olm Fellowship Hall—Dog treat making with UW-W Alpha Sigma sorority members

Saturday, December 10 at 6:00pm in Olm Fellowship Hall—Muckwonago Community Choir concert in Olm Fellowship Hall. This program is not open to the public.

Tuesday, December 13 at 6:00 pm in Olm Fellowship Hall—Fort Atkinson's Main Street Dance Studio, led by Director Ms. Emma Hendricks, returns to Fairhaven. The studio has 200 dancers in 26 different classes this year. Each holiday season they like to spread cheer to residents in nursing homes. Main Street Dance studio is thrilled to return to Fairhaven after a few years off due to Covid.

Wednesday, December 14 from 9 a.m to Noon in the Main Lobby—Holiday Bake Sale—Residents and employees are welcome to donate or purchase tasty holiday goodies. Proceeds will go to the Fairhaven Foundation.

Thursday, December 15 at 1:15pm in Olm Fellowship Hall—Gail Bisbach and Wade Woelfle, from Fort Hospital, will once again dazzle us with their Classical Holiday Piano Performance. Four hands on one piano will make for a concert not to be missed!

Thursday, December 15 at 2:30pm in Skylight Dining Room—Social—watch Ch. 900 for details

Monday, December 19 at 1:15 pm in Olm Fellowship Hall—Holiday country music with Cowboy Bob

Thursday, December 22 at 1:15 pm in Olm Fellowship Hall—We welcome back Carolyn Wehner for a special Holiday Program on the piano.

Friday, December 30 at 2:30 pm in Skylight Dining Room—Help us celebrate Joe and Karin Campbell's 70th wedding anniversary!

Resident Council Update—December 2022

Sharron McCarthy is December's Resident of the Month

We are pleased to honor Fairhaven resident Sharron McCarthy as our resident of the month. Nominated by Ruth Kromholz, Sharron's consistent work in the Fairhaven Library is much appreciated. Ruth describes her as a "conscientious resident volunteer." She re-shelves returned books once locating their cards with great attention to detail. Sharron has been doing this important work since 2019. In addition, Sharron ensures that the Mini Mart has cash for its customers with a twice a week counting and sorting. Sharron is a regular participant in many of the activities offered at Fairhaven. And we are grateful for her military service, too, as she is indeed a veteran of our Armed Forces.

Welcome....

Fairhaven residents Chris Lange and Ruth Kromholz were voted in as Council members at our November meeting. We are grateful for their willingness to serve our community.

Employees Christmas Funds

As many of you and/or your families have already acknowledged by your generous donations, it is that time of year for donations to the Employees Christmas Fund. Thanks to all of you who have donated – and those who will! We will report in January on our total for 2022.

Revisions to How the Council does Business

The Council has adopted new Guiding Principles which reflect how we have done business since we resumed in-person meetings. Terms are now two years, there's language that officially enables us to meet electronically (if, heaven forbid, we ever have to do that), etc. All members have copies and can share, if you're interested. There's a copy on the Council bulletin board located outside the Library on the Lower Level and one in the Prairie Village office.

This time of year....

Reading is a great thing to do. Check out our Little Free Libraries – which always seems to be well stocked with a regular rotating collection for you to consider.

Merry Christmas from the Resident Council members

2022 - John Loomis (first three year term)

2023 – Mary Jo Allen* (final three year term), Gerry Palmer (first three year term)

2024 – Dick Piehl* (treasurer/Christmas Fund-final three year term), Henry Malo (vice-chair, Christmas Fund-final three year term), Kathy Ross* (chair-final three year term), Lyndia Fry* (secretary-first three year term); Chris Lange (first two year term), Ruth Kromholz (first two year term)

Year is when current term expires; * indicates Prairie Village resident

All residents are invited to attend our next meeting on Thursday, December 15, at 9:30 a.m. in Olm Fellowship Hall.



Interested in joining a Chime Band?

Doris Willis is arranging a chime band to meet on Saturday mornings beginning after Thanksgiving from 11:00–noon in the conference room. They use colors on the chimes and music, and some members sing along. If interested contact Doris, or just show up!

A Reminder to those with garage spaces...

Please be mindful of how you pull into your parking space. Do your best to park in the center of your space, with your car straight, so as not to crowd the person parked next to you.



Thank you!

Free Blood Pressure Screenings from Fort Wellness of FortHeathcare

Thursday, December 15th
from 10:00am-11:00am
in the Whitewater Conference Room.



Welcome to Fairhaven!

Hugo Tscharnack	Health & Rehab
Joseph Bauer	Health & Rehab
Hyly Bartos	Health & Rehab

CURRENT EVENTS & IDEAS our purpose is to hold stimulating and enlightening discussions on all kinds of subjects including religion, politics, world affairs, moral issues and health/mental concerns. Join us each Tuesday 2:00-3:00 pm in Olm hall. Prairie Villagers also invited!

Winter Safety for Older Adults: HealthinAging.org

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused, and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

It is easy to slip and fall in the winter, especially in icy and snowy conditions. Here are some easy precautions to take.

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.

Happy December Birthday!!!

Janet Hartwig	02
Donna Berg	07
Marcia Yochum	07
Delores Piehl	08
Hazel Leonard	11
Jerry Lehto	13
Bill Endisch	14
Shirley Sebranek	15
Elizabeth Brown	16
Carol Harenza	20
Carole Scharinger	20
Denise Green	22
Susan Weigel	22
Carmella Kuhnke	23
Carol Lockhart	25
Neil Aiken	28

Just a Reminder... Employee Christmas Fund
The Fairhaven Employee Christmas Fund collection for 2022 will end on **December 5, 2022**. If you plan on donating this year, please give your gift to Henry Malo, apt. 115B or drop at the Reception desk. Any gifts received past 12/5/21 will be credited to the 2023 Employee Christmas Fund.



Covid Safety Reminder

As we all gather with family and friends to celebrate the holidays, please keep in mind that Covid is still among us, and we are entering prime flu and RSV season. Here are some helpful tips to keep everyone healthy:

- Stay up-to-date on your vaccinations.
- Wash your hands thoroughly after handling food, using the restroom, and/or traveling through high-traffic areas.
- Carry a good, alcohol-based antibacterial hand cleanser and wipes with you, in case you are unable to get to a washroom.
- Mask up! Carry extra masks with you while traveling.
- Plan events around the most vulnerable family member.

These are just a few things you can do to help keep yourself and others in your community healthy.

Enjoy the holidays!

Dining Services News

We will be hosting the Fairhaven Holiday party this year on **Wednesday December 21st beginning at 12:30 pm** in the Piano Lounge & Skylight Dining Room. This will be open to our Apartment; 4th Floor and Prairie Village Residents. We are unable to host families or guests yet currently.

Menu

Prime Rib Sliders
Turkey Swiss Sliders
Mini Charcuterie Cups
Broccoli Raisin Salad
Pickled Herring
Assorted Desserts

Red Wine, White Wine, Sparkling Juice

Watch your mailboxes for the RSVP form. We are excited to see everyone and wishing everyone a safe and warm holiday!

Christmas Day, Sunday, Dec. 25th meal will be delivered. Watch your mailbox for the RSVP form.

From the Chaplain

‘Tis the season! The season of music and lights and gifts. I just love looking at all the wonderful light displays at Christmas and hearing those old Christmas songs. And isn’t it wonderful to be able to give and to receive gifts. Fairhaven is and will be beautifully decorated with an assortment of trees and flowers and an awesome Christmas Village in the lobby.

My hope is that all of this, the lights, gifts, festivities, will remind us of the greatest light and gift of all time: the gift of Jesus Christ, God’s gift of salvation for the world. God sent Jesus to show us how we were intended to live; to guide us, heal us, forgive us, encourage us, help us to get back on the path when we’ve fallen. I see Jesus at work here! I’m so privileged to be a part of FH where I see the love of God at work in employees and residents. Thank you to the staff: for your care for the residents; for all the ways you add “life to years” by treating residents with kindness and love. Thanks to our residents who model the welcoming spirit of Jesus each and every day. We are truly blessed because God is at work in this place.

So let’s enjoy the beauty of the season: the lights, decorations, gifts and festivities. But let’s remember first and foremost what it’s all about: God’s gift of Jesus, our Savior, to lift and heal this broken world and our broken lives. And let us continue to bring that love and joy to each other throughout the season.

Chaplain Luke

Advent Devotionals Available

Daily Advent Devotional booklets are available for all our residents. The booklets entitled “Hope-full Living” are written by older adults specifically for older adults and can help us as we prepare for the coming of our Lord. They will be available in the literature rack in the lobby. Or you can speak to chaplain Luke and he will get a copy to you.

