Generous support directed to pool and fitness areas

To be named The Grosse Aquatic and Wellness Center

Bob and Donna Grosse have always been physically active sports enthusiasts. They raised athletic kids and still stay active.

“I have two simple words for everyone: Move more,” Bob says. “We think it’s very important to keep moving as we get older.”

The couple heard of tentative plans to build a wellness center when they first moved into a villa in 2011; the original concept grew to encompass a swimming pool and walking track inside Jorgensen Plaza for Well-Being, and they’re impressed with what has come to fruition.

“It’s a marvelous thing to have something like this here,” says Bob, who’s in his 60th year of working at the business he started, Grosse Steel. “It lets people take part in improving their own health. Even if someone doesn’t use it now, they’re exposed to it and may join in one day.”

Donna says the fellowship and camaraderie they’ve already been part of at the wellness center makes a workout more fun. Using the air-pressure strength equipment has already relieved a recent episode of back pain.

“I like the machines and I think we already need more CyberCycles! Everybody is using those,” she says, referencing the exercise bikes that

Continued on page five

Photographed after a recent Fresh Wind Worship service are, left to right, grandson Bo Grosse, granddaughter Bobbie, Bob and Donna, son Shane, and daughter-in-law Molly.
As we continue to celebrate the opening of Jorgensen Plaza with a focus on five areas of well-being, we turn to emotional well-being in July.

Authors and nationally known experts in caregiving, Drs. Barry Jacobs and Julia Mayer, will help caregivers learn how to gain emotional equilibrium, manage guilt, maintain important social connections and tap into community resources.


Both books are available in The Market at Jorgensen Plaza and will be available at the July 17 event while supplies last.

This free event is for family caregivers and those who anticipate having a family caregiver role in the future; it will also be useful to professional caregivers and others in supportive roles.

A resources fair begins an hour before the 7 p.m. presentation. Community service providers will have displays and staff available to discuss available support to make the caregiving role one that can bring gratitude and positive meaning to families.
Music helps emotional well-being

When you're emotionally well, you can cope with the demands of life; use your strengths rather than fixate on perceived problems or weaknesses; and focus on personal priorities.

Here are ways to enhance your emotional well-being:

- Be aware of your emotions and reactions.
- Express your feelings in appropriate ways.
- Think before you act.
- Strive for balance.
- Take care of your physical health.
- Connect with others.
- Find purpose and meaning.
- Manage stress by relaxing.

Music also helps, so plan now to attend one of these upcoming performances by violinist Katie Wolfe and pianist Liang-Yu Wang, professional musicians who are in town to be part of the Cedar Valley Chamber Music Festival.

10 a.m. Thursday, July 19, at Stanard Family Chapel, 420 E. 11th or 10 a.m. Friday, July 20, at Windhaven Dining Room, 5500 S. Main

Lessons from the happiest place on earth

Mark your calendars for the next Friends program:

Thursday, July 12, 10:30 a.m. at Windcove

Learn about one of the original Blue Zones. In Costa Rica, the environment is cherished, health care is provided and happiness is in abundance.

Luann Alemao is a national speaker for the Blue Zones Project. She and her husband, Gary Johnson, recently visited Costa Rica, named by National Geographic researchers as the happiest place on earth. Luann and Gary will share what they learned about Costa Rica — the relationship of environment, healthy lifestyle options and happiness. Come prepared to seek adventure.

Election changes in 2018

Karen Showalter, Black Hawk County Election Manager, presented the May Friends program on changes to election law enacted by 2017 legislation. Participants learned about primary voting, forms of voter ID, absentee voting and election day help if needed.

All voters will need an ID at the polling place. Voters will speed through the election day process best with either an Iowa driver’s license or an Iowa non-operators ID card. These must be active or less than 90 days expired. For 2018 elections, any voter without one of the above will need either an Iowa voter ID card, a non-expired US passport or passcard, a US military ID or a veteran ID.

Voting updates:

- Absentee ballot requests now require the voter’s Iowa driver’s license number or nonoperator’s ID number, or Iowa Voter Identification Card pin number.
- Absentee ballots cannot be requested more than 120 days before an election.

- Applications for absentee ballots must now be received in the auditor’s office 10 days before general elections and 11 days before all other elections.
- Absentee ballots will be mailed starting 29 days before an election, the same day in-person voting at the courthouse becomes available.
- The election office may call you if an absentee ballot request is missing information; if all information is correct, a ballot will be mailed.
- If you choose to vote early at a satellite location because you have spoiled an absentee ballot, present the spoiled ballot before voting.
- Straight-party voting is no longer available; each candidate must be selected separately.
- Precinct election day workers are needed. The opportunity includes some training. Single full election day pay ranges from about $200 to $250.

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 June 18. **If you would like to make a gift or investigate estate planning and other gift opportunities, please contact Mary Taylor, director of development, at 859-9338.**

**In memory of:**

**Anna Binley**  
PBill & Linda Dunkelberger  
Darlene Hosier  
Julie Jorgensen  
Matthew & Molly Kiernam  
Gary & Julie Larsen  
Randy & Lynne Peters  
We Care

**Evelyn Boardsen**  
Marlys Badger  
Lorna Blohn  
Richard & Joyce Capps  
Marcia Colwell  
Kyle & Katie Corson  
John & Marlene Deery  
Loretta Dykes  
Lorna Ericson  
Don & Pat Erusha  
Bob & Jane Fahr  
John & Donna Falk  
Tom & Kathy Ferguson  
Judy Finkelstein  
Bev Fish  
Brad & Carol Fletcher  
Russ & Kathy Franke  
Becky Godsey  
Geof & Vicki Grimes  
Dorothy Guldner  
Lloyd & Norma Hager  
Ted & Linda Hamer  
Leonard & Sherry Hammer  
Jon Hansen  
Kris & Sue Hansen  
Vern & Marcia Hansen  
Chris Harshbarger  
Eldon Hayes  
Camille Hogan  
Bob & Bonnie Humble  
Susan Jacobson  
David Joens  
Tom & Jane Jones  
Miriam Kralman  
Marv & Deelda Kramer  
Kay Lamer  
Clarence & Peg Lanigan  
Marc Lattin  
Mary Lichty  
Mark & Karen Luhring  
Patricia Markey  
Kevin & Jennifer Masemann  
Russ & Evelyn Mattox  
Shari McIntee  
Dorothy McKinley  
Shirley Merner  
Dick & Bev Michael  
Tom & Tammy Nicholson  
Merle & Kathy Oakland  
Louise Odle  
Diane & Pat Oehler  
Joan Ogden  
Dean & Linda Ohrt  
Brandie Ovel  
Judy Pfalzgraf  
Jim Platt  
Fran Putnam  
Bev Ridder  
Shari & Ted Ritter  
Bob Robinson  
Marilyn Roseberry  
Clair & Florine Rowe  
Judy Sanders  
Dallas & Sherry Sands  
Greg & Leann Saul  
Kris Schrage  
Craig & Nancy Shirey  
Marcia Simpson  
Marlys Simpson  
Larry & Marianne Skeries  
Percy & Linda Slattenow  
Clare Staebell  
Richard & Martha Stanford  
Pat Stanhope  
Richard & Patty Sulentic  
Wallace Sulentic  
Vera Sullivan  
Jeanne Thuesen  
Bob Tonkin  
Glen VanVark  
Joe & Troyce Vich  
Ron & Sharon Welper  
Carol Wirth  
Don Wood  
Rick & Cathy Young  
Kevin & Kim Zabel  
Deb Zaudtke  

**Larry Cain**  
Jon & Kelly Bachman  
Dorothy Guldner  
Phil & Alma Heath  
Millie Martin

**Judy Brown**  
Donna Allee  
Anonymous (3)  
Bonnie Anderson  
Marlys Badger  
Galen & Wanda Behrends  
Russ & Stacey Bentley  
Phyllis Bickford  
Lorna Blohn  
Wendy Knapp Bowman  
Deane & Connie Bradfield  
Jon, Tammy & Michael Bronemann  
Hank & Peg Brown  
Jeneanne Brummel  
Guy & Dixie Buhrow  
Larry & Deb Burger  
Buck & Elaine Clark  
Marcia Colwell  
Ida Cook
let riders steer and shift, plus react to a route that’s followed on the display screen.

The Grosses have a longtime bond with Western Home Communities. Both of Bob’s parents lived here; Donna’s mother, uncle and two great-aunts also spent time as part of Western Home Communities. After Donna had a health scare in 2010, the couple decided it was time to move into a villa. They’re grateful for the organization and for their ability to make a naming level gift in support of the aquatic and wellness center.

“We feel fortunate to be here, and fortunate to be able to help,” Bob explains. “I think it’s important to do something like this, if you’re able to do it.”

Donna concurs. “We feel good about being able to help.”
Chaplain’s Corner: 
Celebrating our Freedom
by Chaplain Gary Moore

Since July has American history associated with it, I thought I’d stimulate your thinking; see if you can identify what I am describing:

- On June 6, 1944, when Allied forces landed in France, people all over the US heard me celebrate.
- I “sing” in E-flat.
- Each year I entertain a million and a half visitors.
- A tourist wielding a sledgehammer attacked me on April 6, 2001.
- I tolled the deaths of Benjamin Franklin, George Washington, John Adams and Thomas Jefferson.
- I am 2 feet 3 inches high, weigh approximately 2080 pounds, and am owned by the City of Philadelphia.
- This Bible verse embellishes my face: “And ye shall hallow the fiftieth year, and proclaim liberty throughout all the land unto all the inhabitants thereof: it shall be a jubilee unto you; and ye shall return every man unto his possession, and ye shall return every man unto his family.” Leviticus 25:10

Let’s review the Year of Jubilee found in Leviticus 25:

- The Year of Jubilee, every 50th year, began as the Day of Atonement ended. Israel’s sins were covered, forgotten by the Lord for another year. The ram’s horn would sound as the evening sacrifice concluded. Thus, in a figurative way, the forgiveness of sins made the blessings of freedom possible.
- The nation had a whole year to rest and enjoy their relationships with God and each other; it was a sabbatical year in which no crops were to be cultivated.
- Every debt was cancelled.
- Every family farm, sold during the past 49 years out of economic necessity, reverted back to its original tribe and family.
- Every slave went home, free.

The Year of Jubilee might be one of the most wonderful Old Testament pictures of the freedom we find when we accept the Lord Jesus Christ as our Savior.

- In Christ, we have rest from the burden of trying to save ourselves (Hebrews 4:1-3).
- In Christ, our debt of sin is wiped away (Matthew 18:21-27).
- In Christ, we are freed from slavery to sin and to the Law of God (John 8:34-36).
- In Christ, it’s now possible to return home to our heavenly Father and our brothers and sisters in faith forever (Luke 15:11-24; John 14:1-3).

I trust your heart has sensed the thrilling hope we have when we know Christ as Savior. May we take time each day in the month of July to thank God for these freedoms.

Join us for weekly worship this month

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<tr>
<th>Date</th>
<th>Leader(s)</th>
<th>Location</th>
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<tr>
<td>July 1</td>
<td>Garry &amp; Christie Moore</td>
<td>SFAL Chapel 9 a.m., Fresh Wind at Diamond Event Center 10:30 a.m.</td>
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<td>August 5</td>
<td>Tim Boettger</td>
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Spiritual well-being takes center stage in June

*Come, let’s shout praises to God,*
*raise the roof for the Rock who saved us!*
*Let’s march into his presence singing praises,*
*lifting the rafters with our hymns!*

–Psalm 95:1-2 (The Message)

That’s exactly what occurred June 12 in Diamond Event Center as the Union Missionary Baptist Church choir and Pastor Quovadis Marshall of Waterloo’s Hope City Church brought good news. Pastor Q, as he’s known, encouraged attendees with a message about spiritual wellness that leads to longevity and legacy.

Most people in the Bible, he said, made the greatest impact in the September of their lives. Even those who aren’t mobile, he exhorted, can pray. What if God brought you to Western Home Communities, he asked, to build community and make a difference? What if the best is yet to come?

By the end of the night, the crowd was on its feet and Pastor Q was showing Chaplain Tim how to praise the Lord in dance.

Pastor Quovadis Marshall shared that his vision for Hope City Church is from Jeremiah 29:7, to seek the welfare of the city.

The music director and choir director shared encouraging messages of how they felt directed by the Lord to take on their musical roles.
Have you ever been curious about a career in broadcasting? Do you place a priority on using your talents for the well-being of others? Are you a news junkie?

Villa resident Larry Cardamon satisfies each of these inclinations as an Iowa Radio Reading Information Service (IRIS) volunteer. Larry reads the Waterloo Courier aloud for a broadcast serving the IRIS network.

IRIS exists to bring the world of information to Iowans who cannot access the printed word because of blindness, visual or physical impairment or learning difference. IRIS has reading locations in eight cities, including Cedar Falls.

Larry volunteers at least twice a month for an hour at the Communication Arts Center on the University of Northern Iowa campus. He and his reading partner scan the newspaper for news of interest to readers in a service area within a 40-mile radius of Cedar Falls. Several hundred people may be listening, who count on the service for headlines, weather, local features and obituaries. If there is time, they also benefit from cultural news and human interest articles.

“We have time constraints so it helps to understand the newspaper layout. We have certain news items that are always presented at the same time,” Larry said. “We’ve heard that the IRIS broadcast is used in nursing homes where residents gather to get their daily news.”

The editorial is always included; Larry can determine whether to include letters to the editor. If there are two opposing points of view on a controversial subject, they may include both letters. “Of course, we always try to include ‘Call the Courier’ which is very popular,” he added.

The Iowa Commission for the Blind started IRIS in 1972; funding uncertainties inspired volunteers to keep the program going independently. The signal requires a custom receiver, supplied to listeners at no charge.

To become a listener or volunteer, call the IRIS office at (515) 243-6833.
We love a parade

Residents and employees walked (or rode) in this year’s Sturgis Falls parade, sporting t-shirts that celebrate the opening of Jorgensen Plaza for Well-Being.

**CEO Kris Hansen drove the truck that pulled Sugar Daddy’s Jazz Band.**

**The back of our t-shirts celebrate the opening of Jorgensen Plaza.**

**CNA Melanie Buhr brought her mom along for her first-ever ride in a trolley.**

**The open-air trolley, on loan from Hansen’s Dairy, let riders wave to the large crowds along the route.**

**Mary Taylor, director of development, represented Western Home Communities well as the city’s Representative Citizen of the Year!**

**Off they go from the parade starting point at Lincoln School.**

**Residents and employees walked (or rode) in this year’s Sturgis Falls parade, sporting t-shirts that celebrate the opening of Jorgensen Plaza for Well-Being.**
Words of Wellness: Seek laughter for positive heart health

by Lead Wellness Coordinator Amanda Lynch

When you think of taking care of your heart, do you think of exercising, eating right and... laughing? You might be surprised at the heart health benefits of laughter.

Research proves the old adage, “laughter is the best medicine.” It’s been shown that people with heart disease were 40 percent less likely to laugh as compared to people of the same age without heart disease. While it is unclear how laughter helps the heart, it is widely believed that mental stress can add to the impairment of the endothelium, the protective barrier lining the blood vessels. Laughter is believed to reduce the detrimental effects of mental stress as well.

The benefits of laughter reach far beyond the heart. Laughter helps reduce pain, an additional benefit to reducing stress. Laughter helps bring the body into physical and emotional alignment. Laughter can inspire hope, connect you to others and lighten the burdens of life.

So the next time you need a laugh or some cheer, make a call to an old friend, or schedule a lunch date with a family member. Reminisce on great times together. Your shared laughter will be good for your heart, mind and spirit, and add another fun memory to your friendship.

WELLNESS RECIPE OF THE MONTH

Steak and Potato Grill Packets

Ingredients
- 1 pound sirloin steak, sliced into 1-inch-thick pieces
- 3 tablespoons extra-virgin olive oil, divided
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon ground pepper, divided
- 2 cloves garlic, minced, divided
- 5 cups halved baby red potatoes (about 1 1/2 pounds)
- 5 cups halved and trimmed green beans (about 1 pound)
- 1 large onion, sliced
- 3 large sprigs rosemary, snipped in half
- 6 tablespoons crumbled blue cheese

Directions

2. Combine steak with 1 tablespoon oil, 1/2 teaspoon salt, 1/4 teaspoon pepper and half the garlic in a small bowl; stir to coat. Stir together potatoes, green beans, onion, the remaining 2 tablespoons oil, 1 teaspoon salt, 1/4 teaspoon pepper and the remaining garlic in a large bowl. Evenly divide the potato mixture among the foil sheets (place on the side coated with cooking spray), then top each with a portion of the steak and a sprig of rosemary. Gather together the long ends of each foil piece, then fold up its open sides to form a packet.

2. Place the packets on the grill. Cook for 10 minutes, then flip and cook until the potatoes are tender and lightly charred, about 5 minutes more. Open each packet (be careful of the steam) and sprinkle with 1 tablespoon blue cheese.

Lots of laughter on National Selfie Day

From left: Brittany Tooley, Nadine Wilson, Ed Brown and Tiffany Wollum at Nation Cottage.
Join us again this month for the second pool party of the summer - bring friends and family with you for a free morning at The Falls! **Saturday, July 28  9 - 11 a.m.**

Also, plan ahead for the August 18 party.

- **Fun at The Falls**
- **Make like a pencil and jump!**
- **Water slide fun brought lots of smiles!**
- **Shooting out the slide always brings a thrill.**
- **This group from Thalman Square delighted in watching the children splash around.**
- **The little ones and their parents love the lazy river.**
- **Transportation supervisor Chris Ravn and his son float the lazy river.**
Early start gives Terry Hahn life-long view of WHC progress

"Remember the fire extinguisher safety acronym PASS: Pull the pin, Aim the nozzle, Squeeze and Sweep."

When we caught up with Terry Hahn at a safety fair, he was presenting electrical and fire safety information. He has instructed generations of Western Home Communities employees in addition to training and mentoring co-workers for 37 years.

Western Home Communities is still benefiting from the early start that Terry had helping with his dad’s construction business when he was a teenager. While Terry was in the army, his dad’s career transitioned from being an independent contractor to being employed as the staff carpenter here.

Terry married and had a daughter who needed medical support, so his dad encouraged him to apply at Western Home. “I came to Western Home for the insurance, but it turned out to be a very good opportunity,” Terry said. “Plus, I got to work with my dad again, which was great.” Terry was familiar with the building because his church was involved with service work at Western Home, and his great-grandparents lived across the street – where the Willowwood dining room and kitchen are today. A cherished family photo includes his dad as a child standing by the Stanard Family Assisted Living Chapel when it was under construction in the early 1920s.

Terry’s working knowledge of all mechanical systems and carpentry continues to be useful. He is able to see what needs to be done and directs the tasks to completion. His first promotion, to maintenance director, was accepted without the knowledge of how large that job would become. He was involved in all planning meetings for the development of Willowwood, Martin Center, Windgrace and Windermere.

“You might think this is a technical job, but it is a people job,” Terry said. “We solve problems for people – the staff and residents. I actually like to come to work and I always have. I enjoy the residents.”

A typical day begins early. It involves a pot of coffee, checking email, and a 15-minute consultation with Kevin Bennett, director of maintenance and environmental services – together, they prioritize the day’s work. The two co-workers have been a team for 37 years. Terry stays open to the influence that residents and co-workers can have on his life. You never know when residents and co-workers will make an ordinary day a life-long memory, he says.
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<td>Wanda Newby</td>
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<td>Esther Westendorf</td>
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<td>Gladys Lechtenberg</td>
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<td>Maxine Weichers</td>
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<td>Jean Hansmeier</td>
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<td>Bill Thrall</td>
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<td>Evelyn Boice</td>
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<td>Howard Schaa</td>
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<td>Jerry Jorgensen</td>
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<td>Monte McCunniff</td>
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<td>Joyce Cutshall</td>
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<td>Phyllis Swanson</td>
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<td>Kathy King</td>
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<td>Cecelia Mudd</td>
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<td>Donna Geary</td>
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<td>Bob Decker</td>
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<td>Dean Meier</td>
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<td>Loretta Dykes</td>
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<td>Bob Kellner</td>
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<td>Kay Connelly</td>
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<td>Sally Davis</td>
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<td>Lillian Marks</td>
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<td>Dick VandeKief</td>
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<td>Dorothy Brown</td>
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<tr>
<td>Ivy Colvin</td>
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<tr>
<td>Ruby Hockey</td>
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<tr>
<td>Don Woody</td>
<td>VTH</td>
<td>July 31</td>
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</tbody>
</table>
Welcome new employees!

**Assisted Living**
Lauren Deery, Clinical Services Coordinator, SFAL
Katie Freeland, Resident Assistant, WHAL
Tonya Maxson, LPN, WHAL
Susan Stanley, Leisure Services Assistant, TS

**atHome with Western Home**
Sidney Caldwell, Caregiver
Paige Janney, Home Health Aide
Kayla Lang, Home Health Aide
Sydney Nelsen, Home Health Aide
Elsa Swanson, Home Health Aide
Kearstin Woods, Caregiver

**Cottages/Suites/Martin Center**
Bryan Allen, Admissions Coordinator
Mary Ash, Direct Care Professional
Sara Baumgartner, CNA
Mira Boyle, CNA
Shaylea Curley, CNA
Shayne Flannery, CNA
Shannon Mills, CNA
Emma Rowles, Hospitality Coordinator
Stephanie Schmadeke, CNA
Kayla Syhlman, Direct Care Professional
Damonte Thornton, Direct Care Professional
Ebony Walker, DCP, MHC

**Creekside, Grundy Center**
Melinda Barkhoff, CNA
Brittany Burt, CNA
Bethany Boege, Direct Care Professional
Diane Parkerson, CNA
Tamara Pierce, Nurse Mentor
Isabel Rivera, CNA

**Dining – Assisted Living**
Aariona Ezell, Food Service, WHAL
Nicole Kulaszewski, Food Service, SFAL
Ta’Daja Love, Food Service, SFAL
Lendell Martin, Food Service, WHAL

**Dining – Independent Living**
Auriona Kimbrough, Wait Staff, PW
Elise Markham, Wait Staff, WW
Taven Moore, Wait Staff, WC
Carson Poock, Wait Staff, WC
Sandra Torres, Wait Staff, PW

**Dining – Nursing Care**
MaryFrancis Mahoney, MHC
Jade Quintana, MHC

**Independent Living**
Kathleen Nordman, Housekeeper
Delores Stibal, Receptionist, WC

**Jorgensen Plaza**
Bethany Adams, Cook
Isabelle Armstrong, Event Server
Tracy Baruth, Host
Madilyn Bellile, Table 1912 Server
Nicole Clarke, Hostess
Elizabeth Cuvelier, Event Server
Brody Goos, Event Server
Dianne Gregory, Table 1912 Server
Jenna Hensley, Event Server
Malika Hunt, Dishwasher
Tristan Leyh, Cook
Haylee Luna, Event Server
Jacob McKnight, Event Server
Laurie Morris, Cashier
Jody Mullinix, Table 1912 Server
Joseph Pena, Bartender
Amanda Sager, Server
Eric Simmons, Asst. Mgr., Caraway Cafe
DaKota Tillerias, Event Set-Up
James Ward, Event Server
Colin Weber, Cook
Madeline Welsh, Cashier
Spencer Zumbach, Dishwasher

**Multi-site support**
Emily Murtha, Administrator in Training
Cameron Pratt, Maintenance Technician
Michael Reed, Maintenance Technician
Tamara Schmitt, Payroll/HR Specialist
Danette Seals, Transportation Assistant
Joseph Thrall, IT Support Technician

**Therapy**
Molly Roscovius, Occupational Therapy Assistant, Therapy

Employment anniversaries
Congratulations to these long-time employees on their service milestones!

**Danielle Syhlman**
July 31 – 5 years
MHC

**Kate Leopard**
July 24 – 15 years
atHome

**Tamra Derrick**
July 31 – 5 years
atHome

**Melissa Holschlag**
July 10 – 5 years
atHome

**Doraine Stufflebeam**
July 22 – 20 years
atHome
Notes of appreciation

Thank you for the beautiful flowers. Bob Brown

Thank you for your kind expression of sympathy in the sending of the lovely red rose arrangement. Thank you to each one of you from the Western Home who ministered to Lee and to our family during the months before his passing. You walked alongside with us during this journey. Blessings. The family of Lee Engen

National Selfie Day

Employees at Nation Cottage flash their best smiles for this selfie! Left to right, front row: Ashley Betts, Beth Hines; second row, Tiffany Wollum, Brittany Tooley; third row, Shay Curley, Samantha Gaede, Faith Van Meeteren; last row, Bertha Brown, Katlin Williams.
Gilmore’s Pub now open later

Gilmore’s Pub is now open until 9 p.m. Monday through Saturday for your dining and drinking pleasure.

Gilmore’s menu offers appetizers including deep-fried fresh vegetables or Hansen’s Dairy cheese curds, pub nachos, salads topped with chicken or sirloin, sandwiches including turkey club and pulled pork, and burgers of the month. An extensive wine and cocktail list is also available.

*Gilmore’s Pub: now open Monday - Saturday, 11 a.m. - 9 p.m. at 5307 Caraway Lane in Cedar Falls.*