

*Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.*

## Inside this issue:

Calling Santa's elves	3
Christmas concert date	3
The Cottages at Creekside	5
Time to resign?	6
Check out PartyLine	7
History as family fun	8
Fall fun photos	9
Heart healthy holidays	10
Spotting scams online	11
Birthdays	12
Gift certificates available	13

## STORIES: Seniors Teach Others Real Intergenerational Experiences

You might have occasionally wondered this fall: Were you at Western Home Communities or on the UNI campus?

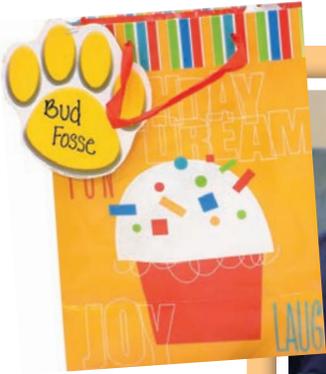
That's because 105 college seniors were matched with residents for an intergenerational exercise to expand perspectives through personal stories. The pairs first met September 15 and subsequently spent 10 hours together, meeting in residents' apartments, building libraries and dining rooms, or local coffee shops and restaurants. Some met their 10-hour quota the first month - and kept going.

Here are a few of the ways they enjoyed time together:

- Willie Irvine of Windhaven Assisted Living brought his student partner to tone chime choir rehearsal.
- Marleta Matheson of the villas attended her student's senior recital.
- Carl Boice of the villas learned about rugby from his new friend and cheered him on at a UNI rugby game.
- Bud Fosse of Stanard Family Assisted Living and his assigned student, Jeremy Christian, discovered they share the same birthday, October 5! Jeremy surprised Bud with cupcakes so they could share a celebration, too.

*(Continued on page 2)*





**Bud Fosse and Jeremy Christian, both born October 5.**

Kathy Oakland teaches the human relations class at UNI and uses local author Len Froyen's book, "Gratitude," to provide conversation starters. Carolyn Martin, director of volunteer services, helped recruit residents to participate.

"Contributing to someone else's learning is a worthy use of time; I believe this was an aspect that residents found to be very fulfilling," Carolyn says. "The UNI seniors gained understanding of what it is like to be an older adult in our society; they also gained an appreciation for the life experiences of that generation."

Their thank you notes reflected new-found gratitude, as evidenced by these quotes:

***"You have inspired me to help others and use service as a source of positivity in life."***

***"Strong, compassionate, driven, and courageous are just a few words which describe how wonderful of a person you are. You taught me hard work does pay off and to enjoy the little things."***

***"I know that because of your story I will now strive to follow my passions no matter where they might lead me."***

***"I cherished our time together and I will never forget the emotions you made me feel through the telling of your story. Your sincerity has been eternally stitched into my heart."***

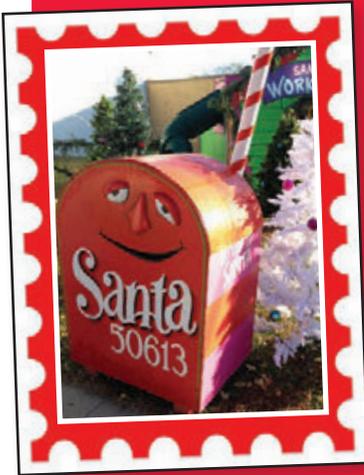
Another section of the class meets this spring. If you'd like to repeat as a STORIE partner, or if you'd like to try it for the first time, please contact Carolyn at (319) 222-2048 or [carolyn.martin@westernhome.org](mailto:carolyn.martin@westernhome.org).



***Caitlyn Emmer and Marlys Simpson met at Western Home and out in the community over lunch. Marlys was interested in Caitlyn's college experience and Caitlyn was curious about Marlys' college days and extensive lifetime travel. It was a good match!***



***Willie Irvine introduced Jonny Olson to his kindergarten class of 1940 and shared his senior class photo.***



## Calling Santa's elves!

A core value of Western Home Communities is being a community partner, and for several years we've sponsored Santa 50613, where children can drop off letters to Santa during Holiday Hoopla.

Santa needs our help to make sure hundreds of local

children get a written response from him!

Stationery and stamps are provided.

Make it a social gathering and write responses in a group on the dates below...or ask at a front desk for letters you can answer in your home.

### Monday, December 5

**10 a.m.** Windermere Martin Lounge

**1 p.m.** Windridge patio café

Windcove dining room

**1:30 p.m.** Willowwood dining room

Windgrace Oster Lounge

### Monday, December 12

**1 p.m.** Windridge patio café

Windcove dining room

**1:30 p.m.** Windgrace Oster Lounge

### Tuesday, December 13

**1:30 p.m.** Willowwood dining room

### Thursday, December 15

**2 p.m.** Windermere Martin Lounge



## Windy Hill Singers

presents

# Christmas Classics

**December 14, 2016**

**10:30 a.m. and 1 p.m.**

Free tickets available at front desks December 1  
on a first come, first served basis.

Sponsored by Friends of WHC



Western Home Foundation and Western Home Communities appreciate being honored through estate gifts, memorials and other donations. We list donor names each month as one way of thanking donors for their generosity. This list reflects gifts received through November 17.



If you would like to make a gift or investigate estate planning and other gift opportunities, **please contact Mary Taylor, director of development, at 859-9338.**

***In memory of:***

**Margery Brom**

Judy Finkelstein

**Otis Budlong**

Dean & Glenda Alshouse

George & Kathy Hoellen

Marleta Matheson

Dennis & Nancy Miller

Ellen Opsal

Jim Platt

Bill Witt

**Lucille Frey**

Steve & Jean Firman

**Betty Knudsen**

Darlene Surface

**LeRoy Newton**

Joann Ackman

Dean & Glenda Alshouse

LuAnn Bray

Linda Brooks

Ken Budke

Larry & Debra Burger

Lorna Ericson

Terry & Joan Fliehler

Stephen & Dawn Ford

Geof & Vicki Grimes

Nathan & Velda Groote

Helen Newton

Jim & Carol Newton

John & Mary Newton

Greg & Paula Nicoll

Larry & Sharon Petersen

Nancy Puckett

Doris Sauser

Craig & Holly Schwerdtfeger

Leland & Roberta Smith

Struxture Architects

Phyllis Swanson

***Chapel Gifts***

Tim & Kris Boettger

Deane & Connie Bradfield

Bob & Judy Brown

Don Brown

Larry & Shirley Cain

Louis & Joyce Cutshall

Rhoda Durant

Robert & Norma Emmert

Bev Fish

Dave & Cindy Glasener

Bob & Donna Grosse

Helen Hannan

Gene & Marty Harrington

Ruby Hockey

Jim & Phyllis Jorgensen

Lela Kabele

Theresa Kindig

Shirley Klemmensen

Karl & EthelAnn Koch

Bev Murphy

Russ & Wanda Nielsen

Dode Nieman

Angela Rampton

Donnita Reed

Christina Rich

John Schultz

Terry & Janet Simcox

Darlene Surface

Phyllis Swanson

Ginny Terfeh

Bob & Dee Way

David & Audrey Williams

***Employee Appreciation Fund***

Juanita DeVoe

Homer & RuthAnn Leymaster

Marilyn Roseberry

***Other Gifts***

Harold Brewster

Uyntha Duncan

Anne Geadelmann

Dave & Cindy Glasener

Bob & Donna Grosse

Shelton & Mary Hornback

Sid & Alvira Morris

Marianne Nemmers

Francis & Margaret Pardoe

Jo Potter

Floyd & Sherry Winter

## Construction underway on The Cottages at Creekside

Residents of Grundy County Memorial Hospital Long-Term Care grabbed shovels and “broke ground” for their new homes on October 26 in Grundy Center. Rain and cold prevented the event from being held on the site, just south of Titan Machinery on Nikel Avenue (T45), so dirt from the location was brought to the hospital for the ceremony.



*Grundy Center Mayor Brian Buhrow, John Schuller of Greenbelt Bank, WHC CEO Kris Hansen, Joyce Wical, Alberta Sharp, Administrator Kim Schilling, GCMH CEO Jennifer Havens and WHC Chief Business Development Officer Matt Garcia at the groundbreaking.*



“We have a long history of providing exceptionally good care for residents here,” explains Kim Schilling, LNHA, administrator of GCMH Long-Term Care and an employee of Western Home Communities. “Now we’ll be able to have the physical

environment that matches our care, and that is definitely cause for celebration.”

Western Home Communities manages the long-term care wing at the hospital and will

operate the new cottages when they open in approximately 14 months. Two cottages, home for 20 residents each, will be connected by space for physical and occupational therapy. The third cottage will be home to 16 residents.



### Bench Benefits

Have you noticed? More than 30 new benches have been strategically placed near walking routes, building entrances and favorite places to sit on both the downtown and south campuses. A few more will be installed when construction work is finished near their assigned locations.

The benches were produced at Kay Park Recreation in Janesville and especially

for us in our signature burgundy color. An anonymous donor helped cover the cost of concrete pads.

Only a few downtown benches remain available for donor sponsorship; the rest have been claimed by these donors listed below, who will soon be recognized by a donor plaque placed on each bench. Western Home Foundation is thankful for the generosity toward this project.

- Daryl & Jan Andersen
- Anonymous
- Bob & Rosemary Beach
- Kevin Bennett & Theresa Gronowski
- Mike Boleyn
- Lyle & Marlene Brim
- Judy Congdon
- Mike & Cherie Dargan

- John & Donna Falk
- Kris & Sue Hansen
- Jerry & Beth Harris
- Rich & Pam Hileman
- Joyce Hufferd
- Gary & Marlys Karkosh
- Sharon Lukes
- Peggy Makinster
- Suzanne Makinster
- Denny & Karen Mills
- Maureen Oates
- Marlys Simpson
- Jim & Connie Snodgrass
- Clare Staebell
- Richard & Martha Hansen Stanford
- Randy & Doriece Stickfort

*Other Donors*  
Loretta Dykes



## Chaplain's Corner: Turn in your resignation

by Rev. Tim Boettger

**"For to us a child is born, to us a son is given, and the**

**government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."**

*(Isaiah 9:6)*

After so much turmoil and distress surrounding the lengthy presidential election, I am happy to approach the celebration of the birth of the king of all kings. There is an interesting phrase found in one of the most famous prophecies about Christ: "And the government will be on his shoulders." It means, essentially, the weight of the world will be on his shoulders. *This is a profound truth - especially for those who feel like we're carrying this immense weight on our own shoulders.*

Some years ago, George McCauslin was director of a YMCA near Pittsburgh at a time when the Y was losing membership, money and staff. He worked 85 hours a week, slept little and rarely took time off. A therapist warned McCauslin he was on the verge of a nervous breakdown.

McCauslin knew he needed to give his fear, worry and anxiety to God, but didn't know how. His breakthrough came one day during a walk in the woods. He sat under a tree and wrote a simple letter that said, "**Dear God, today I hereby resign as general manager of the universe. Love, George.**" Looking back on that moment, he reflected with a twinkle in his eye and said, "Wonder of wonders, **God accepted my resignation.**"

We are tempted to worry and fret when we focus on the complex problems and serious issues surrounding us. It is into this very world that "a child is born." The government is on *His* shoulders. He is a mighty God, an everlasting father, and the prince of peace. All are invited to find real rest, hope, peace and joy through faith in Him.

Why not use December as a month to reorient yourself around the babe in the manger? As Dr. Ray Pritchard writes, "He came to set us free from the terrible burden (and inevitable failure) of trying to run the universe."

"The government will be on His shoulders." Let's let him carry the weight of it and free ourselves to do the good He leads us to do in His world. In doing so, we will find joy.

### You're invited to worship

*Join us as we turn our hearts toward the great gift of God in our December Sunday services.*

	9 am Stanard Chapel 10 am MHC 2nd floor	11 am Windcove
December 4	Chaplain Garry Moore	Chaplain Tim Boettger
December 11	Chaplain Garry Moore	Chaplain Tim Boettger
December 18	Chaplain Garry Moore	Chaplain Tim Boettger
December 25	TBA	TBA
January 1	TBA	TBA



## PartyLine debuts in December

Remember your first phone? Chances are, especially in rural areas, it was a party line - shared by others.

The name for our new in-house communication system that debuts this month reflects all the ways communication has changed in your lifetime - and, we hope, the excitement you will feel about yet another new way to receive and share information, plus get connected to residents who perhaps you haven't even met.

Don't worry, though - unlike the non-private party lines of old, the WHC PartyLine is secure and HIPAA-compliant. Yet it still promises the advantage of being able to let many of you know what's going on quickly.

Attend December resident council meetings for more information and watch for scheduled training times to be posted.

## WHC-TV *on hiatus*

After two successful seasons, WHC-TV takes a year off. Never fear, the 2017 WHC wall calendar takes a new twist to show how residents are on the move. Watch for your copy to arrive this month!



## Two residents receive awards



Marleta Matheson

Retired UNI music professor Marleta Matheson received the Faculty Staff Award from the UNI Alumni Association and UNI Foundation at an event November 18. She is a 45-year donor to the university.

On December 3 at Windridge, Cedar Falls Community Foundation will present the Peter Melendy Award to Joan Diamond, for her many contributions that have enhanced the quality of life in Cedar Falls.

Congratulations to these deserving women!



Joan Diamond



## Meet Mary Jane Boorum: Family life lived in three centuries

*Pieces for the wool quilt accumulated over years, each square a remnant of a Civil War uniform hand-sewn for a loved one serving behind the lines. The finished quilt is a map of memories of the Civil War, and the childhoods and family life of that era. The red wool remnant lovingly placed in the center of the quilt block represents valor, sacrifice and the hearth of home.*



*Windridge resident Mary Jane Boorum is creating Civil War quilts for her family from remnants of Civil War clothing she has made.*

Does that description conjure images of a nineteenth century woman quilting by the light of an oil lamp? It actually describes Mary Jane Boorum's current quilting project which includes wool remnants of uniforms she created for her husband, Rick, and sons Jeff, Tim and Jon, during the 1980s and 90s as the family participated in Civil War re-enactments and living history events.

It started when Jeff, then a teenager, was invited to carry the flag in a Sturgis Falls re-enactment. He carried that flag from Greenwood Cemetery to Island Park where he camped with the re-enactors. He was hooked, so Mary Jane and Rick made it a family affair. They added to their impressions (period costumes, accessories, toys and equipment) at birthdays and Christmas. Many gifts were purchased at re-enactments from camp merchants known as sutlers. Each son was motivated to save money to buy the more elaborate parts of their impression.

The Boorum family spent five days in a wall tent in 110-degree heat to commemorate the 125th anniversary of the Battle of Gettysburg with 10,000 other reenactors. They performed four battles over three days with crowds of up to 50,000 watching. "It was not easy to find a family activity that engaged all three sons at ages 14, 10 and 4," Mary Jane said. "Re-enacting gave us many weekends



*The Boorum family attended the enactments commemorating the 125th anniversary of battles at Gettysburg. Sons Jon, front; Tim, left; and Jeff, back, camped with Mary Jane and Rick in a wall tent. They were among 10,000 performing at the three-day event.*

with other families who enjoyed history and are still our friends today. The boys were sponges for information and learned so much about history, respect, discipline and duties of soldiers."

Jeff portrayed a flag bearer before being a private Union soldier. Tim did an impression as a surgeon's medical aide. Jon was a drummer boy. Rick portrayed a private and, later, a general's aide. Mary Jane was part of the Ladies Aide Society bringing clothing and fresh vegetables for soldiers.

Over the years, Jeff learned to sew uniforms and eventually turned his hobby into a living; he is program manager at Fort Snelling at the confluence of the Minnesota and Mississippi Rivers in St. Paul, and is recognized as an expert on Fort Snelling history.

Youngest son Jon operates a sutlery (supply tent) at re-enactments. He has mastered sewing skills and makes many items he sells. Much of this 21st-century sutlery business is conducted online via Facebook as Stick and Stump Dry Goods. Jon's sons, Oliver, age 7, and Jasper, age 5, have their own impressions at re-enactments and are learning to keep Civil War history alive, as is Jeff's four-year-old son, Hedrick.

Mary Jane keeps working on the Civil War quilts and clothing for her grandsons, as she reflects on memories of her family life "lived" in three centuries.

# 'Tis the season for celebration

From holidays to the World Series, fall fun abounds. And this month's calendar includes at least 20 parties on our campuses for residents, employees and families!



*Shirley Harvey flies the W at Windridge. She became a Cubs fan at age three, on her visit to Wrigley. Her son flew in from the east coast so they could watch their team become world champions for the first time in 108 years.*



*The good witches of Windcove - from left, Jeane Knapp, Marty Olsen and Joyce Cutshall.*



*Anna Binley is a beautiful good witch at the Nation Cottage Halloween party.*



*Sweet! Gavin Hines hugs Benny Benson during the family party at Nation Cottage.*



*Norman Grant and Amanda Lynch go red at the Go Red for Women event in November, where the executive chef and wellness coordinator presented a heart-healthy cooking display.*



*Doris Rottinghaus of Windhaven gets in the spirit of Christmas at Festival of Trees.*



## Words of Wellness: Keep your heart healthy during holidays

by Wellness Coordinator  
Amanda Lynch

As you enjoy the holiday hustle and bustle, remember to keep your health a priority. During this season, American adults usually gain one to two pounds. That gradual weight, year after year, can raise your risk for serious health problems such as cardiovascular disease. Studies show saturated and trans fats, often found in holiday goodies, can clog the arteries and contribute to heart disease.

So how do we fix this problem? Here are some tips to keep you heart healthy this holiday season.

1. Don't starve yourself until dinner. Have a healthy breakfast so you don't load up at the big meal. When you sit down to eat, try just a little bit of everything and go easy on second helpings and dessert.
2. It is beneficial to exercise. Take a walk after dinner, or exercise sometime during the day to help offset meal calories. Enjoy your meal, and then do something that keeps you moving throughout the remainder of the day.
3. Make smart substitutions. Use fat free, low sodium chicken or vegetable broth to moisten dressing. Use olive oil in place of butter or margarine. Mash potatoes with non-fat sour cream and low-fat milk. Use fat-free non-dairy creamers or evaporated skim milk instead of cream when you drink coffee.
4. Bring out the fruits and vegetables. Focus on pumpkin, carrots, sweet potatoes or other orange vitamin-packed vegetables. Greens such as broccoli, spinach and collard greens all pack vitamin power, too. Serve colorful varieties or vegetables with low-fat dip as an appetizer.

### WELLNESS RECIPE OF THE MONTH

#### Dried Cranberries and Squash

*A healthier take on a classic late fall recipe*

##### Ingredients

- 2 acorn squash
- 1/4 cup butter or margarine
- 1/2 cup unsweetened dried cranberries
- 2 tablespoons brown sugar or brown sugar substitute
- 1/2 teaspoon cinnamon

##### Directions

Preheat oven to 375F.

Cut the squash in half; scoop out the seeds and fiber.

Place cleaned squash cut side up in an oven-proof dish. If they are a bit wobbly take a small slice off the bottom.

Mix the butter, cranberries, sugar & cinnamon together, divide and place in each of the squash cavities.

Cover with foil and bake for 45 minutes to an hour or until the squash is tender. The time will depend on the size of the squash.

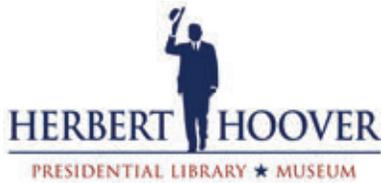
Uncover and broil 8" from broiler to give them a finished golden look (this only takes just 10 minutes so watch them carefully).

*"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."  
— Calvin Coolidge*

## Visit one of Iowa's two National Park sites



**WHC travels to the Herbert Hoover Museum and Library in West Branch on December 6.**



Charter bus departs at 8 a.m. from Windridge and returns at 3:30 p.m.

*\$40 cost includes charter bus and admission fees*

*Lunch is on your own.*

**Call Carolyn Martin at (319) 222-2048 to reserve a seat or email [carolyn.martin@westernhome.org](mailto:carolyn.martin@westernhome.org).**



## Protect yourself from online scams

*by Technology Training Coordinator Tom Tierney*

Phishing is an attempt to obtain sensitive information such as usernames, passwords and credit

card details, often for malicious reasons, by masquerading as a trustworthy entity in an electronic communication. Here are a few basic things you can do to stay safe on the internet.

### Receiving calls or emails

If you have an online account and you get a phone call or email saying your account has been compromised, and you are asked for your username and password, it is a phishing scam. A legitimate organization will never contact you asking for that information. If you have any doubts, contact the organization with contact information not provided by the suspicious call or email.

### Browsing websites

By typing in a web address in the search box and pushing the "enter" key on the keyboard, you can see if a website is safe. The web address for Google Safe Browsing Status is [www.google.com/transparencyreport/safebrowsing](http://www.google.com/transparencyreport/safebrowsing).

#### Safe Browsing Site Status

Google's Safe Browsing technology examines billions of URLs per day looking for unsafe websites. Every day, we discover thousands of new unsafe sites, many of which are legitimate websites that have been compromised. When we detect unsafe sites, we show warnings on Google Search and in web browsers. You can search to see whether a website is currently dangerous to visit.

Status of:



**Shopping or banking online** – It is critically important to know the website is safe for sensitive information, such as passwords. To determine if a website is secure look for "https:" in the address bar, as seen here.

Paypal is a secure website. Notice the "https:" and the padlock (which could be at the bottom of the browser window) in the address bar. Sites that are not secure are indicated with "http:" without an "s" on the end.

If you are not sure if something is legitimate, ***always err on the side of caution.***

## Happy December Birthday!

Bessie Tapper	CTG	December 1	Sue Loveall	WC	December 15
Glen Groothuis	WC	December 1	Bethel Durby	WHAL	December 15
Nancy Stanard	WHAL	December 1	Jim Madill	VTH	December 16
Jerry Slykhuis	VTH	December 2	Gordon Ubben	VTH	December 17
Ruth McFadden	WHAL	December 2	Darrel Brandt	VTH	December 17
Dorothy Haskins	WHAL	December 2	Jane Slykhuis	VTH	December 17
John Golz	VTH	December 3	Rita Congdon	VTH	December 18
Jean Swiggum	WC	December 3	Lee VerMulm	VTH	December 18
Marilyn Geesaman	VTH	December 4	Mary Lou Costa	WC	December 18
Barb Davis	VTH	December 4	Lloyd Gruis	MHC	December 20
Judy Weekley	VTH	December 4	Emogene Marty	WC	December 20
Shirley Cain	WM	December 4	Pat Rasmusson	WHAL	December 20
Allene Chambers	WC	December 5	Agnes Berky	WW	December 20
Helen Lund	WC	December 5	Gail Tansey	MHC	December 21
Oneta McCarty	WW	December 5	Dick Beener	VTH	December 21
Sylvia Grekoff	MHC	December 6	Bruce McCart	WW	December 21
Sharon Thayer	MHC	December 6	Helen Dieter	SFAL	December 23
Patricia Cleigh	VTH	December 6	Ruth Hovelson	VTH	December 23
Donna Settle	MHC	December 8	Marlene Brim	VTH	December 23
Joann Ackman	VTH	December 8	Hazel VerMulm	VTH	December 23
Paul Klotz	WG	December 8	Marilyn Groothuis	WC	December 23
Don Lohnes	VTH	December 9	Mardell Crawford	SFAL	December 24
Donna Kroeger	VTH	December 9	Marian Brandt	VTH	December 24
Floyd Winter	VTH	December 9	Arlene Waterman	WC	December 24
Ron Leibold	VTH	December 9	Willie Irvine	WHAL	December 24
Donna Kroeger	WC	December 9	Maurice Moore	MHC	December 25
Clair Chase	WW	December 9	Eleanor Parker	VTH	December 25
Marie Stigliani	WW	December 9	Gayle Adelmund	WW	December 25
Marlene Behn	VTH	December 10	Gerald Lane	VTH	December 26
Flora Brewster	SFAL	December 11	Don Krull	WC	December 26
Adeline Plakke	SFAL	December 12	Mickey Sullivan	SFAL	December 27
Bethel Hammer	WR	December 13	Francis Pardoe	VTH	December 28
Marcia Simpson	WR	December 13	Don Patterson	MHC	December 29
Joyce McNamee	TS	December 14	Pearl Hanson	VTH	December 29
Mary Lou Knight	VTH	December 14	Miriam Krallman	WR	December 29
Betty Essmann	WHAL	December 14	Anne Paxton	WG	December 30
Judy Brown	WR	December 14	Bob Robinson	WR	December 30
James Lubker	VTH	December 15	Don Tamisiea	VTH	December 31
Janet Nieman	VTH	December 15			

*Give the gift  
of  
relaxation*



Did you know Western Home Communities offers gift certificates for salon services, including hair styling and massage therapy? Ask at any front desk for a gift sure to be appreciated!

Whether a resident or employee already recognizes the health benefits of massage, or needs an introduction, licensed massage therapist Ann Pixler offers therapeutic sessions designed with each client's individual needs and comfort in mind.

Know anyone who could benefit from stress reduction, improved circulation, relief of muscle aches and improved flexibility? Massage with Ann can help.

This year, avoid the hassle of gift returns by treating someone you love to salon spa services at WHC.



## Handcrafted Holiday Sale a success

Shoppers crowded into the Windridge dining room October 24 to view handcrafted wares offered by 15 vendors, three of them new to the event and one who sold out of her entire stock! The sale garnered \$900 in profit for Friends of WHC. Thanks to all who shopped and supported these talented vendors, and Friends.



*Shoppers take a closer look at the handmade ornaments offered by Dee Way.*



*Carla Ward admires the handwork of villa resident Sandra Magnuson.*



*Lorna Ericson sits with her table laden with angels, doilies and headbands.*



*Kim Hanson displays hand-applied towels and holiday decor, as mom Pearl (in background) sells ornaments.*

## Welcome new employees

Tara Carr, Executive Assistant to the CEO  
 Claire Cruse, CNA – Cottages  
 Rosabell Deerfield, Direct Care Professional – MHC  
 Brittany Garbes, CNA – MHC  
 Melody Hagenstein, Laundry Aide  
 Megan Hild, CNA – MHC  
 T'Yah Hoskins, Wait Staff – Willowood  
 Sadie Kolpek, Resident Assistant – WHAL  
 Alexis Knudsen, CNA – Cottages  
 Selma Kurtovic, RN – MHC  
 Brooke Martens, Resident Assistant – WHAL  
 Shyanne McNally, Resident Assistant – Windhaven

Stacy McRae, RN – Winding Creek Meadows (Jesup)  
 Natalie Meyer, Activities Assistant – Thalman Square  
 Krystal Olmstead, Resident Assistant – WHAL  
 Tashieyana O'Neal, CNA – MHC  
 Heather Richardson, Direct Care Professional  
 Courtney Saddoris, Direct Care Professional – MHC  
 QwonTajah Todd, CNA – MHC  
 Adrianna Wadlington, Resident Assistant – Thalman Square

**atHome with Western Home**  
 Melina Cehajic, Caregiver

### Dining Services

Shelly Bellendier, Food Service Worker - MHC  
 Tierra Cannon, Food Service Worker - MHC  
 Sara Danielson, Wait Staff - Windcove  
 Gabby Godbey, Wait Staff - Willowood  
 Emily Sires, Wait Staff – Windgrace  
 Deonshai Wise, Wait Staff – Windermere

## Congratulations

Employee loyalty is seen throughout Western Home Communities. Congratulations to these employees who have mastered the art of caring as well as mastering their jobs.



**Beth Hines**  
**10 years**  
 Household Coordinator,  
 Nation Cottage  
 December 1



**Kali Stone**  
**5 years**  
 RN, WHAL  
 December 16



**Barbara Hughes**  
**20 years**  
 LPN, Thalman Square  
 December 11



**Lisa Wagner**  
**5 years**  
 Business Office Assistant  
 December 20



**Kelly Buck**  
**10 years**  
 LPN, SFAL  
 December 22



**Don Jones**  
**15 years**  
 Cook, WHAL  
 November 29

*(With apologies to Don for misrepresenting his anniversary last month as five years instead of the actual 15.)*

## Notes of appreciation

The family of LeRoy Newton can't begin to tell all of the Western Home employees and friends how much we appreciate your kindness during LeRoy's time at Windgrace, Windhaven and Nation Cottage, and at the time of his death. He was well cared for at Windhaven before moving to Nation Cottage in September 2015. His care at the Cottage was fantastic. We are so fortunate to have special places that care for people who have Alzheimer's, a terrible disease. We would also like to express our thanks to Carolyn, Jerry, Sharon and others who took part in and assisted at LeRoy's memorial service and to Western Home for the memorial rose. *Helen Newton and family*

I would like to thank all my co-workers and residents who helped make the celebration of my 20-year anniversary a very special memory. I'm grateful for the privilege of bringing music to our residents and I have enjoyed my years of service at Western Home Communities. *Carol White*

Thank you for the beautiful plant and cards, prayers and kindness shown to me at the recent loss of my brother, Jerry. Also thanks to Cindy Wiles and Bridget Hall for all the kind words of encouragement. *Karla Thompson*

Thank you so much for taking care of Miguel during the past month. We were impressed by your efficiency and services, but mostly by your kindness and dedication. We will always be grateful to you and, without a doubt, choose you again if Miguel ever needs it. Thanks! *Miguel, Ivonne and Sara*

We gratefully acknowledge your kindness and sympathy. *The family of Lucille Frey*

Thank you for all your kindness with the family and for caring for our dad. We appreciate all you've done. Thank you for the red rose in honor of Calvin. *The Brown family*

Thank you for all your support and comfort knowing Mom was in your care. The red rose was beautiful. *The family of Phyllis Grimstad*

## BOARD OF DIRECTORS

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### Building Abbreviations

Martin Health Center	MHC
Stanard Family Assisted Living	SFAL
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowwood	WW
Windgrace	WG
Windermere	WM
Windcove	WC
Windridge	WR
Windcrest Villas & Townhomes	VTH
The Cottages	CTG

*The Journal* is a monthly publication of the WHC office of communications and public relations. To subscribe, ask questions, offer content suggestions or unsubscribe, please contact Linda Hudwalker Bowman, editor, at (319) 859-9337 or [linda.bowman@westernhome.org](mailto:linda.bowman@westernhome.org).

## In sympathy

Doris Moore, WHAL	November 11
Calvin Brown, MHC	November 4
Bunnie Mixdorf, MHC	November 1
Lois Durst, CTG	October 31
Phyllis Grimstad, MHC	October 30
Marge Brom, CTG	October 25
Lucille Frey, MHC	October 24



**WesternHome**  
communities

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## Join us for Sunday brunch!

**December 11**

10:00 a.m. to 1:30 p.m.

Windridge 5311 Hyacinth

To make reservations, call  
**859-9349**

[www.WesternHomeCommunities.org](http://www.WesternHomeCommunities.org)



### *Meet Employee of the Month,* **Kristen Deserano**

**Kristen** began her employment at Western Home Communities in 2012. She currently works as lead wait staff at Windridge.

Her nominators say this:

- Kristen does a great job as a team trainer for south campus dining services.
- She comes up with efficient and new approaches to complete projects. Sometimes it's hard to keep up with her!
- Kristen is a positive person and a joy to work with.

Congratulations, Kristen, for earning recognition as Employee of the Month for November.

