

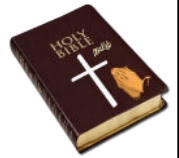
## Catholic Bible Study

Beginning **Thursday, January 5** there will be a Catholic Bible Study group from **10-11 am in the B Lounge**.

This group will meet the 1st and 3rd Thursdays of every month. All are welcome to join.

## **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. - Fellowship Hall & CH. 900

## **Methodist Communion Offered**

On **Wednesday, January 4**, we will remember the death and resurrection of our Lord as we share in the sacrament of Holy Communion. Communion will be celebrated from 3-4 pm in the D Lounge. If you desire communion and cannot attend, please contact the chaplain's office by January 3 and we will bring you the elements on the morning of January 4. For safety's sake the elements will be in individual containers so that they will not be touched by others until you open them.

## **Mini-Mart update...**

Fruit will again be provided to all residents on or around Epiphany, January 6. This long-time Fairhaven tradition is funded by the Friends of Fairhaven, the direct result of your purchases in the Mini Mart.

Thanks again to all of you who shopped with us over the holidays.

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.



## **Thank you**

Beth Johnson, Deb Agen, and Shannon Schoville wish to thank everyone who participated in the bake sale on December

14. A special thank-you to Jim Schmalting and his wife for the beautiful cake that was auctioned off during the sale. Your generosity helped raise \$180 for the Fairhaven Foundation.

## **Resident Display Cases**

Beginning January 1, 2023 we are returning to a sign-up sheet for the Middle and End cases outside of Olm Fellowship Hall. If you have a collection of items you would like to share with your neighbors, please contact Shannon Schoville in the office. Displays must be removed by the end of each month, and Fairhaven reserves the right to remove/refuse anything deemed inappropriate.

Thank you to Dan Sable for sharing his delightful collection of Santas in December!

## **Dear Fairhaven Residents,**

I just wanted to thank residents for the wonderful farewell wishes on my retirement. Fairhaven has been my 2<sup>nd</sup> home for so long that you are my family, and I will miss seeing you all! But I must say that I am looking forward to the next part of my life's journey and looking ahead to doing some of the things that have been put on the back burner for a while. I feel very blessed to have worked in a place that I looked forward to coming to each day for over 25 years. Thank you!

**- Beth Johnson**

## Fairhaven Happenings in January



**Wednesday, January 4th at 10:00am in Olm Fellowship Hall—Catholic Mass**

**Monday, January 9<sup>th</sup> at 3:00pm in Olm Fellowship Hall—Bingo with UW-W Men's Basketball team**

**Wednesday, January 11th at 1:15pm in Olm Fellowship Hall—**We welcome City of Whitewater Manager John Weidl for a program and update on the City of Whitewater. This will be his first update for us with the "interim" tag removed.

**Wednesday, January 11<sup>th</sup> – UW-Whitewater Women's Basketball Game Outing.** Tip-off is set for 7:00pm as the Lady Warhawks battle against UW-Oshkosh. Transportation will leave the front lobby at 6:30pm and we ask that you sign up at the front desk by Monday, January 9<sup>th</sup> if wanting to go. Prairie Village pickup will be added if needed. Any questions please contact Brian in Leisure Services

**Thursday, January 12th from 9:30-10:30am in Whitewater Conference Room—FREE Blood Pressure Screenings** from staff with Fort Wellness from Fort Hospital.

**Thursday, January 12th at 2:30p.m. in the Skylight Dining Room and Piano Lounge** Fairhaven and Prairie Village Residents are invited to a "Resident Tea" just for you! This is the employees' way of saying thank you for the wonderful Christmas gift from you. So join us in the Skylight Dining Room and enjoy some special "treats"! (Watch for potential changes - please check channel 900 for any information updates.)

**Friday, January 13th—Lunch outing at Rick's Eastside Restaurant—**Transportation will leave the front lobby at 10:50am (AA building shortly after) and it is asked that you sign up for this at the front desk by Wednesday, January 11<sup>th</sup>. Please indicate front lobby or AA building for pickup location when signing up.

**Friday, January 13th at 1:15pm in Olm Fellowship Hall—**Vintage Mix Quartet. This group of brother and sisters has been coming to sing at Fairhaven for quite a few years and always puts on a great program. Please arrive early to get a good seat!

**Monday, January 16<sup>th</sup> at 10:30am in Olm F.H.-** special presentation from UW-W Graduate Student Sarah Treadwell – exploring the ocean depths and much more. A UW-Whitewater graduate student who has ties to NASA is sharing through a new museum exhibit about a related passion of hers—exploring the ocean depths. Her exhibit "In Search of Earth's Secrets" recently opened at the Community Engagement Center and Fairhaven will look to set up an outing to see this. In addition, Sarah is a communications officer for the JOIDES Expedition 399, which will explore "extreme parts of the Atlantic Ocean" from April to June 2023. Come down for this truly exciting presentation to learn all about Sarah and what she has and will be up to.

**Tuesday, January 17th at 10:00am in Olm Fellowship Hall—Catholic Communion**

**Thursday, January 19th at 2:15pm in the Piano Lounge—FRESH CHEESE CURD SALE!** 1/2 pound bag for \$3.00. Fresh bread sale will return in February. Proceeds from January and February sales will go towards the UW-Whitewater Food Pantry.

**Friday, January 20th at 1:15pm in Olm Fellowship Hall—Bingo with Ang and Darla from New Beginnings.**

**Saturday, January 21st at 4:00pm in Skylight Dining Room—Saturday Social**

**Wednesday, January 25th at 1:15 pm in Olm Fellowship Hall—**Join Kori Oberle for a presentation: Local Landmarks at Risk. The Local Landmarks At Risk program will feature four City-owned landmarks: Birge Fountain, Starin Park Water Tower, White Memorial Building, and Whitewater Effigy Mounds Preserve. Landmarks Commission members will provide brief overviews and photos of all four landmarks, along with details concerning their current deteriorated conditions and needs for repair and restoration.

**Independent Bingo  
Olm Fellowship Hall  
1:15—2:15pm**

Friday, January 6  
Friday, January 20  
Friday, January 27  
NO Bingo Friday, January 13

**Current Events and Ideas  
Tuesdays, 2:00 - 3:00 p.m.  
Olm Fellowship Hall**

We are currently gathering a list of stimulating subjects for our weekly discussions as we begin the new year. Our sessions are always far ranging and intellectually challenging.

**Movie Night  
Olm Fellowship Hall  
6:00 pm**

Every Wednesday  
for the month of  
January.



**Fairhaven Lecture Series - Spring 2023  
Mondays, 3:00 p.m. in Fellowship Hall**

***New Voices, Fresh Perspectives: Showcasing New Faculty at UW-Whitewater***

*Over the past few years, new experts have joined the faculty and staff at UW-Whitewater, in all of its colleges and departments. Historians, sociologists, writers, and more, UW-Whitewater is comprised of dedicated educators who are as eager to share their research interests to the community as they are to teaching our next generation of teachers, accountants, entrepreneurs, coaches and more. Join us this spring to hear from some of the new voices at the University and share with them what they have to look forward to as new members of the greater Whitewater community.*

January 23	Too Much of a Good Thing is Wonderful: Liberace's Wisconsin Roots and Flamboyant Visibility from Milwaukee to Las Vegas Presented by: Anna Hajdik, Lecturer, Languages and Literatures
January 30	Feminism, Race, and White Privilege Presented by: Olivia McLaughlin, Assistant Professor, Sociology, Criminology, and Anthropology

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>.

**Wednesday, January 18<sup>th</sup> we are taking our movie theatre from Olm Fellowship Hall over to the Whitewater Cinema.** Fairhaven is renting out one of the rooms to have a special movie day. We unfortunately will not know of the movie until the week of, so we will send out a special notice to everyone once we pick the movie. **We have reserved the time for 1:30 and costs will include: Ticket: \$5.00 per person. Snacks/ Beverages: at cost to each individual.** Transportation will be available for those at all Fairhaven Facilities and more information about pickup times will come out the week of. This is a special outing that we hope many will participate in and we hope there will be a great movie that week to select from. This will also be open to staff and family members. Any questions please contact Brian in Leisure Services.

### Happy January Birthday!!!

Thomas Dosemagen	01
Peter Wurzer	01
Olive Crawley	03
Judy Hack	07
Judy Porter	09
Tom Christofferson	13
Melanie Ryan	13
Betty Heth	16
Gary Fry	21
Amy Landsee	25
Mary Anne Gerlach	26
Roger Kuhnke	27
Ronald Bergsten	29
Stephen Lade	30



### In Loving Memory...

Madeline Beglinger  
Kathryn Lindh  
John Kincaid

### New Year - New Insurance???

Just a reminder that if you have gotten a new Insurance or had changes in your Health Insurance plan, Fairhaven needs to know and also needs a copy of your Insurance Card.

You can bring your card to the Reception Desk to have your copy made. If you have questions, contact David Gackstatter in the Business Office.

### From the Fairhaven Safety Committee

This winter, take your time driving when the roads are snowy and slick. If you don't feel comfortable driving in the winter weather don't hesitate to check in with reception to use Fairhaven's transportation services. If you are going to venture out on your own, please go through the safety checklist below:

- 1. Winterize your vehicle.** Make sure that your brakes, headlights, and windshield wipers are working properly. Also, check on the antifreeze levels, oil levels and tires. It is important, especially for seniors, that the heater and defroster are fully functioning as seniors are more susceptible to the frigid winter temperatures.
- 2. Always have a full tank of gas.** There is nothing worse than running out of gas when it's freezing and snowing outside.
- 3. Travel with a companion when possible.**
- 4. Prepare for an emergency.** If you're traveling during the winter months, especially for several miles or in the country, it is helpful to be over-prepared. Put together an emergency kit to store in the trunk of your car, including (but not limited to):

Blanket	Food and water
A flashlight with extra batteries	A first-aid kit
Jumper cables	An ice scraper
Sand, salt, or non-clumping kitty litter to provide extra tire traction	
Extra clothing, boots, and gloves	

Winter weather can be challenging for all drivers, but if you plan accordingly and are aware of the dangerous conditions, you can arrive safely at your destination.

### 2023 Rate Increase Information

Rate increases for 2023 have been finalized and published. Packets are available for any resident who would like one. See Pattie at the front desk.



## **Resident Council Update – January 2022**

*“To Everything There Is a Season”*

A new season of life is beginning for Fairhaven’s long-time secretary and friend to all, Beth Johnson, as she joins her husband Dave in retirement. Where and how to thank Beth for everything that she has done for so many people over almost 28-year long career? By definition of the job, Beth supported every Fairhaven organization or Board. She carried her work far beyond that definition since she became a primary go-to source for “How do we do this?/What’s happening?” - type questions from residents, families, staff and the general public. Beth helped so many of us with great patience and insight.

There was a time when Beth took and compiled our Council minutes. She was an integral “behind the scenes” part of every Employees Christmas Fund collection. Beth has made quiet suggestions on how to improve how the Council does business and has maintained years’ worth of our minutes and documents.

Beth was a transportation aid, a receptionist, helped out in the Business Office, managed the clerical processes for Vespers, served as secretary to the Fairhaven Board of Directors and to the Foundation, and so it goes. There is no way to recall everything that Beth has done for us all, directly or indirectly. We hope you got to say good-bye and we look forward to keeping her promises of coming back to see us.

### **Welcome, Shannon**

If you’ve not met Shannon Schoville, Fairhaven’s new secretary, stop by and introduce yourself. To say the least, she’s “hit the ground running,” and we’re glad she’s here.

### **Thanks**

Many thanks to so many people who helped continue Fairhaven and Prairie Village Christmas traditions.

- Employee Christmas Fund donors—Thanks for your all-time high \$45,200 donation.
- Employee Christmas Fund leadership—Our continued thanks to Fairhaven resident Henry Malo and Prairie Village resident Dick Piehl for their year-round management of the Fund. Thanks to David Gackstatter for doing the math that determined the individual distributions. We’re grateful, too, to those who stuffed the employees’ envelopes and appreciate Prairie Village resident Sue Stanley’s leadership in that.
- Santa’s elves decorated a dozen trees at Fairhaven and put out numerous seasonal displays. The Prairie Village Community Center was again beautifully decorated, thanks to Judith Moldenhauer’s creativity and leadership.
- Fairhaven’s Christmas Village, located in the Main Lobby, was again a major display. We thank Bev Aulik, Luke Bocher, Tom Christofferson, Gary and Lyndia Fry, and Dave and Judy Hack for carefully arranging the many items that make up this Village. Special thanks again for Maintenance’s support. They do the truly heavy lifting every year setting up the tables and moving the numerous storage boxes. Please note: You have through Wednesday, January 4 to tour the Village, as we’re taking it down the next morning.
- Dining Services staff and Millie Zarate for insuring the December 21 Holiday Party luncheon was delivered.
- And to those of you who decorated your doors and/or your yards, thanks for sharing your Christmas spirit.

### **Little Free Libraries**

We’re fortunate to have one in Fairhaven’s Main Lobby and on one of the trails in Prairie Village. Help yourself by taking a book, and if possible, leaving one or some!

### **Council’s Next Meeting**

All residents are invited to our next meeting scheduled for Thursday, January 19, at 9:30 in Olm Fellowship Hall.





## Therapy Role in Diabetes Management

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body does not make enough or any insulin or does not use insulin well. Glucose then stays in your blood and does not reach your cells. Over time, having too much glucose in your blood can cause health problems. These can include kidney disease, vision loss, heart disease, stroke, and neuropathy. Many of these long-term complications can be barriers to performance of activities necessary to successfully self-manage diabetes. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

Occupational and physical therapists can play a strong role in diabetes education and self-management for individuals who are likely to develop the disease as well as those who are already diagnosed. Therapists are experts at analyzing the performance skills and patterns necessary for people to engage in their everyday activities. Therapists can:

- Effectively educate and train persons at risk for or who currently have diabetes to modify current habits and routines and develop new ones to promote a healthier lifestyle and minimize disease progression.
- Promote healthy food choices and safe cooking methods.
- Instruct in safe and appropriate ways to incorporate exercise and physical activity into daily routines and providing treatment for complications.
- Provide techniques to organize and track medications.
- Instruct in the use of low-vision and nonvisual devices to draw up and measure insulin.
- Instruct and provide strategies to successfully use a talking blood glucose monitor or use any blood glucose monitor one handed.
- Incorporate protective techniques and compensation for peripheral sensory loss in activities that involve exposure to heat, cold, and sharp objects.
- Educate in techniques to structure time and simplify activities to cope with depression.

If you would like to learn more about how an Occupational or Physical Therapists can assist you in the management of diabetes please feel free to contact us at Greenfield Rehabilitation **262-473-2140** **Fairhaven Senior Services, 435 Starin Road Whitewater, WI 53190** for more information.

