



# THE FRIENDSHIP HOME

*'Where the heart is'*

## *Renovation Plans Underway*

### Up Coming Events To Watch For...

- Dutch Treat
- Mystery Bus Ride
- Birthday Party Bingo
- Fishing Trip
- T-Bone Parade & Resident Council Root Beer Float Stand
- Pancake Breakfast at Nathaniel Hamlin Park
- Zoo Trip
- Picnic In The Park
- Shopping Trip

The Friendship Home has begun plans of renovation of the upper level. After completion of community, resident and family member surveys along with several strategic planning sessions the Association Board has made the decision to start renovations of the upper level of the Friendship Home. Utilizing the currently vacant space on the upper level as skilled and intermediate care will allow residents to reside on the upper level. Beginning conversations with the architectural firm are underway to determine how many rooms will be able to be moved to the upper level. The rooms do not currently meet state and federal

regulations for nursing home occupancy. Therefore, changes have to be made to the existing space. The Friendship Home will not be increasing licensed beds, but instead relocating current licensed beds from the lower level to the upper level. The memory care unit currently located on the upper level would be relocated in the process of renovation to a different location in the facility to allow the much desired outside access to a courtyard. The plans are in the beginning phases and future news on the project is still to come. If you have questions about the project, please contact the Friendship Home.

Hilaree Stringham,  
FH Administrator



*"The Best Way to predict the future is to create it."*

*~Peter Drucker*

## *Intergenerational Activities Changing Lives...*



At the Friendship Home we have been very fortunate to have the Audubon schools, surrounding churches, and volunteers to bring the younger generation into the home. With the recent addition of the Children's Nest we have begun to take intergenerational

activities to the next level. Residents enjoy seeing the children all week long and getting to know them. Every week we have story time, play games, and get to enjoy their smiling faces as they take walks through out the facility. When the weather is nice residents have been able to go out

and watch the children play outside. The children have been a breath of fresh air to the Friendship Home and we look forward to many more activities and programs to bring our generations together.

Rose Brabham, Activity Director

## The Friendship Home Gives Back

The Friendship home participated in National Hunger Week in April. Widespread hunger is a disturbing social problem. According to government statistics in 2014, about 48.1 million Americans lived in food-insecure households, including more than 15 million children. Hunger is a reality for many seniors as well. The National Foundation to End Senior Hunger sadly reports nearly 40 percent of disabled seniors faced the threat of hunger in 2013.

The Friendship home held a nonperishable food drive during National Hunger Week. Collecting 170 pounds of food to donate back to the community. The food was donated to the Caring and Sharing Program in Audubon.

*Pictured to the right: Wendell Fleming, Roxie Pross Dietary Manager and Mark Gustafson.*



## National Nursing Home Week "A Small World With A Big Heart"

The Friendship Home celebrated National Nursing Home Week in May. The week was filled with fun activities, special music programs, a ladies tea and hat show, children from the grade school, a special visit from Senator Joni Ernst as well as many wonderful volunteers. We are fortunate to have such a wonderful nursing home in our "Small World With A BIG Heart!"



*"Some people come into our lives and quickly go. Some stay for awhile and leave footprints on our hearts. And we are never, ever the same."  
~ Author Unknown*

## Fun Times With The Children



If you are no longer interested in receiving issues of *The Friendship Forum*, please contact Hilaree Stringham at 712-563-2651 or [friend@friendshiphome.com](mailto:friend@friendshiphome.com).

**HUG ME!**



## Be Proactive... Get Vaccinated

*"Early to bed and early to rise makes a man healthy, wealthy and wise."*

~ Benjamin Franklin

Before we know it, summer will be over and we will be coming back into the dreaded flu season. Influenza (flu) is a contagious respiratory illness caused by Influenza viruses. It can cause mild to serious illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children and people with certain health conditions are at a high risk for serious flu complications. The best way to

prevent the flu is getting vaccinated each year. As always, we will be sending out information on Influenza along with consent forms. The regulations state that we must have proof that you have read the VIS sheet which we send along with the consent form for you to sign for your loved one. Please return the consent forms to us as soon as possible so that we can get everyone vaccinated.

Karol Dammann, RN  
Director Of Nursing

## Care Conferences...

A friendly reminder from the desk of the MDS Coordinator. The Friendship Home encourages family members to attend care conferences for their loved one and meet the care plan team. Care conference is a time when the plan of care is reviewed, suggestions, comments and recommendations are appreciated. If you have questions about your loved one's conference please contact the Friendship Home. Lesile Eischeid RN RAC-CT



## Stimulate your brain, something to think about...

**"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything."**

~ Plato

Bingo is one of the most popular activities offered in nursing homes. It must be the thrill of the win and picking a prize. However, music is also a second favorite, whether it is someone playing an instrument or singing or maybe listening to a favorite CD. There have been studies of dementia residents that have not spoken and

rarely opened their eyes for months, but after listening to music their faces light up, their eyes open and they may even tap their foot or start singing themselves. Residents that suffer from dementia can sing along with the old popular songs of their era, not missing a single word. Music can have such a profound impact on the

lives of dementia persons. Families can download music to a portable device such as an Ipod or provide CD's for their loved one to enjoy music of their liking. Music seems to minimize restlessness, it is awing what effect music can have. You may consider this for your loved one or if you have an Ipod that you would like to donate for the residents, we can help them download music to them.

Shirley Langel, Social Services



Pictured, Volunteer of the year Lorna Stiles

## Hat's Off To Our Volunteers!

April was National Volunteer Appreciation Week. The Friendship Home is thankful every day for the volunteers that take time out of their busy lives to make a difference in the lives of those at the Friendship Home. Great Volunteers have

ENERGY and hit the ground running, they have PASSION bringing life into even those difficult tasks, FLEXIBILITY is a trait that allows for willingness to adapt, they are CREATIVE having good imaginations, TEAM PLAYERS being able to work with others and

have good listening skills, they have INTEGRITY and trust, they are RELIABLE and dependable when needed having a level of COMMITMENT above all else to make our organization be the best it can be. We cannot express our gratitude enough for all our volunteers, we THANK YOU!



**EMPLOYEE****15 years****10 years****5 years****ANNIVERSARIES**

Tammy Swanson

Becky Rustvold

Robin Goetzinger

*July ~ September***14 years****8 years****3 years****40 years**

Marilyn Newell

Linda Bybee

Mary Wede

Bev Bruhn

**13 years****7 years**

Zach Krajicek

**18 years**

Tracey Armentrout

Lisa Sorensen

Chris Finley

Melodie Cooper

Deborah Swensen

**6 years****1 year**

Brandi Vesper

Pam Hansen

Brandon Ericksen

Delrene Greve

**RESIDENT BIRTHDAYS**

Lila Jean Jensen 9/24

Leon Schwab

**DEATHS***July ~ September*

Lucille Schwab 9/30

Jerry Hauser

*April ~ June*

Walter Noelck 7/1

Marvin Jensen

Lenore Lafoy

Marjorie Knudsen 7/5

**ADMISSIONS**

Marvin Seastrom

Delvan Olsen 7/6

*April ~ June***DISCHARGES**

Eva Sinram

Mildred Shirbroun 7/20

James Jorgensen

*April ~ June*

Leon Schwab

Don Merk 8/4

Debra Lightfoot

Dorothy Larsen

James Jorgensen

Wilma Sorensen 8/4

Inga Henry

Inga Henry

Marvin Jensen 8/23

Deloris Knudsen

Gilbert Pedersen

Wendell Fleming 8/27

Sally Kerwin

Sally Kerwin

Mark Gustafson 8/27

Valetta Jensen

Debra Lightfoot

## *News From The Friendship Home Foundation*

### *Operation T-Bone Run/Walk*

The Foundation will be hosting the Operation T-Bone fun run 5k/10k and walk on Saturday August 6th during T-Bone Days. Anyone interested in participating should register online at [getmeregistered.com](http://getmeregistered.com) or pick up a registration form at the Friendship Home.

### *A Night Out With Friends*

The Foundation has an event for you to plan a night out with friends. A special event bus driven by Jeff and Trish Nelson will take you and your friends out on the town for a night of fun! Customize your stop at area vineyards, area pubs or dinner out. The bus will pick you up and take you up to three destinations of your choice and provide light refreshments for you and your guest along the way. \$100 per couple or \$50 a person.

A minimum of 10 people, maximum of 12. All the proceeds will benefit the Friendship Home. Contact Trish Nelson 712-563-9911 or Brandon Toft 712-790-4034 to reserve a date.

### *Thank You*

Thanks to our supporters who have made memorials, donations, gift and Bequests to the Friendship Home Foundation ( April ~ June)

**In Memory Of Bill Roth**

Roxanne Meyer

Dan &amp; Elaine Jorgensen

Cindy Roth

Darrell Anderson

Derek &amp; Genelle Deist

June Weber

**In Memory Of Lenore Lafoy**

Earl &amp; Carolyn Blohm

Robert &amp; Donis Hansen

Kaye Nowatzke

**In Memory Of Marvin Seastrom**

Mary Jody Swetnam

Dale Stone

**Annual Appeal/ Capital  
Champaign Donations**

Julie &amp; Doug Olson

Marilyn Dent

Roxanne Meyer

Ruth Stone

Bill Roth Estate

Barbara Johnson

Marilyn Watkins

Mary Ellen Quandt

Nate &amp; Sara Vorm