

# Friendship Matters

Because aging well is always better with friends.

40 Years of Friendship  
1979-2019

April 2019 / Volume 1 / Issue 1

## New Medical Director Joins Team at Friendship Manor



*Pictured Above (Nurse, Missy Rench; Director of Nursing, Diane Bajc; Medical Director, Dr. Thomas Staley; Director of Assisted Living, Leondra Blaser)* UnityPoint Clinic Physician, Dr. Thomas R. Staley, M.D. has joined the team at Friendship Manor as the new Medical Director. Medical Directors in long term care play a vital role in the delivery of quality care for our aging population. Dr. Staley is a graduate of the University of Iowa School of Medicine and completed his Family Medicine Residency at the

Genesis Family Medicine Residency Program in 2012. Director of Nursing, Diane Bajc was all smiles, describing Dr. Staley “simply amazing.” That seems to be the word that describes him best: “amazing.” He is known for his exceptional bedside manner, spending “the time” necessary to deliver good solid medical care. For Dr. Staley, this doesn’t appear to be just a matter of diagnosing and writing a prescription, but spending that invaluable time listening, educating and then recommending treatment.

Dr. Staley has worked in long term care for the past eight years. When asked what drew him to long-term care he said “I’ve always enjoyed this population. Medicine is so rushed today. I like being able to take the time and get to know people. I like making a difference in the world.”

On his first day rounding at the Manor he said, “I love to hear their stories. Let me give you an example.” He recalled a patient from years ago who was in nursing care on hospice. “He would talk to me about the war and his time during the occupation of France. He would always talk about how much he loved Gelato while he was there.” In response, Dr. Staley had one of the medical residents stop by on his way to work one day to pick up some Gelato. He recalls seeing his patient’s face light up in delight, enjoying this simple surprise and connecting with a time of pleasure from his past. Needless to say, Friendship Manor is delighted to have such a talented, compassionate physician serving as the new Medical Director at Silver Cross, the Manor’s Skilled Nursing and Rehabilitation unit.



### SPRING move-IN SPECIAL!

Take advantage of our April Move-In Special  
Your Second Month is Free!

This special only applies to independent living and assisted living!

Call Pat Bierman for details and a tour at 309-794-4123.

## Friendship Manor Receives Rock Island Beautification Award

Friendship Manor was selected as the Rotary Trophy Winner in the Rock Island 2018 Commercial Beautification Awards Program. The “Traveling Trophy” was presented to Friendship Manor by Mayor Mike Thoms and Beautification Commission Chairman, Bob Towler at the January City Council Meeting in recognition of the Manor’s efforts in making a lasting and positive contribution to the Rock Island Community.

Friendship Manor’s West Entrance Beautification & Urban Renewal Project became a reality last summer with the completion of Salvation Park, at the corner of 11th Street and 21st Avenue. The project brought attractive lighted brick signage on manicured and landscaped grounds with a new parking lot that is shared by the Manor and Olivet Baptist Church.



Friendship Manor • 1209 - 21st Avenue, Rock Island, IL 61201 • [www.friendshipmanor.org](http://www.friendshipmanor.org)

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## Chaplain Conway Makes A Spiritual Difference

Friendship Manor is faith-based. In fact, it's the *only* faith-based continuing care retirement community in the Illinois Quad Cities. The By-Laws of Friendship Manor charge the President and CEO with the responsibility of maintaining a spiritual atmosphere and programs consistent with its history and rich legacy as a faith-based organization.

Because this is something President and CEO Ted Pappas Jr. and the Board at Friendship Manor take very seriously, Chaplain Conway assumed a full-time position as the Manor's Chaplain last fall. He can be found everywhere in the Manor on any given day. Chaplain Larry Conway is "present" to all those who need him. He leads Sunday services, memorials, and outreach visits to the hospital, but it's his "strategically planned aimless wanderings" about the Manor that bring unique value and meaning to those to whom he ministers to and with whom he fellowships – many of whom are dealing with a myriad of losses associated with aging.

Conway spends the time needed, whether it be in passing, a friendly light exchange in the hall or Bistro, a moment of prayer at bedside, or sitting with a resident and/or family as they are dealing with a loss.

The value of his presence is evident in many ways, but nothing more so than the change in attendance for the Weekly Vespers Service at the Manor, which has grown from a few parishioners to a packed house in his short tenure. Life is good at the Manor.

### Senior Advocacy Fact: Elder Abuse

Elder abuse is an intentional act, or failure to act, by a caregiver or another person in a relationship involving an expectation of trust that causes or creates a risk of harm to an older adult. (An older adult is defined as someone age 60 or older.)

[www.cdc.gov/violenceprevention/elderabuse/datasources](http://www.cdc.gov/violenceprevention/elderabuse/datasources)

To report suspected abuse, neglect, financial exploitation or self-neglect of a dependent adult contact:

*Illinois Department on Aging Elder Abuse Hotline 1-866-800-1409*  
*Iowa Dependent Adult Protective Services 1-800-362-2178*

### A Word From Ted Pappas, Jr., CEO/President Friendship Manor Expands Memory Care

I am very pleased to announce that we are expanding New Friendships Memory Care unit, adding a section that will focus not only on those with a dementia diagnosis, but also those who need a higher level of care within our Assisted Living.

We anticipate the new section to open around May 1. As a Life Care Plan Community it is important that we continually identify ways, such as this, to strengthen our ability to provide quality care at all levels as our residents' needs change over time.

### The Illinois Quad Cities Faith-Based Continuing Care Retirement Community

*All* levels of quality care

- **Independent Living** Apartments and Villas
- **Assisted Living**
- **Memory Care**
- **Long Term Care**
- **Skilled Nursing and Rehabilitation**
- **Outpatient Rehab Services**

# Friendship Manor Celebrates!

**Call or drop by to see us 309-786-9667**

*Caring is the essence of the Manor*

## 2019 Memories in the Making

Friday, May 17, 2019 5:30 - 9:30 pm

The Spotlight Event Center, 1800 7th Ave, Moline

• Hors d'oeuvres

• Live Music

• Silent and Live Art Auction

Tickets begin at \$35. Visit [QCMIM19.givesmart.com](http://QCMIM19.givesmart.com)

alzheimer's  association®



## Friendship Manor Offers Senior Talking Tips For Aging Well

At Friendship Manor we're committed to our residents aging well in our life care senior living community. Part of that commitment extends to education and awareness long before it's needed. We're pleased to offer "Senior Talking Tips" to the community at no charge, for small informal groups or for classroom style presentation. These are some of the talks Friendship Manor offers, with additional topics focused on spiritual enrichment.

**Caregiving And The Caregiver** - Healthy tips on staying healthy while caring for a loved one and why this is so important; includes identifying signs of when it's "too much" and risk of not getting help when you need it.

**Benefits Of Getting the Right Help At The Right Time** - Learn ways you can avoid a nursing home by getting assistance at the right time, what's available to you at home and how to access it.

**Different Options Available To Care For Mom Or Dad** - In-depth discussion of all levels of care: Independent, Assisted Living, Memory Care, Skilled Care and Home Care; who to go for assistance when you need it, and what to expect.

**Paying For Nursing Care - Medicare, Medicaid & Long Term Care Insurance** - Learn basic differences between Medicare A, Medicare B, Medicare C, Medicare D; Medicaid, how and when to access it; information about long term care insurance.

**Getting Your Affairs In Order WHO WHAT WHY AND WHEN** - Practical tips discussion of what you need as you grow older: legal documents, financial products, insurance and discussions to have with your family. Who to go to for what and why.

**How To Inform Mom's Doctor About What Is Really Going On** - Learn helpful strategies to assist in how to get important information to health care providers while maintaining respect for Mom in the process.

*To arrange for a free Aging Well discussion, please call Julie Arndt at Friendship Manor at 309-794-4110 for details.*

## New Beginnings At The Manor: Meet Valeta and Bob

By Julie Arndt

Greetings from Friendship Manor. As the Director of Marketing, I had the pleasure of joining Friendship Manor late last year. After many years of working in the senior care industry, I'm delighted see such joy in the lives of so many here at the Manor. When I pondered what to say about a community so rich in heritage, focused not only on excellent care, but also the business of "living" my thoughts turned to Valeta and Bob. Life doesn't stop at 90 – they are living proof that new beginnings can occur at any age.

After spending one solitary winter alone after the death of her husband in 2008, Valeta knew she needed to do something. She states, "I was completely bored. The days were long and lonesome. I knew that I wasn't spending another winter alone in the country." After doing her research Valeta settled on Friendship Manor in August 2009.



Unbeknownst to Valeta, while she was doing her research, Bob was here at the Manor supporting his wife in her final days. They met one day at the Bistro while having lunch with another couple and shortly became friends. Valeta recalls the day when things changed. "One day after lunch Bob knocked on my door." He asked, "Do you think we could work some sort of a relationship out?" Valeta, chuckles as she recalls this story. "I told him that I guess we could try." He said, "Okay," gave her a hug, turned and went home. That was nearly 9 years ago. They have since opened up their respective apartments and on any given day, Valeta reports, "He'll peek his head around the corner and ask if I'm ready for coffee." They also have whistles so they can draw the others attention quickly if one of them needs something while they are in another room.

Bob, a very agile 95 year old who still does push-ups daily, was married at 19 and said, "I do not have one problem being old...but I never want to be alone." Valeta chimes in, "I don't have any problem dying either." They both report life is good and so much "better together."



*Let's Celebrate Spring Together!*

**Community Outreach Open House**

Join us Tuesday, April 16th, 3 to 6 p.m.

**Friendship Manor**

Contact Lori Bader at 309-794-4151 or [lori.bader@FriendshipManor.org](mailto:lori.bader@FriendshipManor.org)

## The Alzheimer's Association Reminds You A Healthy Lifestyle Is Important, No Matter What Your Age Is

Health habits can keep our minds active, forming new connections among brain cells, encouraging blood flow, and when we challenge ourselves in mentally stimulating exercises, we can maintain or maybe even improve our cognition.

Here are some ways we can do that:

1. **Break a sweat** – engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.
2. **Hit the books** – formal education in any stage of life will help reduce your risk of cognitive decline and dementia. Challenge and activate your mind and there may be short and long-term benefits for your brain.
3. **Follow your heart** – evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart and your brain just might follow
4. **Fuel up right** – eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.
5. **Catch some Zzzs** – not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking
6. **Take care of your mental health** – some studies link a history of depression with increased risk of cognitive decline, seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns
7. **Buddy up** – staying socially engaged may support brain health. Pursue social activities that are meaningful to you.

For more information, please contact the local Alzheimer's Association at 563.293.8056 or visit the website [alz.org](http://alz.org).

***Friendship Manor is a sponsor of the Alzheimer's Association's Memories in the Making event on May 17th at the Spotlight Center in Moline.***

## Letters We Receive At Friendship Manor, an excerpt:

*“(My parents) lived at Friendship Manor in Independent Living, Assisted Living, and Silver Cross Nursing Pavilion. It was just as they had planned. I often say that their move to Friendship Manor extended their lives because they didn't have to worry about mowing the lawn or getting someone to do it ‘Dad's way’.. At each stage as their life progressed, Friendship Manor with its outstanding staff was there to help them...Please extend my sincere thanks to the entire Friendship Manor family.”*

It's the continuum of care we offer that makes letters like these even more meaningful, reminding us when we say, “Caring is the essence of the Manor,” it is a reality for residents. We'll share more of these letters in future issues of Friendship Matters.



Pat Bierman

***We invite you to a Taste & Tour at Friendship Manor***

**Please join us for a private tour of our community and a delicious lunch here at the Manor, with our compliments**

***Call Pat today at 309-794-4123 to schedule a time that works for you!***



## 40 Years Of Friendship At Friendship Manor

***Friendship  
Manor  
Celebrates!***

A lot of things have changed in 40 years. Technology moves faster and people do too. Many seem to be in a hurry, so busy with the day-to-day complications that life always provides. But something that remains a constant is *Friendship*. There's an old Cole Porter song of the same name, *Friendship*. The first lyric says, “If you're ever in a jam, here I am.” And we still want that, to count on a friend who will be there for you, no matter what, to listen and to support. It's a great feeling if you've got that kind of friend.

40 years ago we began this faith-based journey to be just that, to be *your* friend, your support, your comfort. And for those who continue to come here, this relationship is a two-way street. We get so much from everyone that lives here and we hear daily how happy residents are because they recognize that Friendship Manor is a very special place.

Our 40th year celebration will be observed in June. We hope you will take note and think about being a part of our 40th celebration. Because we think there should always be time for friends.

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