New program helps Parkinson’s patients regain speech

**SPEAK OUT!® now offered at Jorgensen Plaza**

“Speak up! I can’t hear you.” Parkinson’s patients often hear this refrain as they lose voice strength. Along with a hoarse, scratchy voice, they may also have to clear their throat often, or find themselves coughing when trying to eat or drink as their swallowing function deteriorates.

It doesn’t have to stay that way. There is hope for improvement.

Speech-language pathologist Kate Chilcote, MA, CCC-SLP, pursued and received a grant from the Parkinson’s Voice Project to bring SPEAK OUT!® to Western Home Communities therapy in Cedar Falls and Grundy Center. She recently spent a week in Texas for training.

“This is really about quality of life,” Kate says. “Parkinson’s patients who strengthen their speech and swallowing become engaged again. They feel more comfortable in social settings.”

The program typically includes 12 individual sessions with a speech-language pathologist over four weeks; sessions include speech, voice and cognitive exercises. Regular screenings afterward help catch any regression. Program graduates move on to The LOUD Crowd®, weekly group sessions to help them maintain communication skills.

“She really helped my voice,” says Ray Joecken of Windhaven, who spent 35 years coaching students in Waverly – Shell Rock schools before retirement. “I’ve had people tell me, ‘you’re really talking better. I can hear you now.’”

Western Home Communities is the only therapy provider in the greater Cedar Valley to offer this program, open to residents and non-residents alike. A physician’s order is needed to participate. To find out more, call Western Home Communities therapy at 319-859-9343.
Construction ahead: new streets, villas

Less than six months after Western Home Communities announced plans to build 36 more villas, 34 of them have already been reserved by future residents.

The new streets have been named Lemongrass Lane and Savory Street. Lemongrass will run parallel to and east of the extension of Caraway Lane; Savory will be the short connector between the two streets on the south end.

Weather permitting, it’s anticipated that utility work, street construction and even footings for the first villas could be finished by October.

Connecting sidewalk on Hyacinth to be poured

A quick drive through south campus and you’ll get a glimpse of how many people walk outdoors here.

There is currently no plan for building on the lot south of Hyacinth between Prairie Wind and Windhaven/Thalman Square Assisted Living, but with so much foot traffic it has become apparent the sidewalk between the two locations needs to be finished.

Watch for work to begin whenever weather and construction schedules allow, either in late summer or fall.
Group plans first-ever Neighborhood Night Out

The neighborhood association that encompasses south campus invites residents to attend:

**Tuesday, August 6 at 6 – 8 p.m.**
**On Bluebell between Fareway and CF Public Safety**

- Mingle and get to know neighbors
- Bring your own chair for seating
- Enjoy free ice cream from Fareway (while supplies last)

Bell choir from Japan to perform at Diamond Event Center

You won’t want to miss the Glee Handbell Choir, on tour from Japan, at its Cedar Falls stop on south campus. These students will impress you with their musicianship and stories of their life in Japan. Family and friends are welcome to join you for this opportunity; bus transportation will be available for residents from their buildings.

**Wednesday, August 7 at 4 p.m. Diamond Event Center**

Easy way to enjoy Iowa State Fair

A luxury motor coach will take residents to Older Iowans’ Day at the Iowa State Fair on **Wednesday, August 14**, leaving around 7 a.m. and returning by 5:30 p.m.

Reserve a seat with your resident coordinator; villa/townhome residents, call Carla Ward at 319-222-2389. The special admission price that day for 60+ is $9.

Trash talk at next Friends program

**Thursday, August 29 at 10:30 a.m. Windridge**

No, we’re not insulting people – we're learning how to get rid of unwanted garbage! Can you recycle old medications, fluorescent bulbs and broken lamps? Or do they always end up in a landfill? How can you reduce waste at home? Find out from a Waste Trac Education Team educator. Bring a friend to this program and learn something useful.
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 12. 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:
Susan Christy
Laurel Ament
Denny & Linda Bowman
Karla Foust
Richard Frankhauser
Amy Frost
Jim & Amy German
Kris & Sue Hansen
Beth Hines
Mary Beth Kinney
Wendy Lamos
Suzanne Makinster
Jean Meier
Linda Pagel
Erica Rath
Bethany Wentink
Wendell Crotty
Lorraine Crotty
Ken Koupal
Barb Boyer
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Don Brown
Donna Brown
Marcia Bunger
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Vern & Mary Cordes
Cleo Cross
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Jim & Janet Doud
Mark & Molly Eggleston
Lee & Marlene Engen
Steve & Jan Ephraim
Lila & Bruce Epling
Bev Fish
Jim Fogdall
Stan & Ginnie Garrison
Anne Geadelmann
Bruce & Suzanne Gettman
Jim Geiger
Judy Gillespie
Jon Green
Phyllis Green
Bev Greenway
Margaret Grimm
Glen & Marilynn Groothuis
Bob & Donna Grosse
Lloyd & Norma Hager
Butch & Sherry Hammer
Gary & Marlys Hanks
Alice Hansen
Cliff & Donna Hansen
Curt & Alice Hansen
Jon Hansen
Vern & Marcia Hansen
John Hansen
Robert Hansen
Dan Hanson
Wayne & DeMaris Hochhalter
Lorene Howard
Marvin & Mary Hudwalker
Albert & Cathy Humke
Bertie Jepsen
Margaret Johnson
Bill & Staci Jorgensen
Harris Jorgensen
Camille Jungline
Lela Kabele
Theresa Kindig
Howard & Darlene Klatt
Jean Knapp
Paul & Janine Knapp
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

☑️ 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 26, 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 (319) 859-9338 or e-mail mary.taylor@westernhome.org with questions.
Chaplain’s Corner: God is great!
by Chaplain Byron Simar

Starry summer nights give us an opportunity to observe the wonders of God’s handiwork overhead. “The heavens declare the glory of God; the skies proclaim the work of His hands,” we’re told in Psalm 19:1. Their glory testifies to the righteousness and faithfulness of the Lord who created them.

Did you know “He determines the number of the stars and calls them each by name,” according to Psalm147: 4? That’s a lot of counting and name calling!

The psalmist said in Psalm 8 that when he considered the heavens, the work of God’s fingers, the moon and the stars which He set in place, he wondered how it is that almighty God could be mindful of man.

He goes on in Psalm 40:5 to proclaim, “Many, O Lord my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.”

The psalmist was quite aware of God's might and power. He understood that His greatness is something no one can fathom. But he also humbly acknowledged his need of God’s greatness and faithfulness, His unchanging love and care.

I’m reminded of these precious verses that hit home for all of us: “Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever,” (Psalm 73:23-26).

God knows our struggles and difficulties. Because of His greatness, He is well able to carry us like a shepherd cares for his sheep. He’s in the business of rescuing us from the pitfalls and potholes of life. He is working out His plan in our lives to fulfill His purposes. According to His mighty power, He can make something out of our “five loaves and two fish,” just like the boy who gave his lunch when Jesus fed the 5,000. No one compares to Him.

Do you know Him as your father? There’s a peace that comes as we look to the heavens and see God’s marvelous works. Do you have that peace with our creator? It’s a gift offered to each one through our Lord Jesus Christ. The next time you savor a warm evening outside as stars begin to twinkle above, remember: He truly is great and worthy of our praise.

Worship with us this month

All are welcome at Sunday services in the chapel and Diamond Event Center. Here is the schedule of speakers:

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<th>SFAL 9 a.m.</th>
<th>Fresh Wind Worship 10:30 a.m.</th>
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<td>August 4 Garry Moore</td>
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<td>Sept 1 Garry Moore</td>
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Save these dates for September

Fall Carnival on downtown campus
Thursday, September 5, 4-6 p.m.
Fun games and festive food

BBQ Bash at Diamond Event Center
Tuesday, September 10
5 – 8 p.m.
Dinner and dancing

Wine Dinner at Table 1912
Tuesday, September 10, at 6 p.m.
Four-course meal with white wines
Reservations and prepayment required:
(319) 859-9334

45th Annual Breakfast by Friends of WHC at Diamond Event Center
Saturday, September 14, 7-10 a.m.

Walk to End Alzheimer’s at Peet Junior High School
Saturday, September 21, 10 a.m.
Resident’s sculpture finds new home at arboretum

Greg Boom’s fascination with rocks is obvious around and throughout the villa he and his wife share on Sage. Each large and small rock comes with a story, including where it originated and what may have been bartered to bring it home. This is not the rock-collection-in-a-drawer kind of hobby for Greg, a John Deere retiree.

Considering the extent of Greg’s interest, you may agree that LaRue Boom has a special place among women; she found joy in an anniversary gift from her husband – a rock, and not the precious gem variety.

Greg often finds a way to incorporate rock into artwork. The Boom’s collection included some pieces that were too massive to bring from their rural Denver property when they moved last fall. They donated the granddaddy to the Cedar Valley Arboretum; volunteers took it apart and reinstalled it there this spring. The egg-shaped sculpture, known as a cairn, will eventually be surrounded by a landscape of grasses to provide moving and fragile contrast to the limestone cairn.

Cairns – man-made piles of stones – have been used since the prehistoric era and throughout the world as markers. They indicate a preferred trail, mark borders, protect buried caches and more. Cairns range from delicately balanced loose piles of rocks to elaborate stone monuments.

The limestone in Greg’s sculpture is from Stone City, a mining operation near Anamosa, Iowa. He hand-cut each piece for a perfect fit, an impressive feat when you consider the sculpture includes 308 stones stacked to a height of 5-foot-1. It weighs 4 tons and rests on a 5-foot-deep concrete foundation. It’s 4-foot-1 at its widest point with a 12-foot-7 circumference.

Greg says he’s finished with grand scale projects which create grand scale noise and dust. He’s made this mark in stonework and is moving on to work with other materials.
Baby goat visitors delight residents

Move over, dogs and cats – baby goats captured the hearts of Nation Cottage residents this summer.

The naturally social creatures get lots of human interaction at Three Pines Farm, where they live, as a star attraction for goat cuddle fests, goat yoga and other goat-themed events.

Windermere resident Al Tapper’s daughter, Paula, gave Nation Cottage staff the tip that Three Pines Farm has a community outreach program that includes visits from their friendly goats; the farm says they’d be happy to visit again, and it’s safe to say they’d be welcomed with open arms – and lots of cuddles.

Jeanne Zentner, left, and Isabelle Gardner, CNA, can’t hide their delight in the cute goat held by Jeanne.

Wilma Buhr knew just how to hold this goat.

Barry Love laughed out loud when it was his turn to hold an adorable animal. He even attempted to “talk some goat.”

Employees Tiffany Wollum and Alysha Fox joined the fun with residents and goats on a beautiful summer day at Nation Cottage.

Al Tapper planned one of his visits to Nation Cottage on the day when the goats were visiting cottage residents and staff.
Words of Wellness: Men’s morning workouts build strength

by Director of Wellness Amanda Lynch

WHC wellness coordinator Heath Zuck wants to help men reverse the physical effects of aging through the men’s strength class.

In his off time, Heath serves as assistant football and track coach at Wapsie Valley High School. He designs workouts for those teenaged athletes, then borrows a few of the exercises for his morning class with older adults.

Heath mixes in strength, stretch, cardio, core, and high intensity interval training to create a doable but challenging routine. Heath pulls from his exercise science background to keep the workouts different each time. Heath says most men, before retirement, get enough activity at work to avoid muscle fatigue when working out.

"Once that active routine is disrupted, even small activity can trigger strains and soreness, and then you hear them lament their condition as ‘out of shape,’“ he explains. That discouraging self-assessment demotivates them and begins a downward spiral.

These regular workouts can help men snap out of that unhealthy cycle of negative physical and psychological feedback. Plus, exercise builds muscle mass and strength at any age; it also strengthens the heart and helps men maintain testosterone levels. It adds up to better overall quality of life.

"Improvement in any area of fitness produces positive results in other areas of well-being, too,” said Heath. “Improvements in strength lead to better balance; better balance leads to confidence; confidence leads to the ability to make necessary adjustments in other areas of your life.”

It’s this positive chain reaction of results that men seek through the class.

Ron Leibold calls it fantastic; he’s been attending since it started. “You don’t realize how stiff you are until you get into an exercise class. The class has
helped me improve my ability, agility, balance and stamina,” he says. “Heath makes us sweat!”

Heath admits there’s more sweat than chatter, but the men also enjoy the social aspect of working out with a cohort of other guys. They meet at 7:15 a.m. Monday, Wednesday and Friday mornings at The Grosse Wellness Center inside Jorgensen Plaza.

Villa resident Dick Michael would like to see more men join the thirty-minute sessions.

“This keeps me active, helps me keep my strength up and increases my flexibility,” he asserts. And there are immediate rewards, too, according to Dick: “It feels good when you stop!”

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**New equipment takes access to massage to new levels**

A new automated table makes massage therapy more accessible for the relief of Parkinson’s, age-related stiffness, post-surgical discomfort and arthritis. The table can be lowered so massage therapy clients don’t have to use a step to climb on and off.

The equipment purchase was made possible by Western Home Foundation.

“Residents can feel confident that limited mobility won’t keep them from having a full and relaxing session,” said Ann Pixler, licensed massage therapist at Western Home Communities. “The table is quiet and stable, so clients feel safe with the complete experience.”

If you’ve never considered massage therapy, Ann would like to introduce you to therapeutic bodywork that will help with relaxation, circulation, muscle fatigue and stiffness.

Ann is available by appointment throughout the day on Mondays and Thursdays, and also Wednesday afternoons. Call her at 319-230-2701 to make an appointment.

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**Pickleball courts see lots of action**

Dozens of residents signed up for an intro to pickleball in late June, and the courts are already getting regular use; in fact, pick-up pickleball happens every Monday, Wednesday and Friday morning from 8 – 10 a.m. Anyone is welcome to join the fun.

The game keeps exploding in popularity, mostly because it’s for all ages and skill levels.

Three friends near Seattle created pickleball in 1965 as a fun family activity. It combines elements of tennis, badminton and ping pong, using a large wiffleball with a paddle.

Equipment is available for resident use; check in at Jorgensen Plaza if you haven’t used it before. Landscaping, seating and a shade structure will be installed soon so non-players can also enjoy the action.
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<td>Clair Coughlin</td>
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<td>Sandy Magnuson</td>
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<td>Carolyn Haller</td>
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<td>JoAnn Kramer</td>
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<td>Agnes Freese</td>
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<td>Virginia Van Tassel</td>
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<td>Phyllis Watters</td>
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<td>Cleo Cross</td>
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Hello, Chicago!

Two sold-out trips to Chicago earned rave reviews from participants. Seeing the performance of Hamilton at the CICB Theater was a headliner and there was much more to enjoy: an architectural tour by boat, historic hotel accommodations, museums, shopping, people-watching and iconic restaurant meals.

Residents Bernice King, Janice Grandon, Beverly Greenway and Ethlyn Potratz enjoy their friendship during a comfortable ride through the Sturgis Falls Parade route on an open-air trolley borrowed from Hansen’s Dairy.

Western Home Communities is a Sturgis Falls Parade sponsor. Thanks to all the residents, employees, friends and families who participated and who gave a cheer from the parade route.

Audrey Schoeman awaits a serving of deep-dish Chicago style pizza, with its thick crust and inch-deep smothering of tomato sauce, cheese and toppings.

Door-to-door service kept travelers above the fray at the crowded entrance of the CICB Theater.

Bob and JoDee Richardson appear to be walking on air at the Willis Tower sky deck on the 103rd floor.

Michigan Avenue property owners are having a landscaping contest in the urban gardens. The creativity and beauty is worth the hike along Michigan Avenue.
Welcome new employees

Assisted living
Jenna Clark, LPN, WHAL
Carter Daack, Cook, SFAL
Madeline Dye, Resident Assistant, TS
Sara Morford, LPN, SFAL
Olivia Nichols, Resident Assistant, TS
Amber Rouse, Resident Assistant, WHAL
Hannah Stein, Resident Assistant, TS

The Cottages at Creekside
(Grundy Center)
Sondra Allen, CNA
Shari Goldstine, Hospitality Coordinator
Emily Roeder, CNA
Emily Simons, CNA

Independent living
DaeJanae Anderson, Wait Staff, WR
Jacob Bonebrake, Wait Staff, WM
Nicole Boyer, Cook, WC
Cedric Hassman, Wait Staff, WM
Lake Powell, Cook, WC
Arianna Qualls, Wait Staff, WG
Harrison Redfern, Wait Staff, WC
Jessica Regenwether, Wait Staff, WG
Amelia Saltzman, Wait Staff, WR
Taysiah Smart, Wait Staff, WR
Farrah Smith, Wait Staff, WG
Xander Steele, Wait Staff, WM
Phoebe Thrall, Wait Staff, WR
Lekeisha Veasley, Receptionist, WC

Jorgensen Plaza
Jahmerah Scott, Housekeeping
Jerry Walton, Bartender, Gilmore’s Pub

Multi-site support
Michael Dornbusch, IT Network Administration

Skilled nursing
(Cottages/Suites/Martin Center)
Makiesha Jones, Direct Care Professional, MHC
Keri Lais, LPN, CTG
Madelynn Larson, Direct Care Professional, MHC
Danielle Panning, Direct Care Professional, MHC
Ashley Riley, CNA, MHC
Toni Sanders, CNA, MHC

Congratulations!

These employees celebrate milestone anniversaries with Western Home Communities in August. Please thank them for their service and dedication.

Meet our Employee of the Month, Mary Baedke

Mary works as a receptionist at Stanard Family Assisted Living. She began working at Western Home Communities in April 2005.

Fellow employees rely on Mary because she is very dependable and has worked in this position for many years. She jumps in to help with a cheerful attitude no matter the task.

Like us on Facebook!
We're online at www.Facebook.com/WesternHomeCommunities.
Notes of appreciation

Thank you so much for the beautiful rose sent at the time of Mom’s death. I am fortunate to have not only had my mom live here and work here myself—but the support, care and love shown to our entire family has been amazing. The other residents, chaplains, housekeepers, coordinators, mentors, nurses and CNAs—all top notch. It is a much different thing being on the other side of the fence. Knowing the care is great is one thing; experiencing it and living it is a much more profound thing. It is difficult to express in words. Thanks to each of you who have touched our lives and will be forever in our hearts. Wendy Ager and the Susan Christy family

Thank you for this beautiful red rose! Dee Way and family

We want to thank you all for all the loving care you gave to our mom, Rosie Witt. She loved all of you! Linda, Kathy, Rick, Jane, Lori and Patti

We thank you for the beautiful red rose in memory of Dale Larsen. It was appreciated. Our family thinks the care Dale received was also the “orchid” of the health care field in WHC. Our special thank you to all. The family of Dale Edward Larsen (Janice, Kipp, Brent & families)

On behalf of the Sturgis Falls Celebration board, I wanted to thank you for continued support of the Sturgis Falls parade. The celebration would not be possible without the loyal and continued support of businesses such as Western Home Communities. Thanks again. Rose Miller, parade chair

Mary Ann could not say “thank you” often enough to express her gratitude for the loving and attentive care she received during her year at the Deery Suites. Education was of utmost importance to her. We hope this remembrance gift helps more employees further their skills and use their gifts in service of many others. With deep gratitude. The family of Mary Ann Franczyk

In sympathy

Carol Thielen, DS  July 17  Evelyn Gibson, SFAL  June 27
Kathy Winburn, DS  July 14  Ronald Adrian, MHC  June 26
Shirley Corwin, DS  July 11  Helen Newton, WHAL  June 24
Dixie Duffy, SFAL  July 11  Ardyns Lorenz, SFAL  June 23
Audrey Williams, DS  July 5  Mary Ann Franczyk, DS  June 21
Amy Huffman, DS  July 4  Letty Kemp, WHAL  June 21

BOAD OF DIRECTORS
Willard Jenkins, Chair
Kathy Flynn, Vice Chair
Larry Fox, Secretary
Greg Schmitz, Treasurer

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Robert Beach  Kathleen Hesse
Jan Andersen  Gary Karkosh
Judith Benson  Bev Michael, ex-officio
Ron Bro  Sid Morris
Bob Dieter  Miller Roskamp
John Falk  Martha Stanford

Friends of Western Home Communities
Bev Michael, Chair
Don Rasmussen, Vice Chair
Helen Bosley, Secretary

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
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.
The Market introduces MARKET ON THE Patio

Thursday evenings starting August 1 through mid-fall 4:30 – 5:30 p.m. on the patio outside Caraway Café (southwest side of Jorgensen Plaza)

Offering heirloom varieties of just-picked seasonal produce from local farmers who supply our kitchen and restaurants. Selection will vary from week to week. Stop by to see what’s available!

- Use Western Home Dollars on your purchases
- All resident and employees receive their Market 10% discount
- Cash or credit cards also accepted
- Open to the general public

The Market indoors will also stay open until 5:30 p.m. In the event of inclement weather, find The Market on the Patio inside next to Caraway Café.