Friendship LIVING

320 Hershberger Rd. NW • Roanoke, VA 24012 • (540) 265-2100

Dinner Out at Mellow Mushroom

We saw a Transformer on our dinner trip to Mellow Mushroom.

Our driver Ray and his lovely wife Norma on our dinner outing

September 2019

CHUCK FLYNN, ALFA

This month we invite you to join with us as we celebrate life in assisted living. During the week of September 8th, we'll recognize National Assisted Living Week with special activities for our residents, families, staff, and volunteers. This year our theme is centered on creativity. We'll have art displays and demonstrations. We're also looking to show off art from our family members and friends. Finally, our residents will be heading over to the Taubman Museum of Art for a visit. As you see events scheduled we encourage you to join us to take part in this special time.

I also wanted to mention that you may see our team working on fundraisers for causes close to our heart. Please feel free to cheer us on as we raise funds and awareness for the American Heart Association Heart Walk and the Walk to End Alzheimer's, both happening in October. These are issues that affect all of us in assisted living, and we know research toward these ends can only benefit us in the future.

Thank you for allowing us to serve you at Friendship. We are honored to be small part of your story.

American Heart Association® life is why™ | Heart Walk®

HAPPY BIRTHDAY!

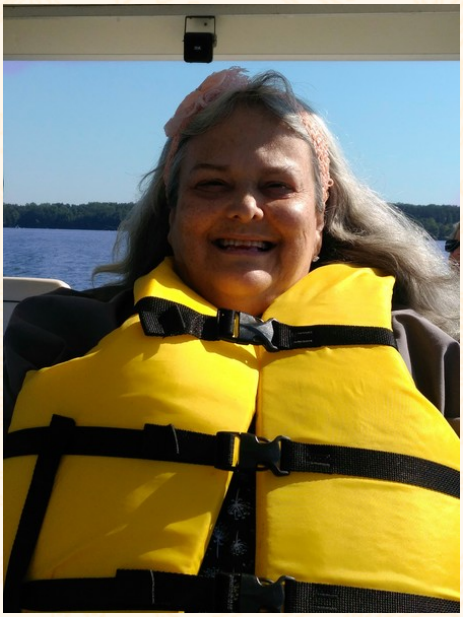
Friends and family are invited to join us the second Wednesday of the month, **September 11th**, at 11:30 a.m. in the Dining Room. Call us at (540) 265-2171 to reserve seats for guests.

RESIDENT BIRTHDAYS

9/1 FRANKIE SMITH
9/1 MARY FERRANTE
9/5 ELIZABETH GEHLERT
9/20 GUIDA SHUPE
9/20 MELVIN SPENCER

TEAM MEMBERS

9/6 ART MOOK
9/8 DIANN CARTER
9/10 ANCHISE LESSINON
9/22 JOAN FINNEY
9/25 SHANTAVIA PATTERSON



Marianne Todd enjoys the morning breeze and sunshine gleaming off the lake.

BOAT TRIP ON SML

Residents enjoyed a Pontoon Boat trip on Smith Mountain Lake. We had an educated tour guide that informed us of all of the wildlife, landscape and attractions in the area. We arrived at 9:30 a.m. and after loading we pulled out and spent 1 1/2 hours on the water. Some of the residents looked in awe as the tour guide pointed out an eagle's nest within sight. The slight breeze and the morning sun's rays bursting off the water put smiles on each resident's face. When this activity was over we had a wonderful picnic that was prepared by our kitchen staff. This is definitely one of our annual activity outings.

Above: Gary Dixon, Jeannie Carpenter and Emma Warren are relaxed and content.

WATER AEROBICS

Several residents enjoyed water aerobics. This is an activity that can be ongoing each and every Friday. It is a heated salt therapy pool with jets and can be beneficial to help ease pain in residents that have arthritis. We are hoping that new residents begin to take advantage of this activity.

Relax, Recharge & Reflect

Joan Arbitblit really enjoyed this event where Paul Mitchell students pampered her with a massage and manicure.

PAUL MITCHELL

Students from the Paul Mitchell studio came to give the ladies manicures.

Staff Directory

Charge Nurse Cell Phone
(540) 520-2403

Administrative Assistant
Linda Ross
(540) 777-6755
lross@friendship.us

Administrator
Chuck Flynn, ALFA
(540) 265-2244
cflynn@friendship.us

Director of Nursing
Christine Pruett, LPN
(540) 283-4322
cpruett@friendship.us

Nurse Auditor
Ashley Davis, LPN
(540) 777-6545
adavis@friendship.us

Dining Director & Assistant Director
Art Mook & Nani Schodorf
(540) 265-2171
amook@friendship.us
nschodorf@friendship.us

Director of Activities
Cindy Taylor
(540) 283-4422
ctaylor@friendship.us

Resident Support Specialist
Melinda VanHouten
(540) 265-2237
mvanhouten@friendship.us

Director of Admissions & Marketing
Julie Abernethy
(540) 265-2058
jabernethy@friendship.us

Beauty Shop
Wednesday & Friday
8:30 a.m. - 3:30 p.m.
Carolyn Rowland
(540) 265-2215

Thanks to our volunteer Rose Smith for teaching a painting class with us. We look forward to displaying these during Assisted Living Week.

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Friendship Assisted Living, Inc.
320-A Hershberger Road, NW
Roanoke, VA 24012

Illustratus
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