

Friendship's Outpace Covid-19 Virtual Run/ Walk Event

ROANOKE, Va. (June 4, 2020) – Friendship, a local non-profit leader in senior living and rehabilitation, is proud to announce its first ever virtual run/walk event, Outpace COVID-19, raised \$4,666 from 117 participants to help offset costs the organization has had to endure due to the pandemic.

“Our team members, residents and friends from the greater community came together to support our organization, and from all accounts, it seems everyone had a good time too,” said President and Chief Executive Officer Joe Hoff.

Development Officer Sarah Stephens led the initiative, setting up the race webpage, securing corporate sponsorships, encouraging participation, as well as securing and designating prizes for event participants.

“It’s great to see how this event brought people together and got us all moving and focusing on personal health,” said Stephens. “We’re very thankful and excited how it also helped increase awareness of our community and the services we provide. Even in the midst of the many unknowns and uncharted territory we’re all trying to figure out, people still gave, participated and made our people a priority. It makes the contributions all that much more meaningful.”

Corporate sponsors for the event included USI, BAI Select, Fleet Feet, Fitness for Good and Runabout Sports Roanoke.

“This was a fun way to celebrate National Senior Health and Fitness Day and was definitely a bright spot in the midst of this pandemic,” said Hoff. “We enjoyed seeing the participants sharing photos of their progress, in all the various, beautiful locations. It was heartwarming seeing family members, friends and pets also taking part. That’s the kind of bonds and memories we hoped would be made as part of this event.”

To learn more about Friendship Foundation, please visit <https://www.friendship.us/foundation>. Stephens may also be reached at 540.265.2122 or sstephens@friendship.us.



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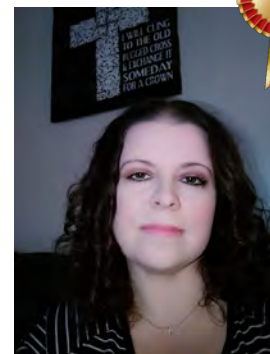


EMPLOYEES OF THE MONTH



Carolyn,
June

Theresa, our Unit Support, is a great example of all of our values on a daily basis. She continues to go above and beyond while fulfilling her daily responsibilities, helping as a CNA when called upon and completing room transfers. She is a hard worker and an extremely huge asset to our team! You are appreciated and deserve the recognition!



Nursing Aide, Carolyn, has been known to show an abundance of kindness on a daily basis. She shows up each day with a smile on her face and anxious to help! If Carolyn is must to the task, you know it will be done, and done well. A resident stated “she never frowns or shy’s away when they ask her for a favor” and that is one of the many things they value about her. Many of the residents are starting to mention how she will be missed the day she retires. Carolyn you are loved and appreciated. Thank you for all your hard work! Congrats, Carolyn, on being Friendship Souths Employee of the Month for June!

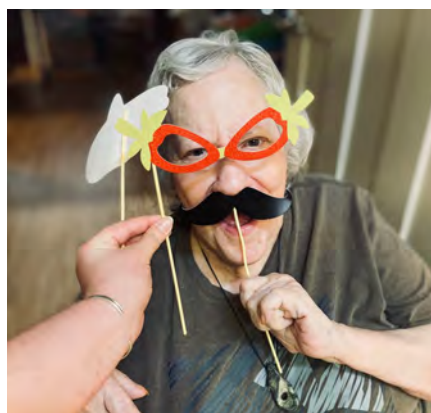
*Our Values:
Accountability, Compassion, Positivity, Respectfulness and Teamwork*

WOWS

Danielle
Denise Musselwhite
Eryn Rautio
Jason Dennis
Linda Beltran
Makenzie Mitchie
Jacquelyn Smith
Carolyn Humphries
Mimi

Thank you for all you do to make Friendship the best it can be!

CINCO DE MAYO—TACO TUESDAY



MOTHERS DAY & FATHERS DAY

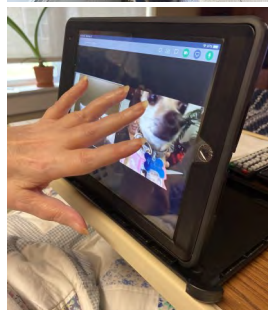


They shared things they love about their parents, and things they love about being a parent!



WINDOW DOG VISITS / VIRTUAL

Whether it is through the window or a video call on our iPad, the residents are enjoying being able to still see some furry friends.



NAMES TO KNOW

Administrator
Brandon Evans

Director of Nursing
Stacey Mulkey

Assistant Director of Nursing
Jennifer Matthews

Director of Activities
Lauren Hale

Director of Social Services
Renee Richardson

Director of Hospital/Community Relations
Jennifer Percell

Director of Dietary Services
Selena Bonner

Director of Rehab
Jennifer Maxey

Assistant Director of Rehab
Maeve Swain

Environmental Services
Director
Todd White

Maintenance
Neil Artrip

Director of Clinical Reimbursement
Susan Hickson-Cullum

Business Office Manager
Keke Caldwell

Reach out to Lauren Hale, Friendship South Activities Director, regarding any form of video call. This could be just to chat, visit a pet, or to celebrate something special like a birthday or an anniversary! We are here to keep you connected and help make your time spent together as special as we can. 540-777-8475, lhale@friendship.us. We are also offering outside visits on Tuesday's and Thursday's at this time. Contact the same way to set this up!

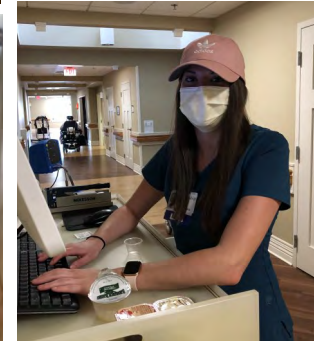
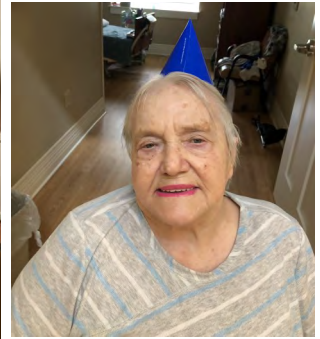
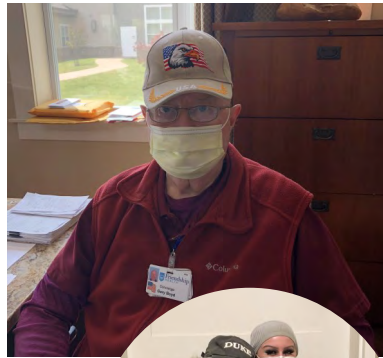
SKILLED NURSING CARE WEEK

RESIDENT RIGHTS

In addition to your civil rights as a citizen, you have rights as a nursing facility resident, including the right:

- To be treated with respect and dignity, free from abuse, neglect, and financial exploitation
- To be informed of your rights and responsibilities as a consumer
- To make decisions about your care and finances
- To privacy in your personal matters, visits, and mail
- To participate in social and religious activities of your choice
- To make a complaint without fear of punishment or retaliation
- To have your personal preferences reasonably accommodated

HAT DAY



CRAZY HAIR DAY & STRAWBERRY SHORTCAKE CART



As we all walked around showing off our crazy hair, we also shared a dessert. Strawberry Shortcake!! & Ice cream later that week.

SHARING IS CARING—CARE NOT COVID



*Our Mission:
“Supporting friends by providing peace of mind”*



Not only was it sports day for spirit week, but we also took photos with our frame showing our theme for Skilled Nursing Care Week. The frame was made by Nurse Lori Fuller. Thank you Lori!



Friendship featured on WSLs in June. We are thankful for our free meal provided by WSLs and Three Notch;d Brewery!



Friendship has developed a new "promo" video for Friendship South!

If you know of a family member or friend in need of our assistance, this a great way to get a sneak peek of the living space and offerings. You can find it by going here: <https://www.friendship.us/health/rehab-south>

SKILLED NURSING CARE WEEK

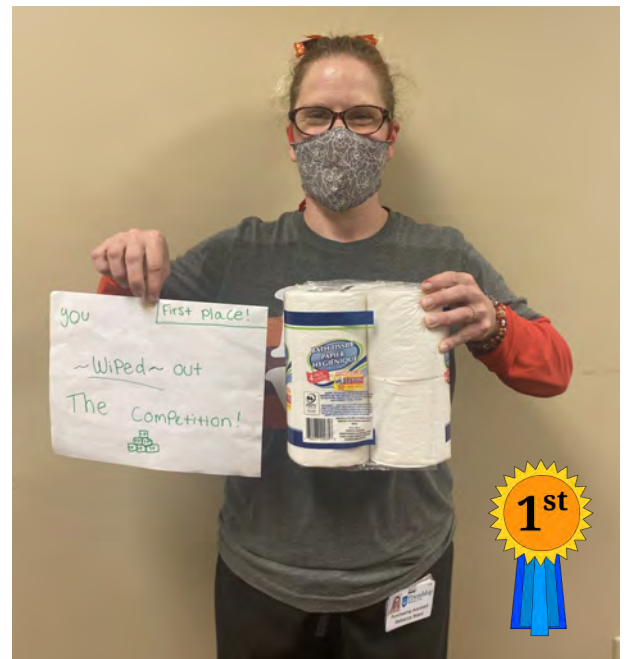
SHARING A MEAL



Staff were able to vote on a special meal and the kitchen "shared" a meal with everyone. Below you see we had an obstacle course. Lots of people participated, the winners received toilet paper. That's a prize to remember during covid-19 precautions.

SPORTS TEAM DAY

OBSTACLE COURSE



TIE DYE DAY



FRIENDSHIP SPIRIT AND MASK-A-RADE



Wearing a face mask on a regular basis is different for staff and residents, so we decided to spice it up and decorate our masks. We had a “mask-a-rade” around the building and residents chose their favorites!




Eryn Rautio's mask won first place and Jennifer Maxey came in second. Over to the left you see Rebecca Ward one first place in the obstacle course and Manu came in second.





July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Recreation Leaders: <i>Melissa Fisher (3, 4)</i> <i>Callin Austin (1, 2)</i> Director: Lauren Hale 540- 777-8475, <i>lhale@friendship.us</i>	KEY: <i>1:1—Resident Room</i> <i>NS—Nurses Station</i> <i>TBD—To Be</i> <i>Determined</i>	<i>1—Wing 1 Hallway</i> <i>2—Wing 2 Hallway</i> <i>3—Wing 3 Hallway</i> <i>4—Wing 4 Hallway</i>	Contact Lauren to schedule outside visits with friends and family on Tuesdays and Thursdays!		Contact Activities staff with Activity suggestions for future months at any time! <i>Contact Lauren with</i> <i>Volunteer interests!</i>	
5 Thomas Road Baptist Church Broadcast 7:30am FOX Ch. 8 (1:1) 11:00 WSET Ch. 13 (1:1) 4:00 Nascar Race Brickyard 400 Ch. 8 (1:1)	6 10:00 Good Morning Refreshment Cart (1:1) 1:30 National Fried Chicken Cart (1:1)	7 11:00 Six Feet Apart Band (Hallway 1 & 2) 1:30 Bingo (1 & 2)	8 10:00 Hallway Exercise (1:1) 1:30 Water Balloons (TBD)	9 11:00 Six Feet Apart Band (Hallway 3 & 4) 1:30 Nerf Guns (1:1)	10 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (3)	11 11:00 Popsicle Social (TBD) 2:00 Puzzle Packet (NS)
12 11:00 Ch. 10 First Baptist Roanoke Broadcast (1:1) 7:30 Jeopardy on TV Ch. 7 (1:1)	13 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (1 & 2)	14 11:00 Six Feet Apart Band (Hallway 1 & 2) 1:30 iPad Games (1:1)	15 10:00 Hallway Exercise (1:1) 1:30 Virtual Dog Visits (1:1)	16 11:00 Six Feet Apart Band (Hallway 3 & 4) 1:30 Tomato Sandwich Cart (1:1)	17 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (3)	18 One on One visits (1:1) 2:00 Puzzle Packet (NS)
19 Thomas Road Baptist Church Broadcast 7:30am FOX Ch. 8 (1:1) 11:00 WSET Ch. 13 (1:1) 5:30 Andy Griffith on TV Ch. 7 (1:1)	20 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (1 & 2)	21 11:00 Six Feet Apart Band (Hallway 1 & 2) 1:30 Junk Food Cart	22 10:00 Hallway Exercise (1:1) 1:30 Patio Games (1:1)	23 11:00 Six Feet Apart Band (Hallway 3 & 4) 1:30 Letter Writing (1:1)	24 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (3)	25 10:00 CBS This Morning : Saturday Ch. 7 (1:1) 2:00 Puzzle Packet (NS)
26 11:00 Ch. 10 First Baptist Roanoke Broadcast (1:1) 8:00 Family Feud Ch. 13 (1:1)	27 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (1 & 2)	28 11:00 Six Feet Apart Band (Hallway 1 & 2) 1:30 National Milk Chocolate Day Cart (1:1)	29 10:00 Hallway Exercise (1:1) 1:30 Water Guns (TBD)	30 11:00 Six Feet Apart Band (Hallway 3 & 4) 1:30 Remote Control Race Cars (1:1)	31 10:00 Good Morning Refreshment Cart (1:1) 1:30 Bingo (3)	Puzzles, Books and Game varieties are avail- able in Dayrooms at all times. Activities will last 30-60 minutes unless other- wise noted. Activities are