

Friendship Haven JANUARY 2017 Times

Endless Opportunities

Engaging Activities fill the Life Enrichment Program



Director of Enrichment, Steve Ehrhardt visits with long-time volunteer, Henrietta VanMaanen

Are you interested in knowing more about using computers? Maybe you like to attend musical shows in Des Moines? Perhaps you want to be a world traveler? The Life Enrichment Program at Friendship Haven helps make all of these interests, and many more, available for both residents and their families.

Steve Ehrhardt, Director of Life Enrichment for Friendship Haven, leads the organizing of events and activities for residents to enjoy, gain skills and further enrich their lives. The number of activities currently in place at Friendship Haven continues to grow and brings many residents together.

For those interested in continuing to learn, Senior University is a multi-session activity where participants focus on the study of a specific topic. Currently, residents participating in Senior University are watching a documentary called Planet Earth and engaging in discussions about what they are learning. In coordination with Iowa Central Community College, students are able to work with residents to teach them new skills as well. One of the topics enjoyed by many residents was a class led by Iowa Central Community College (ICCC) students in which they taught attendees more about computers.

Also coordinated through the Life Enrichment Program is the Stop and Shop, a small store located in the main entrance of Friendship Haven. Led by resident volunteers, this shop is open six days a week and sells items such as snacks, non-perishable items, cards and toiletries. Helping keep the shelves stocked and handling transactions in the store provides another opportunity to stay involved and active on campus. Proceeds of the store goes towards maintaining it and any additional is donated to a charitable fund or project chosen by the residents.

If music is life enriching for a resident, the Resident Chorus or Bell Choir are fantastic options to become involved with. Each group meets once a week to practice and often helps with worship services and puts on a holiday program. Music students from ICCC join Friendship Haven as well and host the choral students' final exam concert in the Celebration Center; an event open for all residents to enjoy.

One of the highlights of the Life Enrichment Program at Friendship Haven is the Travel Club, comprised of over 800 members, including residents, family and community members. The travel club works with Northland Travel to organize multiple trips throughout the year. Trips range from one day trips to places like the

Civic Center in Des Moines, cities such as Minneapolis, or even local favorites such as The Community Orchard. On average, each month includes a one day trip, and there are three additional larger trips planned throughout the year. Already, two trips have been put on the calendar for 2017 which include a British Isles Cruise in April and an Alaskan Cruise in September. For each of these trips, a motor coach will pick up residents directly, so transportation is never a problem, and family members are invited to join.

One look at the News and Dos resident newsletter for Friendship Haven and it is evident that the number of life enriching activities is vast. While there is certainly something for everyone, adding new options is always open at Friendship Haven. Steve welcomes new ideas to consider, especially those from residents. By working with the Advisory Board Committee, Steve hears from each section of campus and meets with staff each month to share ideas that could be added or expanded to the Life Enrichment Program.

Every resident is encouraged to give an activity a try. If it isn't something they find enjoyable, no need to keep taking part. There is sure to be another activity around the corner to try instead.

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Bustling Boutique

The Blue Lemon Boutique offers something for everyone!

The Blue Lemon Boutique owners, Cheryl Fleming and Carol Timmons, have spent their entire careers in the sales and boutique business. Running corporate gift shops inside large companies in the Minneapolis/St. Paul area was the perfect setting for Cheryl and Carol's sales backgrounds and creative visions to blossom. It only seemed like a natural progression when the occasion presented itself for the ladies to open a boutique in Friendship Haven.

Right inside the doors of the main entrance alongside Bloomers Too, you can find greeting cards, hand-selected gifts for all ages, or something for yourself!



Carol Timmons and Cheryl Fleming, owners of the Blue Lemon Boutique

Q: What are some of the things you can find at the Blue Lemon Boutique?

A: We offer a wide variety of items appealing to all age ranges and interests. We have an array of price points to fit everyone's needs. Currently, you can find scarves, apparel, collegiate items, holiday décor and adult coloring books at the boutique. We also have some unique serving pieces shaped as the state of Iowa and tea towels, which would make perfect gifts. Let us know what you would like to see! We value input and ideas and will do our best to offer what is requested.

Q: Do you sell food?

A: The Blue Lemon Boutique offers gourmet dips and soups that require minimal ingredients and prep work. We think they are the perfect addition to a card club or gathering. They are simple and tasty. Also available is Abdallah gourmet chocolates and candies. It is a family-owned company out of Minneapolis that has been in business since 1909. We have always been pleased with their commitment to quality and they make the perfect addition to any family get-together.

Q: What is your most popular item?

A: Our Naked Bee products seem to be gaining popularity quickly as the temperatures continue to drop. It is a line of skin care and lip balms made from bee's wax that soothes even the most irritated skin during these cold, dry winter months.

Q: Do you have a return policy?

A: Currently, The Blue Lemon Boutique's return policy is for a credit exchange only. However, if for whatever reason you are unhappy with your purchase, please stop down and visit with us and we will do our best to accommodate you.

Q: What are your hours?

A: Our hours of operation are Monday through Friday, 8:00 am-3:30 pm, Saturdays from 10:00 am-2:00 pm, and Sundays from 1:00-3:00 pm. However, we are looking into extending our hours and will post those as soon as we make that decision. We are just excited to be here and enjoy the home-like atmosphere that Friendship Haven offers.



Naked Bee Products

Brewing Upon a Family Tradition

Doug and Allie Utley open Bloomers Too, a coffee shop offering a warm greeting to residents and visitors

The hum of the espresso machine and the sound of chatter will now greet visitors and residents alike as they walk through the main entrance of Friendship Haven. Behind the beautifully decorated glass window displays, you will find Bloomers Too and The Blue Lemon Boutique. Co-sharing the space, the gift and coffee shops bring added amenities to an already bustling campus.

Bloomers Too is very much a family affair. Most days, you will find Doug Utley and his daughter, Allie, behind the counter serving up gourmet coffee, espresso drinks and pastries. This newly opened café expands upon Bloomers on Central, a successful gourmet coffee shop located in downtown Fort Dodge, operated by Doug's mother-in-law, JoAnne Peterson, and wife, Kristen.

When approached by Friendship Haven to open a second location



Doug and Allie Utley

on campus, Doug said the decision came fairly easy. He quoted, "Nothing ventured, nothing gained," as the motto behind making the decision to expand.

"It has been a true joy to be out here," said Doug. "It is such a positive atmosphere, and we really enjoy the family-feeling you get right as you walk into the door." Doug said he is looking forward to getting to know the residents, their families and the employees as they stop into the café.

Offering an extensive menu, visitors are sure to find a treat that satisfies. "We offer a daily coffee flavor special and can make just about any warm drink with the espresso machine. Chocolate mint lattes seem to be very popular right now, along with our sugar-free options and steamers for those who don't care for espresso." The selection doesn't end there though. Bloomers Too also sells cold drinks, baked goods and their famous cinnamon rolls. Bloomers on Central's popular Lunch Box Special is also available at

the new café. "The Lunch Box Special is your choice of a deli sandwich, chips, pickle and dessert," explains Doug. "They are perfect for meetings, or a visit with family. We just ask that you call ahead, allowing us time to get them prepared for you."

Doug and Allie hope that Bloomers Too becomes a regular stop for visitors, residents and employees, as well as the general public. "We welcome those passing through this side of town to stop in and grab your morning coffee from us," said Doug. "Being right inside the doors and parking outside, it would be a quick stop for your gourmet coffee or espresso drink."

Bloomers Too, along with The Blue Lemon Boutique, are currently open Monday through Friday, 8:00 am-3:30 pm, Saturdays from 10:00 am-2:00 pm, and Sundays from 1:00-3:00 pm. Both businesses are in the survey period for hours of operation and are determining the best times to be open.



Barista, Allie Utley, serving up an espresso treat for a customer

Whole Body Well

Group and Individual Care Promotes Healthy Lives

As we begin a New Year, the Wellness team has set goals and made big plans for 2017. Liz Flattery and Andrea Doster offer a full line up of services and amenities for residents and their guests in the Wellness Center. New to the team is Lexi Slater, who will serve as a wellness assistant. She will spend the first few months in her new role focusing on senior fitness testing. As residents come in for testing, she will be able to join them together to form classes focusing on specific areas of need, or suggest personal training if that better suits the resident.

Liz's main objective to care in 2017 is exercises focused on balance and fall prevention. "We recently completed a renovation to our Wellness Center after receiving some water damage. This allowed us to repurpose the space to allow for more bar exercises and room to focus on balance training," said Liz.

With classes held frequently throughout the day, there are endless opportunities for residents to stay fit and active. Liz and Andrea focus on a lot of strength training and stretching. The ladies are continuously learning new techniques and approaches to be able to offer residents new forms of care. Not only do they focus on the physical strength of residents, but their mental agility as well. Liz explained, "We incorporate a great deal of brain exercises into our classes to stimulate the mind." This includes moving multiple limbs at one time or quickly repositioning feet while sitting.

Classes held in the pool seem to be a big hit among residents. Donna Pearson, who lives on campus in a townhome with her husband, has been teaching Making Waves, a water aerobics class, for the last 11 years. "I enjoy being in the water, and by volunteering to run the class, I know I won't skip a day," said Donna. "The only classes I have missed in 11 years were when I had knee replacements, but it served as great therapy once I was able to get back into the pool." Donna usually has 12-17 residents in her class depending on the day. "As a group we have really gotten to know each other and enjoy the time spent together during class," explained Donna.

Aside from group classes, Liz and Andrea are also available for personal training. This service is great for residents who want individualized care tailored to their specific needs. Audrey Metier is one such resident who

utilizes personal training. "It is easy to keep going with Andrea and Liz," explained Audrey. "They keep me motivated when I meet with them three times a week, and I can see the positive difference it makes."

Whether it is individual or group care, Liz, Andrea and Lexi provide vast opportunities to keep residents healthy and active. If a resident has yet to try a class, Liz encourages them to first stop down and complete a brief fitness test. This will help Liz and Andrea place them in the proper class that best fits their wellness needs.

Right: Donna Pearson leads Making Waves in the Wellness Center Pool



Liz instructs Audrey Metier on her next exercise during her personal training session

Inness te Active,



Nutrition Interest is Growing

With a degree in Nutrition from Iowa State University, Andrea Doster can help residents implement small changes into their diets that can make big impacts. Last year, Andrea started a campus garden in hopes of growing healthy fruits and vegetables that could be enjoyed by residents. With plans to plant the garden again this year, she will use it as educational tool, teaching residents that eating healthy doesn't have to be boring and it can taste great! In the meantime, Andrea is always available to answer questions about healthy eating and hopes the level of interest continues to grow!

Phil Gunderson: Visionary Leadership at work in Friendship Haven

When Phil Gunderson was called upon to fill the role as Board Chair the decision came easy. With almost 20 years of Friendship Haven Board experience spanning over three decades, Phil was the natural fit. Joining the Board in the mid-90's, Phil served until 2000. After taking a brief break, he was again called to the Board in 2008. "I have very much enjoyed my second term on this Board," explained Phil. "We have an outstanding executive committee and visionary leadership with Julie and her entire team. I am honored to follow in the footsteps of such positive influences like Bruce Vandergriff, Doug Spencer and Bruce Shimkat." Although this new role wasn't what Phil had planned when coming back to the Board, he is honored and thrilled all the same. "I feel I have an obligation to Julie, the Board and the residents to be the best possible advocate I can be for Friendship Haven. I will serve to the best of my ability and embrace this journey."

Being a local business owner to Gunderson Funeral Home for many years, Phil looks at Friendship Haven as a true asset to this community. He is certain Friendship Haven serves residents and employees with an unwavering commitment to superior service, safety, and amenities, while upholding the values and mission the leadership team heavily looks to for guidance and direction. "Fort Dodge is our home, and I believe there are a lot of great people doing great things within this community," stated Phil. "I look at Friendship Haven and those who serve the residents much the same way. I am honored to just



be a part of this great community and place."

Much like the pieces of a puzzle, Phil believes the Friendship Haven Board is just a small part of a much larger picture. "Our Board sets policies to give direction," said Phil. "We must always promote the mission of Friendship Haven, support Julie in caring out that mission, listen to residents, and bring a level of care and service that makes Friendship Haven a true home to our residents now and in the future." Phil knows he can speak for the entire Board in that regard.

Phil knows 2017 will be an exciting year for Friendship Haven with the completion of the new Memory Support Center slated for May and Bloomers Too and the Blue Lemon Boutique both recently opened. "The Memory Support Center has been a dream in the making for quite some time. We are thrilled to have the abilities to serve those who so truly need it," said Phil. The Board and executive employee team recently spent a day holding strategic planning sessions, and Phil is excited to see what comes out of the plans generated within that day. "There are such positive moves being made, and I believe it to be an exciting time."

A Tradition Continues

Mike and Phyllis Michaelson happily display their snow village for the Holiday season

This Christmas season was extra special for Mike and Phyllis Michaelson. Not only were they able to share their holiday village with all who passed by the Celebration Center, but they were able to continue on their yearly tradition of unpacking the boxes and arranging the village together. This year also marks the first time the Michaelson's could display their village all in one room!

In the early 90's, Mike and Phyllis had a close friend who owned a Hallmark store. The friend sparked their interest in the Department 56 snow village, and the Michaelson's instantly fell in love with collecting pieces each year. The company makes multiple versions of snow villages and when asked why they picked this particular style, Phyllis responded, "We loved the bright colors in our village. It seemed so cheerful and fun!" Every year they would buy a few pieces that eventually grew into the expansive collection they have today. "We especially enjoy the Santa Comes to Town piece that would come

out every year," explained Phyllis. "I would say we have been collecting that particular figurine for over 20 years."

Mike and Phyllis's love for the village was appreciated by all who entered their home during the holiday season. They would have it scattered throughout each room in the house, and the grandchildren loved to play with it. The Michaelson's hope that one day their collection will be passed on and appreciated by their family. "Our son-in-law especially enjoys the collection," said Phyllis. "I hope someday he will continue to grow this village and enjoy it for many years to come!"

When Mike was moved into the Simpson Center a few years ago, their loving tradition of unpacking the boxes and displaying the village came to a stop. "It just wasn't as fun doing it without Mike," said Phyllis. "It was our special tradition we did together every holiday season." This year, Phyllis approached Friendship Haven and offered up their village to use as decoration during the holiday season. Gladly accepting, the Michaelson's were thrilled to share the village with residents and visitors alike. It took three afternoons to complete, but Mike and Phyllis, once again, were able to work together to display their village. Mike was responsible for unpacking everything, while Phyllis meticulously displayed the beautiful figurines. The village was up through the New Year, and the Michaelson's enjoyed the



wonderful comments they received on their collection.

Mike and Phyllis have a love story that has spanned the course of over 40 years. After meeting in Estherville and marrying, they moved their family to Humboldt where they lived until their children graduated from high school. They then relocated to Fort Dodge where they have resided since. Together, they have five children, eight grandchildren and one great-grandchild.



Joyful Ambassador

Denise Halverson is the perfect fit



From fond memories to family ties, Denise Halverson has always held Friendship Haven near and dear to her heart. Now, she is able to take that passion and apply it throughout the campus and area communities on behalf of Friendship Haven in her new role as Director of Engagement.

Those that meet Denise for the first time gain a true sense of excitement as she talks about Friendship Haven. She eagerly shares the latest news and makes sure to enthusiastically mention one of the many activities happening on campus for residents. But it is when she starts speaking about the people of Friendship Haven; however, that genuine joy blankets the conversation.

The reason for this is most certainly tied to her first experiences on campus. As a young girl, Denise would frequently accompany her mother, Ellen Snyder, to Friendship Haven where she worked as a beautician for over 33 years. On those days that Denise would join her mother, she experienced the caring culture of Friendship Haven and often found laughter and stories from any one of the residents and employees.

One such person made a strong impression on Denise in those early years. She was able to share in knowing the wise words and warmth of Dr. Clarence Tompkins. “We know that his calling was to care for God’s older children, but he had a winning way with youngsters as well,” Denise said about her memories of Dr. Tompkins. The impression he made has remained with Denise into her new position at

Friendship Haven. His legacy continues to inspire her today in the ideas of share big dreams, challenge and lead, persist in accomplishment, and insist that each resident has the highest quality of Christian care.

Denise is proudly carrying on those ideas of Dr. Tompkins and creating a culture of philanthropy. As Director of Engagement, Denise is helping foster relationships across Friendship Haven residents, families, supporters and the community. By creating these relationships, she serves as an ambassador to promote the giving of time, talent and treasures to Friendship Haven. For Denise, being that ambassador is as much a joyful experience as it is gratifying. “I believe God has been preparing me for this role my entire life,” she shared.

Denise, who is also a native of Fort Dodge, brings a background in publishing, business development and sales and marketing to her role at Friendship Haven. Each of those experiences offers perspective for her to grow the new Director of Engagement position. That new position is full of excitement for Denise. Both working in a faith-based environment and having the opportunity to get to know residents and staff are new for Denise. They are also what she mentions as one of the most rewarding parts of the job.

As Denise encourages others to be ambassadors of a place that has impacted her so positively throughout her life, it is sure to be a joy-filled new role for her and others.

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Oh, the Places You Can Go!

Northland Travel offers trip planning and advisory services to Friendship Haven

Since 2015, Northland Travel has partnered with Friendship Haven to offer travel assistance to residents, employees and families. Working out of an office on campus, a travel agent is available every Monday, Wednesday and Friday from 9:00 am to 12:00 pm for your convenience. Not only does Northland Travel assist Steve Ehrhardt, Life Enrichment Director, with planning all of Friendship Haven's day trips and vacations, but they can also help plan trips for individuals, families, or small groups. They take care of everything so you can travel worry-free, including advising on documentation for international trips and keeping up-to-date on all travel alerts.

2017 Tours

- March – Winterset, IA**
Visiting library converted to art museum, John Wayne Museum and seeing a local show
- April 28–May 13 – British Isle Cruise**
- June 7 – Omaha, NE**
Danny O'Donnell concert
- July – Okoboji Theatre**
- August – TBD**
- September 16-24 – Alaska Cruise**
- October Trip to Presidential Museum**
- November – TBD**
- December – TBD**

Travel Club Meeting

Friday, January 27, 2017
2:00 pm
Celebration Center

We invite you to attend our first meeting of the New Year. We will update you on the 2017 schedule and the opportunities available! We look forward to seeing you on the 27th.



- GROUP & INDIVIDUAL TRAVEL
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