Lovable pet finds his forever home

A rescue dog trained by an Iowa prison inmate is now settling in nicely at his new home, Thuesen Cottage, to the delight of residents and employees.

“Beau is the sweetest dog,” says household coordinator Erica Rath. “He’s so mellow and patient, absolutely a perfect fit for us.”

On a recent morning, Erica took the 80-pound black labrador retriever to see resident Mary Jo Hunchis, who enthusiastically greeted him with, “Beau! My sweet Beau! I love you, Beau.”

Erica had been trying to locate a canine companion for the cottage since fall. The pieces fell into place after a resident’s family member was seated near Kathy McCoy at a Christmas event. The Waterloo woman, an avid dog lover, heard about their desire to have a dog at the cottage and jumped into action.

“If anyone tells me they want a dog, I’m going to search high and low to make it happen,” explains Kathy, who owns five dogs and estimates she’s helped place 30 dogs over 20 years.

Kathy contacted North Central Correctional Facility in Rockwell City. A program in that prison matches rescue dogs with inmates, who socialize the animals and teach them basic commands like sit, stay and heel - training that helps make them adoptable.

The program coordinator immediately thought Beau would be a terrific match for nursing home residents, and it wasn’t long before Kathy and a granddaughter made the two-hour trek to Rockwell City. They picked up Beau and brought him home, providing a bed and other supplies for his benefit.

“I’m so thrilled!” Kathy exclaims. “It worked out beautifully.”
Ice Harvest Festival coming to Cedar Falls

**WHO:** The Cedar Falls Historical Society  
**WHEN:** Sat., Feb. 2 (alternate date, Sat., Feb 9)  
Two sessions: 10 a.m. - noon and 1-3 p.m.  
**WHERE:** Big Woods Lake, north shore  
**WHY:** To bring history alive, to celebrate the ice harvesting industry in long-ago Cedar Falls, and to promote our historic Ice House Museum  
This free event is sponsored in part by Western Home Communities. Our own Executive Chef Jim Nadeau will do ice carvings at the lake, as the Amish from Fairbank demonstrate ice cutting; they still harvest ice to keep food cold.

Bus transportation will be offered for the 10 a.m. session. Please sign up in your building.

**Program series focuses on prairies, past and present**

North American prairies covered 400,000 square miles for centuries before they were all but erased in two generations between 1830 and 1900. It was an astonishing alteration of land and the loss of a major ecosystem. Participants in the January Friends program learned about the tallgrass prairie that covered most of Iowa and about efforts to restore prairie habitats within farm fields, preserves and road ditches.

Presenter Daryl Smith, former director of UNI Tallgrass Prairie Center, and Prairie Wind resident Jim Heisinger responded to questions after showing the documentary “America’s Lost Landscape: The Tallgrass Prairie.”

The January program is the first in a series of Friends prairie programs designed to expand residents’ understanding of the significance of the prairie to our natural history – and to appreciate that we are surrounded by place names that honor this heritage; for example, Prairie Parkway and Prairie Wind. South campus also has a prairie planting between Windcove and Windridge that is maturing.

The February Friends program will focus on management of the south campus prairie. It will be Wednesday, February 20, 10:30 a.m., at Windridge. Daryl Smith and Jim Heisinger will return to lead this informative program.

The March Friends program will focus on the health benefits of surrounding yourself with nature. It is called forest bathing. The same benefits can be achieved when surrounded by prairie. The beauty of the prairie is best experienced up close when you can see the diversity of the plant species and the progression of plant maturity through a season. The March Friends program date and location will be announced in the March Journal.
Friends surround us at Western Home Communities. Everyone who volunteers here is considered a member of the Friends organization. And most Friends would agree the fulfillment and friendships from volunteering tip the balance toward gaining more than you give.

Did you know all of these life-enriching purchases were supported by Friends?

- Therapy stairway at Thalman Square to help residents regain mobility
- Polaris Ranger for The Cottages for resident outings
- Keyboard and other equipment for the resident choir
- Friends Solarium furnishings in Stanard Family Assisted Living
- Lobby furnishings in Jorgensen Plaza

Several activities organized or endorsed by Friends expand the reach and effectiveness of volunteer time.

- The Windy Hill Singers enjoy camaraderie and represent the organization through performances in the community.
- Volunteers in the Stanard Family Assisted Living store serve residents who can shop for cards, snacks and personal products.
- Card makers gather monthly to upcycle used cards into new versions that are sold in all buildings, providing a convenience to residents. The wooden card boxes were built by volunteer Don Rasmussen of Windridge.

The Friends Council organizes larger events. Bev Michael leads that board, using vast volunteer leadership skills she gained before moving to a villa in 2011.

“My mother did a lot of volunteering and taught us to give back to the community where we live,” she said. Bev’s community engagement on behalf of Sartori Hospital helps raise funds through its annual May Breakfast and Festival of Trees. Bev is a former president of the Iowa Hospital Volunteer Board.

“Lots of good things are happening at Western Home Communities,” Bev says. “Volunteering may introduce you to a new interest and it will certainly introduce you to new and interesting people!”

If you would like to volunteer or contribute to Friends activities, please contact Director of Volunteer Services Carolyn Martin at (319) 222-2048 or carolyn.martin@westernhome.org.
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 Jan. 17. 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:**
- Ruth Bernard
- Dot Clausen
- Jerry Cole
- Leo & Margaret Campbell
- Dot Clausen
- Ivy Colvin
- Dennis Bergeson
- Tom & Amy Bower
- Hank & Peg Brown
- Nancy Colvin
- Roman & Penny Frackiewicz
- Bertie Jepsen
- DE & CD Meyer
- Marilyn Miller
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- Letha & Don Petersen
- Don & Marlene Rasmussen
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- Bob Robinson
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- Darlene Wipperman
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Joyce Cutshall
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Bev Fish
Kent & Joyce Folsom
Stephen & Dawn Ford
Stan & Ginnie Garrison
Anne Geadelmann
Jim & Dianna Geiger
Bruce & Suzanne Gettman
Evelyn Gibson
Judy Gillespie
Dave & Cindy Glasener
Phyllis Green
Margaret Grimm
Bob & Donna Grosse
Lloyd & Norma Hager
Butch & Sherry Hammer
Helen Hannan
Alice Hansen
Curt & Alice Hansen
Donna & Cliff Hansen
Jeanette Hanson
David & Dianne Happel
Jerry & Beth Harris
Shirley & Gary Harris
Wayne & DeMaris Hochhalter
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Chaplain’s Corner: When His love breaks through
by Rev. Tim Boettger, Director of Spiritual Care

It’s true that faith is not a feeling, but it’s sure easier to have faith when the right feelings are present. One verse has always stood out to me; Romans 5:5 simply says, “God’s love has been poured out into our hearts through the Holy Spirit.”

Have you ever observed the fact that when people “feel” loved, they change? At the age of eight, I gave my life to Jesus. At that point I believed intellectually that God loved me and had sent Jesus to die for us. However, I couldn’t tell you that my feelings felt different at the time.

That all changed when my parents took me to a Christian concert. Something beyond my understanding happened that night and I can’t explain it very well to this day. My awareness of God’s love travelled about 18 inches from my head to my heart. Somehow the Holy Spirit poured His love into my heart in a very supernatural and real way. I was dumbfounded by the sense I had of God’s love for me and the awareness I had of being so undeserving of His love. I was changed. My heart was more assured. I began to live with more hope, trust and confidence in God.

The sense of God’s love I had that evening has come and gone in many ways since that time, but my conviction about His love for me has continued to grow and strengthen.

The Bible tells us that we never know when God’s love is going to break through in a heart (John 3:8). Just last week an older gentleman stopped by my office to describe something that had happened to him during a Fresh Wind Worship service; it sounded similar to what I had experienced at the concert. He described it as mystical. The clear message of God sending His Son here to save us had become very real to him. This experience changed him.

During our conversation, I had the sense both of us were encouraged in our faith and in our desire to get to know God better. We also shared with each other our desire to have more people know and experience God’s love for themselves.

The truth revealed to us in the scripture is that God loves us: “In this the love of God was made manifest among us, that God sent His only Son into the world, so that we might live through Him,” (I John 4:9).

God has demonstrated His love for us in the sending of Jesus to die for our sins, we’re told in Romans 5:8. We are called to believe in and trust in His love. Yet, Romans 5:5 tells us that God wants to pour His love in our hearts through His Holy Spirit. We never know when a grace-filled experience of His love is going to break through to our hearts and change us in a new and fresh way.

We pray that you would have such an experience; if not, we encourage you to hang on to the truth of His everlasting love for you anyway. The gift of His Son is a clear demonstration of this love. It’s a beautiful grace when His love breaks through in our hearts, yet even when we don’t feel that, we are called to trust in and rely on His love.

Join us for worship this month

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<th>SFAL Chapel 9 a.m.</th>
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<td>February 3 Garry Moore (communion)</td>
<td>February 3 Tim Boettger</td>
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<td>February 10 Enrique &quot;Q&quot; Ochoa</td>
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<td>February 17 Garry Moore</td>
<td>February 17 Tim Boettger</td>
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<td>March 3 Garry Moore (communion)</td>
<td>March 3 Tim Boettger</td>
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Annual dance moves to new location

Invite friends to join you for this year’s Valentine’s dance! The new location of Diamond Event Center offers plenty of room for a dance floor, plus ample seating availability.

The band Vinyl Frontier will once again provide a variety of live music for the occasion. Punch and sweet treats will be provided. A cash bar will have wine and cocktails available; payment will be accepted in cash or Western Home Dollars from independent living residents (bring your card).

Thursday, February 14  6 - 8 p.m.

Dining options on Valentine’s Day

Transportation to Jorgensen Plaza will be provided starting at 3:45 p.m. to accommodate those who'd like to dine there before the dance.

- Caraway Cafe will serve an evening prime rib buffet from 4 - 6 p.m. (A prime rib dinner will also be offered in the independent living communities.)
- Table 1912 will open to only WHC residents from 4 - 6 p.m. offering the Taste of 1912 menu (choice of entree plus two sides and dessert for $18). The a la carte menu will not be available. Reservations are required. Please call 859-9331.
- Table 1912 will be open to residents and the public from 6 - 9 p.m. to offer the Taste of 1912 menu for $18/person and a special Sweethearts Tasting Menu for $35/person. (The a la carte menu will not be available.)
- Gilmore's Pub will offer its standard pub menu until 9 p.m.

Pre-dance lessons offered

The wellness department will offer line dancing lessons to get everyone ready for the Valentine’s Dance! Join the fun at the following dates and times. For Jorgensen Plaza lessons, feel free to take the morning shuttle service.

February 4, 8 and 11, 10 a.m.:
Grosse Wellness Center at Jorgensen Plaza

February 6 and 13, 10 a.m.:
Windcove Independent Living, 5300 S. Main
Oneta and John McCarty were teenagers when they were married June 2, 1945. They met at a dance in Rushville, Indiana, and the mutual attraction was instant. John remembers Oneta’s bright red hair; Oneta recalls, “He was so handsome!” John invited Oneta to the dance floor on a gentlemen’s choice dance and walked her to the bus station later that evening. The spark of that meeting has lasted for more than seven decades.

Their newlywed dreams for the future included a happy home, children and meaningful work to sustain them. Seventy-three years of marriage delivered that and so much more. The influence of their lives extended far beyond their family life and included 33 years in the ministry for Salvation Army. They’ve been at home in Iowa, Indiana, Wisconsin and Michigan before retiring 29 years ago.

The journey included leaving their careers in Indiana in their early 30s to complete their education for the ministry. “That was so hard,” Oneta said. “Our son was three years old at the time, and we had to leave our children with John’s parents because we could not take them with us to college in Chicago.” In their service to Salvation Army, they accepted the call to Elwood, Indiana. They soon discovered that the Salvation Army debts would require drastic measures to get back on track so cleaning the entire Salvation Army center and chapel became a family affair with the youngest children dusting every pew each week.

Another memory of the ministry involves a trip to Israel which fulfilled Oneta’s childhood dream to walk the same streets where Jesus walked.

It has not been a journey free of heartbreak. The McCartys lost an adult daughter when she was just 31. They acknowledge that the Lord has used that experience and placed them in situations where they could help others overpowered by grief and doubting their faith.

“Life has been full and exciting,” John says. “I have been blessed with a joyful spirit.” The McCartys moved to Windhaven from Willowwood. Son John Allen McCarty purchased a billiards table for Windhaven so John could continue his interest in billiards and invite other residents to enjoy the social aspects of the game.

Oneta’s Mother’s Day rose bush has followed them from their condominium in Cedar Falls to the courtyard at Willowwood and now to the courtyard at Windhaven. “I’ve been able to see it from my window at each home!”
At this point in their lives the companionship of their spouse is the biggest joy in their life. We have someone to talk with, to eat with and to walk with. It is a life blessing. Assisted living provides support when needed. John said, “We’re very happy here. We’re content. It is a lovely place and we have no worries.”

John and Oneta renewed their vows on their 25th and 50th anniversaries and they are hopeful that they will get to renew their vows on their 75th wedding anniversary in June 2020 “That’s what we’re praying for!” they said.

Do they have advice for a long marriage? “Keep the faith and don’t give up,” says Oneta. “You cannot out-give the Lord,” John says. He offers this verse of encouragement for a long marriage: *My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity (Proverbs 3:1).*

John’s service to others after retirement has included delivering sermons at Salvation Army – John’s final sermon was delivered on his 90th birthday, August 28, 2018.

During February, we’re celebrating the love our residents have shared over their lifetimes. In addition to the McCartys of Windhaven, we know of five other couples at Western Home Communities who have celebrated at least 70 wedding anniversaries since their weddings in the 1940s:

**Dick and Agnes Berky** of Willowwood met after Dick returned from serving in WWII. They attended Bluffton College and were married in Bluffton, Ohio, June 26, 1948.

**Don and Pat Erusha** of Windridge had a very simple wedding. Pat’s mother made the bride’s dress and Don borrowed a suit. They were married December 23, 1948.

**Rollin and Jeannine Isley** of Windermere said their wedding day was followed by an ice storm. They were married January 22, 1949.

**George and Donna Rae Laurie** of Windhaven were married July 5, 1948.

**Bob and Wanda Newby** of Windhaven had their first serious date in 1944. Wanda says she knew right away, “He was a keeper!” They were married July 24, 1948.

Congratulations to these seven-decade sweethearts
“How do I ask for help with my well-being?”
This is a frequent question in our wellness center. I have had that question myself and found that asking for help may be the best thing to do. Over the last few months, I have taken a hard look at my own well-being with the intention to improve. I started a new workout regimen and realized even knowledgeable people in the field have something to learn.

Being open to change is the hardest step in starting and/or maintaining a healthy lifestyle. Here are a few tips to get you on the right track when you are ready for new habits to improve your well-being.

1. **Go in with an open mind.** I have found that when folks come into my office wanting to make a change, they are open to ideas that they had not previously thought about. They are open to suggestions and are honest about their uncertainty. Once we are over that hump, we are able to focus on moving forward with positive action.

2. **Be ready for change.** If you are not ready to make a change in your lifestyle for the long term, then going in to ask for help is not for you. Keep moving forward, though; keep pushing your own goals and when you are ready to make the change, you will know.

3. **Follow the plan.** We have found that those who follow the plan laid out for them will have greater success than those who just follow the parts they feel are best. Applying the self-discipline to follow the entire plan may not always be fun, but it will be worth it in the end.

4. **Change one habit at a time.** We are driven by habit, and making changes to habit can be difficult. If we can change one habit at a time, positive lifestyle changes will follow.

5. **Have fun.** Having fun will keep you motivated! You want to be able to maintain the lifestyle changes and truly have fun with your new routine!

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**WELLNESS RECIPE OF THE MONTH**

**Hummus-crusted Chicken**

**Ingredients:**
- 2/3 cup prepared hummus
- 1 teaspoon ground cumin
- 1 teaspoon lemon zest (from 1 lemon)
- 1/2 teaspoon paprika
- 1/4 teaspoon salt & pepper
- 4 (6-ounce) boneless, skinless chicken breasts
- 1/4 cup sesame seeds
- 2 tablespoons parsley
- Lemon wedges for serving

**Preparation**

Preheat oven to 400°F. Line a rimmed baking sheet with foil. Whisk hummus, cumin, lemon zest, paprika, salt and pepper in a small bowl. Spread the mixture evenly on both sides of chicken breasts. Sprinkle both sides with sesame seeds, pressing gently to adhere. Place on the prepared pan. Roast the chicken until an instant-read thermometer inserted in the thickest part registers 160°F, about 20 minutes. Let stand for 5 minutes (the temperature will increase to 165°F). Slice the chicken thinly. Sprinkle with parsley and serve with lemon wedges.
First, Walmart features a truly oversized six-foot stuffed bear for $89. At first sight, you might say, “AH – she would love this big bear!” However, it would take up your recliner, love seat, or guest bed and quickly lose its charm.

Second, that same store also has an enormous Valentine’s card for $3. While this may appeal to the bargain hunter, what does one do with a poster-sized greeting card and envelope after the big day? It’s too big to recycle without cutting down.

Third, you can find a pizza-sized chocolate chip cookie at Hy-Vee. They come in plain and frosted, with no disclosure of calorie count, of course.

Fourth and fifth, Hershey’s makes a three-pound chocolate bar and a giant Hershey’s kiss that weighs 12 ounces for Valentine’s Day. By now, you’ve realized what all of these gifts have in common: They’re oversized. How long would it take to eat that giant cookie, Hershey’s bar or kiss? How many hours would you need to spend in the wellness center, exercising, to burn off those calories? And how long would you want to deal with the huge teddy bear before you were trying to give it to a grandchild, whose room might not be big enough for it?

So, what might be better choices for your sweetie? Remember why flowers and candy became the classic gifts: You enjoy them for a short period of time and then throw away the wilted flowers and empty candy box. Another great option is dinner out with tickets for a movie, concert or play. Others might enjoy an overnight stay at a bed and breakfast.

If you want a techie gift, here are three ideas:

A Roku Express streaming stick – Plug these into the HDMI port on an older TV and enjoy watching movies and more on Amazon Prime or Netflix, or other services like Hulu, Sling, or HBO Now. You need to sign up for an account with the individual services, but it’s easy, and many offer programming as well. You can buy them at Amazon for around $25 if you have a Prime membership.

Amazon’s Kindle Fire – If you didn’t take advantage of the holiday sales, you can still score a Fire 7, 8 Gb, for just $49 or the larger Fire 8, with 16 Gb, for $79. What can you do with a Kindle Fire? Read a book, check social media, read email, play a game, catch up on the news and surf the internet. You can also watch a show on Netflix or Amazon Prime as you work out at The Grosse Wellness Center inside Jorgensen Plaza.

A Google Play card (for Android devices) or an I-Tunes card (for Apple devices). Your beloved can enjoy buying apps, movies, books and games for his or her phones and tablets. Whether he or she is craving a good mystery novel, a new game, the Jack Ryan series, or Grace and Frankie’s fifth season, a Google Play card opens the door to fun.

Whatever you do, let someone else buy the giant teddy bear and then struggle to get it into their car, much less their home. Your sweetie will thank you, as he or she enjoys their new tech toy!
Happy February Birthday!

Anna Madsen   CTG   February 1
Thelma Brinkman  SFAL   February 1
Delores Stibal   VTH   February 1
Olga Tidwell   CTG   February 2
Nan Denning   TS   February 2
Jan Hankins   VTH   February 2
Maggie Woodward   VTH   February 2
Martin Herman   VTH   February 3
Shirley Harris   WM   February 3
Mary Lou Snyder   VTH   February 4
Sherry Winter   VTH   February 4
Flo Slawson   WH   February 4
Helen Hansmeier   SFAL   February 5
Janet Corbin   TS   February 5
Patricia Middleswart   VTH   February 6
Ardys Lorenz   SFAL   February 7
Winnie Rohrbaugh   WR   February 7
Wanda Reece   TS   February 8
Diane Muller   VTH   February 9
Margaret Pardoe   VTH   February 9
Don Thompson   VTH   February 9
Carmen Darrow   WC   February 9
Carol Williams   PW   February 10
Velma Flaucher-Falck   SFAL   February 10
Janet McInroy   VTH   February 10
Becky Bierwirth   WH   February 10
Maureen Oates   WH   February 10
Leo Campbell   DS   February 11
Linda Ohrt   PW   February 11
Sonia McCunniff   VTH   February 11
David Zwanziger   VTH   February 13
Lyle Refshauge   SFAL   February 14

Bobbie Darling   TS   February 14
Bill Davis   VTH   February 14
Donna Pohl   VTH   February 14
Gla Meyer   WC   February 14
Wendell Crotty   VTH   February 15
Mike Dargan   VTH   February 16
Eileen Burns   WH   February 16
Ad Murphy   VTH   February 17
Marilyn Roseberry   WR   February 17
Jeneane Dillavou   VTH   February 18
Dan Eicher   WR   February 18
LaVina Fuller   WC   February 19
Uyntha Duncan   PW   February 20
Blanche Haberstitch   SFAL   February 20
Ann Lofstedt   VTH   February 20
Peg Pape-Kohls   VTH   February 20
Florine Rowe   WR   February 20
Kenneth Fischels   TS   February 21
Sandra Golz   VTH   February 21
Anneliese Brooks   WW   February 22
Bob Hamer   WG   February 23
James Johnson   PW   February 24
Karen Page   VTH   February 24
Barb Ubben   VTH   February 24
Fred Schoentag   WR   February 24
Maurine Kemmerer   SFAL   February 25
Linda Meier   VTH   February 25
Dorothy Clausen   VTH   February 27
Lois Hagedorn   SFAL   February 28
Ida Anderson   SFAL   February 28
Maxine Bright   VTH   February 28
Sandy Glenn   VTH   February 28

February 27 is WHC Night at UNI men’s basketball

Tickets for the 7 p.m. game against Loyola are just $10. Sign up with a resident coordinator or leisure services coordinator for tickets, transportation and the pre-game reception at 6 p.m.

We need to know if you are attending the reception, even if you already have game tickets and will provide your own transportation.
Learn something new at Lifelong University

Film, religion, horticulture, history, art and music: Deepen your knowledge or cultivate a new interest through our partnership with University of Northern Iowa Lifelong University. Find a registration form at www.uni.edu/llu or in a brochure at each independent living front desk. **Each class costs $50 and pre-registration is required.**

**Survey of Award-Winning Documentary Films**

**Instructor:** David O'Shields, UNI documentary filmmaker-in-residence  
**Dates:** Mondays, February 4, 11, 18, 25  
**Time:** 9:30 – 11:30 a.m.  
**Location:** Windcove East Library

**Notable Women of Christianity, Islam and Judaism**
This class will tell the stories of women leaders, prophets, teachers, and mystics who shaped their religions and societies.

**Instructors:** Dema Kazkaz, president of Masjid-al-Noor Islamic Center, Waterloo; Erin Maiden Paige, lay leader at Sons of Jacob, Waterloo; Ruth Ratliff, deacon at St. Luke’s Episcopal Church, Cedar Falls

**Dates:** Tuesdays, February 12, 19, 26, March 5  
**Time:** 10 a.m. – noon  
**Location:** Diamond Event Center

**Hot Trends for Houseplants for 2019**
Learn about unique and under-used houseplants; tour the UNI Botanical Center; discuss lighting, soil, fertilizer, pruning, propagation and pests; dig in the dirt for hands-on experiences; and improve your plant cultivation practices.

**Instructor:** Stephanie Witte, UNI horticulturist  
**Dates:** Wednesdays, February, 27, March 6, 13, 27  
**Time:** 10 a.m. – noon  
**Location:** UNI Greenhouse

**Europe Post-1945: Cold War and Cultural Politics**
Topics include U.S. Cold War policy and the U.S. cultural influence in Europe after 1945. Effects of the Truman Doctrine, Marilyn Monroe Doctrine and Frank Sinatra Doctrine will also be discussed.

**Instructor:** Dr. Emily Machen, UNI associate professor of history  
**Dates:** Mondays, March 4, 11, 25, April 1  
**Time:** 9:30 – 11:30 a.m.  
**Location:** Diamond Event Center

**Transcendent Artists on Film and Art**
Presenters will lead in-depth discussions of at least four feature narrative films that depict famous artists who transcended time and place; possibilities include Vincent Van Gogh, Jackson Pollock, Frida Kahlo, Michelangelo and William Turner.

**Instructors:** Scott Cawelti, UNI emeritus professor, and illustrator Gary Kelley  
**Dates:** Tuesdays, April 2, 9, 16, 23 from 9:30 – 11:30 a.m.  
**Location:** NewAldaya, 7511 University

**Symphony No. 9 “Choral” by Ludwig Van Beethoven**
Learn the story behind Beethoven’s greatest works and one of the supreme achievements in the history of western music. Registration includes a ticket to the symphony performance.

**Instructor:** Dr. Rebecca Burkhardt, UNI School of Music professor  
**Class:** Tuesday, April 23 from 1 - 3 p.m. at Diamond Event Center  
**Concert:** Sunday, April 28 at 2 p.m. at Gallagher-Bluedorn
Congratulations!

We're celebrating eight employees who have 5-year and 20-year service anniversaries this month. Thanks to each of you for making a difference!

![Image of employees](image1)

Melissa Adreon
5 years
February 12
Deery Suites,
Nurse Mentor

Matt Garcia
5 years
February 12
Chief System Operations & People Officer

Cynthia Moody
5 years
February 26
Martin Center, RN

Nick Timmer
5 years
February 12
Windridge,
Lead Wait Staff

Linda Larson
5 years
February 26
atHome with Western Home,
Director of Clinical Services

Mazie Gilfillan
5 years
February 19
Windhaven,
Lead Food Service Worker

Deanna Mallinger
20 years
February 22
Cosmetologist

Judy Troyer
5 years
February 5
SFAL, Caregiver

Welcome new employees

**Assisted Living**
Grace Coates, Food Service, SFAL
Payton Decker, Resident Assistant, WHAL
Brianne Doland, Resident Assistant, WHAL
Heather Flynn, Secretary, WHAL
Megan Horn, Food Service, WHAL
Brianna Kellen, Receptionist, WHAL
Schiniqua McLemore, Food Service, SFAL
Mercedes Seemann, Food Service, WHAL
Jersey Snyder, Food Service, SFAL

Cheyenne Creger, Home Health Aide
Nicole Floyd, Caregiver
Denise Lamfers, Home Health Aide

**Cottages/Deery Suites/Martin Center**
Corvelous Caston, Lead Hospitality Coordinator, DS
Tineke Hassman, CNA, MHC
Natasha Jensen, RN, DS
Tanner Steere, Hospitality Coordinator, CTG
Hailey Schulmeister, CNA, DS
Breanna Strait, CNA, DS
Magdalen Thielen, CNA, MHC

**Creekside, Grundy Center**
Kari Barkley, Hospitality Coordinator
Ashley Bond, LPN
Lindsay Goro, CNA
Marissa Kanagy, Hospitality Coordinator
Timber Mercer, CNA
Danielle Parks, Hospitality Coordinator
Hannah Stahl, CNA

**Independent Living**
Adriel Jensen, Wait Staff, WR
Kaden Johnson, Wait Staff, WW
Alana Ledtje, Wait Staff, WR
Sunny Pham, Wait Staff, WM
T’ana Webster, Wait Staff, WW

**Jorgensen Plaza**
Noelle Hines, Server
Dawson Holien, Event Set-up/Server
Samantha Karr, Event Set-up/Server
Dementaesia Norman, Wait Staff
Treysahwn Plunkett, Event Set-up/Server

**South Campus**
Brandon Baxter, Maintenance Technician

**Therapy**
Danialle Draeger, Physical Therapist
**Meet our Employee of the Month, Emily Gardner, LPN**

Emily joined atHome with Western Home in August 2011, and works as a home health nurse.

Here are a few things clients and coworkers have said about Emily:

- Emily is always willing to jump in and go the extra mile for clients or coworkers.
- She is very dedicated to her clients; she takes her time when she is with them, which makes them feel important. Their families know all their needs are being met.
- Emily has great patience in dealing with the most difficult situations and her calm demeanor helps keep others grounded.
- She is a great person to be around. Her upbeat and cheerful attitude makes the workplace better for others around her.
- One of her clients wrote this poem for Emily:
  
  Emily’s sense of humor is quirky and bright.  
  Emily is coming, everything will be alright.  
  Her judgment is accurate and true.  
  Emily is coming, who could be blue.

Your Western Home Communities family congratulates you, Emily, on being named our employee of the month for January 2019.

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**In sympathy**

<table>
<thead>
<tr>
<th>Name</th>
<th>Building Abbreviation</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mary Keys</td>
<td>DS</td>
<td>Jan. 20</td>
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<td>Don Tamisiea</td>
<td>PW</td>
<td>Jan. 16</td>
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<td>Ruth Anne Leymaster</td>
<td>CTG</td>
<td>Jan. 15</td>
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<td>Melvin Harms</td>
<td>CTG</td>
<td>Jan. 9</td>
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<td>Glen VanVark</td>
<td>WR</td>
<td>Jan. 5</td>
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<td>Barbara Heisinger</td>
<td>CTG</td>
<td>Jan. 2</td>
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<td>Patty Martin</td>
<td>WHAL</td>
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<td>Jane Gerard</td>
<td>WHAL</td>
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<td>Marie Eich</td>
<td>MHC</td>
<td>Dec. 30</td>
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<td>Esther Westendorf</td>
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<td>Cathy Pitts</td>
<td>WM</td>
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<td>Phyllis Swanson</td>
<td>WHAL</td>
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<td>Beverly Bunn</td>
<td>CTG</td>
<td>Dec. 22</td>
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<tr>
<td>Eunice Hauber</td>
<td>DS</td>
<td>Dec. 20</td>
</tr>
</tbody>
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**BOARDS OF DIRECTORS**

**Foundation Development Council**

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

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**Like us on Facebook!**

We're online at www.Facebook.com/WesternHomeCommunities.
Get goodies to go from Caraway Cafe

Want to be voted “most popular” at your next social event or meeting? Take along a box of home-baked treats from Caraway Cafe and listen to your friends rave about the deliciousness!

In-house baker Justin Fowler whips up cupcakes, doughnuts, pastries, lemon bars, hand pies, pecan rolls, muffins, cookies, cakes and more. Stop by Caraway Cafe to savor something from the daily assortment.... or grab a box to go!

Special orders of specific items or larger quantities require 48 hours notice. Stop by or call Caraway Cafe at (319) 859-9331 to place your order!