

WHAT'S HAPPENING

Spotlight on Activities



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August
2018

Editor
Ted Halsted

Saturday, August 4th:

Trip: Richmond Farmers Market
Sign up on the bulletin board across from the Main Dining Room. Trip is also scheduled for Saturday, August 18th.

Tuesday, August 7th:

Ladies Luncheon meets at 12:00 p.m. in the Community Room. Sign up on the bulletin board across from the Main Dining Room. Speaker is Michael Flowers of Indiana National Road & Huddleston House.

Thursday, August 9th:

It's Zinnia Flower Picking Time!
The FFC bus will take us to Carla Stidham's beautiful garden to pick colorful zinnias. The bus will depart at 1:00 p.m. Sign up on the bulletin board across from the Main Dining Room.

Friday, August 10th:

Movie: *Field of Dreams* at 2:00 p.m. in the Community Room.

Tuesday, August 14th:

Men's Breakfast meets at 8:30 a.m. in the Community Room. Sign up on the bulletin board across from the Main Dining Room. Speaker is Michael Flowers of Indiana National Road & Huddleston House.

Food Escapes with Ali at 2:00 p.m. in the Garden Room. Don't miss this culinary excursion. Lots of fun and good food. This escape includes chicken croquettes & onigiri. Yum!

Thursday, August 16th:

Sing Along with Sandra and Genevieve is at 2:00 p.m. in the Community Room.

Friday, August 17th:

Cope Environmental Center brings Bees & Honey at 2:00 p.m. in the Community Room. This is sure to be a fascinating program.

Sunday, August 19th:

The FFC bus will depart at 1:30 p.m. for Richmond Civic Theatre's presentation of *Sister Act*. Sign up for the bus on the bulletin board across from the Main Dining Room.

Thursday, August 23rd:

Old Fashioned Gospel Hymn Sing at 2:00 p.m. in the Community Room.

Friday, August 24th:

Movie: The family adventure comedy, *RV*, will be shown at 2:00 p.m. in the Community Room.

Saturday, August 25th:

FFC Presents.. Richmond Jazz Orchestra. This talented orchestra will perform at 2:00 p.m. in the Community Room.

Tuesday, August 28th:

Out to Dinner will head to MCL Cafeteria at 4:30 p.m. Sign up on the bulletin board across from the Main Dining Room.

Wednesday, August 29th:

The August Birthday Party will be at 2:00 p.m. in the Community Room.

More inside!

Pond Reflections

"Don't just **stand there: do** something!" We've all heard the saying. Sometimes the reverse contains wisdom. "Don't just **do** something: **stand there.**" We who live at Friends Fellowship are at a stage in life in which many of us can no longer do some of the things we could do when our legs were stronger or our brains responded more quickly. When the sun comes up in the morning, our challenge is to take our stand and affirm life, whatever our circumstances of strength or weakness.

How thankful I am for individuals I have known whose courage and spirit inspired me as they coped with adversity. I think of a boy from Battle Creek, Michigan who was in a pediatrics ward with me at University Medical Center in Ann Arbor when I was there for club foot surgery as a child. Tom had polio. He couldn't walk on his feet: but he could walk on his hands with his feet straight up in the air. Another of his tricks, when the nursing staff wasn't looking, was to have a wheelchair placed behind his bed by a buddy. Then, grasping the bar at the head of the bed, he flipped his body in a backward somersault over the back of the bed into the wheelchair. Instead of pitying this boy with polio, we admired our Ward Six West circus performer.

I think of Harvey Carson, a blind auto mechanic in Boyne Falls, Michigan, who fixed our flat tire when I was a boy. During World War II, Carson worked in Ypsilanti, Michigan at a bomber plant. His sightlessness was an advantage. He could perform intricate assembly tasks in the cramped nose of a B-24 without having to see what he was doing.

I think of a veteran I knew when I was a chaplain at the Ann Arbor VA hospital. Bill was paralyzed from the neck down and in a circular Stryker frame which permitted his body to be rotated to maintain circulation and comfort. Yet—would you believe it—in this condition he had worked for a telephone answering service. He activated the telephone by pulling a cord with his teeth.

I think of Margaret, a woman in her 80s who was home-bound in a wheelchair, who coordinated the transportation ministry of our church by telephone. When anyone needed a ride to a doctor's office or to go grocery shopping, she called someone on her roster of drivers. As the old saying goes, she took a lemon and made lemonade.

I think of Myrtle, a member of the church where I was pastor in Lincoln Park, Michigan. She was on dialysis for fourteen years. Every complication that could occur in that long period of time occurred, and she became an expert on living with kidney failure. She contributed to the medical education of many young doctors with her articulate patient's point of view. She served on a state dialysis advisory committee that recommended improvements for managing dialysis care throughout Michigan. Myrtle was another remarkable person who showed me that in adversity minuses can be turned into pluses.

I think of Dosia Carlson, a long-time friend from college days at DePauw University, who became afflicted with polio in her high school years and throughout adult life has required crutches and wheelchairs for mobility. When acquiring a Ph.D., fellow students carried her to the second floor for classes — back before buildings were made barrier-free. She became a college professor, an ordained United Church of Christ pastor, and the founder of a senior adult ministry in Phoenix, Arizona that now involves over 100 churches and thousands of volunteers. In her 80s and confined to a wheelchair, she is still active, has a delightful sense of humor, and is the author of two volumes of hymns, a preacher, lecturer, and retreat leader. Dosia is an inspiration!

Ted Halsted, Editor

These are some of the gallant persons I have known who have courageously coped with handicapping conditions. They have given me and many others strength and courage. What a blessing children and youth have when the special elderly people in their lives can still laugh and smile

New Resident

Duane Roland

Duane and his great cat, Gabriella (Gabby to her friends), moved to House #28 from Houston, Texas in May. This was a homecoming for Duane, who was born in Richmond and lived here for most of his life. Duane was in the Richmond High School graduating class of 1957. He played sports on both the wrestling and football teams. Playing as a linebacker and halfback, his football team won two state championships. Duane's favorite class was drafting, taught by his football coach, Hub Etchison.

After graduation, Duane secured a job as a draftsman at a company in Middletown and became engaged to Judy Riggleman. Soon after, a number of his acquaintances convinced him to join the Army, rather than wait for the draft with fewer service choices. His service began in Ft. Leonard Wood, Missouri, but the majority of his enlistment was spent in Frankfurt, Germany where he worked as a water supply specialist. In 1959, while home on a 30-day leave, he convinced Judy that they should get married and after a whirlwind week or two they tied the knot! Duane returned to Germany at the end of his leave and soon thereafter Judy joined him. They remained there until the end of Duane's service and their first son, Brett, was born there.

Upon returning to Richmond in 1961, Duane went to work for the City of Richmond, under Mayor Roland Cutter, as a draftsman in the city engineering office. There, one of his co-workers convinced him to enroll in college, particularly Tri-State University where he could get a degree in 30 months. In 1964, Duane graduated with a degree in Civil Engineering, and was promptly hired by McDonald Douglas in St. Louis. With successes at his current employment, he was offered an opportunity to be a research and development engineer at AVCO, which brought the family back to Richmond. The family now included a second son, Brian, born in St. Louis in 1965, and their third son, Eric, was born in Richmond in 1967.

While employed at AVCO, Duane was awarded a number of patents for original designs of fusing devices produced by the company. When AVCO chose to close its Richmond munitions facility, Duane joined the Ron Oberle & Associates construction firm. During his nine year tenure with this firm, he became the company's vice president and worked to obtain his professional engineering license. With these successes, in the early 1980's, Duane elected to start his own business, Whitewater Construction. His firm went on to design and build a sizeable number of commercial buildings, factories, churches, restaurants and shopping malls in the area. Just two examples are the Red Lobster restaurant building and the Showplace 11 movie theater, on Richmond's east side. In 2000, after almost twenty years with his Whitewater Construction business, Duane retired and his son, Brett, now owns the business.

Duane and Judy loved to travel and have been to nearly all the Western European countries and all but three of the U.S. states. In 2005, they decided to move to Houston, Texas, where their sons, Brian and Eric, were living. They enjoyed all the activities of living in this metropolitan city and also took advantage of the ease of traveling from a major airline hub. Duane's wife Judy passed away last June, after a number of years of failing health. Brian is now living in Chicago and Eric is now living in New York City, which made it easy to decide to return to Richmond, and Friends Fellowship Community. He is very pleased with his new home and enjoying reconnecting with his many friends here. Son Brett is trying to convince him to take a desk at his former firm, but Duane still has some traveling to do. He especially wants to get to those final three states he and Judy never visited, and that he promised her he would. Welcome to Friends Fellowship Community, Duane.

Interviewed by Bob and Sharon McCormac



New Residents

Julie Maxeiner and Roland Cutter

Julie and Roland merged their two households into FFC house #104 this past April, and the blended result is lovely.

Julie is the daughter of Howard and Gladys Puckett and grew up in Richmond along with her sister, Betty Gibbs, and two brothers, James and Jack. She graduated from Richmond High School in 1957. After a year of working at Sears and saving her earnings, she moved to Indianapolis to attend Butler University. While studying, with the intention of becoming a teacher, she also began working at Indiana Bell.

In 1968 Julie married Richard Moore, from Auburn, Indiana. His job took them to various cities in Indiana, but they eventually returned to Indianapolis. Julie continued working for Indiana Bell, which later became Ameritech, and she retired after a career totaling 27 years. When Richard became ill, they moved to Richmond to be near family support. Richard passed away in 1994.

In 2003, Julie married James Maxeiner, an electrical engineer for General Motors. They lived in Shelby, North Carolina for a number of years. When James died in 2008, Julie again returned to Richmond.

Roland is the son of Roland and Dorothy Lebo Cutter and grew up in Richmond along with his sister, Nancy Turula and his brother, John Robert, preferring to be called Bob. His grandparents owned Cutter's Corner grocery on South 4th Street and his father owned the Cutter Insurance Agency. Roland has a love for basketball and was the team manager through his junior and senior high school years. After graduating from Richmond High School in 1952, he went on to Indiana University and continued his role as a basketball manager throughout his college years, including 1953 when the team won the National Championship. Roland graduated from IU in 1956, with a business degree majoring in marketing.

After his college graduation, Roland married Carolyn Wearly and enlisted in the Army rather than waiting for the draft call. He and Carolyn settled in Richmond, where she taught grade school. For most of his service in the Army, Roland was stationed in Korea, working as a legal clerk in the Army Ordnance Corps. Roland and Carolyn have two daughters, Kimberly of Indianapolis and Jennifer of Ponte Vedra, Florida. Roland currently has eight grandchildren, including three sets of twins. Roland's wife Carolyn passed away in December, 2008.

Roland's return to Richmond after his discharge from the Army in 1958 came at a good time for the Cutter Insurance Agencies. His brother, Bob, needed help running the business while their father was serving his two terms as Mayor of the City of Richmond, for the years 1956 through 1963. The two sons of the Mayor grew the business and expanded into real estate property management. Their father returned to the business in a minor capacity after his terms as mayor were completed, and Bob decided to leave the business to continue his education. Roland's parents died in 1995, just a few months apart. Shortly thereafter, in 1996 Roland merged the business with Robbins-Matherly-Dils Agency, which would later become today's RMD Patti insurance business. After a buyout of his share of the business, Roland continues working as an employee of RMD Patti, serving his long-time clients.

Roland and Julie are avid sports fans, particularly IU basketball. Roland is active in the East Central Indiana Chapter of the Indiana University Alumni Association. He is also a 55-year member and past president of the local chapter of Kiwanis Club. Julie loves music and plays the piano. She belongs to PEO, two book clubs and a magazine club. They've enjoyed a number of river cruises and are looking forward to more travels now that they have the carefree lifestyle that comes with living at Friends Fellowship. Welcome to Friends Fellowship Community, Julie and Roland.

Interviewed by Bob and Sharon McCormac



Library News

Large Print:

The Forgotten Road, by Richard Paul Evans. Chicago celebrity and successful pitcher Charles James is supposed to be dead. Everyone believes he was killed in a fiery plane crash. But thanks to a remarkable twist of fate, he's very much alive and ready for a second chance at life--and love. Narrowly escaping death has brought Charles some clarity: the money, the fame, the fast cars--none of it was making him happy. The last time he was happy--truly happy--was when he was married to his ex-wife Monica, before their connection was destroyed by his ambition and greed. Charles decides to embark on an epic quest: He will walk the entire length of Route 66, from Chicago to California, where he hopes to convince Monica to give him another shot. Along the way, Charles is immersed in the deep and rich history of one of America's most iconic highways. But the greater journey he finds is the one he takes in his heart as he meets people along the road who will change his perspective on the world. But will his transformation be enough to earn redemption?

Murder, She Wrote: A Date with Murder, by Jessica Fletcher, Donald Bain and Jon Land. Jessica Fletcher takes up the case of her good friend Barbara "Babs" Wirth after Babs' husband Hal suffers a fatal heart attack that Jessica has reason to believe was actually murder. At the heart of her suspicions lies a sinister dating site Hal had used while he and Babs were having marital issues, a site that may be complicit in somehow swindling him out of millions. Jessica's investigation reveals that Hal was far from the only victim and when his former business partner is also killed, a deadly pattern emerges. Jessica teams up with a brilliant young computer hacker to follow the trail but as she gets closer to the truth, two near misses force her to realize that she may very well be the next victim. The stakes have never been this high as Jessica finds herself being stalked by the killer she is trying to catch. She must now set the perfect trap to avoid her very own date with murder.

Regular Print:

Destiny and Power: The American Odyssey of George Herbert Walker Bush, by Jon Meacham. In this brilliant biography, the Pulitzer Prize-winning author chronicles the life of George Herbert Walker Bush. Drawing on President Bush's personal diaries, on the diaries of his wife, Barbara, and on extraordinary access to the forty-first president and his family, Meacham paints an intimate and surprising portrait of an intensely private man who led the nation through tumultuous times. From the Oval Office to Camp David, from his study in the private quarters of the White House to Air Force One, from the fall of the Berlin Wall to the first Gulf War to the end of Communism, *Destiny and Power* charts the thoughts, decisions, and emotions of a modern president who may have been the last of his kind. This is the human story of a man who was, like the nation he led, at once noble and flawed. His was one of the great American lives. Born into a loving, privileged, and competitive family, Bush joined the navy on his eighteenth birthday and at age twenty was shot down on a combat mission over the Pacific. He married young, started a family, and resisted pressure to go to Wall Street, striking out for the adventurous world of Texas oil. Over the course of three decades, Bush would rise from the chairmanship of his county Republican Party to serve as congressman, ambassador to the United Nations, head of the Republican National Committee, envoy to China, director of Central Intelligence, vice president under Ronald Reagan, and, finally, president of the United States. In retirement he became the first president since John Adams to see his son win the ultimate prize in American politics.

The Restless Wave: Good Times, Just Causes, Great Fights, and Other Appreciations, by John McCain. *"I don't know how much longer I'll be here. Maybe I'll have another five years. Maybe, with the advances in oncology, they'll find new treatments for my cancer that will extend my life. Maybe I'll be gone before you read this. My predicament is, well, rather unpredictable. But I'm prepared for either contingency, or at least I'm getting prepared. I have some things I'd like to take care of first, some work that needs finishing, and some people I need to see. And I want to talk to my fellow Americans a little more if I may."* So writes John McCain in this inspiring, moving, frank, and deeply personal memoir. Written while confronting a mortal illness, McCain looks back with appreciation on his years in the Senate, his historic 2008 campaign for the presidency against Barack Obama, and his crusades on behalf of democracy and human rights in Eastern Europe and the Middle East. Always the fighter, McCain attacks the "spurious nationalism" and political polarization afflicting American policy. He makes an impassioned case for democratic internationalism and bi-partisanship. He tells stories of his most satisfying moments of public service, including his work with another giant of the Senate, Edward M. Kennedy. Senator McCain recalls his disagreements with several presidents, and minces no words in his objections to some of President Trump's statements and policies. At the same time, he offers a positive vision of America that looks beyond the Trump presidency.

Thank You to Our Supporters

Friends Fellowship Community is grateful for the financial support given by the following during the period of June 21, 2018 through July 18, 2018.

GENERAL ENDOWMENT FUND*

In Memory of All Residents who Passed

Away:

Dick & Jan Bohlander

In Memory of Barbara Norman:

Jane Stephenson

GENERAL ENDOWMENT-Cont.*

In Memory of Doris Rawlings:

Dick & Jan Bohlander

Dr. Byron Park

*Endowment Fund income is used to support residents whose personal funds are diminished.

The Musing Place

Go through the tall glass doors,
then step onto a brown ceramic tile floor.
Soft neutral carpeting underfoot,
and competent employees checking out books.

"Wuthering Heights," then let's see,
F. Scott Fitzgerald's "The Great Gatsby."
Magazines and newspapers on the shelf,
instruction books on "Do It Yourself."

Computer books for all us "Dummies."
Cook books with recipes that look so yummy.
Actors, artists, poets. and Presidents all there,
waiting to be read by someone who cares.

In an old reference library crowded with books,
a man looked and searched and searched and looked.
He noted and recorded what would follow,
fascinating histories by David McCullough.

People reading at their favorite bases,
complete absorption on their faces.
Libraries are good restorative places,
to study the muses and all their graces.

*By Doris Phelps
FFC resident*

New Residents

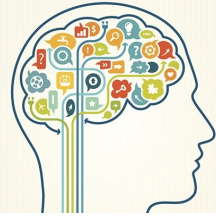
John and Norma Hollis from
Richmond to IH 53

Donald and Carolyn Shepherd
from Eaton, OH to AR 111

New Employees for the Month of July

Tyler Cavanaugh, Dietary
Madison Adams, Dietary
Christina Weber, The Courtyards
Haley Snyder, The Courtyards
Katie St. Myers, Environmental Services
Jessica Holbert, The Courtyards
Alexie Widley, The Courtyards

Brain Health



Keeping our bodies healthy is a top priority.. and this includes our brains. If we don't use it, we lose it: as the saying goes. While repetitive games themselves are shown to not be effective tools in keeping our brains active, research is clear that engaging activities with others matters. With each of our activities we infuse all sorts of ways to reach our brain's power: smells, tastes, conversation, strategizing, motion & movement, listening for content and so much more. We encourage healthy eating and hydration, too. Our brains require it.

In addition to the calendar, many residents enjoy creative games and puzzles of all kinds. Every Thursday at 3:30 p.m. in the Garden Room, we will meet and share all sorts of puzzles and games together. Word puzzles, spatial challenges, numbers, strategy games and so much more. Have fun exercising your brain with us. Take home some puzzles and games to do later.

Thursdays in August - 2nd, 9th, 16th, 23rd & 30th
3:30 p.m.
Garden Room

News from the Life Enhancement Department

I can not believe we are already here in August. It seems time flies faster and faster. August is full of activity and outings. We are never bored around here, for certain.

A couple of things we want to share:

The first is a new initiative with our partner Earlham College. Many students have families that either live very far away or overseas. For those students, they rarely get the opportunity to have their parents on campus to share Parents Weekend, Homecoming, holidays, and sometimes graduation ceremonies. I have met with their Student Life representatives who have hatched a plan to introduce FFC residents to students with whom they can share their college life and growth. It's a special way to complete a college student's experience. Would you be interested?? At this stage we are simply brainstorming and planning. Please contact Melissa Baxter here at FFC if you are interested.

Office: 962-6540 extension 488 or Email: mabaxter@ffcinc.org

The second is an idea that comes up frequently with residents and staff alike: a fun interactive game, of sorts, when a resident team challenges a staff team. Could it be Jeopardy? Scrabble? Wheel of Fortune? Sports Relays? We're thinking a time of fun, good sport, comraderies, and healthy snacking!

Lastly, thank you everyone, for all the ideas, suggestions and contacts for future trips, activities and entertainment possibilities. See you soon!

Melissa, Theresa and the whole Life Enhancement Team

This August Day

9:00 A.M.

A filmy fog, softening the shapes of
trees, shrubs, and buildings,
Is lifting from the landscape.
The moisture in the air
Is cool and refreshing on my skin.
Before me the surface of the pond
lies unruffled by breezes.
Two mallards glide silently across the water,
their wakes spreading behind them.
The only sound is the splashing of the fountain.
Pausing at the small bridge I lean on the railing.
Suddenly a frog jumps from the pond
and lands in the mud below the bridge.
"Hello, Frog," I say.
For a moment we share the morning –
then we both move on.
The feathery leaves of the
Bald cypress sparkle with raindrops;
some fall on my face as I fail To dodge a branch.
The chilly sprinkles make me smile.
On this foggy morning,
the world seems not so big;
The fog encloses a small portion
and creates a welcoming space.
A peaceful start to the day.

2:00 P.M.

The day turns hot and steamy.
Thunderheads pile up in a glaring sky.
Sunshine beats down as I trudge uphill,
Looking forward to the cool indoors
meeting place where friends gather
to consider world affairs.

4:30 P.M.

Rain! A cool breeze –
I scamper home under a pink umbrella,
Arriving at my door just before
the heavens let loose a heavy shower.
Raindrops bound off my deck railing.
The trees behind my house
stream with water – I am living in a rainforest!
Here comes the sun again;
every wet leaf reflects a miniature sun.

9:00 P.M.

Darkness settles over the land.
The weather seems settled, too.
Tree frogs and insects sing soft night songs,
Fireflies flash their silent lights.
This August day is coming to a close,
clearing the way for a new day
Tomorrow.

Lois Jordan
FFC Resident



Summer Show FFC Community Room

Exhibit remains open in its entirety until
Monday, August 13th.

Silent auction of framed works will benefit
future FFC and community partnerships
with Opening Minds through Art program.

If you would like to know more about OMA
participation or being an artist
partner volunteer, contact the
Life Enhancement Office.

RESIDENTS ASSOCIATION AUGUST MEETING SCHEDULE

August 7th
Executive Committee Meeting

1:30 p.m. in the Family Room

What's Happening in The Courtyards

Some say that we should slow down when we get older. Our friends in The Courtyards beg to differ! We are thrilled to say our Courtyard Garden construction is coming along quite nicely. They are already putting in the new plantings. Residents and staff have all enjoyed watching the progression –wondering what is coming next. It's exciting to know that we will be enjoying new garden areas and a covered area to be out of the direct sun or sprinkles. We are already planning some outside picnics. Several have asked about wheelchair accessible planting areas for those that like to garden. These areas are part of the plan so that everyone can enjoy the space.

The Courtyards' Outings are returning! Watch for more information about dates. Let's go!

The calendar this year is filling up. Trying to stay ahead in the game isn't always easy but we are thrilled to say that we have a date for The Courtyards Family Thanksgiving! Plan to be with us on Saturday, November 17th. The meal begins at noon.

Happy birthday to Donald S., Nancy A., and Nancy C.!

MARK YOUR CALENDARS:

November 17, 2018 - The Courtyards Family Thanksgiving

We look forward to your visits.

Melissa Baxter, Life Enhancement Director and the Life Enhancement Team

**Saturdays ~ August 4th & 18th
9:30 a.m.**

Trips to Richmond Farmers Market

At the new Elstro Plaza downtown!

Don't miss these excursions while the season is here. In addition to the many items for sale for those that cook their meals, there are take & eat items, baked goods, and more for your individual fancy.

Want a small bouquet of fresh flowers?

What about a small plant or herb for your window or table?

Sign up for the FFC bus to the market on the bulletin board across from the Main Dining Room.

Movies in August

**Friday, August 10th
2:00 p.m.**

Field of Dreams

An Iowa corn farmer, hearing voices, interprets them as a command to build a baseball diamond in his fields; he does, and the 1919 Chicago White Sox come.

Kevin Costner-James Earl Jones-Ray Liotta

**Friday, August 24th
2:00 p.m.**

RV

A 2006 family adventure-comedy. An overworked executive, Bob Munro (Robin Williams), persuades his wife and children to give up their Hawaiian vacation for some "family bonding" on a cross-country RV trip. But it's all a ruse.

Robin Williams-Cheryl Hines-Jeff Daniels

Movies are shown in the Community Room.

FRESH POPCORN!

RECYCLE

Don't send resources to the landfill. Your great grandchildren will need them.

With your help FFC will recycle corrugated cardboard, newspapers, slick paper, magazines, catalogs, glass, metal, plastic (No.1 & 2), office paper, envelopes (without windows), and uncorrugated cardboard.

INDEPENDENT HOUSING RESIDENTS: Bag your recyclables and put them by the curb-

Phase 1 & 2 pick-up
Phase 3 pick-up

Tuesdays at 9:00 AM
Thursdays at 9:00 AM

MAIN BUILDING RESIDENTS: Pick-up is on Tuesdays. Place recyclables outside your door on Monday evening, or in the recycling bins in the H Wing, 2nd and 3rd floor ironing rooms. Newspapers, magazines, catalogs, slick paper, metal, plastic (No. 1 & 2) can be placed there as well as office paper, envelopes (without windows), and uncorrugated cardboard.

Please **DO NOT** put garbage, trash, food items, or Styrofoam in these containers.

OLD BATTERIES: A box for them is in the Main Office.

FLUORESCENT TUBES AND COMPACT FLUORESCENT BULBS: Call the Maintenance Department to recycle them.

OLD PRESCRIPTIONS: Take old prescriptions, over-the-counter drugs, ointments, and other medical products to the Health Care Center for recycling.

PLASTIC BAGS: Put them in a recycle barrel at a supermarket.

PLASTICS (other than NO. 1 & 2 which you can recycle at FFC): If you have a West Richmond Friends, Earlham College, or Cope Environmental Center relationship, you can recycle these items there.

ELECTRONICS: IU East parking lot from 9:00 AM till 12:00 PM, on the 4th Saturday of the month. Accepted items:

Telecommunications equipment, telephones, cell phones, power cables, cameras, disposable cameras, computers, photocopiers, radios, VCRs, CD players, monitors (CRTs) complete, scanners, printers, speakers, electronic wiring, office paper, file folders, used ink and toner cartridges.



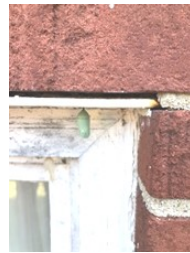
Marketing News



Every day something exciting is happening at FFC! As you can see, the carports are GONE and



progress is being made to the west side of the building. Also outside on one of the remaining windows yet to be replaced, we found this cocoon. Not just another ordinary day here. A butterfly is just waiting to spread its wings.



We currently have four homes in the process of being remodeled which is very exciting for the staff, and I hope our future residents feel the same. With so many products available in today's market, it is very rewarding to help each couple find something that makes the house feel like their home! Needless to say our staff never has time to let grass grow under their feet.

If you are driving by, stop in to see our new entrance. Our 3rd floor renovation is almost complete with the other two floors close behind.

*Pam Merchanthouse
Vice President of
Customer Services*

Midnight Tolling

Through the stillness of the midnight
comes a sound of peace and love.
God's assuring message from
His kingdom high above.
I feel my heart grow free and light
losing every fear.
As the message meant for every soul
is bringing Him so near.
For what could be more peaceful
Than the tolling of a bell,
When it comes from His own Palace
where His loving people dwell?
That one clear blissful tolling
could mean so much to one.
It could be a tender promise for
lifelong work well done.
I hear a thousand voices
softly call my name.
Echoes of the years both of past
and present fame.
Bringing me the message
sent to every soul.
Sent to my by God to seek
my destined goal.
What is this sacred message,
why does it mean so much?
Why it's the end of a perfect day
with God's own personal touch.
He's telling ius it matters not,
be what our race or creed.
United we stand in peace and love
while following His lead.

*June R. Moorman
FFC Resident*

All you need in the world
Is love and laughter.
That's all anybody needs.
To have love in one hand
And laughter in the other.

- August Wilson

REHAB NEWS

Submitted By: Therapy Department at Healthcare Therapy Services, Inc.



3 Stretches to Ease Lower Back Pain

Chronic and acute back pain can be debilitating and very disruptive to your daily life. Back pain can range from a dull constant ache to a sudden sharp pain that makes it uncomfortable to move. Acute back pain lasts a few days to a few weeks and will usually get better on its own. Chronic back pain lasts for more than three months. If you are experiencing back pain there are many ways to treat it, depending on the type of pain you experience and its root cause. Some common methods of treatment include hot/cold packs, exercise, physical therapy, injections, and surgery.

Research suggests that core strengthening exercises and stretching can be the best way to ease back pain. As we age, our muscles become shorter and lose their elasticity. By stretching the muscles in your back, you strengthen them. As your muscles become stronger you begin to avoid pain, improve posture and range of motion, and maintain a higher quality of life.

These simple stretches may help you treat and avoid acute back pain:

Piriformis Stretch: Lie on your back and cross one leg over the other; gently pull the knee toward the chest until a stretch is felt in the buttock area. Hold for 30 seconds. Rest. Repeat 3 times.



Back Stretch: Lie on your stomach. Use your arms to push your upper body off the floor. Hold for 30 seconds. Let your back relax and sag. Repeat.



Seated Gentle Back Bend: Starting seated, feet flat on the floor. Bring your hands to your lower back, with your fingers facing down and thumbs wrapped around your hips toward the front of your body. Press your hands firmly into your hips/lower back and inhale. As you exhale, gently arch your spine, leading with your head. Your chin should be tilted up, face to the ceiling. Hold for 5 full, deep breaths. Gently and slowly come back to the neutral starting position. Repeat 3 to 5 times.

**Stretches should never cause pain. Stop immediately if you feel any discomfort. Consult with your doctor before starting a new exercise program.*

How Therapy Can Help

If these simple stretches don't alleviate your back pain, physical therapy may be an option for you! A physical therapist will assess your condition and come up with an individualized treatment plan with key exercises to improve your condition. Talk to your doctor today about how physical therapy could help!

Source: American Chiropractic Association, National Institute of Arthritis



Back of Main Building -- July 23, 2018

photo by Eugenia Mills



crane lowering a storm structure

August

The Courtyards

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise Classes Y—Yoga CE—Chair Exercise SB—Strength & Balance MT—Muscle Toning RC—Resident Choice	CR—Community Room HCC—Health Care Center	*See inside pages for more information.	1 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise SB 11:00 On the Patio 2:00 Visits with Esther 3:00 In the Kitchen	2 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise MT 11:00 On the Patio 2:00 LE Activity 3:00 Hand & Nail Spa	3 9:40 News & Weather 10:00 Historical Memories 10:30 Music Moves 11:00 Chapel with Sandra 2:00 LE Activity 3:00 Smoothie Social	4 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 Our Home Activity 2:00 Games: Resident Pick 3:00 Hydrate, Snack & Relax
5 9:40 News & Weather 10:00 Historical Memories 10:30 FFC Church 11:00 Our Home Activity 1:30 Sunday Strolls 3:00 Uno!	6 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 On the Patio 2:00 Visits with Esther 3:00 Food for Thought	7 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise CE 11:00 On the Patio 2:00 Arts & Crafts 3:00 Bingo	8 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise SB 11:00 On the Patio 2:00 Visits with Esther 3:00 In the Kitchen	9 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise MT 11:00 On the Patio 2:00 Flower Day! 3:00 Hand & Nail Spa	10 9:40 News & Weather 10:00 Historical Memories 10:30 Music Moves 11:00 Word Scrambles 2:00 Movie CR 3:00 Smoothie Social	11 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 Our Home Activity 2:00 Games: Resident Pick 3:00 Hydrate, Snack & Relax
12 9:40 News & Weather 10:00 Historical Memories 10:30 FFC Church 11:00 Our Home Activity 1:30 Sunday Strolls 3:00 Uno!	13 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 On the Patio 2:00 Visits with Esther 3:00 Food for Thought Happy Birthday, Donald S.!	14 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise CE 11:00 On the Patio 2:00 Arts & Crafts 3:00 Bingo	15 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise SB 11:00 On the Patio 2:00 Visits with Esther 3:00 In the Kitchen	16 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise MT 11:00 On the Patio 2:00 Sing Along with Sandra CR 3:00 Hand & Nail Spa	17 9:40 News & Weather 10:00 Historical Memories 10:30 Music Moves 11:00 Chapel with Sandra 2:00 Cope Center CR 3:00 Smoothie Social	18 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 Our Home Activity 2:00 Games: Resident Pick 3:00 Hydrate, Snack & Relax
19 9:40 News & Weather 10:00 Historical Memories 10:30 FFC Church 11:00 Our Home Activity 1:30 Sunday Strolls 3:00 Uno!	20 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 On the Patio 2:00 Visits with Esther 3:00 Food for Thought	21 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise CE 11:00 On the Patio 2:00 Dalas Thomspson: Music 3:00 Arts & Crafts	22 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise SB 11:00 On the Patio 2:00 Visits with Esther 3:00 In the Kitchen	23 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise MT 11:00 On the Patio 2:00 Gospel Hymn Sing CR 3:00 Hand & Nail Spa	24 9:40 News & Weather 10:00 Historical Memories 10:30 Music Moves 11:00 Chapel with Sandra 2:00 Movie CR 3:00 Smoothie Social	25 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 Our Home Activity 2:00 Richmond Jazz Orchestra 3:00 Hydrate, Snack & Relax
26 9:40 News & Weather 10:00 Historical Memories 10:30 FFC Church 11:00 Our Home Activity 1:30 Sunday Strolls 3:00 Uno!	27 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise Y 11:00 On the Patio 2:00 Visits with Esther 3:00 Food for Thought	28 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise CE 11:00 On the Patio 2:00 Arts & Crafts 3:00 Bingo Happy Birthday, Nancy A.!	29 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise SB 11:00 On the Patio 2:00 August Birthday Party CR Happy Birthday, Nancy C.!	30 9:40 News & Weather 10:00 Historical Memories 10:30 Be Fit Exercise MT 11:00 On the Patio 2:00 LE Activity 3:00 Hand & Nail Spa	31 9:40 News & Weather 10:00 Historical Memories 10:30 Music Moves 11:00 Chapel with Sandra 2:00 LE Activity 3:00 Smoothie Social	

August FFC Activities & Wellness Calendar 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR – Assembly Room LL – Library Lounge CR – Community Room HCC – Health Care Center HCD – Health Care Dining Room S. RR – Recreation Room	AS – Art Studio GR – Garden Room AR1 – AR 1 North Dining CY– The Courtyards, L1 FR – Family Room	*See inside pages for more information.	1 9:00 Trip to Meijer 10:30 GR Be Fit Exercise 2:00 GR Creative Art Studio: Bubble Paint 3:30 RR Strength & Balance 6:30 LL After Dinner	2 10:30 GR Cornhole 2:00 GR Bowling 3:30 GR Brain Games 6:30 HCD Euchre	3 10:00 S Writer's Group 10:30 GR Be Fit Exercise 2:00 GR On the Patio 3:30 RR Strength & Balance	4 9:30 Farmers Market 10:30 RR Beginner Tai Chi 2:00 GR Smoothie Saturday
5 10:30 CR FFC Church Speaker: Keith Kendall 2:00 GR Root Beer Floats	6 10:30 GR Be Fit Exercise 2:00 CR Bingo Social 3:30 RR Strength & Balance	7 10:30 HCC On the Patio: Cornhole 12:00 CR Ladies Luncheon 1:00 AR Bible Study 2:00 GR Jeopardy 3:00 AR1 M-R Library Club 3:00 RR Ping Pong	8 9:00 Trip to Meijer 10:30 GR Be Fit Exercise 2:00 GR Badminton 3:30 RR Strength & Balance 6:30 LL After Dinner	9 10:30 GR Cornhole 1:00 Trip to Zinnia Garden 2:00 GR Flower Arranging 3:30 GR Brain Games 6:30 HCD Euchre	10 10:00 AS Painting with Anita 10:30 GR Be Fit Exercise 2:00 CR Movie: <i>Field of Dreams</i> 3:30 RR Strength & Balance	11 10:30 GR UNO 2:00 GR Mash Mania
12 10:30 CR FFC Church Speaker: Jeanne-Marie Mudd 2:00 GR Cards/Games	13 10:30 GR Be Fit Exercise 2:00 CR Bingo Social 3:30 RR Strength & Balance	14 8:30 CR Men's Breakfast 10:30 HCC On the Patio: Badminton 2:00 GR Food Escapes: Chicken Croquette w/ onigiri 3:00 RR Ping Pong	15 9:00 Trip to Meijer 10:30 GR Be Fit Exercise 2:00 GR Creative Art Studio: Magazine Strip Art 3:30 RR Strength & Balance 6:30 LL After Dinner	16 10:30 GR Cornhole 2:00 CR Sing Along with Sandra & Genevieve 3:30 GR Brain Games 6:30 HCD Euchre	17 10:00 S Writer's Group 10:30 GR Be Fit Exercise 2:00 CR Cope Center Bees & Honey 3:30 RR Strength & Balance	18 9:30 Farmers Market 10:30 RR Beginner Tai Chi 2:00 GR Smoothie Saturday
19 10:30 CR FFC Church Speaker: Jennie Kiffmeyer 2:00 <i>Sister Act</i> Richmond Civic Theatre *bus leaves at 1:30 p.m.	20 10:30 GR Be Fit Exercise 2:00 CR Bingo Social 3:30 RR Strength & Balance	21 10:30 HCC On the Patio: Volleyball 11:00 Out to Lunch: AR/HCC 1:00 AR Bible Study 2:00 Dalas Thomspn: Music 3:00 RR Ping Pong	22 9:00 Trip to Meijer 10:30 GR Be Fit Exercise 2:00 GR Badminton 3:30 RR Strength & Balance 6:30 LL After Dinner	23 10:30 GR Cornhole 2:00 CR Gospel Hymn Sing 3:30 GR Brain Games 6:30 HCD Euchre	24 10:00 S Writer's Group 10:00 AS Painting with Anita 10:30 GR Be Fit Exercise 2:00 CR Movie: <i>RV</i> 3:30 RR Strength & Balance	25 10:30 GR Resident Choice Games 2:00 CR Richmond Jazz Orchestra
26 10:30 CR FFC Church Speaker: Kaia Jackson 2:00 GR Residents Choice	27 10:30 GR Be Fit Exercise 2:00 CR Bingo Social 3:30 RR Strength & Balance	28 10:30 HCC On the Patio: Cornhole 1:00 AR Bible Study 2:00 GR Hangman 3:00 RR Ping Pong 4:30 Out to Dinner: MCL	29 9:00 Trip to Meijer 10:30 GR Be Fit Exercise 2:00 CR August Birthday Party! 3:30 RR Strength & Balance 6:30 LL After Dinner	30 10:30 GR Cornhole 12:00 Patio-GR Picnic with Life Enhancement Team 3:30 GR Brain Games 6:30 HCD Euchre	31 10:00 S Writer's Group 10:30 GR Be Fit Exercise 2:00 GR Art History with LE: Andy Warhol 3:30 RR Strength & Balance	