

Fairhaven **July Resident Newsletter** July 1, 2024

Senior Services

Worship Programs with Chaplain Luke:

Tuesday: Chats with Chap
10:00 am—Piano Lounge

Wednesdays: Worship with Chaplain Luke
10:30 a.m. - Olm Fellowship Hall

From the Chaplain: For all the years I have been here, we have called the worship services we have on Wednesday “devotions.” Someone recently said to me, “Why do we call these “devotions? They are really worship services. “Devotions” are something that a person might do privately at home, like reading the Bible and using a devotional booklet.” Good point! At our Wednesday services we sing hymns, read from the Bible, hear a sermon and pray: a 1/2 hour worship service. So we will continue to have our worship services in Fellowship Hall on Wednesdays, but they will be labeled “worship.” Hope to see you there.

In Memory of

Robert Webb
Charlie Price



SAVE THE DATE

Thursday, August 29th we will be going to the Walworth County Fair in Elkhorn. More information will be available at the end of July.

Current Events & Ideas

Our group provides friendship, fellowship, fun and stimulating intellectual discussions which will stir your mind!! Why don't you join us each Tuesday **afternoon, 2:00-3:00** in **Fellowship Hall?! We welcome all.**



Happy July Birthday!!!

★	Joan Rich	02	★
★	Shirley Kurth	03	★
★	Lori Stoneking-Cunningham	09	★
★	Patricia Smith	10	★
★	Phyllis Heesch	11	★
★	Russell Johnson	12	★
★	Gerald Palmer	12	★
★	Lois Lauritzen	14	★
★	Jean Lade	15	★
★	Stephen Thorngate	15	★
★	Lawrence Titus	15	★
★	Wayne Weckler	15	★
★	Henry Malo	16	★
★	David Helming	18	★
★	Philip Roo	18	★
★	Phyllis Schmidt	19	★
★	Charlotte West	19	★
★	Gail Rhodes	29	★



City of Whitewater 4th of July Parade



Transportation for the parade on July 4th at 10:00 am (starting at Lincoln School) will be car service at this time, given our bus is in the shop. We will once again have chairs set out along our property near Hearthstone. If you would like transportation to the parade, please sign up at the front desk and indicate Lobby or AA Building pickups. We will start doing so at 9:40 am. If there is inclement weather (too hot or rainy,) we will show the parade in Olm Fellowship Hall.

Catholic Mass

Wednesday, July 3 at 10:00am in Fellowship Hall with St. Patrick's Catholic Church.

Catholic Communion

Tuesday, July 16th at 10:00am in B-Lounge with St. Patrick's Catholic Church



Happenings in July

Monday, July 1st at 1:15 pm in Olm Fellowship Hall—BBC Planet Earth III-Coasts: Where land and sea collide. This dynamic habitat houses some of the planet’s most surprising stories. 1 hour.

Wednesday, July 3rd at 10:00 am in the Piano Lounge—Pet Therapy with Cheryl and Aoife

Wednesday, July 3rd at 1:15 pm in Olm Fellowship Hall—BBC Planet Earth III-Ocean: The largest habitat of all, the open ocean is the ultimate realm of new discovery, housing countless secrets that we are continuing to unlock. 1 hour.

Saturday, July 6th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie

Monday, July 8th—Whitewater Public Library Monthly Outing. 2nd Monday of every month we will provide transportation for 1 hour to the library leaving at 9:05 am from the front lobby and pickup at 10:15 am. Please sign up at the front desk if interested in going.

Monday, July 8th at 1:15 pm in Olm Fellowship Hall—The Wild Parrots of Telegraph Hill DVD. A homeless musician’s life is transformed after he discovers a flock of wild South American parrots living in San Francisco. How they got there is a mystery, but Mark Bittner forms a bond with the exotic birds through his music and his patient, attentive care. Over time he comes to appreciate their individual identities and makes a case for humans to reevaluate their relationship to animals. When he is forced to leave them, he despairs over the birds’ fate. 1 hour 30 minutes.

Wednesday, July 10th at 10:00 am in the Piano Lounge—Pet Therapy with Cheryl and Aoife

Wednesday, July 10th at 1:15 pm in Olm Fellowship Hall—Author Presentation: Deb Oas. Debra Oas has four published fictional novels, “Sinister Bay,” published in 2019, “Whitewater Witch,” published in 2022, “Mountain Walker,” published in 2023, and most recently, “The Rune Stone Curse,” published in 2024. The books are part of a series called Cryptid Mysteries. She will be discussing her newest novel, “The Rune Stone Curse,” set in the backdrop of Northern Minnesota near the locale of the Kensington Rune Stone.

Wednesday, July 10th at 3:00 pm in Olm Fellowship Hall—BBC Planet Earth III-Deserts & Grasslands: Conditions in the vast wilderness can change in an instant. To be successful, you need to be able to adapt– quickly. 1 hour.

Thursday, July 11th from 10:30-1:00—Buddha Belly Pizza food truck is back. Order form will be out at the beginning of July and new order system will be in place.

Thursday, July 11th at 1:15 pm in Olm Fellowship Hall—Sea Salt and Water Color art project.

Thursday, July 11th at 2:30 pm in Olm Fellowship Hall—Veggie Pizza Social

Thursday, July 11th from 5:30-6:30pm in the Piano Lounge—Pet Therapy with MULTIPLE pet therapy dogs. We are excited to start this new partnership with volunteer pet therapy teams from the Janesville/Beloit Kennel Club. They will be in on the 2nd and 4th Thursday’s of every month bringing in 3-6 different breeds of dogs. This first night will have a little talk about their group and dogs and also allow for pet therapy visits to take place.

More Happenings in July

Friday, July 12th at 10:00 am in Olm Fellowship Hall—BBC Planet Earth III-Freshwater: Housing one tenth of all species on the planet, freshwater is a rich and diverse habitat filled with never-ending surprises. 1 hour.

Friday, July 12th from 11:00-12:00 in the Private Dining Room—Voter registration and address change form with resident Marion Burrows.

Saturday, July 13th at 1:15 pm in Olm Fellowship Hall—Afternoon Bingo

Monday, July 15th at 10:00 am in Olm Fellowship Hall—Bingo with Clover Valley Group Students.

Monday, July 15th at 1:15 pm in Olm Fellowship Hall—Country Music with Cowboy Bob

Tuesday, July 16th at 1:00 am in the D-Lounge—First United Methodist Church Communion

Wednesday, July 17th at 10:00 am in the Piano Lounge—Pet Therapy with Sheri and Susie

Wednesday, July 17th at 1:15 pm in Olm Fellowship Hall—Drum Circle with Christine Hayes

Thursday, July 18th at 9:30 am in the Whitewater Conference Room—Resident Council Meeting. All are encouraged to attend.

Thursday, July 18th at 10:00—Morning visit with UW-Whitewater Children's Center. Come on down (outside if weather is nice, otherwise in the Piano Lounge) for a fun morning with the kids. 10:00 art project and 10:45 exercise class.

Thursday, July 18th from 10:00-11:00 in Olm Fellowship Hall—Free Blood Pressure Screening with Wellness Staff from Fort Healthcare.

Thursday, July 18th at 1:15 pm in Olm Fellowship Hall—BBC Planet Earth III-Forests: Journey to these secret worlds where lives are entwined in the most unexpected of ways. 1 hour.

Friday, July 19th at 10:00 am in Olm Fellowship Hall—BBC Planet Earth III-Extremes: Uncover stories where life exists on a knife edge amongst Earth's greatest natural wonders. 1 hour

Saturday, July 20th from 10:00-12:00 in the Front Lobby—Whitewater Fiber Arts Group. All are encouraged to come down and socialize/participate.

Saturday, July 20th at 1:15 pm in Olm Fellowship Hall—Afternoon Movie

Saturday, July 20th at 4:00 pm in the Piano Lounge—Saturday Social

Monday, July 22nd from 9:00-10:30 am in Olm Fellowship Hall—Absentee voting day 1 of 2. Please make every effort to come down on the 1st day of voting. If you are not wanting to vote, you still need to come down and sign off on your ballot. Those that do not come down for either day, the voting deputies will need to walk all throughout Fairhaven to get your signature. Please help reduce that.

Even More Happenings in July

Monday, July 22nd—UW-Whitewater Nature Preserve Tour w/ Wes Enterline. Transportation will leave the front lobby at 9:50 am for this 10:00 am tour. Please sign up by Thursday, July 18th if you would like to go. Tour lasts around 30-45 minutes.

Monday, July 22nd at 1:15 pm in Olm Fellowship Hall—BBC Planet Earth III-Human: Altering 80% of the land's surface, there are now over 8 billion people on the planet. They must share this space with a myriad of species. 1 hour.

Wednesday, July 24th at 1:30 pm in Olm Fellowship Hall—Here Comes Treble barbershop quartet. This fun-loving, energized quartet will sing favorites from the 1940s through contemporary. Their harmonious sounds have brought joy to audiences throughout Southeast Wisconsin. Members of this Whitewater based ensemble are: Lori Heidenreich, retired Whitewater HS choir director, current director of the Warblers, and freelance piano accompanist; Val Troxel, music educator at Washington Elementary; Kim Taylor, from the Hartman musical clan and pharmaceutical assistant; and Christine Hayes, retired music educator at Lincoln Elementary, currently UW-Whitewater music education adjunct instructor and FUMC choir director.

Thursday, July 25th at 1:15 pm in Olm Fellowship Hall—Bingo w/ Whitewater Fire/EMS Staff

Thursday, July 25th at 2:30 pm in Olm Fellowship Hall—Nachos Social with shredded pork and avocado dressing.

Thursday, July 25th from 5:30-6:30pm in the Piano Lounge—Pet Therapy visits with multiple pet therapy dogs from the Janesville/Beloit Kennel Club.

Friday, July 26th from 9:00-10:30 am in Olm Fellowship Hall—Absentee Voting day 2 of 2. Please make every effort to come down on the 1st day of voting. If you are not wanting to vote, you still need to come down and sign off on your ballot. Those that do not come down for either day, the voting deputies will need to walk all throughout Fairhaven to get your signature. Please help reduce that.

Friday, July 26th at 1:15 pm in Olm Fellowship Hall—Wisconsin Historical Society Presentation: Lake Geneva in the Industrial Age. (Bingo moved to Thursday afternoon)

Saturday, July 27th at 1:15 pm in Olm Fellowship Hall—Afternoon Bingo

Monday, July 29th— Mark You Calendars- Fishing Outing to Rushing Waters in Palmyra. You read that right, Monday, July 29th we will head over to Rushing Waters and spend the morning fishing for trout on their accessible pier in one of their many stocked trout ponds. Full event flyer with SPECIAL day after lunch event will be coming in your mailboxes the week of July 8th.

Monday, July 29th at 1:15 pm in Olm Fellowship Hall—BBC Planet Earth III-Heroes: We meet some incredible conservation champions on nature's front line, fighting to preserve the future of our beautiful planet. 1 hour.



Resident Council Update - July 2024

Ruth Kromholz, June Resident of the Month

We are grateful that Ruth agreed to be our June Resident of the Month. Fairhaven alumni Val Cole (who nominated Ruth) describes her as her “partner in fun” from their work together in the Mini Mart. Val characterizes Ruth as “kind and loving” and someone who “helps and encourages others.” For more information about our good neighbor Ruth, see the May 2024 newsletter.

Don Sorenson joins the Council

We are also grateful that Don, a Fairhaven resident, agreed to be nominated to fill Ruth’s unexpired term on the Council and was unanimously voted in at our June meeting. Don has demonstrated his interest in the Council with regular guest attendance at our meetings for many months. We are glad to welcome him!

Boxes!

Another long-term Council project is oversight of the Boxes Locker, located across from the Lower Level exercise room. Donations are always welcome—just think about if the box you’re considering donating is one that you would use. Boxes that are torn and/or worn or have a lot of handwriting on them should be recycled, not left in the locker. Please leave only cardboard (not plastic) boxes, small to medium size. Help yourself to what you can use and donate what you can—we always seem to have a steady supply.

Employee Christmas Fund Donations Are Always Welcome

Your year-round donations to the Christmas Fund help grow our interest-bearing Money Market account. Should you have any questions about how to donate, Neil Aiken, the Fairhaven representative, or Karen Christofferson, the Prairie Village representative, can answer your questions.

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.

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. Completion of that form with your signature enables Fairhaven resident Chris Lange (who regularly checks the Box) to do follow-up with you and whoever needs to be involved. If you wonder if yours is a suggestion or a work order request, please ask at the Front Desk..

Libraries

The book display across from Fellowship Hall (and around the corner) have been well used and will be available until we return Hummels to those two areas. It is simply another reading resource, in addition to both Fairhaven and Prairie Village’s libraries and our Little Free Libraries.

You Are Invited!

Resident Council meetings are held the third Thursday of the month (except August) at 9:30 am in the Whitewater Room. Our next meeting is therefore scheduled for July 18. 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.



Heartfelt Thank You!

Fairhaven Senior Services Staff would like to send a big "Thank You" to Ed & Sue Schweitzer for the donation of their very nice SUV to our Transportation Services Department.



Heat-related Illnesses

According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body. This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature, which is why seniors suffer from heat stroke in the summer more often than younger people. Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep seniors safe and healthy in the rising temperatures of the summer months.

Summer Safety Tips

 <p>Stay Hydrated Drink 8 or more glasses of water per day to stay healthy & hydrated</p>	 <p>Know the Side Effects of Medications Some medications have side effects such as drowsiness or sun sensitivity</p>	 <p>Stay Cool Stay in the A/C, indoors, go swimming, etc.</p>
 <p>Wear Light, Loose Fitting Clothing Wear breathable clothing and light colors that reflect the sun</p>	 <p>Have Emergency Contacts Have a list of people to call in case of emergency</p>	 <p>Know the Weather Forecast Plan your days accordingly depending on the weather</p>

Friends of Fairhaven/Mini Mart Update

Ever wonder how it is that we have volunteers available every time the Mini Mart is open? Next time you're there – or make a special trip – ask whoever is there, just how they came to get involved. Everybody has their own story – and we're grateful to those good souls who share their time in the Mini Mart and serve our customers. And we always welcome new volunteers?

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!

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.

New at Fairhaven!

Seated Tai Chi Program coming to Fairhaven! Every other Tuesday morning at 10:45 am starting on Tuesday, July 9th in the Skylight Dining Room, we will be welcoming Jennifer Jackson, Adult Program Coordinator at Seniors in the Park, as she provides a Seated Tai Chi exercise class. There are many great benefits of tai chi for seniors. Research has found that seniors who regularly practice tai chi enjoy benefits such as:

- Improved balance
- Decreased risk of high blood pressure
- Improved physical strength
- Improved hand-eye coordination
- Increased blood circulation
- Improved sleep quality
- Improved cognitive function and memory
- Reduced depression and anxiety



Fond Farewells

This month we bid adieu to two of our wonderful drivers, as they move on to the next chapter. Patrick and Dan have both been wonderful coworkers and friends during their time here. Both have penned short notes about their time here and their next steps:

From Patrick: "I want to begin with how great an experience it has been working at this lovely establishment. Over the last two years, I have learned many things about working in a setting like this, with the most important being not to mess with bingo. I have grown fond of each and every one of you, and some of your family members as well. What comes next for me? I will be moving to Iowa City and attending graduate school, where I will work toward getting my Master's degree in rehabilitation psychology. From there, I will be looking to work in a drug and alcohol rehab center. Although I am leaving, I will never forget the memories I have made here.



From Dan: It was my pleasure to get to know so many of you over the last year and a half or so. Regrettably, I was unable to say goodbye to all of you personally—there just wasn't the time or opportunity. I wish you all the best and will always treasure my memories of being part of the Fairhaven family. Sincerely, Daniel O'Donnell



Pain Management

Pain is not a normal part of aging in seniors. Many seniors feel that it is normal and are hesitant to let their doctors know. Some common causes of pain in seniors include:

Post-surgery Pain	Osteoarthritis
Neuropathies	Compression fractures
Cancer	End stage lung, heart, or kidney disease
Physical injury from a fall	Shingles

Untreated chronic pain can lead to multiple health consequences such as depression, social isolation, impaired sleep, impaired mobility, increased falls, malnutrition, and decreased quality of life.

Some Options to Explore if You are in Pain

After evaluating your medical history and determining the cause of pain, your doctor may suggest one or more of the following for treatment:

Medications

- Analgesics such as Acetaminophen are effective for mild to moderate pain. It can be dangerous to your liver if taken in high doses.
- Non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen.
- Opioid pain relievers are powerful prescription drugs that are used to treat moderate to severe pain. They have many side effects and can be addictive in nature.

Acupuncture—a form of treatment which involves inserting very thin needles through a person's skin to help relieve pain.

Cognitive behavior therapy—teaches you how to change the way you view pain and reduces your reaction to it.

Hypnosis—uses the power of the mind to reduce pain.

Therapy Options

Exercise, although uncomfortable at times for someone with pain, can be one of the best pain management options. Physical activity can improve mood, strength, increase endurance, decrease pain, and improve functional abilities.

- Physical therapy—PTs can help patients with chronic pain become stronger as they are usually weak from not moving. One can become very fearful of moving when they have chronic pain. A PT can show a person how to move effectively without putting increased strain on body structures. They can also treat inflammation and address the movement dysfunction, which is at the center of chronic pain. A PT working with a chronic knee patient can help them achieve greater knee bend, which can help a patient get on and off chairs more comfortably. A PT can also modify your environment, helping to decrease pain and make your daily routine easier. One example would be adjusting the car seat, putting less pain and stress on painful joints.
- Occupational therapy—Patients with chronic pain frequently have problems with self-regulating. This often leads to flare-ups where they may experience increased pain. OTs can teach patients to pace themselves with their activities, such as taking breaks or asking for help. They can also teach body mechanics during daily tasks to avoid increasing pain. If a patient has increased pain with bending during a lower body dressing task, an OT can teach them strategies and skills to decrease the pain.

Our goal is to help restore function, reduce the presence of persistent pain, and improve your quality of life. If you are experiencing pain and want to explore different options to reduce pain, please reach out to our physical and occupational therapy departments at Greenfield Rehabilitation 262-473-2140 Fairhaven Senior Services, 435 Starin Road, Whitewater, WI 531909 for further information.