

## In Memory

Florence Pape  
Betty Heth  
Karen Hicks



## Worship Programs with Chaplain Luke:

**Tuesday:** Chats w/ Chap  
Piano Lounge - 9:45 a.m.

**Wednesdays:** Devotions with Chaplain Luke  
10:30 a.m. - Fellowship Hall

## From Dining Services...

### Annual Picnic

We are excited to host the annual outdoor picnic in the front circle drive! Join us June 13<sup>th</sup> at 11:15 – 12:45. Reminder that you **MUST** fill out an **RSVP by June 7<sup>th</sup>** to attend. See you there!



### Father's Day

Dining Services is hosting a Father's Day breakfast on June 16<sup>th</sup>. You can expect an array of delicious dishes and tasty pastries. You may bring one guest. **RSVP MUST be in by June 13<sup>th</sup>** to attend.



## 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
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
Nancy Bienfang	25
Terry Tutton	25
John Belsky	26
Delores Grulkowski	28
Helen Brady	29



*Rosary will be held every Tuesday afternoon at 3:20 pm in the B Lounge.*

### Current Events and Affairs

Our purpose is to share meaningful discussions on significant issues and ideas which are pertinent to our lives. That's imperative! Join us each Tuesday afternoon 2:00-3:00 in Olm Hall.

### Cycling Without Age Trishaw Rides

As the schedule of volunteers gets set, Brian will be working on a schedule to get sent out. In the meantime, reach out to Brian if you are interested in receiving rides and he will add you to the list for calls to schedule.

### Monday Morning Yarn Club

Monday mornings at 9:30 am in the B-Lounge. We will move back to the Piano Lounge when the tents are out of the area.

## Happenings at Fairhaven...

**Saturday, June 1st at 1:15 pm in Olm Fellowship Hall**—Saturday Bingo

**Monday, June 3rd at 10:00 am in Olm Fellowship Hall**—Chair dance to 40's Big Band music w/ Amy Christian from Dwight Foster Public Library, and the Greenfield Rehabilitation Team, as they lead another fun and exciting exercise class.

**Monday, June 3<sup>rd</sup> at 1:15pm in Olm Fellowship Hall**—PBS Home Video- The Incredible Journey of the Butterflies- from NOVA: Shot in stunning detail, The Incredible Journey of the Butterflies reveals the monarch as a scientific marvel locked in an inspiring struggle for survival. 1 hour

**Tuesday, June 4<sup>th</sup> at 10:00am in the Piano Lounge**—Monarch Coloring Project. Come down and color a monarch that we will display out by Tena's Monarch Exhibit.

**Wednesday, June 5th at 10:00 am in Olm Fellowship Hall**—Catholic Mass

**Wednesday, June 5th from 10-11:00 am in the Piano Lounge**—Pet Therapy visits w/ Cheryl

**Thursday, June 6th at 1:15 pm in Olm Fellowship Hall**—DogsInVests presentation—DogsInVests is a nonprofit organization that provides service dogs for children with autism in Wisconsin.

**Thursday, June 6th at 2:30 pm in Olm Fellowship Hall**—Fresh Cheese Curd Sale

**Thursday, June 6th at 2:30 pm in Olm Fellowship Hall**—Ice Cream Sandwich Social

**Friday, June 7th—Lunch Outing to Culver's**—Transportation will leave the front lobby at 10:50 am. Please sign up at the front desk if interested in going.

**Friday, June 7th**—Kelly's Pot Pies order forms due to the front office.



**Saturday, June 8th at 1:15 pm in Olm Fellowship Hall**—Afternoon Movie

**Monday, June 10th**—Transportation to Whitewater Public Library. 2nd Monday of every month we will provide transportation for 1 hour to the library leaving at 9:05 from the front lobby and pickup at 10:15 am. Please sign up at the front desk if interested in going.

**Monday, June 10th at 1:15 pm in Olm Fellowship Hall**—The History of Whitewater: A presentation with photographs given by local historian Carol Cartwright.

**Tuesday, June 11th from 10-11:00 am in Olm Fellowship Hall**—Arts and Crafts and Morning Fitness (10:30) with guests. Clover Family Services, located in Janesville, provides day programming to the community and will be taking a field trip to visit Fairhaven. Ages will range from 8-14, and staff will be coming along. We will start with a craft project and move into morning exercise at 10:30.

**Wednesday, June 12th at 10:00 am in Olm Fellowship Hall**—The Christian Traveler: Journey through the Bible lands DVD—Watch the Bible come to life in this video tour of the Holy Land. 45 minutes

**Wednesday, June 12th from 10-11:00 am in the Piano Lounge**—Pet Therapy visits w/ Cheryl

### More Happenings at Fairhaven...

**Wednesday, June 12th at 1:15 pm in Olm Fellowship Hall**—UW-Whitewater 2023/24 Recap with Chancellor Corey King

**Wednesday, June 12th at 2:45 pm in Olm Fellowship Hall**—Neil & Carol Aiken 65th Wedding Anniversary cake and ice cream social. (Actual anniversary is Saturday, June 15th.)

**Thursday, June 13th at 6:30 pm in Olm Fellowship Hall**—Come Back Chorus—This group is made up of men and women from Rock and Walworth Counties. They sing a cappella barbershop, oldies, and religious music.

**Saturday, June 15th from 10-12:00 in the Front Lobby**—Whitewater Fiber Arts Group

**Saturday, June 15th at 1:15 pm in Olm Fellowship Hall**—Afternoon Bingo

**Saturday, June 15th at 4:00 pm in the Piano Lounge**—Saturday Social

**Monday, June 17<sup>th</sup> at 1:15pm in Olm Fellowship Hall**—PBS Nature DVD: Raptors: A Fistful of Daggers- Meet the Raptors: From giant eagles to miniature falconets, meet the many species of raptors. Explore how they survive winters, learn to hunt and undergo migrations. Their superpowers of flight, sight, hearing and smell give them dominance over the skies. 1 hour

**Tuesday, June 18th at 10:00 am in B-Lounge**—Catholic Communion

**Tuesday, June 18th from 10:00-1:30 pm Taco Food Truck!** Flyer will be sent out the week of June 10th.

**Tuesday, June 18<sup>th</sup> at 1:00pm in the D-Lounge**—Pastor Beth Staniforth-Seamster at First United Methodist Church in Whitewater will be in the 3<sup>rd</sup> Tuesday of every month for Communion.

**Wednesday, June 19th from 10-11:00 am in the Piano Lounge**—Pet Therapy visits with Sheri and Susie.

**Wednesday, June 19th at 1:15 pm in Olm Fellowship Hall**—Drum Circle with Christine Hayes

**Thursday, June 20th at 9:30 am in the Whitewater Conference Room**—Resident Council. All are encouraged to attend.

**Thursday, June 20th from 10-11:00 am in Olm Fellowship Hall**—Free Blood Pressure Screening with Fort Wellness Staff.

**Thursday, June 20<sup>th</sup> at 1:15pm in Olm Fellowship Hall**—Summertime Art Project with Terrie.

**Thursday, June 20th at 2:30 am in Olm Fellowship Hall**—1st Day of Summer Social—Watermelon and lemonade.

**Friday, June 21st at 1:15 pm in Olm Fellowship Hall**—Bingo

**Saturday, June 22nd at 1:15 pm in Olm Fellowship Hall**—Afternoon Movie

## Even More Happenings at Fairhaven...

**Monday, June 24<sup>th</sup> at 1:15pm in Olm Fellowship Hall**—PBS Nature DVD: Raptors: A Fistful of Daggers- Extreme Lives- See the extreme ways in which raptors conquer the toughest habitats on Earth. From snowy owls in the high Arctic to honey buzzards raiding hornet nests in Taiwan, raptors can hunt prey in any climate. 1 hour

**Tuesday, June 25<sup>th</sup> at 3:15pm in Olm Fellowship Hall**—Construction Update. No coffee hour today

**Wednesday, June 26<sup>th</sup> at 9:30 am in Olm Fellowship Hall**—Hymn Sing

**Wednesday, June 26<sup>th</sup> at 1:15pm Outside the Front Entrance**—Splatter Paint Art Project. Come outside for this fun workshop.

**Thursday, June 27<sup>th</sup> at 10:00 am in Olm Fellowship Hall**—Protestant Church Service


**Friday, June 28<sup>th</sup> at 1:15 pm in Olm Fellowship Hall**—Bingo

**Friday, June 28<sup>th</sup> at 2:30 pm in Olm Fellowship Hall**—Fresh Bread Sale

**Saturday, June 29<sup>th</sup> at 1:15 pm in Olm Fellowship Hall**—Afternoon Bingo




# TORNADO TERMINOLOGY



**Tornado Watch**  
Weather conditions could lead to the formation of severe storms and tornadoes. **BE PREPARED:** Know your safe location. Be ready to act quickly if a Warning is issued or you suspect a tornado is approaching.

**Tornado Warning**  
A tornado has been spotted or indicated by weather radar, meaning a tornado is occurring or expected soon. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.

**Tornado Emergency**  
An exceedingly rare situation with a severe threat to human life and catastrophic damage due to a confirmed violent tornado. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.



Here is a helpful visual to know the difference between a watch and a warning. (And also a reminder that there will be a taco food truck this month!)



## June Resident Council Update

### 38 Years Ago.....

Think about where you were in 1986 and some of those things that we take for granted today that we didn't have then. One activity that Fairhaven did not have until June 1986 was the Resident Council. After months of preparatory work, the Council met for the first time that month. Since then, the Council has met monthly (except during the COVID lock-down when we communicated by phone and email). The Council's purposes continue to be "(1) to promote the general welfare of all residents and (2) to provide liaison between resident and Fairhaven/Prairie Village administration" (from our recently updated Guiding Principles. If you want a copy, please ask Kathy Ross). We are grateful for the many residents and staff who have served on and supported the Council and look forward to more years of service.

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

Please leave written nominations with details about why you are nominating the resident or volunteer at Fairhaven's Front Desk or email [kathymross@gmail.com](mailto:kathymross@gmail.com).

### Suggestion Box

The Suggestion Box, across from the Fairhaven residents' mailboxes, is open 24 hours a day/ 365 days a year and is for Fairhaven and Prairie Village residents' Suggestions. We even provide a form to help guide your composition, if that'd be helpful.

### Libraries

Lots of books everywhere – see the Little Free Libraries in Fairhaven's Main Lobby and on the trail between Acorn Ridge and Burr Oak Trail in Prairie Village. Don't forget both Fairhaven's Lower Level Library and Prairie Village's in the Community Center.

### You are Invited

**Resident Council meetings are held the third Thursday of the month (except August) at 9:30 a.m. in the Whitewater Room. Our next meeting is, therefore, scheduled for June 20. All Fairhaven and Prairie Village residents are encouraged to attend. The Council is an opportunity and good method to learn more about our community and provide information to Fairhaven leadership, including Department Heads. We can also help you find the best person/persons to receive your ideas and concerns. We are here as your representatives and would like to see you and hear your thoughts. Please consider attending this next – or any future - meetings.**

### Friends of Fairhaven/Mini Mart Update, June 2024

If you've seen the new Monarch Butterfly habitat, put together by Tena Engels (Front Desk receptionist) and her family, you've seen what your purchases at the Mini Mart can do. Tena came to a meeting of our Board/Leadership Group last fall and explained her keen interest in monarchs and how she hoped to expand this project. We are glad she gave us the opportunity to purchase this new "maternity home".

You never know when you'll find a sale, the perfect gift item, the "just right" card, or the personal care item you need at the Mini Mart. It's worth your while to regularly shop with us. Thanks to everyone who does and volunteers!

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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 to 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.





### From the Chaplain

For the first two weeks of June I will be off on vacation. So, on June 4 and 5 and June 11 and 12 I will not be here to conduct devotions.

#### What Is (or are) “Devotions”

Each week, Chaplain Luke holds a service we call “devotions” in Fellowship Hall. Someone recently said, “Why not let people know what “devotions” is all about and invite them to come and try it out?” Great idea!

“Devotions” is really a brief (1/2 hour) worship service for people of all faiths. During this time we sing a few hymns, say a prayer, listen to some special music, read a Bible verse and hear a brief message from Chaplain Luke. The service begins at 10:30 a.m. and ends at 11:00. All residents of Prairie Village are also welcome.

So, consider yourself cordially invited to stop in at 10:30 on a Wednesday and try it out. Hope to see you there!



#### June Fun Facts...

The month of June is named for the Roman goddess Juno, patroness of marriage and the well-being of women. It also stems from the Latin word *juvenis*, “young people.” The solstice on Thursday, June 20, 2024 happens at the same instant for everyone on Earth.

The word “solstice” comes from the Latin words *sol* “Sun” and *sistere* “to stand still.”

On the summer solstice, the Sun’s path stops advancing northward each day appears to “stand” still in the sky before going back the other way. On the solstice the Sun reaches its northernmost position, over the Tropic of Cancer, before reversing direction and moving South again.

### June Newsletter Safety Topic: Roadway Safety Week is June 9-15.

**Remember, when you enter a work zone, be patient.** Worrying about the time and traffic won’t get you anywhere faster. Instead, slow down and pay attention to your surroundings. These tips can help you get in and out of a work zone safely:

- **Eliminate distractions** like eating, drinking, talking on the phone, or fiddling with electronic devices.
- **Expect the unexpected.** Speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.
- **Slow down.** A car traveling 60 mph travels 88 feet per second, and the faster you go the longer it takes to stop.
- **Give yourself room.** Rear-end collisions are the most common work zone crashes, so don’t tail-gate. Allow yourself about four seconds of braking distance. At 60 mph, this equates to about 350 feet.
- **Look for signs.** Orange, diamond-shaped signs usually give you ample warning of lane closings, construction areas, and flaggers and other workers ahead.
- **Be patient.** If you don’t see workers, that doesn’t mean they’re not there. Observe the signs until you see one that says you’ve left the work zone.
- **Plan ahead.** Leave early or map out an alternate route. Find the latest road conditions and work zone news at 511 Wisconsin.
- **Follow the law.** Slow down and move over, if possible, when you see flashing lights.
- **Expect Delays.** Check [511wi.gov](http://511wi.gov) for details about what’s ahead before your next road trip, or map out an alternate route. Find the latest road conditions and work zone news at 511 Wisconsin.





### **You're a Grand Old Flag!**

Both Fairhaven and Prairie Village proudly display the United States – and other – flags. It's that time of year when we have some special outside displays.

The "Avenue of the U.S. Flags" is displayed annually in front of Fairhaven's main buildings for various patriotic holidays (think Memorial Day, Flag Day, 4<sup>th</sup> of July, etc.). They were first displayed on May 30, 1984. The late Rev Carroll Olm, original administrator-chaplain, noted then that "Residents, friends in Whitewater, and

friends from across the state had underwritten the purchasing expense." We're grateful that our Maintenance staff keeps this tradition going.

There is a United States flag and a Christian flag displayed in Olm Fellowship Hall. Their source is still being researched at the time of this writing.

Prairie Village resident Lee Murray proposed that U.S. flags be displayed along Burr Oak Trail and Acorn Ridge for the 4<sup>th</sup> of July (and a few more days around then). That tradition began last year. Additional flags have been purchased to increase the number and locations. Prairie Village neighbors will come together again this year to put these flags out.

The U.S. and Wisconsin flags that stand on either side of the fireplace in Prairie Village's large meeting room in the Community Center were donated by Colleen Endisch and the late Sue Stanley in honor of their husbands' -Bill and Tom-military service.

The highly visible U.S. flag outside the Community Center was donated by Jim and Kathy Schumacher. It's highly visible, not just because it's tall, but because they also donated the lighting.

And just where did "You're A Grand Old Flag" come from? It's a patriotic march, written by George M. Cohan. It was first performed on February 6 in the debut performance of his stage musical, "George Washington, Jr." It quickly became the first song from a musical to sell over a million copies of sheet music.

### **Understanding Common Insurance Benefits for Hearing Devices**

Here are some basics on hearing health insurance benefits.

**Commercial/Private Insurance**—If your plan includes a hearing health benefit, it is often defined as a specific dollar amount allocated annually or every few years, and you will need to meet your deductible before your insurance covers testing and hearing device costs. This type of insurance may also offer out-of-network hearing benefits. In these cases, it is important to understand that these companies deem a 'value' to a hearing aid, which is often the most basic technology.

**Third-Party Administrators (TPAs)** - If you have a Medicare Advantage plan, a TPA functions as an intermediary between this government insurance program and the hearing provider to manage costs effectively. With a TPA, patients are restricted to in-network providers only. TPAs also control the types of hearing product and level of care, which limits your options and potentially necessitates out-of-pocket costs for vital services and specific types of hearing devices. We have many options that are competitive with these plans, allowing our patients to stay with the practice and utilize our expertise for the best hearing outcomes.

**Medicaid & Vocational Rehabilitation**—These programs only cover the most basic of hearing device technology.

**Veterans' Administration**—The VA provides hearing devices at no cost to veterans and all the care and services that accompany them. It usually dispenses the highest level of technology.

**Workers' Compensation**—If you suffer a work-related injury that impacts your hearing, you may be eligible for workers' compensation hearing benefits. These include hearing devices and services, available at no out-of-pocket costs.

**Fort HealthCare Audiology** can help guide you to the insurance/financing option that works best for your needs and budget. Call today 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**.