

**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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 Phone: 712.563.2651  
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 www.friendshiphome.com

This institution is an equal opportunity provider.

**Interim Administrator**

Jenny Fox

**Director of Nursing**

Karol Dammann, R.N.

**Medical Director**

Dr. Jim Cunningham

**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](mailto:marketing@friendshiphome.com).

## Upcoming Events!

- October 14, 2:00PM - Music With a Message
  - October 15, 1:00 PM - Friendship Home Bake Off
  - October 31 - Halloween Party (2PM) and Trick or Treaters (6PM)
  - November 11 - Veteran's Day Program
  - November 14, 3:00PM - Keith Lambertsen Accordion Program
  - November 23, 9:30AM - Pumpkin Pie Baking
  - December 14 - Christmas Craft with the Children's Nest
  - December TBD - Family Christmas Party
- Keep up with events by checking our website, [www.friendshiphome.com](http://www.friendshiphome.com), and click on "Calendar." Activities are subject to change.

## Wish List

- Bingo Prizes - Our residents enjoy snack items, large print puzzle books and costume jewelry. We are open to others ideas as well so we can keep the prizes fresh and fun!
- Volunteers - We are always looking for volunteers to spend time with the residents. If you have a special talent or knowledge and would like to share it, please give us a call!

## 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

## RESIDENTS' RIGHTS MONTH

October is "Residents' Rights Month," an annual event to honor residents living in all long-term care facilities. It is an opportunity to focus on and celebrate awareness of dignity, respect and the rights of each resident.

The theme for this year's Residents' Rights Month, "It's All About Me: My Life, My Care, My Choices," focuses on the respect and dignity of every resident. The theme highlights residents' rights to choose their own schedule and activities, communicate how and with whom they choose, be

free from abuse and unsafe environments, and be treated as an individual with unique wants and needs. Residents' Rights Month is a time for staff, families, ombudsmen, residents and other advocates to focus on resident-directed care and emphasizing the self-determination, choice, and quality of life of each resident.

- Shirley Langel, Social Services Director



## HOLIDAY CELEBRATIONS

With the holidays quickly approaching I would like to remind friends and family that there is an open invitation to attend any of the activities held at the Friendship Home. We enjoy celebrating Halloween with a party in the afternoon and then having trick-or-treaters in the evening. In November we are honoring our Veteran's on Saturday November 11<sup>th</sup>. On Thanksgiving morning we will be making fresh pumpkin pie, this has become a tradition over the past few years.

During December we are fortunate to have many volunteer groups help us

celebrate Christmas. Some of these activities will be on the activity calendar, but many of them are scheduled during the month of December so please check our website, Facebook page and fliers around the facility.

The holidays are a busy time of the year for everyone, the residents and staff look forward to celebrating the holidays with you.

Wishing everyone a blessed holiday season!

- Rose Brabham, Activity Director

Fall 2017



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



Welcome to the New Admissions!

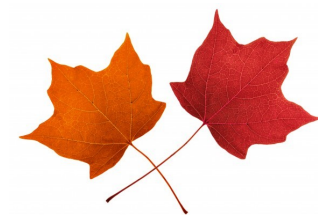
- Karol Andersen
- Ruth Edwards
- Gary Mulford
- Betty Young

Best Wishes to Those Who Have Returned Home!

- Ruth Edwards
- Gary Mulford

With Deepest Sympathies to the Families of:

- Wynona Anderson
- Elaine Christensen
- Allan Jacobsen
- Delvan Olsen
- Joseph Tigges



### FOUNDATION NEWS

#### Renovation Update

Wing 1 has been fully demoed and we look to start framing in a few weeks. Demo of wing 2 has started. Check our webpage and Facebook for updates.

#### Friendship Home Bake Off

We will be having our first ever Friendship Home Bake Off on October 15th at the Memorial building at 1:00PM. Participants can enter in three categories: pies, cookies and cakes. Winners in each category will receive a \$50 gift certificate from Audubon Food Land.

#### T-Bone Fun Run/Walk

Our annual T-Bone Fun Run/Walk took place on August 5th. With over 50 participants and 20 sponsors we were able to raise over \$4,000! Thank you to all who came out to run or support us!

-Kristen Stubbs, Foundation/Marketing Director



Above: Runners pose at the finish line.

#### FOUNDATION BOARD OF DIRECTORS

- Linda Irlmeier - Pres./Tres.
- Paul Christensen-Vice Pres.
- Mary Wede - Secretary
- Arch Andersen
- Trish Nelson
- Brandon Toft
- Sue Wede



### SENIOR DENTAL CARE

It is very important that our residents have good dental and preventive dental care as some of the main reasons the elderly stop eating are broken teeth, poor fitting dentures or other mouth problems. Even residents with advanced dementia can tolerate dental exams and if one visit doesn't work well we will try again.

Our facility has contracted with Senior Dental Care for several years. They come to our facility and can do preventive care such as fluoride application, denture cleaning, teeth cleaning and periodontal scaling. They can also do x-rays, fix cavities, complete upper and lower dentures, fix dentures and tooth extractions. There is no additional cost for Title 19/Managed Care residents. Our private pay residents have the option to be seen by Senior Dental Care on a fee-for-service basis.

Please be advised that our area dentist is not taking any new Title 19/Managed Care patients but will continue to see his established patients. See Shirley in Social Services or call 712-563-2651 for more details.

## Employee News

### Anniversaries - October through December

- |                         |                          |                          |
|-------------------------|--------------------------|--------------------------|
| Karla Kommes, 2 years   | Marye Krajicek, 6 years  | Jill Smith, 10 years     |
| Tanya Marshall, 2 years | Roxie Pross, 6 years     | Paula Randeris, 20 years |
| Bridget Vesper, 3 years | Shirley Langel, 7 years  | Deb Oakley, 27 Years     |
| Roxanne Asmus, 4 years  | Leslie Eischeid, 9 years |                          |

### Welcome Our New Employees!

- |                              |                            |
|------------------------------|----------------------------|
| Rachel Arnold - Housekeeping | Alicia Leightner - Dietary |
| Bill Gerlock - RN            | Bob Soll - Maintenance     |

### RESIDENT BIRTHDAYS

#### October

- Sam Johnson, Oct. 2nd
- Sandra Everett, Oct. 16th
- Robert Fry, Oct. 22nd

#### November

- Dale Edwards, Nov. 13th
- Evelyn May, Nov. 13th.

#### December

- LaVonne Godfrey, Dec. 10th
- Mildred Dreher, Dec. 12th
- Lois Pardee, Dec. 16th
- Bertha Mae Nielsen, Dec. 21st



### RESIDENT RECIPIE - DONNA KESSLER - JACKPOT CASSEROLE

This is an easy meal that Donna used to enjoy making for her family during the cold fall and winter months. She recommends using Velveeta cheese, but any softer cheese will work well.



#### INGREDIENTS

- 1 lb. ground beef
- ¼ c. chopped onion
- 1 can tomato soup
- 1½ c. water
- 1½ c. Grated Cheddar
- 8 oz. egg noodles
- 1 tsp. chili powder
- 1 sm. Can whole kernel corn
- ¼ c. sliced black olives (optional)

#### DIRECTIONS

1. Preheat oven to 350°F and grease a 2 qt. casserole dish
2. Brown ground beef, drain fat, add onions and brown.
3. Add soup, water and noodles.
4. Cook until noodles are tender; add chili powder.
5. Add corn and a cup of cheese.
6. Pour into casserole dish.
7. Top with remaining cheese
8. Bake uncovered for 45 min.





# 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

- Delbert & Barbara Artist

### Restricted Donations

- In Memory of Allan Jacobsen
- Jackie Wahlert

### In Memory of Wendell Fleming

- Connie & Connie Faga
- Rhodetta Jessen

### Unrestricted Donations

Randy and Becky Thompson

### In Memory of LaVerne Schmidt

- Richard & Lela Gleason
- Dan & Elaine Jorgensen

### In Memory of Elaine Christensen

- Lavonne Marcusen

### In Memory of Marge McMillan and Elaine Bowen

- Kathryn Talbot

### In Memory of Lloyd Oakley

- Donna Cramer

### In Memory of Delvan Olsen

- Gary & Patty Umland
- Ron & Nancy Christensen
- Shirley Grabill
- Frank Olsen
- Wayne & Norene Moreland
- Marilyn Petersen
- Bruce Christensen
- Mary Ellen Quandt
- Tom & Mary Grote
- Dustin & Megan Veldhuizen & Family
- Matt & Amy McLaughlin

### In Memory of Allan Jacobsen

- Dan & Elaine Jorgensen
- The Testroet Family
- Robert & Jane Weber
- Robert Hansen
- Norman & Charlotte Jacobsen
- Douglas & Deloris Pedersen
- Tim & Alice Baughman
- Juanita M. Reynard
- Betty L. Sievers
- Marlene H. Wanninger
- Blanche Jacobsen



## Thank you to our sponsors of the T Bone Fun Run/Walk 2017!

- |  |                                  |                  |
|--|----------------------------------|------------------|
| Ace Hardware                             | Audubon County Memorial Hospital | AMVC             |
| Audubon State Bank                       | Audubon Dental Center            | El Adobe         |
| Community Insurance Agency               | Christiansen Motors              | Herbers Seed     |
| Kindred Hospice                          | Medicap Pharmacy                 | My Way Designs   |
| Present Company                          | Rehab Visions                    | Rensburg Service |
| S&R Hoyle Trucking                       | Southwest Iowa Real Estate Co.   | Vic's Main Tap   |
| Audubon Real Estate – Midwest Management | Landmands Bank & Insurance       |                  |

## FROM THE NURSING DEPARTMENT

Our remodel project is in full swing and the Nursing Department is super excited for the future! We want everyone to know that despite some noise, our day to day operations continue as they always have. Of course there will be unforeseen challenges as there are with any project, but we will work through them without disruption to our resident care.



While we keep our residents informed of updates at resident council meetings, there are some that don't quite understand what we are doing and the time frame involved. We are happy to visit with anyone having questions and share what information we have. We want to sincerely thank our families and our community for supporting us through this project!

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

## NATIONAL PHYSICAL THERAPY MONTH

It is National Physical Therapy Month! Have you ever wondered what a session of physical therapy (PT) is like in a nursing home? That depends on the diagnosis as intervention is different for someone who has broken a hip compared with someone who has suffered a stroke. Despite differing diagnoses, physical therapy can be explained with primary intervention methods: physical therapy works to regain your strength in your lower extremities including legs and trunk, and core muscles, to train in transfers, ambulation, and balance, and also to help reduce pain in various areas of your body. Essentially, PTs assist people who are having trouble with walking, and regaining their strength and balance, with the goal to assist them to be as independent as possible. For some, independence means within the nursing facility and for others the goal is to return home at prior level of function.

In a typical intervention session, therapists try to make it fun! It is definitely easier to work hard if you are having fun while you do it. PTs will start out with a few lower extremity exercises to facilitate in strengthening muscles needed for mobility while also decreasing pain by keeping the area around the joints strong. Additionally, PTs train people in safe ways to transfer including from lying down to sitting up, and with standing up from various heights of surfaces. This also involves turning to sit down on different surfaces such as onto a recliner, bed and wheelchair, with the goal to make the patient as independent as possible requiring decreased levels of assistance.

Balance is an integral part of maximizing independence. We all need good balance to be able to stand, transfer, turn, and to walk. Balance training can also be very fun! During the balance training portion of therapy intervention, therapists often set up tasks that the patient is interested in doing to increase the amount of time the patient can participate in standing activities. Depending on progress levels, the patient is then advanced to higher level challenges while standing or even while moving. This is the progression from static to dynamic activities.

In nursing home physical therapy, the therapy staff becomes incredibly involved in a patient's day to day life, knowing what they will need to do in order to improve function, or even to return home. Additionally, the strong physical therapy-patient collaborative relationship helps to figure out what is needed to reduce their pain, improve ambulation, and transfer more safely, with one major goal to prevent falls.



- Teresa Morgan PTA





# Picture Perfect



**Clockwise from Above**  
Water time with the Children's Nest, Arlene Raub wins a back to school celebration game, Mildred Dreher does crafts with the Children's Nest, outside playtime with the Children's Nest



**Amazing Activities**  
Left and Above: Residents enjoyed our Luau with refreshments. Bottom Left: The gentlemen enjoyed an afternoon of steak and games. Below: Evelyn May reads with a second grader during story time.



**Palling Around**  
Left: Rosalie Davis and Marge Knudsen enjoy snow cones, Above: Tracy Armentrout, Donna Kessler and Mark Gustafson work the root beer float stand at T-Bone Days.