



February Resident Newsletter

February 1, 2025



to Fairhaven...

Carol Hurley	410C
Janet Rothman	118AA
Cliff Schemm	Hearthstone
Kathy Schwab	Hearthstone

In Memory of...

Anne Deets
David Anderson
Betty Snyder



Happy February Birthday!!!

Marion Burrows	02
Valary Banker	03
Jacquelyn Titus	03
Hugo Tscharnack	09
Betty Schoonover	16
Jimmie Eloff	18
Wayne Deloach	18
Dan Sable	20
Sam Soffa	23
Barbara Dosemagen	25
Dorothy Lentz	26
Donna Bieschke	27
Lucille Weiman	27
Donald Sorensen	28
Lucille Weckler	28



Skylight Dining Room News

Feb. 14th Wednesday Valentines Day

Join us in Celebrating Valentines Day with a delicious meal! Watch for your reservation sheet in your mail. Your reservation needs to be filled out and returned to the Front desk no later than February 6th. **ALL** residents need to return the reservation form if they wish to join us for this meal.



Sliced New York Strip

OR

Garlic Parmesan Smothered Chicken Breast

Each Entrée Accompanied By

Loaded Potato Bake
 Roasted Root Vegetables
 Tomato Bruschetta
 Strawberry Spinach Salad w.
 Poppyseed Dressing
 Chocolate Raspberry Mousse Cake

Beverages

Red Wine, White Wine, or Lemon Lime Soda

Come Sing with Us!

Fairhaven Choir will meet every Thursday morning at 9:30 am in Olm Fellowship Hall, except for the 3rd Thursday of every month. If interested in joining, please see Janet Hardt in Leisure Services

Catholic Mass with St. Patrick's Catholic Church - Wednesday, February 5th at 10:00am in Fellowship Hall

Catholic Communion- Tuesday, February 18th at 10:00am in B Lounge.

Rosary every Tuesday at 3:20 in the B-Lounge

Programs with Chaplain Luke Bocher:

Tuesday: Devotions with Chaplain Luke
 10:00 a.m.—Piano Lounge

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



Every Saturday at 1:15 pm in
 Olm Fellowship Hall

Morning Fitness is held Thursday mornings at 10:45 am in Olm Fellowship Hall



Happenings in February

Sunday, February 2nd from 2:00-4:00 pm in Olm Fellowship Hall—95th Birthday celebration for apartment resident Marion Burrows. Join family and friends in celebrating Marion's 95th Birthday.

Tuesday, February 4th at 10:45 am in Olm Fellowship Hall—Seated tai-chi with Jennifer

Tuesday, February 4th at 12:45 pm in the Piano Lounge—Bean Bag Baseball! Apartment resident Pat Jacobson will be leading this new program for us. This first date will be an informational meeting, and a little test run before starting it up. This is for all skill sets...new beginners or active players and we will have this every Tuesday at 12:45.

Tuesday, February 4th at 6:00pm in Olm Fellowship Hall—Bingo w/ UW-W Student Group Pre-Health

Wednesday, February 5th from 10:00-11:00 am in the Piano Lounge—Pet therapy visits with Cheryl and Aoife.



Wednesday, February 5th at 1:15 pm in Olm Fellowship Hall—Whitewater Unified School District Presentation on the upcoming referendum

Thursday, February 6th at 1:00 pm in Olm Fellowship Hall—WWII Greatest Battles: The World at War-December 7th. The events between 1931 & 1941 that drew the U.S. inexorably into war are shown in dramatic detail. 85 minutes

Thursday, February 6th at 2:30 pm in the Skylight Dining Room—Yogurt parfait social

Friday, February 7th at 1:15 pm in Olm Fellowship Hall—Bingo with Tri-Sigma sorority

Monday, February 10th at 12:45 pm in Olm Fellowship Hall—Bakers Dozen +/- group

Monday, February 10th at 2:00 pm in Olm Fellowship Hall—WWII Greatest Battles: The Battle of Midway 50 minutes

Tuesday, February 11th at 10:45 am in Olm Fellowship Hall—Chair Yoga with Kathy

Tuesday, February 11th at 12:45 pm in the Piano Lounge—Bean Bag Baseball

Tuesday, February 11th at 6:00 pm in Olm Fellowship Hall—Bingo w/ UW-W student group AMA (bingo will be 45 minutes to accommodate for the music program at 7:00 pm)

Tuesday, February 11th at 7:00 pm in Olm Fellowship Hall—UW-W Music program: In the mood for Valentine's Day? Enjoy a collection of your favorite romantic songs sung live by the acapella quartet FortZando, consisting of Penelope Kinsman, Cathy Day, Tim Wilson, and Benjamin Whitcomb

Wednesday, February 12th at 10:00 am in the Piano Lounge—Pet Therapy with Cheryl and Aoife

Wednesday, February 12th at 1:15 pm in Olm Fellowship Hall—Dog treat making with the UW-W Men's Football team



Thursday, February 13th—Lunch outing to Culver's: transportation will leave the front lobby at 10:50 am for those that have signed up. If interested in going, please sign up at the front desk by Tuesday, February 11th.

...Happenings Continued

Thursday, February 13th at 1:15 pm in Olm Fellowship Hall—Music with David “H.B.” Drake: Heart and Soul program

Thursday, February 13th at 5:30pm in the Piano Lounge—Pet Therapy Visits from Janesville-Beloit Kennel Club

Friday, February 14th at 1:15 pm in Olm Fellowship Hall—Drum Circle w/ Christine Hayes and UW-W students



Friday, February 14th at 2:15 pm in Olm Fellowship Hall—Bingo w/ UW-W Women’s Soccer team

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

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

Monday, February 17th at 10:30 am in Olm Fellowship Hall—Listen In w/ Paul Kuenning, Fairhaven CEO

Monday, February 17th at 1:00 pm in Olm Fellowship Hall—WWII Greatest Battles: The Normandy Invasion/The Victory 52 minutes

Monday, February 17th at 3:00 pm in Olm Fellowship Hall—Fairhaven Lecture Series

Tuesday, February 18th at 1:00 pm in the D-Lounge—United Methodist Church communion

Tuesday, February 18th at 10:45 am in Olm Fellowship Hall—Seated tai-chi with Jennifer

Tuesday, February 18th at 11:30 in the Skylight Dining Room—Pizza Party! Flyers will be going out in early February.

Tuesday, February 18th at 12:45pm in the Piano Lounge—Bean Bag Baseball

Tuesday, February 18th at 6:00pm in Olm Fellowship Hall—Bingo w/ UW-W Student Group Pre-Health

Wednesday, February 19th at 10:00 am in the Piano Lounge—Pet therapy visits with Sherri and Suzi

Wednesday, February 19th at 1:00 pm in Olm Fellowship Hall—Matinee movie

Thursday, February 20th at 9:30 am in Olm Fellowship Hall—Resident Council Meeting. All are encouraged to attend.

Thursday, February 20th from 10:00-11:00 am in the Whitewater Conference Room—Free blood pressure screenings from Fort Wellness staff with Fort Hospital

Thursday, February 20th at 1:15pm in Olm Fellowship Hall—Bingo w/ Staff from Associated Bank in Whitewater



Thursday, February 20th at 2:30 pm in the Piano Lounge—Fresh cheese curd sale

Thursday, February 20th at 2:30 in the Skylight Dining Room—Mexican Street Corn dip w/ chips and margaritas social

Thursday, February 20th at 6:00 pm in Olm Fellowship Hall—Bingo w/ UW-W Purple Lightning

More Happenings in February

Friday, February 21st at 1:30 pm in Olm Fellowship Hall—Bingo w/ UW-W sorority Alpha Sigma

Monday, February 24th at 1:00 pm in Olm Fellowship Hall—WWII Greatest Battles: To the Shores of Iwo Jima

Monday, February 24th at 3:00 pm in Olm Fellowship Hall—Fairhaven Lecture Series

Tuesday, February 25th at 10:45 am in Olm Fellowship Hall—Chair yoga with Kathy

Tuesday, February 25th at 12:45pm in the Piano Lounge—Bean Bag Baseball

Tuesday, February 25th at 6:00 pm in Olm Fellowship Hall—Bingo w/ UW-W student group AMA

Wednesday, February 26th at 10:00 am in the Piano Lounge—Pet therapy visits with Karen and Ezzy

Wednesday, February 26th at 1:15 pm in Olm Fellowship Hall—Bingo w/ UW-W Men’s Football team

Thursday, February 27th at 10:30 am in the Piano Lounge—First English Lutheran Church service

Thursday, February 27th at 5:30pm in the Piano Lounge—Pet Therapy Visits from Janesville-Beloit Kennel Club

Friday, February 28th at 1:15 pm in Olm Fellowship Hall—Bingo w/ UW-W student group Phi Eta Sigma

Fairhaven Lecture Series - Spring 2025 Mondays, 3:00 p.m. in Fellowship Hall

Remarkable Women

What can we learn about the leadership of women in business, art, activism, and sport and how their accomplishments have shaped who we are today? The stories of these women across the world intrigue us, inspire us, and they remind us how their creativity and perseverance continue to impact our lives. Join us this spring as we examine a series of remarkable women across the globe and throughout history.

February 17	“Movements are Born of Critical Connections Rather Than Critical Mass”: The Activism of Grace Lee Boggs—Ashley Barnes-Gilbert, Assistant Professor, Women’s and Gender Studies
February 24	The State of Women Representation in Business: Challenges, Equity, and Pathways to Progress —Rashiqa Kamal, Professor, Finance

Please be respectful and considerate of lecturers and other residents. Turn off cell phones, and refrain from conversations with your neighbors during the lecture.

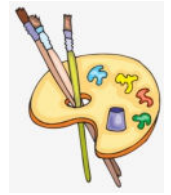
We want to remind all that the Fairhaven Bus will be running like normal with a pickup at 829 Burr Oak at 2:35 and the Community Center right after. Please call or email the front desk to sign up for a ride.

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](#). 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>.

Have your portrait drawn!

UW-W Drawing Class is back again at Fairhaven and looking for 8 participants. You would need to be available for all 3 of the dates listed below. If interested, please sign up at the front desk. Please see Brian with any questions.

Wed 2/12 4:00-5:00 p.m. in the piano lounge
Wed 2/19 4:00-5:00 p.m. in the piano lounge
Wed 3/12 4:00-5:00p.m. in the piano lounge.



February Resident Council Update

Fairhaven's Resident Council began 2025 by welcoming Rich Schilt from Prairie Village to the council. He is beginning his first term with interest and enthusiasm. Please utilize his interest and talk with him about your ideas or concerns, as well as his.

Jasmyne from Dining Services gave a brief update regarding plans for exciting ventures from the kitchen, including the Resident Tea social on Thursday, January 23 as well as others coming down the way. Some additional tasting opportunities with food vendors starting soon, new offerings from behind the kitchen doors, and a happy, excited kitchen staff crew. Keep your taste buds active and ready to jump for joy.

Paul brought the council up to date with progress on the renovated central 3rd and 4th floors, with most of the 4th floor rooms occupied or spoken for, a tentative plan for the third floor to begin occupancy soon, and the 2nd floor looking to be complete hopefully in the next month or so. Opening these three spaces means a little creative staffing to utilize our current staff, to not short areas which need consistent staff, and to be ready to add new staff as the need arises.

Nelda gave the Prairie Village Moment review of the water retention ponds dotted around Prairie Village, their purposes, and the abundance of wildlife to see and watch. Included are deer, turkeys, rabbits, ground-hogs, squirrels, fish in the ponds, and many assorted birds. Anybody for some skunks?

Henry Malo was recognized for his many terms of service on the Council with a certificate of appreciation and voices of acknowledgment. Henry had some words of encouragement, wisdom, and reflection on his time with Council, and especially his time with Fairhaven, which he praises as the best around and superior place to live.

Two other reports were made as updates. The annual Employee Christmas Fund is off and running again, healthy and very appreciated by staff. Karen and Neil are going to continue managing the fund with their golden fingers as they watch it grow and report back to the committee.

The Suggestion Box located at the Fairhaven main mailbox area has been resting over most of the holiday season. Please remember to utilize the box as another way to bring your ideas to the Fairhaven administration and the Resident Council. The suggestion box is available 24 hours a day, has paper and pens next to it for your convenience and use, and is checked a couple times a week. Please remember to sign your name that we can get back to you for clarification and ideas to effect your suggestions to fruition.

Current Resident Council Members:

Carolyn Behrens, PV Vice Chair
Mary Ellen DeLoach, PV
Chris Lange, FH Chair
Don Sorenson, FH

Lyndia Fry, PV Secretary
Rich Schilt, PV
Gerry Palmer, FH
Karen Christofferson, PV Employee Christmas Fund
Neil Aiken, FH Employee Christmas Fund

We still have 2 seats open for Fairhaven representatives. Please contact a member of the council if you are interested.

Movies in Olm Fellowship Hall

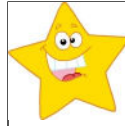
Sunday, Wednesday, and Friday nights movies will be shown at 6:00 pm. Once a month there will be a Wednesday Matinee Movie rather than an evening movie.

On Wednesday, February 12 Holy Communion will be offered at our 11:00 a.m. worship service. If you are not able to attend and would like to receive communion, please contact Chaplain Luke and he will bring it to you on Wednesday.

For your banking convenience

First Citizens State Bank will be in the Private Dining Room Thursdays from 11:00-11:45

Premier Bank: By appointment only, on the 2nd & 4th Tue. 10:00-11:00. Call 262-473-1111 to schedule.



Did you know that residents can nominate staff for the Shining Star? This program is a way to highlight staff members for going above and beyond, doing something special or for any other positive reason that you can think of. Nomination forms can be picked up and returned at the front desk.



Maintenance has been having an uptick with plugged drains and garbage disposals. Placing wrong items down the drains and/or garbage disposal is very costly and can damage the internal plumbing.

What to avoid

Egg shells: Can break into small pieces that are hard to flush out, or the membrane can wrap around the blades and cause clogs

Pasta or rice: Can absorb water and create a thick paste that can clog the drain

Fibrous vegetables: Can bind up around the blades, including rhubarb, asparagus, celery, chard, artichokes, kale, and lettuce

Paper towels, napkins, or tissues: Don't break down easily and can cause clogs

Kitty litter: The material will not break down and clog the drain

What to put in

Soft or liquid foods: Leftover food from your plate, as well as soft foods

Ice cubes: Can help remove food bits from the blades

Citrus rinds: Can be beneficial for the disposal

Dish soap: Can be put down the disposal

Cold water: Can be poured down the disposal

February 2025 Shining Stars

- Shelly Kavanaugh – Housekeeping
You rushed to get help quickly to help a resident who was in distress. Way to make a good decision/call
- Jerry Hall – Maintenance
Numerous residents complimented Jerry during the moves to 4th Floor. Comments were that he does amazing work ensuring phones and cable boxes got activated. So patient and courteous.
- Laura Olivares – Nursing
Laura has made it a point to help Dining Services staff in the 4th Floor dining room on the PM shift. It is great to see Departments helping each other.
- Shannon Schoville – Administrative Assistant / Marketing
Came in on a Saturday to fix the Sara System when pages were not coming through.

Friends/Mini Mart Update

Yes, we have Valentines and St Patrick's Day cards and more

Please come check out our seasonal offerings in the Mini Mart.

Our annual Warblers concert, whose singers include many Whitewater area friends, is scheduled for Wednesday, March 26, at 1:00 p.m. in Olm Fellowship Hall. Yes, this is an early announcement, but we hope it gives you ample time to get this always entertaining program on your calendar.

In the mid-19th century, mass-produced paper valentines began to be created. The first American valentine was published in 1849 by Esther Howland of Worcester, Massachusetts. Continue this 176-year-old tradition by shopping with us for your Valentines. We also have decorative and gift items for February 14! (And St Patrick's Day is not too far away.)

Practical and fun items best describe the Mini Mart's inventory. Drop by to see what we have that you may be able to use.

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.

Bible Study is held every Monday morning at 9:30 am in the Private Dining Room with Pastor Samuel Schulz from St. John's Lutheran Church in Whitewater.

CURRENT EVENTS & IDEAS As we age, open and insightful conversation is vital for sustained mental health. We provide that amidst a circle of fun and friendship. Please join us each Tuesday afternoon, 2:00-3:00 in Olm Fellowship Hall.

February is Heart Awareness Month: Strokes and heart attacks are always an emergency. But do you know the signs of stroke and heart attack? Knowledge is power. Save a life by learning the signs and symptoms, recognizing them when they happen, and calling 911 for help.

Stroke

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- Sudden confusion or trouble understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

Heart attack

- Pain or discomfort in the chest
- Lightheadedness, nausea or vomiting
- Jaw, neck or back pain
- Discomfort or pain in arm or shoulder
- Shortness of breath



When you think someone might be having a stroke or heart attack, don't wait. Call 911 right away. Emergency medical services personnel are trained to identify stroke and heart attack and get the patient to a hospital fast. These medical emergencies are treatable and the faster the patient gets treated, the more likely they are to return home to family and routines.



Resident Referral Program



Open to any current resident.
Recommend a friend or family member who
successfully signs a lease and moves in will
receive a \$500 bonus.



Have you/your loved ones had a positive experience here at Fairhaven? Help us spread the good word by writing a review. Being able to share positive reviews online is a great Marketing tool for when others are looking at us. We would greatly appreciate your reviews!