

Programs with Chaplain Luke Bocher:

Tuesday: Devotions with Chaplain Luke
10:00am- Chats w Chap in Fellowship Hall

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

In loving memory of...

*Nancy Cooper
Joan Rich
Ruth Kidd*



Happy December Birthday!!!

Janet Hartwig	02
Donna Berg	07
Carol Moldenhauer	08
Dolores Piehl	08
Hazel Leonard	11
Bill Endisch	14
Betty Brown	16
Cynthia Bertsch	17
Carol Harenza	20
Carole Scharinger	20
Denise Green	22
Susan Weigel	22
Carmella Kuhnke	23
Neil Aiken	28
Clarice Fernelius	30
James Perry	30



Special December Worship Services

The exciting season of Christmas is almost upon us! During December we will have several special services to prepare us for Christmas and to celebrate God's gift of Jesus Christ. These services are open to everyone. Hope you will join us!

December 4 – Advent Begins. At our **11:00** worship service we will light one candle each week as we prepare for the birth of Christ. Each week we will address the traditional topics of Advent. They are hope, peace, joy and love. Join us as we reflect upon the meaning of the Son of God and his coming to us in Bethlehem.

December 11 –Blue Christmas (11:00 a.m.): Although this is a season of joy, many of us also may experience some sadness because of those who will not be a part of our Christmas celebrations: Loved ones who have died, children who have moved away, a decline in our own health or those we love. In this service we will acknowledge the sadness we have and ask for God's comfort. We will also highlight the comfort and hope that God gives us.

December 18- A Christmas Sing-along. This service will begin at **10:30 a.m.** It will include many of our favorite Christmas carols. Along with Peggy Hooper on the piano, Charlotte Kuenning will accompany us on violin. Shannon Schoville will close with the beloved song, "O Holy Night".

December 24 – A Christmas Eve service. At **10:00 a.m.** you are invited to join us in Fellowship Hall for a service of lessons and carols which celebrate the coming of our Lord Jesus Christ. The service will close with a song we all love, "Silent Night".

Dining Services Corner

There will be a lot of events for the month of December happening. Keep a close eye on your mailbox for invitations. Please respond to these reservations and return them to Dining Services or Front Reception Desk. We are looking forward to spending the holidays with you.

Christmas Dinner – December 25th 11:15 a.m. – 12:45 a.m. (RSVP due 12/19)

New Years Eve – Dec. 31st 4:30 pm–5:45 pm (RSVP due 12/26)



New Years Day – January 1st 11:15 a.m. – 12:45 p.m. (RSVP due 12/26)

“Faces of Fairhaven”

Join us for the “Faces of Fairhaven” Exhibition at the Cultural Arts Center January 4-26, 2025. The Whitewater Arts Alliance (WAA) is excited to kick off its 20th Anniversary in 2025 with this collaborative show. The exhibit will include illustrations of residents by UW-Whitewater students, craft projects by residents (including from the workshops facilitated by the WAA), and other art forms featuring the talents of the Fairhaven community. Throughout the month of December, Brian will be collecting items from residents that will be on display for this event. If you have made anything (woodshop, arts & crafts, etc.) and would like to have them included in this event please see Brian Robinson.

Activities in December

Monday, December 2nd at 10:00 am in Olm Fellowship Hall—Christmas Holiday Chair Dance w/ Amy and Lisa.

Monday, December 2nd at 1:15 pm in Olm Fellowship Hall—Holiday Country Music w/ Cowboy Bob

Monday, December 2nd at 3:00 pm in Olm Fellowship Hall—Bingo w/ Tri Sig Sorority

Tuesday, December 3rd at 10:45 am in Olm Fellowship Hall—Chair Yoga with Kathy. We will not have seated Tai Chi for the month of December.

Tuesday, December 3rd at 6:00 pm in Olm Fellowship Hall—Bingo w/ UW-W Student Group AMA

Wednesday, December 4th at 10:00 am in the Piano Lounge—Pet Therapy with Cheryl and Aoife

Wednesday, December 4th at 10:00 am in Olm Fellowship Hall—Catholic Mass w/ St. Patrick’s Catholic Church

Wednesday, December 4th at 2:00 pm in Olm Fellowship Hall—Holiday Concert with the Blue Notes from the Gathering Place in Milton.

Thursday, December 5th at 1:15 pm in Olm Fellowship Hall—Bingo w/ UW-W student athletes

Thursday, December 5th at 3:00 pm in Olm Fellowship Hall—Soft Pretzel and melted cheese social w/ UW-W Women’s Soccer Team in the Skylight Dining Room

Friday, December 6th at 1:15 pm in Olm Fellowship Hall—Dog treat making w/ UW-W student athletes

Tuesday, December 10th at 9:45am- Breakfast/Lunch outing to Jessica’s Family Restaurant. Transportation will leave the front lobby at 9:45am. If wanting to go, please sign up at the front desk by Sunday, December 8th

Wednesday, December 11th at 10:00 am in the Front Lobby—Pet therapy visits w/ Cheryl and Aoife

Thursday, December 12th at 10:30am in the Piano Lounge—First English Lutheran Church Service with Rev. Joseph O’Donnell

Thursday, December 12th at 1:15 pm in Olm Fellowship Hall—Drum circle w/ Christine Hayes

Thursday, December 12th at 2:30 pm in the Piano Lounge—Fresh cheese curd sale

Thursday, December 12th at 2:30 pm in the Skylight Dining Room—Ice cream social



...More Activities in December

Friday, December 13th at 10:00 am in Olm Fellowship Hall—Christmas Bell Choir Concert.

Friday, December 13th Staller Estate Winery Outing—Transportation will leave the front lobby at 12:45 for those wanting to attend. We will be going for the Wine & Chocolate Flight that is \$16.00 and consists of 4-1oz pours paired with 4 Belgian Chocolate Truffles. If wanting to go on this outing, you must sign up at the front desk by Monday, December 9th. Transportation fee of \$3.00 will be added along with the cost of the Wine & Chocolate Flight. Purchase of anything at the store will be on your own.

Friday, December 13th at 6:30 pm in Olm Fellowship Hall—Come Back Chorus (No Friday Night Movie)

Saturday, December 14th at 6:30 pm in Olm Fellowship Hall—Mukwonago Area Community Choir Christmas concert (No afternoon bingo on this date)

Sunday, December 15th at 7:00 pm in Olm Fellowship Hall—UW-W Quartet Holiday Program: Founded this fall, Fort-zando is an acapella mixed quartet of people who love to sing together. For this concert, Penelope Kinsman, Cathy Daly, Tim Wilson, and Benjamin Whitcomb have put together a collection of superb arrangements of Christmas carols—well-known favorites and little-known gems alike! (No Sunday night movie)

Monday, December 16th at 6:00 pm in Olm Fellowship Hall—Main Street Dancers program. Dancers in this program range in age from 3 to 18 years old.



Tuesday, December 17th—Buddha Belly Pizza Food Truck. Flyer will come out at the beginning of December.

Tuesday, December 17th at 10:00 am in the B-Lounge—Catholic Communion with St. Patrick's Catholic Church

Tuesday, December 17th at 10:45 am in Olm Fellowship Hall—Chair Yoga with Kathy

Tuesday, December 17th at 1:00 pm in the D Lounge—UMC Communion

Tuesday, December 17th at 3:15pm in Olm Fellowship Hall—We welcome back Gail Bisbach and Wade Woelfle from Fort Hospital for their Holiday Classical Piano Performance. What sets them apart is that they sit next to one another and play at the same time. It is a concert not to miss.

Tuesday, December 17th at 6:00 pm in Olm Fellowship Hall—Bingo w/ staff from Generac

Wednesday, December 18th at 10:00 am in the Piano Lounge—Pet Therapy visits w/ Sheri and Suzi

Wednesday, December 18th at 10:30 in Olm Fellowship Hall—Christmas Sing-A-Long

Thursday, December 19th at 9:30 am in Olm Fellowship Hall—Resident Council Meeting. All are encouraged to attend.

Thursday, December 19th at 10:00 am in the Whitewater Conference room—Free blood pressure screenings from Fort Wellness staff



Thursday, December 19th at 1:15 pm in Olm Fellowship Hall—Carolyn Wehner Christmas piano program



More Activities in December...



Thursday, December 19th at 2:30 pm in the Front Lobby/Piano Lounge—Popcorn social

Friday, December 20th at 10:15am in Olm Fellowship Hall—The re-scheduled program from Suzi Schoenhof, New Beginnings PFV Executive Director who will be here giving a presentation on SCAMS.

Saturday, December 21st from 10:00-12:00 in the Front Lobby—Whitewater Fiber Arts Group

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

Tuesday, December 24th at 10:00 am in Olm Fellowship Hall—Christmas Eve service (no exercise class on this date)

Tuesday, December 31st at 10:45 am in Olm Fellowship Hall—Chair Yoga with Kathy

Frozen Planet II

This six-part series – narrated by Sir David Attenborough – explores the wildlife found in the world’s coldest regions: the Arctic and Antarctic, high mountains, frozen deserts, snowbound forests, and ice-cold oceans. From polar bears to penguins, and from snow monkeys to Siberian tigers, each species must overcome a unique set of challenges to endure its extreme environment.

EPISODES

1. Frozen Worlds- Monday, December 9th at 1:15pm in Olm Fellowship Hall

57 MINS

Journey through our remote frozen worlds and discover the incredible ways in which animals have overcome the challenges of survival.

2. Frozen Oceans- Wednesday, December 11th at 1:15pm in Olm Fellowship Hall

58 MINS

Dive into a world of water and ice to reveal the animals which survive on and under the Arctic Sea.

3. Frozen Peaks- Monday, December 16th at 1:15pm in Olm Fellowship Hall

58 MINS

Explore ice worlds born of altitude. Found on every continent, these icy ‘islands in the sky’ pose a range of challenges for the animals who choose to live there.

4. Frozen South- Friday, December 20th at 10:00am in Olm Fellowship Hall

58 MINS

The most extreme frozen world of all – Antarctica. At first glance it may appear lifeless, but miraculously, life finds a way.

5. Frozen Lands- Monday, December 23rd at 1:15pm in Olm Fellowship Hall

58 MINS

Enter the largest land-habitat on Earth, home to great Boreal forests and the barren tundra where the seasons bring both challenges and opportunities.

6. Our Frozen Planet- Monday, December 30th at 1:15pm in Olm Fellowship Hall

59 MINS

These frozen worlds have reached a tipping point – their future hangs in the balance and with it, so does ours.

The Teacups Are Back!

One of the most noticed accommodations made for the upstairs construction was the temporary retirement of the teacup collection located in the Dining Room. Their recent return was celebrated by many. We are grateful to Betty Schelb, Director of Environmental Services, who organized volunteers and staff to pack up and store the teacups. Once she got approval for their return, each was carefully washed and placed back on the cleaned shelves.

So just where did the collection come from? There are two photo albums kept on the cabinet across from the entrance to the Private Dining Room with a photo and description of each teacup. There is also a newspaper article about the collection, its donors, Walter R. and Louise Buell, and the donation to Fairhaven.

That donation is described by the late Rev Carroll Olm in Fairhaven: God's Mighty Oak Volume 2, his history of the very early years of Fairhaven. "A wonderful thing happened on September 15, 1970, when Walter R. and Louise Buell, Sturgeon Bay, Wisconsin, donated over 300 footed coffee cups and teacups to Fairhaven. They also underwrote the expense of the construction of the special cabinet which houses the collection. The Buells had acquired these cups and saucers from all over the world...The collection was located on the north wall of the dining room and provided an interesting exhibit for residents and visitors to enjoy."



Friends/Mini Mart Update Merry Christmas!

In Memory of our Friend Nancy Cooper

Nancy Cooper was a long-time member of the Friends and served as Mini Mart volunteer, and Board secretary. Not only are we grateful for her service to our organization but appreciate her friendship and service that extended into the Whitewater community.

Thanks to your support of the Mini Mart, Friends Leadership recently voted to financially support the Chair Yoga classes (if you're unsure what that's all about, check the Activities schedule), purchase additional banners to be used in Fellowship Hall and the Main Lobby, and purchase a display case that will be used for employee updates (replacing the bulletin board on the First Floor hallway). See what good we can do together, one purchase (or more) at a time!

This is the absolute best time of year to shop at the Mini Mart – Christmas cards, decorative and gift items, along with our usual inventory of personal items and treats. Please stop by!

Should you be pondering new activities for 2025, stop by the Mini Mart and ask a volunteer how to get involved. Working in the Mini Mart is a splendid way to help residents, staff, and others!

We will, of course, be closed on Wednesday, December 25 and Wednesday, January 1.

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.

Resident Council Update, December 2024

Sharron Craggs, Resident of the Month

Fairhaven resident Sharron Craggs' Resident of the Month nomination is one of the most unique the Council has ever received. Initiated by Fairhaven resident David Helming, it was signed by 21 other Fairhaven residents and staff. David's nomination reads as follows: "I'd like to say (along with many others) that you could ask Sharron to help with anything, anywhere, and she would do it. Sharron is involved in many clubs and things. Sharron is a kind resident! Let her know the next time you run into each other." Sharron has been a Fairhaven resident for 3 years. An occupational therapist by training, it has been 64 years since she retired! She and her late husband moved a lot around the country, due to his career, and we're grateful she is with us now. Sharron is a wonderful addition to our community, and we appreciate her everyday kindnesses to all of us.

Christmas Village

Many of you have already seen the Christmas Village (known by some as the Dickens Village), located in Fairhaven's Main Lobby. Seeing it can be two different experiences, so check it out during the day and when it's dark. We are grateful to Fairhaven residents Dave and Judy Hack, Gladys Ellerman, and Neil Aiken; Prairie Village residents Barb Jacquith, Rich and Susan Schilt, and Gary and Lyndia Fry; and our friends Chaplain Luke and Charlotte Kuenning for helping with the set-up and its early January take down. And, of course, none of this would happen without the very hands-on support of Housekeeping and Maintenance.

Employees Christmas Fund – another time of great generosity!

Thanks to each resident, family member or representative who donated to the 2024 Employees Christmas Fund. You will see the final totals in January's newsletter. Special thanks go to Fairhaven resident Neil Aiken and Prairie Village resident Karen Christofferson who manage the bank accounts and the numerous steps involved to continue this unique Fairhaven tradition of thanking staff with an early Christmas gift. This is a year-round giving opportunity, so you can make your 2025 donation anytime!

Memories, thanks, and moving forward

I have continued a family tradition of having a framed poster of Ecclesiastes 3:1-8 prominently posted in my home. That's the well-known "For everything there is a season" scripture. It's an important part of my personal theology and reminds me of the impermanence of life and how different times in life create different opportunities. I am grateful for being part of the Resident Council for almost as long as I've lived in Prairie Village. My season of being a member and officer is closing since I have served another maximum term.

I was introduced to the Council by our late friends Lee Stoneking and Sue Stanley. "What harm could come from going to a meeting?" I thought. "After all, I'd at least find the Lower Level Conference Room." And the rest is Council and personal history.

I have been privileged to serve with many residents who taught me a lot about our community. Some of you will remember our late cookie baking friend Chuck Graffius, long time Council president. He loved his work and was a regular promoter of all things Council-related. He proposed the ongoing Resident/Volunteer of the Month program, which has honored 48 special people since October 2017. I remember when now-retired Fairhaven secretary Beth Johnson called to tell me Chuck had passed. I couldn't imagine how we would continue without him, but we have, based in part on work he did for the Council.

Although the Council's primary purpose is not fund-raising, I am grateful to be part of the organization that continues to offer the unique Employees Christmas Fund giving opportunity. Another (and hopefully never to be repeated) Council fund-raiser was the "Keep Us Safe" fund which resulted in donations of over \$30,000 from residents, families, and representatives to supplement Fairhaven's personal protective equipment (PPE) budget during COVID. What's especially remarkable about that is we never met in person to discuss this but managed to very successfully get the word out about this unique need.

Memories, Thanks, and moving forward, continued...

I am especially grateful to Paul Kuenning and Fairhaven's leadership for their on-going support to the Council. In the rare instances that Paul is unable to attend a Council meeting, he always makes sure to ask just the "right" staff person to attend. Much of what I know about Fairhaven's operations comes from discussions by and with Fairhaven leadership at Council meetings. That's a major reason we encourage residents to attend Council meetings.

It's no surprise that the Council will continue with good membership and leadership. Thanks to you who have supported the Council and me during this season of my life.

Kathy Ross

Our Libraries

Prairie Village's Little Free Library is spending the winter inside at Jim and Kathy Schumacher's during which time he'll "make it good as new." Fairhaven's, located across from the mailboxes in the Main Lobby, continues to be amply stocked. If you've never noticed, it's a double-decker – that is, there's a bin below the Library with another supply of books. Take what you want, leave what you can.

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 December 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.



Don't Let Hearing Loss Prevent You From Dining Out

Individuals with hearing loss have particular difficulty communicating in environments with excessive background noise, such as busy restaurants. Many choose to skip the experience altogether. If you're one of them, you don't have to consign yourself to a lifetime of at-home meals—Use the following strategies to help you enjoy dining out at your favorite restaurant on occasion.

- Choose a booth over a table. Tables are typically situated in the middle of the room and offer little respite from noise.
- Don't sit near the kitchen. This high-traffic area tends to be the noisiest.
- Avoid sitting near the loudspeaker or air conditioner. A comfortable temperature and ambient music are essential to the dining experience, but sitting too close will prove distracting.
- When dining with a group, position yourself in the center of the table. This position ensures you are able to hear all parts of the conversation without straining to hear somebody at the opposite end.
- Maintain eye contact with the person speaking. Paying close attention to visual cues can help improve your understanding.
- Check out the menu before you go. Preparing in advance by previewing the menu on the restaurant's website will ensure you know the different types of food available, and how they are prepared, so you won't misunderstand or have to ask the server to repeat themselves.

By following these tips, you will likely have a positive dining experience. You might even be tempted to hang around for dessert!

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.

CURRENT EVENTS and IDEAS

Join us for lively conversation on everything from death to politics. Tuesdays, 2:00-3:00 in Olm Fellowship Hall.

**Catholic Mass with St. Patrick's Catholic Church**

Wednesday, Dec. 4 at 10:00 am in Olm Fellowship Hall

Communion—Tuesday, December 17th at 9:30 am in Olm Fellowship Hall

December SEP Team Topic: Winter Back Safety

The winter months offer tons of leisure and recreational activities. Here are 5 ways to make sure your back stays healthy enough to enjoy them:

1. USE GOOD BODY MECHANICS.

What do you need for a successful morning of snow shoveling or cleaning the snow off your vehicle? Try a good pair of gloves, proper layers, sturdy boots, and follow the good body mechanics listed below. Excessive bending, lifting, and twisting can strain your back and put you at risk for injuries like muscle strains, joint subluxations, and disc herniations. Here are a few quick pointers:

Warm up first and take breaks throughout.

Push (with a neutral spine) rather than lift as much as possible.

Don't overload your shovel and walk to where you want to dump the snow (rather than throwing it).

Bend with your knees and hips, not your back.

Engage your abs.

2. KEEP EXERCISING!

Cold weather and less daylight makes it tempting to snuggle up on the couch. But Spine Specialists challenge you to stay active throughout the winter months.

Why? Being sedentary is one of the biggest causes of and risk factors for back pain. Appropriate exercise helps keep postural muscles strong and enduring, blood flow circulating, and can even bolster your immune system.

Also keep in mind that if you're participating in more intense seasonal sports such as skiing, snowboarding, and skating, be sure to warm-up well and use properly fitting equipment.

3. MOVE WITH CAUTION.

Black ice, wet snow, and salt and sand can make surfaces more slippery during the winter months. So, use caution when walking outside and especially in parking lots.

Give yourself extra time to get to places to avoid the temptation of running or rushing, wear appropriate footwear, and always use handrails when going up or down stairs to help you avoid an accidental trip and fall.

While these few tips may seem like common sense, it's amazing just how easily we can take for granted our ability to move around in our day-to-day lives! That tiny effort it takes to move with care can really make a difference in your back health.

4. STAY HYDRATED.

The cold dry air tends to dehydrate our bodies, and we need adequate hydration to keep our tissues pliable and healthy. Drink plenty of water throughout the day (at least half your body weight in fluid ounces, and more if you're highly active).

5. SEE A PROFESSIONAL IF YOUR BACK IS BOTHERING YOU.

If you've been dealing with a nagging back injury, or have any concerns about your spinal health as we enter the winter season, now is the perfect time of year to schedule an appointment with your physician to prevent a long term or permanent back injury.