New wireless system helps overcome hearing loss

The frustration of hearing loss can make it hard to have a fulfilling lifestyle.

That’s why Western Home Communities quickly ordered and deployed new wireless technology called Eversound, after technology supervisor Steve Lewis saw it demonstrated at a national conference in March.

It’s already creating more engagement and satisfaction as each resident hears clearly and comfortably.

“Now I can hear the leader talking even if the tone chimes are still ringing,” marvels Dixie Duffy, a member of the tone chime choir on the downtown campus.

Dixie and other participants wear a headset made of antimicrobial plastics and designed for the comfort of older adults, even those who wear hearing aids; each has a personal volume dial. The leader wears a barely visible lightweight cordless microphone and speaks at a normal tone for conversation – no more shouting by the leader, no more straining to hear by the participant.

(Continued on page 3)
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 April 14.

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:
Wayne Badger
Evie Boardsen
Mary Jane Booram
Ron & Diana Bowers
Bob & Judy Brown
Ed & Penny Brown
John & Paula Chambers
Marcia Colwell
John & Marlene Deery
Nita DeVoe
Bud & Jeane Eason
Lorna Ericson
Don & Pat Erusha
John & Donna Falk
Judy Finkelstein
Louise Frevert
Lloyd & Norma Hager
Bud & Diane Hanson
Jerry & Beth Harris
Jerry & Pat Jaramillo
Shirley King
Miriam Krallman
Bob & Marilyn Kunkle
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Ralph & Barbara Majerus
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Stanley Ramstad
Jerry & Beth Harris

Veda Rasmussen
Sue DeBower

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Jerry & Jane Slykhuis
Susan Runkle

Helen Tice
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Gene & Dorothy Bright
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Ron Will
Paul & Hazel Foote
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Susan Runkle

Mary Wood
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Nita DeVoe
Dean & Sherrie Dreyer
Don & Pat Erusha
John & Donna Falk
Judy Finkelstein
Louise Frevert
Jerry & Beth Harris
Marilyn Roseberry
Clair & Florine Rowe
Susan Runkle
Jim & Jodi Landau
Marlys Simpson
Clare Staebell

Lu Yearling
Jerry & Beth Harris
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Chapel Gifts
Marv & Barb Andersen
Anonymous
Margaret Bettis
Lorna Blohn
Deanne & Connie Bradfield
Don Brown
Donna Brown
Jo Chandler
Nona Christopher
Clive & Mavis Cook
Cleo Cross
“This could not be any easier,” enthuses music therapist Megan Steepleton, who leads tone chime choir and other therapies. “Since we work on a variety of goals, even improving gross motor skills, being able to hear clearly is important so residents receive the full range of benefits.” The system can also be plugged into any audio source, from radios and televisions to iPods and CD players. The inventory of headsets and transmitters could easily be expanded as the budget allows; one transmitter can support 120 headsets.

“We could even use this with the largest groups that will gather at Jorgensen Plaza for Well-Being,” Steve said. “It can be used at worship, resident council meetings, movies, exercise classes, even bus tours.”

After each use, the headsets re-charge wirelessly in their lightweight case. “It is a very versatile system – an excellent investment for our residents,” says Megan.

One that also fulfills the mission of Western Home Communities: to assertively create fulfilling lifestyles for those we serve.

Brooke, the music therapy intern, can move freely around the circle of residents knowing her instructions and encouraging comments reach everyone.

Megan Steepleton appreciates the convenience of the lightweight carrying case that recharges the headsets.

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Chapel Gifts (continued)

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Tom & Kathy Thompson
Rodney & Ruth Tomson
Bob & Dee Way
David & Audrey Williams

Employee Appreciation Fund
Donna Allee
Susan Runkle

Good Samaritan Fund
Peggy Makinster

Other Gifts
Judy Benson
Family of Mary Helen Curtis
Veda Rasmussen Estate
Robert Robinson
UNI President Mark Nook and his wife, Cheryl Nook, received a warm welcome from residents and staff when they were hosted by Friends April 13. President Nook fell in love with university life when he was a college student and designed a career that would keep him close to the dynamic business of changing the lives of young people through education. He holds a bachelor’s and master’s degree in physics and a Ph.D in astronomy.

He comes to UNI from Montana State University - Billings, where he held the position of chancellor. Part of his work at Montana State included convincing Montanans who had left the state to come back to Montana. He saw irony in that, “Here I am, a guy from Iowa, trying to convince people to come home to Montana and help the state grow. I needed to get back to Iowa and help my home state grow.”

His experiences in Minnesota, Wisconsin and Montana institutions are a strong foundation on which he will guide University of Northern Iowa to greater success.

“I know what it is like to be a freshman at University of Northern Iowa,” he remarked after getting through the early months of his leadership role. “And I know why they come back for a second year.” President Nook believes UNI is in very good shape. It is President Nook’s goal to welcome young people and returning students, and give them experiences that enable them to enjoy their life away from work in addition to doing their work well. “We do that through cultural exposure and community engagement and learning from those experiences,” he said.

The Windy Hill Singers rehearsals for the 2017 season begin Thursday, May 4. This first meeting will be a meet and greet. The choir meets Thursdays at 1 p.m. in the Windcove dining room. The first performances will be wine and cheese parties at Western Home Communities; other performances take place throughout the Cedar Valley.

Patrick Jones is the choir director. There are currently more than 40 members and new members are always welcome.
On April 11, Susan Card received the Mayors’ Volunteer Award for her project called Reading with Jean that connects readers with residents of Western Home Communities. The award honors exemplary contributions of time and talent to volunteerism in Cedar Falls, Waterloo, Evansdale and surrounding communities in Black Hawk County.

Susan was inspired by the reading aloud experience she and her mother, Jean, enjoyed until Jean passed away. Martin Health Center staff helped Susan connect others in reader-resident partnerships that have resulted in enduring and loyal relationships.

Susan’s persistence, planning skills and relationships are at the center of the success of the reading program. Today, there are almost 30 Reading with Jean volunteers who visit residents in Martin Health Center, Thalman Square and The Cottages. Visits have expanded from one-on-one reading to group reading and special seasonal reading events. Congratulations, Susan, and all Reading with Jean volunteers!

Founder of Reading with Jean honored

Volunteer Recognition Lunch scheduled

The DeJoode Story

May 10 10:30 a.m.
Windcove

Cedar Falls native Troy DeJoode lost two young children in a May 2010 crash in Ankeny that left his wife in a coma and a third child hospitalized. Troy will share the compelling story about his family’s difficult journey, and how their tragedy gave others hope through organ donation.

Director of Volunteer Services Carolyn Martin invites all those who volunteer their time on behalf of Western Home Communities to attend this year’s recognition lunch.

Wednesday, May 24
11:30 a.m. – 1:00 p.m. (Open House format)
Windridge Dining Room

Stop by to enjoy a light lunch and receive a token of our thanks for your service!

“To give without any reward, or any notice, has a special quality of its own.” – Anne Morrow Lindbergh
Chaplain’s Corner: God relieves burdens
by Chaplain Don Sauser

Remember to believe what God has promised about relief from our burdens.

The old song encouraged us to “pack up our troubles in the ole’ kit bag and smile, smile, smile.” The song is an effort to answer an old question, “What to do when trouble comes” – and it surely will come.

The song presents a wonderful idea, placing our troubles in a bag, out of sight and out of mind, and go merrily on our way with a smile. Where do you find a bag big enough for all our troubles? What happens when you try to put too much into a bag? It rips and you lose control of the contents. When that happens, does it alter my smile when I’m faced with the challenge of having to deal with troubles all over again?

I’m discovering that God has a really big bag. But, I must admit I have found myself repeatedly overwhelmed at times with the returning sense of burden. I give my burdens to God in prayer but somehow before long, I sense them back on my shoulders. It doesn’t feel normal not to sense the stress of my burden. It’s like giving my burden to God but then picking up His bag with my burden in it.

Jesus said, “Come unto me, all who are weary and burdened, and I will give you rest,” (Matthew 11:28). But, if I feel burdened, where is the rest He promised? I’m discovering His rest is the rest of discipleship. This rest comes through believing what I learn about Jesus. Jesus said the burden He gives us in exchange for ours is not heavy. His burden is the “burden” of believing what God promises.

In 2 Corinthians 1:3, Paul presents God as one who comforts us in all our troubles. It is not hard to believe that God does that; remembering to believe that seems more difficult. If believing is resting, then God delivers us from the stress of our circumstances. I discovered I have to choose to believe what God reveals about Himself.

In James 1:2-4, I’m told to consider trials a joy because the endurance I discover in them has great benefit for me.

In Romans 15:13, Paul prays that God, who brings hope, would fill those at Rome with joy and peace as they believed in Him, with the result they would abound in hope by the power of the Holy Spirit.

In Philippians 4:6-7, God says I don’t need to be anxious about anything because when I take all to Him in prayer, He gives a peace that passes understanding, to guard my heart and mind.

The burden gets lighter when we remember to believe what God has promised.

Join us in worship on Sundays in May

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<td>May 7</td>
<td>9 am SFAL; 10 am MHC</td>
<td>Tim Boettger (communion)</td>
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<td>May 14</td>
<td>11 am Windcove</td>
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<td>May 21</td>
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<td>11 am Windcove</td>
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Away from home with Western Home

Mark your calendars and plan to join your friends on these fun trips!

July 24-25 to the Loess Hills area of western Iowa
October 16-23 to Pennsylvania Dutch country
November 29- December 2 to Nashville for a country Christmas

Bob Oliver, our agent from Legacy Tours, will be at Windridge dining room Tuesday, May 23, at 1 p.m. for a meet and greet and to talk about the July trip to Loess Hills.

Mother’s Day Brunch

An event full of family togetherness is just what Mom deserves!

Sunday, May 14  10:00 a.m. – 1:30 p.m.
Windridge Dining Room

$18 Adults       $10 Children under 12

Garlic herb prime rib       Cheesy bacon hash browns
Full salad bar               Red beans & rice
Smoked salmon                Bacon veggie egg cups
Fresh fruit                   Grilled pork loin
Fresh baked pastries         Pesto seafood
Bacon & sausage               Chef made to order omelets

Call today & leave a message to reserve your spot.

Reservations Needed by May 10.
319-859-9349

We will also have our regular evening meal service in each building this day.
David Farmer of Windcove and Paul Foote of Windgrace are regulars at the Cedar Valley Boxing Club in Waterloo. Twice a week they conquer the long stairway to the second story gym and spend an hour working through fitness, balance and agility stations. They never intend to compete, though their punch is impressive! The full body exercise is excellent for management of Parkinson’s disease. Every member of the Wednesday and Friday class is on their own Parkinson’s journey, but that does not mean they are on the journey alone.

“Camaraderie is a very big part of the success of this class,” said Steve Rice, who trains competitive boxers – ages 8 and up – five days a week. “It really helps with balance, strength, agility and confidence.” Steve says it’s not long before boxing participants see results. The loop of motivation, hard work and success helps them gain control they thought was lost. The skills of boxing – explosive movement, endurance and aerobic strength – are skills doctors believe can slow the progression of Parkinson’s.

Paul was the second one to join the class two and a half years ago. He agrees that camaraderie keeps him coming back. “We’re all in the same shaky boat!” Paul’s Parkinson’s diagnosis changed his life in his late 60s. He straps on his boxing gloves – each weighing one pound – and admits he no longer takes his balance and strength for granted.

There is a consensus that David is one of the most improved participants. “I had an injury and missed some classes – I saw a big difference in my mobility, so I was very motivated to get back,” he said. “Boxing is good exercise at any age or ability.” David has lived with Parkinson’s since he was 50.

Participants at the Parkinson’s boxing class use the same equipment and exercises as the competitive boxers who work out at the gym.
They move through stations that include the double ended bag, boxing with foam noodles, shadow boxing, cycling, medicine ball, speed bag, kettle weights, floor work, heavy bag and more.

The gym has a unique vibe. Trendy music plays on the stereo system and a two-minute timer indicates when to move to another activity. The gym is clean, but not polished; old but not stuffy – the kind of space you encounter and hope it never changes.

Parkinson's disease is a degenerative movement disorder that affects the nervous system. Symptoms include developing a tremor, slowed movement, impaired balance and muscle stiffness. Medication can lessen symptoms, but there is no cure. Boxing incorporates gross motor movement, balance, core strength and rhythm to help stave off symptoms.

Many living with Parkinson’s will experience increasing difficulty performing even simple tasks. Things like getting dressed take longer, while eventually even blinking and smiling can become difficult. Aerobic exercise, doctors believe, can be an important part of slowing the disease's progression.

Paul was two days shy of his 80th birthday when these photos were taken. “Paul Foote” is carved in the floor at the boxing club – a marker of his persistence!

Paul makes the floor agility work look easy.

Paul (left) and David: The boxers work in teams of two on this core exercise. They move around the heavy bag in addition to holding their own with their sparring partner.

David holds his own on the heavy bag.
The beauty that surrounds us in May brings out the best in us. I can feel renewal of my spirit with each flower that blooms and with each day when the sun seems just a little bit warmer. It can be a challenge to sustain that optimism when we consider everything going on in our lives. Here are some tips to keep those positive vibes circulating in your life and in the lives of those around you.

1. Start each day with something that inspires you in a positive way and provides a bit of entertainment. It may be an inspiring quote on your bathroom mirror or some reading you enjoy with your first cup of coffee; starting each day out on a positive note can really make a difference.

2. An “encouragement” gallery of pictures and positive messages that you can access easily is also another fun way to keep the positive light shining all day. When you feel any negative energy flowing in, check out your gallery for encouragement!

3. Make healthy choices throughout your day. Staying hydrated, eating a balanced diet and getting enough sleep at night can help renew all the positives in your life. A healthy lifestyle is good insurance when you face those tougher days – and we all have them.

4. Enjoy each day. We all have days that never seem to end or are difficult to get through. Remember that we get to wake up each day with a renewed sense of living; I’m hopeful you can live it out in a positive way!

**Wellness Recipe of the Month**

**Wild Rice Salad**

**Ingredients**
- 1 cup cooked wild rice
- 2 tablespoons chopped dried fruit, such as apricots, raisins, dates or prunes
- 1 tablespoon chopped toasted nuts, such as walnuts, pecans, almonds or pistachios
- 1 tablespoon orange juice
- 1 teaspoon extra-virgin olive oil

**Directions**
Combine rice, fruit, nuts, orange juice and oil in a medium bowl.

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**Bike Safety Check**

Friday, May 12 1-3 p.m. in front of Windcove

Check tire pressure and confirm that all safety equipment is in place on bicycles.

Have a great season on your bicycle!

Amanda Lynch
Chime choir offers fun and therapeutic outlet

As the Windy Hill Singers launches its season this month, another musical group on downtown campus also prepares for upcoming performances – the tone chime choir, which practices twice a week year-round.

Winnie Mulvehill is a long-time member; she joined the group in 2013 after moving from another community where she’d been a participant.

“I guess I’d already had experience and thought it was fun,” she recalls. “You don’t need to sing or know music, just colors and numbers, and follow Megan. It takes a little concentration is all.”

Winnie has watched the group grow and credits music therapist Megan Steepleton for being a great leader. Megan says therapeutic benefits of playing tone chimes include:

- Increasing fine and gross motor skills
- Building confidence and self-esteem
- Developing attention and focusing skills
- Decreasing stress by focusing on music

“We often joke around with each other and socialize before practice,” says Megan. “Members always look out for each other. I love working with this amazing group of residents!”

Anyone who wants to listen or try out a chime is invited to join the group on Tuesdays and Thursdays at 9 a.m. in the chapel of Stanard Family Assisted Living.

May Music with Tone Chime Choir
Windhaven
Thursday, May 18  10 a.m.
All residents invited to attend and enjoy this concert!

MARK YOUR CALENDAR

Annual tradition continues with three summer swim parties
Western Home Communities residents, employees and guests will have exclusive use of The Falls aquatic center on three Saturday mornings. All water features will be open with lifeguards on duty. Plan ahead to host your family!

JULY 29  AUGUST 12  AUGUST 19
### Happy May Birthday!

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<td>Steve McCrea</td>
<td>VTH</td>
<td>May 31</td>
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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.  

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

- **Tuesday, May 2**: Willowwood  
- **Tuesday, May 9**: Windcove  
- **Tuesday, May 16**: Windridge  
- **Tuesday, May 23**: Windgrace  
- **Tuesday, May 30**: Windermere
Cedar Falls Authors Festival begins this month

Cedar Falls has been a rich seedbed for authors—from pioneer times to the present. In an effort to reclaim this important legacy and to encourage new authors, young and old, the Cedar Falls Authors Festival was born.

The festival celebrates our five nationally-known best-selling authors—Bess Streeter Aldrich, Ruth Suckow, James Hearst, Nancy Price and Robert Waller—and many other Cedar Falls authors past and present. It’s become a true collaboration with UNI, the public schools and all the city’s cultural groups involved.

A "Cedar Falls author" is defined as one born in Cedar Falls or who has spent a substantial amount of time living and writing in Cedar Falls. Through a series of programs from May 2017 through May 2018, participants will meet these authors, read and hear their works, and see how their works have been adapted into films, plays, music, art and more. They will explore diverse visions of Cedar Falls as presented across the years.

As a lasting product of the festival, a Cedar Falls Authors Directory is being created, which will be housed online at the public library and UNI’s Rod Library. If you consider yourself an author or would like to nominate someone else, please visit www.cfauthorsfestival.org and complete the survey found on the homepage.

May events focus on Robert Waller and residents are invited to attend. Transportation will not be provided for these.

Western Home residents Cherie Dargan and Rosemary Beach as well as staff member Mary Taylor have been very involved in the festival’s planning; if you have questions, any of them would be happy to help.

A little help from Friends completes renovation

The Stanard Family Assisted Living dining room now has the finishing touch: new chairs that coordinate with tables, carpet, paint and other furnishings installed last year.

Friends of Western Home Communities donated $15,000 of its fundraising proceeds to support the purchase. The Friends mission is to enhance the lives of residents of Western Home Communities.

Habitat for Humanity’s ReStore in Waterloo accepted a donation of the old chairs and is selling them to support its work of creating simple, affordable homes for families.
Welcome new employees

**Assisted Living**
Sara Soldwisch, SFAL Resident Assistant
McKayla Wolf, WHAL Food Service Worker
Angelica Perez, WCM Jesup Resident Assistant

**The Cottages**
Ashley Mohlis, Hospitality Coordinator
Faith Van Meeteren, CNA

**atHome with Western Home**
Tierra Bent, Home Health Aide
Danielle Fink, Home Health Aide
Mimi Ford, Caregiver
Catherine Greggs, Caregiver
Sara Neisen, Caregiver
Meggie Pollifrone, Caregiver

**Independent Living**
Makenna Boerhave, WW Wait Staff
Ahnika Fitzgerald, WR Wait Staff
Jayden Rindels, WW Wait Staff
Yusuf Shehata, WR Wait Staff
Katherine Skiles, South Campus Cook

**Martin Center**
Decota Brustkern, CNA
Ann Buege, Direct Care Professional
Evonne Fisk, Direct Care Professional
Dolly Harper, Direct Care Professional
Eryca Hingtgen-Bass, Direct Care Professional
Jennifer Johnson, CNA
Hope Lenton, Direct Care Professional
Cassie Millard, Direct Care Professional
Siarah Mae Santomauro, Food Service Worker
Brenda Schmit, RN

**Multi-site support**
Kevin Johnson, Downtown Floor Care
Clint Griffin, IT Network and Systems Coordinator

Congratulations, milestone anniversary employees

**Rebecca Rohwedder**
May 18
5 years
Recreational Therapist, CTRS, Thalman Square

**Lisa Jamieson**
May 4
5 years
Leisure Services Assistant, CTRS, Thalman Square

**Stephanie Berky**
May 25
10 years
Lead Cook, Windridge

**Julie Boise**
April 19
5 years
Resident Assistant, Thalman Square

Like us on Facebook! 🍩

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!
Notes of appreciation

Thank you for your thoughtful caring. *The family of Georgia Lingle*

Thank you for your kindness and sympathy at a time when it was deeply appreciated. *The family of Mildred Smith*

Thank you for your kindness at this trying time. *Sheilah Nunnally and family, Kaydi Hummel*

Thanks, again, for all your help. *Family of Duane Meyer*

We wanted to let you know how much we appreciated your staff of nurses and aides when Neil was in your care at the Martin Health Center. They all were such a pleasure to work with and were not only caring, but very conscientious! We were so grateful Neil was in their care and we appreciate so much the contact with us to inform us of how he was doing. We were out of state part of the time, so knowing his condition was really important to us. Thanks again. *The family of Neil T. McCaffery, Jr.*

Thank you for honoring my mother with the gorgeous rose. It symbolized for me her beautiful heart and the many loving and compassionate hands that provided her care at the Western Home. Those who cared for her were always gentle and allowed my mother her dignity. May God bless each of you. *The daughter of Helen Tice, Vicki Neesen*

The lovely red rose you sent fo Veda’s (Rasmussen) memorial service was just perfect. Thank you for thinking of her. Please convey to the staff how very friends appreciated the care and concern shown to her. *Diane Curtis*

In sympathy

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<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Bob Boice, MHC</td>
<td>April 17</td>
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<tr>
<td>Marilyn Williams, CTG</td>
<td>April 17</td>
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<td>Vivian Coughlin, MHC</td>
<td>April 12</td>
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<td>Jeanne Tuve, WHAL</td>
<td>April 10</td>
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<td>Loretta Amo, MHC</td>
<td>April 7</td>
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<td>Irma Magdefrau, MHC</td>
<td>April 6</td>
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<td>Mary Fosse, MHC</td>
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<td>Ethelyn Buck, MHC</td>
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<td>Patricia Smith, MHC</td>
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<td>Liola Hinneman, MHC</td>
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<td>Eleanor Crownfield, MHC</td>
<td>April 2</td>
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<td>Hank Roth, MHC</td>
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<td>Betty Bartholomew, SFAL</td>
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<td>Stanley Ramstad, WHAL</td>
<td>April 1</td>
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<td>Helen Tice, MHC</td>
<td>April 1</td>
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<td>Frances Mohr, MHC</td>
<td>March 31</td>
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<td>Ron Will, WHAL</td>
<td>March 30</td>
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<tr>
<td>Stephen Schrader, MHC</td>
<td>March 29</td>
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<td>Neil McCaffery, MHC</td>
<td>March 28</td>
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<tr>
<td>Mary Wood, WR</td>
<td>March 28</td>
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<td>Ervin Bahr, WHAL</td>
<td>March 21</td>
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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.
Sheilah works as a housekeeper in Windermere. She has been part of Western Home Communities since November 2015. Her nominators said:

- Sheilah is cheerful, friendly and ready to do any job.
- She is especially helpful in the evenings when things come up.
- She comes to my apartment with a pleasant greeting and smile, ready to go to work.
- I feel very comfortable leaving my apartment while she works there.
- She follows any suggestions I have for her.
- She is efficient and pleasant while doing her job.
- She is quick to notice details that need to be attended to.
- She has a true servant spirit.
- She is doing her share and more to fulfill the Western Home Communities mission statement.

Congratulations, Sheilah, on being named our employee of the month for April 2017.