



SUPPORTER SCOOP

THE OFFICIAL NEWSLETTER FOR FRIENDS OF FRIENDSHIP

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Alex & Linda representing Friendship at Senior Fun & Health Fair

"Alone we can do so little," wrote Helen Keller, "Together we can do so much." At Friendship, we are reminded of this when we look at the many ways our donors and volunteers make our mission of "supporting friends by providing peace of mind" possible. Our community is that much stronger because of each of you!

In this quarter's newsletter are a few stories of Friendship supporters (including residents, interns, volunteers, donors, businesses, and many more) whose compassion and generosity make our work possible. Because of you, so much good is happening every day!



Interns from Radford University School of Nursing

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**Paul Kidd and Friends with
Friendship Volunteer of the Year Award**

It Takes a Village to Support Friends

Community depends on individuals coming together and supporting one another, and this happens daily at Friendship due in large part to committed volunteers motivated by their desire to make a difference. Friendship is able to support residents each day because of these volunteers!

We were pleased to be able to recognize Friendship volunteers in April at our annual Volunteer Appreciation Breakfast at Club Friendship. These awards, presented in conjunction with National Volunteer Week, honor the exemplary service of individuals and groups that have made a significant contribution to the Friendship community through service and volunteering in the past year.

"I am thrilled to recognize the six outstanding winners of this year's volunteer awards for their selfless dedication to those whom Friendship serves," said President and CEO Joe Hoff. "The true strength of Friendship is found in how our residents are supported, and this year's award winners are a moving testament to the important role volunteers play in helping us provide peace of mind."

Awardees were honored at a breakfast reception prepared by the Friendship culinary team. Volunteers also received gifts, and several won door prizes. The recipients of the 2023 Friendship volunteer awards are: Paul Golden, Friendship Accountability Award; Angie Epperly, Friendship Compassion Award; Emma Warren, Friendship Positivity Award; Kay Fielder, Friendship Respectfulness Award; Jim and Cheryl Skinner, Friendship Teamwork Award; and Paul Kidd and Friends, Friendship Volunteer of the Year Award.

"This year's award winners are a moving testament to the important role volunteers play in helping us provide peace of mind."

-- Joe Hoff, President & CEO

The Friendship Volunteer of the Year Award went to Paul Kidd and Friends, who provide entertainment at least once a month to residents at both Friendship Health and Rehab Centers and Friendship Assisted Living by playing music, singing, and interacting with residents and team members. During events like holiday celebrations and sing-alongs, they make everyone feel like family and bring countless smiles and laughs. This talented group of friends plays a variety of hymns, instrumental, blue grass, and country music, generously sharing their talents and time.

"This year's award recipients reflect the values of Friendship," said Vice President of Human Resources and Corporate Compliance Angela Hughes. "We are honored to shine a spotlight on these stellar examples of volunteer service with the hope that it will inspire even more people to get involved and take action in our community."

If you or someone you know is interested in volunteering at Friendship, please call 540-265-2109 or email humanresources@friendship.us for further information.



Joe Hoff, Jim and Cheryl Skinner, Pat Walters

Friendship Residents Paint "Healing Ceiling Tiles"

Healing Ceiling Tiles, a partnership between the Taubman Museum of Art and Carilion Clinic, recently invited Friendship residents to contribute to the ceiling art that is used in local Carilion facilities.

In April, Independent Living residents spent two days dedicated to painting ceiling tiles that were displayed in early May at the Taubman. They will now be placed around Carilion Clinic, including their Children's, Oncology, and Cardiology facilities.

"Friendship residents have great joy when we do Healing Ceiling Tiles every year."

-- Pat Walters, Activities Coordinator



Friendship residents working on their ceiling creations in Club Friendship

"Friendship residents have great joy when we do Healing Ceiling Tiles every year," said Pat Walters, Activities Coordinator at Friendship's Independent Living. "Our residents love to partner with local community organizations to feel a sense of connection."

Studies show that art within the walls of hospitals can improve blood pressure, lower anxiety, and decrease pain medication intake or even length of stay of patients looking at the work. Many patients react well to depictions of natural scenes and calm waters.

"The residents look forward to seeing the staff members and their artwork exhibited at the Taubman," said Walters. "Laura Moats, Community Access & Engagement & Volunteer Assistant Manager at the Taubman Museum, and her team do a great job collaborating on ways we can be involved and give back."

Since the program began in 2019, the greater Roanoke community has painted more than 750 healing ceiling tiles, and Friendship is grateful to our residents for contributing their time and talents to creating art that makes a difference in Carilion patients' lives.



Residents were asked to paint joyful and whimsical art that could be a calming diversion for Carilion patients.



A Successful Golf Tournament to Support Friends

Friendship is grateful to all the community supporters and golfers who participated in our annual golf tournament on May 11 at Roanoke Country Club! The yearly tournament is an excellent opportunity to spend a day on the course while supporting the organization's Friendship Fund, which was established to quickly respond to unbudgeted needs of the organization and those it serves.

The tournament featured various contests, raffles, and awards, adding to the excitement of the day. "We are thrilled to have hosted our annual golf tournament, which raised over \$23,000 for the Friendship Fund," said Joe Hoff, President and CEO. "We enjoyed seeing many familiar faces and meeting new supporters out on the course. This event each year has been instrumental in helping us better serve those who live throughout Friendship's three campuses."

The afternoon golf tournament attracted 92 golfers and about 50 corporate sponsors. Cary Street Partners and Marsh McLennan Agency both served as title sponsors.

"We are so appreciative of the continued generosity of all those who came out to support this great cause," said Sarah Stephens, Development Officer. "Their support helps Friendship continue to make the the Roanoke Valley shine as a great community for seniors to call home."

Mother's Day at Friendship



It's impossible to walk through any of Friendship's three campuses without encountering a resident who is a mother, grandmother, or great grandmother or has played another important role in raising and providing for the next generation. Friendship is proud to have so many mothers in our midst, and this year's Mother's Day was a wonderful excuse to celebrate them!

Friendship Independent Living hosted a tea party (complete with hats!) for moms, Friendship Salem Terrace distributed handmade cards, Friendship Health & Rehab Center South gifted each mother with a beautiful rose, and many other activities were planned to make sure residents knew how grateful we are for the vital role mothers play in the lives of so many.

Sometime "supporting friends by providing peace of mind" means celebrating the accomplishments of those who live here at Friendship, and we had a wonderful time doing just that and wishing all of the moms at Friendship a happy Mother's Day!



Residents at Friendship Health & Rehab Center South received roses for Mother's Day.

CNA Graduates Ready to Make a Difference

When people receive care at Friendship, we want them to remember the compassionate and dedicated service they received from our team members more than anything else. Because of this, we consider the education and training of our staff to be one of the most important investments we can make.

Four times a year, Friendship offers a four-week Certified Nursing Assistant training program, with ten individuals per cohort. Those who sign up for the course are hired as full-time employees and are then paid during the training program, which is taught by our own employee instructor. These students are then kept on as employees upon completion of the course.

Our latest class of CNAs graduated earlier this month, and we couldn't be more proud! After graduation, each student was hired at either Friendship Health and Rehab Center North, Friendship Health and Rehabilitation Center South, or Friendship Salem Terrace.



Friendship CNA Graduates gather to celebrate their accomplishment



2023 Friendship CNA Graduates

While greatly benefiting Friendship residents, the program is also beneficial to those in the community looking for a career in health care. Friendship even pays for State Board Testing for students to become Certified Nursing Assistants (CNA).

"I enjoy being a part of the process to teach and educate our employees to better themselves."

**-- Melissa Dillard,
Clinical Nurse Educator**

"I enjoy being a part of the process to teach and educate our employees to better themselves," says Clinical Nurse Educator Melissa Dillard. As interest in the course has continued, Friendship will be offering additional classes later this year. Anyone interested in joining the Friendship team can apply online at friendship.us/careers or call 540-265-2109.

The Friendship CNA program is one way we can serve the greater community—including our own team members. It's a joy to see employees grow within Friendship, advancing in their careers and bringing a higher level of care to those we serve.



Friendship Health & Rehab Center residents and staff enjoying popcorn and games

Cultivating Kindness Week

May 14-20 was the American Health Care Association's National Skilled Nursing Care Week, and Friendship Health and Rehab Centers had a wonderful time celebrating this annual tradition, which highlights the essential role that skilled nursing care centers play in providing 24-hour nursing care to millions of seniors and individuals with disabilities.

This year's theme was "Cultivating Kindness," and a week of fun and meaningful events were planned, including a "Color Me Calm" wall; gift drawings each day; and dress-up days, such as Groovy Monday, Giddy Up for Kindness, Be That Friend Day, and Shine Bright for Kindness.

Residents and team members found ways to help the greater community by holding a food drive for Feeding Southwest Virginia, collecting donations for the Roanoke Valley SPCA, and taking a bus trip to the Veterans Care Center to deliver cards and "Little Bags of Happiness." Residents also volunteered by filling treat holders for a local animal shelter and being creative with a new "Crafting for Others" group.

The last day of the week was especially festive, with the Activities department hosting a life-size Candy Land game, complete with staff and volunteers dressed up as characters from the game. Candy-themed carnival games were set up for residents, and there were plenty of real goodies as well.

Practicing kindness and compassion has been shown in studies to improve health and well-being and also benefits human connections and bonds. Staff, residents, families, and community partners were all invited to join Friendship in celebrating this week of festivities, and everyone had a great time. We're so grateful to everyone who "cultivates kindness" throughout the year in their support of those Friendship serves!



"Color Me Calm" wall at Friendship Health & Rehab Center North

Glimpses of Friendship

From mask making, kite flying, and art classes to a prom celebration, visiting with family and friends, and much more, spring has been a wonderful time at Friendship!

