

We're on Facebook!

Visit our page—
Friendship Home of Audubon, Iowa! Be sure to “like” us to see regular updates of happenings around the Home!



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Audubon, IA 50025
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www.friendshiphome.com

This institution is an equal opportunity provider.

Administrator

Hilaree Stringham

Director of Nursing

Karol Dammann, R.N.

Medical Director

Dr. Jim Cunningham

Office Manager

Jenny Fox

Dietary Manager

Roxanne Pross

Social Services Director

Shirley Langel

Activities Director

Rose Brabham

Director, Environ. Services

Jeff Hernandez

Fdn/Marketing Director

Kristen Stubbs

Rather receive the *Forum* by email or wish to be removed from our mailing list?

Let us know at marketing@friendshiphome.com.

Upcoming Events!

August 5, Operation T-Bone Fun Walk/5K/10K @8am

August 5, Operation T-Bone Root Beer Float Stand at City Square and Parade

August 10, Birthday Party Bingo

August 23, Back to School Theme Day

August 28, Wine and Cheese Party

September TBD - Family Brunch

September TBD - Auxiliary Program

Keep up with events by checking our website, www.friendshiphome.com, and click on “Calendar.” Activities are subject to change.

FROM THE BUSINESS OFFICE

Medicaid is a health insurance program based on income that assists with paying nursing home room & board and other healthcare expenses. Applying for Medicaid can become quite extensive. Please contact Jenny Fox in the Business Office for assistance with this process. We want to make sure you have all of the necessary forms and that everything is filled out accurately.

ASSOCIATION BOARD OF DIRECTORS

SUE WEDE - CHAIR

JEFF EDWARDS - VICE CHAIR

TIM ANDERSEN, TREASURER/SECRETARY

SARAH CHRISTENSEN

DAN JORGENSEN

SHELLIE MADSEN

VICKY ROBINSON



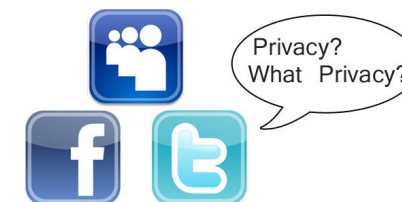
The Friendship Forum

TECHNOLOGY AND PRIVACY

With technology advancing more and more every day, so does the risk of violating privacy for residents in nursing facilities across the nation. At the Friendship Home we respectfully request that you never use your camera or cell phone to take pictures or videos of a resident(s) unless that resident consents to having his/her picture or video taken. After a picture or video is taken, you must also have permission to share it with others or post it to social media. Before taking any pictures of residents we ask that you receive consent to do so first by that resident or their responsible party. Then we kindly ask that no

other residents are in the background of the picture or video that could potentially lead to a violation of their privacy. We ask you to help us protect our residents and yourself from violating any privacy rules that potentially could result in unfavorable outcomes. If you have additional questions about this requirement please feel free to ask.

- Hilaree Stringham, Administrator



ACTIVITY VOLUNTEERS

I want to thank all the groups that join us for activities, host activities, and volunteer. We have many different groups that volunteer for Bingo which is the favorite activity at the Friendship Home at this time.

We are always open to new ideas if you know of something the residents may enjoy such as a talk about native Iowa birds or if you have a special talent you would like to share let us know!

We also have many activities we could use an extra hand with, from large group activities to one on one activities with the residents.

We would love to work with you to create many moments of joy for those who reside at the Friendship Home. If you have any interest in volunteering please contact me at activities@friendshiphome.com or by phone at 712-563-2651.

- Rose Brabham, Activity Director

Summer 2017



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



Welcome to the New Admissions!

- Sandra Everett
Darlene Hansen
Ralph Huffman
Sally Kerwin

Best Wishes to Those Who Have Returned Home!

- Darlene Hansen
Leo Madsen

With Deepest Sympathies to the Families of:

- Mary Elaine Bowen
Wendell Fleming
Jerry Hauser
Colleen Jeppesen
Kathryn Ladehoff
Lloyd Oakley
Wilma Sorensen



FOUNDATION NEWS

Renovation Update

Our renovation plans went out to bid in late June and the deadline for contractors is July 20th. The Association Board will meet on July 26th to go over all the options.

Dinner With a Purpose

Our Dinner With a Purpose was held on June 17th. Thanks to all of the donated auction items/services and attendees we were able to raise over \$5,700! Diners enjoyed a great meal and a presentation by our Administrator, Hilaree Stringham, on the progress of our renovations.

T-Bone Fun Walk/5K/10K

Saturday August 5th will be our 6th annual T-Bone Fun Walk/5K/10K starting in the City Square. You can get registration forms on our website or register on getmeregistered.com. If you would like to volunteer to help on race day please call me at the Friendship Home or email me at marketing@friendshiphome.com.

-Kristen Stubbs, Foundation/Marketing Director



Above: Foundation President Linda Irlmeier, Administrator Hilaree Stringham and her husband Steve enjoy the evening.



Above: Chris and Vernita Anderson take a look at the silent auction items on display.

FOUNDATION BOARD OF DIRECTORS

- LINDA IRLMEIER - PRESIDENT/TREASURER
MARY WEDE - SECRETARY
ARCH ANDERSEN
PAUL CHRISTENSEN
TRISH NELSON
BRANDON TOFT
SUE WEDE



Employee News

Anniversaries - July through September

- Tasha Anderson, 1 year
Tracey Armentrout, 14 years
Alyson Bornhoft, 1 year
Bev Bruhn, 41 years
Linda Bybee, 9 years
Melodie Cooper, 19 years
Branden Ericksen, 2 years
Chris Finley, 4 years
Patricia Gibson, 1 year
Robin Goetzinger, 6 years
Delrene Greve, 7 years
Laura Hansen, 1 year
Becky Mobley, 11 years
Marilyn Newell 15 years
Tammy Swanson, 16 years
Deb Swensen 14 years
Brandi Vesper, 14 years
Mary Wede, 4 years

Welcome Our New Employees!

- Sarah Marshall - Dietary
Morgan Gust - C.N.A.
Shuri Chitty - Dietary
Gwen Jensen - Dietary

Resident Birthdays

July

- Walter Noelck, July 1st
Marjorie Knudsen, July 5th
Joseph Tigges, July 15th
Bill Shaw, July 19th
Mildred Shirbroun, July 20th

August

- Mark Gustafson, Aug. 27th



September

- Ralph Huffman, Sept. 9th
Inga Henry, Sept. 13th
Lila Jean Jensen, Sept. 24th
Lucille Schwab, Sept. 30th

Roxie's Recipe - Roasted Mexican Zucchini

INGREDIENTS

- 3-4 medium zucchini, diced
2 tablespoons olive oil
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/8 teaspoon cayenne pepper
salt and pepper, to taste
Crumbled cotija cheese, lime juice, and/or fresh cilantro, for garnish (optional, but highly recommended)

DIRECTIONS

- 1. Preheat oven to 425 degrees F and line a rimmed baking sheet with parchment paper.
2. In a medium bowl, mix zucchini, olive oil, chili powder, garlic powder, cayenne pepper, and salt/pepper until well coated.
3. Spread evenly on baking sheet and roast for 25 minutes, or until zucchini is browned.
4. Serve sprinkled with lime juice, cotija cheese, and chopped fresh cilantro, if desired.





Thank You!

Thank you to our supporters who have made **Memorials, Donations, Gifts and Bequests to the Friendship Home Foundation** this quarter

Capital Campaign Donations

- Donna Kessler
- Jeff & Trish Nelson

In Memory of Don Merk

- Fred & Linda Vogtlin
- Linda Merk & Family

Restricted Donations

- Jackie Wahlert

In Memory of Elaine Bowen

- Anonymous
- Ron & Barb Christensen

In Memory of Elaine Bowen & Marge McMillan

- Norma Peterson Revocable Trust

Unrestricted Donations

In Memory of Deb Inman

- Brian & Kathy Jensen
- Leslie Eischeid

In Memory of Elaine Bowen

- Robert & Donis Hansen
- Brian & Kathy Jensen
- Terry & Karen Madsen
- Donald & Patricia Nielsen
- Joel & Rhonda Rattenborg
- Robert & Jane Weber
- Paula Prutsman
- Darold & Elaine Tessman
- Dan & Elaine Jorgensen
- Kim & Barb Krauel

In Memory of Lloyd Oakley

- Joel & Rhonda Rattenborg

Omaha Community Foundation

Donna Cramer
Steve & Raydene Mathisen

FROM THE NURSING DEPARTMENT



June is Alzheimer's Brain Awareness Month. Many families are faced with someone in their family developing Alzheimer's Disease or other forms of dementia. The Alzheimer's Association is a wonderful tool available for families, care givers and facility staff. The web site is easy to navigate and has a support help line available 24/7. (www.alz.org)

We have an Alzheimer's support group here at the Friendship Home the 3rd Tuesday of every month at 1pm. This is open to everyone.

Some tips for communication:

- Never **Argue**, Instead **Agree**
- Never **Reason**, Instead **Divert**
- Never **Shame**, Instead **Distract**
- Never **Lecture**, Instead **Reassure**
- Never say "**remember**", Instead **Reminisce**
- Never Say "**I told you**", instead **Repeat**
- Never say "**you can't**", Instead say what they **Can Do**
- Never **Demand**, Instead **Ask**
- Never **Condescend**, Instead **Encourage**
- Never **Force**, instead **Reinforce**

- Karol Dammann, R.N., Director of Nursing

WHEN IT'S TIME

Some residents come to the Friendship Home because they have had a medical issue and have been in the hospital, some because the family feels they are not safe at home and some because home health care is not enough at the time. Whatever the reason, it is an adjustment for the loved one as well as the family. Many families are relieved to know someone is caring for their loved one 24 hours a day.

Sometimes families get very lucky and their loved one announces that they want to go to a nursing home. The family doesn't feel guilty because it is the loved ones decision. Sometimes the adjustment period doesn't go so easily, the loved one is upset that they had to move and the families feel guilty. There may be a period where the loved one is not easy to come visit. They may blame the family for the situation or complain about the nursing home and fail to find anything positive. This usually resolves over time and things will get better. Everyone responds to change differently and the Friendship Home staff is prepared to help with the adjustment and acceptance of the situation.

- Shirley Langel, Social Services Director

FLU SHOTS

The "flu" season is fast approaching. The seasonal influenza is caused by a virus that infects the respiratory tract. Unlike other viral respiratory infections, like the common cold, influenza can cause severe illness and life-threatening complications in many people, especially the elderly. The best way to prevent influenza is by getting vaccinated each year. Influenza vaccines protect against the most likely forecasted strains of the virus that change every year. Everyone 6 months and older should get vaccinated annually unless medically contraindicated. I will be sending out educational material along with consents for our residents in the next several weeks. Please be on the lookout for these and return as soon as possible. Have a safe and healthy rest of summer!

- Leslie Eischeid, R.N., RAC-CT. ADON/MDSC/Infection Control

Thank you to those who donated items/services to this year's Dinner With a Purpose.

- | | | |
|----------------------------------|-----------------------------------|-----------------------------|
| Ace Hardware | Irlmeier Family Farms | Paul Christensen |
| Audubon County Memorial Hospital | Jeff and Trisha Nelson | Randy Nelson of Car Quest |
| Audubon Dental Center | Kindred Hospice | Sharon Miller |
| Bryan and Patty Svoboda | Landmands | Shear Illusions Salon & Spa |
| Carolyn Boehm and Jeanne Meaie | Lori's Flowers | Sue Kroeker |
| Casey's General Store | Lucky Lincoln's 4H | Tonia and Steve Andersen |
| Donna Schulte | Mary Wede | Tracy Armentrout |
| El Adobe | Pat Kaiser of Christiansen Motors | Waspy's |
| Friendship Home/Roxie Pross | | |



Picture Perfect



Children's Nest

Residents enjoy weekly activities with the kids from the Children's Nest. From story time to dancing, we always have fun!



National Nursing Home Week

Residents enjoyed celebrating National Nursing Home Week here at the Friendship Home. The first graders came to sing for us and we ended the kickoff ceremony with a balloon release.



Mothers Day Hat Program

Charlene McLaughlin (left) and her daughter and Arlene Raub (above) attend Mother's Day Tea featuring Juanita's Hat Program. Everyone got to take their turn modeling hats from the 50s and 60s and learned about the designers and origins of the hats. We also got to enjoy cheesecake and Roxie's famous cream puffs!



Sociology Class

Donna Kessler (right) enjoys ice cream sundaes on the last visit with the sociology class from the high school.

