



**Programs with Chaplain Luke Bocher:**

**Sing, Pray, and Chat with Chap:** Since there no longer are residents on the 4th floor, Chaplain Luke will hold Tuesday devotions in the piano lounge from 10:00-10:30 am. We'll sing two songs, pray and read a passage from the Bible and talk about it. You are invited to submit Bible stories or scriptures that you would like us to explore. Join us! Everyone is welcome.

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

**Bell Choir Practice - Fridays at 9:30am**

The Fairhaven Bell Choir will practice in Olm Fellowship Hall from 9:30—10:30am. If you have any questions, contact Tom Ryan at 608-201-2004

**Happy October Birthday**

Marlene Strait	02
Florence Pape	05
Jim Schumacher	06
Mary Jo Geraghty	07
Hans Hahn	13
Dorothy Schreiner	14
Brian Beck	20
Robert Aulik	23
Anna Plechaty	23
Gerald Bertsch	24
Susan Brey	25
Nancy Schmidt	27
Peggy Hooper	30
James Leaver	30



**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.

<b>October 2</b>	<b>Barley, Barberry, and Biological Warfare: A Short History of Stem Rust, 4,000 BCE-Present</b> —Karl Brown, Associate Professor, History
<b>October 9</b>	<b>The Significance of Reefs in Earth's Ancient History</b> —Rex Hanger, Professor, Geology, Geography & Environmental Science
<b>October 16</b>	<b>Celebrating 40 Years of the Fairhaven Lecture Series</b> —Join us for reflections and refreshments in celebrating the lecture series. Dr. Benjamin Whitcomb, Professor of Cello, will provide entertainment. <b>RSVP required.</b>
<b>October 23</b>	<b>The Agenda of Public Discourse</b> —Brian Schanen, Lecturer, Communication
<b>October 30</b>	<b>Previewing the 2024 Presidential Election</b> —Susan Johnson, Associate Dean, College of Letters and Sciences, Associate Professor, Politics, Government and Law

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](http://www.uww.edu/ce/fairhaven). 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>.

## Happenings in October!!!

**Monday, October 2nd at 1:15 pm in Olm Fellowship Hall– Country Music w/ Cowboy Bob**

**Tuesday, October 3rd at 6:00 pm in Olm Fellowship Hall— Bingo with UW-W Men's & Women's Basketball Teams**

**Wednesday, October 4th—UW-W Football Practice Outing- Re-scheduled Date.** 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 3:00pm as we need to be in the stands by 3:30. If interested in going please sign up at the front desk by Tuesday, October 3rd. We should be back no later than 5pm and weather is to be almost 80 degrees.

**Thursday, October 5<sup>th</sup> at 1:15pm in Olm Fellowship Hall—Music with Julie Thompson.** Julie is a full-time vocalist with a voice that lends itself to many genres. This will be her second visit with us.

**Thursday, October 5<sup>th</sup> at 2:30pm in the Piano Lounge- Fresh Cheese Curd Sale.** Proceeds for the cheese curd and bread sales for October & November will go towards the Whitewater Unified School District Family Emergency Fund.

**Friday, October 6th at 1:15 pm in Olm Fellowship Hall—Art & Craft Project with UW-W sorority Alpha Sigma**

**Saturday, October 7th at 1:15 pm in Olm Fellowship Hall—Bingo w/ Leisure Services Staff**

**Monday, October 9th at 10:15 am in Olm Fellowship Hall—Abraham Lincoln Presentation: "Lincoln and Thanksgiving"**

**Tuesday, October 10th at 10:30 am in Olm Fellowship Hall—Recycling presentation from John's Recycling**

**Wednesday, October 11th from 10:00-11:00 in the Piano Lounge—Pet Visits with Cheryl**

**Wednesday, October 11<sup>th</sup> at 1:15pm in Olm Fellowship Hall— Open Enrollment Presentation with David Gackstatter- Director HR L& Business Services.** Come down to listen to David and also be there to ask any questions you maybe have about this Open Enrollment Period.

**Friday, October 13th at 1:15 pm in Olm Fellowship Hall—Bingo w/ UW-W sorority Tri Sigma**

**Saturday, October 14th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie**

**Monday, October 16th at 5:45 pm in Olm Fellowship Hall—Cookie Frosting w/ UW-W Women's Volleyball Team**

**Tuesday, October 17th at 6:15 pm—UW-W Women's Volleyball Game Outing.** Please sign up at the front desk by Monday the 16th if interested in going. Transportation leaves the front lobby by 6:15 pm. We will hand out cookies before the game that starts at 7 pm.

**Wednesday, October 18th from 10:00-11:00 am in the Piano Lounge—Pet Visits w/ Jim and Pat**

**Wednesday, October 18th—Paint and Chill Program at UW-W Anderson Library.** The library staff is inviting us over to paint pumpkins with students that afternoon starting at 1:15 pm. Transportation will leave the front lobby at 12:50 and we ask that you sign up for this event by Monday, October 16th.

**Wednesday, October 18th at 3:45 pm in Olm Fellowship Hall—Come see and listen to Chaplain Luke and his wife Lori as they share their recent Alaska trip with us.**

**Thursday, October 19th from 10:00-11:00 am in the Whitewater Conference Room—Free blood pressure screening with Fort Healthcare Staff**

## More Happenings in October!!!

**Friday, October 20th at 1:15 pm in Olm Fellowship Hall—Dog Treat Making with UW-W Student Group.**

**Saturday, October 21st at 1:15 pm in Olm Fellowship Hall—Bingo!**

**Saturday, October 21st at 4:00 pm in the Piano Lounge—Saturday Social**

**Monday, October 23<sup>rd</sup> - Lunch Outing to The Real MacCoys in Whitewater.** Transportation will leave the front lobby at 10:50am for those that have signed up at the front desk by Friday, October 20<sup>th</sup>.

**Tuesday, October 24th at 4:00 pm in the Piano Lounge—Technology Help Sessions.** Come down with your device and get technology help from the students. If what you need help with is in your room, come down and 2 students will go back to your room with you. This is first come, first served.

**Tuesday, October 24th at 6:30 pm—Special Event with UW-W Circle K Group.** Come down for a night of fun!

**Friday, October 27<sup>th</sup> at 2:15pm in the Piano Lounge- Fresh Bread Sale**

**Thursday, October 26th at 10:30 am in Olm Fellowship Hall—Lutheran Church Service**

**Thursday, October 26th at 2:15 pm in the Skylight Dining Room—Halloween Themed Social w/ Ang and Kelsey from New Beginnings.**

**Friday, October 27th at 10:00 am in Olm Fellowship Hall—Bell Choir Concert**



**Friday, October 27th at 1:15pm in Olm Fellowship Hall- Pumpkin Painting w/ UW-W Women's Softball Team**

**Saturday, October 28th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie**



**Be sure to check Channel 900 for more fun evening leisure services activities throughout the month of October!!**

**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](mailto:kwalsh@bankwithpremier.com).

**Covid-19 Boosters & Influenza Vaccines available to residents in October.**

McCullough's Pharmacy is offering an opportunity to get your Covid-19 Booster and Flu Vaccine.

**Tuesday, October 3, 8:00am-3:30pm  
Olm Fellowship Hall**

In the event that McCullough's is unable to get the covid booster by then, we will do the flu vaccine only and schedule another time for the Covid booster.



## Employees Christmas Fund Update



For many years residents of Prairie Village and Fairhaven have felt it appropriate to remember the employees at Christmas, as Fairhaven prohibits tipping employees by residents. The Employee Christmas Fund was developed in response to this idea.

Although we accept contributions at anytime during the year, we would appreciate receiving your donation by November 24, 2023. This can be done by check, cash or monthly automatic debit\*. Donations can be given to Henry Malo at Fairhaven or taken to the front desk. They also can be deposited into the locked box in the Prairie Village Community Center or mailed directly to Karen Christoffer-son at 873 Burr Oak Trail. Please use a sealed envelope labeled for Employee Christmas Fund. (There are envelopes near the locked box in Prairie Village.)

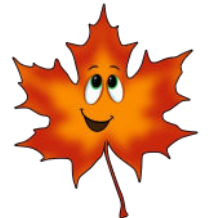
It should be noted that these contributions are anonymous. We will distribute the money to employees in December.

\*If interested in monthly automatic debit, contact Penny Ardel at First Citizens Bank, 262-473-1411. You do not have to be a customer at this bank to use this service.

### SEP Topic of the Month: Tips to keep you safe this fall

Summer is coming to an end, children are returning to school, and the harvest season has begun. Fall can be a great time of year for fall hikes and enjoying the color of the trees, but it comes with its own safety risks. Follow these simple fall safety tips to keep you and your family safe while enjoying the change to cooler weather:

- Be cautious of back-to-school traffic including children crossing roads, and bus stops.
- Don't be fooled by falling leaves whether you are driving or walking.
- Refresh your fire safety knowledge.
- Avoid slips and falls on wet leaves and debris.
- Be prepared for unexpected cold weather.
- Wash your hands frequently—Fall is the start of flu season.
- Make sure your smoke detector and flashlight batteries are in good working order.
- Wear reflective clothing when walking early mornings or at night.



#### Catholic Mass

**Wednesday, October 4 at 10:00am** in Olm Fellowship Hall with St. Patrick Catholic Church.

#### Catholic Communion

**Tuesday, October 17 at 10:00am** in the Olm Fellowship Hall with St. Patrick Catholic Church.

**CURRENT EVENTS & IDEAS** As we age it is vital to keep our minds alert to new ideas and what is going on in the world at large. That is the task of our weekly discussion group and we invite you to join us **each Tuesday afternoon 2:00-3:00 in Olm Hall.**

#### A Thank you Note

I would like to thank Fairhaven for the wonderful care of Jimmy Benes. From his time in Skilled Nursing to his transition to our apartment, he never once complained about a meal. He loved the food here! The kindness of the residents and staff, along with the notes and cards were appreciated.  
Thank you, Lois Benes



**Friends/Mini Mart Update**  
**Please don't ask!**

That's an unusual headline, but we need your help. Should you see a volunteer or staff member in the Mini Mart after our usual hours, please do not ask to come in to shop. When we are open during regular hours, the process for managing our sales is solidly in place. When we are closed, we simply are not set up for you to shop. If you have questions about this request, please contact Kathy Ross (262-472-0154.)

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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**

**Employee Christmas Fund Article**

Please see the article elsewhere in this newsletter about the upcoming final request for donations to the 2023 Employees Christmas Fund. Thanks in advance for your support.

**Honoring Our Most Senior Employees**

Over the coming months, we will be asking the five most senior (not based on age, but length of service) employees to attend a Council meeting to talk about their Fairhaven careers. We're almost certain to find out something we didn't know! And all residents are invited to attend.

**Resident/Volunteer of the Month nominations are always welcome!**

Please leave your nominations at the Front Desk or email to Kathy Ross at [kathymross@gmail.com](mailto:kathymross@gmail.com)

**Libraries**

We have an abundance of books in our in-house libraries, as well as the Little Free Library at Fairhaven and on the trail at Prairie Village. As the season changes, it may be a good time to check out all these free resources.

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**All residents are invited to our next meeting scheduled for October 19 at 9:30 am in Olm Fellowship Hall.**

**Donation Request:** Betty Schelb (Environmental Service Director) is President of the American Legion Auxiliary Unit # 166 of Fort Atkinson and they are looking for donations of blank Christmas cards with envelopes that anyone may want to find a home for. As a Unit project they, along with a local Girl Scout Troop, send Christmas cards to Veterans at Madison Middleton Memorial VA, Zablocki VA in Milwaukee, Tomah Veterans Home, and Union Grove for Christmas so any donated cards that are given would be put to great use. They can be dropped off at reception or taken down to her desk in the LL of C building across from the conference room.



## Why Seniors Need Regular Hearing Tests

It's easy to take your hearing for granted, assuming it will always be there for you. But did you know hearing loss is common in seniors, affecting one out of three adults aged 65-74 and nearly half of those 75 and up?

Hearing loss develops so gradually that many aren't even aware of a problem until it has advanced beyond an easily treatable stage. However, regular hearing exams with an audiologist are an excellent first line of defense. Hearing exams are quick, painless and perfectly safe, and early detection of any hearing issues increases the odds of successful treatment.

Some degree of hearing loss is natural as we age. But other factors can lead to hearing loss as well. Excessive exposure to loud noise, impacted earwax, chronic ear infections and certain medications can all contribute to (or speed up) hearing loss. Regular hearing exams can help an audiologist spot these issues before they get worse and offer a treatment solution to those who might otherwise experience the debilitating side effects of living with hearing loss, which may include:

- Depression
- Social isolation
- Cognitive issues
- Falls

Fortunately, getting treatment has been proven to help—research shows that wearing hearing devices can slow cognitive decline, lower the risk of falls and even improve one's social life.

Protect one of your most valuable attributes, your sense of hearing, by ensuring you get regular checkups. Your quality of life may depend on it!

Enjoy an unparalleled hearing health experience from patient-focused audiologists who take the time to get to know you. **Call 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.

## The Road Not Taken

By Robert Frost



Two roads diverged in a yellow wood, and sorry I  
could not travel both and be one traveler, long I  
stood and looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair, and having  
perhaps the better claim, because it was grassy  
and wanted wear; though as for that the passing  
there had worn them really about the same,

And both that morning equally lay in leaves no  
step had trodden black. Oh, I kept the first for an-  
other day! Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh somewhere ages  
and ages hence: Two roads diverged in a wood,  
and I—I took the one less traveled by, and that has  
made all the difference.

**Eyeglass Adjustments... next visit 11/15**  
Davis Duehr Dean will be coming **every other**  
**month on the 3rd Wednesday from 10:15am –**  
**11:00 am in the Whitewater Room**

## No Candle-Open Flame Policy

The flame from a candle or any other open flame can quickly set fire to items nearby and can lead to damage to property, personal belongings, or even loss of life.

To ensure the safety of all residents, staff and visitors Fairhaven has adopted a No-Candle- No Open Flame Policy facility wide.

