

Friendship HAVEN

Times

SUMMER 2017



On a High Note

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Resident John Zuerrer is Living Life to the Fullest

Chances are, if you are from the Fort Dodge area, you know the name John Zuerrer. A native of the area, John has come to know many people through his previous jobs, involvement in community boards and groups, and other social activities. Today, he continues to stay involved both on and off Friendship Haven's campus.

Following a rushed quadruple bypass and eventual COPD diagnosis, John knew it was time to make a move to Friendship Haven. "I just woke up one morning and decided it was time to move to Friendship Haven," John stated. Already familiar with the campus, as his grandmother, aunts, and uncles had all been residents, John just needed to convince his sister that it was the right move. "She was a bit hesitant at first, but after she came and toured the buildings, she approved," John mentioned. He continued, "I moved into my home in 2013, and it's the best move I've made in my entire life." Having lived in a traditional home with the bedrooms upstairs, John wanted a home with only one level. The Friendship Haven townhomes were a perfect fit for him.

After making a few additions of his own, including a garden shed, sidewalk and three-season porch, John feels very comfortable in his humble abode. "I have a magnificent view out my picture window. The nature here is beautiful. Some days I see deer, other days I see wild turkeys, and there are birds galore!" John explained.

When not on campus or out and about in Fort Dodge, John is most likely traveling to watch his favorite sports team or to see new sights around the globe.

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On a High Note continued...

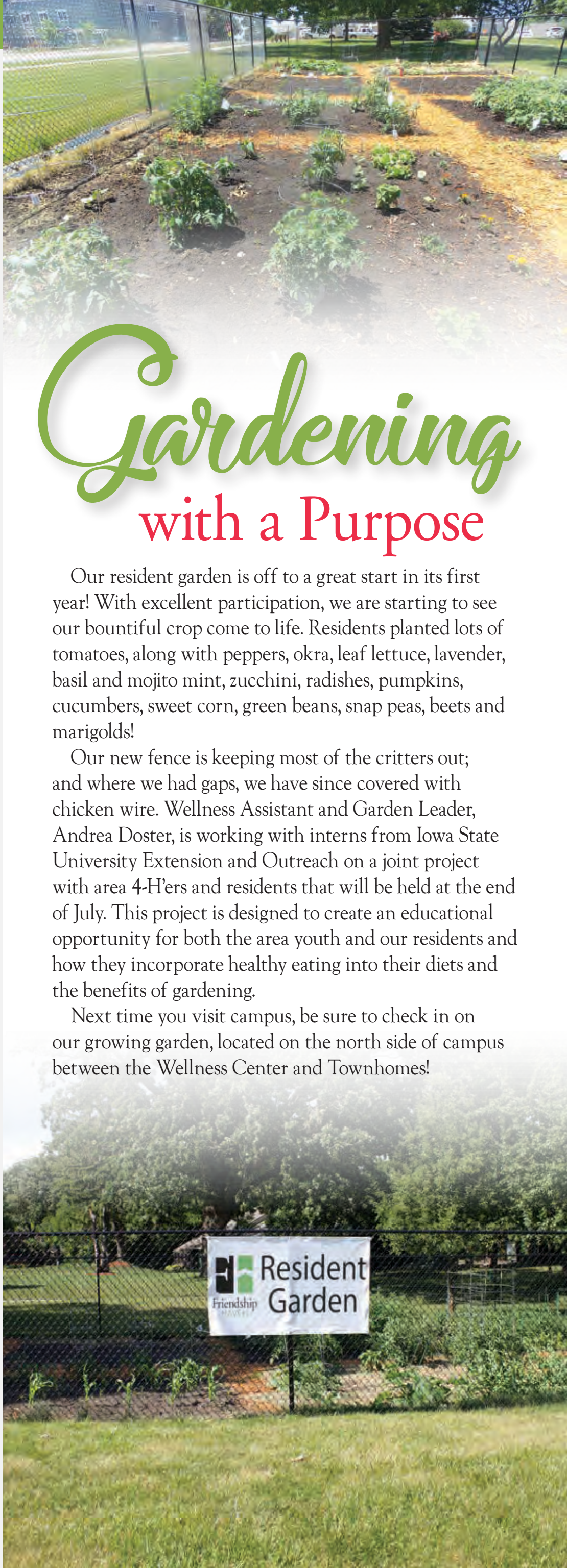
Throughout his home, it is obvious where his loyalty lies, as Iowa Hawkeye gear adorns nearly every room. An avid Hawkeye fan, he has held season football tickets for 43 years. Fulfilling his passion of travel, he recently returned from an international trip through Friendship Haven's travel club. "We traveled to London, Ireland, Scotland, Paris and Normandy. I was humbled to witness the sight of the Normandy beaches where our brave soldiers risked their lives. I was also able to see my own grandfather's hometown of Coleraine, Ireland. All around, it was a spectacular trip," John reminisced.

Besides traveling, John also has a passion for music. Following high school, he attended two years at Iowa Central Community College and went on to study at Buena Vista University, majoring in Business Administration and Music. He decided to stay an extra semester in order to receive his teaching certificate in both areas. Upon graduation, he taught music for K-8 at Sacred Heart School in Fort Dodge. Upon consolidation, John sought another path and held multiple positions at various Fort Dodge businesses throughout his working career. During this time, he remained active in the arts, singing for many funerals and wedding ceremonies. "To date, I have sung at 731 funerals and 142 weddings. My time of singing may be coming to an end shortly, because my motto is to always end on a high note," John said.

Keeping that motto in mind, John is enjoying everything that life has to offer at Friendship Haven. He participates in the choir, is a life enrichment team member, and is on the advisory board for the townhomes, among other things. "Friendship Haven is a city within the city of Fort Dodge," he proclaimed. "There are endless amenities and activities here, and I'm happy to be part of it," he continued.

Very proud of the wonderful community he belongs to at Friendship Haven, John strives to keep it that way. "One thing that touches my heart the most is the Legends Tailgate event. I strongly support this event since the money raised goes towards the Good Samaritan Fund. This means that if needed, residents have the financial support of Friendship Haven if unforeseen circumstances arise and will continue to get the same level of care and treatment. That alone speaks volumes about the character that makes up Friendship Haven," he remarked.

If you know one thing about John Zuerrer, it's that he doesn't know a stranger, especially with all he is involved in. Whether it be on Friendship Haven's campus, throughout Iowa, or across the world, it is apparent that John is living his life on a high note.



Gardening with a Purpose

Our resident garden is off to a great start in its first year! With excellent participation, we are starting to see our bountiful crop come to life. Residents planted lots of tomatoes, along with peppers, okra, leaf lettuce, lavender, basil and mojito mint, zucchini, radishes, pumpkins, cucumbers, sweet corn, green beans, snap peas, beets and marigolds!

Our new fence is keeping most of the critters out; and where we had gaps, we have since covered with chicken wire. Wellness Assistant and Garden Leader, Andrea Doster, is working with interns from Iowa State University Extension and Outreach on a joint project with area 4-H'ers and residents that will be held at the end of July. This project is designed to create an educational opportunity for both the area youth and our residents and how they incorporate healthy eating into their diets and the benefits of gardening.

Next time you visit campus, be sure to check in on our growing garden, located on the north side of campus between the Wellness Center and Townhomes!



“Make No Little Dreams”

Friendship Haven is very much a culmination of time, talent and treasures that come together to allow our residents to live full lives with faith, passion and purpose. From our humble beginnings, we have had employees, residents and donors of various capacities bring their gifts to the table to allow us to grow and flourish. Whether an employee, board member or friend of Friendship Haven, time and time again we are called to dream big for our beloved campus. Many of you have heard us quote the Reverend Dr. Clarence Tompkins in saying, “Make no little dreams. They have no power to stir the souls of men. Make great dreams, so great they will tax your strength to fulfill them; and, incomplete, you will bequeath them to your children, who will rise up to call you blessed.” No truer words ring through our campus and can be seen through the continued growth and expansion projects that have occurred over time.

We are so grateful to all of our donors and feel as though we wouldn't be properly honoring Dr. Clarence Tompkins if we didn't recognize those individuals who dreamed big with us. All of those who enter our doors and walk our hallways are able to see the generosity of others through the Sticks commissioned walls and artwork that adorn our special spaces. Our former CEO came up with the initial concept that has since been added to and expanded upon each year. These pieces of art each share a meaningful story and significance.


Greeting those who enter the Welcome Center, the artwork that can be found off to the left as you come through the doors is meant to recognize those individuals who participated in the “Dare to Dream” capital campaign for the construction of River Ridge and the Simpson Health Center. We encourage everyone to take some time to look at the beautiful artwork that depicts well-known buildings and sites of the former campus, including the Tompkins Health Center and well-known gazebo. We wanted to honor and preserve the rich traditions that shaped us into who we are today.

If one were to follow the hall down towards the Tompkins Celebration Center, you will come upon stars scattered throughout the walls of the bird-viewing area. This is where our Star Society is recognized. Our Star Society recognizes benefactors who remember Friendship Haven with estate or planned gifts established during their lifetime. We believe the generosity of these distinguished donors show a commitment to the tradition of yesterday and the vision of tomorrow.

Continue down the hallway and you will arrive at the Tompkins Celebration Center. It was only fitting that our donor wall would greet all those who enter the Tompkins Celebration Center, named after the distinguished individual who gave so much in so many ways. The wall walks us through the four seasons and was brought to life in 2007. Now, ten years later, the names are updated annually to allow us to honor those who have cumulatively given a monetary gift of \$500 or more.

Whether your gift be big or small, in the form of a monetary donation or your time or talents, they do not go unnoticed. We are extremely grateful for the gifts that continuously allow us and encourage us to “dream big!” We hope the next time you visit campus, you take some time to walk our hallways and see not only the beautiful Sticks artwork but feel the excitement and positivity that fills our buildings and energizes us daily to continue to dream big for our residents and set goals for our future!





The Star Society honors benefactors who remember Friendship Haven with estate or planned gifts established during their lifetime. The generosity of these distinguished donors shows a commitment to the tradition of yesterday and the vision of tomorrow.

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Friendship
HAVEN

Thank You for Your Service

We want to take this opportunity to recognize board members that have either termed off of the board, or are no longer with us.

We are grateful for your years of service.

DOUG SPENCER
2005 - 2017

JUDGE ALBERT HABHAB
2001 - 2017

BRUCE VANDAGRIFF
2006 - 2016

Bruce held our Board President position until resigning in 2016 due to health reasons. He passed away in May 2017.



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The twelve individuals who make up Friendship Haven's Board of Directors come with various backgrounds, careers and personalities, allowing each of them to bring a valuable perspective to the table. Together, the board has made impactful decisions to continuously keep Friendship Haven moving forward and up. Without these unique insights, we could potentially be missing out on opportunities and advancements for our residents and campus.

One such unique perspective that is brought to the table comes from one of our newest board members, Bill McAnally. Joining the board in early 2017, Bill may be new, but it is already apparent he will bring a great deal of knowledge and experience to campus. With an extensive background in construction, having once traveled the United States consulting on construction projects for safety and energy efficiency, Bill brings a truly invaluable viewpoint to the board and to campus. "Although I am always assessing my surroundings, it will be hard to find any discrepancies with Friendship Haven's Operations Manager, Mel Smith, running such a tight ship," explains Bill.

Now "retired", Bill spends a great deal of his time consulting for utility companies, Iowa State University and Iowa Economic Authority in Iowa and Minnesota. As another component to his retirement, Bill often speaks at conferences and seminars on proper building practices and previous building failures. "I think it is important to make every process better and more efficient, learning from past mistakes," says Bill. "We need to always own up to our mistakes and improve upon them." During

his working career, he was employed at Iowa Central Community College as an instructor for the Carpentry Program and also ran the Industrial Technology Program for some time. When Bill wasn't working at Iowa Central or traveling the country, he was running McAnally Construction.

No stranger to Friendship Haven, Bill is a Fort Dodge native and has worked on past campus construction projects, both through his own construction business and from a consulting standpoint. Although Bill was already on the board when the new Journeys building was completed, he knew the project was in great hands between the contractor, Jensen Builders, and the architect, Tom Vogt. "Even though I wasn't hands-on from a consulting standpoint on the Journeys building, I still wanted to ensure residents felt safe and the building ran as efficiently as possible," explained Bill. "Tom and Jensen Builders did an excellent job designing and executing the unique space."

It is clear Bill has a passion for what he does, and he is constantly striving to ensure better practices wherever he goes. He will fit right into Friendship Haven's mentality of continuously improving and moving forward. As Bill walks the halls of Friendship Haven, he says he always has his eyes peeled for how to make a process better or a room more efficient. "The buildings are all so meticulously constructed and well taken care of, it is hard to find areas for improvement- but I am always looking!" Bills explains. One thing is for certain, Bill and Friendship Haven are dedicated to creating the best possible environment for residents and community members alike.

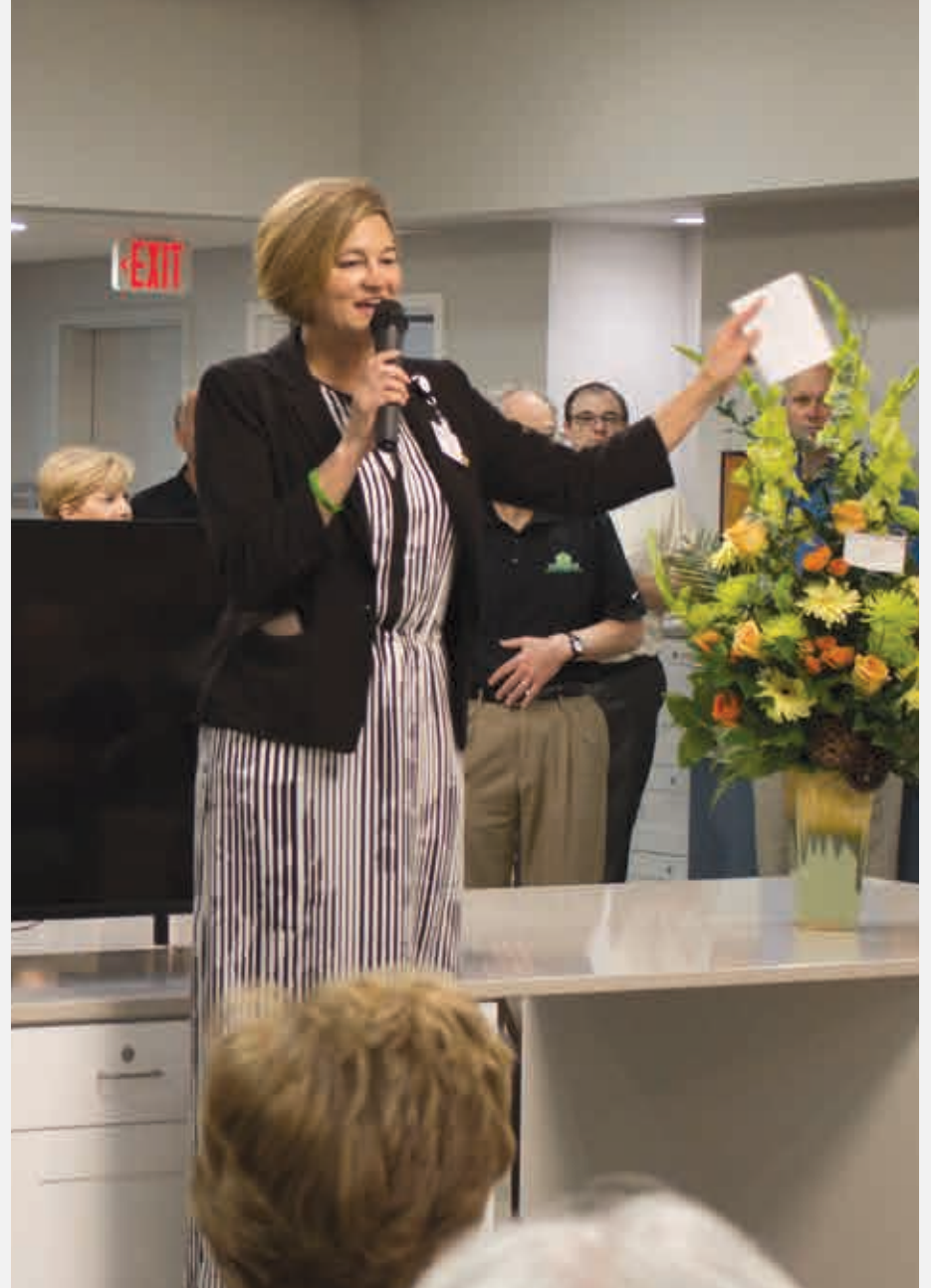




A Journey Unlike Any Other

On June 15, 2017, Friendship Haven employees, board members, family, residents and individuals from the community came together to officially open the doors of Journeys at Friendship Haven. This new memory support neighborhood will be called home to the 16 residents who officially moved in on June 20th. Almost three years in the making, this neighborhood offers state-of-the-art amenities designed specifically for residents with dementia.

Two and a half years ago, Journeys neighborhood Director, Allison Zuspann, was challenged by leadership to gather her staff and have them write down a “dream big” they had for Journeys and the memory care residents. These employees work alongside residents with dementia on a daily basis and know that care and the environment needs to be tailored specifically to support their well-being. A majority of the staff wrote down their wish to have a stand-alone, dementia care building. Allison then went to leadership with the idea, and plans quickly came together. “I wanted the Journey’s staff involved in the design and planning process,” explains Allison. “Layout, paint colors, furniture and our nooks all have a specific meaning behind them in efforts to create the most comfortable environment for our residents. Even dish colors and individual room features were considered when planning this building.”



As the building reached completion, it was apparent that no decision was up to chance. Comprised of two, separate households joined by a hallway and secured courtyard, this building is truly one of a kind! Hallways don’t have endings, colors are muted with minimal artwork, rooms are meant to feel inviting but also promote community engagement and interaction among residents. There are two nooks in each neighborhood designed specifically for residents with dementia to allow them to experience and embrace memories from their past. The thought and meaning behind every decision was truly resident focused.

Journeys at Friendship Haven is meant to embrace residents on their journey through memory loss and cater specific care to each individual. This new building will allow staff to better support the residents, allowing them to thrive and flourish in a comfortable setting. We know this building would not have been possible if it weren’t for our generous benefactors and staff who gave selflessly of their time, talent and treasures. We are truly grateful and feel blessed knowing the residents are in such a positive environment.

Thank you for taking this journey with us.

Check out our Facebook page for a virtual tour of the building with our President/CEO, Julie Thorson.



A Legendary Event

Mark Your Calendars for our Legends Tailgate on Friday, August 4th

On Friday, August 4, the place to be is Friendship Haven for our 9th annual Legends Tailgate! This fundraiser event not only benefits the Friendship Haven Good Samaritan Fund, but it is an enjoyable evening of entertainment, great food and drinks and a live and silent auction that will be hard-pressed to beat.

This year's Presenting Sponsors are Citizens Community Credit Union, Gunderson Funeral Home and Cremation Services, Shimkat Motor Company, and E. John Zuerrer. We can't thank our generous sponsors enough for making this event possible.

Our committee members have been busy gathering new items for the auction block and bringing back crowd favorites. New this year will be an autographed guitar by AC/DC, a commemorative art piece signed by the cast of Downton Abbey and an autographed NFL helmet. Spend a weekend in the windy city of Chicago with our couple's package that includes dinner on the river

and plane tickets directly from the Fort Dodge Regional Airport. Slip away from the frigid Iowa winter with a one-week stay in a tropical island paradise! Feel the warm sun and ocean breeze against your skin while enjoying the breathtaking views from the all-remodeled, ground floor condo at the Papakea Resort in West Maui. The condo accommodates six comfortably with two bedrooms and a sleeper. There are so many other great items, you'll want to be at the tailgate so you don't miss out!

The Brad Meyers Band will be back and ready to entertain us with their musical talents and new this year, we will have snacks and adult beverages representing various collegiate conferences, bringing tailgate favorites from around the U.S. right to our very own campus.

Tickets can be purchased for \$15.00 per adult or \$25.00 per couple at the Friendship Haven Welcome Center, Shimkat Motor Company, Great Western Bank in Fort Dodge, and the night of the event, or by emailing our event

co-chairs Rollie Peterson or Denise Halverson. VIP passes are also available for \$100 and includes a VIP parking pass, two event tickets and four drink tickets. Please contact Rollie or Denise to line up your VIP passes today!

Legends Tailgate may be a fun, enjoyable evening but the meaning behind it is what makes it special. All proceeds from the evening go towards the Good Samaritan Fund, which assists residents with unplanned expenses such as special medical equipment or other living expenses on an as-needed basis. This fund is truly invaluable and has helped so many residents over the years.

We hope to see you all on Friday, August 4 from 5:00-9:00 p.m. at Friendship Haven's campus!

Legends Co-Chairs

Denise Halverson:

denise.halverson@friendshiphaven.org

Rollie Peterson

rpeterson@friendshiphaven.org

★ Friendship Haven ★
LEGENDS
TAILGATE

Entertainment by the
Brad Meyers Band

AUGUST 4
5:00 - 9:00 PM

PRESENTED BY:

Citizens Community Credit Union | Gunderson Funeral Home & Cremation Services
Shimkat Motor Company | E. John Zuerrer

Tickets can be purchased at Friendship Haven, Great Western Bank and Shimkat Motor Company for \$15.00 or \$25.00/couple. Call 515-573-6015 to reserve a VIP tailgate pass.

Friendship Haven Campus: 420 Kenyon Road, Fort Dodge
All proceeds benefit Friendship Haven's Good Samaritan Fund

Get to Know:

Pastor Jennifer

Friendship Haven's Spiritual Care Coordinator



Reverend Jennifer Owen may be new to Fort Dodge, but as Spiritual Care Coordinator, she is ready to immerse herself into the community that makes up Friendship Haven. Following God's calling and appreciating the essence of retirement communities, Chaplain Jennifer feels that Friendship Haven was a great move.

Q: What is your background?

A: I grew up in Wisconsin, and my husband, Eric, is from Indiana. We have previously lived in Indiana and just moved here from St. Louis. I have spent 16 years as either a solo or interim pastor for various congregations within the Evangelical Lutheran Church in America (ELCA). Most recently, I held a chaplain residency position in a community similar to Friendship Haven. Eric and I both enjoy traveling and learning new things, and we love our two dogs.

Q: As a first-time Iowan, what have you enjoyed about the Fort Dodge area so far?

A: Growing up in the Midwest, I'm used to being surrounded by farms. Fort Dodge reminds me of my hometown, although my husband and I both agree it also reminds us of other places we've lived before. We are both enjoying the area so far, even though we only moved here at the beginning of June. We attended the Frontier Days celebration and saw the Karl King band concert. I'm looking forward to going to Market on Central and joining a photography club, as that is one of my passions.

Q: What led you to Friendship Haven?

A: Lately, I had been feeling that God was leading me to a position in a retirement community. At my last job,

I began praying with my mentor about finding a job that has a weekly worship setup, but also incorporated a non-traditional aspect. After I applied to the Friendship Haven job opening, everything moved quickly from there. I interviewed, was offered the job, and began on June 1! I'm blessed with a husband who works from home and is more than willing to move where God is calling us. Now that I've been working for a few weeks, I feel that Friendship Haven has a good blend of the structure that I was looking for.

Q: What are some aspects you are looking forward to or goals you have as Spiritual Care Coordinator of Friendship Haven?

A: My plan as the Chaplain is to share my faith, walk alongside Father Tigges in joint worship opportunities, and serve as a resource for the staff. I'm most looking forward to getting to know the residents. So far, I'm working on learning names, but it's been nice to have residents stroll by my office and introduce themselves since I love to visit with them. My goal is to see where interests and possibilities are and how we can provide for them. Right now, I'm working on getting a weekly worship service set up for the new Journeys building which will be geared more towards memory care residents. I'm very excited to see what God has in store for Friendship Haven.

Get in touch with Chaplain Jennifer. Feel free to stop in and visit, or simply introduce yourself as you walk by her office. Contact her at 515-573-6005, or jennifer.owen@friendshipaven.org.

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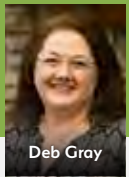
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