Chapel facelift to be ready for Easter

The spiritual heart of Western Home Communities since its construction in 1923, the chapel at Stanard Family Assisted Living is getting a fresh look in time for Holy Week and Easter 2019.

New wall surfaces and fresh paint in a new color scheme will renew the space used almost daily for worship, Bible studies, communion services, prayer meetings, hymn sings, concerts, celebrations of life and other activities.

Original light fixtures and stained glass windows remind residents of churches they have attended throughout their lives. “Having a spiritual center is very important to the generation of residents we serve,” said Chaplain Christie Moore.

Worship services have temporarily moved to the Friends Solarium, also on the second floor of Stanard Family Assisted Living. The most recent remodel was in the mid 1980s.
New villas to be built in 2019-2021

A portion of undeveloped land on south campus will become home to 36 new villas, now being marketed to future residents. The map below shows these villas in orange, to be located along Prairie View Road, a newly constructed street and an extension of Caraway Lane.

Members of the waiting list for villas received letters in mid-February and were asked to respond by March 1 if interested in the opportunity, before public advertising begins March 3.

Prices for the new villas are impacted by rising construction and land development costs. They will range from $339,000 - $361,000 depending on the floor plan; fireplaces and larger sun rooms will incur an additional cost.

Work on the extension of Caraway Lane and a new street is expected to begin by July, and the first foundations could be poured in late summer, weather permitting. Construction on a villa typically takes six months to complete. All 36 villas could be finished and occupied by October 2021.

Anyone interested in a new villa should contact Kim Salmon at (319) 859-9351.
Lefse with Lisa returns in a new location

Join the fun as lead resident coordinator Lisa Haugen and family teach us about this tasty Norwegian tradition. They’ll roll the dough, fire up the griddles, grab their lefse sticks and then treat us to a lefse feast.

**March 22**
**10 a.m.**
**Diamond Event Center**

There’s plenty of room so plan to attend, whether lefse is part of your family’s fondest memories or you’ve never heard of it before!

Learn the benefits of forest bathing

**Wednesday, March 27**
**10:30 a.m.**
**Windridge dining room.**

For the second program in a three-part series about natural habitats on south campus, Dr. Suzanne Bartlett Hackenmiller shares the importance of forest bathing. It’s not exercising or hiking; it’s simply being present in nature and closing the gap between busy lives inside and the natural world outside. Opening all of our senses to the natural environment can trigger healing, reduce stress and renew a sense of well-being.

Dr. Hackenmiller is Iowa’s first fellowship-trained and board certified medical doctor in integrative medicine. She is a board certified OB-GYN and is also certified in herbal medicine.

Her passion for integrative medicine and nature therapy arose from her personal experiences raising a child on the autism spectrum and watching her late husband suffer from cancer.
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 Feb. 20. 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:

Darius Conradi
Sue DeBower

Rich Frink
Margaret Johnson

Jane Gerard
Sue DeBower
Bertie Jepsen
Gene & Laverne Puetz
Susan Runkle
Darlene Surface

Barbara Heisinger
Anne Redfern

Roger Hickins
Richard & Martha Stanford

Lu Larsen
Hank & Peg Brown
Natalie Brown
Bill & Malloree Buchanan

Ruth Anne Leymaster
Joan Buhrmann
Jeffry & Carol Dick
Helen Newton
Gene & Laverne Puetz
Alma & Norman Rohlfing
Phyllis Steele
Donna & John Tucker
Glenn & Margaret Wiebke

Patty Martin
Jon & Kelly Bachman
Doug & Denise Coen
John & Laurie Larsen
Mildred Martin
Gene & Laverne Puetz
Audrey Schoeman

John Miller
Marleta Matheson
Richard & Martha Stanford

Cathy Pitts
Jim & Linda Anderson
Deb Corson
Tom & Kathy Ferguson
Trudy Johnson
Maria Murphy
Dolores Steege

Phyllis Swanson
Roger Cadieux
Mary Carlson
David & Dianne Happel
Carol & Loren Law
Helen Newton
Greg & Rena Raecker
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Don Tamisiea
Braun Family Foundation
Carl & Evelyn Boice
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Eldon Hayes
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Harold & Sharon Kreb
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Eleanor Parker
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Jim & Ruth Peterson
Ned Ratekin
Chuck & Marilyn Roudebush
Phyllis Steele
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Mary Taylor
Gordon & Barb Ubben
Lois Wishmeyer

Glen Van Vark
Jeananne Brummel
Marlene Deery
Bob & Mary Beth Dieter
Jeff Edelnant
Don & Pat Erusha
Louise Frevert
Eldon Hayes
Susan Hummel
Sue Jacobsen
Mary Kopecky
Miriam Krallman
LKFA Operations
Patricia Markey
Jim & Martha McCutcheon
Jim & Anne Peterson
Judy Pfalzgraf
John & Pat Schultz
Darwin & Kelley Sents
Michael & Deborah Sheehy
Marlys Simpson
Richard & Patty Sulentic
Vera Sullivan
Jeane Thuesen
Leo & Rose Van Vark
Jim VanVliet
Elsa Waschek
Dennis & Debra White
Don Wood

Darlene Wipperman
Jay & Kathy Agness
Gary & Kristen Wipperman

Employee Appreciation Fund
Homer & Ruth Anne Leymaster
Bill Witt
At its annual celebration March 26, Greater Cedar Valley Alliance & Chamber will present its highest award to Western Home Communities CEO Kris Hansen.

The Legacy Award honors an individual for continued leadership and noteworthy contributions to the Cedar Valley through philanthropy and volunteerism; working to create a positive environment for business expansion and community growth; and enhancing the quality of life for talent recruitment and retention.

Hansen, a certified public accountant, joined Western Home Communities in 1995 and became CEO in 2009. He has overseen the organization’s growth from about 250 residents to more than 1,000, as well as the development of south campus from 13 to 150 acres. He has served as board chair for the Cedar Valley Alliance & Chamber, and co-chaired the planning team for development of the Cedar Falls 2025 strategic plan, among many other community, state and national leadership roles.

Congratulations, Kris!
Chaplain’s Corner: Me, a Saint?
by Chaplains Garry & Christie Moore

It is encouraging to see that six letter word under March 20 – SPRING! We are happy to have the longer days and warmer weather. There is another day in March that is also a special day. On March 17, we celebrate St. Patrick’s Day. What do we know about the man they call St. Patrick? The following information can help us.

Just over 1,500 years ago, a young Welsh teenager was stolen away from his family – kidnapped by a band of marauders – and sold into slavery in a foreign land. Years later, he finally managed to escape and make his way home… only to feel God calling him to return to the land of his slavery. Patrick was to preach the light of truth to a people lost in darkness: the people of Ireland (according to “The Tale of Saint Patrick” by Christin Ditchfield). Thousands of people responded to Patrick’s message. They found peace with God, experienced His forgiveness and began a new life through Jesus Christ.

With that in mind, let’s consider what the Bible says about becoming a saint. The word “saint” is found 62 times in the New Testament. It means to be holy or set apart. In 1 Corinthians 1:2 we read, “To the church of God which is at Corinth, to those who are sanctified in Christ Jesus, called to be saints.” The word “sanctified” in this verse is very similar to the word “saint” in the Greek.

Now let’s note what Paul says in 1 Corinthians 6:9 about the Corinthians, “Do you not know that the unrighteous will not inherit the kingdom of God?” Paul then goes on to describe the unrighteous actions of the Corinthians. What we read in that verse makes us wonder why he called them saints! He makes it clear in verse 11, “And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.” They had placed their faith in the name of the Lord Jesus Christ. It was nothing they had done but what Christ had done for them. God changed them from sinners to saints!

Isn’t it wonderful that when we place our faith in Christ’s finished work on the cross that God declares us to be “saints?”

Join us for worship this month

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<th>SFAL Chapel 9 a.m.</th>
<th>Fresh Wind at Diamond Event Center 10:30 a.m.</th>
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<tr>
<td>March 3 Garry Moore (communion)</td>
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<td>April 7 Garry Moore (communion)</td>
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On March 5, reserve your seat for Chicago and Hamilton

Western Home Communities residents get first dibs on this July 17-19 trip that is expected to be in high demand. Travelers will spend two nights at the historic Palmer House Hilton in the heart of downtown Chicago, which recently underwent a $170 million renovation. The trip includes a nighttime cruise of the Chicago River, fireworks at Navy Pier, a choice of destinations including The Art Institute of Chicago, The Field Museum of Natural History or Shedd Aquarium, tickets to the Broadway musical Hamilton and a visit to Galena on the way home.

Residents only can sign up March 5 at 9 a.m. in Diamond Event Center. (If any of the 42 available seats remain, other travelers may make reservations starting March 25.) The $250 deposit is due with the reservation.

Two other exciting overnight trips still have room for residents and interested travelers from outside Western Home Communities:

**St. Louis (April 29 - May 3)**
Dogwoods should be in full bloom during this four-night trip that includes a visit to the Gateway Arch with its new museum, Grant’s Farm, Missouri Botanical Garden, Anheuser-Busch Brewery and the Bissell Mansion Murder Mystery Dinner, plus a tour of German wine country in Hermann, Missouri, and a visit to Fulton’s National Churchill Museum.

**LeMars, Iowa (June 11-12)**
In just one night away from home, you’ll experience the Wells Blue Bunny Parlor & Museum, the Laura Ingalls Wilder musical, a concert at Browns’ Century Theatre, home-cooked meals and a kaleidoscope factory where you’ll create your own souvenir of this trip.

Contact Carolyn Martin for detailed itineraries and prices. Call (319) 222-2048 or email carolyn.martin@westernhome.org.
Valentine’s Day Celebrations

Fast dance, slow dance, line dance, swing! Dancers filled Diamond Event Center February 14 for the annual event. The new location offered a spacious setting.

Grandson Ben made it a special Valentine’s dance for his grandmother, Mary Hudwalker of Prairie Wind.

Amanda Lynch’s daughter, Maddie, happily showed off her shades.

Recognize that lead singer on the right? Chaplain Q Ochoa joined the band to keep the music going after 8 pm.

UNI students attended and served as dance partners throughout the evening.

It’s a “Love Fest” as friends and couples hit the dance floor for a fun evening.

Kim Salmon finds willing dance partners in Katie Corson’s children, Elle (left) and Aceton.

The band, Vinyl Frontier, is a resident favorite.
Each building on both campuses had a celebration of some kind that included singing Valentines, flowers, food, chocolate and fun.

A table laden with treats greeted party-goers at Windhaven.

Treva Nicks shows off her party favor, a stuffed puppy.

Dotty Rokes and Marjorie Nielsen are resplendent in red at the Windhaven party.

Sweethearts Leroy and Becky Bierwirth enjoy the celebration.

Erica Rath presents Leona Flynn with a rose and special music to celebrate Valentine’s Day at Thuesen Cottage.
I recently traveled to the west coast and observed many different fitness and wellness practices. I was impressed with how many ways people exercise. Travel helps me take a fresh look at what we offer here and an opportunity to use that inspiration to develop new classes for you.

During this visit, I was inspired by the people around me who were enjoying recreation outside of a class setting - folks who are working out and doing what they love in their own space. Whether it was someone running on the street, or bike riders who would pass us on our way to a hike, or the girl rollerblading near the beach, I was amazed that folks were content with practicing their own form of fitness on their own time and in their own space.

After the days of never-ending snow and cold, I hope you can look ahead to warmer days. Take a moment to practice some form of exercise in your own time and space. You do not necessarily need to go to the gym, or come to a class, but instead focus on what you love doing. Perhaps your wellness routine includes a 10-minute stretch or a few exercises in your living room or kitchen. Perhaps you are one who enjoys going to the gym or pool, walking, bike riding or exploring our beautiful town!

Finding what works for you is most important. You do not need to be concerned about what others will think or that you may not know what to do with specialized equipment or weights (we’re here to help you with that). Being comfortable in what you are doing right now is a key to success and sustaining new wellness habits.

WELLNESS RECIPE OF THE MONTH

Parmesan-Coated Halibut and Spicy Sprouts

**Ingredients:**
- 1 4-ounce skinless wild halibut filet, 1/2 inch thick
- 1 cup Brussels sprouts, trimmed and halved
- 2 teaspoons cold-pressed olive oil
- 3 tablespoons grated Parmesan cheese
- 1/4 teaspoon dried oregano
- 1 lemon wedge
- 1/4 teaspoon chili pepper flakes

**Directions:**
Preheat oven to 400F. Lightly mist baking dish with canola oil cooking spray and set aside.

Toss Brussels sprouts in small bowl with one teaspoon of the oil; season with salt and freshly ground black pepper. Place in single layer in baking dish and bake 20 minutes.

Combine two tablespoons of the cheese and oregano in a shallow dish. Rub fish on both sides with oil and dredge each side in cheese mixture. Season with salt and freshly ground black pepper. Refrigerate until ready for use.

Reduce oven temperature to 375F. Flip sprouts and toss with remaining cheese and move to one side of baking dish. Add fish to opposite side of baking dish and bake 10 minutes or until fish is opaque throughout.

Toss sprouts with lemon juice and chili pepper flakes before serving.
Swimming can take you to a new level of fitness by villa resident Rich Congdon

As I watched fellow villa resident John Lofstedt effortlessly swim back and forth the length of the pool, I wondered if I would even make it one time. I asked John how far he was swimming. “A mile,” he said. Wow! That is 36 complete laps, or 72 touches (intervals). Debbie, our afternoon water aerobics teacher, asked if I wanted to do that. I said I can’t even make one-fourth of the pool length. She said, “I’ll help you, if you want.”

My story actually begins a few years earlier as I anticipated the construction of The Grosse Aquatic Center pool. I would sneak over every Sunday afternoon to see the building progress; finally, the pool was being dug and built. I yearned to increase my stamina so I could better handle my spring duties working at Hy-Vee Garden Center.

Aqua Stretch instructor Debbie Baker started our classes with walking in the vortex pool doing finger and hand joint exercises. Soon we moved to the “big” pool and began interesting routines. Debbie had us do four minutes of a cardio exercise while all the time preaching rhythmic breathing. She kept a watchful eye on all of us to be sure we were not overly challenged, but also encouraging us to do more. She made sure all class participants knew one another, and she kept us relaxed with her engaging questions. After class I would usually swim or back float awhile. One day Debbie said she could help give some pointers, if I wished. I wished!

Soon I was concentrating on rhythmic breathing and increasing stamina with longer cardio exercise. When no one was around, I tried to swim the length of the pool and did it! I was so proud of myself. But I thought about John, who by this time had become my swimming hero. If I work at it, I thought, maybe I can do a fourth of what John does.

Now I am able to do 14 minutes of cardio as my heart muscle is gaining strength. I can swim for over an hour and now I do 20 laps or 40 intervals each day. That’s more than a half-mile. Debbie is always helping me do better, improving my technique and building my stamina.

I go to the pool each day, sometimes twice a day, to have fun, meet friends and gossip; but most of all, for lessons from Debbie and encouragement from others. Why don’t you take some time for yourself? Join me and my classmates Ann, Lori, Marlys, Marge, Gary, Mike and others as Debbie instills confidence and strengthens our bodies.

Do you have a wellness success story that could encourage or inspire others? Share it with us by calling Amanda Lynch or Pat Beck at (319) 277-2141, or emailing them: amanda.lynch@westernhome.org or patricia.beck@westernhome.org.
Finding great books on reading apps

by villa resident Cherie Dargan

I love to read. However, before moving into our villa, I got rid of half a dozen small bookcases—and lots of books. Fortunately, my reading habits changed about a decade ago, as we began to use digital devices like smartphones and tablets. Here’s why you should consider adding e-books and e-reader apps to your devices:

1. You can have 500 books loaded on your iPad, Kindle Fire or iPhone. If you’re going on a trip, all you need is that device, not a stack of physical books that can be hefty; “Team of Rivals” by Doris Kearns Goodwin weighs 2.7 pounds and a hardback copy of “War and Peace” is 4 pounds.

2. You don’t have to get rid of ten books if you buy ten new e-books.

3. You can adjust the font size and style, add notes, check for a word’s meaning, and adjust the screen for nighttime reading.

4. Many books you download offer the option to buy an audio version of the book for as little as $1.99.

We got our first iPhones® ten years ago and I was skeptical of the small screen, but I downloaded a reading app and e-books anyway. Then a friend was hospitalized; reading on my iPhone helped pass the time as I waited to visit. As we drove home, I was amazed that the screen was readable in the dark. Since then, I’ve acquired a Kindle Paperwhite, iPad and Kindle Fire, and read on all of them.

Some of my friends say they prefer the feel of “real” books. For my book club, I occasionally do buy a book in print. Once, as I read the book in my favorite recliner, I tapped the edge of the page. I had gotten so caught up in the story that I was impatient to get to the next page, and had "forgotten" it wasn’t an e-book! My book club had a good laugh when I confessed my mistake. It reminds me the story is the important thing, not the version you read.

If you haven’t explored e-books yet, how do you start?

1. Decide on a device. If you have a smartphone or tablet, you’re set. Or

2. Set up an Amazon account if you want to use the Kindle app. I recommend this since many of us already have Amazon accounts, and there are thousands of titles.

3. Download the Kindle app on any device that you want to use. For an iPhone, go to Apple’s app store. For an Android, go to the Google Play store. For your PC, go to Amazon and download the app right there.

4. Check out some of these websites to find free or low-cost e-books. You can sign up for a daily email that promotes new listings, too. Customize your picks by selecting from the list of genres, which include mystery, romance, science fiction, horror, religion, adventure, geography, history and more.

Freebooksy  www.freebooksy.com
The Fussy Librarian  www.thefussylibrarian.com
Bargain Booksy  www.bargainbooksy.com
BookBub  www.bookbub.com

Still skeptical? Try one of the lending libraries on campus, each filled with good reads. There is a basket in each building’s library for returned books so volunteers who organize the libraries can return the book to the right spot.

Whether you grab a “real” book or your Kindle, iPad, or smartphone, it’s a great time to read a good book.
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Karen Carlo                     | CTG | March | 17  |
Geraldine Hansen                | SFAL| March | 17  |
Carol Eastman                   | VTH | March | 17  |
Erma Roether                    | MHC | March | 18  |
Claudette Hill                  | TS  | March | 18  |
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Stan Tuve                       | WHAL| March | 20  |
Wendy Schmitt                   | WW  | March | 20  |
Bob Grosse                      | VTH | March | 21  |
Bill Snyder                     | VTH | March | 21  |
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Dorothy Weinberg                | WHAL| March | 22  |
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Jo Tefft                        | PW  | March | 25  |
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Dee Way                         | VTH | March | 25  |
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Betty Schoentag                 | WR  | March | 25  |
Nancy Colvin                    | WW  | March | 25  |
Joe Narigon                     | PW  | March | 27  |
Allen Benson                    | SFAL| March | 27  |
Jim LaRue                       | WG  | March | 27  |
Dick Douglas                    | WR  | March | 27  |
LaVerle Sniffin                 | WW  | March | 28  |
Norman Kitchen                  | PW  | March | 29  |
Ruth Tomson                     | WC  | March | 29  |
Ken Morlan                      | WR  | March | 29  |
Jim Jorgensen                   | PW  | March | 30  |
Richard Hunt                    | SFAL| March | 30  |
Mary Jo Woody                   | VTH | March | 30  |
Millie Martin                   | WM  | March | 31  |
Welcome new employees

**Assisted Living**
Hailie Armstrong, Resident Assistant, SFAL  
Alia Avery, Resident Assistant, WHAL  
Kaitlyn Bainbridge, Food Service, WHAL  
Rachel Franksain, Resident Assistant, SFAL  
Shvette Grubbs, Resident Assistant, WHAL  
Savanah Harbach, Resident Assistant, WHAL  
Tracy Janssen, LPN, WHAL  
Renetta Kohnke, Resident Assistant, SFAL  
Skylar Peterson, Resident Assistant, SFAL  
Kyra Roedel, Food Service, SFAL  
Josephine Rowen, Resident Assistant, SFAL  
Kaitlynne Vaughn, Resident Assistant, SFAL

**atHome with Western Home**
Laurie Richard, Home Health Aide, Elkader  
Olivia Sands, Home Health Aide

**Cottages/Deery Suites/Martin Center**
Caroline James, CNA, MHC  
DeLoy Rainey, RN, MHC  
Samantha Vaughn, CNA, MHC

**Independent Living**
Ellie Flynn-Snider, Wait Staff, WC  
Laikey Wheaton, Wait Staff, WC  
Kiah Wilson, Wait Staff, WC

**Winding Creek Meadows, Jesup**
Mike Lichty, Transportation Assistant

**Jorgensen Plaza**
Luke Benson, Cook II  
Shalay Cole, Dishwasher  
Connor Derhammer, Dishwasher  
Kadene Donlon, Dishwasher  
Lauran Gallery, Baker  
Jasmine Moore, Cashier  
Lisa Ryan, Cashier

**Multi-site support**
Olivia Mossman, Content Marketing Specialist

Congratulations!
These employees celebrate milestone anniversaries this month for their years of service to Western Home Communities. Please express your thanks for their work and dedication to our residents.

**Meet our Employee of the Month, Abby Klemp**

Abby works as a home health aide for atHome with Western Home, a position she’s held since July 2015.

Here are a few things her nominators said about Abby:

- Abby always puts the needs of her clients first. Sometimes it is the smallest of deeds that make the most impact on their lives.
- A client’s family wrote a thank you note to Abby saying, “We want to thank you for the very special role you played in the life and passing of our mother. We consider it a gift, and perhaps a lot more than coincidence, that you were with her and all of us for her final week and her final breaths.” They went on to say how Abby not only cared for their mother but was able to lend support and aide to them as family members at a difficult time in their lives. They won’t forget the time and care Abby took.
- Abby is willing to go that extra mile for those she serves, helping make their lives better.

Congratulations, Abby, on being named Employee of the Month for February.
Notes of appreciation

Thank you so much for your kind expressions of sympathy. Your loving thoughts, comforting words, and prayers were greatly appreciated. Words cannot express the gratitude our family feels for all the acts of kindness shown Mom while she was a resident at the Deery Suites.

Thank you so very much for all that you did to make Mom so happy. It meant so much to us that several of you attended her funeral and shared stories with us. We will forever be grateful to all of you. Family of Esther Westendorf

Thank you for your kindness in sending a flower in honor of my dad, Tim. It was appreciated at such a difficult time for my family. Gentri Eberhart

Thank you so much for being an amazing sponsor and participant in our 10th Holiday Hoopla! Salsa 50613 is a definite community favorite. This would not be possible without all the time your residents put into bringing joy to so many around the state and our community. Holiday Hoopla and Community Main Street

Mom and Dad enjoyed the friends they made during their stay and the staff who were so kind and helpful. We want to thank the Western Home Communities for their care of our folks during the past 6 years. The family of Phyllis Swanson

Thank you for all you did for Darlene Wipperman over the years. Gail Wisner, daughter

Thank you for the red rose to honor the life of Nadine Wilson. DyAnn Longseth

The family of Dorothy Goodenbour would like to thank your staff, on behalf of Dorothy, for the heartfelt and personal care that our mother received at the Western Home. From her time at Windhaven Assisted Living to Thalman Square to the Martin Center, all staff have done a great job of taking care of Dorothy. We have heard many stories of your personal interactions with Mom throughout the years. We will also treasure the memories that the staff shared with us as the time of her passing on December 4.

You and your staff are to be commended for the high level of care you provided for our mom. The family of Dorothy Goodenbour

In sympathy

Ronnie Durant, MHC  Feb. 19
Helen Dieter, DS  Feb. 11
Tanis Diedrichs, DS  Feb. 4
Jerry Junge, SFAL  Feb. 4
Kathy Waters, DS  Feb. 2
Jay Wortman, DS  Jan. 30
Beverly Clark, DS  Jan. 30
John Miller, VTH  Jan. 21

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.
The Market inside Jorgensen Plaza carries Bell & Evans chicken, renowned for its commitment to humane handling and innovative practices. The family-owned company operates in central Pennsylvania, where its chickens eat a vegetarian diet with “no junk,” according to the company president. They never receive antibiotics at any time in their lifecycle - through feed, water, injections or eggs.

Broilers are individually air chilled, which the company says helps the birds retain their own juices for more flavor and tenderness. Chlorine water is not used in the process.

Stop by The Market inside Jorgensen Plaza to see the selection of Bell & Evans frozen chicken, along with an ever-changing array of unique gifts, cards, puzzles and local foods.

Hours: Monday - Friday 9 a.m. - 5 p.m.  Saturday - Sunday 10 a.m. - 1 p.m.