



# The Friendship Quilt

A newsletter highlighting news and trends affecting senior living in our community.

## Senior Living Options

Cost often a big factor when deciding where to live



One of the most important decisions facing seniors and their loved ones is where to live when they are no longer able to or want to be at home.

For those considering living options, the choices can be daunting and the questions dizzying: What's the difference between independent living and assisted living? When is a nursing home appropriate? What kind of care is available at each?

One of the biggest questions involves cost. Seniors and their families must decide whether to pay large upfront costs required by many retirement communities or opt for pay-as-you-go policies requiring little or no start-up fees.

"People want to have options," says Steve Morrisette, executive director of the Virginia Health Care Association, the trade group for the

state's long-term care providers. "And one of the options to look at carefully is how much you will pay for different levels of care as you age."

Retirement communities such as Friendship typically offer a campus providing separate housing for those who live independently; assisted living facilities that provide additional support with daily activities; and nursing homes for those needing advanced care. Residents can move from one housing choice to another as their needs change.

Some providers often referred to as Continuing Care Retirement Communities, or CCRCs, require residents to enter into long-term "continuing care" or "life care" contracts, which generally require large entrance fees of thousands of dollars in addition to significant monthly fees. The costs of  
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### Independent Living

Like CCRCs that require a large investment, Friendship offers a continuum of quality care in one location. Residents in Friendship's independent living units enjoy peace of mind, security and the ability to remain physically and intellectually active without worrying about home maintenance and yard work.

Affordable yearly leases make independent living at Friendship a convenient and attractive value. Friendship apartments, townhomes and houses are carpeted and unfurnished, enabling residents to enjoy their own furnishings.

Independent living residents enjoy such amenities as 24-hour security, on-site eye care center, complimentary transportation, a variety of activities both on and off campus, a wellness program and a Residents' Center featuring an indoor pool, arts and crafts studio, beauty shop, library and exercise room. Homemaking services, cleaning and personal transportation are available for a fee.

*For additional information about independent living options at Friendship, call 540-265-2230.*

## Welcome



Welcome to the latest issue of The Friendship Quilt.

This newsletter will keep you informed about trends in senior living through stories told by the people at Friendship Retirement Community.

In this issue you'll learn about the various options in today's senior living, particularly the financial obligations to consider. You'll also read about Friendship's outpatient therapy services as well as Friendship's heritage of service, from the residents who volunteer their time throughout the Roanoke Valley to Friendship's support of the Rescue Mission.

With more than 40 years of trusted service, Friendship is home to almost 1,000 residents on two campuses, making it one of the largest retirement communities in Virginia. A not-for-profit organization, Friendship offers nursing care, assisted living, independent living, personal care service and a broad range of medical services, including rehabilitation and orthopedic care.

And as you'll read in this issue of The Friendship Quilt, Friendship provides an innovative approach to today's senior care.

Stan Huffman  
President and CEO  
Friendship Retirement Community

*Visit us at [www.friendshipretirementcommunity.com](http://www.friendshipretirementcommunity.com)*

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# Outpatient Physical Therapy

## Friendship patients get back to life

They may not be miracle workers, but the therapists at Friendship Retirement Community sure know how to make people feel better.

Take Jack Ward, who visited Friendship's rehab center as an outpatient. Over Christmas, he injured his right shoulder while, of all things, cleaning around the house.

"It hurt," he recalls. "I never had pain like that in my life." As it turned out, Ward tore his rotator cuff – bad news for this avid fly-fisherman. Two days after surgery in February, he was at Friendship to begin his therapy sessions.

"My wife and I live on this side of town, so I asked that I have my therapy at Friendship because it's close to work," says Ward, a clerk with Verizon. "But I also knew of the great care."

Since then, he has participated in therapy three days a week for about an hour a day. Starting out with four weeks of passive therapy – with therapists moving his body – he quickly moved to active therapy, which includes weight-lifting, stretches, range-of-motion exercises, massage and other treatments.

"The care has been excellent," he says. "I have just about all of my range of motion back."

"I don't have any pain now," he says.

Ward credits his Friendship therapist, Frankie Bielawski. "Frankie is easy to work with. She



Jack Ward credits his Friendship therapist for his progress.

Ward says.

His doctor says a full recovery is expected. Now, instead of fighting pain, Ward is looking forward to casting a fishing rod.

"I couldn't ask for any better care than I've gotten here," Ward said. "Everyone is friendly and courteous. It's definitely the right place for therapy."

*To learn more about rehab at Friendship, call 540-265-2199.*

## Expanding therapy

Friendship's Health and Rehab Center is getting a makeover of its own – doubling its inpatient rehabilitation space with a second-floor addition while also expanding therapy space for outpatients.

"This expansion will allow us to treat more patients, begin unique new programs such as driving rehabilitation, and add an easily accessible pool so we can better treat patients with arthritis, back issues and neurological conditions," says Virgil Thompson, director of rehabilitation services.

The added space will give inpatients and outpatients more privacy with therapists, and families will enjoy more room to participate in therapy. Those coming to Friendship for outpatient therapy will enjoy their own separate therapy clinic.

"Friendship has long been a leader in the Roanoke Valley for therapeutic services," Thompson says. "This expansion is our commitment to provide the community with the best therapists in the business and a state-of-the-art facility designed to help people get better faster."



A separate entrance is one feature of the expanded outpatient therapy space.

## A Lifetime of Giving

### At 86, Friendship resident Frank Dudley continues to volunteer

Frank Dudley has devoted a lifetime teaching others. Thanks to his volunteer work, he's the one who's still learning.

Dudley, a retired chemistry professor and an independent living resident at Friendship Retirement Community, spends five hours a day, two days a week, at the Salem VA Medical Center, where he volunteers in the microbiology laboratory through the Roanoke Valley Red Cross.

Working in a scientific setting appeals to Dudley, 86, who logs in blood samples and other specimens sent to the hospital for analysis.

"My volunteer work keeps me current with my background in chemistry and particularly in clinical chemistry," he says. "I'm providing a service that I feel is necessary. I've always been service-oriented, and I feel good that I'm contributing to the community and helping our veterans."

During a typical volunteer visit, Dudley works at a computer to log in specimens, freeing up hospital technicians to analyze results. "It's a big responsibility because you have to consider things like patient privacy and security," says Dudley,

who has volunteered in that position for 10 years.

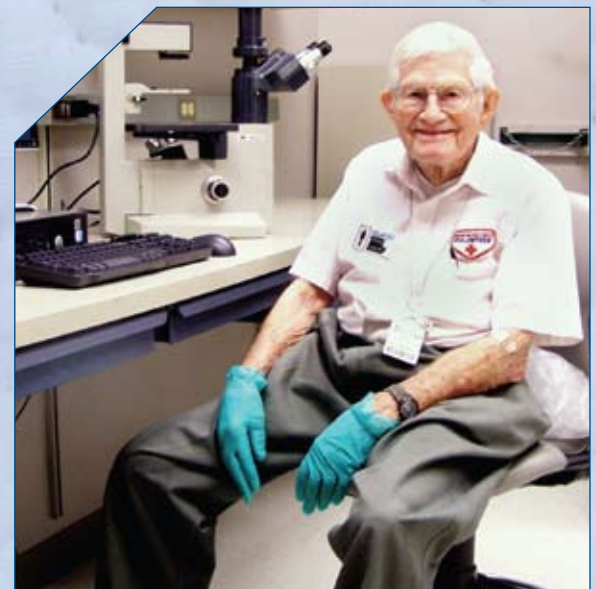
Dudley and his wife moved to Friendship from Florida in 1998 to be closer to two granddaughters. He taught chemistry at the University of South Florida for 21 years ("chemistry – either you love it or hate it, there's not much in between," he jokes). He has a master's and Ph.D. degrees from Ohio State.

Dudley is one of dozens of residents at Friendship who volunteer throughout the Roanoke Valley, from hospitals and schools to churches, community organizations – even at Friendship itself.

"People who live at Friendship have lived elsewhere in the community," Dudley says. "They are still very active volunteers who want to continue to make a difference in the lives of others."

Dudley, who proudly wears a Red Cross shirt and ID badge when on volunteer duty, says he can't imagine life without volunteering. In addition to his work at the medical center, he is active at Melrose Baptist Church.

"A volunteer job is one that you've got to like and of course I like everything connected with



Frank Dudley on the job at Salem VA Medical Center.

the lab," he says. "I believe volunteering should be done by any able-bodied citizen to give back to the community. My teaching background gave me a sense that if you want to be part of the community and want to be a good citizen, you need to give as a volunteer."

# Helping Neighbors in Need

## Friendship donation provides respite care at Roanoke Rescue Mission

As Friendship residents fan out into the community to volunteer,

Friendship is making a difference in the lives of the region's homeless.

Friendship's support of the Rescue Mission in Roanoke has enabled the Mission Women's and Children's Center to create one of two respite rooms. Each room has six hospital beds for homeless people whose medical needs require more comfortable accommodations during their stay at the Rescue Mission.

"The Rescue Mission has an on-site free clinic, and as part of our medical clinic, the respite care area helps to improve the health of our residents," explains Lee Clark, the Rescue Mission's director of development and administration. The Rescue Mission houses 290 people a night, serving more than 900 meals a day.

The respite rooms – one for men, the other for women – opened in 2005.

"Without the respite rooms, a homeless person would probably wait too late to address health issues such as diabetes or hypertension," Clark says. "Our clinic – and the respite beds – makes it much easier to treat people upfront and refer them to hospitals. The homeless in Roanoke now get health care much quicker when before they didn't

know how to access it."

For Stephanie Webb, the Friendship-funded respite room was a blessing. When she first arrived at the Rescue Mission in 2005, she was suffering from heart problems, sinus infections and required surgery on her left foot. She has since returned to recuperate following additional surgery.

"The staff here is excellent," she says. "They look after me and my son. Any needs I have, they're always there to take care of me."

Without the respite accommodations Webb says she'd be "super sick. I had a lot of pride and had to let it go. I couldn't maintain my health walking back and forth to the hospital. They made a place for me to stay. It's wonderful."

"Before respite care, we didn't have a place for Stephanie," Clark adds. "When people had medical needs, we didn't have a clinic, we didn't have respite care, and we weren't able to provide that kind of care. With Friendship's gift we were able to provide a space that has been helping people get better faster."

Those staying in respite care enjoy daily visits with nursing staff and volunteer physicians at the free clinic while Rescue Mission's staff makes sure they're comfortable.

"They make me laugh, I make them laugh," Webb



Stephanie Webb is thankful for Friendship's support of the Rescue Mission.

says. "What the staff does for me I try to pass onto other patients. Whether it's doing art work on the bulletin board or writing or drawing something, they're there for me and I'm there for them."

## Care Unlimited A helping hand at home



There are few things more important to senior citizens than the ability to live in their own homes as long as possible.

But often the chores and responsibilities of home ownership are too much even for the healthiest senior to keep up with.

Enter Friendship Retirement Community's Care Unlimited program.

Care Unlimited began as a way for residents of Friendship Retirement Community to maintain their independence, and is now available to elderly

residents throughout the Roanoke Valley, including at other retirement facilities, for in-home visits.

Care Unlimited staff help residents with cleaning, cooking, medications, laundry and other tasks that pose physical challenges. The team is available between one and 24 hours a day for jobs around the house, errands or even companionship.

Virginia Keller, a retired teacher, enjoys the benefits of the service. Care Unlimited certified nursing assistant Jackie Early visits about three times a week for a few hours to help her keep up her tidy home she shares with a sister on a quiet street in Roanoke.

"Oh, Jackie is wonderful," says Mrs. Keller, who has lived in her home since 1958. "She helps me shower and do the little things that I ask of her. She pulls the covers off my bed, fills the humidifier, sweeps the kitchen floor. If there are a few dishes, she'll wash those up. One day I decided to go through some drawers. She went through the drawers so I could organize pictures of my grandparents. Also, we go shopping sometimes or to doctor's appointments."

Adds Early: "Anything you ask me to do."

"Well," Mrs. Keller retorts with a smile, "I haven't asked her to go out yet and fix the roof."

Early says the small things – like cutting or peeling vegetables – are often difficult for the elderly, so she'll make sure all of Mrs. Keller's needs are fulfilled until the next visit.

So far, so good, Mrs. Keller says. "Jackie has been very punctual, she doesn't sit there and watch TV. I wanted a good companion, and I certainly found one. She has a nice personality, she's caring and compassionate."

Early explains how she introduces new clients to Care Unlimited.

"During initial interviews, our nurse determines what the needs are," she says. "Usually, I can look around and see what's needed. I listen to a client and determine the extent of the care. I try to do what they need me to do. Vacuuming, cleaning, cooking – whatever makes their lives easier."

Care Unlimited is more than getting chores done, however.

"I enjoy trying to keep people in their homes for as long as possible," Early says. "I like making them feel comfortable. So often, these people are so alone. They feel like they have no one to ask to do things or just sit and talk. I love just interacting with them."

*To learn more about Care Unlimited, call 540-265-2193.*

# Wellness

## New Friendship initiative an affordable way to stay active



Friendship Retirement Community's new wellness program offers seniors throughout the Roanoke Valley a reason to love exercising again.

From strength and balance classes to aquatics, yoga and tai chi, this affordable program is an easy way to stay active and improve quality of life.

**Fitness.** Three different classes are offered.

**Seated fitness** is for those with physical limitations or in a wheelchair who need to improve strength and flexibility for daily activities. The **strength and balance** class focuses on functional strength, balance and flexibility to help enhance daily movement.

**Cardio, strength and balance** is a highly energetic workout that improves strength, flexibility, balance and the cardiovascular system. This course requires standing for the majority of the workout.

**Aquatics.** **Joint aquatics** is designed to help strengthen individuals who have had joint replacements, or hip/knee conditions. Physician approval is required. **Back/arthritis aquatics** is

designed for those who have had back surgery, back pain or have arthritis. Classes enable participants to learn how to enhance and maintain their stability, endurance, strength, balance and posture. Both programs have structured exercise routines but also allow time to relax in the pool afterward.

**Yoga.** Two kinds of this popular exercise routine are offered. **Heart healthy yoga** focuses on stretching, breathing awareness and modified movements to improve circulation and flexibility strength and balance. **Chair heart healthy yoga** is designed to help those with physical limitations, chronic pain or injuries.

**Tai chi is the newest program.** Seniors participate in rhythmic movements to help reduce stress, maintain health, heal bodies, calm minds, increase vitality and reconnect with themselves.

Fees are \$2 per strength and balance class, \$3 per aquatic class and \$5 for yoga and tai chi.

*To learn more or to register, call 540-265-2199.*

## Deciding where to live

*(Story continues from page 1)*

living in a CCRC, then, can be high. This is unaffordable to those with low or moderate incomes and assets, or unattractive to those who desire to retain their financial nest egg.

But there are other options. For example, Friendship provides the same services as a CCRC – but with one major difference. Friendship residents pay monthly fees for the level of services they receive to meet their needs, without committing their life savings to one facility. And they can stay as long or as little as they'd like without worrying about losing money if they leave. The only financial requirement is a refundable \$500 security deposit for those choosing an independent apartment. Another benefit is that Friendship doesn't require a financial disclosure statement that other CCRCs ask for.

In short, Friendship residents can receive the services they need and can move to other levels of care while maintaining their flexibility and financial resources.

## Assisted living

Friendship's assisted living residences are for seniors who no longer feel comfortable or safe living alone, but do not need the 24-hour nursing and medical care provided by nursing facilities. The goal of assisted living residence programs is to provide maximum independence in a home-like setting with individual care and assistance. Assisted living residents receive assistance with their medications, all meals in a spacious dining room and assistance with daily activities such as dressing and bathing if needed.

*For additional information about assisted living options at Friendship, call 540-265-2244.*

367 Hershey Road, NW  
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