



**Daylight Savings  
Time Begins  
March 12, 2023  
(Put clocks ahead 1 hour)**

## Worship Programs with Chaplain Luke:

**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

## Welcome to Fairhaven!

Nancy Cooper



As of Monday, February 20, residents, visitors, and staff are no longer required to wear masks, based on our community transmittal rate. If the rate is in the red, we will have to mask again. If the rate is in the orange, we ask that you wear a mask out of an abundance of caution, but won't require it. If the rate is yellow or blue we can ALL be unmasked. Our wonderful Infection Control Specialist, Dawn Blazier, will keep us all informed if the rate changes. This information will be posted at the front desk daily. We will still need to check in though.

**Friday Bingo  
in Fellowship Hall at  
1:15pm**

**March 31**

**BINGO!**

**Chaplain Luke**  
Will be off  
March 21st & 22nd.

No 4th Fl & 2nd Fl  
visits Tuesday the 21st

No Devotions  
Wednesday  
the 22nd



## Fellowship Hall Catholic Mass

**Wednesday, March 2<sup>nd</sup> at 10:00am** in Fellowship Hall Catholic Mass with St. Patrick's Catholic Church. **Imposition of Ashes will begin at 9:30am in Fellowship Hall by Leisure Services Staff Member Terrie Munger (in place of Chaplain Luke)**

**Catholic Communion - Tuesday, March 15<sup>th</sup> at 10:00am** in the Piano Lounge with St. Patrick's Catholic Church

## Special Dinner in March

### St Patrick's Day Dinner

**Friday March 17, 2023,  
Skylight Dining Room**

**Serving between 11:30a.m. – 12:30 p.m.**



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 and we ask that it be submitted to Dining Services by **Friday, March 11th.**

We cannot guarantee seating to any residents without a reservation. Contact Millie in dining services at ext. 1216, with any questions.

Cost \$14.00 per person.  
No substitutions

## CURRENT EVENTS & IDEAS

Sometimes we are weary of all the world and domestic issues we face so we turn to a personal question occasionally: "What is the most significant event of your life?" It should be an interesting discussion! Join us **each Tuesday 2:00-3:00 in Olm Hall.**

## Vaccine Information



For those of you needing or considering a shingles vaccine, Medicare will pay for the shot as long as you have it done at a pharmacy, i.e. Walgreens.

## Happenings at Fairhaven in March

**Thursday, March 2 at 1:15 pm in Olm Fellowship Hall**— New musical act Todd Touton joins us for an afternoon of song.

**Friday, March 3 at 1:15 pm in Olm Fellowship Hall**— BINGO! With Alpha Sigma Sorority

**Monday, March 6 at 10:30 am in Fellowship Hall**—StoryCorps Presentation: Amy Christian, a trained facilitator from Dwight Foster Public Library will be giving information about this project and how you can be a part of it. You will be able to sign up to share your stories. Participants will find a compassionate, respectful environment in which to share their stories, and will have up to 40 minutes to record a conversation. Participants can choose their conversation partner and what they would like to talk about.

**Tuesday, March 7 at 5:45 pm in Olm Fellowship Hall**— BINGO! With UW-W Women's Volleyball Team

**Thursday, March 9<sup>th</sup> at 1:15pm in Olm Fellowship Hall**— Join us for an afternoon of fun with Taylor Schaefer of Franksville, who is serving as the 75th Alice in Dairyland. She will begin by calling bingo in the Fellowship Hall. **At 2:15** she will move to the Piano Lounge for our monthly **Cheese Curd Sale**. Then, **at 2:30**, Taylor will be serving up some delicious **ice cream sundaes** in the Sky-light Dining Room.

**Thursday, March 9<sup>th</sup> at 3:00 pm in Olm Fellowship Hall**—UW-W Piano student

**Friday, March 10 at 1:15pm in Olm Fellowship Hall**— BINGO! With new UW-W sorority Tri Sigma

**Monday, March 13 at 10:30 am in Olm Fellowship Hall and on Ch. 900**— **Special Music Program**—Pianist Ian Nie and violinist Zach Peterson join us to present a concert featuring a few classical pieces, laced with Irish fiddle, and topped with a movie theme. Dr. Nie is a classically-trained concert pianist who has performed and accompanied all over the world, and has taught at Beloit College for the past 35 years. Zachary Peterson is a Beloit native who has performed around the United States, teaches in the WI state line area, and is currently concertmaster and principal violinist for Turtle Creek Chamber Orchestra.

**Tuesday, March 14 at 6:30 pm in Olm Fellowship Hall**—UW-W Circle K students will be back for another fun evening of board/table games! Come down for a fun night.

**Wednesday, March 15 from 10:15-11:15 am in the Whitewater Conference Room**— Eye Glass Adjustments from staff at Davis Duehr Dean Clinic in Whitewater. This is held the 3rd Wednesday of every other month.

**Thursday, March 16 from 9:30-10:30 am in the Whitewater Conference Room**—Free blood pressure screenings from staff of Fort Wellness-Fort Healthcare

**Friday, March 17 at 1:15 pm in Olm Fellowship Hall**—BINGO! With a St Patrick's Day theme.

**Monday, March 20 at 1:15 pm in Olm Fellowship Hall and Ch. 900**—Country music w/ Cowboy Bob

**Monday, March 20 at 6:30 pm in Olm Fellowship Hall** - Social visit from the UW-W student organization Aspiring Educators. This will be a great opportunity for past educators (not limited only to them) to chat with students looking to get into that field.

**Wednesday, March 22nd Staller Estate Winery Outing- 1:00pm**—We will load up the bus and head on out of town to Staller Estate Winery for a Wine and Chocolate Tasting set for 1:30pm. Wine and Chocolate flight: \$14 per person and includes Four-1oz. Pours of your choice each paired with a Belgian chocolate truffle. **\*\*Dessert wines are not included\*\*** Transportation cost is \$4.00 and it is asked that you sign up for this event by Monday, March 20th.

## More Happenings at Fairhaven in March

**Thursday, March 23 at 10:30 am in Olm Fellowship Hall**—We welcome Rev. Joseph O'Donnell from First English Lutheran Church, who will be holding a monthly worship service of prayer, scripture reading, and either a devotional reading or sermon, followed by communion. We are looking to have this the 4th Thursday of every month at 10:30 am.

**Thursday, March 23 at 2:15 pm in the Piano Lounge and Skylight Dining Room**—Piano Music w/ James Olm and Ice Cream Bar Social. Come on down and enjoy the cocktail lounge piano playing of James Olm while enjoying a delicious ice cream bar!

**Friday, March 24 at 1:15 pm in the Olm Fellowship Hall**—Bingo! w/ Ang and Darla

**Friday, March 24 at 2:15 pm in the Piano Lounge**—Fresh bread sale.

**Monday, March 27 at 1:15 pm in Olm Fellowship Hall and Ch. 900**—Whitewater Warblers Concert presented by Friends of Fairhaven. The Warblers are happy to be performing their shows again after a long break because of COVID. They started writing this show, "The Seasons," in 2020 prior to everything being shut down. It covers the four seasons: spring, summer, fall, and winter, taking some liberties along the way. And, as always, there is information offered throughout the show to make them sound smart!

**Wednesday, March 29 at 1:15 pm in Olm Fellowship Hall**—Wisconsin Historical Society Presentation: 1989 Back to the Future. Come down and enjoy this great presentation!

**Thursday, March 30 at 1:15 pm in Olm Fellowship Hall**—OPENING DAY OF BASEBALL—Milwaukee Brewers travel to Chicago to take on the Cubs. Those who attend will be treated to popcorn, nachos, and beverages throughout the game. Enjoy the whole game or stop in a bit to enjoy the snack, either way come down and root on the Cubbies!



### Area Banks offer services at Fairhaven...

**First Citizens State Bank**—Thursdays from 11:00 - 11:45 am in the Private Dining Room.

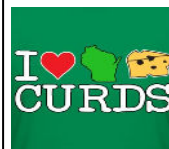
**Premier Bank - 10:00-11:00am, Private Dining Room** on the **2nd and 4th Fridays**. Please call Premier Bank to set up an appointment. 262-473-1111

### Absentee Voting

**Tuesday, March 21 from 10:00 a.m –11:30 am in Olm Fellowship Hall**

**Thursday, March 23rd from 10:00—11:30 am in the Piano Lounge**

*Even if you do not want to vote, you must come down to give your signature, otherwise the voting deputies will have to walk around the building to all those that do not come down.*



### Fresh Cheese Curd Sale-

**Thursday, March 9 at 2:15 pm, in the Piano Lounge**—Stop down and meet Alice in Dairyland as she helps sell cheese curds to staff and residents.

**Fresh Bread Sale—Friday, March 24 at 2:15 pm in the Piano Lounge**

**Bible Study  
w/ Mary Lou Rossini**

**1st & 3rd Thursday  
of every month**

**10 am in the "B"  
Lounge  
All are invited.**

### Catholic Communion

Beginning March 4th, Catholic Rosary will be held every Saturday at 6:00 pm in the Main Lobby, after which, Catholic communion will be offered at 6:30ish by Terrie Munger in the Main Lobby. Anyone who wishes to lead the rosary is welcome to do so.

### Thank You!

If you haven't already, please take a moment to appreciate the stained glass display in the main lobby windows. Those pieces were created by Fairhaven resident Chris Lange, who was kind enough to share his creative gifts with us. Thank you Chris!

## Fairhaven Lecture Series - Spring 2023

**New Voices, Fresh Perspectives** - 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 mentoring our next generation of accountants, teachers, entrepreneurs, counselors, 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 White-water community. All lectures are held on **Mondays at 3:00 p.m.** in Fellowship Hall.

March 6	<b>The Challenge of Ethical Technical Communication: Revisiting the Organizational and Communication Failures of the Challenger Explosion</b> <b>Jessica Lauer, Asst Professor, Languages &amp; Literature</b>
March 13	<b>History Underwater: An Introduction to Maritime Archaeology</b> <b>Michelle Damian, Asst Professor, History</b>
March 20	<b>Disability Representation in Children's and Young Adult Literature</b> <b>Lauren Zepp, Asst Professor, Special Education</b>

We want to remind all that 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.

Unable to attend? Download podcasts of all Fairhaven lectures beginning with Fall 2007 online at:  
<http://www.uww.edu/conteduc/fairhaven>

### From the Chaplain

Right now, all of us at Fairhaven are in the midst of a tremendous change: the closing of our skilled nursing unit. Although I totally understand the reasons, it hasn't been easy for me and I'm sure for many of us! I'm finding that the older I get, the more difficult change and transition are for me. It sometimes throws me for a loop!

Yet as I look at the Bible, it is filled with upheavals and changes in every book, starting from the very beginning. Shortly after being created and enjoying a paradise, Adam and Eve are forced to leave that paradise and go into a new world where there will be toil and pain. Noah, enters the ark with a few family members and lots of animals and watches as his entire world is destroyed. When they leave the ark, they enter a new world. Abraham was in his 70's when he and Sarah were called to leave their home and journey to a new land. The disciples had seen their friend and teacher Jesus die, then a few days later, were told that he came back to life. Shortly after that, he left them again as he ascended into heaven and told them to go (which meant leaving their homes) and make disciples of all the nations. The final transition in the Bible comes in the last book, Revelation, when the entire earth is destroyed and a new earth, paradise is created.

Our faith teaches us that although there are shattering changes in our lives, and although we do and will go through times of pain and tears, that we are not alone: God walks with us during those times. Here is what God said to the Hebrew people when they had lost their homes and were in exile: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God, the Holy One of Israel, your Savior." (Isaiah 43).

I'm so thankful knowing that the Lord IS my shepherd, and that whatever changes will happen in my life, God is walking beside me and will lead me. No matter what!

And although this is a difficult time for us as employees as well as many residents, we can know that God will continue to lead us (and will lead Fairhaven), guide us and help us get through this time. May God's presence give you comfort and hope through this time and all the times of turmoil in your lives.

Chaplain Luke



## Happy Birthday!

Mary Jo Allen	5
Barbara Korsek	6
Kathleen Harenza	7
Agnes Hommer	7
James "Paul" Green	8
Wanda Russell	9
Larry Kyle	12
Sharron McCarthy	13
Mike Bissonette	14
Robert Behrens	15
Ruby Schroeder	15
Mary Barnes	16
Mary Lemke	16
Nels Wiberg	16
Allen Grady	18
Karen Christofferson	19
James "Jimmie" Benes	22
Laurence Delaney	22
Alice Armstrong	28
James Stevenson	28
Geraldine Jennings	29
Angel Terry	30
Adriene Webb	31
Calvin "Lee" Gilbertson	31
Janet Hafer	31
Bruce Schroeder	31



## Mini Mart News – March 2023

To continue with information about the Auxiliary (as it was originally known) during this, our 60th year, we celebrate that the late Rev. Carrol Olm, Fairhaven's original administrator, was a driving force behind the organization's development. Rev. Olm and Auxiliary leadership (composed of women from all over Wisconsin) used every possible event and resource available through the Wisconsin Conference of the United Church of Christ and other organizations to publicize Fairhaven. Auxiliary annual dues of \$1 were in place for the first 25 years and increased to \$2 in 1986. Next month's update will focus on just how far those funds were stretched, especially in Fairhaven's early years.

Please join us on Monday, March 27 at 1:15 in Olm Fellowship Hall for an energetic concert from the Whitewater Warblers, which includes some Fairhaven talent. Donations will be welcome as you come into Fellowship Hall!

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.

## In Memory of...

*Al Banker*



## Water Main Break

Here are pictures of the water main break that occurred on Monday, February 13. The hole that was dug was 10 ft. deep, and the leaking water line was 6 inches in diameter. In the first picture, you see them digging out around the pipe to find the actual fracture. In the second picture, you see the repair clamp placed around the pipe to repair the rupture and stop the leak. Thank you to Shane Niman, Maintenance Director, for taking the pictures.

## Resident Council Update for March 2023

Prairie Village resident Dick Piehl is well-known in the neighborhood as an organized, energetic, and helpful neighbor with a keen interest in model trains and an exceptionally quick wit. He is known beyond Prairie Village in that same way but some know him mostly as the long-time chairman of the Employee Christmas Fund and Prairie Village representative. Dick chose to resign from his Council membership and the Christmas Fund effective February 1, but he really didn't stop serving then since he has completed an update of the Fund's procedures and recruited its new chairman and Prairie Village's representative. We are terribly sad to see him leave these roles where he has served so faithfully and well. Thank you is sometimes not enough, but when you see Dick around it's a very appropriate and well-deserved conversation starter!

### Welcome...

Prairie Village resident Carolyn Behrens will serve the remainder of Dick's current term that ends in December 2024.

Prairie Village resident Karen Christofferson is the new chairman of the Employees Christmas Fund and Prairie Village's representative, serving alongside Fairhaven resident Henry Malo, who is co-chairman and Fairhaven's representative.

### Little Free Libraries

The contributions to Fairhaven's Little Free Library, located in the Main Lobby, have literally overflowed to a bin located on the shelf below the Library itself. Items come— and they certainly go. Thanks to everyone who contributes to and/or takes from both the Fairhaven and Prairie Village Little Free Libraries.

**All resident are invited to our next meeting Thursday, March 16, at 9:30 in Olm Fellowship Hall.**

### March is National Nutrition Month:

**Healthy Eating:** A healthy diet can help you avoid malnutrition as you age. This is important because, when you get older, you may not need as many calories as you did when you were younger. On average, older adults only need about 1,600 calories a day. Calories need to come from foods that are extra rich in nutrients like vitamins, minerals, fiber, and fluids.

Healthy eating can help if you have certain diseases, such as dementia, depression, heart disease, bone health problems or diabetes. Check with your healthcare professional about the best nutrition for you.

#### **Older adults should try to eat:**

- **Enough protein.** Older adults may need more than younger ones. At least 2 servings of meats, fish, poultry, eggs, nuts, or beans a day will help.
- **Fiber** to keep your digestion regular and help lower your cholesterol. Five servings of whole grains like whole wheat bread, old-fashioned oatmeal, and brown rice will help. Avoid processed foods like white bread, or instant or sugary cereals.
- **Seeds, and nuts.** They are nutritious and have healthy fats.
- **Fruits and vegetables.** Five servings will help an older adult get enough vitamins, minerals, and fiber.
- **Non-fat or low-fat dairy products** (2-4 servings a day), especially if you have osteoporosis (thinning of the bones).

**Healthy fats**, like those found in olive oil and avocados. Healthy fats are liquid at room temperature. Avoid saturated fats and cholesterol often found in high fat dairy products to help keep your heart healthy.

Learn more about healthy eating as you age at the U.S. National Institute on Aging's **nutrition website** and the Center for Disease Control and Prevention's **healthy eating website**.



## Falls and Balance Management

Have you noticed you or your loved one looking imbalanced while performing their daily activities?

Understanding fall prevention techniques can help

seniors stay safe at home and aid in the prevention of possible injury. There are many tips to reduce the risk of falls and improve balance and mobility. Most of the risk factors need to be explored when there is a loss in balance.

### Modifiable Risk Factors

- Polypharmacy
- Incontinence of bowel and bladder
- Environmental hazards
- Non-supportive footwear
- Imbalance
- Improper mobility aid
- Blood pressure problems
- Weakness

### Non-Modifiable Risk Factors

- Age > 80
- Female
- Prior fall history
  - \* Stroke, Parkinson's Disease, Diabetes
- Dementia
  - \* Permanent sensory loss
  - \* Depression

## Strategies for Falls Prevention

### **Removal of Environmental Hazards**

- Remove throw rugs. People often trip or slip on them with footwear or ambulation aid.
- Immediately clean up spills. Water spills are the most dangerous due to not being able to see them.
- Use a non-skid mat in the bathtub or shower to prevent slipping. Use a tub or shower bench to sit while bathing to increase safety.
- Keep walking paths clutter free. Light up your living space.
- Remove clutter-newspapers, boxes, cords to avoid tripping.

Occupational Therapy can perform a home safety evaluation with a doctor's referral to assess potential hazards and provide recommendations to increase safety in the home and aid in the reduction of the likelihood of falls.

**Wear supportive footwear:** flip flops, high heels, slip on shoes, socks should be avoided because they can cause risks for falling. A supportive shoe should be properly fitted, have a non-skid sole and proper height sole. Non-supportive shoes are a common source for muscle pain, tendonitis, and ankle sprains.

**Keep Active:** Regular physical activity can produce long term benefits. Balance and stretching exercises enhance stability and flexibility which can help aid in fall prevention. Physical Therapy can make an individualized home exercise program to address balance and strength and can also assess that you are getting the proper support from your mobility device.

**Make a doctor appointment:** Review with your doctor medications that you are currently on to determine if they may be increasing your risk for falling. Medications such as antidepressants, pain relievers, antihistamines, anti-anxiety sleep aids and blood pressure pills frequently affect thinking and balance. Discuss your fall history and the details of your fall. This will help your MD identify specific fall prevention strategies.

Please contact your occupational therapy or physical therapy department for additional information about our therapy programs and how they can help you remain upright and safe! Greenfield Rehabilitation 262-473-2140 Fairhaven Senior Services, 435 Starin Road, Whitewater, WI 53190