Tour The Suites this month

An innovative approach to providing short-term care for people recovering from surgery, injury or illness will be unveiled this month. Construction wraps up on The Suites at Western Home Communities and the public is invited to tour:

**Open House**

Sunday, May 20
1 - 4 p.m.
5301 Caraway Lane

Villa residents will tour at 9 a.m. May 10, before their resident council meeting at Diamond Event Center, and independent/assisted living residents will tour the following week; building calendars will have times and transportation details.

At The Suites, each resident will relax and recover in a spacious, private room with attached bathroom and private shower.

Cozy, comfortable furnishings await unwrapping and placement in a living room. Each of the three floors at The Suites is similar to The Cottages in design; meals will be prepared in the open kitchen seen in the background of this photo.
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 16.

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:

Allene Chambers  
Sue DeBower  
Glenn Hansen  
Gene & Laverne Puetz

Gwen Deibler  
Lorna Blohn  
John & Marlene Deery  
Russ & Evelyn Mattox

Virginia Folchert  
John & Marlene Deery

Bob Hardman  
Bob & Rosemary Beach  
Mary Timpany-Clapp  
Donna Cuvelier  
Yvonne Duggan  
Mary Franken  
George & Sandra Glenn  
Donna Hall  
Glenn Hansen  
Vern & Marcia Hansen  
Jean Hansmeier  
Marvin & Sandra Heller  
Claudia Koch  
Ron & Norma Leibold  
Marleta Matheson  
Jane Mertesdorf  
John Miller  
Bill & Donna Mincks  
Jo & Ad Murphy  
Karen Page  
Faye Rohwedder  
Marilyn Roseberry  
Don Tamisiea  
Don & Barb Wood  
Don & Mary Jo Woody  
David & Karen Zwanziger

Jerry Jacobsen  
Anthony & Susan Barre  
Joan Baumgartner  
Marlene Behn  
Steve Brown  
Leo & Margaret Campbell  
Marcia Colwell  

John & Marlene Deery  
Don & Barb Dowd  
Lorna Ericson  
John & Donna Falk  
Bethel Hammer  
Nancy Handorf  
Christina Isley  
George & Judy Jorgensen  
Neysa Klepfner  
Dorothy Lakin  
Jerry & Marian Larson  
John & Laurie Larsen  
Patricia Markey  
Russ & Evelyn Mattox  
Donnabelle Miller  
Maria Murphy  
Judy Pfalzgraf  
Clair & Florine Rowe  
Marlys Simpson  
Vera Sullivan  
Bill & Kay Thrall  
Jeanne Thuesen  
Don Wood

Donna Joens  
Lorna Blohn  
Lorna Ericson  
David Joens  
Patricia Markey  
John & Pat Schultz  
Jeannie Thuesen

Stan Ochsner  
Bob & Donna Grosse

Ernie Petersen  
Marilyn Miller

Russ TePaske  
Karl & EthelAnn Koch

David Williams  
Mike & Karrie Ruher

Chapel Gifts  
Shirley Ackerman  
Merv Andersen  
Coralie Becker  

Margaret Bettis  
Ken & Deloris Bixby  
Lorna Blohn  
Tim & Kris Boettger  
Deane & Connie Bradfield  
Don Brown  
Donna Brown  
Larry & Shirley Cain  
Vern & Mary Cordes  
Cleo Cross  
Joyce Cutshall  
Jim & Janet Doud  
Rhoda Durant  
Bob & Norma Emmert  
Bev Fish  
Stan & Ginnie Garrison  
Marilyn Geesaman  
Evelyn Gibson  
Dave & Cindy Glasener  
Phyllis Green  
Marilyn Groothuis  
Dorothy Guldfner  
Lloyd & Norma Hager  
Helen Hannan  
Alice Hansen  
Jan Hansen  
Vern & Marcia Hansen  
Daniel Hanson  
Jeanette Hanson  
David & Dianne Happel  
Gary Harris  
Wayne & DeMaris Hochhalter  
Ken & Jean Hoer  
Marvin & Mary Hudwalker  
Betty Hunck  
Richard Hunt  
Mike & BJ Jessen  
Jim & Phyllis Jorgensen  
Lela Kabele  
Theresa Kindig  
Jeanne Knapp  
Karl & EthelAnn Koch  
John & Pam Kragt  
Don Krull  
Lillian Marks  
Emogene Marty
Volunteer recognition event scheduled for May 17

All who give their time and talents to Western Home Communities are invited to a volunteer luncheon.

Thursday, May 17
11:30 a.m. - 1:00 p.m. Windridge Dining Room

If you volunteer your time to make Western Home Communities a great place to live and work, we hope you will attend!

We want to say a great big “thank you” to all our volunteers who donated more than 10,000 hours in 2017.

Volunteering gives young and young-at-heart the opportunity to try new things, develop new skills and meet people they wouldn’t otherwise. Volunteers also bring fresh perspectives and offer great suggestions to benefit the organization.

As you grow older, you will discover that you have two hands – one for helping yourself, and the other for helping others.

– Audrey Hepburn
Chaplain’s Corner:
The great adventure of knowing God

by Rev. Tim Boettger

I’ve noticed a dog-eaned book of Christie Moore’s and couldn’t resist taking a peek at one of the creased pages, where I found this:

Thus says the LORD, “Let not a wise man boast of his wisdom, and let not the mighty man boast of his might, let not a rich man boast of his riches: but let him who boasts boast of this, that he/she understands and knows Me, that I am the LORD who exercises loving kindness, justice and righteousness on the earth; for I delight in these things,” declares the Lord (Jeremiah 9:23-24).

This verse moved me deeply, I think because I’ve had some close times of fellowship with the Lord lately. I have a fresh sense of joy, gratitude and peace. I can’t stop thanking God for the pleasure of getting to know Him.

Yet the verse gives me pause, because boasters usually come across as if they have arrived at a better point than others. They are then looking for some applause, respect or attention. That is not my intent.

In fact, I’m often saddened by the awareness that I don’t know Him yet as I would like. The thimbleful of knowledge and connection I have experienced is a drop in the bucket of the ocean of who He is.

One of the things I love about working at Western Home Communities is spending time with people who know the Lord far better than me. These people challenge me, inspire me, make me think. They make me spiritually hungry. They affect me some by what they say, but more by who they are, the experiences they’ve had with God, and who they have become on their decades-long journeys of faith.

I met 100-year-old Alice Eisenhower when I first started here. Early on, she told me her parents had homesteaded in a small cabin in the Dakotas. When Native Americans on a nearby reservation would come by for food and shelter, Alice’s parents would hide her in a closet. She sometimes stayed all day, she recalled, and that’s where she learned to pray and talk to God.

Alice said she had not stopped talking to Him since, and it was evident she did not until she met Him after passing away at 102. Every time I met with her, I left with a desire to know God more intimately.

Our prayer as chaplains is that God would help all of us come to know Him better, for “He makes known to us the path of life, fills us with joy in his presence and eternal pleasures at his right hand,” (Psalm 16:11).

I close with the next quote from Christie’s book, “Trusting in the Names of God” by Catherine Martin: “The greatest claim you can make in your life is that you know God. No greater ambition or endeavor can match the intimacy you enjoy with God during a brief stay on earth and in full measure in eternity.”

Join us for worship this month

SFAL Chapel at 9 a.m.
May 6         Garry Moore
May 13        Tim Boettger
May 20        Tim Boettger
May 27        Tim Boettger
June 3        Garry Moore

Diamond Event Center at 10:30 a.m.
May 6         Tim Boettger
May 13        Tim Boettger
May 20        Tim Boettger
May 27        Tim Boettger
June 3        Garry Moore
Exciting changes this month

You won’t want to miss this service of worship and celebration as we reflect on God’s leadership in bringing Western Home Communities to this point in its 106-year faith-filled journey.

The Lord has given us a beautiful new building with lots of space. Invite anyone you feel may be encouraged by worshiping with us… all are welcome!

The following Sunday, May 13, we will begin a three-week teaching series, “Building a Better You: A Biblical View.”

May 13: What the Bible says a better you and me might look like

May 20: How God shapes a better you and me

May 27: Our role in the process of transformation

Fresh Wind Worship moves to Diamond Event Center beginning May 6 with a new time of 10:30 a.m.

Garden color for all seasons

Villa residents Richard and Rita Congdon, and HyVee Flower Shop Manager Gerri Reints elevated our spring fever for gardening at the Friends program, April 12.

Rich asked us to recall our natural curiosity for playing in the dirt that took root in childhood; back then, you may have been scolded and asked to wash up. As adults, he said, playing in the dirt is called gardening.

An extravagant plant display was used to guide the discussion of flowering plants, garden preparation and plant selection for different sites.

The Congdons shared a slideshow of popular flowering plants and their personal favorites. Plant features, blooming times, peculiarities, and how-to advice were shared for indoor and outdoor planting success and garden color from spring to fall.

Rich and Gerri demonstrated taking a single overgrown pot of plants and splitting it carefully into three separate pots. An online search of “how to re-pot plants” will guide your project if you missed the demonstration.

Overheard: “Time in the garden is worth more than a medicine cabinet full of pills.”

For Friends, Mike Seavey, Windcrest Villas

Next program: Focus on elections

Tuesday, May 22  10:30 a.m.  Windridge

Friends of Western Home Communities welcomes Karen Showalter, elections manager for Black Hawk County. Showalter will educate us on election law changes that go into effect this year and help us prepare for voting in 2018. The primary election is June 5 and the general election is Nov. 6.
Opening the Aquatic and Wellness Center at Jorgensen Plaza for Well-Being is an adventure – made more memorable because we are on this adventure together!

Take advantage of the new jogging/walking track, pool and equipment to begin anew or add minutes to your existing routine. A single minute of activity can return health benefits.

Studies have shown people who can experience at least one minute of increased physical exertion during their day will see health benefits just the same as those who participate in a half-hour of exercise a day. It is exciting that we can expect benefits from quick bursts of exercise.

Here are a few ways to fit in activity minutes throughout the day, a minute at a time:

- Take a brisk walk down a hallway or your driveway. Maybe it is to get your mail, or get to the dining room for a meal. Enjoy this little burst of activity. You can also accomplish these quick bursts on our new walking/jogging track. Taking the longer straightaways more quickly and then the curves a little slower, you will find these bursts of extra effort will keep your walk interesting and make time pass quickly.

- When sitting and enjoying a television program, once the commercial comes on, get up and march in place. Once the television program returns, return to watching the program. Repeat as many times as you prefer during the desired programming.

- Perform sit-to-stand exercises throughout your day. By standing up and returning slowly back to your chair, you will engage large muscles in the lower body as well as the core and back. This will increase your heart rate as well.

- Stretch your muscles. Stretching increases flexibility and improves blood flow in the body. Try these stretch exercises: Raise your arms above your head and reach for the ceiling. From a seated position, take your leg to the side and reach for your toes. Make sure to hold each exercise for at least 10 seconds for best results.

Get off to a great start by joining a free class this month at your new wellness center!

**WELLNESS RECIPE OF THE MONTH**

**Baked Hummus**

**Ingredients**
- 2 (7-ounce) containers plain prepared hummus
- 1 1/4 cups crumbled feta cheese
- 2/3 cup chopped Kalamata olives
- 2/3 cup chopped fresh tomato
- 2 tablespoons olive oil

**Directions**
1. Spread hummus evenly into an 8x8 inch square baking dish.
2. Sprinkle with feta cheese, being sure to evenly cover the surface.
3. In a separate bowl, gently toss the tomatoes and olives together until blended well.
4. Layer the olive and tomato mixture on top of the feta cheese.
5. Drizzle with 2 tablespoons of olive oil.
6. Bake at 350°F for 15 to 20 minutes.
7. Serve warm with multigrain crackers.
Planned events from May – September will focus on a crucial aspect of well-being each month and help acquaint you with the Cedar Valley’s incredible new asset, Jorgensen Plaza for Well-Being.

It includes an event center, restaurants, Aveda concept salon, market, aquatic and wellness center, offices and gathering spaces. Beyond those individual components, Jorgensen Plaza offers an unparalleled opportunity to bring us together, bridge generational gaps and improve our well-being, individually and collectively.

Join the celebration!

The whole is greater than the sum of its parts.

—Aristotle
May: Physical well-being
Quality of life is closely aligned with physical well-being. Join your friends and neighbors on a walk to celebrate fresh air, mobility, sunshine (we hope) and the beauty that surrounds us.

Wellness Walk
Thursday, May 9
2 - 4 p.m.
Gather at Diamond Event Center and set out from there on a route fit for your ambition. Healthful refreshments will be available after the walk beginning at 2:45 p.m.

Free Classes
All month
To celebrate its opening, all classes at the Aquatic and Wellness Center will be free for residents and employees this month. Try one or try them all. Find your favorites and decide how you'll focus on your physical well-being going forward.

June: Spiritual well-being
You are invited to hear inspiring messages from two dynamic leaders in the Cedar Valley. You'll gain appreciation for how personal challenges can bring unexpected gifts into our lives.

Each event will include uplifting spiritual music from local musicians. Feel free to invite friends and family to join you.

Good News in the Cedar Valley with Pastor Quovadis Marshall, Hope City Church
Tuesday, June 12
6:30 – 8:30 p.m.
Diamond Event Center

Good News in the Cedar Valley with The Honorable Jim Brown, Mayor of Cedar Falls
Tuesday, June 26
10 - 11 a.m
Diamond Event Center
July: Emotional well-being
How do you manage your thoughts and feelings? Did you know emotional distress can cause physical disease?

Remaining in a state of fear, anxiety or anger can lead to sleep issues, digestive disturbances and lethargy. Stress at work or in the family can cause cardiovascular problems.

What can help? Being outside, getting enough sleep, exercising, relaxing, playing with pets, learning something new, gardening, eating healthful foods and letting go of negative emotions are some options.

In July, we’ll learn together and practice ways to enhance our emotional well-being. Watch for details in the June Journal.

August: Intellectual well-being
You could call this lifelong learning. Intellectual well-being is thinking critically and seeking out new challenges. It is being creative and curious, keeping your mind alert and interested.

The brain functions better when it’s used regularly. Playing games, putting together puzzles, taking a class, listening to a speaker and traveling all keep your neurons firing and making new connections.

Even if you don’t get out of your home much, you can enhance intellectual well-being by reading, watching a documentary, learning the computer, trying a new recipe, painting, writing and collecting.

In August, we’ll focus on art, music and other intellectual pursuits that stimulate our brains. Watch for details in the June Journal.

September: Social well-being
Having strong relationships builds our social well-being and keeps us physically well, too. Did you know people with few social ties are twice as likely to catch colds? Even worse, they have nearly twice the risk of dying from heart disease.

The amount of time spent socializing matters; in fact, research shows the people with the strongest social well-being socialize for six hours a day. Our grand finale will help you fit that in.

Save the date and watch for details on this exciting day!

Saturday, September 8:
Building a Better You Grand Finale
Annual Friends of WHC Breakfast, 7-10 a.m., Diamond Event Center
Open swim, 9 a.m. – 1 p.m., Aquatic Center
Iowa vs. Iowa State game, 11 a.m. – 2:30 p.m., Gilmore’s Pub and Diamond Event Center
Live music and family-friendly activities, 6-8 p.m., outdoors around Jorgensen Plaza
Fireworks, 8:30 p.m.

Share this date with friends and family so they can plan to join you!
Order T-shirts before June 8 for special price

Building a better you T-shirts will be for sale through August 24. Order now and have your limited edition T-shirt for the June 23 Sturgis Falls Parade, swim parties and more summer events!

Order online via a link on our website: https://yourxpressions.com/WHC_JPWB

<table>
<thead>
<tr>
<th>Date</th>
<th>Final order date for delivery</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8</td>
<td>June 22 (in time for Sturgis Falls</td>
<td>Order before June 8 for special price</td>
</tr>
<tr>
<td></td>
<td>parade)</td>
<td></td>
</tr>
<tr>
<td>July 20</td>
<td>August 3</td>
<td></td>
</tr>
<tr>
<td>August 24</td>
<td>September 7 (in time for September</td>
<td>Order before August 24 for regular price</td>
</tr>
<tr>
<td></td>
<td>8 events)</td>
<td></td>
</tr>
</tbody>
</table>

The shirts are offered at the discounted rate of $8 through June 8. All T-shirts are the blue/green color called Caribbean. Men’s, women’s and youth styles and sizes are offered. Check out the sizes at The Market in Jorgensen Plaza or watch for the touring set of samples coming to your building.

Residents: You may use Western Home Dollars for the online purchase; villa and assisted living residents may have the charge added to their monthly bill. Or you may use a debit/credit card.

Employees: You may select payroll deduction for payment or use a debit/credit card. The shirts may be worn to work in settings and on days that the Western Home Communities T-shirts are acceptable.

Burden baskets have utility and safety features

Jean Thompson’s collection of Native American baskets is featured this month in the Western Home Communities calendar. Jean models one of her favorites – a burden basket. Burden baskets are worn with a leather strap or net across the forehead, waistline or chest.

A basket’s conical shape conforms wonderfully to a wearer’s back, evenly distributing the load’s weight. Burden baskets come in all sizes. Smaller baskets worn over the shoulder, around the neck or at the hip were made to collect berries or seeds, or carry food and other small items.

Elements that appear to be ornamental are often functional – the tin cones attached to Apache burden baskets tinkle and ring as the wearer walks. The decoration originally deterred snakes; today, the tin cones add audible rhythm to movement such as dance. The decorative cones on Jean’s baskets are made from snuff can lids.

Jean Thompson, SFAL
Hat magic

If you invite Delores Stibal to talk about her collection, you are likely to hear a lot about people and much less about the hats. Delores’s hat collection is a means for bringing people together. It has happened over and over again; each time, Delores marvels at the hats’ charm to help people relax and reveal their playful sides.

A beautiful hat was a friendship opener for Delores to meet Eunice Easton, one of her neighbors at Prairie Wind. Recently, the two hosted their UNI STORIE Time students. The hats erased an age difference and turned the meeting into a joyful memory.

The hat collection began as a decorating theme in Delores’s home; she was on the leading edge of a trend in the 1980s. She has replaced most of those antique hats with hats that speak to her with flair, vibrant color and extravagant embellishment of netting and ribbon.

The hats in their high-class hat boxes survived the cut when Delores re-sized her possessions before moving to Prairie Wind. She said, “I can’t give them up yet!” The hats had been in storage for a few years before the move, but they recently are getting some head time again. They have a new purpose for growing acquaintances into friendships with women at Prairie Wind; she’s lending them to a niece for a party at UNI; and she has some clever ideas up her sleeve for future social events.

As we have seen with other collectors featured in The Journal, Delores has tangent collections related to her hats – fancy tea cups from around the world and gloves add panache to a tea party.

From left: UNI student Kendra Crawford, Delores Stibal, Eunice Easton and UNI student Jenna Carroll model hats worthy of the Kentucky Derby.

Eunice and Jenna show off chapeaus with matching accessories.
Development director, WHC receive city awards

The city of Cedar Falls and Cedar Falls Utilities held its annual Business and Industry Appreciation Awards Luncheon on April 26. Director of Development Mary Taylor was honored as Representative Citizen. For the past three decades, Mary has served more than 25 nonprofit organizations in the Cedar Valley, often taking on leadership roles for nonprofit events. Western Home Communities received the Redevelopment Investor Award for the $52 million project that encompasses Prairie Wind, The Suites at Western Home Communities and Jorgensen Plaza for Well-Being.

Get your bike ready to ride

Spring bike tune-up and safety check
Wednesday, May 9  8:30 – 11 a.m.
Prairie Wind east parking lot

Villa resident Jim Volgarino will check out your bike. Simple adjustment issues can be fixed on the spot. If a larger repair is recommended, Jim can offer advice on getting your bike ready for the biking season.

Scheels is also providing a few demo bikes, including electric models, for riders to try out.

Join the Big Kids Bike Klub this season

All bicycling enthusiasts are invited to join!

This season, the Big Kids Bike Klub will meet Monday mornings (even holidays) at 8:30 a.m. at the front door of Windridge. The first ride is May 7.

The group will also meet for shorter rides on Thursdays at 8:30 a.m. The first Thursday ride will be May 10.

No need to RSVP nor report an absence – just show up!

In addition to weekly rides, the group organizes a road trip later in the season to explore another bike trail.

To be added to the Big Kids Bike Klub email list, contact Marcia Hansen at mahansen@cfu.net.
<table>
<thead>
<tr>
<th>Name</th>
<th>Initials</th>
<th>Birth Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeanne Zentner</td>
<td>TS</td>
<td>May 4</td>
</tr>
<tr>
<td>Pat Spake</td>
<td>VTH</td>
<td>May 4</td>
</tr>
<tr>
<td>Wanda Anderson</td>
<td>WH</td>
<td>May 4</td>
</tr>
<tr>
<td>Richard Sulentic</td>
<td>WR</td>
<td>May 4</td>
</tr>
<tr>
<td>Eva Jones</td>
<td>MHC</td>
<td>May 5</td>
</tr>
<tr>
<td>Lyle Brim</td>
<td>VTH</td>
<td>May 6</td>
</tr>
<tr>
<td>Mavis Cook</td>
<td>WC</td>
<td>May 6</td>
</tr>
<tr>
<td>Duane Weiden</td>
<td>WH</td>
<td>May 6</td>
</tr>
<tr>
<td>Bud Eason</td>
<td>WR</td>
<td>May 7</td>
</tr>
<tr>
<td>Joan Rozendaal</td>
<td>PW</td>
<td>May 9</td>
</tr>
<tr>
<td>Arlene Samuelson</td>
<td>SFAL</td>
<td>May 9</td>
</tr>
<tr>
<td>Cecil Burns</td>
<td>WH</td>
<td>May 9</td>
</tr>
<tr>
<td>Clare Staebell</td>
<td>WR</td>
<td>May 9</td>
</tr>
<tr>
<td>Jerry Junge</td>
<td>SFAL</td>
<td>May 10</td>
</tr>
<tr>
<td>Cork Klages</td>
<td>VTH</td>
<td>May 10</td>
</tr>
<tr>
<td>Connie Sullivan</td>
<td>VTH</td>
<td>May 10</td>
</tr>
<tr>
<td>Judy Degenstein</td>
<td>MHC</td>
<td>May 11</td>
</tr>
<tr>
<td>Marion Iversen</td>
<td>SFAL</td>
<td>May 11</td>
</tr>
<tr>
<td>Satch Mukai</td>
<td>VTH</td>
<td>May 11</td>
</tr>
<tr>
<td>Peggy Chari</td>
<td>WW</td>
<td>May 11</td>
</tr>
<tr>
<td>Roger Cadieux</td>
<td>WG</td>
<td>May 12</td>
</tr>
<tr>
<td>Neil Clapp</td>
<td>VTH</td>
<td>May 13</td>
</tr>
<tr>
<td>Marty Halupnik</td>
<td>WC</td>
<td>May 13</td>
</tr>
<tr>
<td>Donna Schmitt</td>
<td>WR</td>
<td>May 13</td>
</tr>
<tr>
<td>Anthony Grundmeyer</td>
<td>TS</td>
<td>May 15</td>
</tr>
<tr>
<td>Vera Sullivan</td>
<td>WR</td>
<td>May 15</td>
</tr>
<tr>
<td>Bob Humble</td>
<td>VTH</td>
<td>May 17</td>
</tr>
<tr>
<td>Judy Finkelstein</td>
<td>WR</td>
<td>May 17</td>
</tr>
<tr>
<td>Larry Delfs</td>
<td>VTH</td>
<td>May 20</td>
</tr>
<tr>
<td>Sue Meier</td>
<td>VTH</td>
<td>May 21</td>
</tr>
<tr>
<td>Marlys Folkers</td>
<td>VTH</td>
<td>May 22</td>
</tr>
<tr>
<td>Faye Rohwedder</td>
<td>WW</td>
<td>May 22</td>
</tr>
<tr>
<td>Beryl Waack</td>
<td>MHC</td>
<td>May 23</td>
</tr>
<tr>
<td>Jim Magnuson</td>
<td>VTH</td>
<td>May 23</td>
</tr>
<tr>
<td>Jim Healy</td>
<td>VTH</td>
<td>May 24</td>
</tr>
<tr>
<td>Margaret Grimm</td>
<td>WC</td>
<td>May 24</td>
</tr>
<tr>
<td>Phyllis Bickford</td>
<td>WR</td>
<td>May 24</td>
</tr>
<tr>
<td>Steve Tjarks</td>
<td>MHC</td>
<td>May 25</td>
</tr>
<tr>
<td>Gerald Lang</td>
<td>SFAL</td>
<td>May 25</td>
</tr>
<tr>
<td>Ron Bro</td>
<td>VTH</td>
<td>May 25</td>
</tr>
<tr>
<td>Connie Hansen</td>
<td>VTH</td>
<td>May 25</td>
</tr>
<tr>
<td>Craig Schwerdtfeger</td>
<td>VTH</td>
<td>May 25</td>
</tr>
<tr>
<td>Jim Zarifis</td>
<td>WR</td>
<td>May 25</td>
</tr>
<tr>
<td>Mary Mortensen</td>
<td>SFAL</td>
<td>May 26</td>
</tr>
<tr>
<td>Bob Emmert</td>
<td>WM</td>
<td>May 26</td>
</tr>
<tr>
<td>Fred Feikes</td>
<td>TS</td>
<td>May 27</td>
</tr>
<tr>
<td>Mary Bro</td>
<td>VTH</td>
<td>May 28</td>
</tr>
<tr>
<td>Lois Wishmeyer</td>
<td>VTH</td>
<td>May 28</td>
</tr>
<tr>
<td>Cindy Klotd</td>
<td>WG</td>
<td>May 28</td>
</tr>
<tr>
<td>Joyce McGivern</td>
<td>VTH</td>
<td>May 29</td>
</tr>
<tr>
<td>Bob Ross</td>
<td>VTH</td>
<td>May 29</td>
</tr>
<tr>
<td>Marge Kleinendorst</td>
<td>WR</td>
<td>May 29</td>
</tr>
<tr>
<td>Ruth Bernard</td>
<td>VTH</td>
<td>May 30</td>
</tr>
<tr>
<td>Fran Nielsen</td>
<td>WG</td>
<td>May 30</td>
</tr>
<tr>
<td>Carol Will</td>
<td>WG</td>
<td>May 30</td>
</tr>
<tr>
<td>Richard Davis</td>
<td>MHC</td>
<td>May 31</td>
</tr>
<tr>
<td>Hazel Scheppele</td>
<td>SFAL</td>
<td>May 31</td>
</tr>
<tr>
<td>Vivian Beener</td>
<td>VTH</td>
<td>May 31</td>
</tr>
<tr>
<td>Steve McCrea</td>
<td>VTH</td>
<td>May 31</td>
</tr>
</tbody>
</table>

**Save these dates!**

Annual free pool parties for residents, employees and their invited guests:

**June 9**  **July 28**  **August 18**

9 - 11 a.m. at The Falls Aquatic Center
Welcome new employees!

**Assisted Living**
- Azaria Huffman, Food Service Worker, WHAL
- Morgan Nation, LPN, TS

**atHome with Western Home**
- Lenora Darrah, Home Health Aide
- Kayla Driscoll, Caregiver
- Alexia Funk, Caregiver
- Stacy Hackenmiller, Home Health Aide
- Loretta Haslup, Home Health Aide
- Paige Kerkove, Home Health Aide
- Rebecca McIntire, Home Health Aide
- Selena Randall-Camillo, Home Health Aide
- Amber Sealock, Home Health Aide

**Creekside, Grundy Center**
- Jeff Havens, Maintenance Technician
- Michelle Lewis, LPN
- Nikkole Scheid, CNA
- Jesse Sieffken, Hospitality Coordinator
- Terri Shepard, Hospitality Coordinator
- Laurie Wallis, RN

**Independent Living**
- Jacob Bonebrake, Wait Staff, WW
- Gracie Davis, Wait Staff, WC
- Jenneh Gee, Wait Staff, WW
- Hannah Hewitt, Wait Staff, WC
- Victoria Nash, Wait Staff, WM
- Nadia Pendleton, Wait Staff, WC

**Jorgensen Plaza**
- Cindy Brewer, Cashier
- Sharee Caldwell, Dishwasher
- Ashton Cross, Cook
- Jamie Dhabalt, Cashier
- Reilli Dhabalt, Cashier

**Cynthia Clark**
- May 1
- 5 years
- Security

**Denny Mills**
- May 22
- 5 years
- Transportation

**Mark Reicks**
- May 22
- 5 years
- RN, Windhaven

**Employment anniversaries**

Thanks to these five-year employees for their service!

**Cynthia Clark**
- May 1
- 5 years
- Security

**Denny Mills**
- May 22
- 5 years
- Transportation

**Mark Reicks**
- May 22
- 5 years
- RN, Windhaven

**Meet Employee of the Month, Sarah Pollow**

Sarah works as a receptionist in Stanard Family Assisted Living. She has worked at Western Home Communities since April 2016.

Here are a few things employees have said about Sarah:
- Sarah is always willing to help out and works extra shifts.
- She gives a lot of respect to the residents, their families and fellow employees.
- Sarah has a cheerful and positive personality that brightens everyone’s day. She greets everyone with a smile.
- She has a can-do spirit and will tackle any task put in front of her.
- Sarah is wonderful to work with.

Congratulations, Sarah, on being named our employee of the month for April 2018.
The role of speech therapy

Better Speech and Hearing Month is observed in May. It’s a national initiative to raise awareness about communication disorders and how speech therapists can provide life-altering treatment.

Speech therapists provide more than just interventions for voice quality or language impairments; they also provide evaluation and treatment for cognitive impairments such as word finding or memory difficulties, and trouble with chewing or swallowing.

The therapy team at Western Home Communities includes speech therapists who are available for all residents. Services are available at the new clinic inside Jorgensen Plaza for Well-Being, or in your own home. Find out how they can help you by calling (319) 859-9343.

New Facebook pages
Like these pages for the latest happenings inside Jorgensen Plaza:

facebook.com/Table1912
facebook.com/CarawayCF
facebook.com/DmdEventCenter

In sympathy
Carol Jorgensen, PW  April 22
Lois Hansen, WHAL  April 20
James Falck, MHC  April 16
Sharon Bowling, CTG  April 14
Margaret Thomas, MHC  April 9
Ramona Drenner, WHAL  April 9
Bernard Larsen, MHC  April 5
Allene Chambers, WHAL  April 5
Eva Buenneke, MHC  April 3
Elroy Ortlip, MHC  April 1
Dustie Dowd, SFAL  March 28
Bob Hardman, VTH  March 25
Craig DeBerg, VTH  March 24
Gloria Boggie, MHC  March 24
Gwen Diebler, WG  March 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.
Salon Iris makes debut at Jorgensen Plaza for Well-Being

Salon Iris, an Aveda concept salon, moves into its space at the northeast entrance this month and ramps up to an official June 1 opening.

Owned by Beth and Greg Zars, the mission of Salon Iris is to create an environment for people to feel welcome, and to explore and express their individual style. “At Salon Iris, we strive to provide a space where guests come to experience exceptional service, top of the line products, and a relaxing atmosphere provided by an outstanding staff driven by a desire to serve.”

Services offered will include:

- Haircuts and styles for women, men and children
- Coloring and highlighting
- Makeup consultations and application
- Massage
- Facials
- Manicures and dry pedicures

Services are by appointment only for May at (319) 859-9341. Online bookings will soon be available. Stop by to meet Beth and the team the next time you’re at Jorgensen Plaza.