Teepa Snow training offered in April

One of the country’s foremost dementia experts and in-demand trainers returns to the Cedar Valley for a one-day seminar in April, open to professional caregivers, family members and others with an interest in a positive approach to dementia care.

“I interact and role play, and if I can get people to recognize someone — ‘Hey, that’s just like the woman in room 107!’ — then what I share has much more immediacy, and participants are a lot more interested in what happens next,” Teepa explains.

Snow effectively reminds audiences that caregivers’ brains are working better than those of the people with dementia, so it’s up to caregivers to change the environment or their own behavior to defuse difficult situations.

With humor, high energy and audience interaction, Teepa Snow introduces best practices to foster positive outcomes for those whose brains are changing due to dementia.

The training is presented by Martin Bros. and Western Home Communities is the co-sponsor.

April 6   8:30 a.m. - 4:00 p.m.
Orchard Hill Church in Cedar Falls (Entrance G)
$40 includes breakfast, lunch, refreshments and training

Register by March 20 by going online to info.martinbros.com/teepasnow, or calling Becky Miller at (319) 553-0482.
“Top Chef” awarded; new round of competition begins

Executive Chef Norman Grant created a competition in 2016 to help cooks and chefs at WHC improve their skills. Each month they met to plan and prepare a meal in just 30-60 minutes, using ingredients they didn’t know beforehand.

The “cook’s cook-off” saw the cooks with the top four scores competing for bragging rights and a $200 gift certificate plus basket of goodies, donated by Martin Brothers. The top two winners for 2016 are Windcove cook Brandy Berky in first place and Willowwood’s Chuck Weber in second place. Stephanie Berky (yes, they’re sisters) of Windridge and Neil Sweet of Windgrace tied for third.

Hungry for more? The 2017 cook-offs take place on the fourth Tuesday of every month beginning at 10 a.m. in the Windcove dining room. Residents are welcome to join the fun, cheer on their favorites and taste-test the creations afterward!

UNI Dean of Education meets residents

Haitian-born Dr. Gaetane Jean-Marie joined UNI last summer after thirty years in New Jersey, Florida, Oklahoma and Kentucky. Friends hosted a “meet and greet” Feb. 8 for Dr. Gaetane to become acquainted with Western Home Communities.

As Dr. Jean-Marie spoke, her passion for student learning became obvious. She has been making visits to Iowa schools, meeting with superintendents and principals to learn what Iowa teachers need and how we can retain them in our state. She also shared her perspective on parental responsibility in education.

Dr. Gaetane Jean-Marie wanted to hear residents’ thoughts and concerns about education, and expressed interest in the current project that matches senior education majors from a UNI human relations class with WHC residents for a semester-long intergenerational interaction. by Bev Michael for Friends

Could you create this meal in less than an hour?

The final four from 2016: Chuck Weber (left), Brandy Berky, Stephanie Berky and Neil Sweet.
Volume 21, Issue 3

Explore Cuba at next Friends program

Even with the easing of travel restrictions, tourist trips can’t yet be planned for Cuba; any travelers must focus on “people-to-people” exchanges that offer insight and education into daily life. Linda and Gary Witcombe of Cedar Falls recently took such a trip that included city tours, nature walks, visits with children and conversations with farmers.

Join us for the next Friends program when the Witcombes share their newfound insights about Cuba and her people. 

March 13, 10:30 a.m. at Windcove.

Friends January program: "Just One More Year"  By Mike Seavey

“Just one more year” became a promise made — and altered — several times in the last seven years of Alexa Holtermann’s life. Alexa is the resident coordinator at Windcove. She and her husband Philipp were the guest presenters at the January Friends program. They shared their story of love for basketball and how it brought them together in Germany. She used the “just one more year” promise to return to Germany for additional basketball — and social — experiences.

Alexa comes from a basketball family from Dumont, Iowa. She earned a scholarship to play basketball at UNI and fulfilled that obligation for three years. A free summer between her junior and senior year made it possible to take a backpacking trip to Europe with her sister. Once back at UNI for her senior year, she and her sister played on an intramural basketball team which won second place in the US national championship tournament.

After graduation, Alexa worked as a live-in nanny in Germany. Her need for fitness and friendship lead her to a local German club team which gave her a sense of belonging and a social life. Alexa’s presentation compared daily life in Germany to life in the United States. She and Philipp used vivid descriptions, pictures, humor, and video to give the audience insight into their experiences. Alexa remarked about the shared community standards in Germany that make communities orderly and minimize neighbor conflicts. Philipp shared his need to explain to his German friends about his and Alexa’s “short” engagement (by German standards) and extravagant wedding (by German standards). Themes included family, faith, basketball, training, friendship, life in Germany, observations and wisdom gained.

The large and engaged audience had many questions. Alexa and Philipp’s family members were guests in the audience.

Save the date for UNI’s new president, wife

Friends will host a meet and greet for the new University of Northern Iowa president Mark Nook and his wife, Cheryl. You can hear about their move to Iowa and vision for UNI at 10 a.m. on Thursday, April 13, at Windridge. Dr. Nook began his role as UNI’s eleventh president February 1. 

Wear purple to show your Panther pride!
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 February 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:
June “Arlene” Anderson
Steve & Julia Bernard
Dan & Shelley Borshiem
Richard & Sharon Braden
Veronica Cobb
Jerry & Beth Harris
David & Laurie Lind
Robert Moulds
Laura Pletscher

Sally Bagley
Dave & Jenny Allard
Dean & Glenda Alshouse
Wayne & Marlys Badger
Linda Berry
Leroy & Becky Bierwirth
Lorna Blohn
Evie Boardsen
Mary Jane Boorom
Jeneanne Brummel
Reid & Debra Corson
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Lois Wishmeyer

Floyd Fousek
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Mary Iehl
Jerry & Beth Harris

Iva Dean Itzen
Jon & Kelly Bachman
Vern & Marcia Hansen
Jerry & Beth Harris
Lura Trelor

Jewel Kohler
Jerry & Beth Harris

Nora Lukes
Jane Verbout

Estella Michels
Jerry & Beth Harris
Tech Talk with Tom

Get answers to your questions about your computer and smart devices from Tom Tierney, technology training coordinator.

Residents may attend any session at any location.

Each session meets from 10:00 - 11:30 a.m.

- Tuesday, March 7 Windridge
- Tuesday, March 14 Willowwood
- Tuesday, March 21 Windgrace
- Tuesday, March 28 Windermere
- Monday, April 3 Windcove

PartyLine update

Watch for display monitors to be installed this month in each independent living community! With this new internal communication system, residents will be able to check the monitor for announcements, calendars, menus, birthdays and more.
Chaplain’s Corner: God’s correction, conservation and compassion

By Pastor Garry Moore and Christie Moore

This month we all anticipate the prospect of spring, warmer weather and more sunshine. Some of us don’t even mind the time change when we “spring forward” on March 12! The old saying, “In like a lion, out like a lamb” reminds us of our inability to control the weather, even the rather unappreciated late winter blasts March often brings.

Have you ever thought about why God sends the snow? In Job 37:6-13, we see the answer to this question. Let’s think through the three reasons found in verse 13: “He causes it [snow or rain] to come, whether for correction, or for His land, or for mercy.” (NKJV)

The first is correction – the word literally means “a stick.” God allowed me to discover his correction 44 years ago this month as a rebellious teenager. I learned in a very personal way the blessing of Proverbs 3:11, 12: “My son, do not despise the chastening of the Lord, nor detest His correction; for whom the Lord loves He corrects, just as a father the son in whom he delights.” (You can check with Chaplain Don about the details of how God corrected me in my waywardness, because he was my youth pastor at that time)

The next reason we find is for conservation. An older farmer once told me that snow is poor man’s fertilizer. Then he related to me how a snow storm in the month of May covered his corn that was just coming up. He said that year was one of the best crops he ever had. These snow storms are one of the ways to experience verse seven: “He seals the hand of every man, that all men may know His work.” God sends these storms that we might “be still and know that He is God” (Ps. 46:10). Being slowed down by bad weather often helps us take the time we need to think about God and be nourished by Him.

The last reason is compassion. The snow is a good reminder of God’s mercy - as the snow and rain can refresh the earth so God’s mercies can refresh us spiritually. As we head toward our Easter celebration let’s remember what was prophesied many years ago about the blood of Christ making us white as snow (Isaiah 1:18). I’m glad we read in Lamentations: “This I recall to my mind, therefore I have hope. Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.” (vss. 21-23)

If God decides to send us a snow storm this spring (or the rain), let’s use it as a reminder of God’s influence in our lives: His correction, conservation and compassion (Job 37:6-13). Because God loves us He wants to work all of these things in our lives.

Join us in worship this month as we gather together to share the great love that God has for us.

9 am SFAL; 10 am MHC  
March 5 Garry Moore (communion)  
March 12 Don Sauser  
March 19 Don Sauser  
March 26 Garry Moore  
April 2 Don Sauser (communion)

11 am Windcove  
Garry Moore (communion)  
Tim Boettger  
Tim Boettger  
Patrick Jones  
Don Sauser (communion)
A core value: Community Partner

FAN-i-ly ends first season

A squad of supporters for the UNI women’s basketball team, known as the FAN-i-ly, will enjoy two final home games in early March. They’ve cheered for the team and hosted them on campus as part of this intergenerational exchange.

STORIE time enters second semester

111 senior education majors at UNI have been paired with WHC residents as part of their human relations course taught by Kathy Oakland. STORIE Time - Seniors Teach Others Real Intergenerational Experiences - started last semester with 108 pairs of seniors at UNI and seniors at WHC.

Mascots TC and TK hang with the FAN-i-ly at a February game.

The FAN-i-ly enjoyed courtside seats for a February game.

Aubrie Meyers meets Tuffy and his human, SFAL resident Jerry Junge.

Martha Nation gets to know UNI student Kaylin Upah.

Mars Ostrowski of UNI gets to know Dixie Duffy.
Dance draws biggest crowd yet

The annual Valentines Dance at Windcove drew 130 people this year, so many that the refreshments moved out of the dining room to make space for all the partygoers! Thanks to UNI students from the women’s basketball team and men’s Sigma Alpha Epsilon fraternity who joined the fun.

Bernice Bidne of Windermere finds plenty of dance partners among the men of Sigma Alpha Epsilon fraternity at UNI who attend the dance each year.

Donna Falk is all dressed up for the dance and even received a lovely corsage from her husband, John.

This bevy of beauties from Windermere enjoyed the evening; from left, Pat Taylor, Ethelann Koch, Betty Schoeberl, Donnita Reed and Lois Hansen.

Rodney Tomson of Windcove twirls his granddaughter on the dance floor.
Dining services’ delectable delights included chocolate dipped waffle cones holding fresh fruit, chocolate covered strawberries, festive doughnuts and plenty of chocolate.

Donna and Gary Brown of the villas display fancy footwork as The Vinyl Frontier plays.

Marty Christensen of Windridge beams as she and volunteer Gabby Woods move to the music.

From left, Lorna Ericson, Donna and Bill Mincks, and Dale and Janice Larsen have a front-row seat alongside the dance floor.

Eldora Sturm partners with activities assistant Natalie Meyer.

Mike and BJ Jessen of Windcove are resplendent in red as they dance the night away.
Words of Wellness: Thinking beyond the plate

by Wellness Coordinator Amanda Lynch

March is National Nutrition Month, so it’s a good time to explore how your food choices affect your body. This is especially true in our elder years; good nutrition can help us keep illness and disease at bay, and the opposite is also true – poor nutrition negatively impacts our health. For example, eating too much salt can increase high blood pressure, while a lack of calcium can speed up the advancement of osteoporosis.

It’s not a secret that we in the US have a big problem with weight; nearly two-thirds of adults in the United States are overweight, often due to poor nutritional choices. We need to be proactive in taking steps that fuel our bodies with proper nutrition.

At any age, USDA’s MyPlate (formerly the food pyramid) can point you in the right direction. Fruit and vegetables are still an important facet of maintaining a healthy diet; berries, apple, bananas and melons are a good source of proteins and nutrients, and you should strive to eat one or two servings each day.

Water, something that doctors recommend having several times a day, is important for seniors too. The reduction of fluid levels in the body can cause seniors to be more prone to dehydration than other age groups.

Calcium is also necessary for maintaining bone health, especially in the later years of life; seniors should get about 1200 mg of calcium every day, from either cheese, milk, or yogurt.

Think about your meals this month. Make informed decisions to provide your body with the best nutritional health possible. Most of all though, have fun with your food. Make it colorful and enjoy it with the ones you love most.

WELLNESS RECIPE OF THE MONTH

Frozen Yogurt Banana Pops

Ingredients
- 4 ripe bananas
- 1 small container plain low-fat Greek yogurt
- 1/2 T. stevia or other natural sweetener
- 1 t. vanilla extract
- 1 3/4 cup low-fat granola
- 8 wooden craft/popsicle sticks

Directions
Peel bananas and cut them in half crosswise. Insert a wooden craft stick into the large end of a banana half. Mix together the yogurt, stevia and vanilla in a small bowl. Dip the banana into the yogurt or use a pastry brush to cover it completely with yogurt. Place the granola on a plate and roll the bananas in granola mixture until well coated. Freeze the pops, uncovered, on a plate covered with waxed paper until solid, about four hours or overnight.
Labor of love creates 100-story tall stack of diapers

You would be ill advised to get between Dixie Duffy and her sewing machine. A skill that was mastered for utility and thrift 70 years ago has become a skill useful for charity and community building. Dixie and her cluster of like-minded friends have produced lap robes, bibs, walker bags and baby diapers.

Dixie and her friends have sewn more than 13,000 baby diapers using fabric from donated t-shirts. The colorful, highly absorbent and washable diapers are distributed to Haitian orphanages where more than 800 diapers may be needed in a single day at a single location. The t-shirt graphics continue to advertise marathons, community festivals, sports teams, schools, vacation destinations and beer... on babies' bottoms.

The dedicated team used an assembly line process to produce up to 100 diapers a week. No sewing experience was required to join the workflow cutting out pieces, trimming and turning the sewing project right-side out. The sewing mavens worked their magic from 2011 through 2016 at Ridgeway Place in Waterloo, a community that recently closed.

Dixie relocated to Western Home Communities and has her sewing machine set up by the wall of windows in her bright apartment at Stanard Family Assisted Living. She's still making useful items for others and kept a few samples of the diapers. She's been asked to make a set for a new mom – turns out cloth diapers are trending again!

Dixie began sewing to clothe her four children, whom she raised as a single mom after being widowed at age 37. She recalls requesting “matching sacks” on her grocery order so she could make a complete garment from flour sack fabric. She continued in retirement “so good fabric would not go to waste.”

The textile arts have always been Dixie’s choice for her hobbies. Exquisite examples of cross stitch, needlepoint and Hardanger embroidery decorate her apartment. Her work is among the cherished possessions of her children (now in their 60s and 70s) and grandchildren, who recently blessed her with a 19th great-grandchild.
### Happy March Birthday!

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“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

– Charles Dickens, *Great Expectations*
Residents share expertise on “right-sizing”

Residents shared their wisdom on “right-sizing and right timing for a move” with more than 80 guests who attended a February 8 program at Windridge. Guests did not hold back on candid questions about lifestyle satisfaction and how to part with cherished possessions.

Panelists acknowledged the process can be difficult and even sad, at first. “As time passed, it became more important to me that our collections would go to someone who would enjoy and appreciate them. Getting what we thought they were worth became secondary,” said panelist and Windridge resident Marilyn Roseberry.

Marilyn joined Rich and Rita Congdon, who moved from a large home into a villa in 2016. They used a combination of rummage sales, curbside sales, donations to charity, Craigs List and even clandestine drop-offs at their kids’ homes - returning items their now-adult children had “stored” in their parents’ home.

Rita empathized with a guest who didn’t want to part with a book collection. “I delivered my books that had value to the Cedar Falls Library Book Nook. Then I went out to my car and cried,” she admitted. “Then, I said to myself, ‘Time to move on!’ And I did.”

The panelists agreed: Begin early. And when it comes to timing a move, “I would rather move 10 years too early, than 10 years too late,” encouraged Rodney Tomson of Windcove.

His neighbor, Marty Halupnik, agreed, even though she thought it was too early when her husband insisted they move to Windcove when it opened in 2004. “Dale was an engineer and compared our expenses at home versus here, which came in so close and made that part of the decision easy.”

Marty provided guests with the cost comparison used by Dale. “I think I had my husband longer because he did not have the physical strain of maintaining our home in the last ten years of his life.”

Guests were treated to a third session presented by Chef Norman Grant and Wellness Coordinator Amanda Lynch. They prepared tropical quinoa shrimp salad, an entrée currently on the menu in independent living dining rooms. “We have a lot of fun at Western Home Communities, and that includes fun with food and fun with wellness,” said Amanda. “Norman is a creative and skilled chef with a heart for service to the residents, so we have a good thing going here!”
Welcome new employees

Martin Center
Brandi Bagg, Food Service Worker
Jordan Eades, Direct Care Professional
Carlie Frost, Dining Assistant
Amber LeBahn, Direct Care Professional
Aaliyah Person, Food Service Worker

atHome with Western Home
Allison Bitter, Home Health Aide
Makhalia Buchanan, Caregiver
Hailee Johnson, LPN
Natahsa Peterson, Home Health Aide
Sarah Schafer, Caregiver
Tonja Sexton, LPN
Jennifer Wilson, LPN

Stanard Family Assisted Living
Ashley Dana, Resident Assistant
Kamryn Halley, Food Service Worker
Tammy Monaghan, Laundry Aide
Jennifer Saddoris, Cook

South Campus
Mike Morehouse, Maintenance Tech I

Windhaven Assisted Living
Angene Cronin, Receptionist
Diane Loftus, LPN

Windgrace
Madeline Nicol, Wait Staff

Celebrating 80 combined years of service

These eight employees celebrate milestone anniversaries this month. Please congratulate them and thank them for their dedication to Western Home Communities!

Scott Wellendorf
March 2
10 years
Maintenance Technician, SFAL

Kelsey Davis
March 23
5 years
RN, Thalman Square

Kathleen Niedert
March 7
15 years
Executive Director of
Parkview Manor, Reinbeck

Amber Riemcke
March 23
5 years
Resident Assistant, WHAL

Tami Stewart
March 9
5 years
Accounts Receivable Manager

Karla Foust
March 23
5 years
Director of Resident Relations, MHC

Stacy Roster
March 23
10 years
Household Coordinator, MHC

Michelle Ladwig
March 25
25 years
Lead Food Service Worker, MHC
Notes of appreciation

Thank you for making my retirement celebration very special. The cards, gifts and well wishes were beyond anything I expected. The food prepared by dining services was amazing. My time with Western Home Communities allowed me to make many friendships that will be for life. Judy Staff

We cannot begin to thank you enough for your loving care for Mom these past 11 months. We had such peace knowing she was in such good care and in such a wonderful facility and environment. Making Dad such a part of the family was also a great blessing. Mom was a wonderful wife, mother and friend to all. She loved her Lord and lived her life for Him. To God be the Glory! I trust that even in her limited capacity, she shared that love with those who cared for her. The family of Arlene Anderson

In sympathy

Estella Michels, MHC          Feb. 14
Bennie Moore, MHC            Feb. 9
Floyd Fousek, MHC            Feb. 4
Jewel Kohler, MHC            Feb. 2
Bob Bowman, MHC              Feb. 1
Mary Iehl, MHC               Feb. 1
Edgar Warner, MHC            Feb. 1
Pat Bruns, MHC               Jan. 31
Geraldine Stafford, MHC      Jan. 28
Suzie Scrivner, MHC          Jan. 26
Bernice Williams, MHC        Jan. 26
Harold "Cowboy" Tippetts, MHC Jan. 23
Elaine Althof, MHC           Jan. 23
Marian Nielson, MHC          Jan. 23
Elmer Benson, CTG            Jan. 23

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We're online at www.Facebook.com/WesternHomeCommunities.
You'll find up-to-date photos, details on current happenings within our communities, and more. Join the conversation and give us a thumbs up!

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Building Abbreviations

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

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.
Madi is lead wait staff at Willowwood, where she started working in August 2016. Her nominators say:

- Madi is enthusiastic, kind and has a beautiful smile.
- She has lots of vitality and lifts our spirits.
- Her human relationship skills are well developed.
- She shows a willingness to please and is an excellent server.
- She has been friendly from the beginning and learned our names quickly.
- She treats us as if she’s known us forever.

Congratulations, Madi, on being named our employee of the month for February 2017!