



# Friendship LIVING

320 Hershberger Rd. NW • Roanoke, VA 24012 • (540) 265-2100

May 2024



## Famous Faces Born in May

May 1, 1982: Jamie Dornan  
May 2, 1980: Ellie Kemper  
May 6, 1985: Chris Paul  
May 13, 1966: Darius Rucker  
May 14, 1971: Sofia Coppola  
May 25, 1963: Mike Myers  
May 26, 1948: Stevie Nicks  
May 29, 1972: Laverne Cox

## Spring Migration

Grab your binoculars—it's your big chance to view the magnificent spring migration! The beginning of May welcomes the first massive arrivals of migrant birds as they fly from their winter homes in South and Central America to their breeding grounds in the United States, Canada and the Arctic. Although spring migration began in late February, the largest wave of numbers and varieties of birds will arrive this month. Songbirds are especially active in May, so keep an eye on feeders and birdbaths and listen for the songs of our feathered friends.



## A Note From the Administrator

Welcome May and the time to enjoy warmer weather and time spent outdoors. In the month of May we have many things to celebrate: Older Americans Month, National Nurses Week, Mother's Day and Memorial Day.

Every May, we celebrate Older Americans Month, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Connectedness plays a vital role in supporting independence and aging in place by combating isolation, loneliness and other important issues.

We will honor all of our Mothers with a Mother's Day Tea on Saturday, May 11th and a Mother's Day Brunch on Sunday, May 12th. We hope you can join us!

Remember to take time on Memorial Day to thank our veterans and to honor those who have given their lives in service to our great country.

★ ★ ★ Memorial Day ★ ★ ★



## Team Directory

### Charge Nurse Cell Phone

(540) 520-2403

### Administrator

Erin Layell, LNHA

(540) 265-2244

elayell@friendship.us

### Administrative Assistant

Linda Ross

(540) 777-6755

lross@friendship.us

### Director of Nursing

Ashley Davis, LPN

(540) 777-6545

adavis@friendship.us

### Assistant Director of Nursing

Sonya Johnson, LPN

sjohnson4@friendship.us

(540) 283-4322

### Director of Dining

Chris Eanes

(540) 265-2171

ceanes@friendship.us

### Assistant Director of Dining

Nani Kaululaau

nschodorf@friendship.us

### Director of Activities

Lacey Ashworth

(540) 283-4422

lashworth@friendship.us

### Resident Support Specialist

Melinda VanHouten

(540) 265-2237

mvanhouten@friendship.us

### Admissions and Marketing

Jane Deleon

(540) 265-2058

### Beauty Shop

(540) 265-2215

Bobbie Coughlin on Thursdays

### Laundry

Maria Boateng

(540) 777-6850

## Arranging Floral Bouquets



## Easter at FAL!





## The Day To Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.



## Trip to the Duck Pond!



5/12 - Mary Whitmer  
5/14 - Linda Wade  
5/19 - Ann Emick  
5/24 - Oma Lyall  
5/31 - Linda Minnix



Being a Christian is about much more than knowledge. You must have a personal, one-on-one connection with Christ. You can't live the Christian life in your own power. Jesus knew this; it's why he promised to send a helper. The Holy Spirit empowers you to live a holy life. It is the Holy Spirit that transforms you, that infuses you with the life of God. Acts 1:8 *"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."*

Blessings, Chaplain Gary



# Mothers Day Tea Party

## May 11th @ 1:30pm

All Mother's at Friendship Assisted Living are invited for afternoon tea. As this is a Mother's Day celebration, we encourage you to also invite your children. Each table does have a limit of four people.

*Dress your best! Hats, pearls, gloves and all!*

Please RSVP to Lacey Ashworth  
by May 5th 540-283-4422



Friendship Assisted Living

# Mothers Day Brunch

## Let every Mother feel Special

Sunday May 12th - 11am to 2pm

ASSORTED SWEET MUFFINS & DANISH  
SCRAMBLED EGGS WITH SELECT TOPPINGS  
LOX & BAGEL BOARD  
FRENCH TOAST CASSEROLE  
SOUTHERN HOME-FRIED POTATOES  
ROASTED BROCCOLI & CAULIFLOWER  
CARVED MARINATED FLANK STEAK  
GRILLED LEMON ROSEMARY CHICKEN  
SLICED PORK-LOIN WITH SPICED APPLES  
SEASONED GRILLED VEGETABLES  
GARDEN SALAD & FRESH BAKED ROLLS  
ASSORTED DESSERTS & BEVERAGES

Guest price is \$24 per person and kids 12 and under are \$15.  
Reservations for seating times must be made before May 2nd by calling 540-283-2171 or email [caswell@friendship.us](mailto:caswell@friendship.us). Please call us as soon as possible. Time slots will fill up quickly and walk-in customers may be asked to wait for an open table. Credit or Debit card purchases can be made at the host in the lobby by choosing the "Mother's Day Ticket" or Exact Cash or Checks can be accepted on the day of the event for payment. Parties of more than 5 may be seated at separate tables depending on table availability.



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