Creekside Cottages nearly finished in Grundy Center

It’s only a few weeks before the 55 residents of Grundy County Long-Term Care, located inside Grundy County Memorial Hospital, transition to their new home, The Cottages at Creekside.

This new community is modeled after The Cottages in Cedar Falls, which opened in June 2015 in the household model of care. Each resident has a spacious private bedroom and attached private bathroom. The “small house” environment is modeled after a family home rather than a medical setting. The focus is on creating each resident’s best day.

This expansion to Grundy Center helps fulfill the mission of Western Home Communities: to assertively create fulfilling lifestyles. It’s the result of a years-long partnership with UnityPoint Health and the hospital in Grundy Center, for which long-term care is not a core service.

Kim Schilling has been the on-site administrator for nearly two years; the nursing and care teams will all become Western Home Communities employees when the move occurs, likely in early April. Future plans call for villas and townhomes to be built on the Creekside campus.

The public is invited to a sneak peek before residents move in; details are at right.

Welcome to all the new employees and residents of Western Home Communities at Creekside in Grundy Center!

Open House
The Cottages at Creekside
Sunday, March 25, 2018
1 - 4 p.m.
503 Wical Way, Grundy Center
(at the intersection of East J Avenue and T45, south of Titan Machinery)
Residents, employees and students from UNI crowded the dance floor February 8 to celebrate love, friendship...and chocolate!

This party was fun, judging by the laughter among Joyce, Nancy, Maria, Anneliese and Wendy!

Prairie Wind residents Dee and Wayne Hochhalter enjoy their first Valentines dance at WHC.

Executive chef Norman Grant (right) earned his American citizenship earlier in the day! Doris took him for a celebratory spin on the dance floor.
Plan to travel in 2018

Away from Home with Western Home offers four fantastic opportunities this year:

**Western Iowa Loess Hills, June 26-27 (one night)**
- Lunch at the rustic lodge at Sawmill Hollow.
- Visit farms producing aronia berries, lavender and goat cheese.
- Experience Loess Hills National Scenic Byway with on-board guide.
- Expand your knowledge at cultural and historic museums.
- From $335 – $479 per person

**Summertime on Lake Michigan, July 9-13 (four nights)**
- Enjoy a behind-the-scenes tour and dinner at Lambeau Field, Green Bay.
- Take the ferry across Lake Michigan on the S. S. Badger.
- Arrive by horse-drawn carriage at The Grand Hotel for an overnight.
- Relax on the no-cars-allowed island as you take in the scenic views.
- Explore a 1918 European-style castle and gardens in Charlevoix.
- Tour Sleeping Bear Dunes National Lakeshore.
- From $1,369 – $2,219 per person

**My Old Kentucky Tour, September 17-22 (five nights)**
- See quilts from around the world at the national Quilt Museum in Paducah, Ky.
- 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, home of the Kentucky Derby.
- See how Louisville Slugger bats are made.
- Marvel at the historic Baden Springs Hotel in French Lick, Ind., and enjoy lunch.
- From $1,399 – $2,049 per person

**Decorah, Prairie du Chien and Mississippi River, October 2-3 (one night)**
- Stop at Pinter’s Gardens & Pumpkins for coffee and bakery treats.
- Visit the famous Seed Savers Exchange and get a bus tour of Luther College.
- Tour Vesterheim Museum, Hotel Winneshiek and Shihata’s Orchard.
- Take in the fall foliage during a cruise on the Mighty Mississippi.
- From $419 – $509 per person

Each trip requires a deposit with reservation and final payment is due about seven weeks prior to traveling.

For complete itineraries and to make reservations, contact Carolyn Martin at (319) 222-2048 or carolyn.martin@westernhome.org.
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 19.

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:

Vicky Clemons
Sharon Lukes
Peggy Makinster
Judy Staff
Kellie Weber

Louis Cutshall
Dean & Glenda Alshouse
Bob & Annette Andres
Ruth Bernard
Veronica Cobb
Cleo Cross
Shirley Dean
Sue DeBower
Anita Dowell
Harlan Ehler
Lee & Marlene Engen
John & Donna Falk
Jane Gerard
Glen & Marilyn Groothuis
Nancie Handorf
Gary & Marlys Hanks
Glenn Hansen
Bev Haugen
Eldon Hayes
Shelton & Mary Hornback
Jack & Ruth Hovelson
Tom & Bernie Huss
Lucy Johnson
Kevin & Judy Kerr
Theresa Kindig
John & Laurie Larsen
Bob LaFavre
George & Donna Laurie
Helen Lund
Gene Lybbert
Jill Mathey
Mary McCalley
Sue Meier
Jane Mertensdorf
Larry & Sharon Petersen
Gene & Laverne Puetz
Margaret Shay
Jean Swiggum
Tom & Kathy Thompson

Terri Tobin
Don & Miriam Walker
Norma Walther
Audrey Williams
Nell Wilson

Harlan Ehler
Merv Andersen
Vern & Mary Cordes
Cleo Cross
Doris Crandall
Joyce Cutshall
Shirley Dean
Sue DeBower
Glen & Marilyn Groothuis
Nancy Handorf
Glenn Hansen
Gene & Aurelia Harringa
Bev Haugen
Theresa Kindig
Ed Leonard
Mary McCalley
Larry & Sharon Petersen
Gene & Laverne Puetz
Mary Oertgers
Susan Runkle
Dean & Lisa Salmons
Al Tapper
Rodney & Ruth Tomson
Norma Walther
Doris Weigle

Evelyn Lohman
Audrey Schoeman

Mary “Bernie” McCoy
Judy Finkelstein
Nancy & Matthias Franzen
Eldon Hayes
Tim Knipp
Steve & Jana Schmitt
Tim & Kathleen Schwanz
Clare Staebell
Duane & Lynda Svoboda

Edward Peres
Judy Staff

Ellen Pohl
Gary & Donna Brown
Audrey Schoeman
Martha Stanford

Ruth Ratekin
Darrel & Marian Brandt
Lee & Marlene Engen
Donna Kroeger
Jim & Mary Ann Schnur
Don Tamisiea

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Bill & Mary Lou Snyder

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Bob & Rosemary Beach
Keith & Mary Carlson
Juanita DeVoe
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Eldon Hayes
Tom & Mary Lynn Leary
Ronald & Karen Leger
Richard & Mariam Mehmen
Morgan Family
Marilyn Roseberry
Dennis & Joyce Sedam
Betty Wenzel
Ron Wheeler
Don Wood
Rick & Cathy Young

Neal Thuesen
Merv Andersen
Loretta Dykes
Don & Pat Erusha
Judy Finkelstein
Louise Frevert
Eldon Hayes
Miriam Krallman
Marilyn Roseberry
Clare Staebell

Cheryl Timion
Audrey Schoeman
Programs rescheduled for March
Both of these programs were postponed due to weather.

**Executive Chef Norman Grant**
Thursday, March 8
10:30 a.m. Windcove

**Mark Abernathy, Dir. of Safety & Transportation**
Thursday, March 22
10:30 a.m. Windridge
Chaplain’s Corner: Something you can look forward to

by Chaplains Garry and Christie Moore

The month of March is a time of anticipation! What are you looking forward to? Some of you basketball fans may be looking forward to “March Madness.” Whether it’s your favorite high school or college team, you enjoy the thrill of state tournaments and college play-offs.

You might be someone who is looking forward to March 11, when we “spring forward” and days start getting longer. Along with that, we look forward to the first day of spring, which arrives March 20.

Those of us who look forward to the Easter weekend are encouraged that it is early this year. We will remember the crucifixion of Christ on the last Friday in March. I am so thankful for the thrill that weekend represents: “Up from the grave He arose!” After spending some time on earth, we read in Acts 1:9-11, “Now when He had spoken these things, while they watched, He was taken up, and a cloud received Him out of their sight. And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel, who also said, ‘Men of Galilee, why do you stand gazing up into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven.’ ” Notice what the angels told the Christians to look forward to: His return!

The return of Christ is considered to be the “blessed hope” of those who have accepted Christ as their personal Savior. That is why we find these words in 1 Thessalonians 4:13-18 so encouraging: “But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words.”

This hope tells us to look forward to the return of Christ, that day when He resurrects the body of believers from their graves and unites all of us in the air. I hope this wonderful reunion is something you can look forward to!

Join us for worship as we approach Easter

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Jorgensen Plaza for Well-Being

• A unique space designed to enhance your well-being – physically, spiritually, emotionally, intellectually and socially.

• Featuring an event center, bistro cafe, fine dining restaurant, pub, wellness center with pool, salon spa, lobby with fireplace seating and state-of-the-art therapy.

Turn the page to learn more about what’s opening this spring! Keep this handy guide for future reference.
Table 1912
- Fresh Iowa ingredients
- Table-side waiter service
- Window seating, fireside seating, linen service
- No tipping for guests who are residents of Western Home Communities
- Seating for 60, open 11 a.m. – 9 p.m.

Gilmore’s Pub
- Extension of Table 1912, appetizer menu available
- Big screen televisions for televised events
- Casual leather seating with and without tables
- Fireside seating

Caraway Café
- Fast casual breakfast, lunch, dinner
- Paninis, soups, salads, breakfast sandwiches
- Order at the counter for tableside delivery
- Seating for 70, open 7 a.m. – 8 p.m.

The Market
- Grab-and-go deli, gifts
Chaplain’s office
• Available to the public for receptions, corporate events, fundraising events, open house celebrations, etc.
• Seating for up to 400 at tables
• Movable walls can create three spacious meeting rooms
• FreshWind Worship service every Sunday

Diamond Event Center
• Open for members from 6 a.m. – 10 p.m. daily
• Walking/jogging track (18 laps per mile)
• Exercise classroom; cardio and strength equipment

Wellness Center
• Open for members from 6 a.m. – 10 p.m. daily
• Walking/jogging track (18 laps per mile)
• Exercise classroom; cardio and strength equipment

Therapy
• Alter G anti-gravity treadmill
• VirtuBalance technology
• Certified for outpatient therapy

Salon Iris
• An Aveda concept salon

Northeast hallway offices
• Volunteer services
• Chief Operating Officer and executive assistant
• Independent living marketing offices

Northwest entrance

Swimming Pool
• Four 25-yard lap lanes
• Zero depth entry and max 4.5 feet depth
• Circular walking pool for walking with resistance
• 88 degrees
GILMORES PUB
• Named for the year Western Home Communities was founded
• Gourmet, upscale offerings created by executive chef James Nadeau

Caraway café
• Fast casual destination for breakfast, lunch and dinner

GILMORE’S PUB
• Named in honor of the cast iron lion that has graced the downtown campus since 1961

DIAMOND EVENT CENTER
• Named in honor of late benefactors Saul and Joan Diamond, former villa residents who gave generously of their time, talents and treasure.

Attached at south end:
Prairie Wind independent living community
• 75 residences on three floors
• Full kitchens and appliances
• Underground heated parking
• Spacious floor plans
• Private patio or balcony
• Walk-in closets

Attached at north end:
The Suites at Western Home Communities
Where people can stay short-term to recover from surgery, illness or injury; they’re afforded dignity and privacy, plus an exceptional care team helping them regain strength and independence. Unlike any hospital or institutional nursing home, each floor becomes home to its 20 temporary residents. Meals are home-cooked in the open kitchen, visitors are welcome to enjoy the comfortable living spaces and outdoor access, and private spacious rooms with private bathrooms provide a place to rest and relax.

Western Home communities
As I lead weekly balance classes, I realize balance is an important key to healthy living in our community. Balance is also one of the abilities we fear losing as we age.

I’ve seen fears melt away when a balance exercise has been mastered. Small changes resulting from exercise and practice add up. Everyone has an opportunity to increase flexibility and range of motion through exercise. You will feel great when you regain confidence and freedom that you may have thought were gone.

Here is why you should make balance class a part of your weekly schedule:

- **Body awareness** - Body awareness is the sense of how our arms and legs are oriented in space – also known as proprioception. Balance training and classes improve body awareness and help decrease the likelihood of injury.

- **Coordination** - Balance training requires your muscles to work together to avoid falls or stumbles. Improved coordination during balance classes will be transferred into coordination for safe everyday living.

- **Reaction time** - If you happen to slip or stumble, your body needs to re-balance immediately or you will fall. Balance training can improve reaction time.

- **Joint stability** - Balance training promotes stable knees, ankles, hips and shoulders. This can prevent a range of injuries including sprained ankles and serious knee problems.

Try these exercises if you have not tried balance classes:

1. Practice the one-leg stance. Find a sturdy chair or countertop and place your hands flat on that surface. Once you are comfortable, raise your right leg behind you bending at the knee. Hold this stance for 10-20 seconds then repeat on the left side, bringing your left leg behind you.

2. Walk normally in as straight of a line as you can. When performing this exercise, make sure that you are close to a railing or sturdy wall. Be sure to keep your head up and look about 2 feet in front of you.

Balance classes meet throughout the week at both campuses. Hope to see you there. Practice makes perfect!

WELLNESS RECIPE OF THE MONTH
Curry Chicken Salad Lettuce Wraps

**Ingredients**
- 1 container plain fat-free Greek yogurt
- 1/2 teaspoon curry powder
- Dash ground black pepper
- 6 ounces seedless red grapes, halved
- 4 ounces small rotisserie chicken
- 1/2 cup chopped celery (1 stalk)
- 2 tablespoons slivered almonds, toasted
- 6 lettuce leaves
- Honey (optional)

**Directions**
1. In a medium bowl stir together yogurt, curry powder, and pepper. Add grapes, chicken, celery, and almonds; stir to combine.
2. Divide the chicken mixture among the lettuce leaves. To eat, wrap the lettuce around the chicken mixture. If desired, drizzle with honey before serving.

Tips: To toast nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350°F oven for 5 to 10 minutes or until golden, shaking pan once or twice.
Happy March Birthday!

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<td>MHC</td>
<td>March</td>
<td>28</td>
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<td>Norman Kitchen</td>
<td>PW</td>
<td>March</td>
<td>29</td>
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<td>Ruth Tomson</td>
<td>WC</td>
<td>March</td>
<td>29</td>
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<td>Winnie Blake</td>
<td>WH</td>
<td>March</td>
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<td>Ken Morlan</td>
<td>WR</td>
<td>March</td>
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<td>Jim Jorgensen</td>
<td>PW</td>
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<td>Richard Hunt</td>
<td>SFAL</td>
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<td>Mary Jo Woody</td>
<td>VTH</td>
<td>March</td>
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<tr>
<td>Millie Martin</td>
<td>WM</td>
<td>March</td>
<td>31</td>
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</tbody>
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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.

- Tuesday, March 6, Windcove
- Tuesday, March 13, Windridge
- Tuesday, March 20, Windgrace
- Tuesday, March 27, Willowwood
- Tuesday, April 3, Windermere
- Tuesday, April 10, Prairie Wind

Each session meets
10 - 11:30 a.m.
Letters from early 1900s have sentimental, historic significance

Imagine Calleta Koefoed’s delight when, after her mother died in 1990, a trunk of belongings arrived and she discovered a collection previously unknown to her: courtship letters exchanged by her parents in the early 1900s.

The letters contain more than sentimental value. Calleta’s father taught school and wrote descriptive details about the curriculum, teaching methods and his life as a teacher at the age of 16. University of Northern Iowa Museum staff have arranged several visits to Calleta’s Windermere apartment to scan the letters.

They did not contain overt messages of affection, so Calleta is pleased to share them with those who study the history of one-room school education. Some letters fit perfectly into a candy box and one letter included a pressed violet – still purple.

The letters provide new perspective on parallels between two generations. Both Calleta and her parents began adult lives during world wars. Both generations had to be self-reliant. “My mother was not prepared to take responsibility for farm work, but she did!”

Another parallel: Calleta began teaching as a teenager, the third generation in the family to teach. “I was fired for getting married. That wouldn’t happen today!” she said.

She raised her children and returned to college for a teaching degree. “I call that chapter of my life the story of 500 fives; that’s how many kindergarteners I taught. I learned so much from those kids!” Now future generations will learn about life as it was more than a century ago, thanks to Calleta’s collection.

One thing leads to another

Jim and Janet Doud’s doll collection graces this month’s WHC calendar.

The French doll in this picture wears a costume Janet made from a party dress worn by Jim’s grandmother in the early 1900s as a student at Drake. “I’ve made, repaired or altered costumes for at least half of our dolls,” Janet said.

The dolls needed clothes, so a collection of costumes followed; as those were remade and repaired, a collection of vintage fabrics, lace and buttons developed. Accessories like wire pins and doll shoes came along. Creating an authentic look adds to the Douds’ enjoyment.
Welcome new employees!

Assisted Living
McKenzie Alberts, Resident Assistant, SFAL
Brooke Bemiss-Thompson, Resident Assistant, TS
Marilyn Byrd, Resident Assistant, WHAL
Jessica Cox, Resident Assistant, TS
Laney Gray, Resident Assistant, TS
Mark Henderson, Laundry, SFAL
Shannon Reed, LPN, Thalman Square
Jordan Stoneking, Resident Assistant, SFAL
Madisyn Vilovichik, Resident Assistant, WHAL

Meet Employee of the Month, Greg Leahy

Greg joined Western Home Communities in February 2016. He works as a CMA and CNA at Martin Center. Here are comments from his co-workers:

• Greg takes his time with the residents. He doesn’t make them feel that he is in a hurry or that they need to hurry.

• He is good at helping residents with activities and accommodating their needs.

• Greg is reliable; you can count on him to be at work when he is scheduled.

• He is willing to help when called in on his day off.

• Greg’s values are aligned with Western Home Communities values. He puts people first with a servant spirit.

Congratulations, Greg, on being named our employee of the month for February 2018.

Employment anniversaries

Congratulations to each of these five-year employees!

Randy Husted
March 4
5 years
General manager of dining services

Rebecca Cakic
March 13
5 years
CNA, Thuesen Cottage

Tonya Koontz
March 27
5 years
Universal worker

Martin Center
Amanda Dusheck, Admissions Coordinator
Hailey Hanselman, CNA
Elena Houseal, Direct Care Professional
Dashira Jackson, Housekeeping
Rea Kress, Rehab Technician
Adrianna Larsen, Direct Care Professional
Jozi McCoy, CNA
Jen Tucker, Direct Care Professional
Jared Vaske, Physical Therapist Assistant
Brittany Wagner, Physical Therapy Assistant

Creekside, Grundy Center
Rebecca Hall, Nurse Mentor

Independent Living
Rose Canell, Wait Staff, Windcove
Jacob Mrzlak, Wait Staff, Windridge
Hunter Peterson, Wait Staff, Windcove

Jorgensen Plaza
Brice Dix, Line Supervisor, Jorgensen Plaza

Lydia Mercado, Home Health Aide
Mandi Miles, Caregiver
Shealynne Velasco, Caregiver

The Cottages
Gertrude Adda, CNA
Alexandra Hennings, CNA

atHome with Western Home
Jennifer Cawyer, Home Health Aide
Bailey Deshong, Caregiver
Courtney Gilley, Home Health Aide
Caitlin Lightfoot, Home Health Aide
Melissa Mauseth, Home Health Aide

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**Notes of appreciation**

I want to thank you for the kind, efficient care you gave my cousin Mary Stafford. The family appreciates your care of Mary and all the residents there. May God bless all of you. Caregiving is a true work of mercy and Jesus’ work. *Mary Floyd*

Thank you for the beautiful rose in honor of William Waack. I am so grateful for the care Bill received, both at Thalman Square and Nation Cottage, over the past four years. I appreciate your many kindnesses. *Beryl Waack*

Remembering the life of our loved one was made special by your thoughtful caring. Thank you. *The family of Nellie Tyler*

Words cannot express our gratitude to the staff and employees of Western Home Communities for their tender, loving care of our aunt, Elsie Kopel. From the day that she moved into room 256 at Stanard Family Assisted Living until her passing (at age 106), she was content and comfortable. With the professional help and assistance from your staff, she was able to live fairly independently over the 12 years. A special thank you all who touched Elsie’s life in some capacity: the kitchen and dining room staff, the housekeeping staff, the laundry staff and especially the nurses and aides. Thank you for your patience. We also wish to thank you for using the chapel for a memorial service for Elsie. I wish I could personally thank each and every person who helped take care of Elsie. You did such a good job! *JoAnne Dierks and the family of Elsie Kopel*

Thank you for all the care you gave Mom through the years. It was much appreciated. *The family of Bernie McCoy*

Thank you for the beautiful flowers. We appreciate everything Western Home has done for Dad and for us. *The family of Kenneth TeWalt*

Thank you for the beautiful flower sent for Mom’s funeral. She was well taken care of by the people at Thalman Square and we will be forever grateful! Thank you. *The family of Rosie Witt*

We can't thank everyone enough for how nice and helpful they have been during this time. *The family of Harlan Ehler*

Thank you for remembering Arvid with that beautiful red rose. The rose made tears come to my eyes. I dearly love all of you. Arvid couldn’t have been in a better place. God bless all of you! *The family of Arvid Waschek*
Only a few homes remain inside Prairie Wind, the independent living community that opened last July and is attached to all the amenities at Jorgensen Plaza for Well-Being (see floor plan in center insert of The Journal).

Imagine a day in your life…no yard work, maintenance or housekeeping required!

• Enjoying coffee on your patio or balcony
• Joining friends for a class at the wellness center or pool
• Retrieving your car from the heated underground garage
• Attending a performance at Diamond Event Center
• Choosing from an array of dining options including the restaurants
• Gathering friends for a card game in the well-appointed library
• Enjoying a nightcap at Gilmore’s Pub

Hurry to take advantage of this unique lifestyle!

Call Maria Murphy at (319) 859-9311 to schedule a visit and see for yourself.