

## Supporter Scoop

THE OFFICIAL NEWSLETTER FOR FRIENDS OF FRIENDSHIP

Summer 2021

[friendship.us/foundation](https://friendship.us/foundation)



**Activities Director Lauren Hale & resident Priscilla proudly display their painting**

It's been a busy spring, and your donations, volunteer efforts, and support have gone a long way in making health and better living a reality for those who live and spend time here at Friendship! As we continue to focus on the safety and well-being of our residents and team members, we've been inspired by your steadfast support of those we serve.

From slip-and-sliding into summer to swapping delicious recipes to golfing for a good cause, we hope you enjoy this update of what we've been up to lately at Friendship. Together, we're empowering everyone we serve to live better, and we can't thank you enough for your ongoing support!

### CONTENT

**A New Way to "Slip & Slide" Brings Lots of Joy**

**Supporter Spotlight: Melva Belcher**

**2021 Golf Tournament Raises Critical Funds**

**Supporting Team Members in Difficult Times**

**Alice's Delicious Monkey Bread Recipe**

**Sarah's Expecting-- Soon!**

**Thanks for Your Feedback!**

**Some Friendship Snapshots**



**Pat, Linda, & Ed visiting the Duck Pond in Salem**



**Occupational & Physical Therapists Sidney and Brooke pull resident Edwina on the inflatable duck slide**

## **A New Way to “Slip & Slide” Brings Lots of Joy**

Skilled Nursing Care Week took place May 10-14, and we celebrated our residents and team members with a week of fun activities, including dancing through the decades, an ice cream truck visit, and tie-dyeing our own shirts. But the most popular activity of all was the Rubber Duck Slip & Slide event that Friday afternoon! With the help of our occupational and physical therapy staff and an inflatable duck, residents proved this activity isn't just for kids.

Just like the slip-and-slide activity you enjoyed as a child, staff laid out a long runway of tarps and added soap and water to make them nice and slippery. Then they used a combination of an inflatable duck float and safety harness to make it possible for all residents, including those with mobility limitations, to take part in the fun. While therapy team members took turns pulling, residents had a blast sitting back and enjoying the thrill of this summertime activity. Meanwhile, local musician Marc Baskin treated both participants and onlookers to his guitar and singing, and team members served a variety of shaved ice flavors and other sweet snacks to keep everyone refreshed.

It was a great way to both welcome summer and end Skilled Nursing Care Week with a bang. Activities Director Tiffany Brown was responsible for planning the week's activities, and she says there is a lot more fun to come this summer, including a live Candy Land event that will include treats and team members dressed as the iconic board game characters. We can't wait to see all the joy these warm months bring as we find creative ways to involve all our friends in having a fun summer!



**Resident Dawn ready to go on the ride**

## Supporter Spotlight: Melva Belcher

Originally from the Calloway area of Franklin County, Melva Belcher has long been a fixture in Roanoke, serving for over 40 years as a Teacher, Turnaround Specialist, and School Administrator. She has been and remains resolute about “meeting all children where they are and discovering their talents at different times,” as she puts it. Here at Friendship, we know her as a volunteer and donor who began leading Bible studies for residents at both our North and South campuses several years ago.

It all started when her small group at First Baptist Church of Roanoke was discussing what they could do to serve in their community. One member had recently received care at Friendship and suggested they spend time with residents here, and Melva agreed to take part, soon leading the effort herself. While both of Melva’s Bible studies started out small, they quickly grew as word spread among residents, and larger rooms had to be reserved to accommodate participants.

For those who know the now-retired educator, the popularity of Melva’s study will come as no surprise. Melva’s passion for teaching and education led her



**Volunteer & Donor Melva Belcher**

from being a well-loved 4th grade teacher at Crystal Spring and Westside Elementary Schools in Roanoke to eventually becoming Principal at Lee M. Waid Elementary School in Rocky Mount, the same school from which she had graduated as a high school student prior to the school’s integration in 1970. Meanwhile, Melva earned her Master’s and Doctorate degrees in Education from Virginia Tech and in 2004 became one of 10 educators in the state to graduate from the Virginia School Turnaround Specialist program at the University of Virginia, at which point she was re-appointed to Westside Elementary, this time as Principal.

While Melva’s career was devoted to serving children, she later found herself spending time in local healthcare facilities while her late husband, James, was receiving care. During that time, she noticed that many patients and residents had no outside visitors and just needed a word of encouragement or a listening ear. A believer in “taking bold stands for the benefit of others,” she has found that Friendship provides a place for her to serve those whose spirits need lifting. While the pandemic put a pause on Melva’s volunteer work, she hopes to return soon to continue serving wherever she is needed. We are so grateful Melva chooses to share her time, talents, and resources with us at Friendship, and we know that she has been appreciated by all her students, young and old!



**Melva leading a devotional at the 2019 Christmas tree lighting at FHRC South**



**Karlyn East from GroveMed & Chuck Flynn, Administrator of Friendship Health-Rehab North**

## Friendship Foundation 2021 Golf Tournament Raises Critical Funds

On May 6, Friendship hosted our second annual golf tournament to benefit the Friendship Fund, which will allow us to respond quickly to needs of residents that are unbudgeted for the year. 90 golfers and over 30 businesses gathered for a beautiful day of golfing at Roanoke Country Club, which included lunch on the patio and an awards reception catered by our own Club Friendship.

51 businesses supported the event in various ways, including a range of sponsorships and in-kind contributions of prizes, and over \$24,000 was raised! Marsh & McLennan Agency was the event's generous Platinum Sponsor. Jamie Hurt, Director of Sales at Acomplis Technology, remarked about his second year joining the event, "My clients and I had a wonderful time last year, and we were excited to partner with [Friendship] again this year! We appreciate all that you do for the seniors of the Roanoke Valley."

From the golfers who joined us that day to the businesses who made financial contributions, support of this event allows comfort and quality of life for residents, participants, and patients and helps us fulfill our mission of "supporting friends by providing peace of mind." Thank you to everyone who made the day a success for a wonderful cause!

## Supporting Team Members in Difficult Times

"We rise by lifting others," Robert Ingersoll once said, and one way Friendship practices this is in the way we support our team members. From our employee benefits to our advancement and training opportunities to simply the way we treat each other every day, we know that a happy and fulfilled team is essential to making our mission a reality.

With that in mind, Friendship Foundation's Employee Emergency Fund was established to meet employee financial needs due to medical and disaster emergencies that arise. This could include a medical emergency or death in the team member's immediate family or a disaster such as fire, flood, or any other unforeseen event or hardship.

Any employee of Friendship who is in good standing may request an emergency award of up to \$1,000 each fiscal year, regardless of an employee's length of service. A committee of eight Friendship representatives then reviews each request and distributes the financial assistance accordingly. When asked why this fund is important, Vice President of Human Resources and Corporate Compliance Angela Hughes points to Friendship's mission statement. "Our mission is to 'support friends by providing peace of mind,' and that includes our friends who are team members," Angela says. She noted that a team member whose spouse has undergone cancer treatment had just received these emergency funds.

If you'd like to support the Employee Emergency Fund, simply choose that option in the "My donation is for" drop-down box when donating through the Friendship giving page, write it in the memo line of check contributions, or let us know if you make another type of gift you'd like to direct in that way. Thanks to your support, Friendship is able to continue lifting up all of our employees, including those who are in emergency situations. Thank you for making such a meaningful difference in the lives of so many!



**Team members Barbara Wright, Tashina Adams, & Sherri Jones**

## Alice's Monkey Bread

Residents at Friendship have so much wisdom and knowledge to share, including culinary expertise! One such person is Alice, who has lived at Friendship since 2018. Originally from Illinois, her background is in accounting and management, and she worked as a District Supervisor at Petrie Stores before retiring in Roanoke.

Alice shared with us her recipe for Monkey Bread, which packs a punch with only a handful of yummy ingredients. Enjoy this with a hot cup of coffee or tea, and good luck eating just one serving!

### Monkey Bread by Alice

- ½ cup pecans (in first pan)
- ½ cup sugar
- 2 teaspoons cinnamon
- 1 cup brown sugar
- 3 packages Hungry Jack Biscuits (blue package, cut into quarters)
- 1 stick margarine

Preheat oven to 350 degrees. Spray an angel food pan or Bundt pan with Pam. Place ½ cup pecans at the bottom of the pan. Place quarters of Hungry Jack biscuits in plastic bag with sugar and cinnamon, and shake to coat. Place in pan. Melt butter with brown sugar and pour over the biscuits. Bake for 40 minutes or until deep golden brown. Remove from oven, wait 5 minutes before flipping over to remove.



**Alice enjoying the sunshine outside  
Friendship Residents' Center**



**Sarah & daughter Evelyn**

## Sarah's Expecting—Soon!

For those of you who have seen me in the last few months, you may have noticed that I have a little one on the way this summer. Little Abe is expected to join his big sister (3-year-old Evie) and my husband Brad and me in mid-June, and we're pretty excited to welcome him to the world!

Once he arrives, I'll be taking a few months of family leave to get him off to a good start, but then I expect to return to Friendship by September. I so appreciate all the support I've been receiving from the wonderful Friendship community, and I look forward to jumping back into raising support for Friendship's mission when I return.

In the meantime, if you have any concerns or questions regarding Friendship Foundation, Director of Marketing Stephanie Landes is happy to help. You can reach her at [slandes@friendship.us](mailto:slandes@friendship.us) or 540.777.2399. I look forward to sharing pictures of Baby Abe soon!

-- Sarah Stephens, Development Officer



## Thanks for Your Feedback!

Thank you to everyone who completed the supporter survey about Friendship Foundation and how we can better communicate with you from the last newsletter! Your responses will help improve our supporters' experience in the future.

Your continued support of our mission of supporting friends by providing peace of mind means more than you know. We were honored to read comments like this one from one supporter: "My family is so grateful to Friendship for the support and kindness they have shown us over the years. Happy to provide my support to the Friendship Foundation."

We would still love to hear from you if you ever have suggestions, comments, or questions for Friendship, so please keep those coming. We promise to listen to you and follow up with you if you wish. Thank you again for your ongoing support of Friendship and those we serve!

## Spring at Friendship Some Friendship Snapshots

