Not to worry: A new security patrol on south campus is preemptive, not reactive.

“This is a strategic move to deter crime, and protect residents and property,” said Mark Abernathy, director of safety and transportation. “It’s not in response to any safety problem.”

Three employees provide overnight security services on south campus. Cynthia Clark worked at Windhaven, Adam Williams was a universal worker and Robert Smedley is new to Western Home Communities.

Universal workers will now be focused primarily on cleaning of common spaces on south campus, working second shift (2 - 10:30 p.m.). Security will now handle overnight emergency pendant calls and any resident calls to what has previously been the universal worker cell phone, as well as checking all buildings and grounds for security issues such as an unlocked door.

WHC security personnel will wear t-shirts with “WHC Security” on them and WHC name badges; a blue Chevy Impala is now easily identifiable as the security vehicle. Western Home security personnel do not carry weapons; they will notify police of any emergency security concerns.

Adam Williams, left, and Cynthia Clark are pictured with the marked vehicle they’ll be working out of for south campus security.
Summer construction in full swing

Aerial photos courtesy of Denny Mills, our affable eye-in-the-sky.

As this June edition of The Journal went to print, crews worked at a fever pitch to finish the 75 apartments, library, lounge, dining area, guest rooms and hallways inside Prairie Wind. It appears the work should be nearly complete at month’s end so residents can begin moving in. Meantime, significant progress has also been made on the attached Jorgensen Plaza for Well-Being and restorative suites, projected to open in early 2018.

Peggy Makinster, financial resources liaison, and COO Jerry Harris remove window film from an apartment as part of a director meeting in late May.

This bird’s-eye view of south campus shows Prairie Wind, Jorgensen Plaza for Well-Being and the restorative suites in the foreground. Caraway Lane is at right. Windridge appears at left in the photo, with villas beyond — and in the far left corner, you will notice the UNI-Dome.

A close-up aerial view of the project: Starting at the bottom left corner, that’s the north end of Prairie Wind. Directly north of it, under roof, are the fast casual and fine dining restaurants with pub. The next section, between the brick and concrete walls, is the events center at right (with beams above from local manufacturer Grosse Steel), and the pool area on the left. Farther north, the roof trusses sit atop second floor offices which are located above the therapy area, and at the top of the photo are the 60 post-acute restorative suites. The concrete areas will house an elevator and stairwells; more beams from Grosse Steel ensure the building meets code for skilled nursing facilities (SNF) in Iowa.
From above Caraway Lane looking east, it’s Sweet Basil Lane in the foreground and Shooting Star Way behind it, followed by Prairie Parkway and the roundabout turning onto Prairie View Road. The new UnityPoint clinic is across Prairie Parkway. All villa construction is expected to finish by December of this year.

French doors lead to a den or second bedroom. Being on an upper floor provides a nice view for this east-facing residence.

A little construction dust can’t hide the beauty of these new bathroom cabinets.

This kitchen features a wood-look vinyl floor.

White cabinetry, a peninsula, and slate appliances were chosen for this apartment.

From above Caraway Lane looking east, it’s Sweet Basil Lane in the foreground and Shooting Star Way behind it, followed by Prairie Parkway and the roundabout turning onto Prairie View Road. The new UnityPoint clinic is across Prairie Parkway. All villa construction is expected to finish by December of this year.
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 May 17.

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:

Diane Albertson
Fred & Robin Abraham
Matteo & Carolyn Agosta
Matt Aronson
Kathryn Baxter
John & Sue Behrns
Denny & Linda Bowman
Gary & Donna Brown
Mike & Betty Butler
Lorene Cavigielli
John & Carmen DeVoe
Bob & Mary Beth Dieter
Bob Dietz & Laree Bemis
John & Sandra Golz
Cyd Grafft
Judith Harrington
Jerry & Beth Harris
Doug & Connie Herbon
Gene & Betty Hunck
Iowa Waste Reduction Center, UNI
Judy, Tony & Michelle Jenner
Elwin & Stacy Lee
Ron & Nancy Leibold
Jim & Katy Madill
Barb Oltman
Steve & Darla Ouverson
Tim & Jane Renze
Bob & Marlene Schmidt
Mike & Nancy Seavey
Rita Sommers
Joanne Telht
Paul & Nancy Tofflemire
Christy Twait
Sharon Wetrick
Trent & Pat Wiles
Lois Wishmeyer
Dave & Karen Zwanziger

Loretta Amo
Denny & Linda Bowman
Jerry & Beth Harris

Betty Bartholomew
Jim Bartholomew
Gene & Tanya Crowe
Jerry & Beth Harris
Doris Webber
Robert Boice
Jerry & Beth Harris

Vivian Coughlin
David & Carol Draper
Lois Hansen
Jerry & Beth Harris
Cathy Pitts
Lura Treloar

Jon Crews
Bob & Rosemary Beach

Mary Fosse
Lee & Marlene Engen
Jerry & Beth Harris

Norma Gress
Jerry & Beth Harris

Marty Harrington
Denny & Linda Bowman
Don Dunlap
Jerry & Beth Harris
George & Donna Laurie
Bob & Rhoda Olson

Winnie Hayes
Ed & Penny Brown
John & Sandra Golz
Judy Finkelstein
Jerry & Beth Harris
Marilyn Roseberry
Marcia Simpson
Marlys Simpson

Edna Janssen
Jerry & Beth Harris

Calvin Meyer
Jerry & Beth Harris

Harriet Paulus
Jerry & Beth Harris

Arlene Schilling
Jerry & Beth Harris

Bessie Tapper
Denny & Linda Bowman
Jerry & Beth Harris
Cathy Pitts

Helen Tice
Jeff & Christy Auxier
Ken & Marjorie Behrens
Glenn Billings
Randy & Julie Brunscheon
Jim & Arleen Burkhardt
Jim & Tamarra Byrd
Sue DeBower
Jean Gregory
Jim & Willenda Hagarty
Christina Isley
Lloyd & Eileen Korte
Eugene & Dorothy Lind
Stan & Rose Lorenz
Ralph & Barb Majerus
Lynn Miller
Roger & Vickie Neessen
Doris Nero
Gene & LaVerne Puetz
Dean & Lisa Salmons
Craig & Carol Schnathorst
Craig & Karol Sturm
Bob Topliff
Barb Trueg
Bob & Dee Way
Tim & Mary Wise
Larry & Faith Woodson
Residents and employees are invited to walk with Western Home Communities in the Sturgis Falls parade Saturday, June 24. A bus will shuttle residents from campuses to the staging area near 8th and Clay, then bring them back to campus when the parade ends.

Sign up with your resident coordinator or activities coordinator, and wear any WHC t-shirt in the parade.

Saturday night Sturgis Shuttle rides again

Residents who want a ride to and from the U. S. Marine Band performance at Overman Park, scheduled for 7 p.m. on June 24, should sign up with a resident coordinator. The bus will leave our campuses in time to arrive at the park by 5:30 p.m. and return after the concert ends at 8 p.m.
Chaplain’s Corner:
Always welcome the ball

by Rev. Tim Boettger,
Director of Spiritual Care

Professional golfer Richard Lee says the best advice he ever received came from his mother-in-law: Always “welcome the ball” when you come to it. If you’ve ever played golf you know it’s a game filled with opportunities, challenges, obstacles, setbacks and surprises. Many people lose their composure when the ball doesn’t go where they planned, but Lee’s mother-in-law reminds us to “welcome” the ball wherever we find it.

What does such advice really mean? No matter how bad the last hit was or how hard and challenging the next hit might be, it does no good to dwell on the past or bemoan the present. It’s best to simply accept the reality of where the ball is right now with a good attitude and some hope, realizing it offers a new opportunity.

This advice regarding golf is a lot like much of the advice we read from God in scripture regarding our lives. God tells us to learn the art of being content with our situation and circumstances (1 Timothy 6:6). He also says it’s good to forget what lies behind in regards to past mistakes and bad decisions (Philippians 3:13). Scripture also encourages us to make the most of every opportunity and our remaining time on earth (Ephesians 5:16). We are to do all of this without complaining or whining (Philippians 2:14).

A lot of golfers watch their game fall apart when their attitude goes bad. In the same way many people’s lives fall short of their potential – and possible joy – because their attitudes and faith go bad somewhere along the way.

No matter where the “ball of your life” lies today I would encourage you with a good word: **God does some of His best work in our lives when the circumstances seem the bleakest.**

During the darkest hours of His time on earth, Jesus was preparing for His greatest work. The cross led to His resurrection. The darkness of slavery and imprisonment lead to Joseph’s leadership in Egypt, which brought good to millions (Genesis 37-45). God is an expert in taking dire situations and bringing good out of them. Because of the marvelous work of God, the true believer even sees the dark doorway of death as simply the entry to a better life in the hereafter (John 3:16).

In golf, no matter what has happened on the last hit, it’s best to “welcome the ball” with faith and optimism. In life, it’s likewise best to welcome the next hours, next day, and the future with faith and optimism. It is an act of faith that pleases the one true God, and we should not forget He is a God who specializes in bringing beauty out of ashes, joy out of tears and hope out of despair.

Please join us for Sunday worship

<table>
<thead>
<tr>
<th>9 a.m. Downtown Chapel</th>
<th>11 a.m. FreshWind Worship at Windcove</th>
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<tr>
<td>June 4</td>
<td>Don Sauser</td>
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<td>June 11</td>
<td>Tim Boettger</td>
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<td>June 18</td>
<td>Tim Boettger</td>
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<td>June 25</td>
<td>Garry Moore</td>
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<td>July 2</td>
<td>Don Sauser</td>
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<td>July 9</td>
<td>Tim Boettger</td>
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A soggy day in late April turned considerably brighter for residents who made a short trek north to visit two Mennonite greenhouses in Chickasaw County.

Becky Hardman appears happy to have found just the right plants for beautifying her villa!

First things first: breakfast at Klunder’s Kafe in New Hampton.

Jim Volgarino is ready to fill his villa’s patio planters.

COO Jerry Harris helps carry plant purchases to his trailer for the trip home.

Plant purchases filled the back of a trailer, a van and a pick-up.
Eastland expands biking interest over decades

Villa resident John Eastland is prepared to save the day for Cedar Valley Trails bicyclists who have lost their way, or have the bum luck of a flat tire. His abundant enthusiasm for the local trail system finds a useful outlet as a trail patrol volunteer, where he can share trail history, route recommendations and nature highlights.

“We have such great trails along the river, through the parks and winding between. It’s fun to see the landscape change throughout the year,” he says. John’s favorite routes take him near water, appropriate for this fishing enthusiast. “There just isn’t a part of the trail system I don’t like. We are so lucky!”

He fell in love with the freedom of biking as a boy, more than 65 years ago. As long as he was home for mealtimes, he was free to explore. When he starts talking about his bicycle, you’ll quickly notice there is still a lot of that boy left! On family vacations, his family teased that John had probably already been to their destination on his bike.

John rides for the freedom and appreciates the exercise benefits. “I don’t sit still very well,” he remarks. When he and his wife winter in Clearwater Beach, Florida, he rides more than 600 miles and walks 180 miles during the five weeks they are there.

“I truly enjoy eating,” he confesses, “If I exercise enough, I can take a second pass at the dessert table!”

On trail patrol, John carries basic first aid supplies, simple tools for repair, and water, of course. He also carries a pruner to trim low hanging twigs that surprise a rider and then whip the person following. He rides alone most of the time – his choice. “I like to pick my own pace and route,” he admits. A former RAGBRAI regular, the solitude of the Cedar Valley Trails suits him better these days. Single track mountain biking has become a favorite, too - taking dirt trails, riding over logs, weaving between trees and encountering wildlife. “If I get so muddy that I have to leave my clothes in the garage, it has been a good ride!”

Any injuries over the years? “Yes: cracked ribs, broken collar bones and more.” Broken helmets? “Yes, and you should always wear one; they work!”

Eastland by the numbers
- RAGBRAI tours: 11
- Week-long tours of other states: 12
- Patrol mileage: 1,120 in 2016
- Habitat for Humanity homes he helped build: 83 in 11 years of volunteering

Ready to bike?
John says you can start at any age! First:
- Get the go-ahead from your doctor.
- Get the right bike: • fitted to you • appropriate for your rides
- Learn to use gears and save your knees
- Buy from a bike shop with expertise
“Away from Home with Western Home” hit the road again in late April and early May, taking travelers south to St. Louis, Memphis, New Orleans and Natchez. Those stops share a river and a finesse for food.

Among the highlights:
- a visit to Busch Stadium
- authentic Italian dinner on The Hill
- city tours
- The Peabody Ducks
- cafe au lait and beignets in New Orleans
- the WWII Museum and more.

Want to travel with the group? Call Carolyn Martin at (319) 222-2048 for the next few itineraries!

After getting within an hour of their destination of New Orleans, the group is all smiles and happy to pose for a picture!

This group took in a Cardinals game during the St. Louis visit.

Sue Meier, Marlys Simpson, Ron Van der Meide and Joan Baumgartner enjoy dinner on Bourbon Street.

On Main Street in Natchez, our travelers savored a delectable meal in a quaint atmosphere at The Cotton Alley.
Words of Wellness: The best medicine

by Wellness Coordinator Amanda Lynch

This cannot be overstated: As you age, exercise is essential to your health and well-being. It becomes even more vital when age could contribute to a decline in your health. There is no magic pill for improving your health, but many studies prove physical activity is good medicine. Moving more makes a person stronger and healthier at any age.

- Not only does exercise boost and improve brain function, it can also increase memory tenfold!
- Exercise can improve quality of sleep; even the smallest amount of daily exercise can relieve bouts of insomnia.
- Engaging in physical activity may be almost as effective as a flu vaccine for lowering the odds of getting ill. Even the smallest amounts of exercise can make a difference in the ability to fight off sickness.
- Exercise can boost energy levels and improve mood, thus decreasing the risk for stress-related sickness that can occur.

So what does all this mean for you? How can you get your body on exercise? Go out and do something you love! Go for a walk, a bike ride or try an exercise class. You will soon see positive changes in your fitness, flexibility, mood and sense of well-being.

Wellness Recipe of the Month

Roasted cauliflower

Ingredients

- 8 c. 1-inch-thick slices cauliflower florets (about 1 large head)
- 2 T. extra-virgin olive oil
- 1 teaspoon dried marjoram
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 T. balsamic vinegar
- ½ c. finely shredded Parmesan cheese

Directions

1. Preheat oven to 450°F.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese melts and any moisture evaporates, five to 10 minutes more.

Hit the trails with BKBK

Join the Big Kids Bike Klub for Monday morning rides at 8:30 a.m.!

Anyone is invited to join the group in front of Windridge. The route on recreational trails varies weekly.

For more information, contact Marcia Hansen at mahansen@cfu.net or (319) 610-2024
On May 10 at a Friends program, Cedar Falls native and NU High grad Troy DeJoode shared the bittersweet story of family tragedy and the good that ultimately came from their loss.

His wife, Heather, was at an Ankeny stop sign when a speeding pickup crashed into her van which also carried their three children, killing two of them - five-year-old Carson and five-month-old Clare. Three-year-old Chase survived; Heather’s head injuries left her in a coma for weeks; it took many months for her to learn to talk, walk and drive again.

He expressed joy that his two children saved nine lives through organ donation. He urged the audience to consider organ donation, saying age is much less a barrier than sometimes thought.

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Program report: The Inflammation Connection

Inflammation is the body’s natural way of protecting itself from infection or healing from injury. Arthritis, asthma, allergies, diabetes, obesity, heart disease, Alzheimer’s disease and cancer are all types of inflammation. Some inflammation can be a good thing (such as fever to fight infection), but too much is harmful.

“The Inflammation Connection” was the topic of the Friends program for April and featured pharmacist Lucinda Harms, who teaches at Kirkwood Community College and owns a nutritional wellness consulting business. Lucinda is passionate about sharing her knowledge to help all of us live healthier lives.

Diet is the number one thing that contributes to inflammation. “Health begins with the farm, not the pharmacy,” Lucinda said. Cooking methods also contribute. Cooking temperature (lower is better), amount of moisture (more is better), and the length of time cooked (least important) all contribute to inflammation.

Point to ponder: Most of us have heard of the Glycemic Index (GI) which is a measure of a food’s effect on blood sugar. The higher the number, the worse its effect. Pure sugar is rated at 100, white bread comes in at 108, apple equals 39, orange has a GI of 40. Eat peppers of any kind and on everything; they help reduce inflammation, as does fish oil.

To create a lower inflammation diet, try these tips from the Arthritis Foundation:

- Limit the amount of grilled, broiled, fried and microwaved meats in your meals.
- Reduce the cooking temperature of meats and proteins. Steam fish and seafood, simmer chicken in a sauce and braise red meat in a cooking liquid.
- Cut down on processed foods, which are often prepared with a high cooking temperature to lengthen shelf life.
- Get more fruits and veggies in your diet.

For Friends, Donna M. Brown

Loss, love and lifesaving gifts

Next Friends program: Wednesday, June 28

Massage therapy and wellness 10:30 a.m. Windridge

Did you know the practice of massage has endured for 5,000 years in countries such as China, Egypt and India? Millions of people experience enhanced quality of life through massage therapy. Massage therapist Ann Pixler and wellness coordinator Amanda Lynch will explain what health benefits can be experienced through massage therapy, and how it improves overall well-being.

For Friends of Western Home, Mike Seavey
Sharon Lukes’ career, WHC growth are tandem successes

Relationships have been at the center of what Sharon Lukes has found most fulfilling in her career. She recalls an awkward start to her relationship with a new boss, Jerry Harris, when he was a 20-something company president whom she mistook for an intern.

Co-worker and practical joker Judy Crew trained Sharon on practices and protocol at Western Home. “She turned out quite well!” Judy laughs. “It was the finest day of my career when we collected more than $200 in 90 minutes to put Sharon in jail.”

The fundraiser for the new county jail involved getting picked up in the squad car, being issued a jumpsuit and the option to slumber in the slammer. (Sharon turned down the over-nighter because she had to work the next day.) “She was a great sport about that one!”

Add the co-workers who rolled up their sleeves to clean up after construction so Windhaven could open on time, and the long-term care professionals who consider Sharon’s mentoring a big part of their success.

Sharon began as Director of Western Home Care; at the time, residents in several levels of care were living in the building now known as Stanard Family Assisted Living. “It was hard for me to know with certainty which residents were my responsibility,” Sharon said. Among her many abilities is assessment of a situation, identifying the factors influencing success and then working hard to improve it. It is a theme that has made her an effective leader through many changes.

“We had things going really well at Stanard Family Assisted Living when we began planning Windhaven,” Sharon said. After nine months of construction, the promise of introducing the Cedar Valley to the resident assistant model tipped the scales to convince Sharon to take on the Windhaven leadership role in 2004. “It was like a birth – all that planning, the physical work of preparation, the paperwork for compliance and selecting a staff,” she said. “Once I toured the building in progress, I had to be part of it. It was very exciting.”

In 2013, Sharon was named one of Iowa’s 100 Great Nurses, and in 2014, she was named senior director of assisted living, leading Thalman Square, Windhaven and Stanard Family Assisted Living. In a letter announcing her retirement plans, Sharon thanks Jerry Harris for recognizing her potential when it was still unknown to her, for challenging her to turn weaknesses into strengths and for being a good leader and friend through the years.

Jerry said, “Sharon started our Western Home assisted living as we know it today. She lead growth at Stanard Family Assisted Living, Thalman Square and Windhaven. That foundation is here because of her employment.”
Jan Heth's first impressions of Western Home formed in childhood when she visited her grandmother’s Aunt Cora, who was a resident on the ground level of (what is now) Stanard Family Assisted Living - the building where Jan began working as the volunteer driver scheduler 27 years ago.

She coordinated volunteers who used their own vehicles to transport residents to appointments. “When I started in 1990, we had a single van that was wheelchair accessible. Those appointments were made on Wednesdays only,” she said. The contrast of that role and the extent of services now is one example of how much change Jan has seen at Western Home Communities.

In those days, Jan shared a ground level office that provided a front row seat to watch construction of Martin Health Center. South campus development soon followed, and the rate of change continued to accelerate, as did Jan’s role as she became administrative assistant to COO Jerry Harris.

“Not only did she embrace the change in her own duties, she was very helpful in supporting me and others in the changes in our roles over the years,” Jerry said. “That includes sometimes sharing her maternal intuition with me to help us smooth things over.”

Jerry credits Jan for successfully advocating for residents, families and employees, saying she handles all interactions with the same respect. Jan’s self-evaluation of her success includes gratitude for her natural inclination to be organized and calm, her ability to embrace the variety of her daily work and her gift of relating to lots of different people in a full range of situations.

“The relationships with staff and residents is truly a distinguishing advantage that we have at Western Home,” Jan said. “Staff members who can love and serve the elderly will find their work here very fulfilling.”

Jan never made an effort to compartmentalize her work life as separate from her personal life. Over the years she’s given the residents and co-workers the same loyal attention that she gives to her family. Actually, six family members have been residents; Jan and her husband, Ron, live in a villa on the downtown campus. It’s good news that we’ll still see Jan often after her retirement at the end of June.

Jan with Jerry at her 25th anniversary celebration.
Happy June Birthday!

Dixie Duffy  SFAL  June 1
Art Ecklund  WHAL  June 1
Norma Emmert  WM  June 1
Rita Averill  MHC  June 2
Brock Knoll  WW  June 2
Ron Seufferlein  VTH  June 3
Jean Leonard  WC  June 4
Ruth Leymaster  WHAL  June 4
Rex Pershing  VTH  June 5
Barb Jacobson  VTH  June 6
Mary Jardine  WG  June 6
Gene Hunck  WR  June 6
Nell Wilson  VTH  June 7
Sharon Petersen  WC  June 7
Karen Sund  VTH  June 8
Lorna Blohn  WR  June 8
Carol Morlan  WR  June 8
Lee Engen  VTH  June 9
George Glenn  VTH  June 9
Kenneth TeWalt  WR  June 9
Phyllis Jorgensen  VTH  June 10
Marcia Hansen  VTH  June 11
Ross Porter  SFAL  June 12
Freddie Holmes  WG  June 12
Mary Davis  WHAL  June 12
Bill Randall  SFAL  June 13
Norma Leibold  VTH  June 13
Linda Ochsner  VTH  June 13
Al Yakish  VTH  June 13
Gean Durbin  VTH  June 14
Cal Geiger  WC  June 15
Beverly Bunn  WHAL  June 15
Bill Davis  WR  June 15
Margaret Bettis  WHAL  June 16
Bernita Ramstad  WHAL  June 16
Mary Johnson  SFAL  June 17
Robert Hinneman  SFAL  June 17
Gayle Hanlon  SFAL  June 18
Donna M. Brown  VTH  June 18
Marlene Rasmussen  VTH  June 19
Judy Burns  MHC  June 20
Michael King  MHC  June 20
Jeanne Thuesen  WR  June 20
Roberta Simmons  WW  June 20
Rosie Witt  TS  June 21
Darrel Flater  VTH  June 21
Shari Thompson  VTH  June 21
Harlan Ehlert  WC  June 21
Anne Geadelmann  WC  June 21
Marvin Brewster  MHC  June 22
Joan Rogers  VTH  June 22
Vicky Clemons  TS  June 23
Juanita Ruby  VTH  June 23
Ed Nielsen  MHC  June 24
Shirley Hansen  MHC  June 25
Bob Nelson  WG  June 25
Nancy Versluis  WM  June 25
Teddi Finegan  WR  June 25
Harlen Laube  MHC  June 26
Evelyn Gibson  SFAL  June 27
Darrel Brandt  VTH  June 27
Marjorie Goodman  WHAL  June 28
Eldon Hayes  WR  June 28
Don Brown  VTH  June 29
Donna J. Brown  VTH  June 29
Merle Larkin  WM  June 29
Jean Cavelti  WHAL  June 30

Welcome new employees

Assisted Living
Kallie Green, WHAL Resident Assistant
Jordyn Meyer, TS Activities Assistant
Taylor Wolf, WHAL Food Service

The Cottages
Phylesia Banks, CNA
Jennifer Brandt, CNA
Sarharra Lawrence, CNA
LaQuanesha Wise, CNA

atHome with Western Home
Rebecca Egen, Home Health Aide
Dina Kajtazovic, Caregiver

Independent Living
Mia Armstrong, WR Wait Staff
Avion Bennett, WR Wait Staff
Tia Palmer, WR Wait Staff
DaNiya Reed, WC Wait Staff

Martin Center
Teddy Gaede, LPN
Reuben Martor, RN
Reyna Rousseau, Food Service
Ecco Schwartz, LPN
Anna Timberlake, LPN

Multi-site support
David Fisk, Maintenance Tech
Gerome LaBeaux, Food Service
Erin Reicks, Business Office Associate
Robert Smedley, Security
Notes of appreciation

Thank you for the flowers for my mom, Mary Wood. My parents love[d] living at Windridge. Thank you for your kindness and thoughtfulness. The Donald Wood family

The red rose vase reminded us of the wonderful care you provided for our Mom during her final journey on earth. She described your staff as being very kind. Many blessings to you, all! John and Sandy

Thank you so very much for the beautiful red rose. Your thoughtfulness and caring will be remembered. The family of Betty Bartholomew

Thank you so much for your loving, thoughtful and patient care of Ron. He loved Windhaven and all of you who were his extended family. Thank you, also, for the beautiful ceremony at his bedside. It was especially meaningful to Earl. Carol Will and family

Thank you for the beautiful rose in a vase. Western Home Communities has cared so well for our parents. We will be forever grateful. The family of Stan Ramstad

Please extend our family’s deep appreciation to your staff for the excellent care and assistance that they provided to my mom, particularly during her last days. Their care and support was a great comfort to her and to our family. Thank you for your care and support. The family of Mary Helen Curtis

God bless all of you at Windhaven. Thank you for tending to my mom, Loretta Amo. Thank you for your compassion, care, smiles – I appreciate each and every one of you! May God pour into your lives and the lives of your own families, a double portion of peace, love and provision for all of your needs. Gratefully, Laurie Conover

Thank you for the lovely card; we really appreciate it during our time of sorrow. The family of Charles Myles

In sympathy

Thomas Doeden, MHC May 22
Margaret Klein, CTG May 21
Ruth Mennen, MHC May 20
Glenda Nuebel, MHC May 19
Ruth Merryman, MHC May 11
Axe Haugen, CTG May 10
Glenn Holmes, MHC May 10
Harriet Paulus, SFAL May 7
Evelyn Brandt, SFAL May 6
Arlene Schilling, SFAL May 6
Norma Gress, CTG May 4

Edna Janssen, CTG May 4
Calvin Meyer, CTG May 1
Marty Harrington, SFAL Apr. 28
Winnie Hayes, WR Apr. 25
Bessie Tapper, CTG Apr. 22
Diane Albertson, VTH Apr. 20

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.

Like us on Facebook!
We’re online at www.Facebook.com/WesternHomeCommunities.
Natalie Jones is the leisure services assistant at Stanard Family Assisted Living, where she has worked for two years. Her nominators say:

• Natalie is very responsible and efficient.
• I’ve had people say to me, “Somebody raised her really well!”
• She is organized and uses her time well.
• She is courteous to residents and very interested in us.
• Natalie really listens to suggestions and genuinely appreciates resident input.
• She knows she is here for the residents and I believe that is why she is so attentive to us.

Western Home Communities congratulates you, Natalie on being named employee of the month for May 2017.