

February Resident Newsletter

Programs with Chaplain Luke Bocher:

Chaplain Luke will be gone February 7th-8th.

Tuesday: Devotions with Chaplain Luke
2nd Floor Dining Room - 10:00 a.m.
4th Floor Dining Room - 10:45 a.m.

Wednesdays: Devotions with Chaplain Luke
11:00 a.m. - Fellowship Hall & CH. 900

Catholic Mass with St. Patrick's Catholic Church - Wednesday, February 8th at 10:00am in Fellowship Hall

Catholic Communion— Wednesday, February 21st at 10:00am in Fellowship Hall.

Reminder that Catholic Communion; St. Patrick's Catholic Church; is held the 3rd Tuesday at 10:00am in Fellowship Hall every month.

Hello & welcome to Fairhaven...

Mike Bissonette 110A
Karen Coburn 306AA

Schedule of Independent Bingo In Olm Fellowship Hall



Friday, February 3rd at 1:15pm
Friday, February 17th at 1:15pm
Friday the 24th at 1:15pm

Valentine's Day Lunch Tuesday, February 14th Skylight Dining room

Serving from 11:30 am –12:30 pm
\$14.50 per Meal



Reservations will be required for this event. Due to limited seating, we will not be allowing guests for this meal. Watch for the menu and reservation form in your mailbox. We ask that it be submitted to Dining Services by Friday, February 10th. We cannot guarantee seating to any residents without a reservation, and we will not be doing room deliveries. Contact Millie in dining services at ext. 1216 with any questions.

Happy February Birthday!!!

Jimmie Eloff	18
Wayne Deloach	18
Ruth Kidd	01
Dan Sable	20
Marion Burrows	02
Sam Soffa	23
Valary Banker	03
Barbara Dosemagen	25
Jim Davis	03
Dorothy Lentz	26
Jacquelyn Titus	03
Donna Bieschke	27
Jeanne Shiras	04
Donald Sorensen	28
Hugo Tscharnack	09
Lucille Weckler	28
Betty Schoonover	16



In Memory of...

*Geraldine Brunner
LaVena McDonald*



Ash Wednesday

February 22nd is Ash Wednesday, the beginning of a 40-day period preceding Easter. It is a time for personal reflection and a time to focus on the sacrifice Jesus made for us. At our 11:00 am devotional period we will offer the imposition of ashes; ashes placed on your forehead or hand. If you are not able to come to the service and would like the imposition of ashes, please contact Chaplain Luke at extension 1191 and he will bring them to you on that day.

In the lobby on the literature rack, we will also make available a Lenten devotional entitled "A Season of Grace" so that you might have a guide for personal devotional time. If the devotionals are not in the lobby, please call Chaplain Luke and he will put one in your mailbox.



Coffee Social

Join us Tuesday afternoons at 3:15pm in the piano lounge to enjoy a cup of coffee and conversations.



Fairhaven Happenings in February

Wednesday, February 1st at 6:30pm—UW-W Men's Basketball Game Outing—Transportation will leave the lobby at 6:30 pm to watch the UW-W Men take on UW-Stevens Point at 7:00. AA and Prairie Village pickup are available. Please sign up at the front desk if interested in going.

Thursday, February 2nd at 11:00 am in Olm Fellowship Hall - Special Listen-in session with Paul. **All residents are encouraged to attend.**

Thursday, February 2nd at 1:15 pm in Olm Fellowship Hall - Movie "Groundhog Day," 1 hour 45 minutes, starring Bill Murray. There will be a special Groundhog Day Treat at the end of the movie for those who attend.

Tuesday, February 7th at 5:45 pm in Olm Fellowship Hall—Arts and Crafts with the UW-W Women's Volleyball Team

Thursday, February 9th at 1:15 pm in Olm Fellowship Hall & on Ch. 900 - Heart and Soul Musical Program from David "H.B." Drake.

Friday, February 10th at 1:15pm in Olm Fellowship Hall - Bingo with UW-W Women's Soccer Team

Monday, February 13th at 1:15 pm in Olm Fellowship Hall—Bingo with staff of City of Whitewater EMS/Fire/Rescue

Tuesday, February 14th at 1:15 pm in Olm Fellowship Hall & Ch. 900—Special Valentine's Day Accordion Concert with Steve Meisner and Jerry Hartman. (No current events on this date.)

Wednesday, February 15th at 1:15 pm in Olm Fellowship Hall—Dog treat making with UW-W Football Team

Thursday, February 16th in the Piano Lounge and Skylight Dining Room—Background Piano Music courtesy of Jim Olm during the afternoon events starting at 2:15.

- 2:15 Fresh Cheese Curd Sale in the Piano Lounge. Proceeds will go toward the UW-W Food Pantry
- 2:30 Soft Pretzel Bite and Melted Cheese Social in the Skylight Dining Room

Saturday, February 18th at 4:00 pm in the Skylight Dining Room—Saturday Social

Monday, February 20th at 5:45pm in Olm Fellowship Hall- Bingo w/ 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.)

Tuesday, February 21st at 2:30 pm in the Skylight Dining Room—Paczki Social! Come down to celebrate Fat Tuesday.

Wednesday, February 22nd at 1:15 pm in Olm Fellowship Hall—Whitewater City Manager Presentation with John Friedl (this is the re-scheduled date from January.) Come down to hear what has been happening and what is coming up with the City.

Thursday, February 23rd from 9:30-10:30 am in the Whitewater Conference Room—Free Blood Pressure Screenings with Wellness Staff from Fort Hospital

Thursday, February 23rd at 1:15 pm in Olm Fellowship Hall—Bingo with Ang and Darla from New Beginnings

Friday, February 24th at 2:15 pm in the Piano Lounge—Fresh Bread Sale. Proceeds will benefit the UW-W Campus Food Pantry. Bread flavors will be announced on Ch. 900 that week. Cost is \$3.00 per loaf.

Fairhaven Lecture Series - Spring 2023

American Profiles - Politicians, activists, musicians, and every day citizens. Systems, inventions, and tragedies. This spring, we will spend an hour each week, putting the spotlight on changemakers that have made history and affected various aspects of our lives. From local stories to those that made a global impact, join us as we take a closer look at fascinating American profiles.

February 6	Exploring Special Education and Adult Outcomes of Students with Disabilities through an Intersectional Lens	Courtney Wilt, Asst. Professor, Special Education
February 13	Bilingual Education and School Privatization in Milwaukee	Andrew Hurie, Assistant Professor, Curriculum & Instruction
February 20	Trophies of War: Ottoman Tents Won in the Siege of Vienna in 1683	Ashley Dimmig, Director, Crossman Gallery
February 27	Talking to Doctors: Health Communication Tips to Improve Your Healthcare Experience	Jonathan Dellinger, Asst. Professor, Communication

All lectures are held on **Mondays at 3:00 p.m.** in Fellowship Hall. The Fairhaven Bus will be running like normal with a pickup at 829 Burr Oak at 2:35 and the Community Center right after. If there is a request for a pick up on Acorn, please contact Brian Robinson—Director of Leisure Services—and we can schedule a pick up spot. Remember that the Lecture Series continues to be closed off to the public and is available only for those within the Fairhaven Family.

February is National Heart Health Awareness Month

According to the American Heart Association, heart disease is the leading cause of death in the US, accounting for about one in every four deaths. Although your chance of getting a cardiovascular disease increases with age, don't just assume that it's going to happen. There's a lot you can do to keep your heart healthy no matter how old you are. Here are three tips for maintaining cardiovascular health:



Stay active with exercise.

Walking is an all-around great exercise for lowering blood sugar, losing weight, maintaining bone mass and mental ability and building strength and stamina. Make sure to:

Wear a sturdy pair of shoes.

Use a walker if recommended by your physician or physical therapist.

Start slowly with short walks and build up to longer ones.

Stop if you have pain, become dizzy, or feel short of breath.

Drink plenty of water before and after your walk to stay hydrated.

Eat a heart-healthy diet. What you eat is one of the most important factors for warding off cardiovascular disease.

Make sure to "Eat from the rainbow" of nutrient-rich fruits and vegetables (choose a variety of orange, yellow, and green vegetables).

Choose whole grains, like oatmeal, whole-wheat bread, and brown rice.

Incorporate fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium.

Get your protein from seafood, lean meats, poultry, beans, nuts, and seeds.

Avoid sugar-sweetened drinks and desserts that have added sugars.

Limit foods with butter, shortening, or other fats.

Watch your numbers.

It is important to schedule regular checkup appointments with your primary care physician. Take all your medications (including vitamins, supplements, and more) or medication list to all doctor appointments.

Ask questions if you don't understand something, or if something does not "feel right."

Talk to your doctor about how often you should be screened or monitored for conditions that affect the heart including high blood pressure, high cholesterol, and diabetes. Recommendations vary based on your age, health status, health history, and risk factors.

Resident Council Update – February 2023

Resident of the Month - Jim Schumacher

Jim lives in Prairie Village and is a skilled woodworker. He has used those skills, plus his time and his materials, to build numerous projects for Fairhaven and for the Whitewater community. I hesitate to put forth a list because I suspect there are other projects which I am unaware of. But here are those I know about:

Designed and built a "Little Free Library" for Prairie Village

Built (and perhaps designed) elevated wood planter boxes for Hearthstone

Designed and built a large & elegant name tag rack for the Prairie Village Community Center

Built (and perhaps designed) a "Little Free Library" commissioned by the Whitewater chapter of Delta Kappa Gamma, a professional Women's Educators Association. The Library was placed in Starin Park.

These projects all reflected his excellent craftsmanship and collectively have taken many, many hours of labor in his well-equipped basement workshop, plus donation of significant amounts of his lumber and materials. What I would like to say is that Jim provides an excellent example to all of us of what a retired Fairhaven resident volunteer can truly accomplish when he or she use their gifts for the benefit of their community. I would like to say that but I can't. The reason I can't say that is that Jim is not retired!! He still works FULL-TIME as a Product Specialist-Mixing/Grinding for Provisur Technologies here in Whitewater. Where he finds the time for these projects is a mystery only his wife Kathy can solve.

We thank Prairie Village resident Gary Fry for Jim's nomination.

John Loomis' Second Term

We are grateful that Fairhaven resident John Loomis agreed to and was unanimously elected to a second two year term.

Boxes!

We can use small-medium size boxes in the Boxes Locker, located across from the Lower Level Exercise Room. Please make sure they're sturdy and in overall good condition. They flew off the shelves over the holidays and in January.

Little Free Libraries

There are 158,000 registered Little Free Libraries in 115 countries. 322 million books have been distributed from these since 2009. (Statistics developed from a 2007-2019 survey to 2500 registered Libraries that does not include Prairie Village's registered one nor Fairhaven's unregistered one.)

Help yourself and contribute as you will to either of ours!

All residents are invited to our next meeting scheduled for Thursday, February 16, at 9:30 in Olm Fellowship Hall.



CURRENT EVENTS & IDEAS Meeting each Tuesday 2:00-3:00 in Olm Hall with the exception of Valentine's Day, when we will not meet due to a conflicting music program. Join us for stimulating and intellectual discussion on a vast variety of interesting subjects. We always welcome new people! **There will be NO meeting on Tuesday, February 14th.**

A Note from Housekeeping...

Laundry will be collected each Monday around 11am from your respective building laundry room. It is washed, bagged, and returned outside your apartment door on Thursday. Thanks, Betty Schelb Director of Environmental Services and Jamie Steilkie Laundry Supervisor





Friends/Mini Mart News – February 2023

2023 is the 60th anniversary of the organization originally known as the Fairhaven Auxiliary that we know today as the Friends of Fairhaven. The organization was strongly supported by Fairhaven's original Administrator/Chaplain, the late Rev Carroll Olm. Its original purpose was to have been a sort of "pink ladies" organization to directly help residents; however, it quickly became a group of dedicated volunteers who donated funds for vital equipment and supplies and created a variety of items needed for "infirmary" residents (think lap robes, slippers, etc.). Some of those "pink lady" services also continued. We'll be using some of this newsletter space this year to share some of the Auxiliary/Friends history. Stay tuned!

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 have an abundance of Valentine cards, along with our usual general greeting cards, personal care items, and candy and snacks. We appreciate your support since your purchases fund our donations that benefit all residents.



Home IADLS

Activities of daily living (ADLs) are basic self-care tasks. Feeding, toileting, selecting proper attire, grooming, maintaining continence, putting on clothes, bathing, walking, and transferring (such as

moving from bed to wheelchair) are all examples of basic ADLs.

Instrumental activities of daily living (IADLs) are more complex skills needed to successfully live independently.

- Handling transportation (driving or navigating public transit)
- Shopping
- Preparing meals
- Using the telephone and other communication devices
- Managing medications
- Housework and basic home maintenance
- Managing finances

Together, ADLs and IADLs represent the skills that people usually need to be able to manage in order to live as independent adults.

Difficulty managing IADLs is particularly common as people age due to challenges that often present themselves physically (difficulty getting in/out of a car or vision deficits) or cognitively (difficulty with memory, decision making and/or judgement.) This often results in the need for increased support from family or those who offer senior care assistance.

If you or someone you know is experiencing any difficulties impacting their independent living, Greenfield Rehabilitation's therapists are available to provide a comprehensive functional assessment to determine the root cause of the increased need for assistance, as well as develop strategies for compensation and a therapeutic program to allow for the return of optimal independence. We can provide home safety evaluations to provide recommendations or equipment for aging in place. Our goal is for everyone to "Age safely in the comfort of their own home." For more details, please reach out to Greenfield Rehabilitation at 262-473-2140 Fairhaven Senior Services, 435 Starin Road, Whitewater, WI 53190. We preauthorize all insurance before any treatment begins, so you are aware of your coverage.