

Gentlemen's Breakfast

In honor of Father's Day, we will be hosting a gentlemen's breakfast on

Thursday, June 15th at 8:00 am.

We invite all the men to join us for a variety of breakfast items including a delicious bloody mary if the mood strikes you.

We are allowing one guest per household. Seating is limited, so we ask that you **RSVP**

by Friday, June 9th.

Cost will be \$12.00 per person.



Stay Healthy

With warming weather and more opportunities to get out and socialize, please remember the importance of continued vigilance to keep our staff, families, and neighbors safe. Let someone know if you are having any of these symptoms.

Recognize Covid-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Emergency warning signs for Covid- 19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Difficulty waking or staying awake.
- Pale, gray, or blue-colored skin, lips, or nailbeds, depending on skin tone

This list is not a full list of all possible symptoms.

Worship Programs with Chaplain Luke:

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

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

Just a Reminder...

Please do not block or cover up any of the fire/smoke detectors in the building. This is a safety issue for all who live and work here.



Please check channel 900 daily for updates/changes to the calendar/menu.



If you don't already, we encourage you and your family to follow us on Facebook at Fairhaven Senior Services, and Instagram at fairhaven.whitewater

Happy June Birthday!!!

Betty Murray	02
Edmund Sorenson	03
Merry Fitz Randolph	04
Lyndia Fry	04
Joanne Nordeen	04
Paul Balfe	05
John Loomis	05
Doris McQuillin	11
Jim Richards	11
Mary Wickler	11
Richard Piehl	12
Betsy Sonnemann	12
Jean DeHorn	14
Richard Moyse	20
David Yochum	20
Liane Kincaid	21
Karen Coburn	22
Colleen Endisch	23
Hannah Greenhill	23
Margaret Rohrs	23
Marjorie Black	24
Bonnie Moyse	24
Terry Tutton	25
John Belsky	26
Delores Grulkowski	28
Helen Brady	29



Happenings at Fairhaven...

Thursday, June 1st at 2:30 pm in the Piano Lounge— Piano music with Jim Olm

Friday, June 2nd at 1:15pm in Olm Fellowship Hall—We welcome the Lincoln Elementary 5th Grade Choir, directed by Christine Hayes for their end of year program. (No bingo today.)

Wednesday, June 7th at 1:15 pm in Olm Fellowship Hall—We welcome back Todd Touton for his 2nd musical program with us. His first one, held in March, was received with lots of compliments and “when will he be back?”

Thursday, June 8th in Olm Fellowship Hall—Special Food Vendor Fair with doors opening at 11:30 am. Skylight Dining Room will still be open for lunch. A flyer has been distributed for RSVPs.

Saturday, June 10th at 1:15 pm in Olm Fellowship Hall— Bingo! with Patrick.

Monday, June 12th at 3:00 pm in Olm Fellowship Hall—City of Fort Atkinson update from Rebecca Houseman, Fort Atkinson City Manager. Come and hear from Rebecca about what has been happening and what the future might have for all things Fort Atkinson.

Tuesday, June 13th at 11:00 am — Culvers Lunch Outing—We will leave the front lobby and head over to Culver’s for Lunch. If interested in going, please sign up at the front desk by Sunday, June 11th.

Wednesday, June 14th at 1:15 pm in Olm Fellowship Hall—Hoo’s Woods Raptor Center will be back again for another amazing program and will have some of their educational birds with them.

Thursday, June 15th at 8:00 am— Gentleman’s Breakfast in the Skylight Dining Room. Full description is included in this newsletter.

Thursday, June 15th from 10:00 - 11:00 am— Free Blood Pressure Screenings with staff from Fort Wellness with Fort Healthcare.

Thursday, June 15th at 2:30 pm in Olm Fellowship Hall— Chats and ice cream with Whitewater Police Department. We will be looking to set up a rotation of staff members from the Police Department to come over and give a presentation while we all enjoy some ice cream.

Friday, June 16th at 9:30 am — Outing to the Sweet Spot Café here in Whitewater. The café location features a full drink menu, pastries, and food options. Transportation will leave the front lobby at 9:30 am. If interested in going, please sign up at the front desk by Tuesday, June 13th.

Thursday, June 22nd at 1:15 pm in Olm Fellowship Hall— Join us for a fun peanut butter bird seed craft project!

Thursday, June 22nd at 2:15 pm in the Piano Lounge— Fresh Cheese Curd Sale. Proceeds will go to Rockin’ Respite offers trained, caring staff to be with your loved one, twice a month and is provided at Living Word Fellowship here in Whitewater.

Saturday, June 24th at 1:15 pm in Olm Fellowship Hall— Saturday movie with Patrick!

Monday, June 26th at 1:15 pm in Olm Fellowship Hall and on Ch. 900— Country music with Cowboy Bob

Wednesday, June 28th at 1:15 pm in Olm Fellowship Hall— Wisconsin Historical Society Presentation: Remarkable Women.

Thursday, June 29th at 10:00 pm in Olm Fellowship Hall— First English Lutheran Church Service. (NO morning exercise on this date)

Thursday, June 29th at 2:30 pm in Skylight Dining Room— Retirement reception for Marketing Director Tim Probst

Friday, June 30th at 2:15 pm in the Piano Lounge— Fresh Bread Sale

BINGO Friday 1:15pm
Olm Fellowship Hall
 June 9th, 16th, 23rd, and 30th
 No Bingo June 2nd

First Citizens State Bank
Representatives
Fridays from
9:30-10:30 a.m.
Private Dining Room

Current Events and Affairs
 We invite you to join us each **Tuesday**
afternoon 2:00-3:00 in Fellowship
Hall, for stimulating group conversations on a variety of issues.

Bell Choir Update with Thanks to All

We are tremendously grateful to long-time Fairhaven resident Marion Burrows for her thirteen year tenure as the Bell Choir Director. It's a big job that's always resulted in wonderful concerts. One unique and much-appreciate part of those concerts was Marion's sharing the history of each piece. When you see Marion, thank her for her service and wish her luck as she learns to play the bells again!

Part of Marion's legacy to the Bell Choir is recruiting Prairie Village resident Tom Ryan as its new director. Tom was a music teacher in the Fort Atkinson School District for years, so this is a natural role for him. When you see Tom, he too, deserves our thanks.

None of this would be possible without the regular rehearsals which require the bell tables, covers, music stands, and bells to be set up for those practices and the concerts. For that, we are grateful to Maintenance for regularly attending to such.

And none of the Bell Choir would be possible without the many bell ringers over the years. We are grateful to residents and members from outside Fairhaven who share their musical talents through the Choir. Thank you everyone!



To: Fairhaven/Prairie Village Residents
RE: Levels of Care clarification
Effective Date: 5/19/2023



In order to effectively and efficiently manage and direct staffing when a resident experiences a level of care change (as confirmed by an assessment) it will take effect immediately.

Recent experience with resident medical events requiring intervention, follow-up coordination, and hospitalization have made this a necessity.



The Milwaukee Handbell Choir

First United Methodist Church
 Saturday, June 3, 2023 3:00 pm
 145 S. Prairie Street, Whitewater
 Free-will offering will be taken

Fairhaven transportation will NOT be available

Friends of Fairhaven/Mini Mart News

We are grateful to everyone who attended the May 18 60th Anniversary program. Thanks again to Fairhaven Dining Services for the delicious bagged cookies. If you did not see the lists of items purchased with Auxiliary/Friends funds over the years at the program, those are now posted in the Mini Mart.



To continue sharing our history: This is the time of year when we will frequently see US flags out in front of Fairhaven on the upcoming patriotic holidays. The Auxiliary/Friends contributed \$50 for two of these flags in 1984 when funds were being solicited to create this Avenue of Flags. 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

Volunteer of the Month—Val Cole

We are grateful for the many years of service that former employee and now regular volunteer Val Cole has provided to Fairhaven. She was nominated by Fairhaven resident Ruth Kromholz, who says, “Val is a regular volunteer for the Mini Mart.” Val helps there in a variety of ways from helping residents with their purchases to soon assuming responsibility for the general cards (at the time of Rosalie Rouse’s upcoming retirement.) Val is a member of Fairhaven’s Ethics Committee, and Ruth describes her as “the Fairhaven oracle.” Based on her long years of service as a social worker, she is quite helpful with health care questions. Ruth concludes her nomination with “I am happy to know her, work with her, and call her my friend.”

It’s That Time of Year Again

Be on the lookout for your June letter about donating to the Employees Christmas Fund. Although we accept donations year-round, we have a mid-year “campaign” and one that ends in early December.

Should you have questions about the Fund and/or the letter, Henry Malo is the Fairhaven representative for this long-time project while Karen Christofferson in Prairie Village is available to help. Thanks in advance!

We Really Mean It When We Say It

The Resident Council meetings, held every third Thursday of the month at 9:30 am in Olm Fellowship Hall (except August when we do not meet) are open to all Fairhaven and Prairie Village residents. It’s a good opportunity to have a conversation with and ask questions of other residents, staff, and leadership. Consider joining us for our next meeting on June 15.

Resident of the Month/Volunteer of the Month Nominations

Who do we honor? Fairhaven and Prairie Village residents who go above and beyond to help our community. We also celebrate non-residents who are regular contributors to the various programs and services provided through Fairhaven and Prairie Village.

Why do we honor? Every now and then most everybody appreciates being acknowledged for doing what they enjoy doing—helping others.

Who has already been honored? You’ll find a list of all honorees on the Lower Level Council bulletin board and on the bulletin board outside the Community Center Library.

How do you nominate someone? Leave your written nomination at the Front Desk—ask that it be put in the Resident Council mailbox, or email it to Kathy Ross— kathymross@gmail.com.

Little Free Libraries

Many of us continue to be grateful for both Fairhaven and Prairie Village’s Little Free Libraries. Fairhaven’s, located in the Main Lobby, was given by a Whitewater Girl Scout Troup while Prairie Village’s (located on the connector trail between Acorn Ridge and Burr Oak Trail) was built by Prairie Village resident Jim Schumacher. Jim and his wife Kathy donated all materials for the Library and the funds to register it.



All residents are invited to our next meeting scheduled for June 15 at 9:30 am in Olm Fellowship Hall.

St. Patrick’s Church

Catholic Mass: Wednesday, June 7th
at 10:00 am in Olm Fellowship Hall

Catholic Communion: Tuesday, June
20th at 10:00 am in Olm Fellowship
Hall



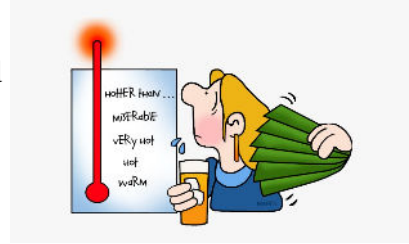
Morning Fitness

Tuesdays at 10:45 am with Janet
In Olm Fellowship Hall

Thursdays at 10:45 am with Janet and Lisa
In Olm Fellowship Hall
(NO Thursday fitness on June 29th)

June Safety Recommendations From the Fairhaven SEP Team

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medication.



Staying Safe When it's Too Darn Hot

When the temperature climbs above 80 degrees, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- **Did someone say sunburn?** Buy a broad-spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

For Flying Out Loud: Travel Tips for Flying With Hearing Devices

You may be a pro at picking the perfect destination for your next adventure, but what about easily navigating the ins and outs of air travel with your hearing devices? We recommend reviewing this preflight briefing of tips to ensure you and your trusty traveling device companions have a safe, enjoyable trip.

Pack Your Device Accessories—Make space in your suitcase for everything your devices need to work their best. A charging station, charging cable, dryer/dehumidifier, cleaning kit, extra batteries, domes and wax guards are all must-haves for keeping devices happy.

Wear Your Devices Through Security—Taking devices in and out can be a hassle, so go ahead and leave them in. Just let the security agent know you're wearing hearing devices before stepping through the metal detector.

Connect to the Airport's Hearing Loop—To help hearing device users hear announcements more clearly, many airports have induction loop systems, which produce a wireless signal that devices with telecoils can pick up. Remember to switch your hearing devices to the telecoil program, and you'll be good to go.

Wear Your Devices During the Flight—When you hear the flight attendant say, "Please turn off all electronic devices and stow them in your seat pocket," you don't have to! This rule doesn't apply to hearing devices. While it can be tempting to take a vacation from your devices while flying, they make it easier for you to interact with flight staff, chat with your seatmates and hear the captain.

Another way to make traveling less turbulent? Get your hearing devices in tip-top shape by taking them in for a clean-and-check from our friendly team. **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.**



Safe Use of Mobility Devices

Mobility aids are devices designed with the intent to assist people who have difficulties moving around be able to enjoy greater freedom and independence. Typically, people who have disabilities or injuries are at an increased risk for falling. There are many types of mobility devices available to meet people's needs including walkers, canes, and wheelchairs. It is important for people to use mobility aids correctly to avoid injury. Mobility device users are frequently not trained properly. Here are some valuable tips for safety in the use of your mobility device.

Cane Safety—The first step in safety with a cane is to make sure it fits properly. A physical therapist or occupational therapist is the best option to assist with making sure your cane is the proper height. Typically, the top of the cane should reach the crease of the wrist with a slight elbow bend.

Tips when ambulating with a cane:

- Do not look at your feet but straight ahead when ambulating so you can see obstacles or barriers that lie ahead.
- Avoid slippery conditions (ice, snow, wet floors)
- Keep the cane close to your body on the strong or uninjured side
- Replace rubber tips of cane if worn

Walker Safety—An important step in safety with a walker is proper height and size. The best option is a physical therapist or occupational therapist to adjust to proper height as they are trained professionals.

Tips when ambulating with a cane:

- Stay upright and don't bend over to avoid injury to the back.
- Do not pull up on a walker when coming to stand. Push off of the surface you are sitting on.
- Look straight ahead when you are walking and not at your feet.
- Step into the walker rather than walking behind the walker.
- Do not use a walker on stairs or escalators.
- Replace rubber tips on walker when worn.

Wheelchair safety—A wheelchair must be fitted to the patient for safety and comfort. A physical therapist or occupational therapist can help determine proper fit.

- Brakes should be engaged prior to getting in and out of the wheelchair.
- Remove foot pedals when transferring in and out of wheelchair to avoid tripping or possible leg injury.
- Avoid bending forward or sideways on the edge of the wheelchair seat to avoid tipping or falling out of the wheelchair. Utilize a reacher or caregiver to reach for items on the ground or out of reach.
- Use assistance from caregivers to maneuver over curbs or ramps.
- Regular maintenance is very important to keep a wheelchair in good working order.
- Keep loose objects away from spokes.
- Avoid heavy loads on the back of the wheelchair to avoid tipping backwards.

Wheelchair positioning—Recommendations for optimal positioning are:

- Positioned in the middle of the wheelchair, not leaning to one side.
- Knees level with hips.
- Feet making contact with footplates
- Sitting up straight and back resting on the back of the chair.

Using a mobility device properly may take some time and practice but getting around safely and independently is worth the extra effort! If you want to learn more about how therapy can assist, please reach out to the talented team of physical and occupational therapists at **Greenfield Rehabilitation**. We can verify our benefits, schedule an assessment, and develop a plan of treatment which is tailored specifically for you. Your independence and comfort are our main goal. Please reach us at **262-473-2140 Fairhaven Senior Services, 435 Starin Road, Whitewater, WI 53190**.