

Programs with Chaplain Luke Bocher:

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

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

A Note from Chaplain Luke

The Chaplain's office has recently moved to the CC section of the building. During the move I have downsized and now have many books available to anyone who would like them. Beginning on September 5 they will be on a table in the narthex. Feel free to stop by, take a look and take any that might interest you.

Welcome to Fairhaven...

Lois Lauritzen 203AA



Lantern Purchase Opportunity

As we learned from recent weather events, it pays to be prepared in advance for a power outage, as we never know what time of day the outage may occur, or for how long we will be without power.

Fairhaven in each laundry room has small LED camping lanterns that we use to light the hallways. They illuminate a large area and are easy to turn on by just pulling up the light-weight stainless steel handle. They can then be carried as you move from room to room or just be placed on a flat surface to light up the surrounding area. They operate on 3 AA batteries.

We are offering all residents the chance to purchase these lanterns through Fairhaven at our cost which would be \$5.25, which would be added to your monthly bill. Cost includes the lantern and the initial 3AA batteries.

If you are interested in purchasing a lantern, please contact Betty Schelb, Director of Environmental Services at ext. 1142, or contact the reception desk with your name, apartment #, and the number of lanterns you would like by September 8, 2023.

Battery purchase through FH Cost:

If you wish to purchase batteries through Fairhaven, you may do so. A purchase request can be sent through a WO or by calling Betty at extension #1142. Batteries will be placed in your mailbox for pick up and the charge will go on your monthly statement. Cost for the batteries is listed below:

- AA batteries—.20 each
- AAA batteries—.20 each
- 9 Volt battery—2.25 each
- C battery—1.90 each
- D battery—1.55 each



Monarchs in the Making

Thanks to Tena Engels, Front Desk Receptionist, many of us have had the opportunity to observe Mother Nature up close this summer. The entire display is the result of Tena's knowledge of and appreciation for the importance of milkweed and its role in producing much-needed monarch butterflies. When you see Tena, thank her for taking the time to bring this fascinating natural process to Fairhaven.

In Memory of ...

**Jimmie Benes
Ruth Berberich**



Happy September Birthday!!!

- | | |
|-------------------|----|
| Charles Carter | 01 |
| Edith Gilbertson | 02 |
| Patricia Jacobson | 02 |
| Louise Carter | 03 |
| Carol Cobb | 04 |
| Nancy Rowley | 04 |
| Mark Schmuhl | 04 |
| Robert Cunningham | 08 |
| Nelda Bergsten | 13 |
| Frank Harenza | 14 |
| Elizabeth Asher | 16 |
| Charles Price | 20 |
| Georgene Adams | 21 |
| Lee Murray | 24 |
| Bonita Schauder | 24 |
| Michael Harenza | 29 |
| Beth McCulley | 29 |
| Robert Webb | 29 |



Current Events and Ideas

Our goal is continued enlightenment through open discussion of world affairs, current happenings, new ideas and our personal concerns. Come and share your thoughts with us. We welcome you to this very friendly group each Tuesday afternoon from 2:00-3:00 pm in Olm Fellowship Hall.

Catholic Mass

Wednesday, Sept. 6 at 10:00am in Olm Fellowship Hall with St. Patrick Catholic Church.

Catholic Communion Tuesday, Sept. 19 at 10:00am in the Olm Fellowship Hall with St. Patrick Catholic Church.

First Citizens State Bank and Premier Bank 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 in the **Private Dining Room** on the **2nd and 4th Fridays**.

Please call Premier Bank's Whitewater Branch Manager **Krystal Walsh** with any questions about your account or this new, convenient service.

Krystal can be reached at **262-458-2933**, or email: kwalsh@bankwithpremier.com.

Happenings in September

Wednesday, September 6th—UW-W Women's Soccer Game Outing. Game starts at 5:00 pm. Transportation will leave the front lobby, and other pickup locations as needed, by 4:30 pm. If interested in going to the game please sign up at the front desk by Tuesday, September 5th.

Friday, September 8th—Ice Cream Social outing to Alpha Sigma Sorority House here in Whitewater. The ladies from Alpha Sigma are excited to visit us again this school year and this will be the 2nd year that we will start the school year off by having ice cream at their sorority house. It was an exciting time last year and hope for the same this year. Event starts at 2:15 and transportation will leave the front lobby by 2:00. If interested in going please sign up at the front desk by Wednesday, September 6th. No Bingo on Friday, September 8th.

Saturday, September 9th at 1:15 pm in Olm Fellowship Hall—Bingo

Tuesday, September 12th—Hoard Historical Museum Tour in Fort Atkinson. Join us as we travel to Fort Atkinson and get a tour of the Hoard Historical Museum. Tour is estimated to take around 90 minutes. Transportation will leave the front lobby at 9:30 am and other locations if needed. Transportation fee is \$4.00 and we ask that you sign up at the front desk by Sunday, September 10th if interested in going.

Tuesday, September 12th at 5:45 pm in Olm Fellowship Hall—Bingo with UW-W Women's Volleyball Team. The Lady Warhawks are excited to start another school year of monthly visits with us here at Fairhaven.

Wednesday, September 13th—Create your own Pizza Lunch event reminder.

Thursday, September 14th at 2:15 pm in the Piano Lounge—Fresh Cheese Curd Sale. Proceeds for this month will go toward the Alzheimer's Association of Wisconsin.

Thursday, September 14th at 2:15 pm in Skylight Dining Room/Piano Lounge—Ice Cream Social & piano music by Jim Olm

Saturday, September 16th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie. Check Ch: 900 as it gets closer for the title.

Saturday, September 16th at 4:00 pm in the Piano Lounge—Saturday Social and Piano Music with Max.

Tuesday, September 19th—Lunch Outing to Rick's Eastside Restaurant and Pub. Transportation will leave the front lobby at 10:50 am. If interested in going, please sign up at the front desk by Sunday, September 17th.

More Happenings in September...

Wednesday, September 20th—UW-W Football Practice Outing. Once a year the football team opens up practice to Fairhaven and it is a great way for us to show them our support! Transportation will leave the front lobby, and other locations if needed, by 3:00 pm as we need to be in the stands by 3:30. If interested in going please sign up at the front desk by Monday, September 18th. We should be back no later than 5 pm.

Thursday, September 21st from 10:00-11:00 in the Whitewater Conference Room—Free Blood Pressure Screenings with Fort Wellness Staff.

Thursday, September 21st at 1:15 pm in Olm Fellowship Hall—Piano Program with Carolyn Wehner.

Friday, September 22nd at 1:15 pm in Olm Fellowship Hall—Dog treat making with UW-W Student Group. (No bingo today.)

Friday, September 22nd at 2:15 pm in the Piano Lounge—Fresh bread sale with proceeds going to the Alzheimer's Association of Wisconsin.

Saturday, September 23rd at 1:15 pm in Olm Fellowship Hall—Bingo with Leisure Services Staff.

Monday, September 25th at 6:00 pm in Olm Fellowship Hall—Bingo with UW-W Student Group DECA.

Wednesday, September 27th at 10:15 am in Olm Fellowship Hall—Hymn Sing with Janet.

Wednesday, September 27th at 1:15 pm in Olm Fellowship Hall—State of the University address with UW-W Chancellor Corey King.

Thursday, September 28th at 1:15 pm in Olm Fellowship Hall—Bingo and Ice Cream Social with Staff from City of Whitewater's Fire/EMS Department.

Friday, September 29th—Bingo Outing to the University Center at UW-Whitewater. Student Athletes at UW-W will be hosting us for a morning of bingo from 10:30-11:30 am. Transportation will leave the front lobby, and other locations if needed, by 9:50 am and it is asked that you sign up at the front desk by Tuesday, September 26th if interested in going. (We will not be having Friday Afternoon Bingo on this date.)

Saturday, September 30th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie. Check Ch: 900 as it gets closer for the title.

Leisure Services staff will be increasing their presence throughout the building in the evening and weekends and will be scheduling the following programs. Please know that special events/student groups may impact these daily programs.



Sunday, Sunday, Sunday!
Starting Sunday, September 10th join Leisure Services Staff for Arts & Crafts and Trivia every **Sunday at 6:00 pm** in Olm Fellowship Hall.

Every Monday Night...
Come down and join leisure services staff for Evening Fitness and Social Visits at **6:00 pm** in **Olm Fellowship Hall**

Table Game Tuesday
Every Tuesday night at **6:00 pm** in **Olm Fellowship Hall** you can come challenge leisure services staff to play your favorite table game!

WEDNESDAY NIGHT MOVIES are back!!!
Join us in **Olm Fellowship Hall** at **6:00 pm** for a different movie each week. Check out Channel 900 to see what is playing! (No movie Wednesday, September 6.)



Thursday Night Quarter Bingo!

Every Thursday night at 5:45 pm in Olm Fellowship Hall.



Friday Night Laugh Factory

Every Friday at 6:00 pm in Olm Fellowship Hall we will be showing comedies. Come down and get ready to laugh. (Starting Friday, September 8th.)

Saturday Special

We will alternate between a movie or bingo on Saturdays at 1:15 pm in Olm Fellowship Hall.

Spice is Nice Smoothie

Yield 2- 8oz servings.



1 c. Yoplait Yogurt	1/2 c. Apple Juice
1 t. Vanilla Extract	1/2 T. Cinnamon or
1T. Brown sugar	pumpkin pie seasoning

Directions: Combine yogurt, apple juice, vanilla, cinnamon or pumpkin pie spice and brown sugar in a 2-quart measurement – marked storage container; stir until well mixed. You may add applesauce or pumpkin puree for a thicker smoothie and added flavor. Serve chilled and keep refrigerated.

Drawing III Class Project

UW-W Drawing students will be working on portraiture projects in partnership with Fairhaven Residents this Fall (September 21, 28, and October 12) from 3:30-4:30 pm in the Piano Lounge. The visits will consist of getting to know their partner artist and to sit for sketches and reference photos. On the third session, students will bring their drawings to Fairhaven and participants will receive at least one of their portraits. If you are interested in signing up for this fun project, please contact Brian in Leisure Services.

Pet Therapy

Pet Therapy will now be in the Piano Lounge monthly on:



2nd Wednesday from 10:00-11:00am
Cheryl B and her dog(s)

3rd Wednesday from 10:00-11:00am
Jim & Pat and dogs

Fairhaven Lecture Series—Fall 2023: Mondays at 3:00 p.m. in Olm Fellowship Hall

A Legacy of Lifelong Learning: Celebrating 40 Years of Community Conversations

Since 1983, faculty, staff and community leaders have presented public lectures as part of the Fairhaven Lecture Series. This fall, we celebrate four decades of timely and relevant presentations by showcasing the University’s award-winning faculty and staff who are committed to providing exceptional education experiences for all. Once dubbed “one of Whitewater’s best kept secrets,” the Series has become a well-known tradition, engaging our community and transforming lives. Join us in celebrating 40 years of conversations, won’t you? Join us Mondays at 3:00 pm in Olm Fellowship Hall.

September 11	From Institutionalization to the College Classroom: Opening Doors for Young Adults with Significant Disabilities—James Collins, Associate Professor, Special Education
September 18	Learning for the Ages—Jon Werner, Professor, Management
September 25	Food and Memory: Grinding Stones, a Year of Cooking, and Other Ways to Stay in Touch with Las Abuelas—Pilar Melero, Professor, World Languages & Culture

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. You do not need to sign up for these rides and return ride will happen immediately following the lecture.

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>.



Intergenerational Technology Services (IGeTS)

Do you need help with your computer, I-pad, or smart phone?

Get FREE help at IGeTS—Intergenerational Technology Services

Intergenerational Technology Services (IGeTS) at the University of Wisconsin-Whitewater is a new provider of **free** technology services. IGeTS serves individuals enrolled in IRIS, Family Care, Family Care Partnership, or PACE aged 50+ AND any adults aged 60+ that reside in Walworth, Jefferson, Rock, or Waukesha county. Services offered include group technology training classes, one-on-one technology support, and telehealth visit support. Services are offered in English and Spanish and delivered by university students and staff, and community volunteers. For more information call 262-472-1837 or email igets@uww.edu.

Fairhaven Dining Services

The Skylight Dining Room is open for 3 meals a day 7 days a week. Breakfast is served from 7:30-9:30 am and offer scrambled eggs, bacon, sausage, toast, fresh fruit, assorted cold cereal and oatmeal every day. We also have a daily special. This meal is \$11.00.

Dinner or Lunch is served from 11:15 am—12:45 pm. We have a main entrée with starch, vegetable, salad and dessert for \$13.00 or a lighter side of soup and sandwich and dessert for \$11.00.

Supper is served from 4:30 pm—5:45 pm. We have a lighter main entrée with vegetable, salad, and dessert for \$11.00 or soup and sandwich and dessert for \$11.00.

All meals include up to 2 beverages. There is always a soup of the day and a chicken noodle soup served daily.

We also have meal plans, so the more meals you take with us the better your pricing is. If you take 30 meals a month from us, your meal cost drop to \$10.75 per meal. If you take 55 meals a month, your price drops to \$10.50 per meal. And 80 meals or more a month will cost you \$10.25 per meal. Holiday and specialty meals are excluded from the reduced meal rates. This cost will be as posted on the reservation flyers.

We look forward to serving you!

September Mini Mart Update

Thanks Again

If you've not used it already, please stop by the new water container outside the Dining Room. Mini Mart proceeds were used to order two of those so that this requested service could be restarted. If you're ever interested to see what the Friends/Mini Mart donations have done for Fairhaven, ask to see the Donations notebook which is kept in the Mini Mart closet. Over the years, it's a lot of things (many of which are still used to this day.)

September 14 Program

You'll see specific details about Jessica Mincha's program portraying Katharine Wright, sister of Orville and Wilbur Wright, in the Happenings section of this newsletter. We hope you'll come out for what will be a great program. Donations to support Friends' purchases will be accepted as you enter Olm 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.

September Resident Council

Janet Morrow, Volunteer of the Month

We are pleased to acknowledge Janet Morrow as our Volunteer of the Month. When Betty Schoonover, our previous long-time Mini Mart manager who nominated her, gave Janet the job description, Betty recalls Janet saying “well, I could do that.” Truer words were never spoken. Janet’s creativity, organization, attention to detail, and ability to work with our volunteers has resulted in increased service to residents, staff, and visitors. She has managed the Mini Mart since our post-Covid re-opening.

Janet was already a familiar face as she retired as a Food Service Manager in 2019, after 30 years of Fairhaven employment. She has always had a special interest in sending greeting cards and was the Whitewater UCC’s Sunshine Card lady for years. Her mother, Jean Zuill, is a Hearthstone resident.

All of us who shop and/or volunteer at the Mini Mart appreciate Janet’s work and attitude. It’s not an easy job but Janet will tell you that she loves it-just ask her!

Resident/Volunteer of the Month nominations are always welcome!

Our Little Free Libraries

Fairhaven and/or Prairie Village’s Little Free Libraries, as well as our in-house libraries in both communities, are open to all residents.

The Council’s current members include: Mary Jo Allen*, Carolyn Behrens*, Lyndia Fry*, Ruth Kromholz, Chris Lange, John Loomis, Henry Malo, Gerry Palmer, and Kathy Ross*. (*Prairie Village resident)

All residents are invited to our next meeting scheduled for September 21st at 9:30 am in Olm Fellowship Hall.

Study Reveals Hearing & Vision Loss Doubles Risk of Dementia—It’s common to lose hearing or vision as you age, but the loss of both can have serious consequences. A study published in 2021 found that having hearing and vision loss puts you at double the risk of developing dementia later in life.

The study involved 6,520 people ages 58 to 101. At the beginning of the study, 932 participants self-reported that they had normal hearing and vision, 2,957 said they had either hearing or vision loss and 2,631 indicated that they had both hearing and vision loss. Questionnaires revealed that dementia was more than twice as common in the group with dual sensory impairment (8%) than those with single sensory impairment (2.4%) or no sensory impairment (2.3%).

Every two years, for a total of six years, researchers tested their thinking and memory skills. The six-year follow-up revealed that a total of 245 people developed dementia. 146 of the 1,964 people with both impairments developed dementia compared to 69 of the 2,396 people with one impairment and 14 of the 737 with no impairment.

These results revealed that those with both hearing and vision loss were twice as likely to develop dementia than the other groups.

“Older people with only a visual or hearing impairment can usually still maintain social contact, so they may not feel as isolated or depressed as people who have both impairments,” explained study author Jin Hyeong Jhoo, M.D., Ph.D. “However, when someone has both impairments, that may increase the risk of isolation and depression, which previous research has found may affect dementia risk and thinking skills later on.”

Concerned about your cognitive health or your hearing? 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.