



Friendship LIVING

320 Hershberger Rd. NW • Roanoke, VA 24012 • (540) 265-2100

Administrator

Matthew DeLong, LNHA
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Director of Nursing

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Resident Support Specialist

Jucelyne Exile
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Dining Director & Assistant Director

Art Mook & Nani Schodorf
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Director of Marketing and Activities

Julie Abernethy
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Administrative Assistant

Linda Ross
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Beauty Shop

Wednesday & Friday 8:30 a.m. - 3:30 p.m.
Carolyn Rowland
(540) 265-2215

Director of Housekeeping & Laundry

Teresa Hosey
(540) 265-2133

Laundry

Bonnie Loomis
(540) 777-6850

Charge Nurse Cell Phone

(540) 520-2403

December 2017

A Letter From Our Administrator



Matthew DeLong, LNHA

It's hard to believe that December has already fallen upon us and Christmas and the other holiday seasons are in full swing! It's been a very successful and productive year at Friendship Assisted Living, and I know I have enjoyed every moment of celebrating with each and every one of you.

Closing out our fall season with one last hurrah, we had a great resident and staff Halloween party! Thank you to all of those who donned in their best Halloween costumes. We have a very creative crew and I can't wait to see what you all design for next year's gathering.

It's time to get ready for our upcoming, annual 'Festive Sweater' Christmas Party. Dust off your reindeer antlers and find your lucky Frosty top hat for our resident and staff get-together. There will be games, treats, and laughs.



of us at Friendship.

Thanks to each of you for your part in making Friendship Assisted Living *home* for our residents and staff. I challenge us all to make 2018 a better year than the last. Merry Christmas, Happy Holidays, and Happy New Year from all



December Birthday Celebration

Friends and family of our birthday residents are invited to join us on the second Wednesday of the month, December 13th, at 11:30 a.m. during lunch in the Dining Room. Call us at (540) 265-2171 to RSVP with who will be attending, and we'll save your seat.

Resident Birthdays

12/3 ROBERT FROST
 12/4 MELVIN MATTHEWS
 12/5 VIRGINIA POWELL
 12/15 NELSON HUTCHISON
 12/28 RUTH FONTAINE
 12/29 RAY NEAR

Team Member Birthdays

12/12 KALEE WALKER
 12/16 JAMIE BUTLER
 12/22 SHELBY YOPP



Can you guess what is in the black box? Melvin celebrates a birthday on December 4th.



Holiday Celebrations

For as long as anyone can remember, the long, boring, dog days of summer are just the opposite of the short, busy days in the winter holiday season. This December will have plenty of opportunities for celebration. There will be decorating, a tree lighting, the observance of Chanukah, Christmas, and New Year's Eve. We'll close 2017 for all it was, good and bad. We've survived it and we've learned from it.

As you can, say hello to your neighbors in the elevator and in the dinner line. Never miss the opportunity to acknowledge your fellow human beings.

As you can, put yourself out there to try something you *THINK* you cannot do well, just for curiosity's sake (you might be not that bad at oil painting, after all). Prove yourself wrong (or right, but be willing to try and fail hilariously).

If you have a funny bone in your body, look in your closet for a festive holiday sweater or ask one of our staff where you might get your hands on one. Ask us about the donated clothes closet, and we'll see if we can fill a need for you at no cost.

Elvis Has Arrived!

We hosted Elvis to help us raise money for the Walk to End Alzheimer's. The donations from the event totaled over \$200.00 and helped us surpass our \$2000.00 goal for fundraising.



Taylor Rodriguez, a performer from Bedford, VA, makes us believe he's Elvis.



Eleanor received a purple scarf from Elvis in honor of the Walk to End Alzheimer's.



Charles and Joyce enjoy the Elvis performance of Taylor Rodriguez.

Happy Halloween!

We celebrated this past Halloween with a party, costumes, food, and silly games.



Eating a donut from a string is harder than it looks, especially with no hands!



Watching them eat donuts.



They say, "a picture is worth a thousand words."



The Sielinski's play the part.



Mark Davis and Nate working together to load a gun at the range.

At the Range

Thanks to a suggestion by Peter, we went to test our skills at the range. Four veterans attended and one newbie who had never done it before. Five staff attended as well to help load the ammunition. We couldn't have done it without the help of Mark Davis from Independent Living Activities.



Nathan Galbreath next to the pumpkin target he shot.



Sam, Nancy, and Joyce watch from behind the firing lanes as Peter and Nate take shots at their targets.

Life at Friendship



Donna works diligently on her oil painting in the Bob Ross painting class.



Kelsey and Kalee don their chef hats for our Open House.



Fran Morgan, Art's father-in-law.



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