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



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This institution is an equal opportunity provider.

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Jess Nixon

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**MDS Coordinator**

Shonda Schwager

**Social Services Director**

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Amy Madsen

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!

### December

- 7<sup>th</sup> - Tour of Homes
- 11<sup>th</sup> - Matinee at the Rose Theater 2:00
- 13<sup>th</sup> - Holiday Craft
- 14<sup>th</sup> - Winterpalooza 2:30
- 19<sup>th</sup> - Decorate Christmas Cookies w/ The Children's Nest
- 20<sup>th</sup> - Family Christmas Party 2:00
- 24<sup>th</sup> - Christmas Eve Service 2:00
- 25<sup>th</sup> - Merry Christmas - (Showing White Christmas 1:00)
- 31<sup>st</sup> - New Year's Eve Party, Special Entertainment by Dale Baker ( dancing) 2:00

### January

- Painting Party TBA
- 24<sup>th</sup> - Wine and Cheese Party

### February

- Special Entertainment by Randy Downy TBA
- 14<sup>th</sup> - Valentines Day Party
- 21<sup>st</sup> - Resident Pizza Party
- 26<sup>th</sup> - Ash Wednesday
- 30<sup>th</sup> - Craft Time

\*Please check our Facebook page and website for additional information on events

## ASSOCIATION

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May your holidays be filled with lots of happiness, peace and love!



# The Friendship Forum



This holiday season we are reflecting on our many blessings throughout 2019 at the Friendship Home. Compassionate, caring and talented staff... Community involvement from volunteers, donors and attendees at our variety of events... Residents who have made themselves at home under our care... Resident families and caregivers that have given us the opportunity to serve them and their loved ones through our services... We look forward to all the opportunities 2020 holds for continued growth and service to our community.

Merry Christmas to you and yours and a Happy New Year from all of us at the Friendship Home.

~ Jess Nixon, Administrator

## A new face on the team.....



### Shonda Schwager - MDS Coordinator

I have been a nurse for 26 years. My bachelor's degree is from Creighton University. I work in acute care at the Manning Hospital part time. I have also taught nursing students and owned a nurse consulting business. Long term care is where I feel most at home and where I feel like I can make the biggest impact on the lives of the individuals I encounter. I am married with a teenage son and two fur babies at home. We live in Manning. I am blessed with grown children and grandchildren who live nearby so I get to spend time with them often. I also enjoy music, motorcycles, travelling and cooking. I followed Jen Hacker here because I admire her integrity and her work ethic. I'm happy to be at the Friendship Home and have the opportunity to work in such a positive and progressive environment. I am so impressed with the compassion of the staff here and enjoy the people I work with immensely.

## Winter 2019



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



# Happy Holidays!

# ?? Did you know.....

## What's the link between cold weather and the common cold?

Many people associate cold weather with the common cold. While the weather is not directly responsible for making people sick, the viruses that cause colds may spread more easily in lower temperatures, and exposure to cold and dry air may adversely impact the body's immune system.

In this article, we examine the relationship between cold and wet weather and the common cold. We also cover some tips for preventing colds.

### Rhinoviruses and the common cold

Research suggests that temperatures below 98.6°F may allow rhinoviruses to replicate more efficiently. According to the [Centers for Disease Control and Prevention \(CDC\) Trusted Source](#), millions of people develop the common cold each year in the United States alone. On average, adults get two or three colds a year.

Many viruses can cause the common cold. Rhinoviruses are the most common cause and are responsible for [more than half Trusted Source](#) of all colds and cold-like illnesses.

Rhinovirus infections typically result in mild cold-like symptoms. However, rhinoviruses can also cause more severe illnesses, such as [bronchitis](#) and [pneumonia](#), in people with weakened immune systems.

Rhinoviruses typically spread through:

- direct person-to-person contact
- the air as small droplets, or aerosols, which people then inhale

Once inhaled, the rhinovirus attaches itself to the cells inside the nasal passages. It then begins to replicate itself, spreading more virus particles throughout the upper respiratory tract.

### Effect of cold weather on viruses

Some [research, Trusted Source](#), suggests that rhinoviruses may replicate more efficiently at temperatures lower than 37°C, or 98.6°F, which is the average core body temperature in humans. The temperature inside the nasal cavity is approximately 33°C (91.4°F), which may make it an ideal breeding ground for rhinoviruses.

Most research on rhinoviruses has primarily focused on examining how differences in body temperature affect the virus's ability to reproduce. However, more recent research is focusing on environmental factors that may increase a person's risk of developing a rhinovirus infection.

[One study, Trusted Source](#), examined whether or not variations in temperatures and humidity led to a higher risk of rhinovirus infection. The researchers found that decreases in both temperature and humidity over a 3-day period increased the risk of rhinovirus infections in participants.

In the same study, researchers found that the majority of infections occurred in temperatures at zero (32°F) and below.

[Influenza](#) viruses, which cause the [flu](#), may also survive and spread more easily in cold and dry air. [One study](#) in guinea pigs suggests that the ideal temperature for the influenza virus to spread is 5°C (41°F).

### Effect of cold weather on the immune system

Many researchers believe that exposure to cold weather can adversely affect a person's immune response, making it harder for the body to fight off infections. Reasons for this may include:

**Reduced vitamin D levels.** During the winter months, many people get less [vitamin D](#) due to reduced sun exposure. [Research Trusted Source](#) suggests that [vitamin D](#) plays an essential role in maintaining the immune system.

- **Spending more time indoors.** People tend to spend more time indoors during winter months, and viruses spread more when people are close to each other.
- **Lower temperatures may affect immune response.** A [2015 study Trusted Source](#) found that exposing airway cells taken from mice to lower temperatures decreased the immune response of the cells against a mouse-adapted rhinovirus.
- **Blood vessel narrowing.** Breathing in cold and dry air causes the blood vessels in the upper respiratory tract to narrow to conserve heat. This may prevent white blood cells from reaching the mucous membrane, making it harder for the body to fight off germs.

### Prevention

Some ways to avoid getting sick during the winter include:

- taking vitamin D supplements or eating foods that are high in vitamin D, such as fatty fish, mushrooms, and eggs
- getting plenty of sleep
- staying hydrated
- washing hands regularly
- always sneezing and coughing into clean tissues; if no tissue is available, it is better to use an elbow rather than the hands
- not sharing foods, drinks, crockery, and utensils with people who have a cold or the flu

### Takeaway

Viruses, such as rhinoviruses and influenza, cause colds and the flu, not the weather. However, exposure to cold weather can increase a person's risk of contracting a virus.

Research suggests that these viruses may survive and reproduce more effectively at colder temperatures, making it easier for them to spread and infect more people. Cold weather may also reduce the immune response and make it harder for the body to fight off germs.

### Bibliography

Eske, J. (2018, October 23). *Medical News Today*. Retrieved from Medical News Today: <https://www.medicalnewstoday.com/articles/323431.php>

## Welcome to the New Admissions!

Mike Michalski  
Rodney Schroeter  
Ruth Edwards  
Darrell Leib  
Debra Groth  
Dwayne Ferguson  
Marvin Bogatzke

## Best Wishes to Those Who Have Returned Home!

Blaine Kearney  
Joan Ohlmeier  
Betty Sievers  
Nancy Christensen

## With Deepest Sympathies to the Families of:

Dale Christensen  
Marjorie Cox  
Alrene Raub  
Louetta Langel



## Employee News

### Anniversaries - December through February

Annette Nissen	2 years	Shelby Smith	7 years
Rylie Hartl	2 years	Joan Cramer	19 years
Ryan Johnson	7 years		
Abby Elmquist	7 years		

### Welcome Our New Employees!

Trudy Hilsabeck	LPN - Infection Control	Selena Nichols	Dietary
Brittany Huston	Dietary	Hailey Peterson	Housekeeping

## Resident Birthdays

### December

Gary Mulford	9 <sup>th</sup>
Mary Ellen Quandt	9 <sup>th</sup>
Mildred Dreher	12 <sup>th</sup>
Lois Pardee	16 <sup>th</sup>

### January

Guendata Dolch	7 <sup>th</sup>
Dorothy McCune	11 <sup>th</sup>
Carlene Deist	27 <sup>th</sup>

### February

Frances Cortner	3 <sup>rd</sup>
Betty Lou Christensen	11 <sup>th</sup>
Father Robert Leiting	15 <sup>th</sup>

## Employee Birthdays

### December

Amy Madsen	1 <sup>st</sup>
Lana Barker	2 <sup>nd</sup>
Selena Nichols	5 <sup>th</sup>
McKenna Petersen	7 <sup>th</sup>
Rylie Hartl	9 <sup>th</sup>
Sue Kroeker	23 <sup>rd</sup>
Chris Muhlbauer	24 <sup>th</sup>
Kristy Bills	25 <sup>th</sup>
Abby Elmquist	28 <sup>th</sup>
Victoria Dawson	29 <sup>th</sup>
Tanya Marshall	29 <sup>th</sup>
Becky Mobley	31 <sup>st</sup>

### January

Joan Cramer	5 <sup>th</sup>
Jen Hacker	9 <sup>th</sup>
Shonda Schwager	11 <sup>th</sup>
Julie Knutsen	20 <sup>th</sup>
Brandi Mulford	23 <sup>rd</sup>
Chris Finley	24 <sup>th</sup>
Morgan Oakley	26 <sup>th</sup>
Taylor Knutsen	29 <sup>th</sup>

### February

Rose Brabham	1 <sup>st</sup>
Jess Nixon	2 <sup>nd</sup>
Jamie Pensgard	3 <sup>rd</sup>
Trudy Hilsabeck	5 <sup>th</sup>
Roxanne Asmus	8 <sup>th</sup>
Bob Soll	12 <sup>th</sup>
Caleb Kutz	13 <sup>th</sup>
Carol Wolff	21 <sup>st</sup>
Tanya Anderson	24 <sup>th</sup>

HAPPY Birthday!



# Thank You!

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

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Jean Jensen

**In Memory of Fred & Milly Barnes**

Sue Barnes

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Joel & Rhonda Rattenborg

**In Memory of Louette Langel**

Joel & Rhonda Rattenborg

**In Honor of Lorna Stiles 89th Birthday**

Mary Grote  
Audubon State Bank

## The Friendship Home is participating in A Christmas Tour of Homes

2020 Relay for Life of Audubon County Fundraiser  
Saturday, December 7th from 1 - 4 p.m.

\$10/ticket (donation)

**Advance tickets available at:**

Audubon State Bank

Landmands Bank

Jo's Corner Clip

Exira Public Library

The Hairbenders, Exira



Tickets MUST be presented at each home for admittance & will also be available for purchase the day of the event at any of the tour locations.

All proceeds go toward the 2020  
Relay for Life of Audubon County.

# WINTERPALOOZA



## Join us for Christmas Bingo with the residents during Winterpalooza

December 14<sup>th</sup> from

2:30 - 3:30 pm

Prizes will be awarded.

# Picture Perfect

## We are so proud of our Wheelers!!!



A beautiful new addition to the home!



Honoring our Veterans!  
It was an absolute honor to have Lieutenant Col Don Mosinski speak at our Veterans Program. Thank you to all Veterans for your sacrifice and service!



Our Halloween contest winner: Julie Wilson dressed as Cindy Lou Who!  
Residents enjoyed seeing all the children in their costumes while handing out lots of candy!



Thank you to everyone who stopped out for our Annual Family Brunch! The residents were full of smiles and delicious food!

