Jorgensen Plaza opening underway

A long-held dream becomes reality this month as Jorgensen Plaza for Well-Being opens its doors - slowly and in stages - to residents, employees and the public.

Diamond Event Center hosted its first event on March 29 in conjunction with the Cedar Valley Alliance & Chamber. About 250 attendees of Good Morning Cedar Valley enjoyed breakfast, heard updates from the mayors of Cedar Falls, Waterloo and Evansdale, and cheered as Chamber Ambassadors cut the ribbon to mark the opening of the new event venue.

Two other notable occasions will be held at Diamond Event Center in coming weeks, including the Waterloo Courier’s Thrive event for 55+ on April 25 and the Mayors’ Volunteer Awards Luncheon on May 1.

Continued on next page
On April 5, about three dozen employees will move into offices on the first and second floors of Jorgensen Plaza. Starting April 5, residents of Western Home Communities have opportunities to tour the amenities (calendars will have specific times/dates).

**Opening dates as they stand now include:**

- **The Suites:** April 18  
  (resident moves begin; state survey required before full occupancy)
- **Caraway Cafe:** April 23
- **FreshWind Worship at Diamond Event Center:** TBA during April services
- **Aquatic and Wellness Center:** May 1
- **Salon Iris:** May 1
- **The Market:** May 1
- **Table 1912 and Gilmore’s Pub:** May 21

The stage at Diamond Event Center awaited finishing touches on March 20. Seating had arrived and office furniture was also being temporarily stored inside the space before being moved to the second floor offices.

A peek inside Gilmore’s Pub.
The island life

Fresh on the heels of passing a comprehensive American citizenship exam, Executive Chef Norman Grant spoke of his upbringing in Jamaica during a March 8 Friends program at Windcove.

The populations of Jamaica and Iowa are similar, though Iowa’s land mass is 13 times larger than Jamaica. Chef Norman noted that Iowa does not have Jamaica’s rainforests, mountains and beaches, but, the people of both places love family, food, sport and music.

Children in Jamaica are involved in sports such as running, cricket and soccer at an early age. Thanks to this early start and a system of completion, Jamaican world class athletic heroes, records and recognition. He also shared information about Jamaica’s unique foods, varied geography, daily life including struggles, amazing music history and more.

Chef Norman also talked about his life journey that brought him to Iowa and his family’s growth and success. Despite some early difficulties, Norman and his siblings live and succeed in their endeavors in Jamaica, England, Australia, Canada and the U.S. He attributes this success to a loving mother and the strong national drive in Jamaica for improvement.

For Friends,
Mike Seavey
Windcrest Villas

Next program: The colors of spring

Thursday, April 12  10:30 a.m. at Windridge

Get ready for plant season! Villa resident and master gardener Rich Congdon presents the April Friends program along with the Cedar Falls Hy-Vee floral manager, Gerri Reints.

They’ll share information about caring for indoor and outdoor plants - old favorites and new varieties. Some will be available for purchase. Rich and Gerri will also be available afterward for your specific questions.

Join the choir! Rehearsals resume this month

Thursday, April 26  1 p.m. at Windcove dining room

You’re invited to be part of the Windy Hill Singers. All you need is a willingness to sing and have fun. The resident choir has weekly practice under the direction of Chaplain Patrick Jones.
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 15.

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:**
- **Barbara Cox**
  - Ed & Penny Brown
  - Jeneanne Brummel
  - Louise Frevert

- **Louis Cutshall**
  - Sharyn Barnard
  - Bob & Judy Brown

- **Harlan Ehlert**
  - JoAnn Johnson

- **Gene Hunck**
  - Willard & Kay Jenkins

- **Jerry Jacobsen**
  - Bob & Judy Brown
  - Jeneanne Brummel
  - Loretta Dykes
  - Don & Pat Erusha
  - Judy Finkelstein
  - Louise Frevert
  - Lloyd & Norma Hager
  - Eldon Hayes
  - Louise Odle
  - Marilyn Roseberry

- **Donna Joens**
  - Bob & Judy Brown
  - Marcia Colwell
  - John & Marlene Deery
  - Tom Dietrick
  - Loretta Dykes
  - Don & Pat Erusha
  - John & Donna Falk
  - Judy Finkelstein
  - Louise Frevert
  - Eldon Hayes
  - Margaret Johnson
  - Gordon & Mardelle Koch
  - Peggy Makinster
  - Bob Robinson
  - Clair & Florine Rowe
  - Marlys Simpson
  - Vera Sullivan
  - Don Wood
  - David & Karen Zwanziger

- **Jeri Nelson**
  - Maurine Kemmerer

- **Ruth Ratekin**
  - Judy Finkelstein

- **Christina Rich**
  - Vern & Marcia Hansen

- **Neal Thuesen**
  - Neil & Lisa Albertson
  - Donna Allee
  - Marlys Badger
  - Mr. & Mrs. Joe Becker
  - Lorna Blohn
  - Ed & Penny Brown
  - Cecil & Eileen Burns
  - Marcia Colwell
  - John & Marlene Deery
  - Tom Dietrick
  - Lorna Ericson
  - John & Donna Falk
  - Bethel Hammer
  - Connie Hansen
  - Darlene Kautz
  - Patricia Markey
  - LaVerne & Patricia Middleswart
  - Don & Letha Petersen
  - Judy Pfalzgraf
  - Jim Platt
  - Bob Robinson
  - John & Pat Schultz
  - Marcia Simpson
  - Richard & Bonnie Storm
  - Vera Sullivan
  - Mary Taylor
  - Jeanne Thuesen
  - Sarah Thuesen
  - Jim & Marlys Williams

- **Arvid Waschek**
  - Richard & Connie Frankhauser
  - Chris Hansen
  - Willard & Kay Jenkins
  - Elsa Waschek

- **David Williams**
  - Jim & Judy Aldredge

- Don & Mary Ann Bergan
- Allene Chambers
- Bill & Bonnie Claassen
- Veronica Cobb
- Cleo Cross
- Marlene Daniels
- Shirley Dean
- Sue DeBower
- Nancy Handorf
- David & Dianne Happel
- Gene & Aurelia Harringa
- Bev Haugen
- Bertie Jepsen
- Mike & BJ Jessen
- Lucy Johnson
- Sam & Pat Kehe
- Kevin & Judy Kerr
- Theresa Kindig
- Tom & Clarissa Kunz
- Ed Leonard
- Helen Lund
- Henry & Barbara McGreevy
- Dan & Joan Meyer
- Maureen Newbill
- David & Katy Rohle
- Jean Swiggum
- Terri Tobin
- Miriam Walker
- Craig & Lynnette Wickham

**Chapel Gifts**
- Merv Andersen
- Anonymous
- Ken & Deloris Bixby
- Lorna Blohn
- Tim & Kris Boettger
- Deane & Connie Bradfield
- Larry & Shirley Cain
- Allene Chambers
- Vern & Mary Cordes
- Cleo Cross
- Joyce Cutshall
- BL & Janice Daly
- Robert & Norma Emmert
- Lee & Marlene Engen
- Bev Fish
April is National Volunteer Month

Thank you, volunteers!

Each year Western Home Communities benefits from more than 7,000 hours of volunteer time donated to assist the organization. Many of those hours come from your friends and neighbors who live right here at Western Home. These volunteers may be found helping others complete their shopping, writing cards and letters at the holidays, reading to residents, going on outings, playing cards, serving as a clerk in our downtown store or serving the afternoon snack at Thalman Square’s Main Street.

Volunteer logs document more than 3,000 annual “sign-ins” by volunteers such as Roger and Rosie Uhlenhopp, who have volunteered as chapel assistants since 1996. They greet residents and guests who attend services at Stanard Family Assisted Living, hand out bulletins, assist with communion and much more. “They are a joy to have as our assistants,” says Chaplain Christie Moore.

Every volunteer adds to the quality of life at Western Home Communities.

A volunteer recognition event will be planned later this summer. To join our volunteer team, contact Carolyn Martin, director of volunteer services at 319-222-2048 or carolyn.martin@westernhome.org

Congratulations to Beth Primrose, our nominee for the 2017 Mayors’ Volunteer Awards. She volunteers faithfully as part of the “Reading with Jean” program.
Chaplain’s Corner: Christ in the midst of confusion
by Chaplain Patrick Jones

As I’m writing this article, it’s still a chilly 30-degree March morning. I know spring is coming and I hope by the time you read this, the temperature has climbed, the earth has begun to spring forth with life, and the sun is shining.

Along with the new life we find in spring, we get to experience a whole new world that began with Christ’s resurrection. As we greet one another on Easter, you often hear proud exultations of “Happy Easter!” or “Christ is Risen!” From our perspective around 2,000 years after Christ’s resurrection, we have reason to rejoice. Christ defeated sin, even death! We find love, forgiveness, God’s goodness and hope in His resurrection.

But this Easter season, I’ve been contemplating a slightly different perspective, that of the disciples. How might one react to hearing this news? Your rabbi, your spiritual leader, your king, had just been convicted, beaten, betrayed, denied, rejected and killed in a horribly gruesome way. Then one of his followers comes to tell you He is indeed alive. In the book of Matthew, when the two Marys go to the tomb and find it empty, an angel tells them “Do not be afraid.” I know I would be afraid; at the very least, confused by this turn of events.

Later in Matthew 28, it says the disciples were at Galilee, where Jesus had told them to go, and “When they saw him, they worshipped him; but some doubted.” The gospel of Mark reports the women were “trembling and bewildered.” Luke tells us the disciples “did not believe the women, because their words seemed to them like nonsense.”

We can understand how this might seem like nonsense to the disciples. They were struck with grief, mourning great loss, wondering what would happen next, bewildered at what had just happened. And in the midst of that grief Christ appeared, resurrected, reminding them that He was in control, that His plan was being executed, that He was still the eternal hope for all.

This Easter season, I would encourage all of us to look for Christ appearing all around us. In the midst of our grief, Christ is there. In the midst of our confusion and bewilderment, Christ is there. In the midst of our doubt and our desire for self-sufficiency, Christ is there. Each time you see a flower bloom or tree leaves start to bud, remember that it is a reminder from God: Though we travel through dark, cold times, spring is coming just around the corner. Christ is waiting for us, just around the corner.

Join us for worship this spring

**SFAL Chapel at 9 a.m.**
- **EASTER April 1** Garry Moore
- April 8 Garry Moore
- April 15 Tim Boettger
- April 22 Garry Moore
- April 29 Garry Moore
- May 6 Garry Moore

**Windcove at 11 a.m.**
- **EASTER April 1** Tim Boettger
- April 8 Garry Moore
- April 15 Tim Boettger
- April 22 Tim Boettger
- April 29 Tim Boettger
- May 6 Tim Boettger

The Journal April 2018
What’s in a name? What about the letters behind a name? For board-certified music therapists at Western Home Communities, quite a bit - so much importance that they joined others at the state capitol Feb. 28 to lobby in support of proposed legislation that aims to make sure anyone presenting her/himself as a music therapist is actually credentialed and certified.

Megan Steepleton, MT-BC, is the music therapist at WHC; Erica Rath, household coordinator at Nation Cottage, previously held the position and maintains her certification. We asked Megan about her training and daily impact as a music therapist.

**What is the process for becoming a music therapist?**
The first step is to earn your degree from an American Music Therapy-approved college or university. Iowa has only two: Wartburg College and University of Iowa. A six-month music therapy internship follows. Western Home Communities has been a National Roster Internship site since 2009; RaeAnna Zinniel is our current intern.

After completing the degree and internship, a board exam must be passed to receive the status of Music Therapist - Board Certified (MT-BC).

Music therapists must maintain knowledge of current practices, theory and techniques and complete continuing education.

**How do you work with residents?**
The process begins with an assessment, then we create an individualized treatment plan with goal and objectives. Music interventions include singing, instrument play, socializing, reminiscing and rhythmic movement. We complete daily documentation and evaluate residents’ progress.

**What keeps you interested in music therapy?**
I can truly say that I love going to work every day because of the residents I work with in six of our communities. Being able to see the impact of music therapy is heartwarming and I’m thankful to work where the value of music therapy is recognized and appreciated.
The smell of fresh baked bread is a fondly held but distant memory for many of us. Inside John and Judy Focht’s villa, they enjoy the aroma daily, thanks to John’s collection of bread machines.

You might think one such appliance would be enough. But John has gathered nine and still puts them all to good use.

Panasonic introduced the electric appliance in 1986. The allure of dumping in the ingredients and letting the machine do the rest proved irresistible; by 1999, more than 25 million had sold in the United States - one for every five households! They made popular Christmas and wedding gifts, but like fondue pots before them, many sat unused for decades until a decision was made to free up shelf space. Then bread makers started to appear at thrift shops and garage sales. That’s how John got his start as a bread baker.

“We were in Arizona several winters ago and I found a clean Welbilt machine at a community garage sale,” John said. “Used bread machines are inexpensive and they seldom have enough wear to affect performance.”

Second and third machines were added to the collection so John could produce three loaves at a time. He and Judy had so much enjoyment from sharing the bread with friends that he easily justified a few more inexpensive second-hand models. And before you know it, there were nine in a closet dedicated to John’s bread baking hobby.

“When I have all the machines baking, we have to use outlets in several rooms,” John laughs. The machines are numbered and each removable baking pan has the corresponding number.

Judy is the enabler in this equation. “She does everything else so I can make bread,” John admits.
Creative endeavors of the Fochts are displayed in every room of their villa, where they moved in June 2017 and gained more time for artful pursuits. John paints chairs for community fundraising auctions, makes paper boxes, paints landscapes and plays the ukulele. Judy assembles original sculptures from unlikely materials – mixing paper, glass and wood. Most of the artwork is inspired by nature.

Perhaps the enticing aroma of baking bread spurs creativity? John’s favorite recipe is for white bread into which he frequently adds whole grains, honey and apple juice. “I like the bread on sandwiches, but it is the best as toast,” John says.

John advocates for name-brand flour and yeast. Ingredients are listed in order they are to be placed in the machine.

- 3 cups flour
- 1 tablespoon sugar
- 1 tablespoon honey (as a substitute for a second tablespoon of sugar)
- 1 teaspoon salt
- 1 tablespoon melted margarine
- 1 cup plus 2 tablespoons of warm water (John substitutes apple juice for half of the warm water)
- 3 teaspoons yeast

Judy Gillespie’s rock collection is featured in the Western Home Communities calendar during April. Rock and gem collectors may specialize in rocks from a specific region or a certain fossil, rock or gem type; they buy and sell at shows.

Judy reminds us that collecting rocks does not need to be an expensive hobby. It certainly can be expansive if collecting takes you to new places and deepens your knowledge of geology. For Judy, the pleasure included the time spent with others on her rock collecting outings.

The Black Hawk Gem and Mineral Society show and sale is Saturday and Sunday, April 14-15, at Waterloo Center for the Arts in downtown Waterloo. Admission is free.

Judy created this butterfly from two slices of an agate.
Words of Wellness: Benefits of better balance
by Lead Wellness Coordinator Amanda Lynch

Ahhhh…..I’m sure you’re already enjoying the sights and sounds of spring, perhaps even spring cleaning. Have you thought of a spring tune-up for your health and well-being? If not, these tips could help.

Schedule screenings and doctor appointments: Life is busy. Yet you should make every effort to see your doctor at least once a year, if you’re not already doing so. Plan ahead now to keep track of your visits throughout the year.

De-clutter your medicine cabinet: Sort through medicines and remove anything that has expired or is no longer needed, or smells/looks off-color; these medicines can be safely disposed of in a lock box at the Prairie Parkway pharmacy near south campus. Next, take the rest of your medicine and store it in a cool, dry cabinet, preferably one that is not in the bathroom. This will ensure safety, but also remind you to take it regularly.

Clean your pantry and fridge: Get rid of anything in your pantry and fridge that could make reaching your health goals more difficult. That means getting rid of store-bought sweets, sugary cereals and high-sodium foods. Take stock of what’s on your counter. Replace that bowl of candy for the grandkids with a bowl of fruit, putting a healthy snack in plain sight.

Refresh your workout and venture outside: Everyone needs a change of scenery now and then. Why not get some fresh air while you are at it? Milder weather means more people can enjoy the beauty of our campuses on an outdoor walk or bike ride.

The change of seasons provides a natural time to try something new; in addition to avoiding a workout rut, you will give your muscles a new challenge.

Happy spring! See you soon at the new aquatic and wellness center!

WELLNESS RECIPE OF THE MONTH
Mixed Green Salad with Grapefruit and Almonds

Ingredients:
Vinaigrette:
• 1/4 cup fresh grapefruit juice
• 1/4 cup olive oil
• 1 Tbsp grated onion
• 1 Tbsp white wine vinegar
• 1/4 tsp salt
• 1/4 tsp black pepper

Salad:
• 2 red grapefruit
• 10-12 cups salad greens
• 1/4 cup raw almonds
• 1/2 red onion, sliced thin

Directions
Remove the skin and white pith from the grapefruit. Working over a bowl, cut the segments away from their membranes. Cut the segments in half and transfer to a salad bowl. Squeeze any remaining juice from the grapefruit into a bowl. Whisk the juice, grated onion, vinegar, salt and pepper together. Top with lettuce, red onions, and almonds and toss with grapefruit. Add in vinaigrette and toss one more time. Serve.
Big Kids Bike Klub Kick-off April 13

Are you interested in weekly or occasional bike rides with some really fun Western Home Communities neighbors and friends?

You’re invited to join the Big Kids Bike Klub Kick-off on **Friday, April 13, from 2 - 4 p.m.** at the home of Marcia and Vern Hansen, 4933 Sage. Come enjoy a root beer float and meet other bicycling enthusiasts. (Spouses welcome, even if they don’t ride!)

In 2017, the BKBK met at Windridge for Monday morning rides starting at 8:30. At this kick-off, the group will discuss preferred dates and times for this season, and whether a second, shorter ride is warranted due to interest.

Weekly rides resume in early May. **Contact Marcia at mahansen@cfu.net to be included in an email list for updates.**

Meet your wellness team

Lead Wellness Coordinator Amanda Lynch invites you to meet two new team members! As they prepare to open the aquatic and wellness center at Jorgensen Plaza for Well-Being, the team will install equipment, finalize programming and prepare for assisting residents and employees who want to make healthy lifestyle improvements. Please welcome Heath and Eryca to Western Home Communities.

**Heath Zuck** spent the past ten years as director of wellness at Scottish Rite Park in Des Moines. He is passionate about serving the active aging population, and for coaching football. He started coaching at Grand View University when its football team began in February 2008. Prior to Grand View, he coached football at Wapsie Valley and has returned there as assistant boys track coach this year. Heath has been married to Malynda for 10 years and they have four children; Kyra (9), Lyndee (7), Ryder (4) and Maddyx (2). Heath said, “I am extremely grateful to have the opportunity to serve and work side-by-side with every single person here at the Western Home Communities to provide the best possible experience.”

**Eryca Bass** is a UNI graduate with a master’s degree in kinesiology. Eryca has spent considerable time focusing on strength and conditioning, sports performance and wellness. She continues a career as a strength and conditioning coach for UNI softball, coaches for an elite volleyball club in the Cedar Valley, and received her CNA through Western Home Communities, where she currently serves residents at Martin Health Center. Eryca has been married to DJ for 2 years. Eryca said, “I am grateful to be a part of an amazing wellness team and thrilled to be able to provide residents and employees with opportunities to increase their quality of life.”
Employee milestones total 100 years

These six employees have contributed a combined 100 years of service to Western Home Communities. Celebrate with them this month!

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Years</th>
<th>Position</th>
<th>Location</th>
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<tbody>
<tr>
<td>Ann Lyon</td>
<td>April 25</td>
<td>10</td>
<td>Dining Assistant</td>
<td>Martin Center</td>
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<td>Olga Bentley</td>
<td>April 25</td>
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<td>Cosmetologist</td>
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<td>Diana Lane</td>
<td>April 28</td>
<td>30</td>
<td>Senior Director of Assisted Living</td>
<td>Windhaven</td>
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<td>April 4</td>
<td>35</td>
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<td>Kaydi Hummel</td>
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<td>Resident Assistant Mentor</td>
<td>Windhaven</td>
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<tr>
<td>Courtney Goll</td>
<td>April 24</td>
<td>5</td>
<td>Resident Coordinator</td>
<td>Windermere</td>
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</tbody>
</table>

Meet Employee of the Month, Tasha Rogers

Tasha joined Western Home Communities in January 2014 and serves as transportation scheduler. Here is what co-workers say about her:

- Tasha is very dependable and has the ability to juggle several different tasks at once.
- Being the transportation scheduler her job can be stressful with a lot of phone calls and last minute changes to the schedule. Even under stress Tasha still treats people with respect and looks for safe ways to accommodate their needs.
- She always goes the extra mile in everything she does.
- Tasha demonstrates her love and respect for the residents and staff through her words and actions and is always looking for ways to be a good steward of the Western Home Communities resources.
- Tasha has all the characteristics of Western Home Communities values and is always putting people first with a servant spirit.

Your Western Home Communities family congratulates you, Tasha, on being named our employee of the month for March 2018.
Rewind to 1983: the year Dorothy Boll started work at WHC

Fraggle Rock debuted on HBO, the U.S. invaded Grenada, and women wore blouses with floppy bow ties. It was 1983, and Dorothy Boll arrived for her first job at Western Home Communities - back when it was Western Home and consisted of just one original building with several additions.

Now, as a resident assistant at Thalman Square Memory Support Assisted Living, Dot looks back on 35 years that includes service as a certified nurse assistant (CNA), rehab aide, medical aide and resident assistant. She joined the Thalman Square team shortly after it opened in 2006.

“I followed Diana (Lane),” she says. “I trained Diana when she started working at Western Home 30 years ago, so I knew we would work well together.”

The decades of her career have provided experience with evolving philosophies of care.

Among the biggest changes in 35 years is the welcome disappearance of restraints that kept residents seated or in bed. A philosophy that allows residents to control their day is also a change from industry-wide practices in the 1980s. “Residents at Thalman decide when they want to get up for the day, what they want to wear and when and what they want to eat. Staff and residents have a cooperative relationship,” Dorothy said. “It is also very quiet– no more intercom, bells and beeps!”

Dorothy enjoys the quality of her work life at Thalman Square, where she says co-workers are like family. She encourages new employees to be open to mentoring from more experienced colleagues. Dorothy maintains she still has things to learn from Julie Thompson, a Thalman co-worker who celebrated 40 years of service in December.

Congratulations and thank you, Dorothy, from all of us at Western Home Communities!

Bri Hilmer among top Iowa nurses

Briana Hilmer, RN, senior director of atHome with Western Home, has been named to this year’s list of 100 Great Iowa Nurses and will be recognized at a May ceremony in Des Moines.

The award recognizes 100 nurses who have made meaningful, lasting contributions to their patients, colleagues, and the nursing profession, and are viewed as mentors to other nursing professionals.

Bri joined Western Home Communities in 2011 as a director of assisted living. She moved into the role with atHome in summer 2013, and recently has worked to expand services into other markets including Marshalltown, Dubuque and Madison, Wisc. She is also board chair of ICAL (Iowa Center for Assisted Living) and on the board of IHCA (Iowa Health Care Association).

Congrats to Bri on this well-deserved honor!
### Happy April Birthday!

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### Tech Talk with Tom

Ask any computer and smart device questions - get answers from Tom Tierney, technology training coordinator. All Tech Talks are 10 to 11:30 a.m.

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Welcome new employees!

**Assisted Living**
Jojo Frias, Food Service Worker, SFAL
Madison McCarel, Food Service Worker, WHAL
Alexandra Mens, Resident Assistant, SFAL
Alexis Peters, Food Service Worker, WHAL

**atHome with Western Home**
Shianne Bellinger, Home Health Aide
Isabelle Gardner, Home Health Aide
Hannah Johnson, Caregiver
Cynthia Lahr, Home Health Aide, Dubuque
Amanda Lawrence, Home Health Aide
Tracy Reed, Home Health Aide, Marshalltown

**Martin Center and The Cottages**
Nicole Armstrong, Lead Hospitality Coordinator

**Independent Living**
Jordon Adams, Wait Staff, Windridge
Emma DeWitt, Wait Staff, Windgrace
Anthony Grapp, Cook, Prairie Wind
Lue Stella Jones, Wait Staff, Windgrace
Natalie Lang, Wait Staff, Windridge
Alize Martinez, Wait Staff, Windridge
Kenyatta McGee, Wait Staff, Prairie Wind
Shaqueena Mitchell, Wait Staff, Prairie Wind
Daniel Ponik, Cook, Windridge
Brianna Stapella, Wait Staff, Windridge
Dakota Beenken, Direct Care Professional
Elizabeth Dengler, RN
Stacy Gibbs, Director, Therapy
Destiny Harrington, CNA
Diane Heller, Occupational Therapy Assistant
Kandace Mills, CNA
Kiernan Nicol, RN
Ashley Plagge, Direct Care Professional
Talon Plum, CNA
Victoria Salerno, CNA
Julie Sassaman, LPN
Christine Schmidtke, Direct Care Professional

**Jorgensen Plaza**
Amy Dall, Event Coordinator
Justin Fowler, Baker
Traci Johnson, Assistant Manager at Table 1912
Corey Nolta, Line Supervisor
Connie Meeker, Caraway Care Restaurant Manager
Dane Rasmussen, Line Supervisor
Heath Zuck, Wellness Coordinator

**Creekside Grundy Center**
Tara Bondy, Direct Care Professional
Heather Davis, CNA
Darci Nagel, RN
Krystal Popes, CNA
Kaye Stark, RN
Samantha Steffen, Direct Care Professional

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**BOARD OF DIRECTORS**
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Jan Andersen  Gary Karkosh
Judith Benson  Bev Michael, ex-officio
Ron Bro  Sid Morris
Bob Dieter  Miller Roskamp
John Falk  Martha Stanford

**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
- Prairie Wind: PW

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**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.

**In sympathy**
Russ Tepaske, MHC  Mar. 16
Werner Sell, SFAL  Mar. 1
Jerry Jacobsen, MHC  Feb. 28
Donna Joens, CTG  Feb. 24

**Note of appreciation**
Thank you for the red rose and all the thoughtful help and consultation you gave us at the Martin Center.

*The family of Garth Huffman*
Caraway café opens to the public April 23!

- Open daily from 7 a.m. - 8 p.m.
- Fast casual breakfast, lunch and dinner
- Order at the counter - meals delivered to your table
- Hearty soups, sandwiches and salads
- Homemade baked goods and freshly brewed coffee

Like chips? They're all made from scratch at Caraway Café. 

The Corned Beef Smash Wrap includes corned beef, eggs over easy, Swiss cheese and potatoes with buffalo sauce and sour cream.

Wake up with a sausage, egg and cheese biscuit and fresh fruit.