

# Friendship HAVEN

# Times

FALL 2017



## Growing a Healthy Lifestyle

### In This Issue

- 3 Swept Away in Their Work
- 4 A Seat at the Board Table
- 5 A Beloved Gift
- 6 Pouring Their Hearts into Their Work
- 7 Discovering a Second Career
- 7 Have a Positive Impact on the Lives of Others

Andrea Doster utilizes her passion for staying active to create a unique opportunity for those with a green thumb

It was one simple vision that has turned a once open area into a grand display of colorful fruits, vegetables and flowers. On its second season of supplying delicious produce, the resident garden is successfully providing healthy meal choices and an outdoor oasis.

Andrea Doster, Wellness Assistant at Friendship Haven, has been the lead of the Resident Garden project from the very start. Through the leadership at Friendship Haven, she's been given the freedom to dream big in her position and pursue ideas that will better the day-to-day livelihood of Friendship Haven residents. That spurred Andrea to find a way for residents to be involved in healthy living outside

of the wellness center, and what better way than to grow your own produce.

Andrea opened up the project to residents who would be interested in tending a garden plot. After those individuals made that commitment, the Resident Garden was sectioned off into eight plots.

**continued on page 2**



## Growing a Healthy Lifestyle continued...

The residents have complete freedom to choose what plants they would like to grow and how they would like to maintain the ground, which gives the Garden quite the variety of colors and textures! This past summer, there was a little of everything: from multiple varieties of tomatoes, zucchini, sweet corn and cabbage, to pumpkins and kohlrabi growing within the Garden's plots. Andrea also maintains one of those eight plots, that of which she decided to grow three herbs: lavender, basil and mojito mint this year. She has been known to take those herbs, add them to smoothies, and let the residents and employees do the taste testing while enjoying a refreshing snack. Andrea gives away the rest of her produce being grown to residents and employees, allowing others who don't have a plot to reap the rewards of the fresh products and inspire them to become interested as well.

Gardening was common around Andrea at a young age; however, she did not become interested or active in it again until after she graduated from college. She missed the thought of getting her hands dirty and growing her own produce. To further her education and skill



Andrea gives everyone the chance to have fresh produce by giving away what she grows, leaving it in a basket on the Kenyon Place fireplace ledge.

set, she decided to become a Master Gardener. The Master Gardener program is a 40-hour training course available through Iowa State University Extension to anyone with a gardening interest and who shares a common passion for sharing gardening with others. Andrea took her involvement with ISU Extension one step further by joining with them to bring 4H members to the Garden and educate them on how to grow produce. Those 4H members were also able to interact with the Friendship Haven residents who manage the plots and were willing to share their years of gardening knowledge and experiences.

Andrea has a passion for educating, and her future “dream

big” plans for the Resident Garden center around just that. Andrea inspires to provide a type of educational series in the future on fresh produce and the path it takes; beginning from the seed you place in the ground and ending with the product on your dinner plate. Achieving a healthy lifestyle has a lot to do with what your daily meals consist of. Andrea is a strong advocate for those healthy and fresh meals, along with how you can utilize gardens full circle. Andrea is truly thankful to Friendship Haven for investing in her big ideas and the leadership's flexibility in letting her do what is needed to continue the success of the Resident Garden for seasons to come.



# Swept Away in Their Work

## Catch up with the ladies who diligently ensure Friendship Haven stays spot free

Many residents and visitors have probably noticed five ladies bustling around, pushing cleaning carts, carrying dusters, or pulling vacuum cleaners down the halls of Friendship Haven. They quietly and quickly move about their tasks, ensuring each nook and cranny of Friendship Haven's interior is clean as a whistle and welcoming to residents and guests.

These five women are the force behind the housekeeping efforts across campus. Together, Annette Douglas, Cindy Knutson, Lori Murphy, Regina Poe and Veronica Cardenas clean the many neighborhoods of Friendship Haven, such as Kenyon Place, River Ridge, The Gardens and many of the townhomes. The ladies are very flexible on the housekeeping tasks they can offer for the residents depending on their individual needs. When the housekeeper arrives to a campus home, residents have the option to stay or leave while the cleaning takes place. If by chance the resident would like them to come back, the group makes sure to rearrange the schedule to come back at the time most convenient.

In addition to the homes across campus, this hardworking crew can also be found proudly keeping common areas in pristine condition. You may find them pleasantly helping to set up and clean up for many of the great events happening in rooms across campus. While you may never even see them, their work is seen in the memories made at luncheons, family get-togethers, town halls and much more.

The group unites on three different shifts throughout the early morning to late afternoon to achieve their standard of cleanliness. Cindy and Veronica work one shift, Lori another and Regina the

late shift, with overlapping times that enable them to all work together during certain points of the day and create friendships along the way. They divide the responsibilities up, making sure rooms are up to par for new residents moving in or those areas requiring special attention.

This diligent team has a very heartwarming relationship with each other. They look after each other and make sure to assist in any one other's responsibilities and fill in if need be. The ladies rotate on the weekends since they all know how to do each of the jobs, allowing them the ability to work independently while still as a successful team. They all enjoy their jobs at Friendship Haven and look forward to working with each other and the additional staff across campus. But it is the daily job of working and interacting with the residents of Friendship Haven that they all agree truly is the most rewarding.

Annette Douglass, Lori Murphy, Cindy Knutson and Regina Poe work together to keep Friendship Haven looking beautiful. Not pictured is Veronica Cardenas.



# A Seat at the Board Table

These four Friendship Haven Board Members are giving their time to help direct the work of the greater Fort Dodge area's premier retirement community and are serving in their role with a purpose. Many have past and memorable experiences associated with Friendship Haven, and it is their desire to help continue to see the lives of residents fulfilled and well-cared for.

## Sharon Hotz

Being a native of the Fort Dodge area, Sharon Hotz, has warm memories of visiting her great grandparents while they were residents of Friendship Haven. Sharon is VP, Ag and Commercial Banker at Northwest Bank in Fort Dodge. She has served on several boards and committees in Fort Dodge and is genuinely committed to giving back to the community. Sharon's extensive experience in the financial industry will be a valuable asset to the Friendship Haven Board of Directors in assisting them in managing the budget and finding opportunities for growth. Hotz commented, "It will be gratifying to collaborate alongside the other professional and experienced Friendship Haven board members. I am looking forward to using my expertise in finance to support the board in making Friendship Haven even stronger in the future."



## Bob Singer

Bob Singer brings both his personal experiences and a new perspective to the board that will benefit Friendship Haven. "Now that I have recently joined the ranks of the retired, my wife and I have learned to pay extra attention to our financial well-being and future. I want to help make sure those kinds of worries are minimal for Friendship Haven residents and their families." Singer has worked in both the private and public sectors, which has brought an understanding and appreciation for the work that is involved with running a successful business over the years. Adding to his list of experiences that he hopes will aid in his role serving Friendship Haven, Singer has been a charter member of two non-profit foundations and a successful local business owner. Singer has always had a desire to assist when necessary and Friendship Haven will greatly benefit from his background and willingness to help.

## Tim Burns

With approaching his first year of service on the board, Tim Burns has already felt like he has been able to make an impact at Friendship Haven. Burns brings many years of financial experience to the table. He is the Chief Financial Officer at Decker Truck Line; a company he has been a part of for the past 26 years. He was inspired by a fellow board member's positive experiences, which encouraged him to become involved at Friendship Haven. Since making that step, Burns has been most impressed with Friendship Haven's leadership. "Their vision and compassion for the residents and staff has been exceptional, and they have been really good in knowing what's best for Friendship Haven." Burns has been able to bring his own ideas and personal insights from his mother's aging journey to guide himself and the board's decision making to ensure Friendship Haven continues to provide the very best for residents.



## Eric Pearson

Dr. Eric Pearson devotes much of his time to giving back to the Fort Dodge community within the walls of Unity Point Health, but he felt as if there was something more he could do. Now serving on the Friendship Haven board, he shares, is going to give him the opportunity to give back to a place that he holds with high esteem. Dr. Pearson saw how much good Friendship Haven offered for his grandmother in the past and for his parents who currently reside on Hilltop Road. "People don't realize the scale of what Friendship Haven does for its residents and their families. There's been tremendous growth on campus, and I'm excited to be a part of its continuous developments." Dr. Pearson comments how the care facilities for senior citizens will be most important in the years to come as the health care world remains ever changing. However, Dr. Pearson is confident Friendship Haven's leadership will continue to guide its future in the right direction.

# A Beloved Gift



Friendship Haven residents, board members, staff and community friends gathered recently for the formal dedication of the Highland Herum Family Fireside Library, located at Kenyon Place on the Friendship Haven campus. The generous family gift was made in loving memory of Melva Highland Herum and in respectful remembrance of her brother, Bob, and parents, Earl and Clara Highland, founders of the Highland Greenhouse.

## To honor his wife, a local man presented the ultimate gift dedicated to her and her family

While it can be tough to find the right words to eulogize a loved one who's passed away, emphasizing life rather than death is an important first step. Floyd Herum wanted to dedicate something in memory of his beloved wife; and, he did so, at a place where he found much enjoyment.

What was once known as the fireside library in Kenyon Place, is now the Highland Herum Family Fireside Library. Gifted with its new name, the library is a central gathering place filled with conversation, laughs and friendly competition for Friendship Haven residents and guests. The renaming of this special area came after Floyd gave a generous gift to Friendship Haven in honor of his wife, Melva, of 61 years. Floyd has enjoyed the fireside library, even referring it as our "happy room". It seemed only fitting that, as formal educators, Floyd chose the fireside library as the place to honor his wife.

To this day, Floyd speaks of Melva with love and adoration. He shares how resourceful and determined she was as a person, and that she was always doing what was needed for the betterment of their family. He shares a memory that embodies Melva's qualities: When Floyd had taken a new job located in Baghdad, it was Melva who closed their home, shipped their furniture, sold two cars, and arranged travel for herself and their one-year-old son to Baghdad from Japan.

During a time of sadness caused by a loss of Melva's only brother, Robert, she recognized that there would be no one to carry on her Highland family name. As a way to extend her family's legacy, she decided to add Highland as a middle name for each of her and Floyd's children (Bob, Donna, and the late Barbara) to ensure the memory of her parents, brother and the Highland Greenhouse would live on as long as possible. That is why you will find the name "Highland" included in the library's new name. Floyd felt it was only right to dedicate the library to his love of 61 years and her family.

As time has passed, Floyd continues to shed light and life, just as he shares Melva had done. The generosity and compassion of the entire Herum family have significantly brightened lives at Friendship Haven and will continue to do so for years to come.

We are grateful to the Herum family for their generous gift and for thinking of Friendship Haven as a place of honoring their loved one. This type of benevolent giving allows Friendship Haven to provide for our residents, giving them the care, support and love they all deserve.

***Pictured above: Denise Halverson, Teri Herum, Bob Herum, Floyd Herum, Donna (Herum) Reid, Julie Thorson and Phil Gunderson.***



# Pouring Their Hearts into Their Work

Volunteers do not necessarily have the time,  
they have the heart. – Elizabeth Andrews

With the busy lives we all lead, finding spare time outside of your regular routine might seem virtually impossible to do. Doing so might not be as difficult as you think if you consider the rewards received from lending a helping hand.

Sharing your time and talents and extending kindness to others can give you a sense of purpose, make you feel virtuous inside, and bring joy to others around you. Friendship Haven benefits greatly from kind and generous volunteers all year long. In fact, each year more than 10,500 hours of time are donated across our campus. The impressive thing is, these volunteers are not only local Fort Dodge and campus residents; they come from other surrounding communities also.

The volunteers at Friendship Haven are of all ages, backgrounds and interests, and each have a different reason for volunteering. By sharing their knowledge and energy, volunteers teach, inform, inspire and provide assistance for a variety of activities and services.

“You can’t walk through campus without seeing the smiling face of a Friendship Haven volunteer,” said Denise Halverson, Director of Engagement. “Friendly volunteers are commonly seen assisting visitors at the Welcome Center and Blue Lemon Boutique, serving as transport companions in restorative therapy, playing games or simply conversing with residents in their neighborhoods,” she said.

Residents and volunteers alike appreciate the companionship and relationships that are formed during the time spent together at Friendship Haven. These relationships are known to grow into long-term friendships, too, making it possible for both to learn from one another and reap significant reward from the social connection. “The simple act of caring can bring immeasurable joy, comfort and encouragement. At

Friendship Haven, we’re blessed to see this happen each day,” Denise said.

If you are interested in being a positive influence through volunteering, there’s a spot for you in Friendship Haven’s volunteer program. Steve Ehrhardt, Life Enrichment, said, “Denise and I like to be creative in matching volunteers to the right opportunities on campus, depending on the skills they bring and the time they’re able to commit. We look for the best connections not only for our residents, but for our volunteers as well.”

Even with the many hours already given to Friendship Haven, there is always a need for more volunteers around campus. Currently, the greatest need is for companions in both Journeys and Simpson Health Center. These needed volunteers may serve as walking escorts, readers, entertainment and activities assistants, or they may simply be a conversation partner.

Other areas where volunteers are always welcome is in the Blue Lemon Boutique gift shop or in restorative therapy as a transport assistant, which entails walking or moving residents by wheelchair to the restorative exercise area on weekday mornings.

“It has been said that there is something special about the heart of a volunteer. We tend to see a lot of those special hearts at Friendship Haven,” said Denise. “Volunteers have a passion for making a meaningful difference in the lives of others. Interestingly, the difference you’ll make in someone else’s life often makes an even greater difference in yours,” she said.

If you are interested in becoming a volunteer at Friendship Haven or know someone who would make a great volunteer, please contact Denise Halverson, Director of Engagement, 515.573.6705, [denise.halverson@friendshiphaven.org](mailto:denise.halverson@friendshiphaven.org).



# Discovering a Second Career

## Judge Brown's simple acts of service bring a helping hand

As a familiar face around campus, Judge Brown is no stranger to volunteering his time at Friendship Haven. Throughout the past nine years, Judge has avidly volunteered a few hours of his time for nearly every Sunday church service.

This volunteer journey began when he came to visit a friend at Friendship Haven in 2008 during a church service. As he arrived at the service, he quickly realized that some of the residents using mobilized chairs or scooters had difficulty maneuvering around the location. He not only wanted to assist his friend, but found the calling to help other residents in need of a helping hand.

While Judge is commonly found enjoying himself during these church services, that isn't the only place you can find him at Friendship Haven. As a past educator in the Fort Dodge Community School District for many years, there is a handful of colleagues who Judge has been able to stay in touch with by visiting Friendship Haven.

He makes a point to visit with many residents, some of whom are good friends and others who might be complete strangers. He spends time with anyone and everyone he can, because he knows some residents don't have family close to visit often. Judge likes to think that he can provide quality companionship and good company for them. Judge thoroughly enjoys talking with seniors. As a proud senior himself, he's learned a lot about the aging process and has made that connection with residents at Friendship Haven.

He's found that Friendship Haven is a great facility. He raves that "the people are all much too kind" to him. Spending a few hours at Friendship Haven is relaxing for Judge, there's no stress involved, and he finds it quite satisfying to see the residents enjoying themselves. Then again, why wouldn't they be? As Judge puts it, "There's something for everyone's personality and interests here!" We think it might have something to do with their enjoyable time spent in the good company of Judge Brown as well.

## Having a Positive Impact on the Lives of Others

The meaning of your gift is greater than ever imagined

The positive impact Friendship Haven has on so many lives and families continues to grow, and it is because of the generous support and many helping hands of others. Together we can maintain and expand on the care, housing options and amenities for all residents to live a life full of faith, passion and purpose. We need and happily welcome your generous gifts to Friendship Haven in many forms.

Your time and talents are special and valuable to Friendship Haven. Offering your time in all areas of our campus is fulfilling for both you and our residents. Your skills and talents may suit a need we're trying to fill or provide additional services that may add quality to the lives of our residents.

Monetary gifts are treasures to all at Friendship Haven. The impact of financial gifts is significant, with funds allocated in many ways that continue the meaningful mission of Friendship Haven and ensure quality life on campus, including:

- **Journeys**, our new freestanding memory support neighborhood. Only through the generous giving of others were we able to realize this dream. Ongoing support is appreciated as we provide loving, compassionate care to residents who require specialized memory care.
- **The Mission and Vision Fund**, where your gift plants the seed for future programs and services while helping address any pressing needs on a continuous basis.
- **The Care Trust and Good Samaritan Funds.** Friendship Haven's charitable care will be over \$1.3 million in 2018. Your gifts provide benevolent care and the assurance that no one resident will go without care due to lack of resources.
- **The Arbor Fund** ensures that our campus surroundings will always remain beautiful and provide the tranquil setting so many have enjoyed.

We appreciate the helpfulness of others and invite you to share your time, talents and treasures with Friendship Haven. Your generosity will be lasting and meaningful as it impacts every life with love and promotes living fully with faith, passion and purpose.

If you are interested in making a gift to Friendship Haven please contact Denise Halverson, Director of Engagement, 515.573.6705, [denise.halverson@friendshiphaven.org](mailto:denise.halverson@friendshiphaven.org).

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#### Vision

People living full lives with  
faith, passion and purpose.

#### Mission

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#### Values

To respect, encourage,  
celebrate and learn.

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For further details or sponsorship inquiries, contact Denise Halverson at 515.573.6705.

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