Remembering Pearl Harbor

An audience of fourth graders in Charles City sat attentively last month to hear the story shared by Jeane Knapp of Windcove, whose husband survived the attack on Pearl Harbor.

On the morning of December 7, 1941, Jeane answered the phone in her Waikiki Beach apartment to hear another Navy wife reporting, “The island of Oahu is being attacked!” Until that moment, Jeane and Dale Harris had enjoyed three months of Navy life in Hawaii. Jeane had made breakfast as usual for him that morning before he reported for duty on board the USS St. Louis at Pearl Harbor, about 20 miles away.

She couldn’t see or hear the attack, so radio provided a lifeline for updates. Thankfully, Jeane recalls, it wasn’t terribly long before another phone call provided good news; the captain’s wife told her the ship had gotten out of the harbor safely. Their husbands were not among the 3,500 killed or wounded in the attacks.

Jeane says in the aftermath, “You felt so inadequate.” She and a few other wives visited a hospital the next night to volunteer with the injured seamen. “Oh, they were burned so badly on their faces and arms, and they had put a black salve everywhere to help the burns,” Jeane says. “We spent our time lighting cigarettes for them and striking up conversations.”

True to that generation, her husband didn’t talk much about his role on that fateful day that drew the United States into World War II. He did say they had practiced attack response so often that a short-lived initial reaction was, “Wow, now they’re

(Continued on page 5)
Santa needs helpers

You can create Christmas magic for Cedar Valley children!
They drop off letters to Santa in the Holiday Hoopla mailbox in downtown Cedar Falls. Santa needs help writing responses, and for several years residents and employees at Western Home Communities have stepped up to be elves.

Santa provides stationery and stamps; our volunteers write short responses to wish lists, questions about Santa’s workshop and questions about the Christmas Eve journey.

Make it a social gathering and write responses in a group on the dates listed here!

Talk to your resident coordinator or contact lead resident coordinator Lisa Haugen at (319) 859-9352 or lisa.haugen@westernhome.org. She’ll even deliver a “letter kit” to you.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday, December 11</td>
<td>10 a.m.</td>
<td>Windridge private dining room</td>
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<tr>
<td>Tuesday, December 12</td>
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<td>Willowwood dining room</td>
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<tr>
<td>Wednesday, December 13</td>
<td>1:30 p.m.</td>
<td>Windermere dining room</td>
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<td>Friday, December 15</td>
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<td>Windgrace dining room</td>
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<td>Saturday, December 16</td>
<td>10 a.m.</td>
<td>Prairie Wind 3rd floor conference room</td>
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<tr>
<td>Monday, December 18</td>
<td>1 p.m.</td>
<td>Windcove private dining room</td>
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Letter writing parties are open to any resident, no matter where you call home at Western Home Communities.
Residents think globally, act locally this season

Operation Christmas Child gift boxes for impoverished children begin the cycle of giving long before they arrive on foreign shores. At Windermere, Bernie Huss and friends have been busy filling decorated shoe boxes with gifts that will be useful to – and delight – recipients.

Bernie is the box decorator and “team leader.” Judy Gillespie put supplies for beaded bracelets and necklaces in pill bottles. Donnita Reed created colorful cards to be used as decorations, and Betty Schoeberl decorated the boxes. Tom Huss was recruited to help, too.

Bernie learned about Operation Christmas Child, a project of Samaritan’s Purse ministry, from her daughter Kelly Bachman. The boxes from Windermere were added to the boxes assembled by Kelly’s Bible study group. The group delivered 65 boxes to Waterloo November 16.

For some volunteers, the Christmas boxes are a year-around project. Toys and craft supplies may be found at garage sales, fast-food kids’ meals toys saved, school supplies picked up when prices are deeply discounted, and fabric found for pennies on the dollar at thrift stores.

Each box includes some health supplies, school supplies, Christian learning materials and something fun. They are sorted by gender and age, transferred to an area collection center, transported by semi to a regional collection center and then shipped to communities in the United States and overseas.

Bernie felt God was leading her to be involved in a mission project; part of Operation Christmas Child is delivering the message of salvation to children throughout the world. The Christmas box project felt like the perfect fit for local involvement with global impact.
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 November 16.

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:
Mary Jane Boorom
Judy Finkelstein
Libby Coil
Marlene Behn
Dave & Joyce Coil
Bill & Sharon Franklin
Kathleen Hahn
Jerry & Beth Harris
Peggy Kramer
Lois Diemer
Dot Clausen
Bethel Durby
Jerry & Beth Harris
George & Judy Jorgensen
Don Geesaman
Dot Clausen
Gene Harrington
Larry & Shirley Cain
Don Dunlap
Jerry & Beth Harris
Jerry & Marian Larson
Chuck Koch
Ron & Mary Bro
Dot Clausen
Doris Crandall
Shirley Dean
Harlan Ehler
DL & JL Eslick
Glen & Marilyn Groothuis
Glenn Hansen
Jerry & Beth Harris
Junior Achievement
Don & Miriam Walker
Norma Walther
Fran Kuehl
Dot Clausen
Jerry & Beth Harris
Joe & Tristan Smeins
Marilyn Kunkle
Scott & Sue Kunkle

Lu Larsen
Andrea Aykens
Paul & Carole Aykens
Jon & Kelly Bachman
Joe & Melissa Barber
Susan & Anthony Barre
Sally Benson
Rex & Marlys Blake
Dick Blau
Joe & Mary Boutott
Fred & Phyllis Bowers
Hank & Peg Brown
Henry Brown III
Natalie Brown
Bill & Malloree Buchanan
Ken & Pat Budke
Nancy Christensen
Debra Corson
Brad & Terri DeHoff
Lee & Marlene Engen
Kathy Flynn & Tom Ferguson
Jeanne Fleischmann
Judy Fogdall
Ray Fox
Michael & Janice Girsch
Jeff and Luann Lasher Gregg
Jerry & Beth Harris
Claudia & Alex Hovden
Tom & Bernie Huss
Tom Kunz
John & Laurie Larsen
Norman & Kay Lemmon
Tim & Jean Lindgren
Barbara Lorenzen
Steven & Donna McNulty
Vernon & Edwina Michel
Tom & Janis Reisetter
LeeAnn Rousselow
Deb Schremmel
Andrew & Elizabeth Thompson
Alan & Kathy Van Arkel
Jerry & Bonnie Wilson
Jane Wyckoff

Jean Leonard
Glen & Marilyn Groothuis
Steve & Carol Jacobi
Barbara Parsons
Madge McCoskey
Fred & Phyllis Bowers
Jerry & Beth Harris
Martha Nation
Norman & LeeAnn Armstrong
Judy Benson
Fred & Phyllis Bowers
Julie Fitzgerald
Roman & Penny Frackiewicz
Jerry & Beth Harris
Gordon & Mardelle Koch
Nile Lafrenz
Marrian Miller
Mary Rittgers
David & Sandra Rogers
Jacolynn Soska
Sharon Thompson
Gordon & Barb Ubben
Cheryl O’Brien
Marlene Behn
Leo Ogden
Dot Clausen
Harry Owczarek
Jerry & Beth Harris
Lois Wishmeyer
Don Scheer
Mark & Cathy Addington
Bob & Rosemary Beach
Gary & Becky Bertsch
Greg & Larue Boom
Sue DeBower
Jeff & Carol Dick
Geof & Vicki Grimes
Jerry & Beth Harris
Randy & Sharon Magee
Kris Rash
Barry & Elizabeth Remington
Bruce Scheer
Phyllis Steele
Mary Taylor

**Cheryl Timion**
Jerry & Beth Harris
Phyllis Steele

**Assurance Fund**
Shelton & Mary Hornback

**Chapel Gifts**
Mervin Andersen
Marlys Badger
Margaret Bettis
Ken & Deloris Bixby
Lorna Blohn
Tim & Kris Boettger
Deane & Connie Bradfield
Don Brown
Donna Brown
Allene Chambers
Doris Chandler
Vern & Mary Cordes
Cleo Cross
Louis & Joyce Cutshall
Robert & Norma Emmert
Lee & Marlene Engen
Lorna Ericson
Bev Fish
Paul & Mae Foote
Stan & Ginnie Garrison

Anne Geadelmann
Jane Gerard
Dave & Cindy Glasener
Glen & Marilyn Groothuis
Bob & Donna Grosse
Dorothy Guldner
Helen Hannan
Alice Hansen
Dan Harringa
Gene & Aurelia Harringa
Gary & Shirley Harris
Ruby Hockey
Ken & Jean Hoer
Betty Hunck
Mike & BJ Jessen
Lela Kabele
Theresa Kindig
Shirley Klemmensen
Karl & EthelAnn Koch
Don Krull
Patricia Markey
Emogene Marty
Iva Meany
Garry & Christie Moore
Bev Murphy
Fran Nielsen
Dode Nieman
Joan Ogden
Angela Rampton
Donnita Reed

John & Pat Schultz
Janet & Terry Simcox
Marcia Simpson
Marlys Simpson
William Stone
Phyllis Swanson
Ginny Terfahn
Tom & Kathy Thompson
Lura Treloar
Miriam Walker
Norma Walther
Bob & Dee Way
Berdella Wehrmacher
David & Audrey Williams

**Employee Appreciation Fund**
Scott & Jan Bittner
Dot Clausen
John & Donna Falk in honor of
Linda Anderson
John McCoy

**Other Gifts**
Kevin Bennett
Bethel Durby Family
Judy Finkelstein – in honor of
Martha Stanford’s birthday
Dave and Cindy Glasener
Eldon Hayes
Cheryl Timion
Tuesday Club

(Continued from page 1)

making it so realistic they’ve put the Rising Sun on plane wings!”

At the retelling of that information, a fourth grader promptly asked Jeane, “What’s a Rising Sun?” Jeane explained the military flag of Japan, and also what it meant to be under blackout the first night, another term not understood by the class. She told of having to keep all lights off to avoid another possible attack.

The Navy relocated the wives to San Francisco a few months later by ship, and the USS St. Louis was part of the convoy. Jeane’s husband stayed in the Navy for another five years and they relocated to New Orleans and Gulfport, Mississippi, while he served.

Sadly, after establishing a practice in Marshalltown, Dale Harris died of cancer at age 43. Jeane, a young widow of 38 with three children, later met a widower with two children.

The two married and became a happily blended family. Jeane hadn’t thought too much about these memories until recently, when asked to speak to the elementary children.

“I think it’s wonderful kids this age are studying veterans,” she says.
Chaplain’s Corner:
Focus on essence, not excess, of Christmas
by Minister of Music Patrick Jones

Recently, I watched a TV show where a widow witnessed the birth of her first granddaughter. After the birth, her son asked if the woman’s tears were happy ones. “Yes, this is one of the happiest moments of my life, but I have also come to terms with knowing the happiest moments in life will also be partly sad, because your father is gone.”

Isn’t that the way the holiday season feels for most of us? It’s a joyful time when we often get to see family and friends, and are reminded of memories from years gone by. But, it is also a time when we miss those loved ones who have gone on before us. It is a time when we get overwhelmed by advertisements pressuring us to overspend and overindulge in every way possible.

I’m reminded of the Charlie Brown Christmas special when Charlie Brown gets overwhelmed by the world around him and exclaims, “Isn’t there anyone who knows what Christmas is all about?!” Linus replies, “Sure, I can tell you,” and shares the Christmas story found in Luke 2:8-14. It is important for us to remember, like Linus, that Christmas is about Christ entering our world. “Do not be afraid, for behold, I bring you glad tidings of great joy which will be to all people. For there is born to you this day a Savior, who is Christ the Lord,” (Luke 2:10-11).

This year, I would invite you to resist the excess of Christmas found in our culture and remember the simple, beautiful reality that is Christmas. I would invite you to remember, “The Word became flesh and dwelt among us, and we beheld His glory, full of grace and truth,” (John 1:14). I encourage you to meditate on the fact that God so loved the world, that He sent His Son to this earth. Paul reminds us to do this in his letter to the Philippians, “Rejoice in the Lord always! Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things,” (Philippians 4:4, 8).

I’ll leave you with a benediction for the coming Christmas season found in Romans 15: “May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Amen.”

Join us for worship this month

<table>
<thead>
<tr>
<th>SFAL Chapel at 9 a.m.</th>
<th>Windcove at 11 a.m.</th>
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<td>Tim Boettger</td>
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<td>Patrick Jones</td>
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<td><strong>December 31</strong></td>
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<tr>
<td>Garry Moore</td>
<td>Special guest David Welter</td>
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</table>
Pennsylvania tourists appreciate historic sites

A group of Western Home Communities travelers headed east in October to appreciate fall scenery and stops in Cleveland, Philadelphia and Amish country.

Marcia and Vern Hansen stop for a photo before their horse and buggy ride in Amish country.

The group poses outside Cleveland’s Rock and Roll Hall of Fame.

Mary McCalley studies information about the history of Valley Forge.

Away from home with Western Home plans 2018 destinations

Do your resolutions for next year include some adventure? Tour guides Carolyn Martin and Mary Taylor have organized three vacations for you to enjoy with your friends from Western Home Communities.

San Antonio and Texas Hill Country, March 18-26
Fast forward to spring in Texas! You’ll never forget the Alamo, the famous river walk, bluebells and two nights at a Texas dude ranch. See the cowboy culture up close at the Fort Worth Stockyards. Also visit the Will Rogers Memorial Museum in Oklahoma. You’ll enjoy the pace and variety on this trip to Texas.

Iowa Loess Hills, June 26-27
Hop on board for an intriguing, fun look at our state’s “west coast.” This trip was so popular in 2017, we’re returning to allow more travelers to experience historic byways, a lavender farm, a goat farm and dairy.

Summertime on Lake Michigan, July 9-13
Your vacation north will feature Mackinac Island and the Grand Hotel, Sleeping Bear Dunes National Lakeshore (voted the Most Beautiful Place in America), a ferry trip across Lake Michigan on the historic S.S. Badger, and much more!

For more information on any of these trips, contact Carolyn Martin: Carolyn.Martin@westernhome.org or (319) 222-2048.
Windridge resident Don Erusha was honored at the University of Northern Iowa Distinguished Awards Celebration November 17. Don is the 2017 recipient of the President’s Philanthropy Faculty and Staff Award.

This award honors a current or retired faculty or staff member who has provided philanthropic support, dedicated long-term service and creative leadership to the university.

In 1963, Don Erusha came to the State College of Iowa as an associate professor of physical education and as an assistant football coach under Stan Sheriff. He retired from coaching at UNI in 1977 but has continued to assist UNI football in various volunteer capacities.

Don is the only person to have a UNI Football award bear his name. The award is given to an offensive lineman each year. In 2008, Don established the Don and Pat Erusha Endowed Football Scholarship. He continues to be actively engaged on campus and regularly attends UNI athletic events.

Thirty months on ice

Dave Coltrain of Waverly received a warm WHC Friends welcome in November for a cool presentation about his experience as an Antarctic adventurer. During four stints, he spent more than 30 months on our coldest continent working for contract support in logistics, transportation and supervision. The longest duration included an Antarctic winter. Dave and his team provided broad support for three US research bases there -- mapping crevasses; creating 1000+ mile routes; transporting people, fuel, food, and equipment; repairing equipment and more.

Dave gave the audience a comprehensive overview of Antarctica, touching on geography, geology, history and exploration. He explained the Antarctic Treaty, first signed in 1959.

We learned there are three south poles: ceremonial, geographic and magnetic. The coldest temperature ever recorded there was -129 degrees F. A huge area of Antarctica is considered the world’s largest desert based on low annual precipitation.

For those who wish to learn more about Antarctica, Dave recommends explorer videos for the history. To learn about experiences such as Dave’s, he recommends the award-winning movie, “Antarctica: A Year on the Ice.”

For Friends, Mike Seavey
Jorgensen Plaza names announced

Progress continues in anticipation of a completion date in first quarter 2018. Restaurant names have been chosen and key personnel announced:

**Table 1912 - fine dining for lunch and dinner**  
*Named in honor of the year Western Home Communities was founded in Cedar Falls*

**Gilmore’s Pub - hub for socializing and entertainment**  
*Named in honor of Gilmore the Lion, at fixture at the downtown campus since 1961*

**Caraway Cafe - fast casual serving breakfast, lunch and dinner**  
*Named to reflect its location*

**Eric Cornish** is director of retail. Eric brings a wealth of retail experience, most recently as manager of Hansen’s Outlet in Cedar Falls. He will manage the store inside Jorgensen Plaza, where he plans to offer a selection of fresh, grab-and-go foods plus locally curated gifts.

**Crystal Ford** has been named director of hospitality for Jorgensen Plaza. Currently president of Barmuda Companies, Crystal has managed dining at Prairie Wind and been coordinating events to be held at Diamond Event Center in 2018 and beyond.

**James Nadeau** is executive chef for Prairie Wind and Jorgensen Plaza restaurants. He has thirty years of experience as an executive chef, most recently with Hy-Vee Cedar Falls for nine years and Sunnyside Country Club prior to that. Chef Jim is a master ice carver and certified wine sommelier.

**Beth and Greg Zars** are owner/operators of **Salon Iris**, an Aveda concept salon inside the plaza. Beth has been styling hair in the Cedar Valley for more than a decade and has been a three-time honoree as the Cedar Valley’s Best of the Best hairstylist.
Words of Wellness: Healthy holidays
by Wellness Coordinator Amanda Lynch

The holidays are here! It is an exciting time to be with family and friends, enjoying all the glorious wonders of the season. Remember the importance of our health and well-being during this often frenzied time. Here are helpful hints to make this season the healthiest and happiest yet!

- **Make healthy choices.** From rich meals to tempting treats, the holidays are a time for many of us to indulge. Try to plan meals with upcoming events in mind. If you know you will be having a larger meal with lots of yummy treats, make sure to eat a healthier snack before you go. You’ll be less likely to overindulge in the delights of the season.

- **Stay hydrated.** Drinking water is a simple way for you to stay healthy during the holiday. (That’s good advice for every season!) To make it easier to stay hydrated, keep water accessible at home and carry a water bottle in a purse or bag when running errands.

- **Follow dietary restrictions.** Special diets, such as low sodium, may require extra self-discipline this time of the year. You may be a guest where there are not many healthy options available. To make it easier to follow dietary guidelines, keep healthy options like fresh cut vegetables and fruit on hand.

- **Keep exercising.** In our part of the country, the holidays are synonymous with cold weather and snow. To stick to your exercise schedule, bundle up and invite your family and friends for a walk around the block. Always be cautious of the conditions before you head out – wear proper footwear to prevent slips and falls.

- **Rest after traveling.** If you’re traveling to visit family and friends, be sure to allow adequate time for rest after travel. Take naps, put your feet up, and enjoy life around you while you rest.

Happy holidays to you and your families. It is a pleasure to share healthy tips with you throughout the year! I look forward to continuing our wellness journeys in the year ahead.

### WELLNESS RECIPE OF THE MONTH

**Ham & Cheese Breakfast Casserole**

**Ingredients**
- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 tablespoons Dijon mustard
- 1 teaspoon minced fresh rosemary
- ¼ teaspoon freshly ground pepper
- 5 cups chopped spinach
- 4 cups whole-grain bread, cut into 1-inch cubes
- 1 cup diced ham
- ½ cup chopped canned roasted red peppers
- ¾ cup shredded Swiss cheese

**Directions**
1. Preheat oven to 375°F. Coat a 7x11-inch glass baking dish or a 2-quart casserole with cooking spray.
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
3. Bake until the egg mixture has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until casserole is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.
Resident talents on display at annual craft sale

Shoppers lined up early for the annual Handcrafted Holiday Show and Sale on October 28. Friends of Western Home Communities received about $1,000 in support of its mission, to enhance the quality of life for residents of Western Home Communities. Thanks to all of our talented vendors and enthusiastic shoppers!

Anna and Hank Morris display their wares, including walking sticks made from tall corn.

Barb Klein browses greeting cards handmade by Peggy Makinster (left) and her sister Suzanne (not shown) as Bernice King displays her bracelets.

These necklaces were among the items offered by Kim Hanson, whose mom Pearl lives in a townhome.

Lorna Ericson wears a headpiece she crafted. Her variety of goods includes angel pins; she has now created 10,000 of them.

Repurposing is the name of the game for Bob Lee, a villa resident who puts new life into old wood.

Many hours of work go into the creation of each wood wine stopper made by Eldon Hayes of Windridge.

Shoppers surround Margaret Willoughby of Willowwood (foreground) and her daughter, Cary Darrah, left. Each year they offer Margaret’s paper boxes and gift tags.
## Happy December Birthday!

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<tr>
<th>Name</th>
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<tr>
<td>Darrel Brandt</td>
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<tr>
<td>Gordon Ubben</td>
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<tr>
<td>Lee VerMulm</td>
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<td>Rita Congdon</td>
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<tr>
<td>Mary Lou Costa</td>
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<tr>
<td>Darlene Katt</td>
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<td>Lloyd Gruis</td>
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<tr>
<td>Emogene Marty</td>
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<td>Agnes Berky</td>
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<td>Bruce McCart</td>
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<tr>
<td>Helen Dieter</td>
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<td>Marilyn Brimm</td>
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<tr>
<td>Tom Eastman</td>
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<td>Ruth Hovelson</td>
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<tr>
<td>Hazel VerMulm</td>
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<td>Marilyn Groothuis</td>
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<td>Gary Hanks</td>
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<td>Mardell Crawford</td>
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<td>Marian Brandt</td>
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<td>Willie Irvine</td>
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<td>Arlene Waterman</td>
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<td>Maurice Moore</td>
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<td>Francis Pardoe</td>
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<td>Eunice Easton</td>
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<td>Pearl Hanson</td>
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<tr>
<td>Miriam Krallman</td>
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<tr>
<td>Anne Paxton</td>
<td>WG</td>
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<tr>
<td>Bob Robinson</td>
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<tr>
<td>John Lofstedt</td>
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<tr>
<td>Don Tamisiea</td>
<td>PW</td>
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<tr>
<td>Henrietta Dykstra</td>
<td>SFAL</td>
<td>December 31</td>
</tr>
</tbody>
</table>
Welcome new employees

**Assisted Living**
Jayme Coleman, SFAL Cook
Robin Kime, SFAL Receptionist
Amanda Scott, WHAL Resident Assistant
Benjamin Woods, SFAL Food Service

**atHome with Western Home**
Jayme Coleman, SFAL Cook
Robin Kime, SFAL Receptionist
Amanda Scott, WHAL Resident Assistant
Benjamin Woods, SFAL Food Service

**atHome with Western Home**
Maureen Glawe, Home Health Aide, Elkader
Rachel Green, Caregiver
Heather Hackman, Caregiver
Shantorea Hardy, Caregiver
Brooke Kressin, Scheduler
Danielle Mangine, LPN
Sydney North, Caregiver
Chase Overton, Home Health Aide
Katana Salazar, Caregiver
Gwynavia Scullark, Home Health Aide
Manisha Seenster, Caregiver
Janae Sumerall, Caregiver
Emily Swackhammer, Caregiver
Raynelle Walker, Caregiver
Kimberly Walter, Director of Clinical Services
Samantha West, Home Health Aide
Renee Young, Home Health Aide

**The Cottages**
Lashay Davidson, LPN
Shaneka Kelly, CNA

**Independent Living**
Roxanna Arreola, WR Wait Staff
Mysha Cannon, WR Wait Staff
Dakota Ehrhardt, WM Wait Staff
Courtney Fagot, WW Wait Staff
Cora Fecht, WC Wait Staff
Paishence Gerst, PW Wait Staff
Ciara Halverson, PW Wait Staff
Celeste Hoffman, WR Wait Staff
Chloe Johansen, PW Wait Staff
Marteka McNealy, WR Wait Staff
Adrianna Murphy, WG Wait Staff
Cloe Norte, WR Wait Staff
Brylie Porter, WC Wait Staff
Ta Mara Roby, PW Wait Staff
Angelia Rowe, WR Wait Staff
Jasmine Whitaker, WM Wait Staff
Kari Wilson, WC Wait Staff

**Jorgensen Plaza**
Eric Cornish, Director of Retail
James Nadeau, Executive Chef

**Martin Center**
Cadejah Burt, Direct Care Professional
Bryce Carmichael, Direct Care Professional
Danielle Gordon, CNA
Jennifer Greene, CNA
Chloe Hammond, CNA
Sonja Hartson, LPN
Amy Ouassou, CNA
Allie Rippey, CNA
Mallory Schiltz, CNA
Jessica Vogt, LPN
Emily Weber, Direct Care Professional
Theanna Martinez, CNA, MHCA

**Multi-site support**
Dave Meyer, Transportation Assistant

**Thalman Square**
Maranda Bear, Resident Assistant
Alexis Guzman, Resident Assistant

**WHC in-house therapy team**
Amber Alvarez, Physical Therapist Assistant
Jeanne Clapsaddle-Janssen, Physical Therapist Assistant
Jordan Duoy, Certified Occupational Therapist Assistant
Chandal Geerdts, Occupational Therapy Assistant
Tiffany Gunhus, Occupational Therapist Assistant
Kristin Henry, Physical Therapist
Tom Hoey Jr., Occupational Therapy Assistant
Kirsten Jacobsen, Physical Therapy Assistant
Abigail Knock, Occupational Therapist
Leasa Lantzky, Occupational Therapist
Rebecca Nielsen, Speech-Language Pathologist
Sarah Oltrogge, Speech-Language Pathologist
Amy Pence, Occupational Therapist
Anna Pinneke, Physical Therapist Assistant
Heidi Podhajsky, Speech-Language Pathologist
Olive Rallanka, Physical Therapist
Jenna Rinken, Physical Therapist Assistant
Carrie Ruhe, Physical Therapist Assistant
Craig Thielen, Physical Therapist

**Willow Winds, Denver**
Amy Terrill, Director of Assisted Living

**Winding Creek Meadows, Jesup**
Angela Phillips, Cook
Valerie Gearhart, Resident Assistant

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Best wishes to all employees, residents and their families for a blessed Christmas and happy, healthy 2018!
Congratulations!

These employees celebrate milestone anniversaries this month. We appreciate their service to Western Home Communities.

### Meet Employee of the Month, Lisa Oelmann

Lisa works as a transportation assistant. She joined Western Home Communities in June 2017.

Here are a few things employees have said about Lisa:

- Lisa has such a caring spirit.
- She gives respect to the residents and fellow employees.
- Lisa puts people first by caring and giving a lot of attention to the residents.
- Lisa always has a bright smiling face while she is at work.
- She is wonderful to work with and is a team player.
- If she is asked to do something, we know it will be done well.
- When Lisa’s schedule allows it, she is willing to drive residents by their old houses and listen as they share memories of their lives in that place.
- Lisa lives our values by putting people first with a servant spirit.

Congratulations, Lisa, on being named employee of the month for November 2017.
Notes of appreciation

There are no words to adequately thank all of you for the sincere kindness, care, and concern shown to our mother and us during the last week of her life. Thank you for loving her as much as we do. The family of Fran Kuehl

Thank you for such a wonderful send-off after 42 years. I’ve enjoyed helping so many and gaining such good friendships over the years. It’s been a good ride! Love to you all, Linda Anderson

In sympathy

Maybeth Wilson, MHC Nov. 16
Merville Brunscheen, MHC Nov. 15
Harriet Picht, MHC Nov. 10
Bonnie Gielau, MHC Nov. 10
Harold Waschkat, MHC Nov. 6
Russ Mager, SFAL Nov. 3
Don Scheer, SFAL Nov. 1
Ruth Kruth, CTG Oct. 31
Marjorie Goodman, WHAL Oct. 30
Cheryl Timion, VTH Oct. 28
Chuck Koch, WC Oct. 27
Mare Madsen-Schmidt, MHC Oct. 27

Remembering Jeri

Martin Center CNA Jeri Nelson, profiled in the November Journal for her upcoming 30-year employment anniversary, passed away unexpectedly Nov. 10.

A celebration of life service will be held in the SFAL Chapel Saturday, December 2, at 9:30 a.m. All who knew Jeri are invited to attend.

BOARD OF DIRECTORS

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Sid Morris
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Miller Roskamp

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Don Rasmussen, Vice Chair
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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

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.

Like us on Facebook!

We’re online at www.Facebook.com/WesternHomeCommunities.
You’ll find up-to-date photos, details on current happenings within our communities, and more. Join the conversation and give us a thumbs up!
2018 Western Home Calendars coming mid-month.

Your friends and neighbors and their interesting collections are featured in the calendar. We'll expand some of their stories plus the stories of other collections/collectors in 2018 issues of The Journal. Thank you to all who gave us tips on collections and all who were willing to let us come into their homes to photograph their collections.