



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, 540-777-7599

Assistant Director of Independent Living

Ken Mowbray

kmowbray@friendship.us, 540-777-7103

Administrative Assistant at Residents' Center

Leslie Wilfong

lwilfong@friendship.us, 540-265-2255

Wellness Coordinator

Angel Crowder

acrowder2@friendship.us, 540-777-1459

Activity Coordinator

Pat Walters

pwalters@friendship.us, 540-777-4612

Friendship Maintenance

540-265-2190

Friendship Housekeeping

540-265-2133

Bistro '66

540-265-2191

Residents' Center Beauty Salon

540-265-2033

Friendship Pharmacy/Emporium

540-265-2152

Friendship Home Care

540-265-2194

Friendship Physician's Clinic

540-265-2087

Friendship Outpatient Therapy

540-265-2199

Campus Switchboard & Security (available 24 hours per day)

540-265-2100

March 2023

Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, or spruce up your home for a fresh feel.



Mill Mtn Theatre Performs at Friendship

Come join us for our Song & Script Showcase presented by Mill Mountain Theatre. This one day only show will feature conservatory students as they sing and perform small skits of their own choosing. Sit back, relax, and enjoy an afternoon of entertainment. Reserve in advance to enjoy this show on Thursday, March 30th, at 3pm in the Chapel.

GOODWILL PICKUPS

Items picked up on Tuesday, March 21st, between 10am and noon. You must contact resident Karen Vietmeier no later than 5pm on Friday, March 17th, to schedule a pickup. She can be reached at 540-354-9548.



3/3 Janet Blake
3/3 Debra King
3/3 Charlie Morgan
3/5 Joyce Barker
3/5 Nesta Davis
3/5 Janet M. Smith
3/5 Constance Webb
3/7 Jane Carrico
3/7 Ralph Thompson
3/8 Jeannie Bryant
3/9 Ginny Coleman
3/10 Nancy Kublank
3/10 Fred Repich
3/11 Peggy Pearcy
3/12 James Morris
3/14 William Owen
3/15 Peggy Randall
3/16 Gail Voss
3/22 Jane Holloway
3/23 Irving Glover
3/23 Lucille Muench
3/24 Jean Shell
3/27 Lorri Davis
3/27 James Steffen
3/28 Libby Martin
3/28 Iris Smith
3/29 Arbutus Ingram
3/29 Rosalind Peterson
3/30 Belinda Katon



My name is Leslie Wilfong and my current position is **Administrative Assistant** at Friendship Retirement Community. I have been a licensed insurance agent for the past 16 years and continue to market and sell products privately. I own and operate Appalachia Hills wedding venue in Callaway, VA. I have an extensive music background and owned my own music studio for 20 years, teaching private piano to 93 students weekly. I have also traveled with many choirs and orchestras, accompanying for festivals and competitions. I have performed at Disney World in Florida for numerous shows over the years. I continue to teach private piano at my home studio. I am married to my husband, Lee, and we enjoy camping, kayaking, and grilling. We have 7 dogs that keep us busy. I look forward to my new opportunity here at Friendship Retirement Community. I can be reached in the Residents' Center office or at 540-265-2255.

Hair Salon Info

The Residents' Center Hair Salon is now open for cuts & styling.

It will be open on Wednesdays and on Fridays from 9am until 3pm.

Call 540-265-2033 and leave a message to schedule an appointment.

Healing Ceilings Return to Friendship!

The Carilion Hospital's Healing Ceilings project returns to Friendship for our March art programming! Healing Ceilings is facilitated by the Taubman Museum of Art. Come paint a tile that will be used in the ceiling of the Carilion Pediatric Wing to welcome their smallest patients. Sign up to paint on **March 10th and 24th at 1:30pm**. The tiles will also be on display at the art museum later in the year and we will plan to take a bus to the museum to see them.



Meet your new **Wellness Coordinator**! Prior to coming to Friendship, I worked as a paralegal at a local law firm. I began working toward a career in health and wellness, becoming certified as a Silver Sneakers instructor, personal trainer and yoga teacher. I am a graduate of Hollins University here in Roanoke and have lived in the Roanoke Valley for about 14 years with my husband, Aaron, and our two dogs. I enjoy hiking, gardening, reading, painting, and running obstacle course races with my husband. If anyone is interested in exercise classes, please give me a call at 540-777-1459.

Tuesday Buffet

Our 2nd Tuesday buffet in Club Friendship for March is 3/14 at 12 noon. As before, **advance sign-up is needed** and you can bring a dessert to share.

In March, we celebrate National Flapjack Day. A wonderful excuse to have some of the Bistro's delicious breakfast items for lunch. Some favorite toppings to try can include butter, fruit, walnuts, and real maple syrup. Sign up early to join the fun!



Estelle McCadden ((see below))

AFTER HOURS AT RESIDENTS' CENTER

Tuesday, 3/14, @7pm:
Roanoke's Civil War Roundtable will present Steve Phan and his topic will be announced at the meeting.

Tuesday, 3/21, @7pm: **World War II Roundtable** resident Jim Steffen to speak on the Signal Corps in Cold War Germany.

Thirsty Thursday Happy Hour 3/23 @3:30pm

Sign up early to join us for light libations, coffee, apple cider, wine and beer. Bring your own beverage & mixers if you wish. A great time to relax with neighbors and make new friends.

A Park to Honor Estelle McCadden

Roanoke's Kennedy Park is getting a new name! Back in January, the Roanoke City Council voted to name it Estelle H. McCadden Park after our former Independent Living resident. The move was done to honor the late Estelle McCadden, who passed away last year at age 95. McCadden was a neighborhood advocate from Northwest Roanoke who founded the Virginia Statewide Neighborhood Conference, a nonprofit dedicated to strengthening communities across the commonwealth. The park is located at 1616 19th Street, Northwest Roanoke.

Wit & Wisdom

"Magic carpets do exist, but they are called library cards."
—Firoozeh Dumas

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."
—Colin Powell

"There are two magic words to get what you want: please and Grandma."
—Jeff Keane

"There's just some magic in truth and honesty and openness."
—Frank Ocean

"If you see the magic in a fairy tale, you can face the future."
—Danielle Steel

"Real magic in relationships means an absence of judgment of others."
—Wayne Dyer

"So why not live with the magic? Be a kid again and believe in the fantastical. Life is more fun with a little smoke and mirrors."
—L.H. Cosway

"Magic will find those with pure hearts, even when all seems lost."
—Morgan Rhodes

"Magic is believing in yourself. If you can do that, you can make anything happen."
—Johann Wolfgang von Goethe



If you are a new resident or just new to participating in the activities offered, **we need you!** Please review the enclosed calendar. You will find descriptions on the back of your calendar or you can call 540-777-4612 for more information. Seating is limited for bus trips and some activities, so don't wait to sign up! Your input is always welcome, so don't hesitate to come and meet your Activities Coordinator and the Independent Living staff at the Residents' Center.

Speaker in the Chapel March 2nd @2:30pm



Beth Hite, Family Nurse Practitioner with Lewis Gale Physicians, Salem, VA

Beth Hite, FNP, is a certified Family Nurse Practitioner with Lewis Gale Physicians - Endocrinology in Salem, Virginia.

Mrs. Hite earned a Bachelor of Science in Economics from Virginia Polytechnic State University and an Associate degree from Virginia Western Community College. Following her undergraduate work, Mrs. Hite completed a Master of Science in Nursing from Walden University in Minneapolis, Minnesota.

We look forward to her presentation in the Chapel at the Residents' Center. Her subject matter is:

Introduction to Type 2 Diabetes

Please contact Pat in the Activities Office at
540-777-4612 to hold your spot.