



Resident Newsletter

August 1, 2024

Worship Programs with Chaplain Luke:

Tuesday: Chats w/ Chap
Piano Lounge - 10:00 a.m.

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

Catholic Mass

Wednesday, August 7th at 10:00am in Olm Fellowship Hall with St. Patrick's Catholic Church.



Catholic Communion

Tuesday, August 20th at 10:00am in Olm Fellowship Hall with St. Patrick's Catholic Church.

In Loving Memory of...

**Darlene Enright
Liane Kincaid
Jerry Knox**



CURRENT EVENTS & IDEAS

Our topics range from politics to religion, and from world affairs to personal human concerns. With diverse viewpoints and opinions, our discussions are always in a friendly and charitable spirit. Come and expand your outlook with us. **Join us each Tuesday afternoon 2:00-3:00 in Olm Fellowship Hall.**

Transportation Services Updates:

WELCOME!!! Raul Castro joins our transportation team as a full-time driver, Monday thru Friday. Please welcome him and introduce yourself.

Please remember to schedule rides **24 hours in advance.** Medical appointments have priority, and drivers are not available before 8:30 am or after 4:00 pm, unless there is an emergency situation.

Resident shopping is scheduled for Monday and you must sign up yourself. Please try to be flexible with time, in case there are a large number signed up to go.

Thank you
Transportation Services Team

Happy August Birthday!!!

Richard Schilt	03
Jerry Grant	06
Helen Delaney	08
Sharon Craggs	10
Thomas Stanley	10
Bernice Sheahan	11
Sue Schlough	11
Caroline Forster	16
David Hack	17
Ann Deets	21
Susan Schweitzer	22
Edward Schweitzer	22
Avis Johnson	23
Carol Menzer	23
Elizabeth "Betty" Arndt	25
Marilyn Enstad	25
Jerrilyn Stevenson	30



Thank you

Many thanks to my Fairhaven Family and Staff for the many beautiful cards, well-wishes, and hugs that made my 98th birthday a memorable day!
You made my day. Thank you.

Sincerely,
Phyllis Heesch



Seated Tai Chi

Seated Tai Chi classes with Jennifer from Seniors in the Park will be held every other Tuesday at 10:45 in Olm Fellowship Hall. Please see Channel 900 for the rotation.

Area Banks 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 contact the Whitewater Branch Manager, Krystal Walsh with any questions about your account. She can be reached at 262-458-2933 or kwalsh@bankwithpremier.com.

Happenings in August!!!

Thursday, August 1st at 10:00 am—Visit from UW-W Children’s Center. We will start the morning off with a fun craft project and later turn to balloon volleyball and chair exercise. Please tune to CH: 900 for full details.

Thursday, August 1st at 1:15pm in Olm Fellowship Hall— Norway Presentation with Luke and Lori Bocher

Thursday, August 1st at 2:30 pm in Olm Fellowship Hall—Apple Pot Stickers with Salted Caramel Ice Cream Social

Monday, August 5th at 1:15pm in Olm Fellowship Hall—Fairhaven Resident Baking Group. Come down to this introductory meeting to learn more about the fun and exciting group we are looking to start, which will be led and run by residents. This group will start off by meeting 1x a month and starting in September, will have a “live” baking event. Each resident will get an opportunity to share, lead a demo of their favorite desert/bread, prepare and make it, and then it will be enjoyed the next day at Coffee Hour. We hope you will come down to be part of this group. Any questions please see Chris Lange.

Wednesday, August 7th at 10:00 am in the Piano Lounge—Pet Therapy visits with Aoife and Cheryl

Wednesday, August 7th at 1:15 pm in Olm Fellowship Hall—People-Places-Discovery Presentation with Space Case Sarah: Join Space Case Sarah as she shares her experience learning about three observatories located in Chile, at extreme and remote places.

Thursday, August 8th—Lunch Outing to Rick’s Eastside Pub—Transportation will leave the front lobby at 10:50 am and we ask that you sign up by Tuesday, August 6th at the front desk if you would like to go.

Thursday, August 8th at 5:30 pm in the Piano Lounge—Pet Therapy visits with Janesville/Beloit Kennel Club

Monday, August 12th at 1:15 pm in Olm Fellowship Hall—Whitewater Unified School District Recap and Future update from Superintendent Dr. Caroline Pate-Hefty.

Wednesday, August 14th at 10:00 am in the Piano Lounge—Pet Therapy visits w/ Aoife and Cheryl

Wednesday, August 14th at 1:15 pm in Olm Fellowship Hall—Join Dr. Michael Dugan, Dean of the College of Arts and Communication at UW– Whitewater as he shares all the exciting goings on within and opportunities for Fairhaven to be engage.

Thursday, August 15th from 10:00-11:00 in the Whitewater Conference Room—Free Blood Pressure Screening from Wellness staff at Fort Hospital.



More Happenings in August!

Thursday, August 15th at 1:15 pm in Olm Fellowship Hall—UW-Whitewater Director of Athletics Ryan Callahan will be here to give us a recap of the past school year and talk about the upcoming year as well.

Saturday, August 17th from 10:00-12:00 in the Front Lobby—Whitewater Fiber Arts Guild. All are encouraged to come down and participate or socialize.

Saturday, August 17th at 4:00 pm in the Piano Lounge—Saturday Social

Monday, August 19th at 1:15 pm in Olm Fellowship Hall—Young Auditorium staff member Mad-die Adams will be here to preview the upcoming season of shows/programs at the Young Auditorium.

Tuesday, August 20th—Red Line BBQ Food Truck will be back again serving from 10:00 am to 1:30 pm. Flyers will be going out around August 7th.

Tuesday, August 20th at 1:00 pm in the D-Lounge—First United Methodist Communion.



Wednesday, August 21st at 10:00 am in the Piano Lounge—Pet Therapy visit w/ Sheri and Suzi

Wednesday, August 21st at 1:15 pm in Olm Fellowship Hall—Drum Circle with Christine Hayes

Thursday, August 22nd at 10:00am—Visit from UW-W Children's Center. Tune to Ch:900 for full details.

Thursday, August 22nd at 1:15 pm in Olm Fellowship Hall—Art Project w/ Terrie

Thursday, August 22nd at 2:30 pm in the Piano Lounge and Skylight Dining Room—Piano Music w/ Jim Olm and Coffee Ice Cream and Cookies Social.

Monday, August 26th at 10:00am in Olm Fellowship Hall—Bingo with Clover Valley Group Students. This will be their final visit to Fairhaven for the summer.

Monday, August 26th at 2:45 pm outside the main entrance—Tie-Dye Rally Towel Event with UW-W Women's Soccer Team! We are excited to have students back and start the year with these amazing ladies.

Tuesday, August 27th at 3:15pm in Olm Fellowship Hall—Construction Update.

Wednesday, August 28th at 9:30 am in Olm Fellowship Hall—Hymn Sing with Janet

Wednesday, August 28th at 1:15 pm in Olm Fellowship Hall—Piano Program with Carolyn Wehner.

Thursday, August 4th at 10:30 am in Olm Fellowship Hall—Protestant Church Service

Thursday, August 29th—Outing to Walworth County Fair. Flyer with full details will be coming out at the beginning of August.

Friends of Fairhaven/Mini Mart Update, August 2024

It's early but for the many of us who have enjoyed Jessica Mincha's previous presentations, it's never too soon to put her next visit on your calendar. She'll be here on Thursday, September 5th, at 1:15 pm in Olm Fellowship Hall to present more than we ever knew about Katharine Wright, sister of Orville and Wilbur Wright and quite a woman in her own right. Please put this program (which we can offer because of your support of the Mini Mart) on your schedule.

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.

August Resident Council Update

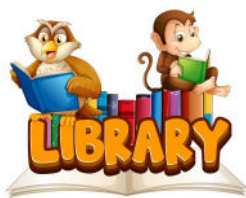
No Council Meeting in August

While the Council does not meet this month, the following activities continue:

- Suggestion Box ideas are accepted and reviewed for follow-up (form and box in Main Lobby)
- Nominations are accepted for Resident/Volunteer of the Month (leave at Front Desk and/or email to kathymross@gmail.com)
- Boxes are available in the locker across from the Lower Level Exercise Room (leave what you can and take what you want)
- Donations to the Employees Christmas Fund are always welcome – if you have questions, ask Fairhaven resident Neil Aiken or Prairie Village's Karen Christofferson
- Planning for our meetings for the rest of the year continue
- Council members are available for your suggestions and questions

From Fairhaven: Chris Lange, John Loomis, Henry Malo, Gary Palmer, Don Sorensen

From Prairie Village: Carolyn Behrens, Lyndia Fry, Mary Ellen Deloach, Kathy Ross



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 September 19. 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.

What Effect Does Music Have on the Brain?



Music can have profound effects on the brain, influencing various cognitive, emotional, and physiological processes. Here are some of the key effects: 1. Emotional Response: Music can evoke strong emotions and affect mood. Different types of music can induce feelings of happiness, sadness, excitement, or relaxation. 2. Memory and Learning: Music has been shown to enhance memory and learning abilities. It can help improve the retention of information and enhance cognitive functions such as attention and concentration. 3. Stress Reduction: Listening to music can reduce stress by lowering cortisol levels and promoting relaxation. It has been used as a therapeutic tool for managing stress and anxiety. 4. Motor Skills and Coordination: Playing musical instruments involves complex motor skills and coordination, which can improve brain function and connectivity, especially in regions associated with motor control. 5. Brain Plasticity: Learning and playing music can promote neuroplasticity, the brain's ability to reorganize and form new connections. This can have long-term benefits for cognitive function and brain health. 6. Pain Management: Music therapy has been shown to alleviate pain perception and improve pain tolerance, making it a useful adjunctive therapy in pain management. 7. Social Bonding: Music can facilitate social interactions and strengthen social bonds. Group singing or playing music together promotes a sense of connection and cooperation among individuals. 8. Dopamine Release: Listening to music activates the brain's reward system, leading to the release of dopamine, a neurotransmitter associated with pleasure and motivation. This can contribute to the feelings of enjoyment and satisfaction derived from listening to music. So next time you're feeling down turn your favorite tunes on the television or radio!

SEP Team August Topic of the Month: Safe Walking Tips.

Although most would consider walking to be a safe form of exercise for people of any age, there are some risks involved for pedestrians due to traffic on the roads. A Report by the Governors Highway Safety Association found 7,508 pedestrians were killed in traffic crashes across the nation in 2022, the highest number of pedestrian deaths since 1981.

In Wisconsin, 75 pedestrians were killed last year, 25 more deaths than the previous year. Since **August is National Traffic Awareness Month**, it's a good time to consider how safe you are when you are out for a walk.

Use Sidewalks and Paths:

The safest places to walk are on sidewalks and paths.

Walk Against Traffic:

If you must walk alongside a road or street that does NOT have a sidewalk, you should walk in the shoulder and face oncoming traffic. This way you can see what is coming and react if necessary.

Wear Bright Clothing During the Day:

You should choose brightly colored clothes that are easily visible to drivers.

Lights and Reflectors for Dawn- Dusk- Night Walking:

It's probably best if you do not walk at night. However, if you must because of your schedule you should wear clothing with reflective strips, such as a safety vest. It's also a good idea to carry a flashlight or wear a headlamp.

Use Crosswalks:

Use crosswalks when crossing the street. Be mindful of traffic and look both ways before crossing. Make certain all lanes of traffic are clear before crossing. If the crosswalk has a traffic signal (walk/don't walk sign), it's important to obey the signals. If there is a driver waiting to turn, making eye contact with the driver can ensure that they will not turn as you cross the street. If the sidewalk has a flashing signal be sure to activate it before you cross.

Put the Cell Phone Away:

Distracted walking can be dangerous. Do not walk while texting or talking on the phone. If they need to answer a call or text, stop walking while doing so.



Parkinson's Disease Management

Parkinson's is a degenerative disease that affects mobility, speech, and motor skills. Early detection and proper management are key to maintaining safety and overall optimal functioning.

Symptoms of Parkinson's

- Slow movement
- Small movement
- Tremors or shaking
- Loss of sense of smell
- Sleep difficulties
- Impaired balance
- "Freezing" of person's manner of walking
- Pain
- Mood disorders
- Fatigue
- Swallowing difficulties and decreased voice quality and volume

People often report having loss of balance backwards, tripping, and increased difficulty picking up their feet while walking. They may struggle to write their name legibly, button a shirt, or use utensils. Their speech may become mumbled and trail off at the end of a sentence. Tasks that were easy before are increasingly difficult.

Physical Therapy, Occupational Therapy, and Speech Therapy can help delay Parkinson's progression. Exercise is crucial because it helps maintain mobility, assist with balance, and allows one to participate in daily routines.

Physical Therapy can address balance, strength, and range of motion. They can generate and train you in exercises to help loosen up rigid and stiff muscles which can improve your ability to help you stand from sitting and improve walking.

Occupational Therapy assist to optimize independence with daily tasks such as dressing, grooming, bathing, etc. as the disease progresses. They can do this by assessing their current skills, training them on improved ways to complete tasks, or introducing them to adaptive equipment to aid in performance. OT can also assess home safety to reduce the likelihood of falls through making safety recommendations (ex. Remove scatter rugs to avoid tripping, add grab bars, etc.) OT can also generate and train you on an individualized exercise program to work on reducing stiffness and motion in the upper body.

Speech Therapy assists in the maintenance of communication skills as it relates to vocal intensity and speech clarity. They can evaluate swallowing functions and make necessary recommendations regarding diet and swallowing strategies as well as provide and train on an individualized swallowing exercise program.

Although Parkinson's is a progressive disease, physical, occupational, and speech therapies can help people with Parkinson's disease remain active in their activities such as personal care, work, and leisure activities. If you would like to learn more about the benefits of rehabilitation and its ability to improve your independence and overall quality of life by improving movement and function, please reach out to us! Greenfield Rehabilitation **262-473-2140 Fairhaven Senior Services, 435 Starin Road, Whitewater, WI 53190.**