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:
- Healthy feet habits 2
- Hearing loss program 3
- Choir resumes 3
- Gift list 4
- IRA rollovers 5
- Spring styles from UNI 5
- The wonder of it all 6
- Volunteer appreciation 7
- Volunteer stories 8
- Volunteers needed 10
- Birthdays 11
- Words of wellness 12
- Time to ride again 13
- Sidecar sampling 13
- Employee of the month 14
- Jazz at Gilmore’s 16

Therapy helps Dike man walk again, return home

When life as he knew it seemed a distant memory, Byron Mulder found hope and healing from a skilled care stay at Creekside in Grundy Center.

He dealt with constant pain, countless appointments, medication changes and no answers until his wife took him to the emergency room in Iowa City. Medical staff discovered a serious infection eating away at Byron’s spine and ribs. He needed surgery to replace the infected bone with two rods, ten screws and two cadaver bones.

He spent two weeks recovering at UIHC and another two weeks at Grundy County Memorial Hospital. “Depression set in,” Byron said. “I thought I would be lying on my back the rest of my life.”

Byron arrived at Creekside bed-bound, unable to move his arms and legs. It took several people to help him sit up or get out of bed. Yet his Western Home Communities therapy team promised to make a difference. “Their commitment – they made me feel like I was their only patient,” he said. “They would spend the extra time with me, even if I didn’t want them to.”

Perseverance paid off. Byron saw results from daily therapy and exercises. He is back home, now able to move and walk on his own. For that, he credits the entire staff at Creekside, who’ve given him hope for the future.

“The nurses, the CNAs, the food department, they all got to know me,” Byron said. “I made some good friends, hopefully for the rest of my life. It feels like a family.”

Byron celebrates his success with Brittnee Hummel, left, occupational therapy assistant, and therapist Jared Vaske, right.
Back when Willowwood opened its doors in 1989, the concept of independent living for older adults was new.

“Willowwood was an experiment, because way back there were no such buildings like this,” explains architect Hovey Brom. “We needed to start out and make a building that was safe for people, homey for people, make a building that would take care of their lives.”

Western Home Communities visited other models in places like Seattle and St. Louis to help create Iowa’s first residential community for independent, active seniors.

“This was to be home with a capital H,” Hovey recalls.

To that end, charter residents could contribute a special stone to help create the fireplace, which was primarily built with fieldstone from nearby fields and ditches.

Hovey, who’s now a resident of Prairie Wind, and COO Jerry Harris shared memories at an anniversary celebration March 14. They joined current residents and employees for a special luncheon of gourmet salad, steak medallions, potatoes, bacon-wrapped asparagus and ice cream with fresh fruit served in chocolate bowls.

“It’s fun to come back 30 years later and people are still here and still enjoying the place,” Hovey said.

**Innovative project celebrates first 30 years**

*Willowwood residents Margery Andrew, left, and Colleen Liming with architect Hovey Brom.*

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**Podiatrist to speak about foot health**

Do our feet need special attention as we get older? What problems can develop? What role does diabetes play?

Learn from Travis Tidwell, DPM, with MercyOne Waterloo as he helps us put our best feet forward.

**Friday, April 19**

1 p.m.

**Diamond Event Center**
First-person account of hearing loss at April Friends program

Many of us have some hearing loss or know someone who does.

Expand your understanding as Carolyn Hopkins shares her own experience at the monthly Friends program in April.

Learn about the feelings and frustrations of dealing with this loss, how to talk with someone who has a hearing loss, and resources such as the Hearing Loss Association of America.

Thursday, April 18 10:30 a.m. at Windridge

Choir practice resumes in April

Like to sing and have fun? That’s all you need to join the Windy Hill Singers! Weekly practices resume in April under the direction of Stephanie Althof. All are invited and welcome to join!

Weekly rehearsals on Thursdays beginning April 4 1 p.m. at Windcove
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 14. **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:**

**Helen Dieter**  
Steve & Julia Bernard  
David & Suellyn Brooks  
Justene Bunting  
Rich & Rita Congdon  
Vern & Mary Cordes  
Russ & Diane Curtis  
Kathleen Doyle  
Bruce & Suzanne Gettman  
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Judith Harrington  
Willard & Kay Jenkins  
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Eleonora & Randall Rieck  
Rick & Bonnie Ruebel  
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**David Niedert**  
Jo Ackman  

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Bill and Sally Davis  
Christopher & Karen Henderson  

**Julie Thompson**  
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Kathleen Hahn  
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**Employee Appreciation Fund**  
Winston Burt  
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Lloyd & Norma Hager  
Butch & Sherry Hammer  
Alice Hansen  
Cliff & Donna Hansen  
Wayne & DeMaris Hochhalter  
Loren Howard  
Marvin & Mary Hudwalker  
Betty Hunck  
Chuck & Georgine Hurt  
Tom & Bernie Huss  
Bertie Jepsen  

**Lucy Johnson**  
Margaret Johnson  
Harris Jorgensen  
Theresa Kindig  
Jeane Knapp  
Paul & Janine Knapp  
Karl & EthelAnn Koch  
Russ Kool  
John & Pam Kraig  
Miriam Kralman  
Don Krull  
Lillian Marks  
Emogene Marty  
Iva Meany  
Garry & Christie Moore  
Ken & Carol Morlan  
Bev Murphy  
Enrique & Martha Ochoa  
Bob & Rhoda Olson  
R. Peterson  
Glenda Potratz  
Donnita Reed  
Lyle Refshauge  
Betty Schoeberl  
Ron & Barb Seufferlein  
Lois Stork  
Robert & Joanne Tefft  
Rodney & Ruth Tomson  
Lura Treloar  
Miriam Walker  
Carol Watson  
Jim & Susan Willms  
Lois Wishmeyer  
Barb Wygle  

**Other Gifts**  
Anonymous  
Gary & Donna Brown  
Dave & Cindy Glasener  
Patricia Martin Estate  
Kathy McCoy  
Constance & Steven Perry  
Marlys Simpson  
Berdella Wehrmacher
IRA rollover a useful tool for giving

If you are 70 1/2 years of age, you can use your IRA to make a difference at Western Home Communities. Many donors have begun directing the required minimum distribution from their IRAs to the Western Home Foundation. There are several benefits to doing this:

• Supporting a favorite project or activity at Western Home Communities. Donors can direct these gifts as they wish; undesignated gifts go to the Assurance Fund.

• Saving income tax by a direct charitable transfer of up to $100,000. Tax law allows this to happen without the rollover amount being taxed as income.

• Developing a charitable legacy while you can see its impact.

It’s easy to work with your financial planner and the foundation to make a gift. Contact Mary Taylor, director of development, at 859-9338 or mary.taylor@westernhome.org for more information.

Catch the latest styles at UNI spring style show

For more than 20 years, UNI’s Textiles and Apparel Program has produced a student-directed fashion runway show featuring the creative work of its students, who choreograph and train the models, create the stage and choose the music. It’s a signature event for the program.

This year, a full dress rehearsal will be held at Diamond Event Center – open to all residents, employees, families and friends.

Wednesday, April 24
Diamond Event Center
Time to be determined

UNI’s program is the only one in Iowa to use industry recognized, state-of-the-art Lectra Kaledo software. UNI graduates work in product development and design at companies such as Under Armour, Target, Lands' End, J. Crew, Ralph Lauren Polo, Gymboree and more.

2018 style show photos by program coordinator Dr. Mitchell Strauss.
Chaplain’s Corner:
The wonder of it all
by Chaplain Byron Simar

We’ve just come through a winter we thought would never end. The snow is pretty, but all of us were probably saying, "I've had enough of this beauty."

We're all waiting with anticipation for a new beauty, a different color. The smells and sounds of spring! The smell of a fresh rain, the flowers blooming, the grass growing, the new buds on the trees and bushes all stir in us the joy of what is new and fresh. The beauty of each season is truly a wonder.

All creation speaks of the power and majesty of God. The psalmist said it this way: "… The heavens declare the glory of God; the skies proclaim the work of His hands," (Psalms 19:1). The prophet Isaiah was simply inspired to say, “The whole earth is full of His Glory,” (Isaiah 6:3).

Curiously enough, when that same prophet described Jesus as the suffering servant (Isaiah 53), he said that when He would come, it would not be His majesty and beauty that would attract mankind to Him. He suffered and was cruelly punished beyond our human comprehension. It was for our sorrows and sins that He was punished. He was pierced and crushed for our healing.

Spring is here and we see beauty everywhere. We also see new life everywhere. But as beautiful as springtime is with all its colors and freshness, it isn't spring that offers us restoration and reconciliation. It simply points us to the one who can make all things new. We can have a whole new life because of Christ's sacrificial life and glorious resurrection. This new life is ours for the taking through faith.

He is our victorious conqueror. He is our redeemer and savior. The greatest wonder of wonders is to know that God loves you and me. He clearly demonstrated this in the great gift of His one and only son. This is truly the beauty of the Lord. We can join our voices and say, "Lord, our Lord, how majestic is your name in all the earth," (Psalm 8:1). In the beauty of this spring, let's celebrate His beauty.

Happy Easter to all! He is risen!

Join us for worship this month

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<th>SFAL Chapel 9 a.m.</th>
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In April, the country observes National Volunteer Month and Volunteer Week (April 7-13), a time to celebrate all the gifts of time and talent shared by selfless volunteers. The rich tradition of residents volunteering at Western Home Communities and beyond inspires us to be more generous with our own gifts.

Did you know....in 2018, volunteers donated more than 7,700 hours of time to Western Home Communities?

“Our Volunteers Get It Write!”

All volunteers are invited to our annual volunteer recognition lunch:

**Wednesday, April 17, 11:30 a.m.-1 p.m. at Windridge**

Please allow Western Home Communities employees to say thank you for the many hours that are donated each year.

There will be a small token of our thanks that goes along with this year’s theme, "Our volunteers get it write!“

We couldn’t do what we do without you!

Residents of Western Home Communities serve both within and outside our walls. Enjoy the four stories on the next pages that clearly show the rich and varied ways to find fulfillment in volunteering.
Resident feeds his soul with Meals on Wheels

Ron Van Der Meide’s wife, Carol, left for him the gift of a good example. It was her fulfillment as a Meals on Wheels volunteer that prompted Ron to respond to a Meals on Wheels invitation in his church bulletin. “After Carol died, I really needed a new purpose,” Ron said. “Delivering Meals on Wheels gives me a reason to get up in the morning.”

He invited a church friend, Jack Persson, to be his accomplice 13-15 time each month to deliver up to 20 meals in Waterloo and Evansdale. Jack is a caregiver for his wife and the Meals on Wheels route with Ron fulfills Jack’s need to “get up and go!” They use the time along the route to enjoy their friendship.

Ron does the driving and Jack is in charge of navigation and drop-off duties. They finish each route with a renewed spirit of gratitude for a diverse community where people do what they can to help others. “Our delivery may be the only contact the Meals on Wheels client has that day,” Jack said. “That role is an important one. We try to make it count!”

Team is well-known on south campus

Roger and Vicki Neessen are a dynamic volunteer duo. They are favorites of Windhaven residents where they volunteer each Thursday to serve at the wine and cheese social and help with outings.

“Roger and Vicki are amazing! They help me every week with shopping trips and wine and cheese social and we often joke about how they should be on the payroll here—that is how dedicated they are to volunteering and serving residents,” said Haley Soma, who coordinates activities for Windhaven residents.

“Roger and Vicki are very reliable and have helped me on a moment’s notice on more than one occasion. They know all of the residents by name and they even have some residents’ wine preferences memorized for wine and cheese day. They always have a cheerful, caring and servant spirit, and we always have a good time together.”

Roger and Vicki have been volunteering at Western Home Communities for five years and were honored with the Mayors’ Volunteer Award in 2016.
Nell Wilson adds shopkeeper to her resume

Nell Wilson recently started a stint as retail clerk at Stanard Family Assisted Living, where Friends of Western Home Communities keeps a resident store open two hours each weekday. The day we caught up with her for a photo, she was enjoying live music from a program in the Commons. The store is a cozy junction near the salon, library, a television lounge and the commons. Cards, gifts, personal supplies and snacks are included in the inventory.

“I enjoy being back in SFAL and connecting again with friends from years back teaching CPR; they recognized me!” Nell said. “I also enjoy getting acquainted with several residents. I look forward to minding the store again!”

Norma Hager sews love from stacks of fabric

Every other month, Norma Hager uses her sewing skills to fulfill a charitable need. She accesses fabric that has been donated to a fabric “clearing house” in fellow quilter Janet O’Neil’s basement. Norma creates bags for children going to foster and adoptive homes. The bags are given to Kadens Kloset, a regional philanthropy providing services and necessities for foster and adoptive children, and families and children in need within our communities. A complete outfit fits in the bright bag and travels with the foster child to a new home.

Norma has donated 30 or more bags at one time. Colorful fabric combinations on the fully-lined bags with fabric handles make it easy to imagine the joy they bring to a child. “No two are alike,” Norma says. “I have a good time doing it.” She has become efficient with batch construction techniques and enjoys knowing she’s contributing to an important project. She learned about Kadens Kloset through a newspaper article.
WHC volunteer nominated for community award

Villa resident Bev Fish is the WHC nominee for the 41st Annual Mayors’ Volunteer Awards, to be presented April 9 at Diamond Event Center. Bev moved here four years ago and has dedicated more than 200 hours to volunteering at Western Home Communities in various roles. She also volunteers for the American Red Cross, MercyOne-Cedar Falls (Sartori Hospital), Waterloo Schools Reading Buddies and a cochlear implant users support program. Thank you for sharing your time and talents so generously, Bev!

Bereavement program offers kindness, connection

An important new volunteer outlet recently became available when Western Home Communities initiated a bereavement program for family members of residents who pass away in our care.

Volunteers who’ve experienced loss and grief will send cards to those who are in their first year after a significant loss. Program director Carolyn Martin and chaplains may also make one-on-one visits as requested. The goals are to honor the loved one who passed away while supporting the family with resources for a healthy process of grief.

Volunteers keep libraries organized

When each new community opens at Western Home Communities, its library quickly fills with donated books covering the gamut of interests.

All libraries are available to all residents. There is not a standard check-out protocol beyond “if you borrow it, please return it.” Books in large print and audio books provide additional options.

Residents who serve as volunteer organizers and keepers of our collections include Nancy Colvin at Willowwood, Bonnie Wissink and Darlys Braun at Prairie Wind, Betty Schoeberl at Windermere, and Mae Foote, Maggie Hemmer and Mary Jardine at Windgrace.

Villa resident Rosemary Beach visits each building regularly to collect gently used copies of current magazines, which she delivers to the Book Nook at the Cedar Falls Public Library for resale.

National Libraries Week is April 7-13; it’s the perfect time to thank a librarian (or library volunteer), make a donation to a library, or discover a new interest through library books or materials.

Do you need a place to serve? Contact Director of Volunteer Services Carolyn Martin for information on how you can connect with a volunteer opportunity that brings you a new interest, new friends and new purpose. Reach her at 319-222-2048 or by email: carolyn.martin@westernhome.org.
### Happy April Birthday!

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"With the coming of spring, I am calm again."
– composer Gustav Mahler (1860-1911)
Words of Wellness: Change your routine with a HIIT-style workout

by Director of Wellness Amanda Lynch

The fitness industry has a reputation for trends and fads. Those of us in the industry see the “latest and greatest” promoted in emails and magazines. In the past few weeks, promotion of interval training has earned my attention. Current news affirms that our practices of implementing interval training for employee groups are spot on. High Intensity Interval Training (HIIT) can be a good fit for an older population as well. The name can be daunting; however, read on and learn how HIIT can add to the effectiveness and enjoyment of your next workout.

HIIT is a combination of high bursts of exercise followed by slower, less demanding exercises. Studies show HIIT is a great way for older adults to build muscle, regulate insulin, cut fat and increase heart function.

HIIT can be performed in many different ways; starting a 10-minute workout is a great place to begin. Warm up with three minutes of your favorite aerobic exercise such as walking, jogging, biking, swimming, etc. Then, pick up the pace for 20 seconds, working hard enough that you are breathing more heavily and it becomes more difficult to talk. Slow it down to your original pace for one - two minutes. Add another 20 seconds of extra effort, rest two minutes and then add a final burst of 20-second effort. Cool down for two minutes at your original pace. After this workout becomes easier, you can add additional sets of 20 seconds of effort followed by two minutes of slower pace.

Once you feel comfortable with this style you can always add variables to make it more challenging.

For example, you can add weights, increase time, use medicine balls or kettlebells, or use one of the HIIT-style workouts we have provided at The Grosse Wellness Center.

Give HIIT a try! You’ll get a great workout for your mind and body.

WELLNESS RECIPE OF THE MONTH

Chicken with Tomato-Balsamic Pan Sauce

Ingredients:
- 2 8-ounce boneless, skinless chicken breasts
- Salt and pepper
- 1/4 cup white or whole wheat flour
- 3 tablespoons extra virgin olive oil, divided
- 1/2 cup halved cherry tomatoes
- 2 tablespoons sliced shallots
- 1/4 cup balsamic vinegar
- 1 cup low-sodium chicken broth
- 1 tablespoon minced garlic
- 1 tablespoon butter

Directions:
1. Slice each breast in half horizontally to make four pieces total. Place on a cutting board and cover with a large piece of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan to an even thickness of about 1/4 inch. Sprinkle with 1/4 teaspoon each of salt and pepper. Place flour in a shallow dish and dredge the cutlets to coat both sides, shaking off excess. (Discard remaining flour.)

2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add two pieces of chicken and cook, turning once, until evenly browned and cooked through, two to three minutes per side. Transfer to a large serving plate and tent with foil to keep warm. Repeat with the remaining chicken.

3. Add the remaining 1 tablespoon oil, tomatoes and shallots to the pan. Cook, stirring occasionally, until softened, one to two minutes. Add vinegar; bring to a boil. Cook, scraping up any browned bits from the bottom of the pan, until the vinegar is reduced by about half, about 45 seconds. Add broth, garlic, fennel seeds and the remaining 1/4 teaspoon salt and pepper. Cook, stirring, until the sauce is reduced by about half, four to seven minutes. Remove from heat; stir in butter. Serve the sauce over the chicken.
Embrace spring with a bike ride

It’s almost time for the Big Kids Bike Klub to ride again!
You’re invited to the BKBK kickoff at the home of Vern and Marcia Hansen:

**Friday, April 12 2 p.m. at 4933 Sage**

All are welcome, including spouses who may not plan on riding. Refreshments will be served and guests are sure to provide lively conversation. Encourage friends and neighbors to bike over to the Hansens.

The Big Kids Bike Klub will begin riding as a group May 6. The group will ride every Monday morning starting at the Windridge front door at 8 a.m.

If you have any questions about the group or its rides, contact Marcia at 319-610-2024.

Stop by for Sidecar samples

Join owner and coffee roaster Jed Vander Zanden for a tutorial and tasting event:

**Thursday, April 11  11:15 a.m.**
(after villa resident council)
**Diamond Event Center**
- Hear how beans are selected and roasted
- Learn how to brew a perfect cup at home
- Try a variety of blends to find your favorite

*Caraway Café serves freshly brewed Sidecar Coffee, and freshly roasted beans are available to purchase in The Market for home brewing.*

Coffee should be fun. It should speak to you and make you smile. The goal of Sidecar Coffee is to listen to coffee and let it sing."
Welcome new employees

Assisted Living
Madison Boldt, resident assistant, TS
Tiffany Eberhart, resident assistant, TS
Ethan Fouts, food service, WHAL
Sheila Fox, RN, SFAL
Hannah Johnson, food service, WHAL
Emma Johnstone, resident assistant, TS
Julie Martin, receptionist, SFAL
Sarah Webbeiking, resident assistant, TS

Creekside (Grundy Center)
Ariel Kentopp, hospitality coordinator
Jezanna McCabe, LPN

Independent Living
Piper Korf, wait staff, WR
Vasilije Novakovitch, wait staff, WG
Ta Aiya Spates, cook, WC

Jorgensen Plaza
Barbara Cooper, assistant manager/cashier
Brady Donovan, event server/set-up
Riley Murra, event server/set-up
Allison Zierke, event server/set-up

Multi-site support
Mark Eggleston, visitation chaplain
Jordan Elsamiller, HR specialist

Skilled nursing (Cottages/Suites/Martin Center)
Matthew Bowlden, LPN, DS/CTG
Sydney Kay, CNA, DS

Therapy
Maja Alicic, speech language pathologist

Congratulations on milestone anniversaries

These employees celebrate service anniversaries in April. They make a difference each day! Please congratulate and thank them for their years of service to Western Home Communities.

Meet our Employee of the Month, Sara Danielson

Sara Danielson is lead wait staff at Windcove. She joined Western Home Communities in November 2016.

Residents say this about Sara:
• She always has a smile on her face and exudes genuine happiness.
• Sara has a positive outlook and it is infectious; we notice that we always leave happier when Sara has been our server.
• When we have guests with food sensitivities, Sara always thoroughly explains the ingredients of different dishes to ensure that our guests have a safe and enjoyable dining experience. Our guests have mentioned how professional and helpful Sara was in helping them decide what to eat.

Your Western Home Communities family congratulates you, Sara, on being named our employee of the month for March 2019.
Notes of appreciation

Excerpt from a letter to CEO Kris Hansen:
My mother, Beverly Clark, passed away at the Deery Suites January 30. I am writing this to thank the staff on the first and third floors. I can’t express how much the care and love she received from the staff at The Suites meant to my sisters, brothers and me. There simply aren’t enough words to thank them all. [Staff members] are stellar representatives for Western Home. They made sure Mother was pain-free and comfortable during her last transition. She died at peace. I can’t imagine how we would have gotten through those last months without the support of all those loving, caring people. Thank you. The family of Beverly Clark

May God bless each and every member of your staff. We thank you for the love, care, courtesies and attentions given to Helen. The sensitivity and warmth while at Stanard Family Assisted Living and Deery Suites will never be forgotten. You are marvelous people carrying out a mission of love. The family of Helen Dieter

In sympathy

Lawrence Van Hauen, WW March 16
Ruth Hovelson, WHAL March 10
Esther Goering, SFAL March 10
Paul Haley, DS March 9
Henrietta Dykstra, DS March 8
Rebecca Peterson, DS March 5
Glenn Hansen, WC March 3
Velma Flaucher-Falck, SFAL March 3
Charlotte Rogers, MHC March 2
Alma Heath, CTG Feb. 28
David Niedert, CTG Feb. 28
John Peters, WHAL Feb. 26
Erma Colvin, CTG Feb. 25
Kathy Schwarz, DS Feb. 24
Joseph Bergman, DS Feb. 21
Jerry Crosby, DS Feb. 21

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Building Abbreviations
Martin Health Center MHC
Stanard Family Assisted Living SFAL
Windhaven Assisted Living WHAL
Thalmah Square Memory Support TS
Willowwood WW
Windgrace WG
Windermeren WM
Windcove WC
Windridge WR
Windcrest Villas & Townhomes VTH
Nation Cottage and Thuesen Cottage CTG
Prairie Wind PW
The Deery Suites DS

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.

What's new on Facebook?
Lots of videos and fun photos! Follow our page to see them in your news feed.
Not on Facebook? Our page is public, so visit www.facebook.com/WesternHomeCommunities to see the content.
Mark your calendar and plan to enjoy live music from local musicians on these nights:

April 3
April 17
May 1
7 – 9 p.m.