Prairie Wind progresses toward June opening

Contractors work full speed ahead to finish the 75 apartments and lifestyle amenities inside Prairie Wind independent living. Here’s a peek inside... and if you think this looks like your next home, call Maria Murphy for a personal tour at (319) 859-9311.

Each apartment has a patio or balcony; the main building entrance is at right. The third floor balcony above it extends from a library/lounge for use by all Prairie Wind residents.

Birch cabinets are one of three kitchen options.

A closer look at exterior stone and brick work.

A third-floor view looking east.

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Greeting card tradition keeps on giving

With apologies to Hallmark and American Greetings, there may be some competition from a group of resourceful Friends volunteers who upcycle once-used cards into beautiful new creations. The hand-assembled greeting cards are available at each independent living and assisted living community front desk. With in-house convenience and a price tag of just 50 cents, it’s easy for you to remember friends and family on birthdays, anniversaries, holidays and other occasions.

Residents Marilyn Roseberry, Cindy Glasener and Bev Michael, along with Carol Dick and her friends from First Methodist Church in Cedar Falls, rely on donations of once-used cards, un-used envelopes, ribbon, glitter and decorative paper. Cards are upgraded by adding trim, accent paper and an appropriate sentiment on the inside. “There’s no wrong way to do it,” said Carol.

“It’s a party!” said Bev, who serves as Friends president. “We have refreshments and lots of laughter.” The group meets for three hours every other month; card makers are welcome to come and go as needed during that time. No experience is required.

“It is a great way to meet people!” enthuses Marilyn Roseberry, who brings her organizing talent to the group. She sorts completed cards, adds the Friends stamp to the back of each and distributes cards to outlets on the Western Home Communities campuses.

The group can complete up to 100 cards at each session.

The door is wide open for anyone interested in getting in on the card making fun and fellowship. If you would like to be added to the card making reminder list, please contact Marilyn Roseberry at Windridge, 266-4405, or via email: mjroseberry@cfu.com. Or simply plan to show up at the next party in April.

Join the next card-making party:
Thursday, April 20, 9 a.m. – noon
Windridge West Lounge

Marilyn Roseberry, Carol Dick, Cindy Glasener and Bev Michael look forward to card making sessions when they can “catch up” with each other while creating beautiful cards. Cards are sold in independent and assisted living communities – very convenient for residents and staff! Proceeds support Friends projects.
How our diets cause degenerative disease

At the next monthly Friends program, pharmacist Lucinda Harms of Cedar Rapids will present “The Inflammation Connection.”

Chronic inflammation can contribute to many diseases such as diabetes, rheumatoid arthritis, heart disease, perhaps even Alzheimer’s. Your nutritional choices may play a role. Lucinda will explain which foods can reduce the inflammation in your body and improve your health.

Tuesday, April 18  10:30 a.m.  Windridge

Choir rehearsals resume in May

The Windy Hill Singers enjoyed a winter break and are now warming up their vocal cords in anticipation of the spring/summer season ahead. Anyone who enjoys music, singing and having a good time is welcome to join.

Weekly rehearsals begin Thursday, May 4, at 1 p.m. in the Windcove dining room.

A message from Minister of Music Patrick Jones:

“I encourage you to join us in making a joyful noise to the Lord (notice I say a joyful noise, not a pretty noise). If you’re not much of a singer, talk to me and I’ll find you a tambourine or some other way to help out and join in on the fun we have in choir.” Call Patrick at 706.346.6842 or email patrick.jones@westernhome.org.

Speak up to stop violence and abuse

If you see violence or bullying of some type in public, do you view it as a private matter, or do you speak up?

Dr. Alan Heisterkamp and Dr. Michael Fleming from the UNI Center for Violence Prevention say everyone should exercise power and influence to help keep others safe. They shared information at the February Friends program. The center at UNI partners with schools, colleges and communities across the state, teaching people to recognize situations that may be harmful and accept responsibility for helping.

Heisterkamp and Fleming believe if problems are addressed earlier, intervention can build healthier families and relationships.

When sexual abuse like cat calls or groping are not stopped, it sets the stage for a progression of bad behavior. Being a voice for others takes courage. With any type of abuse an active bystander (you) might tell the perpetrator “We don’t do that around here,” or you might ask the person being targeted if you can help. You might ask for help from others nearby.

Afterwards let the targeted person know what happened wasn’t right. If a mother is yelling at her kids in the supermarket, you might show empathy and ask if there is anything you can do to help. This might help the mother to refocus and give the children a reprieve.

Entire communities are needed to address bullying and abuse - homes, faith communities, schools, neighborhoods, private/public partners and YOU.

For Friends, Donna Brown, Windcrest Villas
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 March 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:
Bob Bowman
Amy Hudwalker
Mary Helen Curtis
Jerry & Beth Harris
Sterling Edgar
Jerry & Beth Harris
Jewel Kohler
Sara Dunbar
John & Lin Kohler
Harry Lind
Jerry & Beth Harris
Duane & Shirley Jensen
Georgia Lingle
Jerry & Beth Harris
Sylvia Obermeier
Jerry & Beth Harris
Veda Rasmussen
Jerry & Beth Harris
Mildred Smith
Jerry & Beth Harris
Jim Tice
Dean & Glenda Alshouse
Kenneth & Marjorie Behrens
Larry & Deb Billings
Lorna Blohn
Julie & Randy Bruncheon
Jim & Arleen Burkhardt
Tamarra & James Byrd
Allene Chambers
Clive & Mavis Cook
Vern & Mary Cordes
Louis & Joyce Cutshall
Shirley Dean
Sue DeBower
Tom & Lisa DenHartog
Beth Koch-Ehlers
Jane Gerard
Glen & Marilyn Groothuis
Marty Halupnik
Willenda & James Hargarty
Jerry & Beth Harris
Nancie Handorf
Glen Hansen
Gene & Aurelia Harringa
Ken & Jean Hoer
Shelton & Mary Hornback
Roget & Mona Huckstadt
Christina Isley
Bertie Jepsen
Mike & BJ Jessen
Ron & Lucy Johnson
Theresa Kindig
Lloyd & Eileen Korte
Kathy Krieg
Bob Kuennen
Eugene & Dorothy Lind
Helen Lund
Ralph & Barb Majerus
Carolyn Martin
Mary McCalley
Mim McKinley
Carol Menefee
Gla Meyer
Doris Nero
Joan & Leo Ogden
Larry & Sharon Petersen
Dean & Lisa Salmons
Helen Tice
Robert Topliff
Kevin & Sheri Ubben
Sherilynn Victoria
Norma Walther
Arlene Waterman
David & Audrey Williams
Tim & Mary Wise
Larry & Faith Woodson
Chapel Gifts
Margaret Bettis
Tim & Kris Boettger
Deane & Connie Bradfield
Evelyn Brandt
Allene Chambers
Jo Chandler
Nona Christopher
Vern & Mary Cordes
Louis & Joyce Cutshall
Sue DeBower
Lois Diemer
Rhoda “Ronnie” Durant
Art Ecklund
Robert & Norma Emmert
Lee & Marlene Engen
Bev Fish
Stan & Ginnie Garrison
Dave & Cindy Glasener
Dorothy Guldner
Helen Hannan
Alice Hansen
Ruby Hockey
Ken & Jean Hoer
Mike & BJ Jessen
Ron & Lucy Johnson
Jim & Phyllis Jorgensen
Lela Kabele
Theresa Kindig
Shirley Klemmensen
Jeane Knapp
Carl & EthelAnn Koch
Don Krull
Susan Loveall
Emogene Marty
Bev Murphy
Dode Nieman
Joan & Leo Ogden
Donnita Reed
Christina Rich
John & Pat Schultz
Dolores Steege
Phyllis Swanson
Tom & Kathy Thompson
Estella Vaughn
Miriam Walker
Arlene Waterman
Bob & Dee Way
David & Audrey Williams
Other Gifts
Family of Sterling Edgar
Dave & Cindy Glasener
Gary & Marlys Karkosh
No need to wait for real blooms!
The first day of spring was an appropriate date for a flower arranging workshop with Carrie Worthington. She shared arranging tips and then turned participants loose with silk flowers and real flowers.

Mary McCalley puts the finishing touches on her silk flower creation, “With a botanist husband, I picked up a few things!”

The finished products showed a range of tastes and techniques – all with beautiful results. From left, Carolyn Martin, Mary McCalley, Carrie Worthington, Marleta Matheson, Joan Ogden and Mary Taylor.

Carrie’s tips:
• Use greenery and smaller fill such as baby’s breath as a “frame” for the features blooms.
• Variety in height will make the arrangement more interesting.
• Arranging flowers is about trial and error – keep arranging the blooms until you achieve the desired effect.
• An accent flower can present a contrasting color, texture or size.
• Don’t hesitate to mix silk and real blooms; today’s silk flowers are exquisite.
• Think in groups of three: three larger blooms, three bunches of filler blooms.
Chaplain’s Corner:
Getting your soil ready for spring
by Chaplain Patrick Jones,
Minister of Music

As many folks in the south would say, "I’m a Georgia boy by birth, but Southern by the grace of God." As this Georgia boy prepared for an Iowa winter, I had a serious conversation with Chaplain Tim about snow boots, and got a big winter coat, gloves, snow shovels, emergency car kit, stocked up on soup and everything else you could think of to be winter ready. I prepared for what turned out to be a mild season, with the second-warmest February in 145 years.

As spring approaches, it’s time to gear up in a different way. Temperatures will rise, birds will chirp, flowers bloom and snow blowers are traded for lawnmowers. I spent many summers working on farms and will soon begin preparing the soil in my garden for planting.

In Luke chapter 8, Jesus tells us the parable of the sower. He teaches that seed can fall on one of four types of soil: a hardened path, rocky ground, thorns or good soil. The seed that found its way into the good soil “came up and yielded a crop, a hundred times more than was sown.” As Jesus goes on to explain this parable to his disciples in verse 15, he says “…the seed on good soil represents those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.”

After this season of winter, have you become rocky ground? Or perhaps there are some thorns in your soil. Is our soil prepared to hear the good news of Jesus Christ? Let’s get out the shovel and hoe to till up our soil, and prepare a way for the Lord to work in our hearts and lives.

What better way to open up our hearts to God than in worship and song? We have Sunday services, Bible studies, hymn sings and Windy Hill Singers. As we enter into this season where the plants of the earth are renewed, let’s renew our hearts, refresh our minds and revitalize our relationship with the Lord, so we might be humble and obedient servants as God has called us to be. “Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.”
(1 Samuel 12:24)

Join us in worship this month as we gather together to share the great love that God has for us.

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<tr>
<th>April 2</th>
<th>9 am SFAL; 10 am MHC</th>
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<tr>
<td>Palm Sunday April 9</td>
<td>Don Sauser (communion)</td>
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<td>Easter April 16</td>
<td>Garry Moore</td>
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<td>April 23</td>
<td>Don Sauser</td>
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<td>Tim Boettger</td>
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<td>April 30</td>
<td>Garry Moore</td>
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11 am Windcove
- Don Sauser (communion)
- Tim Boettger
- Tim Boettger
- Garry Moore
- Tim Boettger

In God’s great mercy, He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.
-1 Peter 1:3
Like many Western Home Communities residents, Marlys Simpson earned teaching credentials at what is now UNI and taught elementary school for more than 40 years. But after two years in Iowa and another in Baltimore, a friend convinced her to take a one-year position in Norway - which turned into a 41-year career at an English-speaking school in Stavanger, Norway.

The private school was started by Esso (now Exxon) and Phillips Petroleum (now ConocoPhillips) for employees’ children. Her students included the daughters of the top Esso executive in Norway and the children of oil rig operators. “My classroom of 22 first, second and third graders was a challenge. For the first few years we were in a two-room school that the community had allowed Esso to use,” she said. A military base became part of the community and contributed to the school’s growth.

As teachers came from other parts of the world, the colleagues tapped that experience and had knowledgeable guides for worldwide travel during school breaks. Marlys visited more than 50 countries, including China in 1980. “That was before China was a tourist destination with hospitality infrastructure. We stayed in old and authentic hotels which immersed us in the culture,” she said. “And of course, a Scandinavian tour group attracted a lot of attention when we visited sites and shopped in markets.”

“I stayed in Norway longer than I intended to because of deep friendships at school, church and the community,” Marlys said. She acknowledges it took awhile to become friends with Norwegians, but they became strong and enduring friendships. “I never spent a Christmas alone in all those years.”

Marlys moved to Windridge nine years ago. With the exception of one return trip to Norway, her retirement travels have been stateside – as she explores the United States for the first time. She’s a fan of bus tours and has enjoyed several of the trips organized for Western Home Communities residents.

She and her retired teaching colleagues have a reunion planned for this summer in Rhode Island. “The bonds of friendship are strong because of the unique teaching experience we all shared. Facebook helps!”

Marlys holds her 1953 world atlas, still a favorite. She grew up with wanderlust from poring over her grandmother’s National Geographic magazines.

Her class of 1992 gifted Marlys with this hand-painted bowl; “tusen takk” means thank you.
ALL YOU REALLY NEED TO KNOW

You learned in kindergarten, remember? A group of residents visited a classroom at Southdale School recently to create art with young students and support their reading.

The five- and six-year-olds made fast friends with their visitors from Western Home Communities, all of whom agreed they’d like to repeat this experience.

Dee Lynch of Windcove works with student Savannah, who’s grabbing a glue stick.

Berdena grabs her iPhone to document the children’s creations.

Sweet! Jean Swiggum and her student are all smiles.

Shirley Dean and her tablemates enjoyed a lively conversation.

David Farmer watches intently as the kids color.
Donnita Reed shows a student’s artwork, inspired by the book "One Fish, Two Fish, Red Fish, Blue Fish" by Dr. Seuss.

Pat Taylor of Windermere lends her creativity to the art project.

Comments from the five- and six-year-olds kept residents like Emogene Marty entertained.

Happy faces all around. Back row, from left: resident coordinator Alexa Hoeltermann and residents Berdena Beach, Sharon Little, Dee Lynch, Emogene Marty, David Farmer, Jean Swiggum, Nancie Handorf, Shirley Dean, Pat Taylor and Donnita Reed.
Words of Wellness: Wellness is the word

by Wellness Coordinator
Amanda Lynch

As I walk around our two beautiful campuses each day, I am thankful for the word that follows me wherever I go: wellness. It feels so great to be near many people who love this concept as much as I do, and proclaim it on a daily basis whenever we come into contact.

Wellness encompasses so much of our daily lives that some people may not even realize they are engaging in some form of it - by visiting with family or friends (social wellness), going for a walk (physical wellness), sitting outside on a campus bench gazing at the beauty of the land around us (environmental wellness), or taking time at the day’s beginning or end to reflect and relax with quiet time in prayer (spiritual wellness).

All the various components of wellness make me even more thankful for the opportunity we have to focus on wellness here at Western Home Communities. I am able to engage in conversation with so many of you about your health and well-being. I love that we have become a community putting this concept at the forefront of our minds. Let’s keep this conversation alive and well every day.

Have those conversations with your neighbor, talk with your friends and family, and talk to me about your health journey. It is a long one, with many highs and many lows, but that is what keeps the journey going and keeps our quality of life high in the long run.

WELLNESS RECIPE OF THE MONTH
Chicken Salad Wraps

Ingredients
- 1/4 cup lemon juice
- 2 Tbsp. fish sauce (found in Asian foods section)
- 1/8 cup sugar
- 1 tsp. garlic powder
- 1/4 tsp. crushed red pepper
- 4 6-inch flour tortillas
- 2 cups shredded romaine lettuce
- 2 cups shredded cooked chicken
- 1 large ripe tomato, cut into thin wedges
- 1 cup grated carrots (2 medium)
- 2/3 cup chopped scallions (1 bunch)

Directions
1. Whisk lemon juice, fish sauce, sugar, garlic and crushed red pepper in a small bowl until sugar is dissolved.
2. Preheat oven to 325F. Wrap tortillas in foil and heat in the oven for 10 to 15 minutes, until softened and heated through. Keep warm.
3. Combine lettuce, chicken, tomato, carrots, scallions and mint in a large bowl. Add 1/3 cup of the dressing; toss to coat.
4. Set out the chicken mixture, tortillas and the remaining dressing for diners to assemble wraps at the table. Serve immediately.

Pianist to perform

Concert pianist Mimi Solomon will entertain SFAL residents April 27 at 11:30 a.m. in the dining room, in advance of her concert with Waterloo-Cedar Falls Symphony Orchestra that weekend.

The graduate of Yale and Juilliard has performed extensively in the United States, Europe and Asia; she recently returned to America after a decade of living and studying in Paris. Mimi currently lectures in piano at University of North Carolina at Chapel Hill.
Big Kids Bike Klub is ready to roll

Any bicycling enthusiast is invited to the official launch of the BKBK 2017 season, to be held at Marcia and Vern Hansen’s villa. Meet other residents who enjoy bicycling and learn of plans for the spring and summer.

**Friday, April 21  1 - 3 p.m.  4933 Sage**

The president of Cedar Trails Partnership (and our wellness coordinator), Amanda Lynch, will be sharing an update on trail activity and plans for the year. There will be refreshments.

Deadline approaches for WHC t-shirt orders

This month we’re ordering t-shirts with the Western Home Communities logo. Order forms should be turned in by Friday, April 19. Find them at any front desk and return them there as well. Your monthly account can be billed.

The t-shirts come in sizes S – 3XL and in Western Home Communities colors: cardinal red, orange, sapphire blue, lime green and purple with a white logo. They are $6 for sizes S-XL, and $8 for 2XL and 3XL.

Be money smart

Money Smart Week helps consumers better manage their personal finances. On April 26, Mike Finley of the UNI Financial Literacy Club will share his perspective on how the financial services industry works, and how you can use that knowledge to be money smart.

**Wednesday, April 26**

in the Windcove Dining Room

9:00 a.m. How not to invest your money, and why

10:30 a.m. How to invest your money, and how

Attend one or both sessions. Break is at 10:15 a.m. Refreshments will be served.
### Iowa's Great Nurses announced

Wendy Ager, senior director of skilled nursing at Western Home Communities, has been named among the 100 Great Iowa Nurses for 2017.

Wendy led WHC's transition to the household model of care and the development of two nursing cottages. Wendy has also been at the helm as skilled care at Martin Center has grown to more than 400 annual admissions.

Sean Schafter, director of nursing at Parkview Manor in Reinbeck, one of our affiliate partners, is also a Great Nurse for 2017. Sean previously worked at Martin Center and joined Parkview in June 2010.

They’ll be honored at a May 7 ceremony in Des Moines. Congratulations, Wendy and Sean!

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<tr>
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Employees took time for a little Mardi Gras (“Fat Tuesday”) fun on February 28, the day before Ash Wednesday and beginning of Lent.

The tradition of throwing trinkets and beads from Mardi Gras parade floats in New Orleans dates back to the early 1870s. Those riding on the floats are required by law to wear masks.
Welcome new employees

**Assisted Living**
Ariana Alibegic, WHAL Resident Assistant
Michelle Brunko, TS LPN
Jenna Drahos, WHAL Receptionist
Schamia O’Neal, SFAL Food Service

**The Cottages**
Stacey Brown, CNA

**atHome with Western Home**
Emily Cayton, Home Health Aide
Hailey Holven, Caregiver

**Independent Living**
Jeffrey Billington, WM Wait Staff
Kali Bonefas, WC Wait Staff
Katie Gerken, WM Wait Staff
McKenzie Hendrickson, WC Wait Staff

**Martin Center**
John Barker, Cook
Wynne Bond, Food Service
Elizabeth Erickson, RN
Shaley Hill, CNA
Katka Kajtazovic, Food Service
Jadyn Maiers, CNA
Nyja Scott, Food Service
Jaci Witt, CNA

Congratulations, milestone anniversary employees

Eight employees celebrate work anniversaries in April. Congratulate each of them for a combined 90 years of service to Western Home Communities!

**Laverne Kelderman**
April 2
10 years
Home Health Aide, atHome

**Cheryl Bearbower-Staton**
April 6
30 years
Switchboard Operator, SFAL

**Theresa Miller**
April 6
5 years
Caregiver, atHome

**Linda Rasavong**
April 18
15 years
Food Service, MHC

**Megan Steepleton**
April 6
5 years
Music Therapist

**Melanie Buhr**
April 27
10 years
CMA, MHC

**Amber Diveney**
April 6
5 years
Resident Assistant, Windhaven

**Bonnie Davis**
April 27
10 years
LPN, SFAL
**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

**Notes of appreciation**

Thank you so much for the rose arrangement and your caring words. The staff is so caring and compassionate; it really touched our hearts. We are blessed to have people like you care for our parents. You are all angels and we could not have handled this without you. You all are wonderful. *The family of Estella Michels*

We wish to thank you for the loving care and interest you showed our father/brother during his recent stay at your facility. We wanted you to know how comforting it has been to our family to learn of the prayer shawl, the service with your staff and your support of Harry as he left Western Home. You are, indeed, very special people. *With gratitude, the family of Harry Lind*

Thank you for all the love and compassion you have shown my family following my father's death. The rose you sent to honor my daddy was appreciated. The hands of God definitely are felt through each of you! You all mean so much to me; my heart is full of gratitude. *Jim Tice's daughter, Vicki*

**In sympathy**

- Duane Meyer, MHC  
  Wayne Badger, WR  
  Lu Yearling, WG  
  Sterling Edgar, TS  
  Mildred Smith, SFAL  
  Veda Rasmussen, WHAL  
  Georgia Lingle, MHC  
  Harry Lind, WG  
  Jim Tice, WC  
  Sylvia Obermeier, WHAL  
  Mary Ellen Curtis, WHAL

  March 19  
  March 15  
  March 12  
  March 9  
  March 6  
  March 4  
  March 1  
  Feb. 28  
  Feb. 24  
  Feb. 22  
  Feb. 19

**Like us on Facebook!**

We're online at [www.Facebook.com/WesternHomeCommunities](http://www.Facebook.com/WesternHomeCommunities). You'll find up-to-date photos, details on current happenings within our communities, and more. Join the conversation and give us a thumbs up!
Teresa joined Western Home Communities in August 2008 and works as a certified medication aide mentor in Martin Center. Her nominators say:

• Teresa is a hardworking, dependable employee.
• She is amazing with our residents throughout the day and is also a great help to our nurses.
• She can make your day better just by being herself.
• She is friendly and has a great sense of humor.
• Teresa will work any hall, any floor, any time with a positive attitude.

Your Western Home Communities family congratulates you, Teresa, on being named our employee of the month for March 2017.