Residents show support for The Suites

The opening of The Suites on south campus, with 60 beds for skilled care rehabilitation and long-term care, comes as welcome news to many residents.

“I’ve felt for a long time that we have needed an updated facility, that it should be a priority,” says Marlene Deery, a Windridge resident who graduated from St. Anthony School of Nursing in Rockford, Ill., as a registered nurse. “Having your own room, I think, is especially important for rest and confidential conversations, even with a physician.”

Marlene and her husband, John Sr., toured and learned about the concept of the household model of care, where residents live with privacy and dignity in a family-style home. They chose to invest in the future, and Western Home Communities will now call this new community The Deery Suites.

Marlene and John are Wisconsin natives who met in Rockford, where John was working as Marlene attended nursing school. They moved to Iowa in 1970, after John bought a Cedar Falls dealership.

Five decades later, Marlene and John are both thankful for that decision. John went on to buy six more local dealerships and build a business still carried on by their two sons, John Jr. and Dan. The Deery name has become synonymous with integrity and customer service.

Continued on page three
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 21. 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**
- Paula Allison
- Gene & Sandra Armstrong
- Roger Bergman
- Anna Binley Estate
- Kay Burr
- Steve & Karen DeSerano
- Randy & Karen Dodd
- JL and LF Jones
- Carey & Karen Mollenhauer
- Ron & Nancy Olinger
- Phyllis Steele

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- Loretta Dykes
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- Judy Finkelstein
- Eldon Hayes
- Ned Ratekin

**Sharon Bowling**
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- Wendy Schmitt

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- Theresa Kindig
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- Orchard Hill Church
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**Bob Hardman**
- Judy Finkelstein
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- Mary Ellen Murphy
- Ned Ratekin
- Marilee Tarkett
- Cathy Young

**Carol Jorgensen**
- Vern & Mary Cordes
- Darlene Surface

**Jill Jorgensen**
- Sue DeBower

**Stan Ochsner**
- Mary Ellen Murphy

**Donna Schmitt**
- Don & Pat Erusha
- Eldon Hayes

**Russ Tepaske**
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- Pat Reese
- Steve & Kathy Schwimm
- Doug & Vicki Stanford
- Ron & Velma Steege
- Terry & Anne Van Engelberg
- Bob & Lani Willis
The Deery Suites

“There’s a real alignment with how they’ve operated businesses and what we try to do daily throughout our organization,” says Chief Operating Officer Jerry Harris. “We’re extremely grateful for their generous support, and we know this gift will be significant to hundreds of people served at The Deery Suites.”

The couple have supported many charitable causes in the Cedar Valley; they remain humble about their contributions.

“We’re put here on earth to do good things, and this is a good thing,” Marlene sums up.
Chaplain’s Corner: Building a Better Spiritual You and Me

by Chaplain Tim Boettger

The opening of Jorgensen Plaza inspired us to focus on well-being throughout the summer; spiritual well-being is our theme for June. “Building a Better You” (and me) is not a foreign concept to God. It is easy to see from the Scriptures that God cares about the physical, intellectual, social, emotional and spiritual aspects of our lives, and knows they are intrinsically tied together. As the author and creator of life, God specializes in life transformation and development.

When the Lord wanted to help people understand this, He sent the prophet Jeremiah to the potter’s house. As Jeremiah watched the potter do his work on the spinning wheel, a message came from the Lord to him. “You are like the clay in the potter’s hands, and I am the potter,” Jeremiah 18:6. The Bible reveals God is the One who made us, gave us the breath of life, and wants to be involved daily in shaping and building a better you and me.

At Fresh Wind Worship on May 13, we saw how God wants to improve us, starting deep in our hearts. In 1 Samuel 16:7 we read, “The Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.” In Ezekiel 36:26, the Lord says, “I will give you a new heart, and a new spirit I will put within you... I will remove your heart of stone and give you a heart of flesh.”

One of the most famous chapters of the Bible, 1 Corinthians 13, tells us there are three primary assets of the heart that God, by His Spirit, is concerned about birthing and growing in us:

1. **Faith** in Him that sets us free from worry, fear, and self-reliance.

2. **Hope** in Him and His future presence and ability in our lives which gives us confident anticipation looking forward.

3. **Love**, the greatest asset of all, that can ground us deeply in God’s security and give us the ability to love Him, love ourselves and love others more completely.

If we learn to walk with God and allow Him to keep growing these spiritual assets in our hearts, we will continue becoming more fully alive and free to live as the people God made us to be. We will be growing into a “better you and me.”

As we focus on well-being, pay attention to the power of inviting God to be part of the spiritual training of our hearts. As King Solomon observed in Proverbs 4:23, we should observe, manage, and protect the condition of our (spiritual) heart, for all of the issues of our lives flow from it.

There’s never a bad time for a spiritual heart check. Do you need one today?

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New chaplain joins WHC

Enrique Ochoa has joined the spiritual care team at Western Home Communities to coordinate the Fresh Wind Worship ministry and serve as assistant chaplain. Q, as he’s known, is excited to be on board.

“I have already seen ample evidence of the warm, welcoming and wonderful culture among the leadership, staff and residents here,” he says. “I am grateful that at the core of the WHC mission is a conviction to be a charitable Christian service organization.”

Enrique has lived in Cedar Falls since 1987 and served full-time at Nazareth Evangelical Lutheran Church for the past 30 years in student ministry and leadership development. He met his wife Martha at Valparaiso University in Indiana and they have been married since 1992. She is a physician at UNI. Their four children are Josh, 23; Becky, 21; Joel, 18; and Lydia, 16.

Resident puts poetry to music

Mary Hornback of Windcove writes poetry and often sets it to music; these are the lyrics from her original song, shared during Fresh Wind Worship on May 27.

I am on a journey through this life,
Yes I am heaven bound.
I won’t get side-tracked, won’t turn back
For peace and joy I’ve found.
And someday when I cross that shore
I’ll live with Jesus evermore.
I’m looking forward to that day,
When I am heaven bound.

(chorus)
Oh I’m one step closer to that shore
Than I was yesterday.
I’m marching upward evermore.
Yes, I am on my way.
The cares of life will soon be past.
The trials here, they will not last.
I’ll keep my eyes upon that shore
For I am heaven bound.

Residents puts poetry to music

Now whenever Jesus calls my name,
My ticket is in hand.
It says the price is fully paid
To reach that promised land.
When Jesus died upon that tree,
He purchased my redemption free.
Twas bought and paid at Calvary
And I am heaven bound.
Walk with WHC in Sturgis Falls Parade

Join us for the annual tradition of walking in the Sturgis Falls Parade! It’s Saturday, June 23, and a bus will shuttle residents from either campus to the staging location near 8th and Clay, then bring residents home when the parade is finished.

Please sign up with your resident coordinator or activities professional, whether you want to walk in the parade or ride the new WHC bus and wave to the crowds.

Preferred apparel is the new “Building a Better You” t-shirt, available for a discounted price of $8 through June 8 (the last day to order in time for pre-parade delivery). Call The Market at (319) 859-9344 to see if your size is in stock or to place an order; online orders can be made at https://yourxpressions.com/WHC_JPWB/shop/home.

Saturday night shuttle available for Marine Band

Residents who want to ride to and from the U.S. Marine Band performance at Overman Park, scheduled for 7 p.m. on June 23, 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 around 8 p.m.

My Old Kentucky Tour is a great get-away

This fabulous fall trip is five nights, September 17-22:

- View extraordinary quilt and fiber art at The National Quilt Museum.
- Sample Kentucky bourbons at The Heaven Hill Distillery.
- Take a ride on My Old Kentucky Dinner Train at Bardstown.
- Visit thoroughbred country including Churchill Downs.
- See how Louisville Slugger bats are made.
- Marvel at the historic Baden Springs Hotel in French Lick, Indiana, and enjoy lunch.

Motor coach travel is leisurely and comfortable; our WHC trip hosts keep things interesting!

The cost for this tour is from $1399 - $2049 per person.

For more information, contact Carolyn Martin, 222-2048, or carolyn.martin@westernhome.org.
Residents co-host construction business tour

The Koch Construction staff hosted residents May 15 for an industry update and shop tour at their headquarters on East Main Street in Cedar Falls. Windermere residents Karl and EthelAnn Koch began Koch Construction in 1980. Sons Jeff and Mark and grandson Noah talked about business growth over the generations. Transitions necessitated by the economy, technology and housing trends have kept the business agile.

Jeff said the business was built on the good reputation of his parents. Through their contacts in the community and word of mouth, the business grew and now employs 16 people. Long-time employees are a great asset to the business, Jeff said. “We get to do a lot of cool jobs for some great people because we have excellent employees.”

The tour was instigated by residents who were curious to see the business after hearing Karl talk about it. Karl obliged with a mini-tour of his woodshop where he is currently constructing seven bluebird houses from scrap lumber. He’s precise in his construction because “bluebirds are very picky!”

“We recycle metal and cardboard and find a purpose for scrap lumber. That’s good business and a good deed,” Karl said.

The excellent tour ended with ice-cream treats enjoyed by, from left, Betty Schoeberl, Donna Hansen, EthelAnn Koch, Angela Rampton and Donnita Reed.

Honor Flight includes two residents, employee

On May 22, villa resident Dick Betterton and Martin Center resident J. B. Bartling visited war memorials in our nation’s capital on the Cedar Valley Honor Flight. J. B.’s chaperone was Martin Center nurse Alex Jamieson, an eight-year Army veteran who served in Afghanistan and the Philippines. We appreciate their service!
Save the date for next program

Prohibition in Eastern Iowa  June 21, 10:30 a.m. Windcove

Friends welcome Linda McCann June 21. Her popular Lost Towns books are available in bookstores and regional gift shops. Prohibition in Iowa is one of her favorite topics. Enjoy her stories and learn about an aspect of our history that is unknown to most Iowans. She will have copies of her books available for sale.

Fundraising project inspires a chuckle and generosity

Friends of Western Home Communities extends a great big thank you to everyone who participated in the “No Bake” Bake Sale. Your generosity makes it possible to complete projects that benefit all Western Home Communities residents. You can still contribute by sending checks to Friends of Western Home Communities at 5307 Caraway Lane in Cedar Falls. The Friends organization looks forward to assisting with many quality of life projects in 2018.

Volunteers celebrated at annual luncheon

Dining services general manager Randy Husted, executive chef Norman Grant and their talented team created an impressive lunch for volunteer appreciation May 17. Thanks to all who volunteer their time and talents to benefit Western Home Communities!

Carol Olsson (left) and Marilyn Roseberry look forward to tea time!

Kim Salmon visits with Vern Hansen (left) and Ron Leibold at the event.

Randy serves Agnes and Dick Berky of Willowwood.

Each volunteer received this gift to take home.
Campuses in bloom after greenhouse visits

Have you noticed potted plants and flowers brightening both campuses recently? Dozens of residents visited Mennonite greenhouses near Ionia in early May, after stopping for breakfast at Klunder’s Kafe in New Hampton. It took trailers, trucks and vans to bring back the bounty.

Maria Murphy brings back a beautiful basket of blooms.

Mary Hudwalker looks for shade-loving plants.

Resident coordinator Tristan Smeins (left) and receptionist Anna Jochum choose bright pops of pink.

Arlene Fleming of Windcove and Jerry Harris enjoy breakfast.

Marlene and Lyle Brim ate dessert first - and it's easy to see why!

Marty Olsen chooses pinks and purples to plant at home.

Wendy Schmitt, Betty Lewis and Katie Corson examine the array of bedding plants and hanging baskets.
Summer weather is here and it’s the time of year you can get outside to relax or exercise. Although exercise in any form can be beneficial to your health, moving your body outdoors can provide extra benefits. The sun lifts your mood and stimulates the body with vitamin D to boost immunity and promote bone health.

Many good things also have limits; you should limit your sun exposure to 15-20 minutes daily, especially between the hours of 1-4 p.m., and always wear sunscreen.

These seasonal activities will naturally combine exercise and time outdoors:

**Gardening:** Till a garden (or a raised bed) where you can plant fruits and vegetables; or enhance the beauty of your surroundings with potted plants and flowers.

**Golfing:** There are more than 10 golf courses in the Cedar Valley. Complete nine holes of golf, practice teeing off at a driving range, or chip some golf balls in your yard.

**Fishing:** You can find abundant fishing spots in the Cedar Valley and on south campus. Drop your line in the water and have a good day as you relax and clear your mind.

**Biking/walking:** Both of our campuses connect to Cedar Valley trails, or you can take sidewalks around the block. Walk with us for the Sturgis Falls Parade, June 23!

**Mastering a new skill:** Take to the outdoors to do something new, such as weather tracking, birdwatching, geocaching, juggling or playing yard games. Get a friend to join you and share the fun of trying something new.

### WELLNESS RECIPE OF THE MONTH

**Fruit Kabobs with Yogurt Dip**

**Ingredients**
- 10 long wooden skewers
- 1 cup raspberries
- 2 tangerines
- 2 cups chopped fresh pineapple
- 2 cups chopped kiwi
- 2 cups blueberries
- 1 cup plain yogurt
- 1/4 cup honey
- 1/2 teaspoon vanilla extract

**Directions**
Thread two raspberries, one tangerine slice, two pieces of chopped pineapple, one piece chopped kiwi and four blueberries on each skewer.

Combine yogurt, honey and vanilla in a medium bowl. Whisk until fully combined. Serve on the side or drizzled on top of fruit kabobs.
Bike checkup gets wheels ready for spring

Villa resident Jim Volgarino conducted a second annual bicycle tuneup and safety check on May 9. Residents enjoyed trying new bikes from Scheels while their bikes were checked and adjusted. Thanks, Jim!

Big Kids Bike Klub rides starting earlier

BKBK rides are now starting at 8:00 a.m. on Mondays and Thursdays, departing from Windridge, at the request of riders. Anyone is invited to join the group for a longer ride on Mondays and a shorter trek on Thursdays. Simply show up and take off with fellow bicycle enthusiasts.

First summer swim party is this month

Residents and employees, bring your children, grandchildren, friends and neighbors!

Join us for summer Saturday morning swims at The Falls from 9 - 11 a.m.

June 9    July 28    August 18

The event is free. All areas of The Falls are open, including diving boards, lazy river, water slides and children’s area, and lifeguards are on duty.
Wedding cake toppers come in as many shapes and sizes as actual brides and grooms. They can be the likeness of a tall and elegant couple or be a caricature with a child bride/groom pair. Mary Franken’s collection is featured in the Western Home Communities calendar for the month of June – traditionally a month for weddings. Mary admits that it would be easy to expand her collection to other wedding collectibles as she procures more cake toppers. “You have to know when to stop,” she says.

Though the values of individual pieces of her collection vary greatly, a few are priceless because they graced the cakes of family members a generation before her. Cake toppers are usually carefully selected for the wedding cake. They may resemble the bride and groom or an ideal image of a beautiful bride and groom, so people tend to save them as wedding mementos. They are small and easily included in moves to a new household; many have survived for generations – some wrapped up in the skirt of a wedding dress.

Mary’s collection includes cake toppers made of wax, porcelain, plastic, plaster, paper and china. She even has one that served as a baptism cake topper. She could easily justify retaining most of her collection when she moved to Prairie Wind. “They are small. A collection is a great conversation starter, too,” she says. “And of course, I could not part with the toppers that were used by my family.”

When there was a royal wedding May 19, Mary was a natural to host a small wedding watch party at her home – yes, at 5:30 a.m. “What a great excuse for a party,” Mary said. The toppers were featured as decorations amidst the refreshments that honored the hour and royal traditions. “It is never too early for tea with scones and chocolates.”
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<td>Marvin Brewster</td>
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<td>Joan Rodgers</td>
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<td>Ed Nielsen</td>
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<td>Nancy Versluis</td>
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<td>Evelyn Gibson</td>
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<td>Bertie Jepsen</td>
<td>WC</td>
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<td>Eldon Hayes</td>
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<td>Don Brown</td>
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<td>Donna J Brown</td>
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<td>Merle Larkin</td>
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<tr>
<td>Jean Cawelti</td>
<td>WH</td>
<td>30</td>
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“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

– F. Scott Fitzgerald, "The Great Gatsby"
Welcome new employees!

**Assisted Living**
- Gorpu David, Resident Assistant, Thalman Square
- Ashita Goel, Resident Assistant, Thalman Square
- Holly McCarthy, Food Service Worker, SFAL
- Joylene Mosley, Resident Assistant
- Elizabeth Oberheu, Resident Assistant, Thalman Square
- Kylie Pedroso, Resident Assistant, Windhaven
- Meri Jo Petersen, Receptionist, SFAL
- Dominique Quinn, Resident Assistant, Windhaven
- Lasana Sesay, Resident Assistant, Windhaven

**atHome with Western Home**
- Adeline Crawford, Caregiver
- Chase McCurdy, Home Health Aide
- Kristin Olive, Home Health Aide
- Kaitlyn Peters, Caregiver
- Vanessa Powell, LPN, Dubuque
- Cheryl Taylor, Home Health Aide

**Creekside, Grundy Center**
- Blake Ellis, CNA
- Crystal Jacobsen, LPN
- Joan Johnson, RN

**Independent Living**
- Aliyah Campbell, Wait Staff, Windcove
- Gabriel Dengler, Cook, Prairie Wind
- Jaida Dix, Wait Staff, Prairie Wind
- Cody Hood, Cook, Windcove
- Auriona Kimbrough, Wait Staff, Prairie Wind
- Anne Ochsner, Wait Staff, Willowwood
- Roger Shaper, Wait Staff, Windcove
- Anna Berte, Event Server
- Emma Berte, Event Server
- Mia Boelman, Cashier
- Benjamin Carr, Event SetUp
- Tristin Cleveland, Dishwasher
- John Mark Collard, Cashier
- Nathan Eldridge, Cook
- Carlina Ellis, Housekeeper
- Barb Fendel, Event Server
- Charnelle Gadson, Event SetUp
- Dallas Hoelscher, Event SetUp
- Allison Klocke, Server
- Andrew Mai, Food Runne
- Matthew McDonell, Cook
- MaKayla Mennen, Banquet Server
- Ashley O'Neill, Administrative Assistant
- Enrique Ochoa, Chaplain
- Niara Patrick, Cashier
- Kamilah Phillips, Server
- Nicole Pullen, Bartender, Jorgensen Plaza
- Meena Reissetter, Restaurant Manager

**Jorgensen Plaza**
- Darrion Sanders, Event SetUp
- Angel Schares, Cashier, Jorgensen Plaza
- Brianna Scobee, Administrative Assistant
- Brittnie Spates Bentley, Housekeeper
- Adrian Velasco, Server
- Jaishaun VonMoore, Food Runner
- Mallory Widmer, Server

**Martin Center**
- Ayanna Bates, Direct Care Professional
- Abigail Gardyasz, Food Service Worker
- Teri Gorby, LPN

**Meet Employee of the Month, Abby Fitch**

Abby works for atHome with Western Home as a home health aide; she joined us as an employee in September 2014.

Here are a few things clients and employees have said about Abby:

- Abby is a delightful young woman and an amazing caregiver. Some of her clients think of her as family.
- Abby is an exemplary employee and always demonstrates the people first value and has a servant’s spirit; she is caring, compassionate and thorough with her clients.
- Abby is willing to pick up extra hours/shifts as she is able; she is wonderful to work with and responsive to her supervisors.
- She makes sure her clients are informed of any changes or delays that they need to know.

Congratulations, Abby, on being honored as employee of the month for May 2018.
Notes of appreciation

Thank you for the care and support you provide. Russ (TePaske), our dad, so enjoyed his life at Western Home; at both the Martin Center and Stanard Family Assisted Living. The family of Russ TePaske

Thank you so much for doing Mom’s services, even in 11 inches of snow. I know she would be very happy that you were the one to do her services. You did a beautiful job for all of us. The family of Gwen Deibler

Thanks for all the care and kindness all weekend in creating a very beautiful and memorable memorial service and luncheon. It brought us joy and comfort and we are fortunate to have you in Dad’s life. The family of Carol Jorgensen

Employment anniversaries

Congratulations to these loyal employees for their service to WHC.

Michael Burns
June 5 – 5 years
Transportation

Paul Corwin
June 5 – 5 years
Maintenance

Samantha Gaede
June 26 – 5 years
Nation Cottage CMA

Rachel Phillips
June 6 – 10 years
Household coordinator, The Suites

Lisa Ridder, LPN
June 5 – 5 years
MHC

Building Abbreviations

- Martin Health Center: MHC
- Stanard Family Assisted Living: SFAL
- Windhaven Assisted Living: WHAL
- Thalman Square Memory Support: TS
- Willowood: WW
- Windgrace: WG
- Windermere: WM
- Windcove: WC
- Windridge: WR
- Windcrest Villas & Townhomes: VTH
- The Cottages: CTG
- Prairie Wind: PW

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.

In sympathy

- Virginia Stensland
  May 20
- Forest Loonan
  May 19
- Virginia Sachau
  MHC
  May 18
- Ruth Hook
  CTG
  May 14
- Elfrieda Devine
  MHC
  May 12
- Donna Schmitt
  WR
  May 10
- Evie Boardsen
  SFAL
  May 9
- Ruth McBroome
  WHAL
  May 8
- Anna Binley
  CTG
  May 6
- Keith Borglum
  WHAL
  April 26
- Lee Engen
  VTH
  April 25
Visit The Market at Jorgensen Plaza

Now open 11 a.m. - 5 p.m. Monday through Friday

Director of Retail Eric Cornish expects to have The Market fully stocked with gifts and grab-and-go deli items by mid-summer.

Current offerings include:

- Build a Better You T-shirts, discounted to $8 through June 8 (Some sizes available in-store while supplies last.)
- Hansen’s Dairy milk, cheese curds and ice cream, produced in Hudson
- Dairy products including cheese, cottage cheese, yogurt and sour cream
- Eggs and frozen beef from local producers
- Hummus from Oasis restaurant in Iowa City
- Frozen ready-to-bake pies from Try Pie
- Cedar Falls-roasted Sidecar Coffee (for home brewing)
- Flameless decorative candles, hats and more