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

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Moving vans, boxes, packing paper and dollies: That’s what you’ll continue to see at Prairie Wind for several more weeks, as residents of Western Home Communities’ sixth independent living community move in to their new homes. Fourteen apartments were occupied as of July 21 and a few dozen more moves are planned for August, when the building will be finished and furnished. Only 19 of the 75 apartments remain available.

Watch for an open house date for residents and employees to be announced soon!

Welcome home!

New residents settle in at Prairie Wind

Furnishings by Basket of Daisies, Cedar Falls
Annual breakfast tickets
go on sale August 15

You’ll want to invite your friends and family to the annual Friends breakfast to enjoy scrambled eggs, ham, country potatoes and biscuits.

**Saturday, September 16**

**7-10 a.m. at Windridge**

$7 tickets will be available at front desks starting August 15, payable by cash or check to Friends of Western Home Communities.

**All proceeds support the mission of Friends:**

*to enhance the lives of residents of Western Home Communities.*

August Friends program:
The Nifty Fifties or Rita goes retro!

**Tuesday, August 22**

**10:30 a.m. at Windridge**

Are you old enough to remember the early 1950s? I remember that my older cousin was fighting in Korea, and I worried about him. But, I was a kid, and I also remember what an exciting time it was to be growing up. There were so many new and exciting things: frozen food, new electric gadgets, gorgeous new cars a block long, bicycles, ranch-style homes, etc.

Many decades passed. Working for the historical society, I was asked to give a program on the Korean War years. Ugh! Not war! I decided to do a happy program of remembering that time. *Come and share your memories with me of that 1950-1953 era, if you are old enough to remember those times.* —Rita Congdon

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**Be part of this year’s Handcrafted Holiday Sale October 28**

The annual handcrafts show and sale is back by popular demand on Saturday, October 28. This event showcases the talents of Western Home residents and attracts shoppers who are out and about on a busy craft sale Saturday.

Residents, employees, family members — those with a connection to Western Home Communities — can sell handcrafted items. Past sales include jewelry, stained glass, needlework, artwork, pottery, popcorn, walking sticks, seasonal accessories, cards, walking sticks and more. The sale supports projects financed by Friends of Western Home Communities.

**Saturday, October 28, Windridge 9 a.m. – 1 p.m.**

To participate, fill out and return this form to your receptionist or resident coordinator. Please include a flat fee amount that you will donate to Friends, or a percentage of your sales. *Thank you!*

Name___________________________________ Phone__________________________

Address__________________________________ Donation amount___________________

What I will (circle one) **sell** or **show**:________________________________________

For my area, I would prefer a  □ 6-foot table or □ square dining table
Sign up now for annual trip to Iowa State Fair

The annual trip to the Iowa State Fair will be **Wednesday, August 16, Older Iowans’ Day**. Avoid driving and parking hassles — ride in our newest WHC bus and enjoy the fair with your Western Home friends. You’re on your own for your entry fee ($9) and expenses for the day.

The bus will depart from Windridge at 7:30 a.m. and leave the fair at 3 p.m., arriving back at the south campus around 5:30 p.m. There is a $5 cost for villa and townhome residents who would like to ride the bus. **Contact a resident coordinator or Lisa Haugen, 859-9352, to reserve your seat.**

Resident donates golf cart for campus tours

Have you seen a spiffy new six-seat golf cart toodling around south campus lately? It’s the gift of Harlan Ehlert, Windcove, to WHC, specifically for use during marketing tours. It’s environmentally friendly and the perfect way to traverse the 150-acre campus. Western Home Communities appreciates Harlan’s generosity!

FIREWORKS RETURN

**SEPTEMBER 16**

Pinnacle Prairie’s annual **September Fireworks Spectacular** will be **Saturday, September 16** at approximately 8:30 p.m. Put the date on your calendar and invite your family and friends to join you.
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 July 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:
Berdena Beach
Bob & Rosemary Beach
Marlene Behn
Ed & Penny Brown
Jo Chandler
Louis & Joyce Cutshall
Juanita DeVoe
Lorna Ericson
Judy Finkelstein
Nancy Handorf
Lois Hansen
Bill & Kathleen Hesse
Shelton & Mary Hornback
Bertie Jepsen
Donna Kroeger
John & Laurie Larsen
Jim & Martha McCutcheon
Donnellabe Miller
Marty Olsen
David & Marilyn Plaehn
Sue Schuerman
Jerry & Diane Stockdale
Mary Taylor
Terri Tobin

Annee Frederick
Judy Finkelstein
Marilyn Roseberry

Don Geessaman
Dean & Glenda Alshouse
Marlene Behn
Doris Crandall
Barb Davis
Sue DeBower
Bob & Dee Way

Jerry Hanover
Sharon Lukes

Axe Haugen
Lee & Marlene Engen

Paul Helland
Joann Ackman
Dean & Glenda Alshouse
Ruth Bernard
LeRoy & Becky Bierwirth
Lee & Marlene Engen

Marlys Folkers
Joanne Helland
Bob & Deb Lee
Evelyn Lohman
Jim & Martha McCutcheon

Sue Loveall
Dean & Glenda Alshouse
Doris Crandall
Sue DeBower
Louis & Susan Fettkether
Nancie Handorf
Gene & Aurelia Harringa
Shelton & Mary Hornback
Carroll & Billie Johnson
Theresa Kindig
Gla Meyer
Bev Ridder
Susan Runkle
Edward & Patricia Stanhope
Terri Tobin
Mary Taylor
Jim & Jane Walter
Norma Walther
Phyllis Zager

Marilyn Williams
Mark & Nancy Miller

Mary Wood
Evelyn Lohman

Chapel Gifts
Mervin Andersen
Anonymous
Marlys Badger
Margaret Bettis
Lorna Blohn
Deane & Connie Bradfield
Don Brown
Donna Brown
Tim & Kris Boettger
Larry & Shirley Cain
Jo Chandler
Nona Christopher
Vern & Mary Cordes
Louis & Joyce Cutshall
Lois Diemer
Bev Fish

Paul & Mae Foote
Stan & Ginnie Garrison
Anne Geadelmann
Dave & Cindy Glasener
Bob & Donna Grosse
Dorothy Guldner
Helen Hannan
Alice Hansen
Vern & Marcia Hansen
Ruby Hockey
Mike & BJ Jessen
Jim & Phyllis Jorgensen
Lela Kabele
Theresa Kindig
Shirley Klemmensen
Jean Knapp
Karl & EthelAnn Koch
Don Krull
Iva Meany
Betty Meewes
Garry & Christie Moore
Joan & Leo Ogden
Marty Olsen
Angela Rampton
Donnita Reed
Christina Rich
John & Pat Schultz
Delores Steege
Phyllis Swanson
Al Tapper
Ginny Terfehn
Tom & Kathy Thompson
Don & Miriam Walker
Norma Walther
Bob & Dee Way
David & Audrey Williams

Employee Appreciation Fund
Homer & Ruth Leymaster

Other Gifts
Harlan Ehler
Julie Bailey Estate
Dave & Cindy Glasener
iN2L
Ken Tewalt
Judy Wirtz
The 20th Annual Golf Invitational
Supporting Western Home Communities Foundation
Monday, August 28
Beaver Hills Country Club
8230 Beaver Hills Dr., Cedar Falls

Schedule:
- 11 a.m. - team registration begins, 19th Hole will be open for lunch
- Noon - shotgun start
- Buffet dinner featuring spinach salad, chicken piccata or prime rib, orzo carbonara, and broccoli parmesan

Sponsorships:
- Platinum VIP Partner*.............$5,000
- Gold VIP Partner*...............$2,000
- VIP Partner*......................$1,000
  *Company name in Western Home Communities newsletter, golf foursome, company name displayed on site and in program
- Tournament......................$750
  Company name in Western Home Communities newsletter, displayed on site and dinner program.
- Hole.................................$250
  Company name displayed on site and in dinner program.

Please complete and return - registration deadline is August 22

Name___________________________________________

Business name _________________________________

☐ We will play golf and attend dinner.
  Includes golf, cart, beverage ticket and dinner.
  Foursome - $400    Individual - $100    Western Home resident - $80

☐ I will sponsor at the_________________________ level.

☐ Please send me an invoice.

☐ Check is enclosed.

☐ Please mix our pairs with another foursome for additional networking opportunities.

☐ I cannot join you on Aug. 28, but here is my donation $____________

All proceeds support Western Home Foundation, helping Western Home Communities assertively create fulfilling lifestyles for those we serve.

Please make checks payable to Western Home Foundation and mail with registration to:
Mary Taylor, Director of Development
Western Home Foundation
5300 S. Main St.
Cedar Falls, IA 50613

Call 859-9338 or e-mail mary.taylor@westernhome.org with questions.
Chaplain’s Corner:  
Life-changing love  
by Patrick Jones,  
Minister of Music

As many of you may know, I have recently experienced a major, life-altering event. Almost two years ago, when I worked at a Christian college, I met a young professor named Lynn Worcester. She was easy to talk to, the most beautiful woman I had ever seen, and we immediately “clicked.” I was in love. On June 24 that professor and I were married, and she got a new last name. We had a beautiful wedding at a lovely chapel in my hometown, and it was the greatest, most love-filled day of my life.

Although I am under no illusion that I have marriage figured out in these few weeks since we have been wed, I thought it appropriate to talk about love in this month’s Chaplain’s Corner. We see many passages on love in the Bible, and many of the most well-known verses of scripture are about love. We all know the passage from 1 Corinthians 13: “Love is patient, love is kind, it does not envy, it does not boast, it is not proud…” When Jesus was asked what the most important commandment was, he answered “The most important is…love your God with all your heart, soul, mind, and strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.” (Mark 12:29-31). Here Jesus tells us that the most important thing we do as Christians is love – both God and our neighbors!

In the 15th chapter of John, Jesus gives us another set of commands about love: “As the Father has loved me, so have I loved you. Now remain in my love…My command is this: Love each other as I have loved you. Greater love has no one than this: that he lay down one’s life for one’s friends.”

I have to admit, sometimes it is hard to comprehend God’s love; it is hard to understand the vastness of that love. As Christians, we have an example of God’s love on this earth in Jesus Christ. Another one of the most well-known verses of scripture comes from John 3 and tells us of God’s love through Jesus Christ: “For God so loved the world that he gave his only Son, that whoever believes in Him shall not perish but have everlasting life.”

Being married has been a pure joy, and I look forward to many more years with Lynn as husband and wife. It has also changed me in many ways. I evaluate, daily, how I am showing love to my wife, how I am showing my love for God, and how I am showing love to other people. The Bible gives us countless encouraging examples of love, and we would all do well to ask God everyday: “How can I show your love to my family, friends and neighbors today?”

Please join us for Sunday worship

9 a.m. Downtown Chapel
August 6  Garry Moore (communion)  
August 13  Garry Moore  
August 20  Tim Boettger  
August 27  Don Sauser  
September 3  Garry Moore

11 a.m. FreshWind Worship at Windcove
August 6  Tim Boettger (communion)  
August 13  Patrick Jones  
August 20  Tim Boettger  
August 27  Don Sauser  
September 3  Tim Boettger
Scenes of Summer

Enjoying a cool treat on a hot day are, from left to right, Jeane Knapp, LaVerne and Gene Puetz, Pat Taylor, Helen Lund, resident coordinator Courtney Goll, Dorothy Guldner and Shirley Harris.

A dozen residents and two employees hopped on their bikes on a hot July day for a 16-mile trek along a scenic trail from Wilder Park in Allison to Heery Woods State Park and the dam in Clarksville. From left: Ken & Carol Cox, Roy & Rita Justis, Mike & Nancy Seavey, Marcia Hansen, Ron Vandermeide, Amanda Lynch, Ron Leibold, Larry Delfs, Norma Leibold, Mary Taylor and Jim Volgarino.

Ivan Warm of Nation Cottage and household coordinator Beth Hines have fun catching fish, big or small!

Ken Gaffney of Thuesen Cottage shows off his catch at the lake in front of Windcove.

Ron Leibold (right), Nancy Seavey and Ron Vandermeide smile and wave from the trail.
Sign up now for STORIE TIME: Seniors Teach Others Real Intergenerational Experiences

101 residents needed

Residents have an opportunity to connect with University of Northern Iowa students fall semester through the STORIE TIME program. As part of the UNI human relations course taught by Kathy Oakland, students and residents share stories of their lives and learn important lessons from their experiences, creating a new friendship that crosses generations. The students are education majors who will soon be student teaching. The 10-week series of conversations requires no advance preparation on residents’ part.

This is the third semester that Western Home residents have agreed to be conversation partners with the UNI students and many residents will be signing up for a third STORIE TIME experience this fall. Sign up with your resident coordinator, leisure services coordinator or front desk receptionist. For more information, contact Carolyn Martin at (319) 222-2048 or carolyn.martin@westernhome.org.

Previous participants have found a renewed sense of purpose by sharing their wisdom with our next generation of educators. Join them!

Stories written by the students about WHC residents are assembled in books available to each participant. A sample of student reflections from spring semester:

Meeting with Jane has been a blessing this semester. She truly lives with a “glass half full” mentality, a quality I am now working to emulate in my own life.

Lorna made me realize the beauty of conversations all over again. The hour I spent with her could turn my whole week around.

It has been a wonderful opportunity to get out into the community and get to know one of the most caring, honest, and compassionate people I have ever met. Even though I was nervous at first, I have made a new friend.

If Beverley and I weren’t so different, I don’t think we would have talked about so many things. I have learned a lot about her and myself through these diverse conversations.

Most importantly, he taught me that we don’t get the time that we spent worrying about life’s ups and downs back.
Joyce Hufferd has always enjoyed sewing. She was taught by her mother and practiced and perfected her skills as a 4-H exhibitor. Sewing her own clothing – and then the clothing for her children – felt like the most natural way to express her creativity and save money at the same time.

As a young mother at 19, her husband’s work responsibilities meant many evenings and even weeks of being home alone. She imagined using this time to create her own business and custom sewing/ alterations service was the first and obvious choice for her. No need to start small! She had designed and created her own wedding dress so she knew that custom bride’s gowns and bridesmaid dresses would tap her talent and give her a great sense of satisfaction. The wedding dress business really took off when Joyce and Phil moved to Cedar Falls 50 years ago. Joyce recognized an unfulfilled need for custom sewing, “I would do a wedding and then the bridesmaids’ weddings and then their bridesmaids’ weddings. I never had to advertise.”

After 42 years as a wedding seamstress, Joyce was ready to convert her talent to a specialty that required fewer alteration appointments. When the first grandson arrived, Joyce created a custom bear as an heirloom gift. Word of mouth took off on that, too. Joyce was soon creating bears to commemorate loved ones, bears from cast off furs and bears that endured years of a child’s active play.

And there was yet another chapter to her seamstress career. Joyce discovered a baptism gown from the 1800s in a box of family keepsakes. Luckily, it was undamaged by the dirt and critters of a century-old attic. About the same time, she witnessed the baptism of a grandson in Atlanta, Georgia, where embellished baptism gowns are an enduring tradition. “I can do that!” Joyce said. “The more elaborate, the better! And no fittings – perfect.” The precision sewing was a good fit for her skill. It was like making wedding dresses without all the fabric, drama and fittings. Bringing in family wedding lace added to the sentimental value of the infant’s gown. Joyce can even replicate the design of the wedding dress for the baptism gown which can be worn by all babies in the family. She has made more than 140 baptism gowns to date.

Seamstress skills useful on international trip
Joyce’s toolbox of abilities made her uniquely qualified to accompany an economic development team to Nizhyn, Ukraine. Joyce introduced the concept of a women’s center where women could share knowledge and encouragement on all aspects of their lives. She shared her understanding of successful merchandising for textiles and finished garments. “I am very curious about the impact of that trip,” Joyce remarks. “I know it changed me! My appreciation for our freedoms was expanded.”

Joyce has created custom bears from flannel, fur (fake and real), quilts and more. Her ability to make flat patterns after examining a finished piece or a picture has been important to the success of her business.
Words of Wellness: Laughter is the best medicine
by Wellness Coordinator Amanda Lynch

We had a first hand experience with the power of laughter during a recent exercise class. Laughter filled the room throughout the class period. From jokes to just genuine laughter between individuals it was so wonderful to hear and see. One jovial participant reminded the class that “laughter was the best medicine.” It made me smile at the time thinking of the fun he was having. That experience prompted me to dive a little deeper into the truth of his remark.

So why is laughter the best medicine, you may be asking?

Laughter is contagious. When you are feeling down, finding friends to laugh with can help your brain trigger its own laughter response and foster closeness, both of which contribute to your sense of well-being.

Laughter reduces the stress response. When you laugh there’s a contraction of muscles which increase blood flow and oxygen. This stimulates the heart and lungs and triggers the release of endorphins that help you to feel more relaxed, both physically and emotionally.

Laughter combats depression. Studies support laughter as a great way to get outside the downward spiral to depression. Being unhappy can become a pattern or mindset if we don’t step outside of ourselves occasionally. Even forced laughter releases a cocktail of hormones, neuropeptides, and dopamine that can start to improve your mood.

Laughter relieves pain. People who are laughing don’t experience less pain; however, they report being less bothered by the pain they do experience. It’s not about changing pain levels. The amount of pain remains the same, but your perceived pain levels decline and your belief that you can cope increases.

A few jokes to bring more laughter into your life! Enjoy!

- Why is it so windy in a sports arena? Because of all the fans.
- Why was the cat afraid of the tree? Because of its bark.
- What has no legs but can do a split? A banana.
- Where can you find an ocean without water? On a map.
- What kind of shoes do frogs like to wear? Open-toed sandals;

WELLNESS RECIPE OF THE MONTH
Chicken, Charred Tomato & Broccoli Salad

- 3 cups shredded cooked chicken breast
- 4 cups broccoli florets
- 1 1/2 lbs. medium tomatoes (Roma work great)
- 2 teaspoons plus 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon chili powder
- 1/4 cup lemon juice

Directions
1. Bring a large pot of water to a boil, add broccoli and cook until tender, 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Meanwhile, core tomatoes and cut in half crosswise. Gently squeeze out seeds and discard. Set the tomatoes cut-side down on paper towels to drain for about 5 minutes.
3. Place a large heavy skillet, such as cast-iron, over high heat until very hot. Brush the cut sides of the tomatoes with 1 teaspoon oil and place cut-side down in the pan. Cook until charred and beginning to soften, 4 to 5 minutes. Brush the tops lightly with another 1 teaspoon oil; turn and cook until the skin is charred, 1 to 2 minutes more. Transfer to a plate to cool. Do not clean the pan.
4. Heat the remaining 3 tablespoons oil in the pan over medium heat. Stir in salt, pepper and chili powder and cook, stirring constantly, until fragrant, about 45 seconds. Slowly pour in lemon juice (it may splatter), then remove the pan from the heat. Stir to scrape up any browned bits.
5. Coarsely chop the tomatoes and combine them in a large bowl with the shredded chicken, broccoli and the pan dressing; toss to coat.
The massage connection to wellness

The June Friends program at Windridge featured residents, massage therapist Ann Pixler and wellness coordinator Amanda Lynch. The audience learned about Ann and Amanda’s professional backgrounds and their career paths that brought them to Western Home Communities. The program focused on massage:

- Benefits of massage: increased blood flow, decreased blood pressure, improved range of motion/mobility, improved sleep, release of tension, stimulate elimination of toxins, and much more! Ann works with improving many conditions including headaches, chronic pain, arthritis and others.
- Types of massage: targeted for a problem area or general overall well-being
- Preparing for massage: what to expect and the importance of communication
- Timing between appointments: varies with the individual, twice a week to monthly, for example
- Role of massage in an overall plan for wellness. It is important to think of massage as a measure of overall well-being. It can aid in stress reduction, lessen aches and pains, elevate mood, boost immunity, and give you a greater sense of being in touch – all essential to well-being as one ages.

A panel of massage clients, Ruth Tomson, Donna Brown and Larry Petersen, shared their experiences and tips. The presenters and panelists answered questions from the audience which provided more useful information and entertainment!

Ann provides massages at the massage studio in Windridge on Mondays and Thursdays from 9 a.m. to 4:30 p.m. Schedule lead time varies from 1 to 3 weeks so please call ahead for the time that works best for you: Call Ann at (319) 230-2701.

Prices (subject to change) as of June 2017 are: 15 minute chair massage, $20; 30 minute partial table massage, $35; 60 minute full massage, $60.

Hot stone therapy may be added to 30 or 60 minute for $5. WHC dining dollars or WHC charge to monthly statement and payroll deduction can be used to pay. Mike Seavey for friends

Make Pennsylvania trip reservations before August 24

Purely Pennsylvania  October 16-23

Trip highlights:

- Hershey Pennsylvania: America’s chocolate city!
- Lancaster Country Amish countryside and lunch served family-style in an Amish home
- Dutch Apple Dinner Theatre performance of “Buddy” – the story of Buddy Holly
- Tour of Historic Valley Forge and Philadelphia
- Guided tour and special program at the National Aviary, America’s largest bird zoo
- Rock and Roll Hall of Fame and Museum at Cleveland

Make your reservation and deposit for the Pennsylvania trip by August 24.

And remember that we have a Nashville Country Christmas lined up for November 29 – December 3.

For a complete itinerary, contact your travel host Carolyn Martin at (319) 222-2048.
42nd Annual Sturgis Falls Parade

Sunshine and low seventies temps created a picture-perfect parade June 24.

CEO Kris Hansen drove the pick-up carrying the band, followed by the trolley, WHC bus and a contingent of residents and employees who walked the route.

Bekki Martin, RN, walked with her husband, Brad, and one-year-old son, Lincoln.

Karla Foust’s son Colton made the parade more fun by cartwheeling along the route!

Tom Huss (left) of Windermere and Kim Salmon make it an annual event to walk in the parade.

Recent retiree Sharon Lukes waves alongside resident Marlys Simpson, with Susan Abernathy walking behind them.

Norma Spurgeon (right) and Stacy Roster do some people-watching along the parade route from their perch on the trolley.

Household coordinator Rachel Phillips, her husband Dan and baby Benjamin joined the fun.
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<td>MHC</td>
<td>August 13</td>
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<td>Jeanene Kemmerer</td>
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<td>Dorothy Hess</td>
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<td>August 13</td>
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<td>Larry Petersen</td>
<td>WC</td>
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<td>George Laurie</td>
<td>WH</td>
<td>August 13</td>
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<td>Doris Westemeier</td>
<td>TS</td>
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<td>Russell Perry</td>
<td>VTH</td>
<td>August 14</td>
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<td>Kathy McCrea</td>
<td>VTH</td>
<td>August 15</td>
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<td>Nancy Seavey</td>
<td>VTH</td>
<td>August 15</td>
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<td>Ivan Hunter</td>
<td>MHC</td>
<td>August 16</td>
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<tr>
<td>Audrey Williams</td>
<td>WC</td>
<td>August 16</td>
<td>August 18</td>
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Happy August Birthday!
Welcome new employees

**Assisted Living**
Terraz Carter, SFAL Resident Assistant
Emily Gielau, Thalman Square Resident Assistant
Bridget Hoeppner, SFAL Resident Assistant
Hannah Hoepner, SFAL Resident Assistant
Patricia Wolff, SFAL Resident Assistant

**The Cottages**
Leslie Lowe, CNA
Elley Sabino, CNA

**atHome with Western Home**
Bertha Brown, Home Health Aide
Allie Hirschauer, Home Health Aide
Christina Gray, Caregiver
Rocquala Montgomery, Home Health Aide
Mikki Mundus, Home Health Aide
Sarah Paukert, Caregiver

**Independent Living**
Anna Hertz, WC Wait Staff
Brandon Thompson, WC Wait Staff
Myriah Vozenilek, WR Wait Staff

**Martin Center**
LaTia Campbell, CNA
Blake Clark, CNA
Taylor Denning, CNA
Samantha Fliss, Direct Care Professional
Lauren Friis, CNA
Ciara Grisby, Direct Care Professional
Alexa Lavin, Food Service Worker
Elaijah Smith, Food Service Worker

**Multi-site support**
Paul Knapp, Transportation Assistant
Imran Odobasic, Security
Allison Pedretti, Administrator in Training
Damen Weltzin, Security

**Jesup**
Vickie Chidester, Cook
Pamela Finley, Resident Assistant
Amanda Masteller, Resident Assistant
Kayla Rummans, Resident Assistant

**Grundy Center**
Shauna Callaway, Grundy DON

Employee anniversaries

Congratulations on achieving a 5-year milestone!

**Savanah Hartman**
August 5
5 years
Dining Services

**Victoria Klemp**
August 5
5 years
atHome Scheduler

**Alison Finn**
August 17
10 years
Housekeeper

**Jennifer Sturgill**
August 22
5 years
LPN

**Ronda Eick**
August 29
5 years
Senior Director of Assisted Living, SFAL
**Notes of appreciation**

To staff and residents of Western Home Communities: Thank you to everyone for the many hugs, cards, and well wishes I received before, during, and after my retirement party. God knew what was in my future 27 years ago when a friend of mine who volunteered at Western Home called to tell me about a part-time position she thought I would be interested in. Throughout those 27 years, He has allowed me to get to know many residents who have had an impact on my life in a variety of ways, and to have the privilege and blessing to work with many talented and caring staff members. Those relationships have been and continue to be a very precious gift to me. I am honored and humbled to have been a part of this organization. Thank you for a wonderful afternoon on June 30. Jan

Thank you for the beautiful red rose sent for Axe’s funeral service. We appreciate the loving care he received at Martin Health Center those several weeks. The whole staff was caring and kind. I appreciate all you do to make life good for WHC residents.

*Beverly Haugen and family*

Thank you for the flowers.

*The family of Kenney Gillespie*

Your rose was lovely. Thanks for sharing our sorrow.

*Marilyn Geesaman and family*

We want to express our thanks to the entire staff that took care of Bill’s needs following his fall. He made good progress, all due to your help and taking good care of him.

*Bill and Linda Davis*

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**Swim parties for August**

**August 12 and 19**

9 – 11 a.m. at The Falls

*Free to residents, employees and their guests!*

*All areas of the aquatic center are open with lifeguards on duty.*

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**In sympathy**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Shari Thompson, VTH</td>
<td>July 16</td>
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<tr>
<td>Arlene Baker, CTG</td>
<td>July 16</td>
</tr>
<tr>
<td>Eileen Mcelligatt, WHAL</td>
<td>July 14</td>
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<tr>
<td>Martha Domek, MHC</td>
<td>July 13</td>
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<tr>
<td>Delores Sloan, MHC</td>
<td>June 27</td>
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<tr>
<td>Annice Frederick, WR</td>
<td>June 25</td>
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</tbody>
</table>

**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.*

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**BOARD OF DIRECTORS**

- Bill Witt, *Chair*
- Willard Jenkins, *Vice Chair*
- Larry Fox, *Treasurer*
- Kathy Flynn, *Secretary*
- Marlene Behn
- Scott Bittner

- **Foundation Development Council**
  - Robert Beach
  - Jan Andersen
  - Judith Benson
  - Ron Bro
  - John Falk
  - Martha Stanford

- **Friends of Western Home Communities**
  - Bev Michael, *Chair*
  - Don Rasmussen, *Vice Chair*
  - Helen Bosley, *Secretary*
Joan works as a cook at Windermere Independent Living, where she started working in September 2016.

• Joan is loved by everyone.
• Joan is great at her job and works well with residents and co-workers.
• She has a wonderful personality and is vocal and fun to talk to.
• She communicates to residents everything they might want to know about the evening meal.
• She knows how to handle the kitchen and the food sent to her; she’s a very good cook.
• She puts others first and makes sure everyone is happy and well taken care of.
• She has a true servant spirit and focuses on putting people first.

Congratulations, Joan, on being named our employee of the month for July 2017.