More travel opportunities available in 2019

Summer hasn’t officially arrived and we’re thinking fall…. even Christmas! Great travel experiences can require a little advanced planning, after all.

Two opportunities will round out the overnight offerings of “Away from Home with Western Home” for 2019: a chance to explore Minnesota from Sept. 16-21 and a holiday visit to Kansas City attractions Dec. 2-5.

In St. Paul, you’ll learn the history of historic homes on Summit Avenue, tour the Wabasha Street Caves and enjoy a dinner theater performance of “Mamma Mia!” You’ll ride the rails to soak in the scenic north shore of Lake Superior from Duluth to Two Harbors, visit Split Rock Lighthouse and tour the Judy Garland Museum, among other stops.

The luxury motor coach trip to Kansas City includes time for shopping and taking in the famous 15-block light display at Country Club Plaza. The itinerary includes a performance of “A Christmas Carol,” dinner and a show at New Theatre & Restaurant, a tour of historic Union Station and a private guided tour of Kansas City Chiefs Stadium, and more.

Contact trip host Carolyn Martin for more details and to make reservations: 319-222-2048 or carolyn.martin@westernhome.org.
City invites residents to tour public safety building

The City of Cedar Falls unveils its new public safety building at the corner of S. Main and Bluebell later this month. Residents have two opportunities to see the new home of police, fire and public safety officers.

**Monday, June 24**
10 a.m. - noon
Open house for WHC residents
4 - 7 p.m.
Public open house and ribbon cutting

Resident councils consolidated to include bond vote presentation

On June 25, voters in the Cedar Falls Community School District will decide whether to issue bonds to build a new high school.

This month, independent living resident council meetings will be combined and will include a presentation on the issue before voters. Any resident may attend the following council meetings and school vote presentations:

**Tuesday, June 11**
1 p.m. Windridge
2 p.m. Windcove

**Thursday, June 13**
10 a.m. Diamond Event Center

Quick facts about the vote
- The bond question is for $69.9 million.
- The rest of the construction cost (another $43 million) would come from a one-cent sales tax for school infrastructure, already in place across the state; in April, the legislature approved an extension of the penny tax.
- If the bond is approved, the additional property tax would be about $10.77 monthly for every $100,000 of assessed value.

*For more information, visit [bond.cfschools.org](http://bond.cfschools.org) and plan to attend a presentation June 11 or 13.*

Location change for June 25

Centralized voting locations will be used for this election. All vote centers will be open from 7 a.m. to 8 p.m. Any voter in the Cedar Falls School District may vote at any vote center.

- Trinity Bible Church, 125 Orchard Drive
- St. John Lutheran Church, 715 College Street
- Bethlehem Lutheran Church, 4000 Hudson Road
- Cedar Heights Presbyterian Church, 2015 Rainbow Drive
- Church of Christ, 2727 W. 4th Street
More than 50 million Americans are hard of hearing — including 60 percent of veterans returning from service and 20 percent of teenagers. There’s a good chance that you have a friend or family member who is hard of hearing. Information presented at the April Friends program may help you improve your communication with them.

Guest speaker Cathy Hopkins shared her personal experience of dealing with hearing loss. She overcame the consequences of lack of understanding and accommodations that affected her early career in nursing to become an advocate for those who are hard of hearing. Today she lobbies for insurance coverage, raising public awareness of risks and how to avoid them, and promotes screening to detect and treat hearing loss.

The three main types of hearing loss are conductive, hearing loss that interferes with the way sound waves move through the eardrum or middle ear; sensorineural, hearing loss caused by damage to the inner ear or the nerve from the ear to the brain; and mixed hearing loss, a combination of conductive and sensorineural. Technology can help mitigate the communications disadvantage of each type of hearing loss.

Cathy recommended these resources for people who want to learn more about hearing loss.
www.hearingloss.org
www.facebook.com/HearingLossAssociation

For Friends, Mike Seavey

Tips to improve communication:
• Face the person directly.
• Do not talk from another room.
• Speak clearly, slowly, distinctly, but naturally, without shouting or exaggerating mouth movements.
• Say the person’s name before beginning a conversation. This gives the listener a chance to focus attention and reduces the chance of missing words at the beginning of the conversation.
• Keep your hands away from your face while talking.
• If the listener hears better in one ear than the other, try to make a point of remembering which ear is better so that you will know where to position yourself.
• Most people who are hard of hearing have greater difficulty understanding speech when there is background noise. Try to minimize extraneous noise when talking.
• Some people who are hard of hearing are very sensitive to loud sounds. Avoid situations where there will be loud sounds when possible.
• If the listener has difficulty understanding a particular phrase or word, try to find a different way of saying the same thing, rather than repeating the original words over and over.
• If you are giving specific information — such as time, place or phone numbers — to someone who is hard of hearing, have them repeat the specifics back to you.
• Whenever possible, provide pertinent information in writing, such as directions, schedules, work assignments, etc.
Source: UCSF Health
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:
Fred Damon
Marlene Deery
Helen Dieter
Peggy & Suzanne Makinster
Tom Dietrick
Daryl & Jan Andersen
Merv Andersen
Marlys Badger
Marcia Colwell
Loretta Dykes
Glenn Hansen
Susan Runkle
Alma Heath
Juanita Rekers
Lela Janssen
DA & J Holmes
Ardys Kuhse
Barbara & Scott Mead
Richard Melick
Letha & Don Petersen
Juanita Rekers
Catherine Swarts
Jerry Jorgensen
Merv Andersen
Vaughn Christensen
Vern & Mary Cordes
Paul & Julie Creeden
Sue DeBower
Larry & Sandy Delfs
Jim Fogdall
Mary Franken
Tom Grady
Butch & Sherry Hammer
Alice Hansen
Bev Haugen
Noreen Hermansen
Wayne & DeMaris Hochhalter
Bertie Jepsen
Alan Jorgensen
Jeff & Jacqueline Jorgensen
Jim Jorgensen
Jerry & Marian Larson
Larry & Jacqueline Leutzinger
Dave & Cynthia Mason
Mary McCalley
Phyllis Miller
Jerry & Judy Mohling
Carol Neuman
Francis Pardoe
Pete & Lile Petersen
Gene & Laverne Puetz
Tom & Janis Reisetter
Dennis Schoener
Bob & Joanne Tefft
Pam Wenndt
Bonnie Wissink
Evelyn Wohlwend
Brock Knoll
Wendy Schmitt
Mim McKinley
Susan Runkle
Robert Newby
Eldon Hayes
Margaret Pardoe
Constance DeHaan
Marlene Engen
Don & Emily Henderson
Becky Peterson
Richard & Martha Stanford
Lucy Thierer
Lorna Blohn
Marcia Colwell
Juanita DeVoe
Loretta Dykes
Lorna Ericson
Eldon Hayes
Marilyn Roseberry
Marlys Simpson
Don Walker
Adolph Babinat
Veronica Cobb
Sue DeBower
Marlys Folkers
Vern & Marcia Hansen
Mary McCalley
Larry & Sharon Petersen
Gene & Laverne Puetz
Susan Runkle
Jean Swiggum
Steve & Eleanor Vanous

Employee Appreciation Fund
Anonymous – in memory of Rosie Witt
Ray & Rita Averill – Martin Health Center
Doris Weigel – Transportation Dept.

Fresh Wind Ministries
Shirley Ackerman
Merv Andersen
Robert & Sandra Atherton
Coralie Becker
Randall & Patty Berning
Ken & Deloris Bixby
Lorna Blohn
Tim & Kris Boettger
Howard Braden
Shirley Cain
Joyce Cutshall
BL & Janice Daly
Bill & Linda Davis
Lois DeBerg
Margaret Diamond
Jim and Jan Doud
Mark & Molly Eggleston
Marlene Engen
Lila & Bruce Epling
Bev Fish
Stan & Ginnie Garrison
Anne Geadelmann
Marilyn Geesaman
Jim Geiger
Bruce & Suzanne Gettman
Evelyn Gibson
Judy Gillespie
Dave & Cindy Glasener
Phyllis Green
Margaret Grimm
Glen & Marilyn Groothuis
Bob & Donna Grosse
Early residents remembered with cemetery wreath

In time for Memorial Day, Director of Development Mary Taylor created an adornment for the tall stone monument reading “Western Old People’s Home” at the Fairview Cemetery on 12th Street in Cedar Falls.

The marker stands among more than 100 simple, low-lying headstones that mark the gravesites of early residents. The first use of this plot appears to have been for Christian Nielsen in 1914, two years after the organization began; its last use was in 1994 after the death of Minnie Tarr, who was the widow of longtime superintendent Ward Tarr.

To find this area, take the cemetery’s east entrance at the T-intersection of 12th and Division Streets. Take the first left and follow that lane around a curve; you’ll see the gravestones on either side of the lane. The tall monument will be on the right.
Chaplain’s Corner:
Releasing regret
by Chaplain Enrique “Q” Ochoa

When I was a boy I remember playing with a pocket knife. I was careless as I pulled out the blade - incorrectly - and I managed to slice my thumb. As you can imagine there was a good amount of bleeding and pain. It is one of those things in my past that I wish had not happened.

If you are anything like me, there are MANY other things we can look back on and wish they never happened. To be honest, the physical pain of a cut thumb doesn’t compare to the emotional, relational and spiritual pain I feel when I recall poor decisions I have made, time I have wasted, careless words I have uttered, opportunities I have squandered and people I have disappointed.

The Bible has a name for the pain we carry from the sins and mistakes of our past: regret. Unfortunately, lingering and wounding regret carries with it many consequences. Consider the following quote: “If you don’t heal what hurt you, you’ll bleed on people who didn’t cut you.” Wow. Our unresolved regret can affect others as well?

*Can regret be healed? The short answer is: In the Lord Jesus Christ, YES! He went to a cross to offer us freedom from sin and regret.*

Scripture offers us three ways that we can begin to experience release from the crippling power of regret:

1. **Bring your regret to God.** If you hold on to regret, it will most certainly do one thing: *It will eat you alive!* When you yield it to God, you are saying, “I trust you, Lord. You are bigger than I am. I can’t deal with this by myself. I need you.” God loves it when we approach Him asking for help. Matthew 11:28 encourages us to come to Him when we are “weary and burdened”. He is eager to give us rest!

2. **Expect to learn from God.** Some of the most valuable lessons in our lives can come camouflaged as regret. Consider this: Where would we be without the lessons we have learned from past mistakes? Romans 8:28 says that, in Christ, God can work “all things for good”. Our regret is found in the word all. When we submit, our pain can become God’s classroom for deep learning.

3. **Thank God.** I hear you say: “What? Q, are you crazy? This is too just hard…” 1 Thessalonians 5:18 says, “And this is the will of God, in Christ Jesus, be thankful.” Why be thankful? Simple: It’s God’s will. I am to offer thanks even if I don’t feel like it. We will find that God’s way can transform our mourning into joy and our regret into something of eternal, redeeming value. For this: thanks be to God!

*By the way, my thumb has a thin scar on it from my encounter with that pocket knife. But by God’s grace, it is healed. You can be sure of one thing: Since then I have learned to be MUCH more careful with a sharp blade.*

---

**Join us for worship this month**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 2</td>
<td>SFAL Chapel 9 a.m.</td>
<td>Tim Boettger</td>
</tr>
<tr>
<td>June 9</td>
<td></td>
<td>Garry Moore</td>
</tr>
<tr>
<td>June 16</td>
<td></td>
<td>Tim Boettger</td>
</tr>
<tr>
<td>June 23</td>
<td></td>
<td>Garry Moore</td>
</tr>
<tr>
<td>June 30</td>
<td></td>
<td>Garry Moore</td>
</tr>
<tr>
<td></td>
<td>Fresh Wind at Diamond Event Center 10:30 a.m.</td>
<td>Tim Boettger</td>
</tr>
<tr>
<td>June 2</td>
<td></td>
<td>Wayne Hoffman</td>
</tr>
<tr>
<td>June 16</td>
<td></td>
<td>Tim Boettger</td>
</tr>
</tbody>
</table>
Join the parade!

Residents and employees are invited to don any Western Home Communities t-shirt and walk in the Sturgis Falls parade on Saturday, June 29. This year’s theme for the 44th annual celebration is “Happy Trails.”

A bus will shuttle residents from campuses to the staging area at 8th and Clay, then return at the end of the parade. Sign up for the bus with your resident coordinator or activities coordinator.

Try community drumming at June Friends program

Thursday, June 20, 10:30 a.m., Windridge

Learn about community drumming at the June 20 Friends program. Our presenter, Dr. Ryan Frost, will provide drums so participants can experience communication and community building through rhythm, listening and cooperation. Dr. Frost will demonstrate traditional Ghanaian music as part of the program. No experience is necessary and beginners are welcome.

Dr. Frost is a University of Northern Iowa graduate. He joined the UNI School of Music faculty in 2016 where he teaches applied percussion lessons, percussion methods, and directs the UNI Percussion/Marimba, West African (UNI-WADE), and Taiko Drum Ensembles.

WHC receives award for energy savings

The 2019 Energy Conservation Award was presented to Western Home Communities as part of the Cedar Falls Business and Industry Appreciation Awards. The award recognizes energy efficiency in Prairie Wind and Grosse Wellness and Aquatic Center.

Western Home Communities partnered with Cedar Falls Utilities (CFU) to complete a life-cycle cost analysis as part of a cost-sharing rebate program. The analysis was used to determine the most efficient way to maintain a comfortable temperature in the new building.

The selected solution was a geothermal pump that uses water from the ground to heat or cool the aquatic center, the area with the highest energy demand.

The life-cycle cost analysis model with selected equipment predicts an annual savings of 2,144,977 total kilowatt hours. That is enough to power 200 Cedar Falls homes for one year, according to CFU.
Spring arrives on trailer loads of flowers

Nearly 125 residents and staff participated in flower buying trips to greenhouses near New Hampton and Charles City, May 7-9.

Plant purchases filled this trailer to capacity on each day of the trip.

Breakfast with Roy Rogers? Why not! Residents surround a Roy Rogers cutout as they await checkout at Klunder’s Kafe: Darlene Surface, Marcia Hansen, Roy Rogers, Bertie Jepsen, Louise Odle and Marilyn Roseberry.

Carolyn Haller finds her high school graduation photo on the New Hampton High School composite displayed at Klunder’s Kafe, where residents enjoy breakfast before heading to the greenhouses.

Jo Tefft’s geranium choice matches her red jacket.

Theresa Kindig and Hazel Messer enjoyed participating in the May 9 flower trip. The chilly weather did not seem to have an effect on plant buying and enjoyment of friends.
Stanard Family Assisted Living residents Dolores Berger, standing, and Beverly Greenway designed flower pot arrangements on a gorgeous May morning. Residents and staff enjoy the patio for events, activities and relaxation. It has a south view of the bike trail and greenbelt.

Mary Jardine carefully checks the blooms before selecting flowers.

Nancy Colvin waits her turn for checkout at Underwood Greenhouse near Charles City.

EthelAnn Koch admires a variety of Gerbera daisies, named in honor of German botanist Traugott Gerber (1710-1743).

Hanging baskets in the greenhouses have been carefully tended indoors since January.

Flowers and volunteer gardeners beautify SFAL.
Words of Wellness: When and why to get a personal trainer

by Director of Wellness Amanda Lynch

Are you having trouble staying motivated or keeping yourself accountable to fitness goals? Do you want to start something new but have no idea where to begin? A personal trainer may be the ticket for success on your healthy living journey. A personal trainer can help you overcome excuses and barriers to beginning/sustaining a fitness program. If you recognize yourself in the statements below, a personal trainer within the Grosse Aquatic and Wellness Center may be an answer for you.

1. “I don’t know where to start.” Are you one of many individuals who have never exercised before, or have not exercised in a long time? That is where the expertise of a personal trainer is very useful. With the assistance of the personal trainer, you can learn how to have proper form on lifts and different body mechanic moves. You can learn the best exercises, optimal weights, appropriate repetitions, and sets – personalized for you. You will learn how to properly use equipment to achieve your desired results in a shorter period of time.

2. “I want to establish a lifetime exercise habit.” We have all been there; on those days when I don’t want to get out of bed to exercise, I remember how good it feels to finish a workout. Establishing a habit with a personal trainer is a great way to get set up for success for a lifetime. You will have the accountability of having to meet with someone, but also have a personalized program that you can eventually do on your own.

3. “I have hit a plateau.” When you hit a plateau in fitness training, but want to see further results for weight loss or muscle and strength gains, a personal trainer will be able to design programming to push past plateaus. A trainer will have a fresh perspective on ways to get the body moving a different way to help you reach that next goal.

4. “I don’t want to get injured while exercising.” This a valuable benefit of having a personal trainer. A fitness trainer is knowledgeable about safety, necessary muscle recovery and protection from avoidable injury. The concepts of proper form, body mechanics, and correct weight limits are just a few of the concepts that are engrained in the minds of personal trainers. You will be advised of modifications when necessary, so you can get a great workout, even with limited mobility.

I believe individuals just want to have fun with exercise. What better way to do that than with a personal trainer guiding you and providing the motivation you need to keep your workout routine going. A good trainer will understand your life events that contribute to your challenge to begin or sustain a good fitness program. Whether it be nutrition, stress-related feelings, or knowledge of gym equipment, a personal trainer can provide you with all the tools necessary to have a great time and reach for your fitness goals.

Personal training success story: Meena Reisetter

Meena Reisetter asked Director of Wellness Amanda Lynch to be her personal trainer in December 2018. Meena brought goals and a strong desire to get into the habit of exercising. Amanda
designed a custom program that would get Meena into a good routine of exercise as Meena worked toward her goals. Meena swims four times a week, uses the fitness machines twice a week and meets with Amanda in a personal trainer session three times a week. She fits those workouts into her busy schedule as general manager of Table 1912 and Gilmore's. “I like to exercise in the morning to do something positive for myself before things get busy,” Meena said. She’s trying to get to the point where she craves exercise and misses it if she misses a workout.

“Amendia is very positive and energetic. She always brings new exercises to our coaching session,” Meena said. “I need goals and someone to hold me accountable, so a personal training program with a schedule works well for me.”

Meena Reisetter, left, and Amanda Lynch meet three times a week at the wellness center. Amanda has designed a custom program to help Meena reach her fitness goals.

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

Follow me to Jorgensen Plaza!

The newest bus in the WHC fleet invites the public to the restaurants and Diamond Event Center. The Western Home Foundation helped purchase this bus, seen throughout the Cedar Valley as it carries residents on outings.
<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Birthday Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthur Ecklund</td>
<td>DS</td>
<td>June 1</td>
</tr>
<tr>
<td>Dixie Duffy</td>
<td>SFAL</td>
<td>June 1</td>
</tr>
<tr>
<td>Stella Epps</td>
<td>SFAL</td>
<td>June 1</td>
</tr>
<tr>
<td>Jerry Dumke</td>
<td>VTH</td>
<td>June 1</td>
</tr>
<tr>
<td>Norma Emmert</td>
<td>WM</td>
<td>June 1</td>
</tr>
<tr>
<td>Ron Seufferlein</td>
<td>VTH</td>
<td>June 3</td>
</tr>
<tr>
<td>Stoney Stoneman</td>
<td>VTH</td>
<td>June 3</td>
</tr>
<tr>
<td>Julia Batchelder</td>
<td>WW</td>
<td>June 3</td>
</tr>
<tr>
<td>Rex Pershing</td>
<td>VTH</td>
<td>June 5</td>
</tr>
<tr>
<td>Shirley McGinnis</td>
<td>PW</td>
<td>June 6</td>
</tr>
<tr>
<td>Barb Jacobson</td>
<td>VTH</td>
<td>June 6</td>
</tr>
<tr>
<td>Jerry Purcell</td>
<td>VTH</td>
<td>June 6</td>
</tr>
<tr>
<td>Suzie Schmitt</td>
<td>VTH</td>
<td>June 6</td>
</tr>
<tr>
<td>Larry Tonn</td>
<td>VTH</td>
<td>June 6</td>
</tr>
<tr>
<td>Juanita Rekers</td>
<td>WC</td>
<td>June 6</td>
</tr>
<tr>
<td>Robert Hayes</td>
<td>WG</td>
<td>June 6</td>
</tr>
<tr>
<td>Mary Jardine</td>
<td>WG</td>
<td>June 6</td>
</tr>
<tr>
<td>Nell Wilson</td>
<td>VTH</td>
<td>June 7</td>
</tr>
<tr>
<td>Sharon Petersen</td>
<td>WC</td>
<td>June 7</td>
</tr>
<tr>
<td>Marjorie Nielsen</td>
<td>WHAL</td>
<td>June 7</td>
</tr>
<tr>
<td>Karen Sund</td>
<td>VTH</td>
<td>June 8</td>
</tr>
<tr>
<td>Lorna Blohn</td>
<td>WR</td>
<td>June 8</td>
</tr>
<tr>
<td>Carol Morlan</td>
<td>WR</td>
<td>June 8</td>
</tr>
<tr>
<td>George Glenn</td>
<td>VTH</td>
<td>June 9</td>
</tr>
<tr>
<td>Jane Jackson</td>
<td>WW</td>
<td>June 9</td>
</tr>
<tr>
<td>Gayle Wood</td>
<td>WR</td>
<td>June 10</td>
</tr>
<tr>
<td>Mary Hudwalker</td>
<td>PW</td>
<td>June 11</td>
</tr>
<tr>
<td>Marcia Hansen</td>
<td>VTH</td>
<td>June 11</td>
</tr>
<tr>
<td>Mary Davis</td>
<td>DS</td>
<td>June 12</td>
</tr>
<tr>
<td>Freddie Holmes</td>
<td>WG</td>
<td>June 12</td>
</tr>
<tr>
<td>Treva Nicks</td>
<td>WHAL</td>
<td>June 12</td>
</tr>
<tr>
<td>Norma Leibold</td>
<td>VTH</td>
<td>June 13</td>
</tr>
<tr>
<td>Linda Ochsner</td>
<td>VTH</td>
<td>June 13</td>
</tr>
<tr>
<td>Alan Yakish</td>
<td>VTH</td>
<td>June 13</td>
</tr>
<tr>
<td>Velma Wessel</td>
<td>PW</td>
<td>June 14</td>
</tr>
<tr>
<td>Bob Beener</td>
<td>WG</td>
<td>June 14</td>
</tr>
<tr>
<td>Gean Durbin</td>
<td>WR</td>
<td>June 14</td>
</tr>
<tr>
<td>Bill Davis</td>
<td>VTH</td>
<td>June 15</td>
</tr>
<tr>
<td>Cal Geiger</td>
<td>WC</td>
<td>June 15</td>
</tr>
<tr>
<td>Larry Cardamon</td>
<td>VTH</td>
<td>June 16</td>
</tr>
<tr>
<td>Margaret Bettis</td>
<td>WHAL</td>
<td>June 16</td>
</tr>
<tr>
<td>June Niedert</td>
<td>WR</td>
<td>June 16</td>
</tr>
<tr>
<td>Robert Hinneman</td>
<td>SFAL</td>
<td>June 17</td>
</tr>
<tr>
<td>Donna Brown</td>
<td>VTH</td>
<td>June 18</td>
</tr>
<tr>
<td>Bill Diehl</td>
<td>WR</td>
<td>June 19</td>
</tr>
<tr>
<td>Marlene Rasmussen</td>
<td>WR</td>
<td>June 19</td>
</tr>
<tr>
<td>Roberta Simmons</td>
<td>SFAL</td>
<td>June 20</td>
</tr>
<tr>
<td>Lyle Hodgin</td>
<td>WHAL</td>
<td>June 20</td>
</tr>
<tr>
<td>Jeanne Thuesen</td>
<td>WR</td>
<td>June 20</td>
</tr>
<tr>
<td>Richard Batchelder</td>
<td>WW</td>
<td>June 20</td>
</tr>
<tr>
<td>Stephen Fortgang</td>
<td>PW</td>
<td>June 21</td>
</tr>
<tr>
<td>Mary Franken</td>
<td>PW</td>
<td>June 21</td>
</tr>
<tr>
<td>Harris Jorgensen</td>
<td>PW</td>
<td>June 21</td>
</tr>
<tr>
<td>Darrel Flater</td>
<td>VTH</td>
<td>June 21</td>
</tr>
<tr>
<td>Anne Geadelmann</td>
<td>WC</td>
<td>June 21</td>
</tr>
<tr>
<td>Barry Love</td>
<td>DS</td>
<td>June 22</td>
</tr>
<tr>
<td>Marvin Brewster</td>
<td>MHC</td>
<td>June 22</td>
</tr>
<tr>
<td>Gaylen Brocka</td>
<td>PW</td>
<td>June 22</td>
</tr>
<tr>
<td>Joan Rogers</td>
<td>VTH</td>
<td>June 22</td>
</tr>
<tr>
<td>Juanita Ruby</td>
<td>VTH</td>
<td>June 23</td>
</tr>
<tr>
<td>Edward Nielsen</td>
<td>MHC</td>
<td>June 24</td>
</tr>
<tr>
<td>James Anderson</td>
<td>PW</td>
<td>June 24</td>
</tr>
<tr>
<td>Jan Rosauer</td>
<td>VTH</td>
<td>June 24</td>
</tr>
<tr>
<td>Shirley Hansen</td>
<td>MHC</td>
<td>June 25</td>
</tr>
<tr>
<td>Bob Nelson</td>
<td>WG</td>
<td>June 25</td>
</tr>
<tr>
<td>Nancy Versluis</td>
<td>WM</td>
<td>June 25</td>
</tr>
<tr>
<td>Teddi Finegan</td>
<td>WR</td>
<td>June 25</td>
</tr>
<tr>
<td>Don Pruisner</td>
<td>WM</td>
<td>June 26</td>
</tr>
<tr>
<td>Patricia Anders</td>
<td>SFAL</td>
<td>June 27</td>
</tr>
<tr>
<td>Evelyn Gibson</td>
<td>SFAL</td>
<td>June 27</td>
</tr>
<tr>
<td>Jim Bader</td>
<td>VTH</td>
<td>June 27</td>
</tr>
<tr>
<td>Darrel Brandt</td>
<td>VTH</td>
<td>June 27</td>
</tr>
<tr>
<td>Connie Wragge</td>
<td>PW</td>
<td>June 28</td>
</tr>
<tr>
<td>Bertie Jepson</td>
<td>WC</td>
<td>June 28</td>
</tr>
<tr>
<td>Eldon Hayes</td>
<td>WR</td>
<td>June 28</td>
</tr>
<tr>
<td>Don J. Brown</td>
<td>VTH</td>
<td>June 29</td>
</tr>
<tr>
<td>Merle Larkin</td>
<td>WM</td>
<td>June 29</td>
</tr>
<tr>
<td>Jean Cawelti</td>
<td>DS</td>
<td>June 30</td>
</tr>
<tr>
<td>Bob Panther</td>
<td>PW</td>
<td>June 30</td>
</tr>
<tr>
<td>Ray Joeckesn</td>
<td>WHAL</td>
<td>June 30</td>
</tr>
</tbody>
</table>
Spring clean your computer and digital devices

by villa resident Cherie Dargan

If the season inspires you to tackle cluttered closets, haul off recycles, and box up things for Stuff or Goodwill, don’t forget to clean up your digital devices and computers. Here’s how.

Your phone and tablet

Take a closer look at your apps. Are there apps that you don’t use anymore, or apps you downloaded and didn’t like? Delete them and free up precious space.

Take a critical look at your photos. I’d like to blame it on becoming a grandmother because I have hundreds and hundreds of photos of my two grandsons. Smartphones and tablets have made it easy to take photos. Unfortunately, most of us take too many photos and do not clean up our devices by deleting photos on a regular basis, getting rid of duplicate photos or bad photos. If you’re like me, you have ten photos of your grandsons playing or decorating cookies. Pick the best two or three.

Remember, if you have an android phone and have a Gmail account, you probably have photos on Google's Photo App (formerly called Picasa Photos). This is an example of cloud storage. You can create albums, share them with friends and family, and create projects. To find Google photos, click on the little table of dots at the upper right-hand corner of your Gmail account, and you will find all of your Google apps, such as Photos, Calendar, and Google Docs/Drive. If you have an Apple phone, your photos are on i-Cloud, so you need to create an account and log onto www.icloud.com. When was the last time you cleaned up all of those photos–on your phone, computer and cloud storage?

Your PC or laptop

If you create documents, you may have multiple versions of documents. Delete the earliest ones. You can sort a folder of documents by selecting the details feature; then, you can sort by date or name.

If your documents are precious, you should be backing them up two ways: first, using an external hard drive, and second, backing up to the cloud using Google Drive, iCloud, Drop Box, or another product.

Like the dentist says, only brush what you want to keep! So, only back up the docs and pics you want to keep. I learned this the hard way when an old Dell laptop died: I was using it to scan in family photos and documents. My son suggested that we get a device to read the old hard drive–which enabled recovery of my scans and photos. I uploaded them to the appropriate folders on Google Photos, and felt very fortunate!

IT tips:

1. Save all docs to folders in your documents library on PCs and save all pictures to your pictures library. If you like to have your current projects handy, you can create shortcuts to the desktop, but it is important to have it all in your documents folders, if you want your backups to be complete.

2. Buy an external hard drive–Seagate or Western Digital make excellent products. Installation isn’t terribly difficult: plug in, install software, and set up.

3. Don’t wait for a disaster to strike to clean up your devices! If you’re writing a book, compiling your family history, or scanning in precious old photos, you want to be able to preserve and share your hard work. Back it up.

4. Finally, a microfiber cloth and lens/screen wipes are useful on the computer screen, keyboard, and other equipment.
Congratulations!
Let’s thank these employees who celebrate milestone service anniversaries during June. Their dedication makes a difference.

Meet our Employee of the Month, Dave Meyer

Dave Meyer works as Transportation Assistant II. He has been working at Western Home Communities since October 2017. Co-workers who supported Dave’s nomination said he is very dependable with his transportation responsibilities and he always demonstrates respect for residents, their families, and staff members.

Congratulations, Dave, on being named Employee of the Month for May 2019.

Welcome new employees

Assisted living
Nancy Buck, RA, WHAL
Julie Foust, RA/CMA, TS
Tiaa Gross, RA, WHAL
Deloy Rainey, RN, WHAL
Kyle Skillings, lead cook, SFAL
Landen Sullivan, food service, WHAL

atHome
Bob Benter, LPN
Taylor Bickford, caregiver

Creekside (Grundy Center)
Marianne Klein, LPN
Tabitha Tjaden, administrator

Hillcrest (Sumner)
Mitchell Belfield, director of nursing

Independent living
Taylor Bagg, wait staff, WM
Addison Blake, wait Staff, WR
Essence Campbell, wait staff, WR
Abigail Keiser, wait staff, WW
Kevontae McGee, wait staff, WG
Scott Morgensen, cook, WC
Mya Shafer-Smith, wait staff, WC
Weston White, cook, WC

Jorgensen Plaza
Sam Appenzeller, dishwasher
Sally Betts, server/set-up
Christiana Cook, dishwasher
Kevin Lobeck, dishwasher
Kelly Noltner, cashier, Caraway Café
Ginger Webb, cashier, Caraway Café

Multi-site support
Elisabeth Bueghly, financial analyst
Phillip Sade, dining service manager
Carol Schwickerath, business office assistant

Skilled nursing
(Cottages/Suites/Martin Center)
Kylie Buerger, CNA, DS
Sabrina Carnes, CNA, DS
Leah Dailey, CNA, CTG
Karmen Fowlkes, LPN, MHC
Jade Gienau, CNA, DS

Therapy
Alexa Herman, physical therapist assistant
Suzy Searfossa, physical therapist assistant
Mark Suiter, physical therapist

Willow Winds (Denver)
Julia LaRue, RA

Meet our Employee of the Month

Penny Frackiewicz
25 years
June 23
Maintenance, SFAL

Judy Jackson
10 years
June 29
Food service, SFAL

Emily Ottesen
10 years
June 5
CMA, SFAL

Carrie Spree
10 years
June 4
RN, Creekside

Tabitha Reuter
10 years
June 5
CMA, SFAL

Haley Broten
5 years
June 25
CNA, Thuesen Cottage

Barbell Landfair
5 years
June 25
Home health aide, atHome

Joseph Sheppard
5 years
June 4
Cook, SFAL

Heather Thompson
5 years
June 18
Lead wait staff, Windcove

Dave Meyer
25 years
June 23
Maintenance, SFAL

Welcome new employees

Assisted living
Nancy Buck, RA, WHAL
Julie Foust, RA/CMA, TS
Tiaa Gross, RA, WHAL
Deloy Rainey, RN, WHAL
Kyle Skillings, lead cook, SFAL
Landen Sullivan, food service, WHAL

atHome
Bob Benter, LPN
Taylor Bickford, caregiver

Creekside (Grundy Center)
Marianne Klein, LPN
Tabitha Tjaden, administrator

Hillcrest (Sumner)
Mitchell Belfield, director of nursing

Independent living
Taylor Bagg, wait staff, WM
Addison Blake, wait Staff, WR
Essence Campbell, wait staff, WR
Abigail Keiser, wait staff, WW
Kevontae McGee, wait staff, WG
Scott Morgensen, cook, WC
Mya Shafer-Smith, wait staff, WC
Weston White, cook, WC

Jorgensen Plaza
Sam Appenzeller, dishwasher
Sally Betts, server/set-up
Christiana Cook, dishwasher
Kevin Lobeck, dishwasher
Kelly Noltner, cashier, Caraway Café
Ginger Webb, cashier, Caraway Café

Multi-site support
Elisabeth Bueghly, financial analyst
Phillip Sade, dining service manager
Carol Schwickerath, business office assistant

Skilled nursing
(Cottages/Suites/Martin Center)
Kylie Buerger, CNA, DS
Sabrina Carnes, CNA, DS
Leah Dailey, CNA, CTG
Karmen Fowlkes, LPN, MHC
Jade Gienau, CNA, DS

Therapy
Alexa Herman, physical therapist assistant
Suzy Searfossa, physical therapist assistant
Mark Suiter, physical therapist

Willow Winds (Denver)
Julia LaRue, RA
Notes of appreciation

Thank you for your kindness in sending the single rose in memory of Margaret Pardoe. It helped brighten our day during this difficult time. The Pardoe Family

We would like to say thank you for the awesome care our mother, Lela Janssen, had in the last 5½ years at Stanard Family Assisted Living. It was such a comfort knowing they loved our mom, too. The family of Lela Janssen

We want to thank you so much for the beautiful rose you sent to David. The Nation Cottage staff took such wonderful care of him and were able to bring a smile to his face. Again, thank you for your service. June Niedert

In sympathy

Jeanne Reuter, DS May 18
Kenneth Koupal, DS May 14
Virginia Moothart, MHC May 11
Myrna Stanley, DS May 7
Betty Bolster, MHC May 2
Wendell Crotty, CTG April 30
Tom Dietrick, WHAL April 29
Doris Westemeier, CTG April 25

In early June the world of leaf and blade and flowers explodes, and every sunset is different.

– John Steinbeck

What's new on Facebook?
Lots of videos and fun photos! Follow our page to see them in your news feed. Not on Facebook? Our page is public, so visit www.facebook.com/WesternHomeCommunities to see the content.
Celebrate summer with special events at Table 1912

Tuesday, June 11:  **Bourbon dinner**
Enjoy our chef-designed menu honoring food from the prohibition era of the 1920s....think jazz music and flapper wardrobes.
$70/person with spirits; $50/person without.

Tuesday, July 16:  **Canned wine dinner**
Our wine sommelier, Meena, handpicked these selections that prove you can get quality from a can – perfect for boating, eating outdoors and the barbecue meal that will be served.
$45/person includes four cans per two guests

Tuesday, August 13:  **Tequila dinner**
Tequila is made for more than margaritas. Learn about this drink from the blue agave plant as you savor a tequila-themed menu created and prepared by our chefs.
$70/person with spirits; $50/person without.

Reservations now being accepted with pre-payment. Call 319-859-9334 today!