Long-held vision becoming reality in 2018

Jorgensen Plaza for Well-Being and its amenities are scheduled to open in spring 2018, along with sixty private restorative suites next door where people will recover after surgery or illness. They’re the final two phases of a $52 million project which also encompasses Prairie Wind, an independent living community that opened in July 2017.

Watch our Facebook page and future issues of The Journal for additional updates!

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This is the view from just inside the southwest entrance; Caraway Cafe will be on the right and the swimming pool behind windows on the left.
January 11, 10:30 a.m. at Windridge

Ever wonder who you should call if you are having a medical issue? How does WHC fit into this puzzle? Mark Abernathy, director of safety and transportation, will coordinate this program with police/fire representatives and possibly Covenant Ambulance Service. He is planning on an open table discussion so please bring your questions with you.

Windy Hill Singers entertain at Christmas program

The WHC resident choir came a-caroling at performances on December 19. Director Patrick Jones introduced each song by providing some history on its origins. Thank you, choir members, for all your hard work to create an excellent program!
We’ve waited a year for another lefse cooking demonstration by Lisa Haugen, lead resident coordinator for independent living. Lisa’s family will assist as she shares the finer points of creating this fragile Norwegian flatbread made from potatoes, flour, sugar and milk.

Make plans to join the fun! Bring any griddles or turning sticks if you have them.

**Friday, January 12**
**10:00 a.m. at Windcove**

**COO Jerry Harris showed off his skill last year.**

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**Stay informed via PartyLine**

For independent living communities and villa residents, Western Home Communities uses PartyLine as its online resident communication portal. From your desktop, table or smart phone, you can access a password-protected site to find current menus, calendars, a maintenance request link and more.

**For access to PartyLine, please log on as follows:**

**User name:** first name, last name (all one word)

**Temporary password:** whc123456

You’ll be prompted to change your password after your first log in.

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**Sign up for tickets by January 10**

Make plans now for our annual event in the Alumni Suite of McLeod Center! Sign up with your resident coordinator for tickets ($15) and/or a ride on the bus. **Deadline for ticket sign-up is January 10.**

**Wednesday, January 24, 2018**
**6 p.m. reception; 7 p.m. game time**
**UNI Panthers vs. Illinois State Redbirds**
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 December 14.

If you would like to make a gift or investigate estate planning and other gift opportunities, please contact Mary Taylor, director of development, at 859-9338.

In memory of:
Gene Harrington
Donnita Reed

Gene Hunck
Veronica Cobb
John & Marlene Deery
Lloyd & Norma Hager
Vern & Marcia Hansen
Jerry & Beth Harris
Betty Hunck
Jerry & Marian Larson
Marilyn Roseberry
Louise Odle
Bob & Rhoda Olson
Jo Potter
Bill & Mary Lou Snyder
Joanna VanGerpen

Chuck Koch
Clive & Mavis Cook
Vern & Mary Cordes
Cleo Cross
Marlys Folkers
George Glenn
Nancy Handorf
Gene & Aurelia Harringa
Bev Haugen
Shelton & Mary Horback
Susan Ilax
Theresa Kindig
Ed Leonard
Helen Lund
Mary McCalley
Monte & Sonia McCunnif
Gla Meyer
Doug & Martha Nichols
Liane Nichols
Larry & Sharon Petersen
Gene & Laverne Puetz
Susan Runkle
Terri Tobin
Stacy Van Gorp
Sharon Wetrich
David & Audrey Williams
Nell Wilson

Walter Kofta
Estate of Walter Kofta
Thomas Moore

Elsie Kopel
Rae Gene Burger
Mary Burkes
Joanne Dierks
Marian Einfeld
Jerry & Beth Harris
Teru & Karen Mukai
Ken, Nadine, Alice & Troyce VanHauen

Fran Kuehl
Penny Frackiewicz
Mary Franken
Jim & Martha McCutcheon
Scott Wellendorf

Lu Larsen
Aron & Shelly Fleischmann

Evelyn Lohman
Barbara Boyer
Doris Crandall
Jerry & Beth Harris
Jim & Martha McCutcheon
Bill & Mary Lou Snyder

Russell Mager
Rebecca Dalluge
Michael & Irene Weidman

Martha Nation
Margery Andrew
Bob & Bonnie Humble

Jeri Nelson
Jerry & Beth Harris
Sharon Lukes
Glen & Judy Staff

Harriet Picht
Dean & Glenda Alshouse
Ralph & Marlene Baumhover
Louis & Pat Beck
Barry Betts
Larry & Sue Brandt
Phyllis & Austin Brandt
Bill & Cathy Craig
Sue DeBower
Donita Gross
Jerry & Beth Harris
Christina Isley
Donna Kroeger
Bob LaFarve
Carole Lester
Dick & Bev Michael
Jim & Ruth Peterson
Harriet Picht Estate
Donnita Reed
Bill & Mary Lou Snyder
Phyllis Steele
Janice Stickfort
Lois Wishmeyer

Ellen Pohl
Jerry & Beth Harris
Dick & Bev Michael
Donnabelle Miller

Don Scheer
Denise Brown
Marv Mattfeld
Don Wood

Cheryl Timion
Marilyn Geesaman
Dick & Bev Michael
Donnabelle Miller
Mary Ellen Murphy
Nell Wilson

Annual Appeal
Merv Andersen
Vivian Beener
Gary & Donna Brown
Jeneanne Brummel
Winston Burt
Howard & Joyce Caughron
Loretta Dykes
Neysa Klepfer
Homer & RuthAnne Leymaster
John Miller
Maureen Oates
Thanks for giving

At Christmas and all year, we're grateful for the support shown to Western Home Communities. It's always a delight to see children learn the joy of giving at an early age. We appreciated visits from many Cedar Valley children in December.

*Shirley Kirkle was overjoyed to receive a new blanket.*

*Betty Heathershaw enjoyed her visit with the North Pole crew.*

*Cedar Falls Brownie Troop 2541 sang Christmas carols at both SFAL and MHC in early December.*

*Santa and Mrs. Claus brought elves with them to deliver gifts to second floor residents of Martin Center.*
Chaplain’s Corner:
Worry is like a pesky rat
by Rev. Tim Boettger

Welcome to 2018! I like a fresh beginning as a reminder of the daily choices we have about how to face life physically, mentally, emotionally and spiritually. One choice is whether we will worry about our lives, our problems and the world, or trust our ever-present, all-powerful and loving God.

Worry is like a pesky rat. George Mansfield tells the story of a pesky rat this way: “Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had been gone for some two hours from his last landing field, he heard a noise in his plane which he recognized as the gnawing of a rat. He realized that while his plane had been on the ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. It was a very serious situation. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the previous landing field and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. At 20,000 feet, the gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights.”

Worry is like that rat. It will eat away at us mentally, emotionally, spiritually and physically. It will waste precious energy and threaten to take us down. On the other hand, an authentic faith in God can open doors to new levels of peace, where rats - like worry and fear - cannot survive.

Pursue authentic faith this year. The Bible tells us there is no better place to invest our time, energy and resources. The Scripture tells us this pursuit is worth far more than worldly wealth, like gold (1 Peter 1:7), and worthy of selling all we have in order to find (Matthew 13:44).

In light of the Bible's revelation, I encourage you in 2018 to:

1) **Spend more time and energy in prayer** (Philippians 4:6).

2) **Spend more time and energy in the Bible in some form of Bible study, personal reading/devotionals, and worship service attendance** (Romans 10:17).

3) **Spend more time and energy with others who are pursuing an ever stronger, authentic faith in God** (Hebrews 3:13).

These are three disciplines the Bible says will help us climb to new levels of faith. They are worthy of our time and energy. **I will be doing more of them this year… will you?**

---

**Start the new year by worshipping at WHC**

**SFAL Chapel at 9 a.m.**
- January 7: Tim Boettger
- January 14: Garry Moore
- January 21: Garry Moore
- January 28: Don Sauser
- February 4: Tim Boettger

**Windcove at 11 a.m.**
- January 7: Tim Boettger
- January 14: Tim Boettger
- January 21: TBA
- January 28: Tim Boettger
- February 4: Tim Boettger
We happily opened the floodgates with an invitation for residents to share their collections. The first round of interviews and photos proved to be so beautiful and interesting that we used them for the 2018 Western Home Communities calendar.

Each month in The Journal during 2018, we’ll share additional collectors’ stories and/or expand on the calendar image for that month.

Jack Hovelson can’t pass a county courthouse without taking a photo for his collection. He spent many days of his career as a Des Moines Register reporter in Iowa courthouses covering court cases. His attraction to the marble halls and grand woodwork stayed with him when he retired more than 20 years ago. “The county courthouse was the most extravagant building in most counties at the time they were built,” Jack said. “Each one is different.”

The Western Home Calendar image for January 2018 includes a photo of Margaret Shay taken through the lens of a teleidoscope. The image mixes the actual view in front of the teleidoscope with the mirrored images that create the classic kaleidoscope images. Margaret enjoys her collection most when she is sharing it. She’ll insist you get near a window for the best possible light.

Her collection is impressive for its variety. She has a kaleidoscope from the 1890s and a necklace kaleidoscope, plus pieces created from stained glass, metal and hardwood. Margaret has collected new friends along the way as she gets acquainted with the artists who created the kaleidoscopes in her collection. She’s a member of Questers, an international organization dedicated to historic preservation, restoration and education.
Scenes of Christmas

Throughout December, Santa stops by, carolers sing, food abounds and fun is had as each community celebrates the season.

A quartet from Sweet Adelines sang sweet harmonies at many events.

Music filled the air throughout December. This group, organized by nurse Eric Alberts (second from left), sang one evening at Stanard Family Assisted Living.

A revised version of “The 12 Days of Christmas” featured audience participation. From left, Don Tamiseia, Joyce Warm, Chaplain Garry Moore (yes, that’s a tutu!), Carol Thielen and Bette Lewis get in on the fun.

Violinist Holly Schuldt Young played beautiful Christmas music at Willowwood.

Director of Development Mary Taylor visits with residents at Willowwood during their party.

Theresa Johnson is the new director of therapy.
Employees got in the spirit of the season, hosting Festive Friday on December 8. They came up with clever and creative costumes!

At Thalman Square: Shawna Driscoll, RN, as Rudolph, Samantha Mead, resident assistant, as Mrs. Claus, and Pops as Santa!

Barb Klein, accounts payable (left), won for most festive. Administrative assistant Ashley Samek had plenty of spirit, too!

Kortnie Leatham in HR proved you can look no further than your own Christmas tree for earrings!

Sisters Peggy (left) and Suzanne Makinster couldn't let one outdo the other!

Tami Stewart brought plenty of ho-ho-ho to work with her in the business office.

Household coordinator Kelli McCurdy (left) and assistant administrator Bethany Wentink definitely looked festive that Friday.

Tasha Rogers, transportation assistant, won the prize for most creative. Her Christmas tree hairstyle topped them all.
It’s the new year – time for renewed focus on your health and well-being. Take the opportunity for a fresh start and see your well-being through a different and more positive light. Here are a few hints to help you build upon the already-wonderful you!

**Exercise for at least 10 minutes a day.** Staying physically active is the key to healthy aging. There is truth to the saying: If you don’t use it, you lose it! To make time each day for this important activity, schedule time for exercise like you would an appointment to visit friends or see the doctor. This is a key for success that will help you create a positive habit and keep it moving forward.

**Challenge your brain regularly.** Physical activity is important and giving your brain a workout is just as important. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss. This year, make time to play games that’ll force your mind to work, making new connections.

**Be cognitive of your overall health.** Your body is ever changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more often, to be proactive about your overall well-being. Take the advice and guidance given during your visit. Those tips from your health care provider will help make it a happy and healthy year!

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**WELLNESS RECIPE OF THE MONTH**

**Moroccan Style Stuffed Peppers**

**Ingredients**
- 1 2/3 cups cooked brown rice
- 4 medium-to-large bell peppers, tops cut off and seeded
- 1 pound ground beef
- 4 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 1/2 cups low-sodium V8 juice
- 1 teaspoon freshly grated orange zest
- Salt and pepper

**Directions**
1. Place peppers upside-down in a microwave-safe round casserole dish just large enough to fit them. Add 1/2 inch water to the dish and cover with a lid or inverted dinner plate. Microwave on high setting until the peppers are tender but still hold their shape, 3 to 6 minutes. Drain the water and turn the peppers right-side up.
2. Meanwhile, cook beef and garlic in a large nonstick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, 4 to 6 minutes. Stir in cumin and cinnamon; cook for 1 minute. Stir in the cooked rice and cook for 30 seconds more. Remove from the heat and stir in ½ cup vegetable juice, orange zest, salt and pepper.
3. Spoon the beef mixture into the peppers. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on high setting until the juice and filling are hot, 2 to 3 minutes. Serve the peppers with the sauce; garnish with mint, if desired.
Residents celebrate a country Christmas

The week after Thanksgiving, 37 residents joined four tour hosts and an experienced driver for a trip to Nashville, where they took in two musical shows, toured the town, visited the Country Music Hall of Fame and ate plenty of good country cookin’!

In the shadow of skyscrapers sits Ryman Auditorium, AKA the Mother Church of Country Music. It served as home for the Grand Ole Opry from 1943-1974 and the live broadcasts return there for a few months each fall/winter.

Want to be part of Away from Home with Western Home in 2018? Trips to Texas; Mackinac Island, Michigan; Kentucky and more are being planned! Watch for trip informational meeting dates to come!

Marty Stuart, center on mandolin, headlined the night at the Opry, which also featured newer Opry members like Old Crow Medicine Show and stage veterans Bill Anderson, John Conlee, and Bobby Osborne and The Rocky Top X-press.

With parks on, Marilyn Roseberry (left) and Bev Fish take in the 9-degree winter wonderland of ICE!

The group gathers for a barbecue meal at the Wild Horse Saloon before attending the Grand Ole Opry.

Wendy Schmitt (left), Nancy Colvin and Nell Wilson at Opryland Hotel’s ICE! exhibit.
### Happy January Birthday!

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*In last month’s Journal, we misspelled the name of Joann Ackman. We’re sorry for the error.*
Welcome new employees

**Assisted Living**
- Tucker Angel, Floor Care, SFAL
- Victoria Bunger, Food Service, WHAL
- Chastity Jensen, Resident Assistant, Jesup
- Dawn Nowell, Resident Assistant, Jesup
- Jordan Peters, LPN, SFAL

**atHome with Western Home**
- Lakisha Allen, Home Health Aide
- Tara Hardy, Caregiver
- Brianna Ohrt, Caregiver

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

**Independent Living**
- Megan Aspengren, Wait Staff, WW
- Olivia Callaway, Wait Staff, WC
- Kyle Finnegan, Cook, PW
- Jae Flesner, Wait Staff, WR
- Markeisha Gambin, Wait Staff, WM
- Ilaysha Jones, Wait Staff, WM
- Alycia O'Banion, Wait Staff, WG
- Joseph Sullivan, Cook, PW
- Katherine Wikner, Wait Staff, WC
- Jordan Wilson, Cook, PW

**Martin Center and The Cottages**
- Kanta Alexander, Direct Care Professional
- Devona Davis, Direct Care Professional
- Staci Hageman, Occupational Therapy Asst.
- Briana High, CNA, MHC
- Cassandra Houtz, Physical Therapy Asst.
- Deizarae Jenkins, CNA, CTG
- Katelyn Kinnetz, CNA, MHC
- Malisha Martin, Direct Care Professional
- Martina Pollock, Occupational Therapy Asst.
- Nicole Sherwood, Direct Care Professional
- Kari Stock, CNA, MHC
- Laura Varo, Speech-Language Pathologist

**Multi-site support**
- Darrell McCormick, Director of Information Systems
- Jason Schons, Maintenance
- Steffen Wood, IT Systems Coordinator

Meet Trudy Petersen, loyal employee for 40 years

Travel back in time to 1977:
Jimmy Carter was president; Reese Witherspoon and Peyton Manning celebrated their first birthdays; gas was $.65/gallon and Andy Gibb topped the charts with “I Just Want to be Your Everything.”

Trudy Petersen came to work at 420 E 11th Street washing dishes for $2.50 per hour. She later joined the team of cooks and served on the resident dining committee – experience that qualifies her to report residents’ dining preferences for soup and sandwiches, chicken, ham, mashed potatoes, sweet corn and fresh melons in season.

Trudy’s time at work was interrupted only once, after her husband was diagnosed with cancer and she anticipated the need to be a caregiver; she returned after three months, however.

The pace and extent of changes continues to accelerate, but one thing has remained the same: Stanard Family Assisted Living is convenient for Trudy, who can walk to work and knows her job well after 40 years in the same kitchen. Trudy says the dining plan is more varied and responsive to resident preferences now, and apartment upgrades have made a big difference for residents, too.

Congratulations and thank you, Trudy, for 40 years of dedication to the people you serve!
Celebrating service anniversaries

These eight employees of Western Home Communities reach a five-year employment milestone this month. Take a moment to congratulate and thank them for their service when you see them next.

Destiny Micou
January 2
5 years
MHC CNA

Ciera Campbell
January 4
5 years
WR dining services

Kristi Ponder
January 4
5 years
WHAL dining supv.

Jennifer Heyer
January 16
5 years
Receptionist

Wendy Lamos
January 16
5 years
MHC Dir. of Resident Relations

Sheri Brockelsby
January 18
10 years
Controller

Tammy Phipps
January 23
5 years
MHC CNA

Tiffany Wollum
January 30
5 years
Nation Cottage CNA

Meet Employee of the Month, Terry Kettman

Terry joined Western Home Communities in April 2016 and serves as a transportation assistant at Stanard Family Assisted Living. Here are a few things employees have said about Terry:

- He displays compassion and concern for the well-being of residents through his words and actions.
- Terry is flexible, punctual and dependable.
- Terry is always trying to come up with new ways the transportation department can operate more efficiently.
- He treats all the residents with respect as if they were his own parents, who he loves very much.
- Terry has such a serving spirit. When Terry is not driving, he performs light maintenance on the vehicles, saving the organization time and money.

Your Western Home Communities family congratulates you, Terry, on being named our employee of the month for December 2017.
**Notes of appreciation**

A most sincere thank you for the wonderful love and care my husband, Harry Owczarek, received at Nation Cottage. The cottage staff and residents became our “family” during those almost two years of his residence. Thank you for the red rose in memoriam. It was again a reminder of all the love we constantly received.

*Esther Owczarek*

Thank you so much for the wonderful care you gave to Dad when he was a resident there [at Stanard Family Assisted Living]. I know he enjoyed each and every one of you and we are so appreciative of the support you gave to him. *The family of Russell Mager*

**In sympathy**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mary Helen Anthony, MHC</td>
<td>Dec. 16</td>
</tr>
<tr>
<td>Bud Fosse, MHC</td>
<td>Dec. 16</td>
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<tr>
<td>Betty Narigon, MHC</td>
<td>Dec. 16</td>
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<tr>
<td>Naomi Hostetler, SFAL</td>
<td>Dec. 11</td>
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<td>Ellen Pohl, VTH</td>
<td>Nov. 27</td>
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<td>Georgianna Hallman, MHC</td>
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<td>Evelyn Lohman, VTH</td>
<td>Nov. 22</td>
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<tr>
<td>Elsie Kopel, SFAL</td>
<td>Nov. 20</td>
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<td>Gene Hunck, CTG</td>
<td>Nov. 20</td>
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“*As the old year retires and a new one is born, we commit into the hands of our Creator the happenings of the past year and ask for direction and guidance in the new one. May He grant us His grace, His tranquility and His wisdom!*”

– author Peggy Toney Horton

**BOARD OF DIRECTORS**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Chair</td>
<td>Bill Witt</td>
<td>Vice Chair</td>
<td>Willard Jenkins</td>
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<tr>
<td>Treasurer</td>
<td>Larry Fox</td>
<td>Secretary</td>
<td>Kathy Flynn</td>
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<td>Secretary</td>
<td>Marlene Behn</td>
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<tr>
<td>Treasurer</td>
<td>Scott Bittner</td>
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**Foundation Development Council**

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<tbody>
<tr>
<td>Robert Beach</td>
<td>Kathleen Hesse</td>
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<tr>
<td>Jan Andersen</td>
<td>Gary Karkosh</td>
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<tr>
<td>Judith Benson</td>
<td>Bev Michael, ex-officio</td>
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<tr>
<td>Ron Bro</td>
<td>Sid Morris</td>
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<tr>
<td>Bob Dieter</td>
<td>Miller Roskamp</td>
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<td>John Falk</td>
<td>Martha Stanford</td>
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**Friends of Western Home Communities**

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Bev Michael, Chair</td>
<td>Joyce Coil</td>
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<tr>
<td>Don Rasmussen, Vice Chair</td>
<td>Steve Firman</td>
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<tr>
<td>Helen Bosley, Secretary</td>
<td>Greg Schmitz</td>
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<td>Floyd Winter</td>
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**Building Abbreviations**

<table>
<thead>
<tr>
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<th>Abbreviation</th>
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<tbody>
<tr>
<td>Martin Health Center</td>
<td>MHC</td>
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<td>Stanard Family Assisted Living</td>
<td>SFAL</td>
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<td>Windhaven Assisted Living</td>
<td>WHAL</td>
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<td>Thalman Square Memory Support</td>
<td>TS</td>
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<td>Willowwood</td>
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<td>Windgrace</td>
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<td>Windcove</td>
<td>WC</td>
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<td>Windridge</td>
<td>WR</td>
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<tr>
<td>Windcrest Villas &amp; Townhomes</td>
<td>VTH</td>
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<tr>
<td>The Cottages</td>
<td>CTG</td>
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<tr>
<td>Prairie Wind</td>
<td>PW</td>
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*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.

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We’re online at [www.Facebook.com/WesternHomeCommunities](http://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!
Diamond Event Center taking reservations

Is there a life event coming up you’d like to celebrate at Diamond Event Center? From wedding receptions and anniversary parties, to family reunions and graduation open houses, if you have something to celebrate, Diamond Event Center is the perfect venue for a memorable occasion.

The space can accommodate nearly 400 people, or be split into thirds for smaller gatherings. Table settings and menus can be customized to your liking. State-of-the-art audio and video ensure your sentiments are heard by guests, and your videos or slideshows can be clearly seen.

Reservations are being accepted for June 2018 and beyond.

Contact Crystal Ford, director of hospitality, for more information and to schedule a date. She may be reached at (319) 859-9324 or crystal.ford@westernhome.org.

The view into Diamond Event Center in early December. Work is moving quickly to complete the Cedar Valley’s premier event destination!