



Friendship
LIVING

The Friendly Circle

397 Hershberger Rd. • Roanoke, VA 24012 • (540) 265-2255

Resident Services

Director of Independent Living

Lucy Klein

lklein@friendship.us, 777-7599

Assistant Director of Independent Living

Ken Mowbray

kmowbray@friendship.us, 777-7103

Administrative Assistant at Residents' Center

Kasey Campbell

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Activity Coordinator

Pat Walters

pwalters@friendship.us, 777-4612

Wellness Program Coordinator

Chelsea Wright

cwright@friendship.us, 777-1459

Friendship Maintenance

265-2190

Friendship Housekeeping

265-2133

Club Friendship Restaurant

265-2056

Residents' Center Beauty Salon

265-2033

Friendship Pharmacy/Emporium

265-2152

Friendship Home Care

265-2194

Friendship Outpatient Therapy

265-2199

Friendship Health Information Line

265-2101

Campus Switchboard & Security

(available 24 hours per day)

265-2100

October 2021

Twenty Years at Friendship Living!

Pictured are Friendship residents, Alvis & Marie Dillon, and their children. The picture is from 1964. Alvis & Marie came here in 2011 and Marie now resides at Friendship North. The couple met through friends and have been married 62 years. You can find Alvis enjoying the billiards room at the Residents' Center on some weekdays!





Meet Indre Malaiskaite, Nurse Practitioner at the October Physician's Clinic Open Houses

Indre is originally from Lithuania and she will be providing healthcare to Friendship residents from the medical offices here on campus in the building beside the Residents' Center.

Indre attended Roanoke College for an undergraduate degree in Biology, along with a nursing degree and completion of the Nurse Practitioner program at Jefferson College of Health Sciences. Indre returned to Roanoke in 2020 and looks forward to providing care to Friendship's residents!

Please come meet her at the **Clinic Open House** for your building's day as below at 10am:

- October 6th - Westwood
 - October 6th - The Village
 - October 13th - Regency & North Hampton
 - October 20th - Wellington I - IV
- Contact 777.4612 to reserve your seat.



Happy Birthday

- 10/1 Janis Knutzen
- 10/1 Julie Pullen
- 10/2 Lou Jane Basham
- 10/2 Ray George
- 10/2 Fran MacDonald
- 10/3 Susan Green
- 10/4 Benita Jordan
- 10/5 Maribel Hibbits
- 10/7 Gordon Simmons
- 10/9 John Richards
- 10/10 Nancy Parr
- 10/11 Chester Dombrosky
- 10/12 Dixie Newbrough
- 10/15 Carol Murray
- 10/16 Linda Johnson
- 10/18 Shirley Jarmulowicz
- 10/18 Mary Beth Kephart
- 10/18 Mildred Patteson
- 10/20 Beverly Webber
- 10/22 Harriet Miller
- 10/26 Lawrence Soper
- 10/28 Sandra Aldridge
- 10/29 Phyllis Scott
- 10/30 James Cox
- 10/30 Edna Weaver
- 10/31 Mack Bullard



Medicare Part D Important Info!

If you are a Medicare Part D beneficiary, you should review your Medicare prescription coverage every year, even if you don't think you need to!

Plans change every year and Friendship Retail Pharmacy can help you evaluate your coverage choices and review existing and new options to determine if another prescription plan may be more cost effective for you.

This is a free service which will begin during open enrollment which is October 15 – December 7.

We need your current medication list which can be dropped off at our pharmacy, or we can pick it up at your door. We will provide a list of plans for you based on your specific medications so that you can make a decision and we'll answer any questions. Call us today at 265-2152 and let us know if we can help!

The first meeting of the year for the **Friendship Association of Residents (FAR)**, meets on Tues., 10/12 @2pm in the Chapel. All residents are automatically members, and are welcomed at all meetings. We will present a check to the Resident Benevolent Fund assisting residents in need (assets from the dissolution of the Corporation). There will be discussion of future plans for FAR. For more info call Martha Dean 540-904-7812.

Thank You for Making Friendship Your Home

We are fortunate to have you in our community and it is our pleasure to help you live the way you want to live.



Have you received outstanding care from a Friendship employee?

Nominate them for a Wonderful Outstanding Worker Award!

NOMINATE EMPLOYEE

Cast Your Vote on Friendship's Website!

Take a moment and recognize your favorite Friendship staffer for their hard work and dedication at:

www.friendship.us/residents

Please don't hesitate to elaborate on how they enhance your experience here!

A Funny FAIRY Tale!

A married couple in their early 60s are celebrating their 40th wedding anniversary in a quiet, romantic little restaurant.

Suddenly, a tiny yet beautiful fairy appeared on their table. She said, 'For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.' The wife answered, 'Oh, I want to travel around the world with my darling husband.'

The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment: 'Well,

Tell Pat! :-)

Hey friends! As you think of great restaurants, movies, activities that you and your neighbors here at Friendship would enjoy - make sure you "tell Pat" in the Activities office.

The best way is to make a list (handwritten is fine), and share it with her. You can also send your ideas by email and/or you can leave a voicemail message at 777.4612.

Mentioning it to her during an activity, or hallway passing, leaves a chance that it could be forgotten or overlooked in the rush of everyday planning, etc.

Your ideas are the ones we seek to provide the activities you enjoy!

this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me.'

The wife and the fairy were deeply disappointed, but a wish is a wish! So the fairy waved her magic wand and poof! ... The husband became 92 years old.

The moral of this story: Men who are ungrateful should remember *fairies are female* ...



Hello From Chelsea, Your Wellness Program Coordinator!

Hi Friendship residents!

As Summer comes to a close and Fall approaches, right now is the best time to develop an exercise routine. Have you tried participating in one of our land exercise classes or taken a dip in our heated pool? Don't forget that we have a gym in the Residents' Center as well. There are two treadmills, a recumbent bicycle, a NuStep (which is great for injured knees and hips) and lots of free weights. If you're unsure of how to use the equipment, call me and we will set up a time to get you oriented with everything. Each week, we have over 12 different exercise classes available. Come join us not only for the exercise, but for the laughter, the socialization, and the fun!

Please call me at 540-777-1459 or stop by my office to talk more!





Friendship Living's Activities Team: (L to R) Cindy Taylor - Assisted Living, Tiffany Brown - Skilled Nursing, Jenny Williams - Salem Terrace, Casey Halstead - Adult Day Care, Pat Walters - Independent Living, Lauren Hale - Friendship South

"This Month In History"

OCTOBER

1901: The Executive Mansion is officially renamed the White House by President Theodore Roosevelt.

1940: Considered America's first superhighway, the Pennsylvania Turnpike opens to traffic. The 160-mile four-lane roadway was called an engineering marvel.

1956: In a match known as "game of the century," 13-year-old chess prodigy Bobby Fischer defeats international master Donald Byrne.

1962: "Dr. No," the first in the movie franchise about fictional British spy James Bond, premieres in London.

1974: Former MVP Frank Robinson is named the MLB's first Black manager when he's chosen to lead the league's Cleveland team.

1984: During a mission on the space shuttle Challenger, astronaut Kathryn Sullivan becomes the first American woman to walk in space.

2008: The popular music, podcast and video streaming service Spotify launches in its home country of Sweden.

2019: After winning five medals at the world championships in Germany, Simone Biles breaks records to become the most-decorated gymnast in the annual competition's history.