

Friendship Forum



April 2017



Spring Issue 2017

Upcoming events:

- April 24th - next phase of asbestos removal
- National Volunteer Week April 23rd - 29th
- National Nursing Home week is May 14th-20th
- May 14th - Mother's Day Program
- May 18th - BBQ
- June 17th - Dinner with a Purpose **MORE INFO TO COME!**

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Spring is in the Air!

It is that time of year that we are all wishing for warmer weather and the sight of those spring flowers soon to be in bloom. With all the April showers, we are sure to have beautiful May flowers!

In addition to the changing seasons, things continue to be changing here at the Friendship Home. The

final design plans are complete on the renovation and before long we will be underway with the last of the abatement work. During this time, we will encourage visitors to use an alternate entrance. Once the final abatement work is complete our front entrance will have been cosmetically stripped and somewhat unat-

tractive, but we know the end result will all be worth it! We appreciate your patience during our time of construction.

- Hilaree Stringham,
Administrator



Asbestos Abatement

On March 24th we will start the next phase of removal of the flooring and a few walls for the renovations. We will be working on the front entrance and the fireplace lounge area. These will be off limits

for a few days while the construction crew works on getting them cleared. We will be using the lower dining room patio entrance while this is happening. We hope that it will only be a few days and then it is

back to business as usual.

- Jeff Hernandez
Environmental Services Director



National Nursing Home Week

National Nursing Home Week is quickly approaching and with spring upon us we are hoping to celebrate with some outdoor activities. National Nursing Home week is

May 14th-20th, the theme this year is, "The Spirit of America". Keep an eye on the Website and Activity Calendar for a list of special events. The community is welcome

to join us for any of our upcoming activities not only during national nursing home week but any time. Each day is a blessing and we would love to celebrate the day with you!

-Rose Brabham
Activities Director

Sunday May 14th

- * National Nursing Home Week Kick Off at 10:00am
- * Mother's Day Program at 2:30pm

Tuesday May 16th

- * Rolls and Coffee at 9:30am
- * Friendship Home Carnival at 2:30pm

Wednesday May 17th - High School Jazz Choir at 1:50pm

Thursday May 18th - BBQ at 11:30am

Friday May 19th - Apple Pie and Ice Cream at 3:00pm



National Volunteer

Week was

established in 1974

as a way to

recognize the

efforts of volunteers.

National Volunteer Week

It has been a long winter, but at the Friendship Home we can't complain. We have so many wonderful volunteers that helped us enjoy all that the winter months had to offer. This year National

Volunteer Week is April 23rd – 29th and I would like to express my sincere gratitude to all those who volunteer their time and heart to Friendship Home. From landscaping and table centerpieces to

visiting residents or hosting large group events, no task goes unnoticed or unappreciated!



Resident Birthdays

Allan Jacobsen - April 10th

Jean Michalski - May 2nd

Mardell Hansen - May 3rd

Charlene McLaughlin - May 6

Melva Stone - May 14th

Barbara Dilliner - June 2nd

David Duvall - June 8th

Stella McCurdy - June 22nd



Germs Germs Go Away

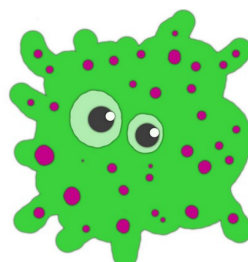
Handwashing is like a “do-it-yourself” vaccine. It involves five simple and effective steps, (WET, LATHER, SCRUB, RINSE , DRY) during the scrub phase, you can sing Happy Birthday to yourself to help assure that you have scrubbed long enough to kill the

germs. Good hand hygiene reduces the spread of intestinal and respiratory illness and can help us stay healthy. Handwashing is a win for everyone, except the germs!

Whether you are at home, at work, traveling, or already sick,

washing your hands is a must to protect yourself and your family!

- Karol Dammann, R.N.



Welcome to the New Admissions!

Deb Hansen

Colleen Jeppesen

Leo Madsen

Arlene Wiederstein

Best Wishes to Those Who Have Returned Home!

With Deepest Sympathies to the Families of:

Edward Ahrendsen

Norma June Campbell

Mardelle Gilbert

Kathryn Ladehoff

Marjorie McMillian

Welcome to Our Team

The Friendship Home is excited to announce the addition of Kristen Stubbs to our team! Kristen has recently taken the Marketing/Foundation Director position for the Friendship Home. I invite

you to stop in and meet Kristen. Kristen and her husband Dr. Chris Stubbs moved to Audubon last year with their two young children. Kristen is eager to get to know our residents and families

and be active in the Audubon community.



Employee News

Employee Anniversaries

Carol Wolff, 26 years

Julie Knutsen, 16 years

Jen Albert, 10 years

Annette Christensen, 8 years

Karol Dammann, 8 years

Traci Weitzel, 8 years

Rose Brabham, 6 years

Whitney Richardson, 6 years

Sandy Ericksen, 4 years

Michelle Vesper, 4 years

Julie Wilson, 4 years

Bailey Nelson, 3 years

Kristy Bills, 2 years

Sarah Dent, 2 years

Robert Ericksen, 2 years

Jamie Christensen, 1 year

Macy DeBower, 1 year

Nina Deist, 1 year

Janie Flinn, 1 year

Jamie Senter, 1 year

New Employees

Kaleb Fox - Dietary

Trudy Hilsabeck - LPN

Austin Miller - Dietary

Rachel Mosinski - Dietary

McKenna Nielsen - C.N.A

Jordyn Swanson - Dietary

Kristen Stubbs - Foundation/Marketing



Picture Perfect



Clockwise from top: Red Hat Bingo, Queen of Hearts Rosalie Davis, Lucky Leprechaun Melva Stone, celebrating Dr. Seuss's birthday, parachute play with The Children's Nest, music with Sue Kroeker & Family



Occupational Therapy Month

Spring Issue 2017

In honor of Occupational Therapy month, which began in 1980, here are some interesting facts about the profession:

- This year marks the 100th year of the profession.
- Occupational therapy began in 1917 where Occupational Therapists assisted WWI veterans with the transition from war to home with support needed for job duties, leisure activities, and essentially easing re-integration into daily life.
- Occupational therapy roots also connect with turn of the 20th century health care reform with the identification of the word "occupation" representing activities that are meaningful and necessary for people to accomplish on a daily basis.
- Occupational therapists are registered nationally through successful board examination and certification, and licensed by state.
- Occupational therapists work in a variety of settings including nursing facilities, hospitals, schools, inpatient facilities, home health, outpatient settings, community health, and consultative roles.



- Erica Gronau Stevens, OTR/L MOT CLT

Cover Your Medical Wishes

A medical power of attorney, also known as a durable power of attorney, is a type of health care directive in which you set out your wishes for health care if you are ever too ill or injured to speak for yourself. You name a trusted person to oversee your medical care and make health care decisions for you when you are unable to do so. You need to have a conversation with the person you appoint and share your wishes so they have guidance as to what you want. You can also include a living will, a document that focuses on wishes for end-of-life care. Every person has the right to make their own medical decisions and direct their care. These documents ensure your desires are carried out at all times.

- Shirley Langel, Social Services Director

Roxie's Recipe - Easy Chicken Parmesan

INGREDIENTS

- 4 Boneless chicken breasts
- 1/2 Cup melted stick margarine
- 1 Cup Italian bread crumbs
- 1 Cup parmesan cheese
- 1 Cup of your favorite spaghetti sauce
- 1 Cup mozzarella cheese



DIRECTIONS

- Mix the Italian bread crumbs and parmesan cheese together in a mixing bowl
- Pat the chicken breast dry with paper towels
- Dip chicken in melted margarine and then coat with the bread crumb and cheese mixture
- Place on a cookie sheet and bake for 20 to 25 min at 375 degrees
- Pull out of oven and top with 1/4 cup of the spaghetti sauce
- Top with mozzarella cheese and place back in the oven for another 10 min
- Enjoy with a fresh salad or pasta of your choice



Save the Date

Mark your calendars for June 17th!
The Foundation Board is busy planning
“A Dinner With a Purpose”

The Friendship Home

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Our Mission: “Caring for our residents in a Christian setting of compassion and choice”

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Office Manager

Jenny Fox

Dietary Manager

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Activities Director

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Director, Environ. Services

Jeff Hernandez

Fdn/Marketing Director

Kristen Stubbs

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Let us know at marketing@friendshiphome.com.

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FOUNDATION

Thank you to our supporters who have made memorials, donations, gifts and bequests to the Friendship Home Foundation this quarter

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- Brent & Joan Bauer
- Gary & Janice Christensen
- Lawrence & Doris Handlos
- Greg & Rachel Hansen
- Steve & Margee Shaffer
- Nate & Sara Vorm

Unrestricted Donations

In Memory of Marjorie McMillian

- Stephen & Alice May
- Evelyn Roberts
- Ron & Barb Christensen

In Memory of Ed Ahrendsen

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- Gaylin & Marcia Huey
- Lillie Huey
- Roger & Maryanna Christensen
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In Memory of Milo Clemmensen

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- William Ryan

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- Bruce & Tina Andersen
- Arch & Violet Anderson
- Darrell Jensen Family
- Phillip & Anna Elmquist
- Tim Andersen

In Memory of Mardelle Gilbert

- Kathryn Talbot
- Kaye Nowatzke
- Laura Lee Testroet

In Memory of Olive Ickes, Betty Sorensen and Robert Sorensen

- Kenneth Sorensen

In Memory of Doris & Robert Hollister

- Brian Hollister

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