Meet ElliQ: Home robot for seniors

Looking for a new companion? Fifteen residents will soon have an opportunity to host ElliQ, a home robot designed to keep older adults sharp, connected and engaged.

Intuitive Robotics selected Western Home Communities for a midwest partnership because of the organization’s reputation as early adopters of technology to improve service delivery, protect people and assets, and enhance quality of life.

ElliQ is the first proactive artificial intelligence (AI) digital device that initiates interaction and develops intuition for your needs and preferences.

“ElliQ represents a paradigm shift,” explains Chief Innovation Officer Sonya Thrall, “from the person learning how to use a technology to the technology learning how to serve the person.”

ElliQ encourages older adults to be connected, active and engaged by asking questions, getting to know habits and preferences, and then offering timely suggestions for well-being.

Let’s say it is your goal to stay more connected with friends and family. ElliQ approaches you with suggestions at just the right times. If it’s been a while since you’ve spoken to a family member, ElliQ may offer to make a video call, or send a text message.

Or let’s say you want to stay more cognitively fit. ElliQ learns your interests (over time, and through your direct input) and begins to find the right content. If you like science, ElliQ can find interesting TED Talks to share or suggest trivia games.

Continued on page two
Anyone who is curious about Australia and New Zealand had a taste of travel down under at the May Friends program presented by villa residents Gary and Donna Brown. They took a recent trip to celebrate their 50th wedding anniversary.

Exploration of the continent's history, culture, commerce, wildlife, food, natural resources and manmade marvels provided rich source material for their presentation. Their cruise along the Australian coastline, as well as New Guinea, Bali and New Zealand, provided introduction to wildlife such as koala, wombat, wallaby, dingo, komodo dragon, tasmanian devil, kiwi and kangaroo.

Australia is roughly the size of the continental United States; it is the earth's oldest continent. Aboriginal people of Australia have a rich culture stretching back at least 50,000 years, making it one of earth's oldest civilizations.

The first Australian contact with western civilization involved Dutch explorers in 1644. Captain James Cook's 1770 expedition claimed the eastern coast of Australia, naming it New South Wales.

Today, Australia has 25 million inhabitants with its population concentrated in eastern coast cities. It is the flattest and driest inhabited continent.

All residents, family and friends are welcome at the monthly programs sponsored by Friends, where topics are varied and interesting.

For Friends of WHC,
Mike Seavey

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G'day, mate! Browns share experiences in Australia

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Try Pie: It’s about more than a dessert

Sarah Helleso, co-director of the organization Try Pie, will speak at the next monthly Friends program, along with a student participant.

Tuesday, July 23, 10:30 a.m. at Windridge

Maybe you’ve tried the delicious pies available at The Market in Jorgensen Plaza. Did you know Try Pie is actually a youth ministry? It’s a social enterprise designed to teach young women skills to make them successful for life.

Learn this inspiring story at the next Friends program. Invite a friend to join you!

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You control how much or little you want to interact. ElliQ can learn what works for you and make contextual decisions from there.

“ElliQ is my partner and I can't remember what life was like without her,” said Gerald Manko, a 97-year-old ElliQ beta tester in the Silicon Valley area of California. “She provides a pleasant interruption from watching the news and reading, and I enjoy interacting with her and learning new things.”

Tom Tierney, technology training coordinator, will help select testers, install equipment and evaluate residents' adoption and satisfaction with ElliQ. He and a representative from the company will host a July information session for anyone interested in learning more about ElliQ.
Musicians return to WHC for summer concerts

Cedar Valley Chamber Music returns in July for its two-week festival, featuring outreach to the community by professional musicians.

Trinitas Chamber Ensemble includes flute, cello and piano that combine for engaging, off-beat performances. Two members are professors of music at Memorial University in St. John’s, Newfoundland; the third founded an organization that offers unique events and workshops to pianists in Newfoundland and Labrador, Canada.

Reviewers have called their work “full of personality... and great virtuosity...evocative and exciting.”

Trinitas will perform two free concerts on the Western Home Communities campuses in Cedar Falls, open to all residents:

**Friday, July 12, 10 a.m.**
Windhaven Assisted Living Dining Room

**Wednesday, July 17, 10 a.m.**
Stanard Family Assisted Living Chapel

Diamond Event Center to host festival finale

The final concert of the 2019 Cedar Valley Chamber Music series pairs two 19th century masterworks for piano and strings: Piano Quintet in A Minor, Opus 30 of Louise Farrenc, and Piano Quartet in C Minor, Opus 15 of Gabriel Fauré, performed by several of the festival musicians. This concert is open to the public.

**Sunday, July 21, 3 p.m. at Diamond Event Center**

**Tickets:** $20 (at the door or online at cedarvalleymusic.org/salon-romantique)
This concert will include one 15-minute intermission and conclude at 4:30 p.m.
A cash bar will be available before and after the performance.

Table 1912 to host post-concert dinner

A limited number of tickets may still be available for a three-course dinner to celebrate the festival finale. Cost is $30 per ticket and includes two glasses of wine.

**For more information, contact general manager Meena Reisetter at 319-859-9324.**
Western Home Foundation and Western Home Communities appreciate being honored through estate gifts, memorial donations and other gifts. 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:
Erma Colvin
David Brooks
Nancy Colvin
Jeffry Dick
Dave & Cindy Glasener
Jerry Grosse
Donna Hall
Lyn Smith
Doug Wumkes
Wendell Crotty
Marlene Engen
Vern & Marcia Hansen
Dick & Bev Michael
LaVerne & Pat Middleswart
Tom Dietrick
Donna Allee
Les & Karen Blount
Marlene Danielsen
Louise Odle
Marilyn Roseberry
Clay & Ann Shimeall
Marcia Simpson
Richard & Patty Sulentic
Jeanne Thuesen
Alma Heath
Richard & Sharon Vine
Jerry Jorgensen
Don Wood
Gene Lybbert
Bertie Jepsen
Jerry & Mary Purcell
Darlene Surface
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Lorna Ericson
Marilyn Roseberry
Fresh Wind Ministries
Shirley Ackerman
Merv Andersen
Patty Berning
Margaret Bettis
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Lorna Blohn
Tim & Kris Boettger
Deane & Connie Bradfield
Shirley Cain
Cleo Cross
Wendell Crotty
Joyce Cutshall
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Lois Deberg
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Uyntha Duncan
Mark & Molly Eggleston
Maxine Engelkes
Marlene Engen
Bruce & Lila Epling
Bev Fish
Jim Fogdall
Kent & Joyce Folsom
Stan & Ginny Garrison
Anne Geadelmann
Dave & Cindy Glasener
Bev Greenway
Jim and Dianna Geiger
Evelyn Gibson
Phyllis Green
Margaret Grimm
Bob & Donna Grosse
Dorothy Guldner
Lloyd & Norma Hager
Bethel Hammer
Butch & Sherry Hammer
Alice Hansen
Cliff & Donna Hansen
Curt & Alice Hansen
John Hansen
Jeannette Hanson
David & Diane Happel
Gary & Shirley Harris
Wayne & DeMaris Hochhalter
Lorene Howard
Marvin & Mary Hudwalker
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Bertie Jepsen
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Tim & Kris Boettger
Lloyd & Norma Hager
Alice Hansen
Curt & Alice Hansen
Garry & Christie Moore
Dode Nieman
Employee Appreciation Fund
Winston Burt
John & Donna Falk
22nd annual golf outing approaches

Golfers will tee off in support of Western Home Foundation at noon on Monday, August 26, at Beaver Hills Country Club in Cedar Falls. The event includes dinner and prizes.

For information on sponsorship and/or player registration, contact Mary Taylor at 319-859-9338 or mary.taylor@westernhome.org.

Annual event shows appreciation for donors

Western Home Foundation invited all those who contributed more than $1,000 in 2018, and those who have made plans for an estate gift, to attend the annual recognition event on June 10. Stunning decorations created by Mary Taylor, live music and an amazing array of delicacies prepared by event center staff combined for a memorable evening.

Diamond Event Center created a perfect setting for the event. It is named in honor of generous benefactors, the late Saul and Joan Diamond, early villa residents.

CEO Kris Hansen, center, shares a laugh with Bob Grosse (left) and Alan Tapper.

Chief Operating Officer Jerry Harris visits with Lorna Ericson (left) and Marlene Deery.

From left, Donna Grosse, Mary Beth Dieter, Mary Marholz, Bob Dieter, Ron Liebold and Martha Stanford choose from a charcuterie selection.
Chaplain’s Corner:
Let freedom reign
by chaplains Garry and Christie Moore

As we approach American Independence Day, it is interesting to note what our first Chief Justice of the Supreme Court, John Jay, had to say: “Unto Him who is the author and giver of all good, I render sincere and humble thanks for His mercy and unmerited blessings and especially for our redemption and salvation by His beloved son.” I wonder if our present Chief Justice would have the freedom to say that today.

As we consider the subject of freedom, it is interesting that the apostle Paul had to write to a church that was struggling to understand what real freedom was. We find him teaching the church at Galatia the principles they needed to know so they could handle the confusion they had about freedom. “Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage,” (Galatians 5:1).

As Paul wrote this to the Galatians, he probably remembered what Christ had said in John 8:36, “Therefore if the Son makes you free, you shall be free indeed.” Paul was pointing out to them the freedom Jesus Christ gives from religious practices that men try to impose on people. They were being told they had to keep religious practices to be saved. Christ had said, “And you shall know the truth, and the truth shall make you free,” (John 8:32). When we know Him, we have the freedom He gives from man’s idea of religious righteousness.

When someone has a wrong concept of freedom, it can be abused. That’s why Paul wrote in Galatians 5:13, “For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another.”

Understanding the freedom we have in Christ gives me the ability to say no to my selfish desires and yes to ways I might be able to love others. We have been given the freedom not to do what we want, but to do what we ought. “For all the law is fulfilled in one word, even in this: You shall love your neighbor as yourself,” (Galatians 5:14).

So this Fourth of July, let’s thank God for freedoms we enjoy in this great country and for freedom from the penalty of and slavery to sin. “But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord,” (Romans 6:22, 23). Only then will we be able to let freedom reign.

Join us for worship this month

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<th>SFAL Chapel 9 a.m.</th>
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<td>July 7 Garry Moore</td>
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<td>July 28 Garry Moore</td>
<td>July 28 Andy Walser</td>
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Also on July 28, Chaplain Tim Boettger will speak at the 10:30 a.m. service at Cedar Falls Bible Conference. Bus transportation will be offered for residents. Sign up with your coordinator.
Meet the newest member of WHC therapy team

Successful therapy is a team effort. Meet the newest therapy team member, Danialle Draeger, PT, DPT, who’s been working with outpatient therapy clients since mid-January. Many of them already rave about the success they’ve seen.

Villa resident Greg Boom says Danialle helped improve the movement on his problem knee. “She is very knowledgeable on what to do and was very pleasant to work with,” says Greg.

Unlike a dreaded doctor appointment, Danialle’s outpatient clients look forward to their visits at the Jorgensen Plaza therapy clinic. “I enjoy the experience that I’m having with her,” says Donna Hansen of Windermere. “She’s very caring and I enjoy having her work with me.”

Danialle received her doctorate of physical therapy degree from the University of Wisconsin-La Crosse. She has extensive training in orthopedic rehab, vestibular rehab, and manual therapy including joint mobilizations of the spine, shoulder, hip, knee, foot and ankle. She has experience in aquatic therapy, and neurological rehabilitation for conditions including Parkinson’s disease, multiple sclerosis and stroke.

Back problems caused issues for Dean Meier, another villa resident. He struggled, barely able to complete day-to-day activities, before seeing Danialle for therapy.

“The result was, my pain level dropped and my range of motion doubled. It’s almost miraculous the improvement I made,” Dean marvels. “She seemed to know just the right thing to help me.”

That seems to be a common refrain.

“My right leg was affected from a stroke and Danialle helped me walk again,” says Gary Karkosh, who’s back to gardening this summer behind his villa. “It (therapy) was a wonderful experience.”

What can therapy do for you?
If you have stiffness, diminished range of motion, pain or balance challenges, therapy may help you improve these conditions. Outpatient therapy visits are available to residents and the public at Jorgensen Plaza. Call 319-859-9343 for an appointment.

Invite your family to summer swimming events

Western Home Communities will host two free Saturday swim parties this summer for residents, employees and their guests!

Plan now to join us:
Saturday, July 20  Saturday, August 10
9 – 11 a.m. at The Falls Aquatic Center  3025 Main Street, Cedar Falls
The classroom is lined with mirrors which makes it possible to see the instructor from most positions and to check for proper form. Participants may use chairs placed by the yoga mats to help with balance.

Words of Wellness:
High blood pressure?
Stiff joints?
Anxiousness? Choose yoga for mind/body wellness

by Director of Wellness Amanda Lynch

Wondering what yoga is all about and whether it’s right for you?

Yoga is an ancient discipline from India that combines breathing techniques, exercise and meditation, originally to cultivate discernment, awareness and higher consciousness.

The westernized yoga practice offers many physical benefits; just ask loyal participants of Mindful Movement, who treat attendance to this three times a week class like a requisite cup of morning coffee.

Diane Muller had a challenging physical and emotional journey to recovery from back surgery in 2012; she’s still working on it. “I had a lot of paralysis in my legs – through physical therapy and time, a lot of the feeling has returned,” she said. “However, I still have some numbness. I think the stretching in yoga helps with continuing to ‘wake up’ those nerves and muscles, as well as increasing my flexibility.”

You don’t have to already be flexible to do yoga; classes help your muscles become more limber, even if you have health challenges. “I thought I couldn’t do yoga because of arthritis in my knees,” says Marlene Brim. “But I can do this because Erin always gives us variations for the poses.”

Instructor Erin Berger teaches the Monday-Wednesday-Friday class at The Grosse Wellness Center. She routinely changes her class sessions and offers new sequences and variations. Members like the variety and the camaraderie. “I like the motivation of having others in class with me,” says Marlene.

Another villa resident, Dave Zwanziger, enjoys a benefit that surprised him: lower blood pressure after six months. “I have the numbers to prove it; that’s why I’m here,” he said. It could be due to reduced tension from yoga’s calming effects. That’s something Jan Rosauer recognizes, too. “The yoga class gets my day off to a great start,” she says. “It gets me in a good frame of mind and, by the end of the class, all the tension is gone out of my body.”

Erin concurs that the final part of the class, called shavasana, is the most powerful; movement stops and the final pose offers total relaxation. Erin says it takes practice to achieve.

“The concentration required for balance and stretching with the poses is important,” Erin said. “The flow between poses and controlled
breathing contribute to the mind-body connection that enables that final total relaxation.”

Participants have become enthusiastic advocates and invite others to join them.

“Erin is a great instructor,” Diane said. “It is a great way to start the day and I highly recommend it.”

Travelers explore Iowa on overnight trip

Ice cream, anyone? That may have been the main draw for a group of 43 residents who toured northwest Iowa on June 11 and 12, but they found lots to love along the way there and back. Highlights included the painted silos of Fort Dodge, a new summer celebration show at Brown’s Century Theater in LeMars and, of course, the newly renovated Wells Blue Bunny visitor’s center.
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<td>WG</td>
<td>July</td>
<td>19</td>
</tr>
<tr>
<td>Marian Christiason</td>
<td>WHAL</td>
<td>July</td>
<td>19</td>
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<tr>
<td>Arthur Schrader</td>
<td>WHAL</td>
<td>July</td>
<td>19</td>
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<tr>
<td>Barb Beil</td>
<td>VTH</td>
<td>July</td>
<td>19</td>
</tr>
<tr>
<td>Barbara Cardamon</td>
<td>VTH</td>
<td>July</td>
<td>19</td>
</tr>
<tr>
<td>Bev Haugen</td>
<td>WC</td>
<td>July</td>
<td>20</td>
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<tr>
<td>Jean Hansmeier</td>
<td>VTH</td>
<td>July</td>
<td>20</td>
</tr>
<tr>
<td>Roy Justis</td>
<td>VTH</td>
<td>July</td>
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<tr>
<td>Mimi Zischke</td>
<td>WG</td>
<td>July</td>
<td>21</td>
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<tr>
<td>Homer Leymaster</td>
<td>WHAL</td>
<td>July</td>
<td>21</td>
</tr>
<tr>
<td>Bill Thrall</td>
<td>PW</td>
<td>July</td>
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<tr>
<td>Howard Schaa</td>
<td>WG</td>
<td>July</td>
<td>22</td>
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<tr>
<td>Evelyn Boice</td>
<td>VTH</td>
<td>July</td>
<td>22</td>
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<tr>
<td>Janet Simcox</td>
<td>VTH</td>
<td>July</td>
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<tr>
<td>Joyce Cutshall</td>
<td>WC</td>
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<tr>
<td>Terri Tobin</td>
<td>WC</td>
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<tr>
<td>Chris Panther</td>
<td>PW</td>
<td>July</td>
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<tr>
<td>Tim Grady</td>
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<tr>
<td>Monte McCunniff</td>
<td>VTH</td>
<td>July</td>
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<td>Shirley Ackerman</td>
<td>SFAL</td>
<td>July</td>
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<tr>
<td>Leona Pruisner</td>
<td>WM</td>
<td>July</td>
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<tr>
<td>Mary Bader</td>
<td>VTH</td>
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<td>Margene Grady</td>
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<td>July</td>
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<td>Lois Taylor</td>
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<td>Donna Geary</td>
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<td>Joanne Heath</td>
<td>WC</td>
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<td>Cecelia Mudd</td>
<td>CTG</td>
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<td>Marilyn Taylor</td>
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<tr>
<td>Robert Decker</td>
<td>VTH</td>
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<tr>
<td>Loretta Dykes</td>
<td>WR</td>
<td>July</td>
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<tr>
<td>Robert McInroy</td>
<td>VTH</td>
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<tr>
<td>Dean Meier</td>
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<tr>
<td>Robert Kellner</td>
<td>SFAL</td>
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<tr>
<td>Kay Connelly</td>
<td>VTH</td>
<td>July</td>
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<tr>
<td>Jean Smith</td>
<td>SFAL</td>
<td>July</td>
<td>29</td>
</tr>
<tr>
<td>Rae Freet</td>
<td>TS</td>
<td>July</td>
<td>29</td>
</tr>
<tr>
<td>Lillian Marks</td>
<td>WR</td>
<td>July</td>
<td>29</td>
</tr>
<tr>
<td>Sally Davis</td>
<td>VTH</td>
<td>July</td>
<td>29</td>
</tr>
<tr>
<td>Dorothy Brown</td>
<td>WHAL</td>
<td>July</td>
<td>30</td>
</tr>
<tr>
<td>Ruby Hockey</td>
<td>SFAL</td>
<td>July</td>
<td>31</td>
</tr>
<tr>
<td>Don Woody</td>
<td>VTH</td>
<td>July</td>
<td>31</td>
</tr>
</tbody>
</table>
Anniversaries total 115 years of service

Congratulations to the following employees who celebrate employment anniversaries in July!

Carol Peters
30 years
July 20
WG Coordinator

Jessica Drahos
5 years
July 9
Home Health Aide, atHome

Santrice Wise
5 years
July 30
Lead cook, WH

Robin Wilson
25 years
July 1
CMA, SFAL

Hannah Johnson
5 years
July 10
LPN, Creekside

Zachary Sweet
5 years
July 30
Cook, WC

Selena Dewall
15 years
July 9
CMA, DS

Hannah Devries
5 years
July 16
Resident Assistant, WHAL

Amber Chapman
5 years
July 30
Clinical Home Solutions/Technology Specialist

Aaron Hughbanks
10 years
July 17
Lead Food Service Worker, WH

Sara Cornelius
5 years
July 9
CMA, MHC

Last month, Tabith Reuter’s employment was identified incorrectly; she serves as the LPN clinical coordinator at Martin Center. We’re sorry for the error.

As seen on Facebook:

Western Home Communities is now home to more than just human residents—four baby robins were born at Prairie Wind Independent Living! Their nest sits in one of the plants on the patio of residents Jed and Twyla Moschel. Jed and Twyla announced the newcomers to other Prairie Wind residents and celebrated with treats.
Welcome new employees

**Assisted living**
- Meagan Barth, RA, TS
- Myeisha Meador, RN, WHAL
- Deloy Rainey, RN, WHAL
- Nicole Towsley, clinical service coordinator, SFAL

**atHome with Western Home**
- Beth Amo, caregiver
- Emily Bulsma, caregiver
- Jessica Pfantz, scheduler/caregiver

**Creekside (Grundy Center)**
- Bryan Beenken, hospitality coordinator
- Amy Wrage, LPN

**Independent living**
- Caleb Adams, wait staff, WC
- Amanean Clark, wait staff, WR
- Francis Dunning, wait staff, WC
- Maleah Gardner, wait staff, WR
- Jessica Ohrt, wait staff, WC
- Arianna Qualls, wait staff, WG
- Harrison Redfern, wait staff, WC

**Jorgensen Plaza**
- Dalton Christner, cook
- Maaike Hassman, event server/set-up
- Mya Piehl, cook
- Andrew Van Patten, wait staff,
- Caraway Café
- Jerry Walton, bartender, Gilmore's Pub
- Lauren Wilson, wait staff
- Nicole Wollmuth, server, Table 1912

**Skilled nursing**
- (Cottages/Suites/Martin Center)
- Julie Ames, RN, DS
- Tiana Barrett, hospitality coordinator, DS
- Jamie Billington, CNA, DS
- Joel Bruss, CNA, CTG
- Joanne Bryant, LPN, CTG
- Emili Castro, direct care professional class, MHC
- Miranda Jimmerson, hospitality coordinator, CTG
- Tiffany Klinghammer, direct care professional class, MHC
- Madison McCalla, CNA, MHC
- Raelynn Meade, hospitality coordinator, CTG
- Daeja O’Donnell, direct care professional class, MHC
- Kylene Phillips, CNA, DS
- Ashley Riley, CNA, MHC
- Britanny Saul, CNA, DS
- Michaela Schoppe, CNA, DS
- Vern Sires, RN, DS
- Cierra Speller, direct care professional class, MHC
- Sharmisha Todd, direct care professional class, MHC
- Caleb Townsend, CNA, MHC
- Teresa Wessels, RN, MHC

**Meet our Employee of the Month, Kyle Scharates**

Kyle Scharates works as a dishwasher at Jorgensen Plaza. He began working at Western Home Communities in April 2018. Here are a few things employees have said about Kyle:

- Kyle goes out of his way to offer help in every department and do anything extra, simply because he wants to help.
- He is never late to work and is always in a good mood. If he is having a bad day, he has a plan to improve the situation.

Thanks, Kyle, and congratulations from your Western Home Communities family on being named employee of the month for June 2019!

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**BOARD OF DIRECTORS**

- Willard Jenkins, Chair
- Kathy Flynn, Vice Chair
- Larry Fox, Secretary
- Greg Schmitz, Treasurer
- Scott Bittner
- Sarah Brown
- Bill Witt
- Floyd Winter
- Jim Wohlpart

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

**Friends of Western Home Communities**
- Bev Michael, Chair
- Don Rasmussen, Vice Chair
- Helen Bosley, Secretary

**Building Abbreviations**
- Martin Health Center
- Stanard Family Assisted Living
- Windhaven Assisted Living
- Thalman Square Memory Support
- Willowwood
- Windgrace
- Windermere
- Windcove
- Windridge
- Windcrest Villas & Townhomes
- Nation Cottage and Thuesen Cottage
- Prairie Wind
- The Deery Suites

**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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**In sympathy**

- Belva Rhoads, SFAL
- June 15
- Rogene Gunther, DS
- June 13
- Bob Way, VTH
- June 13
- Jack Hanson, WHAL
- June 10
- David Carroll, MHC
- June 6
- Beverly Rathbone, CTG
- June 3
- Dale Larsen, CTG
- June 1
- Gene Lybbert, TS
- June 1
- Susan Christy, WW
- May 31
- Erma Roethler, MHC
- May 21
Building a Better You
2018 left an indelible mark on Western Home Communities and all of us. We celebrated the long-awaited openings of Jorgensen Plaza for Well-Being and The Deery Suites, and we took innovative care models to rural Iowa as we further expanded our mission to assertively create fulfilling lifestyles.

The excitement started January 7, as we welcomed the public to a tour of Willow Winds, the new assisted living community in Denver that we manage in partnership with owner Dave Larsen. We’re proud of this work that allows long-time residents to stay in their hometown when health needs require a move.

Scheduling the first event at Diamond Event Center for March 29 left us a bit worried we might have to serve donuts and coffee in the parking lot. Yet we were able to open the doors for a large crowd who attended Good Morning Cedar Valley and then helped us cut the ribbon for that space, even as contractors worked feverishly on final touches to administrative offices, The Grosse Aquatic and Wellness Center, Table 1912, Gilmore’s Pub, Caraway Café, The Market, The Deery Suites and Salon Iris.

A few days later, we offered community tours of The Cottages at Creekside in Grundy Center. Rural Iowans now have the opportunity they deserve: to live in a home, not a medical institution, with just 16 or 20 residents per cottage and a team of employees dedicated to helping each of them live their best day with dignity, purpose and spontaneity.

It’s a thrill to see the completion of long-planned amenities and communities. What’s even better is seeing how those new environments create positive change in the lives of those who live, work and visit there.

Turn the pages of this annual report and see how finishing those projects was simply the start of something great, with benefits we’ll continue to see long after 2018 becomes a distant memory.

Moving forward,

Kris W. Hansen, CPA
Chief Executive Officer

Kris welcomes the crowd for Good Morning Cedar Valley, the first event held at Diamond Event Center, on March 29, 2018.
As a 501(C)3 not-for-profit organization, Western Home Communities:
• Is accountable to a volunteer board of directors.
• Accepts contributions to fulfill its mission.
• Provides ongoing benefits to the greater community.

Charitable Care
$2,226,289
Keeping our promises: No resident is asked to leave for outliving their financial resources.

Philanthropy
Donated funds in 2018: $1,861,728
Offering a mutually beneficial opportunity: Donors invest in a trustworthy organization, which sustains and expands its work.
Number of Donors: 705 (47% residents)

Volunteerism
Volunteers Hours in 2018: 7,705
Estimated value per hour: $25.43
Total value: $195,938

Serving our community: Employees deliver Meals on Wheels to older adults in the Cedar Valley each month.
Guiding the next generation: WHC regularly hosts interns and long-term student volunteers – nine in 2018.
The grand opening theme, “Building a Better You: Jorgensen Plaza for Well-Being 2018” still resonates as residents, employees, families and the general public use all the amenities inside Jorgensen Plaza and find their lives better because of it.

Pool use is priority for good health

Swimming has been the go-to exercise for John Lofstedt throughout his life. It was swimming at Lake Phalen as a youth that set the course for a positive habit that continues to give him the benefits of good sleep, stamina and cardio strength. John and his wife, Ann, were planning the 11th move of their marriage when he was introduced to Western Home Communities and Jorgensen Plaza. “It is just what we were looking for,” he said. “Then we heard about the plans for the pool – that was exciting!”

John’s endurance inspires other swimmers. He's quick to say that he was winded after five laps when he returned to swimming at the Grosse Aquatic Center. Now he swims one mile, six days a week. Over 52 weeks, he is covering the distance of a round trip to Davenport.

Adding swimming to the rhythm of his day was easy – he accompanies Ann to her aqua stretch class for arthritis and he swims laps during the class time. Ann also enjoys the positive effects of regular low impact exercise in the pool. She joined the aqua stretch class when it started and became so familiar with the routine that she has stepped in as a substitute teacher. She stays with it because the exercise relieves hip and knee pain.

Woodworking and gardening are other pastimes that are part of the Lofstedts’ lifestyle at Western Home Communities. “We like our little community on Bluebell,” John said. They appreciate the positive relationships here. “And the maintenance staff is unbelievable,” he adds.

Fresh Wind Worship held its first service at Diamond Event Center on May 6, 2018.

Average attendance: 220

Other weekly services: 10

Chaplain visits in 2018: 1,782

Bible studies held: 224
Client’s successful recovery gets her back to work

Regaining physical abilities can enhance emotional well-being. That happened to Carolyn Young, an early post-surgical resident of Deery Suites who continued with outpatient therapy at Jorgensen Plaza.

Carolyn says experienced staff and innovative therapies made the difference. First, she marveled at how the diathermy, a therapy machine that provides heat treatment to promote healing, removed all discomfort.

Carolyn also appreciated the technology behind VirtuBalance, an infrared camera sensor that tracks gait quality and provides accurate measurements. “As I walked, the screen showed how therapy was making a difference. That was impressive,” she said. “It was a real motivator to see my progress.”

Water therapy was a favorite for the former swim team member. The resistance provided a new level of results, even as buoyancy made the work seem easier.

Carolyn said every experience with the staff was wonderful. “The caregivers at Deery Suites were kind and attentive,” she says, “and my regular therapists were extremely helpful.”

After what was a second hip surgery for her, Carolyn is now happily back to work at UNI. She can easily contrast this recovery experience with her first, and offers a recommendation: “If you have to get physical therapy, go to Western Home. They have everything you need.”

Lifelong University moved to Diamond Event Center to allow even more people to take advantage of unique learning opportunities offered by UNI. Events and programs at Jorgensen Plaza offer a variety of creative, stimulating mental activities that expand knowledge and skills.

What’s better than meeting friends for a meal? From lunchtime salads to happy hour drinks, to an expertly prepared culinary creation, the restaurants inside Jorgensen Plaza enhance social well-being by bringing people of all ages together.

Diamond Event Center provides a perfect backdrop for wedding receptions, anniversary parties, corporate trainings, charity galas and celebrations of life, all to provide meaningful moments of shared connection.
# Financial Integrity

## ASSETS

### Current Assets:
- Cash and Cash Equivalents: $6,396,661
- Resident Receivables, Net of Allowance for Doubtful Accounts of $109,613: 2,649,231
- Investments: 4,853,011
- Assets Limited as to Use: 65,000
- Prepaid Expenses and Other Current Assets: 1,282,429
- **Total Current Assets:** 15,246,332

### Assets Limited as to Use, Less Current Portion
- **474,986**

### Property and Equipment:
- Land and Land Improvements: 11,268,983
- Buildings: 180,144,046
- Equipment: 12,657,089
- Construction in Progress: 1,939,185
- **Total Property and Equipment:** 206,009,303
- LESS - Accumulated Depreciation: 46,998,210
- **Net Property and Equipment:** 159,011,093

### Other Assets:
- Notes Receivable - Individuals: 79,246
- Unconditional Promises To Give: 1,089,938
- **Other Assets:** 658,650
- Assets Restricted for Scholarships: 43,604
- Assets Restricted for Operations Endowment: 253,941
- **Total Other Assets:** 2,125,379

**TOTAL ASSETS:** $176,857,790

## LIABILITIES AND NET ASSETS

### Current Liabilities:
- Notes Payable: $781,211
- Line of Credit: 701,499
- Current Maturities of Long-Term Debt: 2,793,235
- Accounts Payable: 1,691,921
- Accrued Salaries and Benefits: 1,752,984
- Other Current Liabilities: 1,119,565
- **Total Current Liabilities:** 8,840,415

### Long-Term Liabilities:
- Long-Term Debt, Less Current Maturities: 61,654,644
- Charitable Gift Annuities: 1,479,326
- Deferred Revenue from Advance Fees: 9,543,545
- Refundable Advance Fees: 93,918,020
- **Total Long-Term Liabilities:** 166,595,535
- **Total Liabilities:** 175,435,950

### Net Assets:
- Without Donor Restrictions: 1,082,662
- With Donor Restrictions: 339,178
- **Total Net Assets:** 1,421,840

**TOTAL LIABILITIES AND NET ASSETS:** $176,857,790
Balance sheet as of December 31, 2018

<table>
<thead>
<tr>
<th>NET ASSETS WITHOUT DONOR RESTRICTIONS</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenues, Gains, and Other Support:</strong></td>
<td></td>
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<tr>
<td>Net Resident Service Revenue, Including Amortization of Advance Fees of $1,436,536</td>
<td>$38,047,103</td>
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<tr>
<td>Contributions</td>
<td>1,701,777</td>
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<td>Investment Income</td>
<td>379,704</td>
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<td>Other Operating Income</td>
<td>2,815,933</td>
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<td>Net Assets Released from Restrictions Used for Operations</td>
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<tr>
<td>Total Revenues, Gains, and Other Support</td>
<td>43,116,809</td>
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<td><strong>Expenses:</strong></td>
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<tr>
<td>Salaries and Benefits</td>
<td>27,443,534</td>
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<td>Contracted and Outsourced Services</td>
<td>1,432,038</td>
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<td>Food and Departmental Supplies</td>
<td>4,908,554</td>
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<td>Occupancy</td>
<td>4,114,881</td>
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<td>Other Expenses</td>
<td>2,409,178</td>
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<tr>
<td>Depreciation and Amortization</td>
<td>5,797,315</td>
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<td>Interest and Amortization</td>
<td>2,295,503</td>
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<td>Total Expenses</td>
<td>48,401,003</td>
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<td><strong>Operating Income (Loss)</strong></td>
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<tr>
<td>(Change In Net Unrealized Gains (Losses) on Investments)</td>
<td>(568,565)</td>
</tr>
<tr>
<td>Increase (Decrease) in Net Assets Without Donor Restrictions</td>
<td>(5,852,759)</td>
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</table>

<table>
<thead>
<tr>
<th>NET ASSETS WITH DONOR RESTRICTIONS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions</td>
<td>145,159</td>
</tr>
<tr>
<td>Net Assets Released from Restrictions</td>
<td>(172,292)</td>
</tr>
<tr>
<td>Increase (Decrease) in Net Assets with Donor Restrictions</td>
<td>(27,133)</td>
</tr>
<tr>
<td>Increase (Decrease) in Net Assets</td>
<td>(5,879,892)</td>
</tr>
<tr>
<td>Cumulative Effect of an Accounting Change for Advance Fees on Years Prior to 2018</td>
<td>(9,130,363)</td>
</tr>
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<td>Net Assets at Beginning of Year</td>
<td>16,432,095</td>
</tr>
<tr>
<td>Net Assets at End of Year</td>
<td>$1,421,840</td>
</tr>
</tbody>
</table>

The annual audit of Western Home Communities was conducted by Ryun, Givens & Company, P.L.C. who issued an unqualified opinion. If you would like a copy of the audit, please contact Kelly Meier, Chief Financial Officer of Western Home Communities, and one will be provided.