



Friendship LIVING

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Administrator

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Carolyn Rowland & Julie Pitts

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Teresa Hosey

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Bonnie Loomis and Pearl Orrick

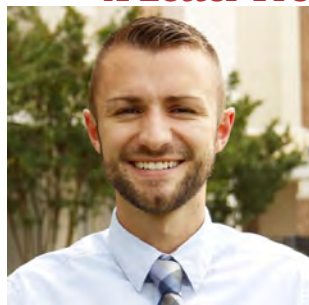
(540) 777-6850

Charge Nurse Cell Phone

(540) 520-2403

July 2017

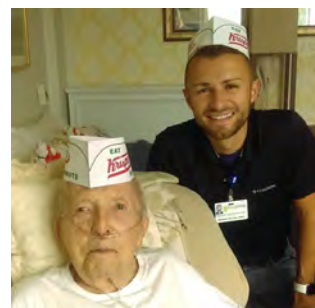
A Letter From Our Administrator



Matthew DeLong, LNHA

It's been a whirlwind few weeks at Friendship, and I'm certainly learning a lot of names as we've been meeting in the halls and at meals. Thank you for welcoming me to the Friendship family. I'm excited to be here and to take on life together with you at Friendship Assisted Living.

In my role as your administrator, it's my responsibility to make sure that we have a thriving family of residents and team members in a safe and healthy environment. No one is more suited to help me do my job successfully than you, the residents, and family members of residents as you see issues arise. In the same way, I also rely on you to let me know when our team has done something exceptionally well and worth recognizing. I will count on your calls, emails, and visits in the halls to keep the lines of communication open.

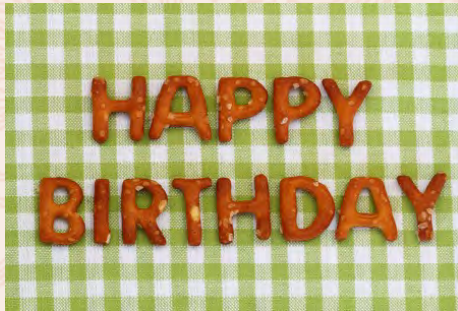


Matt bringing Leon Smoker Krispy Kreme donuts.



Matt delivering Krispy Kreme donuts Wallace Mitchell.

Once I get my feet wet, there are a number of ideas and goals I have for assisted living that I'd like to share with you and get feedback. I'm excited to be here and look forward to friendships as we grow together.



7/2 BETTY CHILDRESS
 7/3 SARAH HUBBARD
 7/6 JOANN HULL
 7/6 ANN BLAIR
 7/6 JUDITH GOOD
 7/21 MARY CLARK
 7/23 DELENA ST. CLAIR
 7/26 GERALD ROBERTSON
 7/27 DANIEL HOLDNACK
 7/27 CHARLENE BROWN
 7/28 JOYCE BROGAN

July Birthday Celebration

We invite the friends and family of our July birthday residents to join us for lunch on the second Wednesday of the month, July 12th, at 11:30 a.m. Family volunteer **Susan Sielinski** makes the cake and **Marc Baskind** entertains.

Call us at (540) 265-2171 to RSVP with who will be attending and we'll save your seat.



Due to increased interest, our "Bob Ross" certified oil painting class will happen every month. Keep the creative juices flowing, like Barb!

Dapper Dan Day



Thanks to some very hardworking volunteers, Tee Barlow and Ryan VanDyke, our guys have enjoyed Dapper Dan Days. For Ryan and Tee, it's all about giving back to seniors in our community with complimentary barber services. A few Dapper Dans will be treated to a free haircut on the third Tuesday of July.



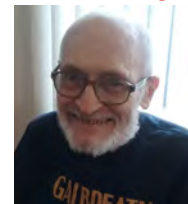
Tony gets edged up by Ryan VanDyke.



Dan gets a shampoo from Tee Barlow.



View From the Top of the World



Nate Galbreath

In 1954, Nathan Galbreath was assigned to the Army's Transportation Arctic Group. The unit operated from the "Top of the World" at Thule, Greenland (pronounced "Too-ly"). There, they tested over-snow cargo vehicles on the vast ice cap.

To see more photos of Nate's experiences there on the ice cap, along with detailed captions, visit his website:
www.geocities.ws/nategal.



Nate in 1954 while stationed in Greenland.

After two years of active duty in the Army toward the end of the Korean conflict, he then worked as a computer systems analyst. Nate spent 36 years at Dupont working with medium-sized IBM and DEC mainframes and voice/data communications. He was married for 42 years, has four kids, and nine grandkids.

Nate, we thank you for your service!



Dietitian Presentation

You might not have realized it, but our menu and food options are a project developed with the suggestions of a registered Dietitian, Stacie MaGuire. We've asked Stacie to come and talk with you about how to eat for your health based on the diets offered here in our dining room.

Many of you have been

tasked by your doctor to keep a renal diet, a low-carb diet, a low-salt diet, or just to lose 40 pounds. All of these goals can be accomplished here, but the choice on what you choose from the daily offerings is yours. Art and Stacie will discuss the philosophy behind serving in assisted living and offer some tips to navigate your diet options.



Pet Food Drive



The senior living communities in the Roanoke area are holding a "Christmas in July" drive on behalf of our friends at the Roanoke Valley SPCA. Every month, volunteers from the RVSPCA bring animals to spend time with us. We love the visits, and we look forward to presenting them a huge box of goodies as a thank you.

If you used to have a pet you loved, please consider buying an item from their wish list in the lobby and dropping it in the big red donation box. Thank you in advance!

Food Council

Food is such an important part of life here at Friendship that we've decided to start a food council meeting monthly, or more often, outside of the Resident Council. In this council we'll brainstorm with Art our most and least favorite dishes of the month, as well as discuss everything from cups and silverware options to the temperature of the coffee and the room. No dining-related experience is off the table.

If you have a suggestion, we'd love your feedback for this roundtable discussion. Please consider making time to attend and talk food with us, and bring your notes.

Day Trip to Bedford

If you're interested in seeing the National D-Day Memorial in Bedford, Virginia, we're heading there at the end of this month. After touring the memorial, please be sure to pack money for dinner at the Liberty Station restaurant.

Get a good night's rest before this day trip as there will be some walking. Please bring a hat and consider applying sunscreen. We'll leave after lunch and expect to return after dinner.



Watermelon Socials

Last summer's Watermelon Wednesdays were a hit. By the end of the summer, we'd gotten in the routine of a watermelon snack and social time in the lobby every Wednesday afternoon.

This summer, we're moving our social to Fridays and experimenting with more than just watermelons. Expect to see a few melon options mixed in.



What's **your** favorite flavor ?



National Ice Cream Day
Third Sunday in July



Friendship Assisted Living, Inc.
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