Full speed ahead on Martin Center renovation  Completion expected in April

The work to create two households and provide all private rooms for Martin Center residents is moving forward quickly. Open kitchens, dining space and living rooms are being built on each floor, where just 25 residents will live together in one household.

Sometime in the next week or two, residents will move into newly finished bedrooms in the east wings so the work can begin in the west wings.

“Residents have been cooperative and patient as the work progresses, even when it requires inconveniences for them,” says Wendy Ager, RN, BSN, senior director of skilled nursing. “They’re interested in the work and excited for the outcome.”

By April, when the work should be finished, each will have his or her own private, spacious suite with large bedroom and bathroom.

“That’s going to be a great day,” Wendy says, “and we can’t wait.”
Join Daryl Smith, former director of UNI’s Tallgrass Prairie Center, and Prairie Wind resident Jim Heisinger for a movie and discussion of prairie preservation efforts.

**Tuesday, January 15 10:30 at Windridge**

“America’s Lost Landscape: The Tallgrass Prairie” is a 60-minute documentary about one of the world’s great ecosystems and its transformation from natural landscape to farmland. In 1830, nearly 240 million acres of tallgrass prairie covered North America. Most of it was converted to cropland in fewer than 80 years. Machine cultivated crops now stand where bison and elk roamed tallgrass prairie that stretched to the horizon.

"America’s Lost Landscape" examines the struggles exemplified by prairie history, including the culture of its aboriginal inhabitants. How the prairie was changed by Euro-American settlement is thoughtfully examined, as are preservation efforts and how such ecosystems may serve as models for sustainable agriculture. Breathtaking cinematography, original music and moving narrative are delicately interwoven to create a powerful viewing experience.

**New location proves successful for annual concert**

The Windy Hill Singers felt right at home at Diamond Event Center, a new location for its annual Christmas concert. The larger confines eliminated the need for tickets and allowed residents to invite friends and family to the performance. A nearly full house for the evening concert appreciated nine selections that featured two soloists; it was the first concert under the direction of Stephanie Althof.

Congratulations to the choir for another successful season! Practices resume in spring.

This concert marked the debut of director Stephanie Althof.
Sign up now for tickets and/or transportation
WHC Night at UNI men’s basketball is Feb. 27

Sign up with a resident coordinator or leisure services coordinator for $10 tickets, free 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.

Fan-i-ly cheers for women’s basketball

The Fan-i-ly supporting women’s basketball at UNI continues to attend one game a month. Their next outing is January 14 for the contest against Drake; UNI residents will be there cheering on the team. Go Panthers!

Women’s basketball supporters include, from left, Wayne & Dee Hochhalter of Prairie Wind and Sue DeBower, Theresa Kindig and Larry Petersen of Windcove.

Showing their purple pride at the November women’s game are Bob Tefft, left, and Jim Doud.

Coaches come to resident meetings

Visitors from UNI attended some December resident councils: UNI men’s basketball coach Ben Jacobson talked to Windridge residents, assistant wrestling coach Lee Roper spoke to Windcove residents, and director of athletics David Harris made it to the villa meeting. Harris said it’s intentional on the department’s part to get out into the community more often and thank supporters, along with encouraging their attendance at games. He says a loud, boisterous crowd at home games makes a tremendous difference to student athletes.
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. 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:
Alicia Caley
Louise Frevert
Senora Cohenour
Tom & Anna Fremont
Jerry Cole
Elda Cole
Judy Degenstein
Glen & Judy Staff
Lonnie Harris
Dean & Glenda Alshouse
David & Ann Andreasen
Linda & Denny Bowman
Kevin & Sheri Brockelsby
Kyle & Katie Corson
Marlene Deery
Joanne Helland
Willard & Kay Jenkins
Gary & Marlys Karkosh
Sharon Lukes
Suzanne Makinster
Maria Murphy
Bill & Kathleen Niedert
Bill & Kim Salmon
Richard & Martha Stanford
Susan Steffy
Chad & Cindy Wiles
Nell Wilson
Floyd & Sheri Winter
Evie Mattox
Louise Frevert
Russ Mattox
Louise Frevert
Margaret Johnson
Bob Robinson
Bernice Murdock
Vicki Hanson

Doris Petersen
Sue DeBower
Virginia Sachau
Sue Meier
Richard & Judy VandeKieft
Larry & Sharon Petersen
Darlene Wipperman
Sharon Briner
Bob Wrider
Carl & Evelyn Boice
Marcia Colwell
Marlene Deery
Loretta Dykes
Louise Frevert
Margaret Johnson
Bob Robinson
Marlys Simpson
Jeanne Thuesen

Employee Appreciation Fund
Winston Burt
Roger Cadieux
John & Donna Falk
Cindy Fisher
Louise Frevert
Margaret Johnson
Homer & Ruth Ann Leymaster
Jane Mertesdorf
RJ & SL Rohrback
John & Pat Schultz

Fresh Wind Ministries
Shirley Ackerman
Merv Andersen
Coralie Becker
Randall & Patty Berning
Ken & Deloris Bixby
Black Hawk County Assoc. of Evangelicals
Lorna Blohn
Tim & Kris Boettger
Don Brown
Donna Brown
Shirley Cain
Vern & Mary Cordes
Cleo Cross
Joyce Cutshall
BL & Janice Daly
Bill & Linda Davis
Lois DeBerg
Rhoda Durant
Marlene Engen
Bruce & Lila Epling
Bev Fish
Kent & Joyce Folsom
Stan & Ginnie Garrison
Dianne Geiger
Bruce & Suzanne Gettman
Evelyn Gibson
Dave & Cindy Glasener
Phyllis Green
Margaret Grimm
Bob & Donna Grosse
Dorothy Guldner
Lloyd & Norma Hager
Butch & Sherry Hammer
Helen Hannan
Alice Hansen
Curt & Alice Hansen
Vern & Marcia Hansen
Daniel Hanson
Jeanette Hanson
Wayne & DeMaris Hochhalter
Lorene Howard
Marvin & Mary Hudwalker
Betty Hunck
Lucy Johnson
Harris Jorgensen
Vince Jorgensen
Theresa Kindig
The spirit of generosity was evident at Western Home Communities throughout the holiday season. WHC Angel Trees helped eight families and one senior have a merrier Christmas. Donors fulfilled requests for items including cleaning supplies, books, clothes, shoes, coats, diapers, baby wipes and a portable wheelchair ramp.

“This community of residents and staff came through again. Everyone was very generous,” reports organizer Suzanne Makinster. “The recipients were thrilled and I believe overwhelmed.”

Independent living communities also collected donations for various community organizations, including Christmas in Walnut (Prairie Wind and Willowwood), Cedar Bend Humane Society (Windgrace and Windcove), Kaden’s Klostet (Windridge) and Salvation Army Toy Drive (Windermere).

Giving spirit abounds at WHC

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Just a few of the presents collected for Angel Tree recipients.

Residents make deliveries of pet food, toys and supplies to Cedar Bend Humane Society. From left, Paul & Mae Foote, Arlene Fleming, Cindy Klodt, Maggie Hemmer and Freddie Holmes.
Chaplain’s Corner: Hope in changing times
by Chaplain Enrique “Q” Ochoa

Ever since I was a boy, I have looked forward to the arrival of the new year. Of course, it helped that my birthday is in early January, but I have always enjoyed the anticipation that comes from expecting a fresh start at the turn of a calendar year.

I have since learned there are many different kinds of new beginnings and most have nothing to do with January 1: A mother gives birth to a child, a couple decides to get married, an alcoholic pours his booze down the drain, a new job is accepted in another city, a worker becomes a supervisor, a house is sold, a child loses a parent, a cancer diagnosis is received.

In fact, new beginnings are all around us, all the time. And the reality is that, some we welcome and anticipate gladly - while others bring much difficulty, anxiety and even deep suffering.

How do we effectively live in the midst of so many new beginnings, especially with those we didn't expect or even want?

Fortunately, the Bible has something to say about this topic:

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” (2 Corinthians 5:17)

“Just as Christ was raised from the dead through the glory of the Father, we too may live a new life.” (Romans 6:4)

The truth and message found in scripture is that, through faith in Christ, his new beginning and his new life in us allow us to live life to the fullest, regardless of what we have lost or gained or let go of. In Christ, we are never alone. In Christ, we are promised the sufficient resources to persevere through any difficult challenge or change. In Christ, past patterns and habits can be replaced with new ones. In Christ, past sinfulness can be forgiven. In Christ, we are truly made new on the inside - where we need it the most.

In Christ, a real and lasting new beginning is possible - in our hearts. A relationship with him offers hope, joy, peace, comfort, courage and purpose - in any new circumstance - for all who would trust him.

Worship schedule

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<td>Garry Moore (communion)</td>
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<td>February 3</td>
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Live broadcast on Sundays

Can’t get to worship services? Watch from your home computer via the live stream of Fresh Wind Worship every Sunday at 10:30 a.m. Each service is archived there for later viewing as well. Visit www.youtube.com and search for “Fresh Wind Ministries.” Click on the dove and cross logo to find the live stream and recordings.
“Away from Home with Western Home”

trips planned for 2019

Ready to see and do more in the new year?  Look no further than the travel itineraries planned by trip hosts Carolyn Martin and Mary Taylor, along with travel partner Legacy Tours.

St. Louis (April 29 - May 3)
Dogwoods should be in full bloom during this four-night trip that includes a visit to the Gateway Arch with its new museum, Grant’s Farm, Missouri Botanical Garden, Anheuser-Busch Brewery and the Bissell Mansion Murder Mystery Dinner, plus a tour of German wine country in Hermann, Missouri, and a visit to Fulton’s National Churchill Museum.

LeMars, Iowa (June 11-12)
In just one night away from home, you’ll experience the Wells Blue Bunny Parlor & Museum, the Laura Ingalls Wilder musical, a concert at Browns’ Century Theatre, home-cooked meals and a kaleidoscope factory where you’ll create your own souvenir of this trip.

Minnesota (September 16-21)
Head north to catch glorious fall color in St. Paul and Duluth. Highlights of this five-night trip will include the Wabasha Street Caves, a tour of historic homes on Summit Avenue, a guided tour of the Cathedral of St. Paul, a ride on the North Shore Scenic Railroad, Split Rock Lighthouse, the Judy Garland Museum and the International Wolf Center.

You do not have to be a resident of Western Home Communities to travel with us, so invite friends or family to join you!

Contact Carolyn Martin for detailed itineraries and prices. Call (319) 222-2048 or email carolyn.martin@westernhome.org.
Celebrating the Season

Mel Harms and Erica Rath enjoy the party at Thuesen Cottage.

David Niedert and his wife June have photos taken before festivities begin at Nation Cottage, where they enjoyed a special luncheon and piano tunes.

Santa and Mrs. Claus (who bears a striking resemblance to employee Tammy Schmitt) made the rounds at Jorgensen Plaza offices.

Leisure services coordinator Natalie Jones shows off the homemade baked goods she served at the Stanard Family Assisted Living party. Natalie compiled favorite family recipes from residents, and they voted on which ones to enjoy at the party.

Santa says these employees are on the nice list! From left, Megan Runksmeier, Stacey Brown, Britney Borcherding, Martha Rodriguez and Angie Williams.
At Windermere, from left, Norma Emmert, Shirley Cain, Judy Gillespie, and Angela Rampton participate in "The 12 Days of Christmas."

Santa visited the business office, where Phylesia Banks received candy canes as Barb Klein and Peggy Zumbach waited their turn.

Lillian Fedler welcomes a hug from Santa at Thuesen Cottage.

Lord-a-leaping Tim Boettger joined Faye Rohwedder, one of the nine ladies dancing, as Harmony Rox had fun with "12 Days of Christmas" at Willowwood.

Wendy Schmitt is a piper piping at Willowwood.

Marian "Pete" McCart gets to practice percussion as one of the drummers drumming for "The 12 Days of Christmas" performance at Willowwood.

Ken Gaffney looks happy to see Santa.
Words of Wellness:
Set goals, not resolutions
by Director of Wellness
Amanda Lynch

As each new year approaches, we end up hearing the phrase way too many times in conversations with friends and family, “What is your New Year’s resolution?” While the concept is good at its core, I like to think of ways to have New Year’s goals versus the dreaded resolutions. On average only about 8% of those who resolve to do something actually make it happen. That is a staggeringly low number.

I hope that in 2019 you will set a goal instead of a resolution. Avoid the negative feelings associated with resolutions, and create a more positive way to push yourself into the new year with a renewed commitment to living well.

My challenge for you in the year ahead is to make a small attainable goal that can be achieved in a few short weeks or months. Below you will find a few key points to keep in mind when developing your goal.

1. SMART goals are the way to go.
   - Specific and small; one behavior change at a time.
   - Measurable so you can track progress.
   - Action-based and written in first person to ensure you own your goal.
   - Realistic and results-based.
   - Timely with a deadline that inspires urgency.

2. Write it down.
   - Write your goal on a small note card or sticky note and put it where you will see it every day: your bathroom mirror, steering wheel or next to your favorite chair at home. When you see your goal regularly, it will be a reminder to stay the course and reach for that goal every day.

3. Be realistic.
   - Make changes that you can see yourself doing a year from now, or maybe even two.
   - If you can’t see this, then choose something else you can envision for the long term.

   - Challenge yourself to do things you really want to do, but are not yet doing.
   - Create a support system to help you embrace and overcome any challenges along the way.

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WELLNESS RECIPE OF THE MONTH
Loaded Cauliflower Casserole

Ingredients:
- 3 slices bacon
- 1 head cauliflower (about 2 pounds), cut into bite-size pieces
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 1 1/4 cups shredded sharp Cheddar cheese, divided
- 2/3 cup low fat sour cream
- 4 scallions, sliced, divided

Directions
1. Preheat oven to 425°F.
2. Add bacon to a large nonstick skillet over medium heat and cook until crisp, about 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool.
3. Stir cauliflower, pepper, salt and the bacon drippings together in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.
4. Meanwhile, stir 1 cup cheese, sour cream and half the scallions together in a small bowl. When the cauliflower is tender, stir in the cheese mixture. Sprinkle with the remaining 1/4 cup cheese. Bake until hot, 5 to 7 minutes more.
5. Chop the cooled bacon. Sprinkle the hot casserole with bacon and remaining scallions.
A year ago, Norma Leibold went public with her life story. Her memoir, “A Legacy of Reflection,” was published after five years of writing and editing. It is appropriate that the first audience for the complete project was the Denver Writing Club; copies were also donated to the Denver Public Library.

For Norma, the encouragement of her friends in the Denver Writing Club and the coaching of group leader Joyce Barbatti helped her cross the finish line. The writing group met to share their passion of writing with each other. They wrote stories about their lives and declared their intentions to complete their writing projects.

Writing your life story is a worthy goal. “The hours spent reflecting on life influences and memories is time well spent,” Norma says. For many people, a solo sustained effort to write and edit soon becomes overwhelming. That’s when taking a memoir class, forming a writing group or getting a writing coach is helpful.

“I was not short of ideas and I had a plan, but I was quickly overwhelmed,” Norma admits. “The writing group and our leader gave me a shot of confidence and made it easier to follow through.” The advice for “tightening” the writing made the stories easier for the reader to understand and enjoy.

Norma passes on this advice that contributed to her success:

1. Make a plan and commit to it. For example, set aside 30 minutes each week and stick with it – even if you don’t produce new content, you reinforce the self-discipline that will lead to success.

2. Write something! It doesn’t have to be a perfect story. You can come back later to refine your writing, expand on your emotions and explore how the story fits into the writing project. This practice maintains momentum and builds confidence.

Norma suggests beginning by writing about three events or people in your life. Reflect on your circumstances at the time, the era of our history, your role in the event or relationship, and how those events or people shaped your life. “Don’t let the pursuit of perfection stop you from writing!”

Google search tips:

Most popular books about writing a memoir includes reviews of “how to” books.

How to write a memoir includes articles about writing a memoir.

DIY memoirs reveals workbooks that are completed through response to questions about your life.

Breaking Ground on your Life Story

Offered at the Hawkeye Community College Cedar Falls Center, 5330 Nordic Drive, on Tuesdays, February 12 and 19, 6:30 – 9 p.m. The cost is $39 for 5 hours of instruction from Sue Schuerman, an excellent teacher. Register online at hawkeyecollege.edu or call (319) 296-2320.

If you gather a group of five or more, HCC community education will organize a five-hour class at Western Home Communities. Call (319) 296-2320 if interested in this option.
### Happy January Birthday!

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### Longing to watch old-time TV?

Want to laugh with Carol Burnett and Tim Conway? Watch The Andy Griffith Show? Listen to big bands and more? So many television shows from the past are now accessible online, if you know how to find them.

Join Tom Tierney for a free class to learn how to access all the good shows from yesteryear via YouTube, smart TVs, and streaming devices! He'll start with an explanation of how YouTube works and move on from there.

**Thursday, January 31, 9 - 10 a.m. at Diamond Event Center**

Refreshments will be served, so please RSVP to your resident coordinator or activities coordinator. Villa residents should call (319) 859-9391.
What's in a title? Resident coordinators self-describe their roles

Most job titles don’t fully describe everything the role entails. That’s certainly true for the resident coordinators in each independent living community, who plan monthly calendars with activities, drive buses for various outings, assist residents with questions, respond to pendant calls and even cook for some social events.

Senior director of independent living Cindy Wiles challenged the six resident coordinators to choose a more fitting description for what they do, and each received a nameplate bearing the new moniker.

**Phylesia Banks**
*Willowwood*

**Magnanimous:** Phylesia went to the heart of the matter with this selection. It reflects being big-hearted, kind and caring - all the characteristics of being a resident coordinator, and the spirit with which she carries out her tasks.

**Carol Peters**
*Windgrace*

**House Mother:** Carol’s experience as a parent - and grandmother - comes into play here. Sometimes, she says, she definitely feels like the mom at Windgrace because she takes on the responsibility of meeting everyone’s needs.

**Brandy Berky**
*Windermere*

**Chieftess:** In this nod to Brandy’s Native American heritage, she says it’s the chief who has all the answers and that’s usually what residents need to find when they seek her out, so she selected the female form of the word.

**Stephanie Berky**
*Windcove*

**Key Master:** Stephanie found herself surprised at how many doors she had to unlock in her early days on the job. When she happened to watch “Ghostbusters” at the time, the Key Master character’s name seemed cool - and appropriate to what she does.

**Jennifer Niedert**
*Windridge*

**Girl Friday:** Jennifer asked residents for suggestions and she was unfamiliar with this term. Learning the definition of a female helper, a go-to person, someone who gets things done for you - it seemed just right.

**Cindi Eastman**
*Prairie Wind*

**Mission Minded Multitasker:** Cindi always takes her work back to the mission of Western Home Communities, to assertively create fulfilling lifestyles. And she often finds herself going in many different directions on the job.
Congratulations!

We thank these loyal employees and congratulate them on their service anniversaries.

Mary Kofron

Meet our Employee of the Month, Mary Kofron

Mary works as a housekeeper and joined the Western Home Communities family in October 2017. Here are a few things residents have said about Mary:

• Mary goes out of her way to assist residents in need.
• From the time Mary came to work at Willowwood, it has felt like she is not only part of the family but she makes the residents feel as if they are part of her family as well.
• She is efficient and does her job well.
• Mary has all the characteristics of Western Home Communities values and is always putting people first with a servant spirit.

Your Western Home Communities family congratulates you, Mary, on being named our employee of the month for December 2018.

Tasha Rogers
5 years
January 3
Transportation scheduler

Nathan Studnicka
(photo not available)
5 years
January 15
Martin Center LPN

Destiny Wroten
5 years
January 15
SFAL Resident Assistant

Pam Crosser
15 years
January 23
Windhaven Lead Cook

Penny Nuss
(photo not available)
20 years
January 25
SFAL Lead Food Service Worker

Amber Elsberry
10 years
January 26
Creekside CNA

Jeff Debower
10 years
January 30
Carpenter

Welcome new employees

Assisted Living
Nyosha Alexander, Resident Assistant, TS
Kathleen Kavanagh, Clinical Service Coordinator, WHAL
Jordan Lauer, Resident Assistant, WHAL

atHome with Western Home
Victoria Barker, Home Health Aide
Patricia Dotson, Home Health Aide
Hannah Warburton, CNA, atHome

Cottages/Deery Suites/Martin Center
Jennifer Cindrich, RN, DS
Katlain Doyle, CNA, DS
Tammy Harris, Lead Hospitality Coordinator, CTG
MacTonya Henderson, CNA, MHC
Cindy Klenzman, RN, DS
Brenda Mullins, CNA, DS
Emily Schultz, CNA, DS
Kirstien Slater, RN, MHC
Kayla Sproul, CNA, DS

Creekside, Grundy Center
Stacy Brinkman, Hospitality Coordinator
Isabelle Grant, Hospitality Coordinator
Catherine Jeffries, CNA

Independent Living
Jasmine Brott, Wait Staff, WC
Malachi Jones, Wait Staff, WG
Hunter McElhose, Wait Staff, WR

Rylee Staudt, Wait Staff, WR
Michaela Wagner, Wait Staff, WM
Quelesia Williams, Wait Staff, WR

Jorgensen Plaza
Morgan Arjes, Wait Staff
Melissa Barnholz, Server
Paige Frahm, Wait Staff
Kyandra Gillum, Wait Staff
Katryna Hauser, Wait Staff
Crystal Kennett, Wait Staff
Jamie Knude, Server
Zayne Lang, Event Server/Set-Up
Terressa Medhaug, Wait Staff
Myah Nystel, Wait Staff
Abigail Pashan, Event Server/Set-Up
Baylee Petersen, Event Server/Set-Up
Justin Ruhs, Event Server/Set-up
Miranda Waytenick, Event Server/Set-Up
Isaiah Woodley, Event Server/Set-Up

South Campus
Mercadez Godfrey, Housekeeper

Therapy
Jill Theobald, Occupational Therapist

Winding Creek Meadows, Jesup
Sharon VanDyke, Leisure Services Assistant
Notes of appreciation
A note to thank the ladies involved in the upkeep of my home and care for me while I was recovering from hip surgery. As a special thank you, a donation for an atHome project or for the Western Home Scholarship Fund is enclosed. I appreciated the ladies’ efforts (especially for the care of my three cats, and their yummy food choices after returning from the grocery store...seems all three have gotten a bit fatter). Cindy Fisher

What we will remember when we look back are the times when kindness made a difference in our lives.
The family of Senora Cohenour

Thank you for your kindness at this trying time...
The Bartholomew Family

In sympathy
Pat Lyman MHC Dec. 13
Nadine Wilson CTG Dec. 6
Darlene Wipperman CTG Dec. 4
Dorothy Goodenbour MHC Dec. 4
Evelyn Holtz CTG Dec. 3
James Bartholomew TS Dec. 3
Ivy Colvin DS Dec. 2
Irene Vaux DS Nov. 28
Russ Mattson WHAL Nov. 25
Robert Wrider WHAL Nov. 21
Beulah Swartzendruber WHAL Nov. 21

Rather than see ageing as a reason to contract, we should view it as an opportunity to expand. We should make each year of our lives more interesting than the one before.
– Srinivas Rao, author and podcast host

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