Mother and daughter call Western Home Communities home

Barb Seufferlein is the third generation in her family to live at Western Home Communities. That is not unusual with our 106-year history in Cedar Falls. Longer lifespans and earlier retirement have given rise to a trend for two generations living here at the same time. Barb Seufferlein and her mother, Hazel Schepppele, are enjoying the convenience of being part of the same community while maintaining their independence. Barb lives in a villa with her husband, Ron, and Hazel lives at Stanard Family Assisted Living.

Barb and Ron retired to a lake home in Missouri in 2004 and returned to the Cedar Valley in 2016. “We looked at Western Home and then we didn’t look anywhere else,” she said. The timing of the move was excellent. The Seufferleins moved into their villa in June. In November, the closing of Ridgway Place meant helping Hazel find a new home. Hazel – and many of her friends from Ridgeway Place – moved to Stanard Family Assisted Living.

“We had done our research on Western Home for our own living arrangements,” Barb said. Their trust in the staff and management eliminated the stress of finding a place for Hazel on short notice.

Hazel turned 100 on May 31. This bright centenarian enjoys visits from Barb and her son, Jim, three to five times a week. “We plan weekly visits for the three of us to catch up,” Barb said. “Mom gets a kick out of...”
It’s a nice day – let’s go for a ride!

Residents of Nation Cottage and Thuesen Cottage have a new mode of transportation that gets them out and about to enjoy the beauty of south campus. Generous donors made it possible to purchase a Polaris Ranger that includes many safety features and seats up to six.

Beth Hines is household coordinator of Nation Cottage and proposed the project to Mary Taylor, director of the Western Home Foundation. “We use a ride in the Ranger just like you would use a car ride at home – for a change of scenery and to relax,” Beth said. “Spontaneity is important to us. This makes it possible for us to invite residents on a ride without advance planning. It’s a nice day – let’s go!”

Continued from page one

Barb says that living in the same community with her mother makes staying connected easy. “This is a very good arrangement for us at this stage of our retirement,” she said. “I appreciate the transportation getting Mom to any of her appointments. I always ride along and it is so handy!”

Hazel is content to turn over some decision-making to Barb. ‘I’m very thankful to live close to Barb,” Hazel said.

our conversations because Jim and I have a very good relationship.” They enjoy going outside when the weather is nice.

Even though she accesses help with mobility, Hazel still identifies as a golfer. It is a favorite topic of conversation for her. Her husband, Ev, introduced her to the sport and they enjoyed playing throughout their 57-year marriage. They are remembered for winning husband/wife golf tournaments in Iowa for three decades. Ev, Hazel and Jim are all inducted into the Waterloo Golf Hall of Fame. These days, Hazel is a regular participant at bingo and tone chimes activities at Stanard Family Assisted Living.
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 11. *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:**

Evelyn Boardsen  
Sydna Cheever

Judy Brown  
Margaret L. Johnson  
Ed & Pam Reuter

Larry Cain  
Stan & Ginnie Garrison

Miriam Temple and Thoburn “Toby” Thompson  
Lorna Ericson  
Vern & Marcia Hansen  
Gene Lybbert  
Donnabelle Miller

David Waterman  
Brian & Susan McGrath

**Chapel Gifts**

Mervin & Clinton Andersen  
Marlys Badger  
Lorna Blohn  
Tim & Kris Boettger  
Deane & Connie Bradfield  
Shirley Cain  
Cleo Cross  
Mrs. LG Cutshall  
Lois DeBerg  
Bruce & Lila Epling  
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Leonard Hammer  
Helen Hannan  
Alice Hansen  
Curt & Alice Hansen  
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Theresa Kindig  
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Iva Meany  
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Bev Murphy  
Delores Nieman  
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Bob & Rhonda Olson  
Eleanor Parker  
Larry & Sharon Petersen  
Betty Schoeberl  
Terry & Janet Simcox  
William & Mary Lou Snyder  
Phyllis Swanson  
Ginny Terfehn  
Robert & Barb Thalman  
Kathy Thompson  
Larry Tonn  
Lura Treloar  
Don & Miriam Walker  
Robert & Dee Way  
Carol Will  
Losi Wishmeyer

**Cottage Donations**

Hank & Peg Brown  
Phil Heath  
Keith Jorgensen  
Craig & Holly Schwerdtfeger  
Phyllis Steele  
Don Tamisiea  
Alan Tapper

**Other Gifts**

Community Foundation of Northeast Iowa

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**Sign up now for annual trip to Iowa State Fair**

**NOTHING COMPARES TO IOWA STATE FAIR MOMENTS**

The annual trip to the Iowa State Fair will be Wednesday, August 15, Older Iowans’ Day. Ride the 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.**
The 21st Annual Golf Invitational
Supporting Western Home Communities Foundation
Monday, August 27, 2018
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 marsala 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 21

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 August 27, 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.
**Friends of Western Home Communities**

**Animal welfare is August Friends topic**

**Wednesday, August 15**
**10:30 a.m. at Windridge**

Friends have invited Bruce Earnest to present the next Friends program Wednesday, August 15. He will talk about his work with the American Society for the Prevention of Cruelty to Animals. ASPCA provides a nationwide service of saving animals from dogfighting, puppy mills, hoarding and weather rescue incidents. Animal welfare advocacy is also part of the ASPCA mission. Bruce is the son of new villa residents Ken and Perri Earnest.

Due to the nature of Bruce’s work, he isn't always in control of his schedule; a back-up program date, August 21, has been set if Bruce becomes unavailable for the August 15 program.

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**Costa Rica - An Original Blue Zone**

Participants in the July Friends program were greeted with "Buenos dias" and "Pura Vida!" Friends Board member Luann Costa Alemao-Johnson used the common Spanish greetings to set the stage for her introduction of Costa Rica, an original Blue Zone country.

Luann and her husband, Gary, traveled to Costa Rica, known as the “Happiest Place on Earth” where they stepped off the tourist trail to eat meals at small establishments and private homes. They toured small businesses, museums, and schools, plus coffee, banana, and pineapple plantations.

Costa Rica is a Central American country the size of Lake Michigan with about 2 million inhabitants. Costa Rica is one of the five original "Blue Zones". Blue Zones are places where residents' life style, outlook and diet result in a long and healthy life compared to most other countries. Tourism is the biggest industry in The Republic of Costa Rica, a peaceful democracy which has avoided regional turmoil.

Luann observed these habits that contribute to good health: Costa Ricans walk to most nearby locations, have an active family and community social life, and have a diet rich in fruit, vegetables, rice, and beans. They grow much of their own food and use spices and an elegant presentation to make food a special event. Costa Rica is also known for its natural beauty including rain forests.

*For the Friends of Western Home, Mike Seavey*

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*Friends of Western Home Communities monthly programs are free and open to all residents and their guests. You will find the schedule for upcoming programs in the Journal and on resident monthly calendars. Friends also sponsor fundraising events such as the fall breakfast and craft shows. Friends projects improve the quality of life for all residents. All are encouraged to volunteer for upcoming activities and events by contacting Bev Michael, Donna Brown, or Carolyn Martin.*
Chaplain’s Corner: Life-changing love

by Patrick Former Minister of Music

At the start of the year 2018, my wife and I decided to plan our year. We got out our calendar and a journal and started making plans. We dreamed together about career, personal, relational, fitness, and financial goals that we wanted to accomplish over the course of the year. As our overarching theme, we picked one word to focus on for the year – clarity. As an accompanying scripture of the year, we chose Jeremiah 29:11-14:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you.”

It has been so encouraging to return to this passage throughout the year. One of the lines that stuck out to me over these first six months is “I will be found by you.” If we search for the Lord, if we pay attention, He is always just around the corner. He will be found by us when we seek Him.

As we planned our year, we had dreams and goals, but you’re never quite sure what may end up happening. You meet new people, build new relationships, lose loved ones, wrestle with what the Lord has placed in front of you.

By the time you read this, Lynn and I will be living in a different city, working different jobs, having different schedules, adjusting our goals to fit this new adventure we are starting. But in the midst of all of life’s unexpected twists, turns, and changes, one thing remains the same – God’s faithfulness. In times of excitement and new adventure, He remains faithful. In times of deep sorrow and loss, He remains faithful. And though sometimes it’s hard to know what to expect and our plans get adjusted, we can rest in knowing that God has plans for us far better than the ones we attempt to make for ourselves.

I know that when you read this, I will be missing you all. Lynn and I cherish the friendships we have made in the Western Home and in Cedar Falls. So as my final Chaplain’s Corner, I want to say thank you. Thank you for the hugs, the words of encouragement, the smiles, the jokes, the insights, the fun, the growth, the love. We didn’t expect to end up in Iowa, but I know now why He put us here. I thank the Lord that He brought us all together for this time.

I pray that you, having been rooted and established in love, may have power to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure with the fullness of God (Ephesians 3).

God Bless.

Join us for weekly worship this month

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<th>SFAL Chapel 9 a.m.</th>
<th>Fresh Wind at Diamond Event Center 10:30 a.m.</th>
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Michigan trip features tourism landmarks

Our most recent motor coach tour took travelers to Michigan July 9-13. Photos provided by tour host Carolyn Martin and travel photographer Richard Hileman document travelers’ enjoyment of the natural beauty of Michigan and a variety of attractions.

Ron and Norma Leibold on the front porch of the Grand Hotel Mackinac Island.

Travelers pose for a group photo at Lambeau Field in Green Bay, Wisconsin. This is half of the tour group.

Part of the tour group at Castle Farms in Charlevoix, Michigan.

Russel and Debra Pint explore Sleeping Bear Dunes National Lakeshore overlook.

Carson Wirtz and his Grandma, Joan Baumgartner, at Sleeping Bear Dunes National Lakeshore in Michigan.

Pam and Richard Hileman at Lambeau Field in Green Bay Wisconsin.

East approach to The Grand Hotel.
Programming honored and aided those in our community who have the role of caregiving.

Emotional well-being for caregivers programming July 17 reached residents, employees and community members. Small and large groups of caregivers received emotional and social support from each other and the expertise of Drs. Barry Jacobs and Julia Mayer, clinical psychologists who are in private practice in Pennsylvania and specialize in the emotional well-being of caregivers. They are frequent guests at regional and national conferences and have written two books, *Meditations for Caregivers* and *The Emotional Survival Guide for Caregivers*. Both books are available at The Market in Jorgensen Plaza.

Finding balance in caregiving duties will avoid a cascading effect of problems for caregivers including sleep problems, depression and anxiety, back pain and decreased use of preventive medical services for the caregiver. Drs. Jacobs and Mayer used the marathon metaphor of appropriate pacing to be able to finish the task of caregiving. They addressed self-reliance statements such as, “Our family takes care of its own,” or “No one can take care of him/her as well as I can” that sometimes lead to burn-out and isolation of the caregiver.

When family members access three circles of support: other immediate family, extended family/church, and community resources, they will be more successful as caregivers. The help of others may be imperfect, but accepting help will lead to caregiving relationships that can be sustained.

### Game tournament

**Monday, August 6, 1:30 p.m.**

**Diamond Event Center**

Court Whist is a simple card game that is easy to learn. No experience is necessary to enjoy this social game played in teams of two at tables of four. Bring a partner or plan to meet someone new. Help and instructions will be available.

The top two teams playing Court Whist will win $25 gift certificates to Salon Iris and Jorgensen Plaza restaurants (Table 1912, Gilmore’s, and Caraway Café).

Other games will be available including Settlers of Catan, dominoes, cribbage, and Scrabble.

The games tournament is free. Refreshments and snacks will be provided and a cash bar will be available.

Sign up by Thursday, August 2, at one of these locations:

- Jorgensen Plaza reception desk
- The Market
- The front desk of your building

Transportation will be provided to the event from your building.
Grand Wood art talk and painting lesson
Tuesday, August 7, 1:30 p.m.
Diamond Event Center

Join us to learn about Grant Wood’s unique style, what influenced him and how he rebelled against mainstream art. The interactive art talk is free and no advance sign-up is required. The art talk will be followed by a step-by-step painting lesson when participants can create their own version of *Young Corn*, one of Grant Wood’s masterpieces. All supplies will be provided and cost is just $5 payable at the door.

Sign up for the painting lesson by Thursday, August 2, at one of these locations:
- Jorgensen Plaza reception desk
- The Market
- The front desk of your building

Transportation will be provided to the event from your building.

Learn about current therapy practices
Wednesday, August 8, 1:30 p.m.
Therapy center in Diamond Event Center

Expand your knowledge of advances in therapy equipment and practices at this special “insiders” event. Director Stacy Gibbs will present a brief therapy update before guests rotate through six stations showcasing the newest equipment available to residents and outpatient clients. Complete a quiz to enter a drawing. Allow 45-50 minutes.

**Bonus: Have your gait analyzed to gain awareness of your fall risk.**

Breakfast and picnic tickets go on sale
August 1 at front desks

Save **Saturday, September 8**, for the grand finale event of our Building a Better You summer-long celebration. We’ll be focused on social well-being with a full day of fun with friends and family at Jorgensen Plaza.

- **Friends Breakfast**, 7-10 a.m., Diamond Event Center, $7 tickets available August 1.
- **Open swimming** for families of residents and employees, 9-11 a.m., Grosse Aquatic Center
- **Iowa/Iowa State** Football tailgate and broadcast at Diamond Event Center. We’ll have free snacks and a cash bar.
- **Live music and activities**, 6-8 p.m., east of Jorgensen Plaza for Well-Being. Tickets go on sale August 1 for the $5 picnic which includes a grilled burger or hotdog, chips and water or soda. **Fireworks**, 8:30 p.m.
We’ve all been there: The alarm goes off and we know we need to get to the gym for a workout, but we can’t find the motivation. We have lots of excuses including long to-do lists, other commitments and a legitimate desire for more sleep. Sound familiar?

Here’s the good news: Peer support can help you keep and achieve wellness goals. I’ve already seen this daily at The Grosse Aquatic and Wellness Center. When you take opportunities to share workouts with neighbors and friends, and encourage others, your peer support makes a positive difference.

If you still find it hard to get yourself motivated to move, these tips may help.

1. Find an accountability partner. You improve your chances for success by having someone who can meet you for a walk, an aqua class or even a bike ride. You can help each other work toward fitness goals.

2. Have a list of big and small fitness goals. I have my goals for healthy living in my view every day. Tape your goals to the mirror where you get ready each morning, or on the dashboard of your car. Focus on having goals that are specific, time-sensitive and with a clear benefit to your health and well-being.

3. Tell others of your plans. Share your goals with people you trust; it’s a great way to remain accountable for the goal you have declared to others. If you have folks asking how things are going with your goals – no matter how big or small – you will be motivated to have a positive report.

4. Have fun! When you are providing or receiving peer support, make sure you are having fun. It is vital to enjoy your health journey with all its ebbs and flows. Remember, no matter how tall the mountain, you can enjoy the journey to the top!

**WELLNESS RECIPE OF THE MONTH**

**Cauliflower-Potato Salad with Horseradish Dressing**

**Ingredients**
- 1 1/2 pounds small new red and/or purple potatoes, halved or quartered
- 4 cups small cauliflower florets
- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup light mayonnaise
- 1 tablespoon whole-grain mustard
- 2 teaspoons prepared horseradish
- 2 teaspoons red-wine vinegar
- Salt and pepper to taste
- 1 cup chopped red bell pepper
- 1/2 cup sliced green onions

**Directions**
1. Place potatoes in a 6-qt. pot with water to cover. Bring to a boil and cook for six minutes. Add cauliflower; cook until the vegetables are tender, about four minutes more. Drain, rinse with cold water to cool, and drain again.

2. Combine yogurt, mayonnaise, mustard, horseradish, vinegar, salt and pepper in a very large bowl. Add the cooked vegetables, bell pepper and green onions and toss to coat. Top with freshly ground black pepper, if desired.
Apps for Seniors PART ONE – Fitness and Entertainment Apps for the Jorgensen Plaza

By Cherie Dargan

As active seniors, we’re embracing technology such as smart phones and tablets, and exploring apps for every facet of our lives, including fitness. Let’s look at some apps you might want to download before heading to the Jorgensen Plaza to work out. You have lots of options: listen to music, watch a movie or television show, listen to a podcast or enjoy an audible book. There’s an app for all of these options!

First, if you don’t have a set of wireless headphones, you’ll want to get a set. Mike got us the Hopday Bluetooth headphones on Amazon for $19.99. These are oversized in-ear Bluetooth earbuds; I can’t wear ordinary ear buds but, I like these – they include a little curved piece that fits over the ear. I also have a pair of folding headphones made by iJoy for $15.99 (also available on Amazon).

Remember, if you have a smartphone (iPhone or Samsung Galaxy), you have a built-in pedometer, as long as you carry it in a pocket or clip to your belt. Download Map my Walk and it uses the GPS in your phone to record details of walks and can post them to your social media account. You can also try Map my Run or Map my Ride for runners and cyclists.

If you have a Fitbit, you are probably already using the Fitbit app to monitor activity levels and motivate yourself to get a few more steps in your day. However, did you know that you can also monitor heart rate and how much sleep you got last night? When it’s cool enough, Mike walks down to the Jorgenson Plaza to get a few more steps in his day, working toward a goal of 10,000 steps.

So, what to do while working out to keep yourself entertained and motivated? Search for these apps in your apps store.

NetFlix (Free) The Netflix app is free, but you need a monthly $7.99 Netflix subscription to use its library of movies and TV shows. Mike downloads shows before he goes to work out, so that he does not have to rely on Wi-Fi.

National Public Radio, or NPR – (Free)
If you love NPR, you can use your phone or tablet to listen to your favorite shows. There is another app for NPR Music.

Yesterday Radio On The Air (iPhone and iPad) (Free) – Listen to Old Time Radio from the 1920s-1950s.

Pandora (iPad and iPhone) – (Free)
Type in the name of a song, band, or artist to find the music you love.

If I’m pedaling on the NuStep machine for 40 minutes, I sometimes put my device up on the bars and read. Whatever your device, you have a built-in reader (such as ibooks or Kindle). If you like a bargain, here are some of my favorite sources for free or low cost e-books. Register at each website and you will receive daily emails with lists. Some of these books will come with a low cost audible book.

Book Bub https://www.bookbub.com/welcome
Sign up here and select your categories


Early Bird Books https://earlybirdbooks.com/
Sign up here.

Audio books on Audible (from Amazon) and Audiobooks – my favorite thing to do while working out is to listen to books. There are also free options from your public library, but that’s another column.

Whatever your preference for keeping fit and entertained, there’s an app for you!

Cherie Dargan is a retired college professor, technology geek, family historian and villa resident. She’s married to Mike.
Have you tried pie from TryPie? Sample day: August 16 at The Market

Try Pie pies are sold at The Market in Jorgensen Plaza. You will find them in the frozen case. Eric Cornish, retail manager, will host a sample day, Thursday, August 16, 11 a.m. - 1 p.m., at The Market.

Try Pie is a social enterprise structured youth ministry that uses employment as an opportunity to engage and equip young women for their futures. Experiential learning in the kitchen is supported by time spent in a classroom setting with curriculum focusing on four core values: financial stewardship, job skill development, faith development and reconciling community.

Try Pie intentionally hires teenage girls from across the socioeconomic spectrum and from diverse cultural backgrounds to ensure our community’s young women have access to employment and personal development opportunities.

Since it’s beginning, Try Pie has seen its market grow while students have grown confidence in basic job skills, learned to give and save their paychecks, and come together as a team. All this has happened while operating from the donated space of a kitchen in Orchard Hill Church. Starting later this year, Try Pie will move its operation to a storefront location in downtown Waterloo so that all this might be possible on a larger scale with increased impact.

Final summer swim party
Residents and employees, bring your children, grandchildren, friends and neighbors! The final summer swimming party is Saturday, August 18, 9-11 a.m. at The Falls, Cedar Falls.

The event is free. All areas of the The Falls are open including diving boards, lazy river, water slides and children’s area, and lifeguards are on duty.
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<td>Ron Heth</td>
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</table>
Welcome new employees!

**Assisted Living**
Emma Hahn, LPN, Thalman Square
Melanie Hansen, Activity Assistant SFAL, Leisure Service
Jonbenet Johnson, Resident Assistant, SFAL
Destiny Kelley, Resident Assistant, Windhaven
Selena Kobaia, Resident Assistant, Thalman Square
Catherine McGovern, Resident Assistant, SFAL
Schania O’Neal, Resident Assistant, Windhaven
Lillian Siebrands, Resident Assistant, Windhaven
Kelly Smith, Leisure Services Assistant, Thalman Square
Taryn Smith, RN, Windhaven
MaKayla Tucker, Resident Assistant, Thalman Square

**atHome with Western Home**
Whitney Fehrmann, Home Health Aide, Marshalltown

**Cottages/Suites/Martin Center**
Elizabeth Ash, Direct Care Professional
Rachel Burrowes, CNA, Suites
Samantha Congdon, Direct Care Professional, MHC
Tarah Craft, CNA, Suites
Allison Hansen, CNA, Suites
Shelby Hartwig, CNA, Cottages
Nicole Johnson, Hospitality Coordinator, Cottages
Shannon Mills, CNA, Suites
Pyone Lei Mon, Direct Care Professional, MHC
Brianna Olson, CNA, MHC
Amanda Penne, Direct Care Professional, MHC
Genevieve Reams, CNA, Suites
Kaitlyn Taylor, CNA, MHC

**Creekside, Grundy Center**
Evelyn Allfree, Hospitality Coordinator
Angela Sayer, Direct Care Professional

**Dining – Assisted Living**
Cortrial Hodges, Dishwasher, SFAL
Shellie Ranberger, Cook, SFAL
Victoria Ray, Cook, SFAL
Dania Valdez, Food Service Worker, SFAL

**Dining – Independent Living**
Brenda Abarca, Wait Staff, Windcove
Tanya Barnes, Cook, Windcove
Zachary Cook, Wait Staff, Prairie Wind
Scelette Griffin, Wait Staff, Prairie Winds
Shavion Hopper, Wait Staff, Windridge
Tywone Hutchins, Wait Staff, Prairie Wind
Tyana James, Wait Staff, Windridge
Olivia Kress, Wait Staff, Willowwood
Adriana Landfair, Wait Staff, Windermere
Alexa McNally, Wait Staff, Windridge
Sydney Meeks, Wait Staff, Willowwood
Datarnaijah Spates, Wait Staff, Windridge
Haylee Ransom, Wait Staff, Windridge
Victoria Ward, Wait Staff, Prairie Wind
Emmersyn Wedgbury, Wait Staff, Windcove
Hayleigh Zikuda, Cook, Windcove

**Dining – Nursing Care**
Claire Daly, Food Service Worker, MHC
Carlene Willis, Hospitality Coordinator, Suites

**Hillcrest Living, Sumner**
Megan Davis, Administrator, Sumner

**Independent Living**
Tyrell Carter, Housekeeping, Windcove

**Jorgensen Plaza**
Zachary Cook, Wait Staff
Bailey Donovan, Event Set Up, Jorgensen Plaza
Elizabeth Doughty, Cook
Susan Hecker, Cashier
Karmen Hitchcock, Event Server
Haley Lewis, Housekeeping
Kearstin Loper, Banquet Server/set-up
Tristan Lutgen, Dishwasher

**Multi-site support**
Alison Finn, Housekeeping, South Campus

**Therapy**
Molly Roscovius, Occupational Therapy Assistant, Therapy

**Winding Creek Meadows, Jesup**
Emily Clark, Resident Assistant

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**Celebrating work anniversaries**

Congratulations to these loyal employees who are celebrating service anniversaries in August.

**Teresa Burke**
August 29 – 10 years
Martin Health Center

**Gentri Eberhart**
August 1 – 10 years
Cosmetology

**Terra Wirtz**
August 7 – 5 years
Thuesen Cottage

**Bobbie Beenken**
August 7 – 5 years
atHome with Western Home

**Macon Miller**
August 7 – 5 years
atHome with Western Home

**Tristan Smeins**
August 29 – 10 years
Willowwood
Meet Employee of the Month,
Courtney Goll

Courtney works as the front desk administrative assistant at Jorgensen Plaza for Well-Being and has been an employee for five years, since April 2013.

Here are a few things employees have said about Courtney:

- She makes a fantastic “front door” for Jorgensen Plaza. She does an incredible job of making employees, residents and visitors feel welcomed and at home.
- Courtney has an uncanny ability to remember conversations with residents and she follows up appropriately. Residents trust her ability to handle any situation.
- She is very easy to get along with and is everyone’s cheerleader.
- Courtney has a servant’s heart and never hesitates to help someone with a need.

Western Home Communities congratulates Courtney on being named our employee of the month for July 2018.

In sympathy

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<tr>
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<th>Building</th>
<th>Date</th>
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<td>John Deery, Sr.</td>
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</table>

Note of appreciation

Many thanks to you and all of the staff over the years at Windcove and Windhaven for the care and companionship provided (to Charlotte Krueger).

Also, special thanks to the Martin Center staff who had the brief “sending service” immediately after Mom’s passing. That was so meaningful and touching.

The family of Charlotte Krueger
Come enjoy private or semi-private dining options!

Featuring
Chef created specialty menus
Chef introduction of courses
Private server

And- a dining experience like no other!

Monday - Saturday 11 a.m. - 2 p.m. lunch
Thursday - Saturday 5 p.m. - 9 p.m. dinner

Table 1912   5307 Caraway Lane   Cedar Falls, Iowa   (319) 859-9334   Table1912@westernhome.org