# Friendship

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

### **Famous Faces Born in May**

HELLO, 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.

## May 2024



### **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.

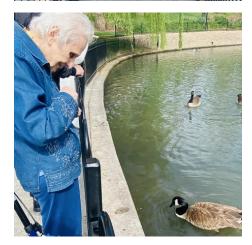
In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a threeday weekend. Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, 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

# Spiritual Corner

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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

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 \$40-265-2011 or small connectivities. Please call us at soon as possible. The slots will fill up quickly and walk in customers may be ested to wait for an open table. Credit or Dettit card purchases can be made at the kink in the lobby by choosing the "Mother". Day Ticket" or Exact Caut 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.



Friendship Assisted Living, Inc. 320-A Hershberger Road, NW Roanoke, VA 24012

