End-of-year numbers show quality of skilled care

Martin Center admissions in 2017: 441
Medicare A average length of stay: 18 days
(goal from Medicare is <30)
Short-term stay residents successfully discharged to the community: 70.6%
(state average is 60.4%)
Four-star rating from CMS
(Centers for Medicare & Medicaid Services)

The move of 60 short-term skilled care residents from Martin Center to the restorative suites in early spring will provide the best environment for the best care teams, for the best possible outcomes.

Twenty people will recover together on each floor in a home environment with an open kitchen, comfortable living and dining room spaces, private bedrooms and bathrooms, and easy outdoor access. It's essentially three cottages aligned vertically; an elevator will lead to a private entrance for each, where visitors will ring a doorbell and be greeted for access.

Designs are being finalized for Martin Center renovations to begin soon after the move. The goal is to provide a private, spacious room for each resident and a home environment similar to the cottages. More details will be announced in coming months.
Learn something new at Lifelong University

Film, religion, war and art: Study something of interest to you this semester through our partnership with UNI’s Lifelong University. Brochures are available in the lobbies of independent living communities. For more information, visit the Lifelong University website, www.uni.edu/llu, or call (319) 273-5141. Please register before the first class.

**Film Appreciation – The Films of Sidney Lumet**

**Instructor:** David O’Shields, Instructor for Communication Studies

**Dates:** Mondays, February 5, 12, 19 and 26

**Time:** 9 – 11:30 a.m.

**Location:** Windcove library, 9-11:30 a.m.

**Cost:** $50

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**Women and Religion: Perspectives of Three Faiths**
What do Judaism, Christianity and Islam have to say about women, to women and through women? We will explore scripture portrayal of women, religious roles and rules for women, along with the religious perspective on contemporary women's issues. Other topics include “feminine” aspects of the divine, and women in religious leadership intervention.

**Instructors:** Dema Kazkaz, president of Masjid-al-Noor Islamic center, Waterloo; Erin Maidan Paige, a leader of Sons of Jacob Synagogue, Waterloo; and Ruth Ratliff, deacon, St. Luke’s Episcopal Church, Cedar Falls.

**Dates:** Wednesdays, February 14, 21, 28 and March 7

**Time:** 10 – 11:30 a.m.

**Location:** Windcove dining room

**Cost:** $50

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**Afghanistan Then and Now**
This course will include the history, language, people and culture of Afghanistan. The U.S. military intervention will also be discussed.

**Instructor:** David Bibler, retired social scientist, Intelligence analyst with the United States Army

**Dates:** Tuesdays, February 27, March 6, 13, 27

**Time:** 10 – 11:30 a.m.

**Location:** Windridge

**Cost:** $50

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**The Vietnam War**
Participants will examine sections of Ken Burns’/Lynn Novick’s documentary masterpiece, “The Vietnam War,” and discuss: What kept us involved? What should we have done? What has been the aftermath? What did we learn? Episodes of the documentary will be viewed in chronological order.

**Instructor:** Dr. Scott Cawletti, UNI professor emeritus of films and literature

**Dates:** Thursdays, April 5, 12, 19, and 26

**Time:** 9:30 – 11:30 a.m.

**Location:** NewAldaya

**Cost:** $50

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**Peeking into Art History with Local Artist**
Artist Frje Echeverria will help participants follow an array of themes of form and meaning. Talks will be lavishly illustrated with slides with the intent to expand immediate sensations to artwork by following relationships among them.

**Instructor:** Frje Echeverria, UNI professor emeritus of art

**Dates:** Thursdays, May 3, 10, 17, 24

**Time:** 9:30 – 11:30 a.m.

**Location:** NewAldaya

**Cost:** $50
Put on your dancing shoes

All are invited to the annual Valentines Dance:
**Thursday, February**
6–8 p.m. Windcove
Featuring festive refreshments and live music.

Friends welcome Executive Chef Norman Grant

**Tuesday, February 20 10:30 a.m. Windcove**

Learn about Chef Norman’s interesting route to culinary success stemming from a lifelong interest in food. Did you know he catered his own high school graduation party?

Chef Norman’s email signature includes: *A taste of passion with a passion for taste.* What inspires him? How did his upbringing in Jamaica influence his career choices and his culinary success?

Join us for the next Friends program and learn something new about our exceptional executive chef, Norman Grant.
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 January 18.

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:
- Louis Cutshall
- Vern & Mary Cordes
- Doris Crandall
- Jerry & Beth Harris
- Darlene Surface

Gene Hunck
- Lloyd & Norma Hager
- James & Bette Pope
- Nell Wilson

Stan & Esther Kennedy
- Patricia Kennedy

Kay Erusha Linsey
- Eldon & Winnie Hayes

Evelyn Lohman
- Jo Ackman
- Marlys Folkers
- Joanne Helland
- Marleta Matheson

Russ Mager
- Linda Geissler
- Anne Schoonover
- John & Beverly Stevens

Jeri Nelson
- Darlene Darnell
- Ken & Melva Wenndt
- Reuben & Joanne Wenndt

Ernie Petersen
- Steve & Jean Firman
- Jerry & Beth Harris
- Jean Oleson
- Bill Witt

Harriet Picht
- Earl & Carol Will

Ellen Pohl
- Neysa Klepfer
- Donna Pohl
- Bill & Mary Lou Snyder

Ruth Ratekin
- Dean & Glenda Alshouse
- Ruth Bernard
- Hilvina Baito
- Carl & Evelyn Boice
- Bill & Celia Burger
- Mary Timpany-Clapp
- George & Sandra Glenn
- Jerry & Bette Harris
- Joanne Helland
- Jim & Dianne Larson
- Bill & Donna Mincks
- Joan Ogden
- Karen Page
- Tim & Linda Proctor
- Donnita Reed
- Marietta Thompson
- Tom & Kathy Thompson
- Lois Wishmeyer

Jim Vogel
- Donna Delagardelle
- Mardy McNamee
- Jim Vogel Estate

Annual Appeal
- Bob & Rosemary Beach
- Marlene Behn
- Ruth Bernard
- Bill & Maxine Bright
- Tom & Amy Bower
- Bob & Judy Brown
- Margaret Campbell
- Susan Card
- Rosemary Christensen
- Dot Clausen
- Joyce Coil
- Barb Davis
- John & Marlene Deery
- Larry & Sandy Delps
  (In memory of Lois Diemer, Chuck Koch, Julie Bailey, Diane Albertson, Marilyn Kunkle, Dick Beal and Carol Beebe)
- Vernice Delk
- Larry & Janet Dellinger
- Paul & Ellen Dennis
- Jeffry & Carol Dick
- Lorna Ericson
- Steve & Jean Firman
- Bev Fish
- Darrel & Marsha Flater
- Louise Frevert
- Margene Grady
- Jean Gregory
- Lucille Humphreys
- Michael & Jane Ingraham
- Jobjy & Tracy Javellana
- Berwyn Johnson
- Jim LaRue
- Lee & Amy Lindgren
- Jim & Kathy Madill
- Monte & Sonia McCunniff
- Dick & Bev Michael
- Colleen Mills
- Sid & Alvira Morris
- Liane Nichols
- Stan & Linda Oschner
- Jason & Amy Pence
- Larry & Sharon Petersen
- Lyle Refshauge
- Robert Ross
- Clifford Roy
- Gene & Janet Sandell
- Brett & Kim Schilling
- Wendy Schmitt
- Sue Schuerman
- Margaret Shay
- Marcia Simpson
- Bill & Mary Lou Snyder
- Martha Stanford
- Normal Walther
- Bob & Dee Way
- Earl & Carol Will
- Bill Witt
- Bob & Vernette Wrider
- Young Plumbing & Heating
Grab the binoculars and bird books: Not long after Prairie Wind opened in July, residents noticed a hawk flying near their patios and balconies. The hawk seems to like it, because he's returned often to hang out.

Marleta Matheson has had three or four such experiences. Her son visited at Christmas and captured this photo as the hawk enjoyed an hour of sunshine while perched on Marleta's third-floor balcony railing.

It's still up for discussion whether this is a red-tailed hawk or Cooper's hawk; the hawk never turned around for Marleta to get a closer look at identifying characteristics during the most recent visit.

Perhaps the hawk is hanging out because next-door construction at Jorgensen Plaza unearths a few easy meals. Or perhaps there's a more esoteric meaning. Hawks represent wisdom, so when a hawk shows up it signifies being on the right path….confirmation to these residents that they made a good choice to live at Prairie Wind!
I’ve been thinking about what 2018 may bring into my life. Will it be the same as 2017? Am I prepared? I’ve realized age is often accompanied by pain. As I help my wife put on her shoes, I have to kneel carefully on that knee. Pain can keep me from doing what I need to do.

So, I’m reading again the story of Job. And I’ve discovered things I previously missed, maybe because the pain and suffering of my wife’s cancer journey the past three years has changed what I hope to find.

Job lost his children and all he owned. Job 1:21 records his first response to the grief: “Naked I came (into this world) and naked I will return (depart from it).” Job viewed the things of this world as temporary. That truth governed Job’s response to loss. It’s true for everyone. I wonder if Job was suggesting that I shouldn’t be surprised nor think it unfair when I experience loss.

The second thing Job said may be more familiar to you: “The Lord gives, and the Lord takes away. Blessed be the name of the Lord.” I’m okay with the first part of that phrase, “the Lord gives.” I must admit, I have struggled with the second part, the “taking away.” With this reading, however, I realized Job put both statements inside the arena of things for which he praised the name of the Lord. “Taking” has such a profound immediate impact that I struggle to compare it to receiving. Job apparently saw both actions as similar in intent, because the same God did both actions. God can’t act contrary to His nature.

Job seems to say that to endure pain and suffering, we need an accurate recognition of God’s great wisdom and power, as well as a humble acknowledgement of our own limitations. Prior to his suffering, Job didn’t realize how great his limitations were in comparison to God’s wisdom and power. It’s here that Job’s experience can be a real mind changer. What does God know that I don’t? So many things that I have no real basis for questioning anything He does.

Job learned that. We’re trying. We still have questions. So did Job. But his experience answers many of my questions. Not all. But, as with Job, enough that I can trust Him if I so choose.

The epilogue to the book of Job is the New Testament truth in Romans 8:28, “All things work together for good for those who love God, called according to His purpose.” Job didn’t know how it would turn out. I can read the end of the story.

There is much more in the story of Job but I’m finding myself busy adjusting to a different point of view that allows me to believe in the wisdom and goodness of the Sovereign Creator, while enduring the pain and suffering that comes from loss.
Lefse with Lisa returns for an encore

Lead resident coordinator Lisa Haugen brought family members back for a second year of lefse making - and eating - in January.

Lefse is a soft Norwegian flatbread made with potatoes and flour, then typically enjoyed with butter and brown sugar; it can also make tasty sandwiches. Many with Norwegian roots enjoy the treat at Thanksgiving and Christmas.

Eating lefse brought back fond memories for many residents, and gave others a taste of a different cultural tradition. It proved so popular again that you can likely watch for this now-annual tradition to return in 2019.
Marilyn Roseberry decorates her Windridge home with Wedgwood jasperware, clocks, antique furniture and something perhaps less familiar: condensed milk containers.

Canned condensed milk was used at the dining table before home refrigeration. A proper household subscribing to Victorian-inspired etiquette kept the labels off the table. They solved the canned milk conundrum with perfectly sized china and porcelain condensed milk containers. The outer containers were painted to match or compliment the china set; most were hand-painted.

Marilyn had been a collector for years before she was introduced to these containers, and quickly hooked. She found them at auctions and antique malls. She never met one she didn’t like. She points out a hole the size of a nickel at the base of the container; it is the give-away that it is was used for cans of condensed milk. The hole made it easy to push the enclosed milk can up far enough to be removed for storage until the next meal.

A complete set includes five pieces: container, lid, saucer, dipping spoon and a liner. Today, it is rare to find the liner and the spoon with the matching set.

Like many collectors, Marilyn had active membership in a collectors’ group and used this network and books to guide her years of actively collecting Wedgwood jasperware. She has jasperware in all shapes and sizes. It is a colorful collection, too, including green, blue (most common color), black, crimson (most rare color) and highly collectible tri-color pieces. Because Marilyn loves miniatures, she has a wall case reserved for her miniature jasperware collection.

Marilyn peers into the cabinet that holds some of the larger pieces of her Wedgwood jasperware collection.

This is one of the most impressive sets in Marilyn’s antique condensed milk container collection.

Marilyn still finds antique dealers and auctioneers who do not know the story of condensed milk containers with their unusual hole in the bottom.
Marilyn’s collection of Wedgwood books provides a bit of background: Josiah Wedgwood is known as the founder of the British pottery industry. He elevated porcelain from utility to decorative purposes and Wedgwood pieces became valued objects in English homes starting in the late 1700s.

Marilyn’s clocks evoke many happy memories of her late husband, Mike. He was a collector and learned the craft of clock repair. She is especially fond of her “wag on the wall” clock. It looks like it would have been in a case, but never was. Marilyn said, “Mike bartered more than six months of clock repair for this clock and he was really proud of it.” A unique feature is the weights; they are hollow canisters filled with lead shot which would have made the clock easier to move.

Being a clock repairman necessitates a collection of precise tools for repairing clocks. Many of Mike’s tools are displayed on an unusual jeweler’s workbench near Marilyn’s apartment entry. This piece of furniture signals to visitors that Marilyn enjoys being surrounded by her collections and sharing the stories of their procurement.

“These are my memories;” she says happily.

For more information, Google these topics: antique condensed milk containers, Wedgwood, Jasperware, wag on the wall clocks.

Tips for selling collections at auction

Harlan Ehler’s impressive toothpick holder collection is featured in the Western Home Communities calendar for the month of February. The collection was downsized when Harlan and Elsie moved to Western Home and Harlan has some advice for selling at auctions.

- Bidders may or may not be allowed to rearrange flats of sale merchandise. Make sure this is understood and that signs are posted if merchandise is to be sold as sorted by the seller/auctioneer.
- Does the person calling the auction that day have knowledge of the collectibles being sold? This can make a big difference in the auctioneer’s ability to elevate bids for collectibles.
- Is the time of the auction set to accommodate your likely buyers? For example, if the sale is on a weekday, the tool crowd comes after work.
Words of Wellness: Matters of the Heart
by Wellness Coordinator Amanda Lynch

To boost heart health, most of us assume walking, biking, swimming and other cardiovascular exercise is the key. There is a good alternative for those who do not, or can’t, do these exercises: strength training.

Strength training is often overlooked as a way to improve cardiovascular health, but it can be valuable in reducing your risk for heart disease. Some studies have shown when it comes to improving certain markers for heart health, strength training is just as good, if not better, than cardiovascular exercise.

Here are a few benefits of strength training that can make your heart healthier and happier:

1. **Better blood pressure:** Participating in moderate-intensity strength training can significantly lower your blood pressure. This is true for the short term after exercise, and throughout the years, it can compound and create those lower blood pressure markers. Moderate intensity strength training can include gardening, snowshoeing, strength training exercise classes, use of strength training machines in a circuit type style and more.

2. **Lower cholesterol and triglyceride levels:** Fatty substances that travel in the blood, both cholesterol and triglycerides can clog your arteries, contributing to heart attacks and strokes when levels are too high. Strength training can reduce levels and help you maintain levels within normal ranges.

3. **Sounder sleep:** We all know sleep is important for every part of the body, and is essential to survival on a daily basis. However, for those who do have trouble sleeping, cardiovascular health is the first thing that can be affected by sleep deprivation. Some studies have been shown that strength training in the evening can significantly improve your sleep. One study showed that individuals who did strength training in the evening woke up fewer times throughout the night compared to those who trained earlier in the day.

February is American Heart Month, and I encourage you to take matters of your heart seriously – not only in February, but all throughout the year.

**WELLNESS RECIPE OF THE MONTH**

**Avocado Berry Smoothie**

**Ingredients**
- 1 ripe, fresh avocado (seeded, peeled)
- 1 (10-oz.) package frozen raspberries, fruit only, no added sugar
- 1 1/4 cups orange juice
- 1 cup ice

**Directions**
1. Place avocado, raspberries, orange juice and ice in a blender.
2. Cover and blend until smooth.
3. Pour into glasses and serve immediately.

National Wear Red Day® is February 2.
Assisted living opens in Denver

Several hundred people toured Willow Winds Assisted Living during its open house January 7. The assisted living community is owned by Dave Larson, who also owns Walnut Court Apartments in Waterloo, and managed by Western Home Communities.

Wellness offerings at Jorgensen Plaza to be discussed

During resident council meetings in February, Amanda Lynch will present wellness information regarding annual memberships to the wellness center at Jorgensen Plaza for Well-Being and monthly passes for classes that will be offered. Residents may attend the meeting in their building, or any other that works with their schedule:

- **Tuesday, February 13**
  - 9:00 a.m. Windgrace
  - 10:00 a.m. Windermere
  - 1:00 p.m. Windridge
  - 2:30 p.m. Windcove
- **Wednesday, February 14**
  - 10:00 a.m. Willowwood
  - 1:00 p.m. Prairie Wind
- **Thursday, February 15**
  - 9:30 a.m. Villa coffee
  (Wellness info will be presented)

A large crowd lingered in the dining area to enjoy conversation and refreshments.

The weather cooperated by providing a warmer January day for the event.

The living room features a beautiful fireplace, cozy seating arrangements and TV.
### Happy February Birthday!

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“While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.”

– Patience Strong, Poet (1907-1990)
Long career began with volunteering at WHC

Cheryl Bearbower-Staton knows the power of volunteering – it was the gateway experience to a 30-year career at Western Home Communities. In 1987, Cheryl was encouraging her teenage step-daughters, Ann and Connie, to volunteer at Western Home to gain experience and add to a well-rounded high school resume. “They needed a ride, so 10-year-old KaTy and I volunteered, too.”

She saw a position advertisement and applied. “Peggy Makinster’s job was expanding so Western Home was advertising for help with the mail. It was my first job after years of being at home with my children,” Cheryl said. “I worked up to full-time on different shifts. I really thought I had arrived when I became the weekend receptionist – that was 25 years ago!”

The postal and receptionist positions were in open spaces where residents stopped to chat and make requests. She learned early to invite the conversation because residents have a lot to say. “It’s like adding a generation to your life. Through first-hand accounts of historic events, I feel like I lived through another generation in my lifetime – the generation that preceded me.”

Cheryl reflects, “Once you get to know the people here, it is hard to think about working somewhere else.” She thinks the founding leaders would be proud to see that the original mission is still fulfilled daily. “That’s why I have stayed this long,” she adds. “Well, that and Suzanne.”

Lead receptionist Suzanne Makinster and Cheryl have been a tag team for 25 years and count that working relationship as a valued perk of their jobs.

Cheryl is excited about the upcoming remodeling of Martin Center to create larger, all-private rooms, and the move of skilled care to the restorative suites on south campus, “There are a lot of good things happening here.”

“Even after her 30+ years of working here, Cheryl is willing to learn more about serving the residents and their families. She has a true servant’s heart.”

– Wendy Ager, Senior Director of Skilled Nursing

40 years of combined service

Sue and Cindy make a difference each day at Western Home Communities. Join us in celebrating the dedication of these two employees, each celebrating 20 years of service.

Sue Springer
February 24
20 years
Resident assistant, SFAL

Cindy Behrends
February 23
20 years
LPN, Nation Cottage
Welcome new employees!

Assisted Living
La’Vance Cooper, SFAL Food Service Worker
Keira Stinson, WHAL Resident Assistant
Hannah Woltman, TS Resident Assistant

atHome with Western Home
Melissa Pruess, Scheduler
Nichole Rider, Home Health Aide

The Cottages
Anna Fuente, CNA
Jenni Peterson, CNA

Independent Living
Erin Brower, Housekeeper
Hannah Brummel, Wait Staff, Prairie Wind
Drew Poland, Cook, Windcove
Zoey Thune, Wait Staff, Prairie Wind
Kennedi Wagner, Wait Staff, Windgrace

Martin Center
Stephanie Freeland, Physical Therapist
Deshay Grover, CNA
Emily Henry, Food Service
Emily Isley, LPN
Jaevon Jordan, Direct Care Professional
Amanda Penne, Direct Care Professional
Falon Sproles, LPN
Reann Vaughn, Direct Care Professional

Multi-site support
Steven Johnson, Maintenance Technician, South Campus

Meet Employee of the Month, Sheriff Jorkeh

Sheriff works as a CNA at Windhaven. He has worked at Western Home Communities since June 2017.

Here are a few things employees have said about Sheriff:

- He consistently exceeds expectations in his willingness to help coworkers by taking on extra tasks not assigned to him.
- Sheriff shows initiative by doing extra laundry or putting away stock items without being asked.
- He continuously seeks to meet the needs of the residents under his care with a smile.
- Sheriff is polite and respectful to both his coworkers and the residents.
- He is a team player.
- Sheriff always has a positive attitude and a cheerful spirit.
- Sheriff personifies Western Home Communities values by putting people first and upholding a servant spirit.

Congratulations, Sheriff, on being named our employee of the month for January 2018.
Notes of appreciation

To all the wonderful staff at Windhaven, please accept this gift to the Employee Appreciation Fund. Thank you for all you do!
Valerie Turner, sister of Donna Iverson

Thank you, all, for all your love and care shown to Bud Fosse. The red rose was beautiful. Meri Jo Petersen

Thank you so much for the beautiful poinsettia you sent at the time of Mary’s passing. We appreciate your thoughtfulness.
Jesse Fitch for the family of Mary Alice Fitch

Thank you for the lovely rose. Ellen so enjoyed being a part of the Western Home and living in a villa. The family of Ellen Pohl

On behalf of the family and Tina Nobis, thank you for the red rose arrangement. Red roses were Naomi’s favorite. Thank you, also, for caring for Naomi, even during the difficult time.
Bernie Conrads

Thank you so much for the red rose! It was a lovely addition to Mom’s service. Your kindness will not be forgotten.
Family of Mary Stafford

In sympathy

Edward Peres, MHC January 19
Bernie McCoy, WHAL January 19
Vicky Clemons, MHC January 19
Rosie Witt, TS January 15
William Waack, CTG January 12
Kenneth TeWalt, MHC January 11
Isabel Johnson, WHAL January 11
Louie Cutshall, WC January 7
Nellie Tyler, MHC January 2
Ruth Ratekin, CTG December 30
Mary Raffensperger, MHC December 28
Mary Cox, MHC December 28
Ernest Petersen, SFAL December 24
Doris Roberts, MHC December 22
Mary Stafford, MHC December 21

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!

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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.
New fine dining coming to the Cedar Valley

1912 will soon be the Cedar Valley’s choice for fine dining in an elegant atmosphere.

Executive chef Jim Nadeau and his culinary team will create exquisite dishes from fresh ingredients including Iowa farm-fresh steaks, seafood varieties, poultry, pastas and more.

The name propels our organization into the future while keeping it connected to the past, since 1912 was the year Western Home Communities opened its doors in Cedar Falls. Food was grown and raised on the premises then and served daily at the dining tables. The farm-to-table movement returns us to our roots and is a culinary trend that shouldn’t ever go out of style.

Table 1912 will be open 11 a.m. - 9 p.m. daily. Watch for grand opening details to be announced this spring.

High ceilings and tall windows provide dramatic effect at Table 1912, which shares a wall with Gilmore’s Pub. The space surrounding the two-sided fireplace awaits tile.