Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

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Western Home pros inspire a new generation of culinary professionals

Culinary students at the Waterloo Community Schools Career Center saw professionals in action when Western Home Communities dining staff provided leadership for a culinary event December 11 at the Career Center.

Students worked side-by-side with Executive Chef Phillip Sade, Randy Husted, director of dining services, and Garret Gerdes, chef at Windcove. They were assisted by Western Home Communities student employees Quincy James, Jaida Dix and Ashanti Sallis, and their culinary classmates. An impressive display of hors d’oeuvres awaited hundreds of student guests attending the event in two shifts.

“The mentorship piece is huge for students,” said Tracey Hulme, culinary arts instructor. “These professionals are making a difference when they make time for our students. Students who are on the bubble of deciding what to pursue as a career love to see the speed and energy behind the scenes of a culinary event,” she said. “When professionals treat them as friends and co-workers, there is even more positive impact.”

Windcove chef Garret Gerdes tapped his skills and positive energy to create a fun experience for high school students.

Continued on page two
Phillip Sade had the idea to engage with the culinary program to cultivate relationships with potential employees who could further develop their interests on the job at Western Home Communities. “If we can inspire one student to make the culinary arts their career, all of this is worth it,” he said.

Garret Gerdes has worked at Windcove for two years. “I like learning different styles of cooking,” he said. “My favorite thing to prepare is meatloaf because residents love it.” His advice to students is to welcome feedback on your cooking: “If the comment is critical, don’t take it to heart, you can learn from it.”

Jaida Dix (center, top photo), an employee at Caraway Cafe since 2018, is a member of the competitive culinary team at the Career Center. She will graduate from Waterloo West High School this spring before attending the culinary program at Kirkwood Community College. She plans for follow coursework with culinary training in New York City. She’s confident that she will return to the Midwest and her family roots. She was inspired by her uncle, the late chef Brice Dix, to pursue a culinary career. “Find something that you love and stick with it,” she said.

Husted believes in mentoring students who have culinary career goals. “It’s an honor to have the opportunity to work with students at the Career Center. The community at large will benefit from the training that is happening here.”

(Photos provided by Katrina Hemann, Waterloo Community Schools)
Friends organization to restructure in 2020

This year, Friends of Western Home Communities will initiate three task forces to focus on educational programs, social events and service projects. We asked the director of lifestyle enrichment and volunteer services, Carolyn Martin, to explain what this means for the organization.

Q. How will this make Friends more effective?
A. These focused task forces will give more people an opportunity to participate and offer input on Friends-sponsored events and the allocation of Friends funds.

Q. What will it mean for those who volunteer?
A. Participants can make a time commitment that’s compatible with their volunteer goals. If someone likes to decorate tables, they can be involved in event planning. If someone wants to work on one event only, or one part of an event, they are invited to do that.

Q. Will the task force structure be adopted in phases?
A. Recruiting for task force members will begin in early 2020. New events may be added later in the year.

Q. How would someone express interest in serving?
A. Call me [Carolyn] at 319-222-2048 or villa resident Bev Michael, chair of the Friends Council, at 319-268-9921.

Q. Do you have to be on a specific committee? What if you like variety?
A. Volunteers can be as active as they would like to be and they are certainly invited to serve in different capacities for several events.

Start a new habit of attending Friends monthly programs

Wednesday, January 15
10:30 a.m. at Windridge

Learn about Project Search, a service for students and young adults with intellectual and developmental disabilities who are transitioning out of high school. Learn how employers connect with Project Search to reach a diverse group of entry-level employees. The program matches talent with labor needs. Employment data shows 70 percent of Project Search program graduates are employed within the local community.

Historian shares the local story of WWI

Grout Museum historian Bob Neymeyer shared his deep knowledge of World War I impact on Waterloo at the Friends program in November.

Topics included the shared experience of citizens who gathered en masse to see troops return home by train, and the compassion that greeted veterans who were changed by war.

Well-known soldiers from Waterloo included Fred Becker, who had been a football sensation at East Waterloo High School. He served as a Marine on the front lines in France and took out German machine gun nests. He was killed by artillery shelling.

Carl Chapman, son of lumberyard owners, was a driver for the French ambulance service and trained U.S. soldiers to be pilots for the American Air Services. He died in aerial combat and was honored by the French for his service and bravery.

Locally, nine factories cooperated to support the war effort. Chamberlain made ammunition, Hinson Manufacturing made jeep covers, Powers Manufacturing made canvas canteen covers and truck covers. Rath Packing sent approximately 50 percent of its production to the war effort.

The Friends monthly programs cover a range of interesting topics. I hope to see you in January.

For Friends of WHC, Mike Seavey
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 Dec. 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:**
- Ray Frederick
- Judy Pfalzgraf
- Marcia Simpson
- Anne Geadelmann
- Merv Andersen
- Sue DeBower
- Ed Leonard
- Darlene Surface
- Norma Walther
- Doris Weigel
- Alma Heath
- Phil Heath
- Jim LaRue
- Bob & Rosemary Beach
- Suzanne Eastman
- Elton & June Green
- Mary Lewis
- Sue Meier
- Jane Mertesdorf
- Rex & Barb Pershing
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- Bev Greenway
- Margaret Grimm
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- Lloyd & Norma Hager
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- Helen Hannan
- Alice Hansen
- Curt & Alice Hansen
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- Shirley Harris
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- Chuck & Georgine Hurt
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- Harris Jorgensen
- William & Staci Jorgensen
- Bertie Jepsen
- Mike & BJ Jessen
- Margaret Johnson
- Gary & Marlys Karkosh
- Vincent & Karen Kavlick
- Theresa Kindig
- Howard & Darlene Klatt
- Paul & Janine Knapp
- Karl & EthelAnn Koch
- John & Pam Kragt
- Miriam Krallman
- Don Krull
- Lillian Marks
- Emogene Marty
- Monte & Sonia McCunniff
- Iva Meany
- Carl Meusel
- Laverne & Pat Middleswart
- Carol Neumann
- Dode Nieman
- Enrique & Martha Ochoa
- Sally Ochoa
- Jean Oleson
- Bob & Rhoda Olson
- Eleanor Parker
- Larry & Sharon Petersen
- Letha & Don Petersen
- Gale Peterson
- Todd Peterson
- Ernest & Margaret Pierce
- Mike & Patty Reyhons
- Joan Rozendaal
- Betty Schoebel
- Ron & Barb Seufferlein
Ambassadors join the Jorgensen Plaza team

Have you noticed new faces at the front desks inside Jorgensen Plaza and The Deery Suites?

New volunteer ambassadors received training in early December so they’re ready to serve guests by answering questions, providing directions and offering a helping hand.

Ambassador Barb Larsen brings the most important qualification to her new volunteer role in Jorgensen Plaza: “I love interacting with people!” Barb and Lee moved to their villa in June 2019. Barb knew she would enjoy being an ambassador because, before retirement, she served residents and visitors as an employee in Windgrace and Windhaven.

The ambassador program suits Barb’s desire for flexibility. “I set my own schedule – when to volunteer and for how long,” she said. “And it isn’t hard, not hard at all.”

If you are interested in the ambassador program, contact Carolyn Martin at (319) 222-2048 or carolyn.martin@westernhome.org.
Chaplain’s Corner: 2020 Vision
by Rev. Byron Simar

It’s here, a new decade! Who among us ever thought we’d see the year 2020?

When we think of the numbers 2020, we probably also think of our eyesight. As important as our physical vision is, our spiritual vision is even more important. This would be a good time to consider how we can sharpen our spiritual vision for 2020.

Let’s look at opportunities to sharpen spiritual vision together:

First, let’s guard our thinking. The apostle Paul gave some clear instructions about what to think about: “Whatsoever is just, true, pure, pleasing, commendable, if there is any excellence and if there is anything worthy of praise, think about these things.” Philippians 4:8.

Author and speaker Zig Ziglar put it this way: “We all need a daily checkup from the neck up to avoid stinkin’ thinkin’ which ultimately leads to hardening of the attitudes.”

Be thankful to God and for others. It is impossible to be ungrateful and live a victorious life. Gratitude is the healthiest of all human emotions.

It takes just a little effort to give that “shout out” to someone. It’s not that hard. Showing gratitude is one of the simplest yet most powerful things humans can do for each other. A person who feels appreciated will always do more than what is expected. Appreciation is powerful!

Be kind. “There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind.” – Mr. Rogers

The acts of kindness we can show are endless. When at a local restaurant, tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane.

Small acts can have a ripple effect. Bit by bit, we help change the world.

Make the word of God our handbook and compass. Many years ago in one of my first Bibles, I wrote: “The Bible will keep you from sin (missing God’s intent) or sin will keep you from the Bible.” It’s still true. “I have hidden your word in my heart that I might not sin against you.” Psalms 119:11.

Make Christ the center of our lives. Ask Jesus to direct all of our decisions. Give him the controls, trusting that he knows what is best for us. Seek him more and other things less.

So, in this year 2020, why not make an appointment with your spiritual optometrist? Our Heavenly Father is waiting to receive and bless us with his goodness. His services are free and available 24/7. Your vision will be sharpened, your view will be clearer and brighter, and your focus will be enhanced like never before. To each one, a happy and blessed 2020!

Join us for worship

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This is the first installment of a new regular feature... “Life’s Wonders.” Author and artist Felecia Babb found retirement didn’t suit her well, so she decided to write, take up painting, make more friends, plant gardens and advocate for local causes in the Cedar Valley. Her first book is “A Charmed Life: Learning to Love What Is.” You can find more reflections and artwork from Felecia on Instagram and Facebook.

We’re on the northern edge of a big snowstorm. I’m ready for big weather, but I don’t think this storm will deliver.

Winter storms and coyotes are ephemeral, slipping in and out of our awareness. Once, years ago, as a group of us hiked a winding country road, a coyote slipped out of the woods ahead of us.

His amber eyes glowed as he considered tearing us to shreds. Instead he swished his mangy tail, slipping with a hunter’s speed and grace back into the wild.

January up north is like a coyote slipping out of the woods coming for the JUGULAR.

Cedar Falls Ice Harvest Festival
Saturday, February 1, at Big Woods Lake
Two sessions - morning and afternoon
10 a.m./1 p.m.  Ice harvesting demo by the Amish
10:30 a.m./1:30 p.m.  Q & A with the ice harvesting crew
11 a.m./2 p.m.  Ice sculpting by local sculptors (including Chef Jim Nadeau)
11:30 a.m./2:30 p.m.  Winter outdoor activity demos

Sign up for bus transportation to the morning session.
Western Home Communities knows how to party hearty during the holidays. Here’s a glimpse of the festivities.

Audrey Schoeman, Christie Moore and Barb Wygle at the Prairie Wind party.

Bob & Rhoda Olson at the Prairie Wind party.

Chaplain Tim visits the villa party and stops by to chat with Marlene Engen, left, and Donna Pohl.

Cindy Klodt, Ila Doeden and Fran Nielsen gather for the Christmas social at Windgrace.

Deloris Bixby and Barbara Oltman have fun with photo props at Windcove.

Emogene Marty and Nona Christopher celebrate the season at Windcove’s party.

Wilma Buhr and two of her daughters enjoy the party at Nation Cottage.
Marlys Hanks sends Santa a message about her husband, Gary, during the Windcove party.

Olga Tidwell looks festive and cherishes time with her daughter at the Thuesen Cottage luncheon.

Villa residents help with seven swans a-swimming, eight maids a-milking, ten pipers piping and eleven lords a-leaping, as Harmony Rox sings The Twelve Days of Christmas.

Shirley Davis welcomes her family, including a great-grandson, to the Thuesen Cottage party.
Words of Wellness:
Get ready for a test drive
by Director of Wellness
Amanda Lynch

There are some new wheels at The Grosse Wellness Center in Jorgensen Plaza. A local service group which usually directs philanthropic projects toward children is expanding its mission to improve the quality of life for adults, too. Several models of adaptive adult-size trikes will be available for test drives by mid-January. We’ll be selecting a model that can be used for indoor and outdoor cycling fun.

American Business Clubs (AMBUCS) is a nationwide nonprofit charitable organization with a mission “to conquer challenges related to mobility and independence” in three ways: by providing Amtryke therapeutic tricycles, awarding scholarships to physical therapists and performing community service. They select impactful projects that are not funded by government or insurance.

The local chapter of AMBUCS, one of two in Iowa, is known as the I HOPE chapter. I HOPE stands for Iowans Helping Others Participate Everyday. An initial donation of an Amtryke which gave a child independence for recreation inspired the child’s family and physical therapy professionals, and other interested volunteers to launch I HOPE for the benefit of northeast Iowans. To date, I HOPE has raised funds to give Amtrykes to 35 individuals.

Early projects benefited children, but adults, veterans and seniors have always been a target audience for I HOPE. Two adults who were injured in car accidents have received Amtrykes and regained a sense of freedom while they improved their overall wellbeing through exercise. A recent grant of $5000 from the Otto Schoitz Foundation makes it possible for I HOPE to fulfill community outreach by donating adjustable, adaptive Amtrykes to sites serving adults who no longer ride bicycles. Those who use the Amtrykes can explore and enjoy outdoor rides, exercise and socialize through cycling.

Fulfilling the intent of the grant has an obvious alignment with our indoor fitness facilities, location close to the bike trails, and professional wellness staff. Information and preferences gathered from user feedback on Amtryke test drives will be used to order a customized, adjustable Amtryke which will be available to all residents.

As residents enjoy and experience the benefits of this safe cycling option, I HOPE will accept requests for free Amtrykes, customized for adults.

Annual WHC Night at UNI Men’s Basketball
Join us Wednesday, Jan. 29 at 5 p.m. in the Alumni Suite overlooking the court at McLeod Center for a pre-game reception. Then we’ll cheer on the Panthers as they take on the Indiana State Sycamores at 6 p.m. Please sign up with a resident coordinator in advance.
'Tis the season....

...for food and music! They're a main attraction at WHC parties.

A harpist provided beautiful background music at the Stanard Family Assisted Living desserts party.

Cute cupcakes adorned the tables at Windermere.

Maggie Hemmer, left, and Jo Grover appreciate the violin music at their Windgrace party.

Chaplain Byron Simar plays piano for the Martin Center first floor party, the first in its renovated household.

The quartet Harmony Rox entertained at the villa and Prairie Wind parties.

Every resident party - 19 of them! - gets careful attention from employees, who create tablescapes like this one at Nation Cottage.

Resident coordinator Mary Kofron made these Christmas tree appetizers for party guests.

The Union Carolers serenaded the Willowwood party-goers.
### Happy January Birthday!

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<td>Janet Lynch</td>
<td>TS</td>
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<td>Pat Schultz</td>
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<td>Carolyn Mumm</td>
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<td>Gloria Willms</td>
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<td>Fern Guild</td>
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<td>Juanita DeVoie</td>
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<td>Vivian Gates</td>
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<td>Rowena Hardinginer</td>
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<td>Kathy Herman</td>
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<td>Jeannine Isley</td>
<td>WM</td>
<td>January</td>
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"Cheers to a new year and another chance for us to get it right."

_Oprah Winfrey_
A Holly Berry Buffet

Each year employees gather for a hearty buffet meal with co-workers, held for the second time at Diamond Event Center. Thanks to residents who volunteered to serve!

The gingerbread ice carvings by Chef Jim served as a perfect party pic prop for this south campus maintenance crew.

Cute babies always steal the show! From right, Torkelle Sumerall, Bertha Brown, and Stacey Brown holding Torkelle’s son, Trekelle, who’s waving.

The human resources team planned the party and took a break to enjoy it. From left, Jordan, Teresa, Betsy, Brooke, Amanda and Lindsay.

Posing in the gingerbread ice carvings are, from left, Bridget Hall, director of environmental services, with housekeeper Sheilah Nunnally and long-time universal workers Karla Thompson and Roxi Fish.

Lead cooks Drew Poland and Eric Bernstrom get out from the kitchen to show their holiday spirit.

Jake Rozendaal, Kaitlyn Peters and Ratio White from The Deery Suites care team enjoy their buffet meal.

The business office wins for most team members wearing festive attire!
Milestone employee anniversaries

Join as a community to thank these employees for their years of service!

Gary Burns
5 years
January 6
Director of Maintenance

Kim Sorge
5 years
January 6
Home Health Aide Mentor
at Home with Western Home

Stacy Rolison
10 years
January 17
Home Health Aide
at Home with Western Home

Jake Rozendaal
5 years
January 25
CMA, Deery Suites

Peter Huizinga
5 years
January 27
South Campus
Maintenance

Meet our Employee of the Month, Heather Figi

Heather works as a server at Diamond Event Center. She joined Western Home Communities in April 2018.

Here are a few things that were said about Heather:

• Heather is an integral part of the Sunday morning Fresh Wind Ministry team.
• She always has the doors to the Diamond Event Center open and is ready for the volunteers to set up and the musicians to come in to practice.
• Heather always has the coffee and water ready on a nice table and, if needed, she has a table set up for communion.

Congratulations, Heather, for being named Employee of the Month for December 2019!

New finds at The Market

Amish candy is back and Verve Kombucha is in!

Stop by to try the trendy new beverage, brewed and bottled in Waterloo. Kombucha is fermented tea that’s said to contain beneficial probiotics and antioxidants. Verve Kombucha is non-alcoholic and certified organic; flavor combinations include carrot-ginger-lime-turmeric, passion fruit-pear-cayenne and blueberry-ginger-lemon. It’s $3.89/bottle.

The Amish-made candies from Fairbank hit the sweet spot and make a perfect gift, too. Mint squares, fudge and English toffee are among the offerings for $6.50/box.
Notes of appreciation

Thank you all for the beautiful rose and thoughts and prayers. You all are and were a blessing for Mom and Dad.

George Michaels family

Thank you for all of the excellent care Mom received. You have a beautiful facility and an outstanding staff. The family of Ann Theobald

We thank you for the beautiful red rose in memory of Bill Davis. It was greatly appreciated. Our family thinks the care Bill received while at Deery Suites was exceptional.

Thanks to all for the support we received from everyone.

Linda Davis and family

Thank you for your caring and compassion. Mom said, “They are so good to me here (at Deery Suites).” Thanks from the bottom of our hearts.

The family of Rosie Christensen

In sympathy

Viola Sheetz, DS Dec. 17
Norman Meyers, MHC Dec. 17
Ruth Krumlinde, MHC Dec. 13
Margaret Pierce, WHAL Dec. 11
Laura Bucholtz, DS Dec. 8
Kathleen Mueller, DS Dec. 3
Anne Geadelmann, WC Nov. 29
Dorothy Hess, SFAL Nov. 28
Marvel Bakke, DS Nov. 26
Joe Sutula, SFAL Nov. 23
Mary Ann Kavalier, SFAL Nov. 24
Larry Johnson, VTH Nov. 22
Rosie Christensen, DS Nov. 20

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Buildings 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

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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The family of Rosie Christensen
Wednesday, January 8:  
Ice carving and live music
Chef Jim and team will create ice carvings outside Gilmore’s Pub and Table 1912 from 4 – 7 p.m. All are invited to watch how it’s done…while staying warm & cozy inside!

The pub hosts live music from 6 – 8 p.m. featuring Taylor Kobberdahl on keyboard and vocals. Table 1912 is open for dinner from 5 – 9 p.m.

Tuesday, January 21: Bordeaux Wine Dinner at 6 p.m. in Table 1912
General manager and wine sommelier Meena Reester is sourcing four high-end big, bold reds to accompany a fabulous meal created by our chefs. $75 per person ($50 without wine).

Call Meena to make your reservations at (319) 859-9334 by January 15.