“You have your time, your way and your place. Regardless of the day, or the number of them, the Lord has a plan. For me, it is a long life.” Grace Sindlinger

More than a century of Christmases for remarkable resident

In 1917, the Cedar Valley sent soldiers off to World War I and President Woodrow Wilson won a second term. You could buy a loaf of bread for $.07 cents and a house for $3500. Charles and Florence Perham welcomed their second daughter, Grace Arlene, on September 27 – two years before Florence even had the right to vote.

Today, Grace Arlene Sindlinger has incredible recall of a life spanning 102 years. She's lived in three states and outlived three husbands. Her years of retirement eclipse the years of working by almost two decades. She managed her home on Waterloo Road before moving to Stanard Family Assisted Living.

Grace’s home on Waterloo Road had the same floor plan as her childhood home in Missouri. Both homes were built by her grandparents.

Continued on page two
September 4, 2017 – Labor Day, as she recalls.

Grace’s home overlooks the south courtyard and she enjoys watching people coming and going. The sunny window brings light and warmth to her favorite chair where she is surrounded by photos, mementos and fan mail. A thoughtful friend salvaged a stained-glass panel from her former home and it decorates her window.

“I like my room. When the sunshine gets too warm, I just open my door,” Grace says. She was familiar with the room because she frequently visited a previous occupant. She was familiar with the building because she volunteered in the resident store.

Grace has a lot to be thankful for and she knows it. She has a clear mind, good friends who stay in touch and an end-of-life plan that gives her peace of mind. She has happy memories of each stage of her life. She cherishes the friendship of Catherine Kohlmeyer, her best friend and co-worker at Sears. Grace was the manager of the hats and purses department at the downtown store. When the two friends were transferred to the new store at Crossroads Mall, they shared their commute and work schedule. After retirement they became the popular “little old ladies” at a Hardee’s Saturday morning coffee klatch and their circle of devoted friends grew. And now, Grace has outlived Catherine.

Grace has contentment with the rhythm of her friends’ visits, the kindness of staff, the programs for residents and the convenience of dining and chapel. “I have lots of friends and I treasure every one!” she said. “I do things because I want to do them. People have nice things to say about me; I wonder how that can be.”

Grace’s childhood Christmas memories:

- We always had a bushel basket full of apples, oranges and nuts. It sat by the Christmas tree and we ate fresh fruit any time we wanted.
- We always had a Christmas stocking with an orange in the toe of the stocking.
- On Christmas Eve, we were put to bed and that was it!
- We always opened gifts after breakfast Christmas morning.
- My dad was a carpenter. He attached a box to a sled so he could pull my sister and me around in the snow.
- They used to let us go out and make snow angels. They would wrap us all up; we’d go out and play and come in looking like a snowball.
Music for the Christmas season

Windy Hill Singers Christmas Concert

Thursday, December 12
6:30 p.m. at Diamond Event Center
Enjoy the songs prepared by our resident choir at this free concert. Invite friends and family to join you!

A Holiday Brass Concert

Join members of the Waterloo-Cedar Falls Symphony Orchestra brass section for a light-hearted concert featuring festive holiday music. Bring friends and family for a memorable musical experience!

Saturday, December 7
7 p.m. at Diamond Event Center
Tickets are $20 and available by visiting the symphony box office, calling UNI-tix, or buying online at tinyurl.com/holidaybrass.

Enjoy a special pre-concert meal

Make a night of it and reserve your seat for a festive pre-concert meal, served in Diamond Event Center. Purchase tickets in advance at event coordinator Amy Dall’s office in Jorgensen Plaza or by calling her at 319-859-9373. (Independent living residents may use WH Dollars for this meal.)

Choose from roast beef with a mushroom & caramelized onion demi-glace ($26) or parmesan chicken with garlic cream sauce ($24). Entrees are served with a cranberry-almond spring mix salad with raspberry vinaigrette, dinner roll, roasted baby red mashed potatoes and garlic asparagus.
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 Nov. 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:
Bill Davis
Jo Helland
Lois Wishmeyer
Ray Frederick
Judy Finkelstein
Bob Robinson
Agnes Freese
Dick & Bev Michael
Don & Letha Petersen
Alma Heath
Phil Heath
William Irvine
William & Burnetta Irvine Trust
Dick & Karen McAlister
Maxine King
Brian & Anne Ahlschwede
Russell & Kris Bisbey
Peter & Diane Colver
David & Dianne Happel
Susan Lantz
Tom & Anne Nass
Svend Koch
Friends of Windermere
Jim LaRue
Judy Finkelstein
Eldon Hayes
Clark & Sharon Porter
Betty Marion
Martin & Laura Averill
Jo Helland
Dave & Cindy Mason
Louise Odle
Clare Staebell
Lorna Ericson
Eldon Hayes
Bob Robinson
Marilyn Roseberry
Cynthia Turner
Gene & Laverne Puetz
Fresh Wind Ministries
Shirley Ackerman
Merv Andersen
Jim & Eileen Anderson
Steve & Vicky Arends
Joan Baumgartner
Coralie Becker
Ken & Deloris Bixby
Lorna Blohn
Tim & Kris Boettger
Braun Family Foundation
Don Brown
Donna Brown
Marcia Bunge
Shirley Cain
Clive & Mavis Cook
Cleo Cross
Joyce Cutshall
Linda Davis
Sue DeBower
Jim & Janet Doud
Mark & Molly Eggleston
Marlene Engen
Bruce & Lila Epling
Bev Fish
Stephen & Dawn Ford
Stan & Ginny Garrison
Anne Geadelmann
Norman & Cheryl Gerdes
Gloria Gerstenkorn
Dave & Cindy Glasener
Bruce & Suzanne Gettman
Jessie Gonzales
Bev Greenway
Phyllis Green
Margaret Grimm
Glen & Marilyn Groothuis
Bob & Donna Grosse
Dorothy Guldner
Lloyd & Norma Hager
Butch & Sherry Hammer
Gary & Marlys Hanks
Alice Hansen
Cliff & Donna Hansen
Curt & Alice Hansen
Jon Hansen
Robert Hansen
Vern & Marcia Hansen
Bruce & Debra Hayes
Wayne & DeMaris Hochhalter
Lorene Howard
Marvin & Mary Hudwalker
Bob & Bonnie Humble
Albert & Cathy Humke
Betty Hunk
Jake & Barb Jacobson
Mike & BJ Jessen
Margaret Johnson
Bill & Staci Jorgensen
Harris Jorgensen
Richard & Joann Juhl
Theresa Kindig
Howard & Darlene Klatt
Jeane Knapp
Paul & Janine Knapp
Karl & EthelAnn Koch
Russ Kool
John & Pam Kragt
Miriam Kralman
Harold & Sharon Kreb
Dennis Kruger
Don Krull
Angel Trees at Deery Suites, Windhaven, Stanard Family Assisted Living and Jorgensen Plaza give our community a chance to share the holiday spirit with residents and employees who could use a brighter season this year. Simply select gift tags and return the wrapped gift with the angel tree gift tag to our Angel Tree locations by December 17. Donations of money are also welcome and will be used to purchase gifts. Your generosity makes a difference!
Chaplain’s Corner: What We Cherish Most
by Chaplain Enrique “Q” Ochoa

I absolutely love the two photos that you see on this page. Both are of my younger brother Victor and me. They were both taken in the month of December – but almost 50 years apart!

The first photo is one of the most cherished “possessions” that I own. Why would that be? Like you, I am certain you have photographs that are far more valuable to you than the paper or the screen that they are printed or presented on.

It has been said that “a picture is worth a thousand words”. Oh yes, at least! When I look at both of these snapshots, my mind and heart easily overflow with thoughts and language that go far beyond describing those “Christmas mouse PJ’s” we happily wore as kids – or the fact that I am blessed today to live, literally, next door to my only sibling. You can’t see all that I see in these photos, but I can best sum up what I cherish most about them in three words: Family. Memories. Faith.

The word “cherish” means to “hold dear.” More than anything physical or material, I have grown to hold most dear: the family that I am a part of, the overwhelmingly great memories we have made together and the Christian faith we were taught and encouraged to live our lives around.

The Bible reminds us: “She (Mary) will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.” That son of God is a gift given to us, for the forgiveness of our sins? Wow. Now that is a gift to receive – and really cherish.

As we approach another December/holiday/Christmas season, on behalf of the WHC spiritual care team, we would like to encourage all to cherish the good gifts we can give and receive – and none more than the birth of the savior, Jesus Christ.

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<th>SFAL  9 a.m.</th>
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**All call for Santa's helpers!**

Join your friends and neighbors for some holiday fun responding to children’s letters to Santa. Children deposit their letters in downtown Cedar Falls as part of Holiday Hoopla. Santa provides stationery and stamps for your response.

Each year, hundreds of letters pour in, so residents and employees rise to the occasion to continue this annual tradition. Feel free to join any letter-writing party listed below, no matter where you live. You’ll enjoy fellowship and snacks as you respond.

You are welcome to answer letters from your home, too; simply contact your resident coordinator or Lisa Haugen at (319) 859-9352 or lisa.haugen@westernhome.org.

She can deliver letters and supplies to you.

**Wednesday, December 4**  
Prairie Wind, 10-11 a.m.  
Windermere, 10-11 a.m.  
Windcove, 11-noon

**Friday, December 6**  
Windridge, 10-11 a.m.  
Windgrace, 10-11 a.m.

**Tuesday, December 10**  
Willowwood, 2-3 p.m.

**Wednesday, December 11**  
Diamond Event Center, 9-11 a.m.  
Windcove, 1-2 p.m.  
Windgrace, 1-2 p.m.  
Windridge, 2-3:30 p.m.

**Thursday, December 12**  
Prairie Wind, 1:2-3:30 p.m.

**Friday, December 13**  
Windermere, 2-3 p.m.

**Tuesday, December 17**  
Willowwood, 2-3 p.m.

**Wednesday, December 18**  
Prairie Wind, 10-11:30 a.m.  
Windcove, 1-2 p.m.

**Thursday, December 19**  
Willowwood, 10-11 a.m.  
Windermere, 1-2 p.m.

**Friday, December 20**  
Diamond Event Center, 9-11 a.m.  
Windridge, 10-noon

**Monday, December 23**  
Willowwood, 10-11 a.m.

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**Holiday Open House**

*The Market in Jorgensen Plaza*  
**Friday, December 6,**  
**11 a.m. - 5 p.m.**  
See the array of unique gifts, cards, jewelry, scarves, hats and stocking stuffers.

Enjoy samples from:  
- Abdallah Candies in Minnesota  
- Nyaker’s gingersnaps from Sweden  
- Scottish Shortbread from The Perfect Blend in Mt. Vernon, Iowa  
- Meats and cheeses from local/regional suppliers

**Regular hours at The Market:**  
Monday – Tuesday,  
10 a.m. – 5 p.m.  
Wednesday – Friday,  
10 a.m. – 6 p.m.  
Saturday, 10 a.m. – 1 p.m.
Residents and employees enjoyed the camaraderie of fellow veterans at a Nov. 8 breakfast in the Windcove dining room. Veterans who served in World War II, Korea, Vietnam and Afghanistan were among the group. To all veterans: We appreciate your service and sacrifice on behalf of our country.

Jack Hovelson served as public information officer and wrote for military newspapers while stationed in Japan during the mid-1950s.

Jim Peterson shares a photo of himself at boot camp in San Diego during the 1950s.

World War II veteran Gene Puetz, 99 years old, receives appreciation for his service from Chaplain Mark Eggleston.

Veterans, we salute you!
Friends of Western Home Communities

Shoppers support Handcrafted Holiday Sale

An eager crowd gathered even before doors to Diamond Event Center opened at 9 a.m. on Nov. 16. Shoppers browsed, admired and purchased the handmade works of residents, employees and family members, with a portion of proceeds supporting Friends of Western Home Communities. Thanks to all who shared their creative talents, and all who shopped!

Jewelry maker Anne Boerschel shows her wares to Loretta McEnroe of Prairie Wind.

LaRue Boom shared her talent by offering an array of beautifully hand-embroidered kitchen towels.

Powder-coated steel handcut signs by Bob Panther proved to be popular items.

John Lofstedt spotted a wooden toy like this one when he and his wife, Anne, toured the villa of Joann Ackman before moving to WHC. He’s been using her late husband’s toy pattern ever since.

Packages will look especially cute when adorned with these gift tags by sisters Peggy and Suzanne Makinster, longtime employees.

Tom Lukes, left, sells wooden signs celebrating the season, along with his mom, Sharon, a current volunteer and retired director of assisted living.

Retired architect Craig Schwerdtfeger designs and builds birdhouses, including this Harley-Davidson model.
Words of Wellness: Getting life back in balance

As a former educator of beginning readers, Maureen Oates knows the power of external motivation to help people achieve important goals. She herself needed that kind of support and found it at the Grosse Wellness Center.

Maureen had a knee replacement and shoulder injury that impeded her confidence. So she joined a morning balance class three days a week. She enjoys breakfast at Windhaven Assisted Living, where she lives, then boards the shuttle bus for Jorgensen Plaza. She takes advantage of the time before class to use the exercise machine and walking track.

“It’s fun for me because it’s working!” Maureen says. “[Director of Wellness] Amanda Lynch challenges me and affirms me continually.”

The wellness team takes turns leading the class; Maureen says residents are fortunate to have team members with positive attitudes, expertise and the desire to work with older adults. “And the wellness center is wonderful – so clean, bright and uncluttered,” she adds.

Maureen’s experience with Western Home Communities began with her mother living at Standard Family Assisted Living in the late 1990s, and her husband receiving care at Martin Center as he battled a brain tumor. She moved in 2016, first to Willowwood and then Prairie Wind, before life and health management took their toll; her doctor gave her a short, but impactful, to-do list to get things turned around.

She decided that shopping for food, cooking, eating alone, and cleaning up were not adding to the quality of life she desired. Nor was managing her own medications. Assisted living at Windhaven – and her own efforts to improve her well-being – have brought her life back into balance. “I cannot say enough about my gratitude for this new lease on life,” she reflects.

Maureen regained her enthusiasm. She has time for friends, and her relationships with family are not focused on health matters. “The greatest gift of living here has been sociability. I’m content.”

Could your own balance use a boost? Join the 30-minute class on Tuesday, Thursday and Friday at 10 a.m. Stop by the Grosse Wellness Center for more information on how to bring a sense of well-being to your life.
Save the date for WHC Night at UNI men’s basketball

Our annual night in the Alumni Suite is reserved for Wednesday, Jan. 29, 2020, when the Panthers take on the Indiana State Sycamores. Tipoff is at 6 p.m. so the pre-game reception will begin at 5 p.m. Game tickets will be $10. Watch your front desk for sign-up forms to purchase tickets and/or ride the WHC bus.

Pillowcase project appreciation

What a response! Volunteers completed more than 150 pillowcases in October, now delivered for distribution to residents of Deery Suites, The Cottages and Martin Center.

Some volunteers even dipped into their own fabric, several adding more than a dozen pillowcases each to the finished inventory. It is heartwarming to know people who enjoy sharing their skill of sewing for the good of others.

The blitz sewing day at Windermere, Oct. 30, included Janice Larsen, Margery Andrew, Paula Damgaard, Kelly Bachman, Tom Huss, Thelma Stevens, Joyce Campbell, Donna Hansen, Angela Rampton, Betty Schoeberl, Leona Pruisner and Dorothy Guldner.

Volunteers who sewed at home included residents Delores Reints, Marilyn Mehlhaus, Mary Bauer, Lori Freet, Thelma Stevens, Theresa Rodeghiero, Lorna Ericson and Pat Middleswart, plus community members Gayle Adelmund, Linda Malam and Dee Winter.

Pillowcase sponsors made donations at the Friends Handcrafted Holiday Show and Sale to fund additional fabric for pillowcases.

Grateful thanks to each of them. If you would like to help, we can keep the goodness going through the winter months when there seems to be more time for sewing projects. Just give me a call.

With thanks,
Pat Beck
319-222-2055
Happy December Birthday!

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<tr>
<td>Eleanor Parker</td>
<td>VTH</td>
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<td>Marvel Bakke</td>
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<tr>
<td>Kent Folsom</td>
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<tr>
<td>Gerald Lane</td>
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<td>Don Krull</td>
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<td>Francis Pardoe</td>
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<td>Gary Rosauer</td>
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<td>David Spake</td>
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<td>Paul Zimmerman</td>
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<td>Pearl Hanson</td>
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<td>Hazel Messer</td>
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<tr>
<td>Miriam Kramlman</td>
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<tr>
<td>John Lofstedt</td>
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<tr>
<td>Anne Paxton</td>
<td>WG</td>
<td>December 30</td>
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<tr>
<td>Bob Robinson</td>
<td>WR</td>
<td>December 30</td>
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<tr>
<td>Nancy Golinvaux</td>
<td>WW</td>
<td>December 30</td>
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Meet the makers in the 2020 wall calendar

Our residents use rotary blades and band saws, paint brushes and rock polishers, garden shovels and weaving shuttles, cameras and choral music to add meaning to their lives and beauty to ours.

We quickly realized as we produced the 2019 calendar, “The Makers of Western Home Communities,” how many more makers we could introduce. In 2020, you’ll meet dozens more who, individually and collectively, use their talents to enhance the lives of families, friends and communities.

Thanks again to those makers who graced our walls in 2019: Kathy Herman, Dennis Mitchell, Richard Hileman, Margaret Willoughby, Bob Lee, Mary Lou Snyder, Bernice King, Dick Buchanan, Loyce Dumke, sisters Peggy and Suzanne Makinster, and the late Jerry Jorgensen.

Plan now to travel with WHC in 2020

Head west, fly to the southeast or explore Branson: These are the first trips announced for next year.

- June 14-22, 2020: Charter bus trip to Yellowstone National Park and Jackson Hole, Wyoming
- October 15-22, 2020: Air travel to Savannah/Charleston/Myrtle Beach
- November 4-8, 2020: Charter bus for holiday season trip to Branson

Watch for detailed itineraries to come after the first of the year. Questions? Call Carolyn Martin at 319-222-2048.
Meet our November Employee of the Month, Mark Henderson

Mark works as a dishwasher at Stanard Family Assisted Living. He joined Western Home Communities in February 2018. Here are a few things co-workers said about Mark:

• Mark has a gentle spirit and genuine concern for our residents. Once a resident was anxious about waiting for her meal, he asked to sit with her until it was served.
• On Sundays, if there is a resident he knows usually comes to service, he escorts them down when they don’t remember where to go.
• Mark demonstrates compassion in all of his interactions with residents.

Meet our October Employee of the Month, Hunter Peterson

Hunter works on the wait staff team at Windcove and has been an employee for just less than two years. Here are a few things residents said about Hunter:

• Hunter knows the residents’ names and is happy to see them.
• He is always cheerful, pleasant and helpful.
• Whenever residents have a need, they know Hunter will immediately and efficiently take care of it.

Congratulations, Hunter, on being named Employee of the Month for October 2019!

Reminder of “no tipping” policy

At this time of year, we like to remind residents of our “no tipping” policy for employees. They may not accept cash or cash equivalents (like gift cards).

If you’d like to express thanks for their good work, we encourage donations to the Employee Appreciation Fund through the Western Home Foundation. These gifts may be made in the name of an employee or group of employees, who will be notified that you have honored them in such a fashion. The funds are then used for employee events throughout the year. A handwritten note of thanks is always appreciated.

New partnership with schools promotes health care careers

A group of Cedar Falls High School students in the CAPS (Center For Advanced Professional Studies) program will be meeting with Western Home Communities for seven weeks. These students have shown an interest in health care professions. Each week there will be an educational presentation as well as one-on-one resident meetings.
Notes of appreciation

Thank you for the care Leona received at Standard Family Assisted Living the last four-plus years. Leona enjoyed the nurses and dining room staff! *Joe, Maria and Jack Murphy*

Thank you for the beautiful rose you sent to our father’s funeral. *The Jim LaRue family*

Like us on Facebook!

*We’re online at www.Facebook.com/WesternHomeCommunities*

In sympathy

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Ann Theobald, CTG</td>
<td>Nov. 15</td>
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<tr>
<td>Audrey Young, WG</td>
<td>Nov. 11</td>
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<td>Delores Michaels, MHC</td>
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<td>Richard Nelson, MHC</td>
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<td>Jim LaRue, WG</td>
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<td>Beulah LaPole, MHC</td>
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<td>Clare Staebell, WR</td>
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<td>Cynthia Turner, TS</td>
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<td>Agnes Freese, MHC</td>
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<tr>
<td>Stan Tuve, WHAL</td>
<td>Oct. 19</td>
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The UNI Suzuki School of Music concert

**Diamond Event Center**

**Tuesday, December 10, 5-5:30 p.m.**

*Students and families will remain to visit with residents after the concert. Santa arrives at 5:30.*

What is the Suzuki method?

More than forty years ago Shinichi Suzuki, a Japanese violinist and educator, discovered the unique combination of philosophy and method called the mother tongue approach. This method made it possible to teach very young children to play the violin in as natural a way as they learn to speak. By listening to repeated words, observing the speaker, absorbing the experience, and finally imitating, children become fluent in their native language. The Suzuki approach utilizes this process of listening and imitation in an environment created by daily listening to music and by close cooperation and participation of at least one parent.
Rumor has it that one of Santa’s magical Scout Elves found its way to Western Home Communities. Just like these elves do nightly in family homes, our Scout Elf reportedly plans to keep an eye out for all resident and employee Christmas adventures in order to tell Santa whether we’re being naughty or nice.

Will you help us find the elf each day? Follow along on Facebook to check out the elf adventures!

Facebook.com/westernhomecommunities