Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

New villa construction to start later this year

At least one-third of 36 new villa homes have already been reserved, and many more appointments are scheduled into May with waiting list members to discuss the possibilities.

Western Home Communities first announced construction plans to residents and its waiting list in early February. Those on the waiting list had until March 1 to express interest.

Director of Resident Relations Kim Salmon says the location near all the amenities inside Jorgensen Plaza has been a popular draw. The map below shows the location of new villas along Prairie View Road, an extension of Caraway Lane and a new street yet to be named.

Pending city council approval, street construction should begin by summer.
Live music at
Diamond Event Center

Enjoy easy listening favorites from The Nitpickers, a local band that performs classic country, pop and rock. A dance floor will be open.

May 23, 6 – 8 p.m.
Punch, coffee and water served; cash bar available.

Free event! Invite friends and family to join you.

Director of nursing named a Great Iowa Nurse

Amy Frost, RN, a 22-year employee and director of nursing at Deery Suites and The Cottages, will be honored in Des Moines on May 5 at the 15th annual 100 Great Iowa Nurses Celebration.

Amy was nominated for her abundant kindness, compassion and advocacy on behalf of residents. She instinctively understands their feelings and helps other caregivers learn how to respond with empathy. Amy has helped many family members better understand their loved one’s physical condition. She also serves as a mentor to co-workers.

“Amy is always supportive and willing to listen and offer advice. She believed in me at an early stage of my nursing and helped believe and guide me through all the ups and downs in my career," says Jessica Nieman, RN. "She is the reason I am still at Western Home Communities after all these years.”

Congratulations, Amy, on your well-deserved award!

SFAL nurse receives local recognition

The Waterloo Courier hosted a Cedar Valley Top 10 Nurses competition for the first time, and Eric Alberts, RN, BSN, is among the honorees selected by a panel of nurse educators.

He'll be recognized at an awards lunch May 9 at Diamond Event Center and also in a May 5 special Courier publication, "Nurses: the Heart of Health Care."

Congratulations, Eric!
Know Your Community
A day-long tour of Cedar Falls and Waterloo
Wednesday, May 22

See your community through the eyes of a visitor as you spend the day on a comfortable Hawkeye Stages motor coach. We’ll leave Jorgensen Plaza at 9 a.m., joined by Cedar Falls Mayor Jim Brown, and have lunch at The Blue Iguana in a former John Deere building in downtown Waterloo. We’ll be joined by Waterloo Mayor Quentin Hart for the afternoon portion of the tour in Waterloo and return to Jorgensen Plaza at approximately 3:30 p.m. Most of the tour will be on the bus, with a couple of places to get off for breaks. We’ll see:

- Viking Rd./Hwy 58 construction
- Industrial park businesses and expansions
- The new Bess Streeter Aldrich Elementary School
- The new section of Greenhill Rd. and the roundabout on the west end of University Ave.
- The Islamic Center
- John Deere Museum, TechWorks building, Courtyard by Marriott
- Cedar Valley Sportsplex, Singlespeed Brewery in the old Wonder Bread building, Public Market, Amphitheatre, Waterloo Center for the Arts
- Waterloo’s West 4th Street improvements and commercial operations
- Renovated KWWL building, planned Lincoln Park improvements
- Walnut Street historic district
- Airport and new industrial park
- Big Woods Lake and new campground
- Cedar Falls’ Downtown District Developments

Register early by calling Mary Taylor at 859-9338 or Carolyn Martin at 222-2048. Cost is $40, which includes lunch and gratuities. Make checks payable to Western Home Communities; give to a resident coordinator who will send on to Mary or Carolyn via campus mail.

Last call for greenhouse trips

Contact Lisa Haugen at 319-859-9352 or lisa.haugen@westernhome.org to see if space remains available for one of three flower-buying trips to Mennonite greenhouses near New Hampton on May 7, 8 and 9.

Buses depart at 8:30 a.m. and return by 2 p.m. Breakfast at Klunder’s Kafe is on your own.

Friends
OF WESTERN HOME COMMUNITIES

Travel “down under” at next Friends program
Thursday, May 23 10:30 a.m.
at Windridge

Villa residents Donna and Gary Brown will present a travelogue from their recent 50th anniversary trip to Australia and New Zealand.

Australia is the only place where you find marsupials (pouched animals) and other unique species. What did Australia’s Aborigine people think about the British who settled there? Did you know there are beautiful fjords in New Zealand? Enjoy a fascinating look at these two countries and invite a friend to join you!
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:
- **Leona Flynn**
  - Richard & Pam Hileman
- **Paul Haley**
  - Gary & Susan Luxon
- **Glenn Hansen**
  - Vern & Mary Cordes
  - Mary Franken
  - Ed Leonard
  - Norma Walther
- **Lonnie Harris**
  - Marlene Engen
- **Alma Heath**
  - Arlan & Carol Andersen
  - Jon & Kelly Bachman
  - Randall & Mariann Berg
  - Trent Cole
  - Shirley Corwin
  - Sara Dunbar
  - Robert & Norma Emmert
  - Betty Goetsch
  - Leonard Griner
  - Dorothy Guldner
  - Joan & Tim Harringa
  - Phil Heath
  - Jo Helland
  - Tom & Bernie Huss
  - John & Margaret Keiser
  - Peter & Connie Kemp
  - Sven & Elin Koch
  - Tami & Brad Kofron
  - Rodney & Sara Lair
  - LR & DE Guthie Lovell
  - Millie Martin
  - Mary Mommer
  - Larry & Sharon Petersen
  - Jim & Ruth Peterson
  - Bob Robinson
  - Holly Schemmel
  - Richard & Martha Stanford
  - Dolores Steege
  - Al Tapper
  - Carol Watson
- **Ruth Hovelson**
  - Penny Brown
  - Doris Crandall
  - Sue DeBower
  - Vern & Marcia Hansen
  - Joanne Helland
  - Clair & Florine Rowe
  - Bob & Joanne Tefft
- **Brock Knoll**
  - Nancy Colvin
- **Mim McKinley**
  - Merv Andersen
  - Sue DeBower
  - Ed Leonard
  - Larry & Sharon Petersen
  - Jean Swiggum
- **Margaret Pardoe**
  - Alliance Equities Corp.
  - Bob & Jeannine Avery
  - Roger Bergman
  - Dot Clausen
  - Elaine Cunningham
  - Joyce Fargo
  - KayLaJune & Chuck Fargo
  - Mark Fargo & Family
  - Steve & Jackie Fargo
  - Bob & Junella Guilford
  - Gay & Carmen Halvorson
  - Vern & Marcia Hansen
  - Bev Haugen
  - Alexa Hefferman
  - Nick & Glenda Hellenthal
  - Bill & Donna Huber
  - Willard & Kay Jenkins
  - Virginia Johnson & Family
  - Mary Lou Knight
  - Harold & Sharon Kreb
  - Pat & Jill McAvoy
  - Monte & Sonia McCunniff
  - Marlys Miller
  - Scott & Cinoi Miller
  - Francis Pardoe
  - Jim & Ruth Peterson
  - Jim Pope
  - Clair & Florine Rowe
  - Phyllis Steele
  - Bob & Joanne Tefft
  - Dorothy Wilson
- **Kenneth Rigdon**
  - Rigdon Family Trust
- **Craig Schultz**
  - Marlene Deery
- **Lucy Thierer**
  - Marlene Deery
  - Louise Frevert
  - Clair & Florine Rowe
- **Lawrence VanHauen**
  - Nancy Colvin
  - Wendy Schmitt
- **Don Walker**
  - Merv Andersen
  - Dot Clausen
  - Marlene Deery
  - Glen & Marilyn Groothuis
  - Theresa Kindig
  - Ed Leonard
- **Employee Appreciation Fund**
  - Anonymous
  - Joyce Cutshall
  - Sue DeBower
  - Margaret Johnson
- **Employee Scholarship Fund**
  - Gale Peterson, in memory of
  - Becky Peterson
  - Nell Wilson
- **Fresh Wind Ministries**
  - Shirley Ackerman
  - Merv Andersen
  - Randall & Patty Berning
  - Margaret Bettis
  - Ken & Deloris Bixby
  - Lorna Blohn
  - Howard Braden
  - Deane & Connie Bradfield
  - Cleo Cross
It won’t be long now before the WHC pickleball courts see action.

Stripes that outline the courts will be painted as soon as the weather stays consistently warm. Crews will lay sod and then install benches, picnic tables and a shade structure. The goal is to create an enjoyable outdoor space for watching games, having lunch or simply taking in some fresh air.

Watch for signs of progress as spring unfolds!
Chaplain’s Corner: 
Creating connections
by Director of Spiritual Care 
Tim Boettger

Here’s a story of how God is using the game of football to help those who are lonely, grieving and struggling.

I met Alice Isenhower (1913-2016) when she lived at Stanard Family Assisted Living. Early on in our visits, I learned of her keen interest in Iowa Hawkeye football. Even as a centenarian, she subscribed to a Big Ten magazine and devoured sports pages of the newspaper. She watched games all week long, and could converse about coaches, players and teams – from the current lineup to a roster from decades ago. Alice claimed she had followed the Hawkeyes “since the team started!”

We instantly connected when I told her my son, Ike, was an offensive lineman for the Hawkeyes. When he and teammate CJ Beathard visited Cedar Falls, they made it a point to meet this superfan in her apartment. This thrilled Alice. She talked football, advised them on offensive strategies and offered a few suggestions for team success. It was a hallmark day for Alice, Ike and CJ. Oh, the team happened to finish the season 12-0, another thrill for all of them.

This visit left a lasting impression on those young men, now both playing pro football. Their thoughtful reflection created a desire to honor Alice for her encouragement and the impact she had on their lives. They’ve generously donated to launch the Alice Isenhower Connection Fund, hoping it will facilitate quality connections with many residents.

The Creator designed us to live in community. Jesus commissioned us to “love one another even as I have loved you,” (John 13:34). Accordingly, our department believes all our residents deserve encouragement and friendship as well as spiritual and relational support.

Need more proof? A recent Harvard study followed more than 700 participants for 75 years. It determined the root of happiness is not money, fame or good looks—it’s our relationships. The study director summed it up by saying, “The clearest message…is this: Good relationships keep us happier and healthier. Period.”

We’ve used the initial seed money from the Eisenhower Fund to hire Mark Eggleston as our visiting chaplain. He will visit and build relationships with residents throughout Western Home Communities. We want the fund to grow into an endowment to support a visitation chaplain for many years to come. That’s how 100 percent of this funding will be used.

If you also believe in this important work, we encourage you to be part of it by donating designated funds to the Alice Eisenhower Connection Fund, either by mail to 5307 Caraway Lane, in person, or through an offering at worship services. Feel free to contact me if you have estates gifts you’d like to direct toward this fund, as well.

Thank you for the support and partnership as we work together to create meaningful relationships.
Absence made his heart grow fonder

Welcome back a returning chaplain

This spring we’re welcoming Mark Eggleston back to Western Home Communities as the newest member of the chaplain team. How ironic that our newest member also has the most experience in the role, having served as a Western Home Communities chaplain from 2002 to 2014. Mark was drawn back by the opportunity to work exclusively with the 55-plus demographic as the Alice Isenhower Connection Fund chaplain. “I have always been interested in listening to the life stories of people,” he said.

“My grandparents’ stories are a cherished soundtrack of my youth. A ministry of listening to life stories that are six, seven, eight, nine decades in the making is a perfect fit.”

“There is a spirit of goodness and grace that flows through Western Home,” Mark said. He sees evidence in the daily interactions of caregivers, residents, co-workers, families and leadership.

“I marvel at the young men who have launched the Alice Isenhower Connection Fund. Who could have imagined that a pair of young men would be inspired by a centenarian’s love for Iowa Hawkeye football and honor her with this incredible gift? They trusted that the ministry will serve an unmet need for spiritual growth and encouragement.”

Mark’s awareness of the seasons of life was heightened in the past two years as he welcomed five grandchildren. That experience gives him clarity of purpose to have more impact through ministry to individuals. Mark will use his training in counseling and years of experience as a chaplain and pastor to connect with individuals who need to be encouraged and may not have a family support system. “What a beautiful example of God’s love for us!”

“Be strong and of good courage … for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you,” (Deuteronomy 31:6).

You may reach or leave messages for Mark at 319-222-2080.

Join us for worship this month

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<td>May 5</td>
<td>SFAL Chapel 9 a.m.</td>
<td>Garry Moore (communion)</td>
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<td>Fresh Wind at Diamond Event Center 10:30 a.m.</td>
<td>Mark Eggleston</td>
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<td>SFAL Chapel 9 a.m.</td>
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Scenes of Spring

The Nation Cottage team happily dyed Easter eggs with residents. From left, Tanner Steere, Doris Westemeier, Jenni Peterson, Barry Love and Faith Van Meeteren.

Duane Weiden gets in the St. Patty’s Day spirit at Windhaven.

Windhaven wore the green to celebrate St. Patrick’s Day. Helen Newton and resident assistant Kaydi Hummel had fun at the festivities.

atHome with Western Home employees donated Easter baskets to children at House of Hope in Waterloo. Dusky Steele, left, accepts the gifts from Emily Gardner, LPN, center, and Melissa Pruess, home solutions navigator.

Around the table at the volunteer recognition event are, from left: Donna Hansen, Dorothy Guldner, Kelly Bachman, Betty Schoeberl, Tom Huss, Leona Pruisner, Dolores Steege, Paula Damgaard and Tom Damgaard. These residents and community volunteers gather at Windermere to make pillowcases for children in the healthcare system.

CEO Kris Hansen, center, thanks volunteers including Windcove resident Shelton Hornback, left, and board chair Willard Jenkins.
Lifelong love of reading benefits others

Peggy Chari of Willowwood credits comic books for her lifelong love of reading, a joy she keeps finding new ways to share with all ages.

Her father would buy comics along with weekly groceries, and she got hooked. It became her passion, if not her first career: Peggy initially worked in fast food and health care, preferring the night shift, before a library position at two elementary schools prompted her to pursue a teaching degree.

Now, in retirement, she reads aloud twice monthly at St. Patrick Clover Patch Preschool and Southdale Preschool as part of the public library’s “Traveling Tales” program. Librarians select the books for volunteers to share in local classrooms; the books may have a seasonal theme or some connection to a shared subject such as science, nature or friendship.

Peggy also reads to people receiving adult day services at North Star Community Services. Her miniature dachshund, Chinna, can take some credit for this assignment. Peggy and Chinna attended an event that celebrated their participation in Pet Pals. A North Star representative seated nearby mentioned their need for volunteer readers, and Peggy signed up on the spot. That was five years ago, and she still reads once a month to groups as large as 20.

Since January, Peggy has been meeting weekly with a “Reading with Jean” partner. This Western Home Communities volunteer opportunity matches readers with residents who enjoy sharing reading and friendship.

Peggy also writes books. She has hardcover photo books to commemorate travels, time with her grandchildren and family accomplishments. Being a life-long reader has made Peggy a life-long learner. She takes college classes just for fun and enjoys the variety of topics presented through UNI’s Lifelong University. She says the best part is no early morning classes and no tests!

If you ask Peggy about her choices for leisure reading, you’ll probably hear about historical fiction or mysteries. She usually has three books going at once. A current favorite is a book of local history by Linda Betsinger McCann, introduced at a recent Friends program.

If you want to encourage grandchildren to read, here are Peggy’s picks for middle school readers:

“Touching Spirit Bear” by Ben Mikaelsen
“War Horse” by Michael Morpurgo
“Joey Pigsa Swallowed the Key” by Jack Gantos
"Abel’s Island" by William Steig

For elementary children:
"Skippyjon Jones” series by Judy Schachner

Peggy says animal books are popular at North Star Community Services.
Words of Wellness:
Class improves daily life for those with Parkinson’s Disease

by Director of Wellness Amanda Lynch

Rhoda Olson started attending “Parkinson’s in Balance” when it was first offered Feb. 5 at The Grosse Wellness & Aquatic Center. She quickly made it part of her routine, and says anyone who is managing Parkinson’s should check it out. “Our instructor, Heath, does an excellent job. He is encouraging and he laughs with us,” she explains. “He never singles anyone out.”

Participants agree that wellness coordinator Heath Zuck’s calm nature is a favorite part of their time together. Don Brown notes that Heath even plays music that makes the class more enjoyable.

For Don, a villa resident, the bi-weekly effort pays off with increased flexibility. “It’s easier than it was a month ago to reach for things in the cupboards at home,” he says.

That’s exactly the success Heath and I envisioned when we became certified instructors for “Delay the Disease,” a program to help people manage Parkinson’s.

“I knew this would be an important class to offer for our residents,” Heath said. “The benefits to be gained are endless. You do have to push yourself beyond your comfort zone; that’s where we’ll see the most gains.”

Some possible benefits include:

- Moving about with ease and confidence in a crowd.
- Getting out of bed or rising from a chair independently.
- Dressing independently.
- Improved handwriting.
- Diminished worry that stiffness, slow steps and other symptoms are obvious.

The class meets Tuesday and Thursday mornings for 45 minutes. Participants proceed through a series of stretches using weights, bands, exercise balls and gravity. Two important pieces of this class focus on big, bodily movements and multiple cognitive exercises. Those cognitive exercises challenge participants to perform a variety of tasks with different parts of their body; for example, performing an exercise with their feet, arms and head while counting by certain multiples.

“Participants’ agility improves during the class as exercise stimulates a chemical reaction that delays the effects of Parkinson’s,” Heath explains. “Homework exercises help sustain those positive changes for better daily living.”

“This program is designed to give everybody, regardless of condition or disability, the opportunity and knowledge to increase their physical strength, agility, range of motion, stamina and, most importantly, their confidence and quality of life.”

– Heath Zuck, wellness coordinator
One in 100 people who are 65-plus lives with Parkinson’s, which attacks the autonomic nervous system. With more residents receiving this diagnosis, we’re all excited about the progress already being made through this class.

“The work in this class helps create new nerve cells and restore damaged cells for improved health,” Heath said. “With more exercise, there is more blood flow. Exercise recruits new brain regions to perform tasks that were lost due to previous nerve cell damage in the brain. It truly is incredible.”

That’s a long answer. Villa resident Bill Davis puts it more succinctly:

“I like it! It helps me a lot.”

Reason enough for more of you to try it out soon.

Rhoda Olson welcomes your questions about the positive effects of the 'Parkinson’s in Balance' class.

Save these dates for summer swimming
Western Home Communities will host two free Saturday swim parties this summer for residents, employees and their guests!

Plan now to join us:
Saturday, July 20  Saturday, August 10
9 – 11 a.m. at The Falls Aquatic Center  3025 Main Street, Cedar Falls

Be part of this community walk to celebrate the strength and vitality of older adults!
May 31 at noon
The Cedar Falls walk starts at the Community Center at 6th and Main. A bus is reserved for residents who want to participate; sign up with Wellness Director Amanda Lynch as seating is limited.
Happy May Birthday!

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<td>Bob Ross</td>
<td>VTH</td>
<td>29</td>
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<td>Peg Coleman</td>
<td>WR</td>
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<td>Fran Nielsen</td>
<td>WG</td>
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<td>Carol Will</td>
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<td>Vivian Beener</td>
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<td>Steve McCrea</td>
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<td>Hazel Scheppelle</td>
<td>DS</td>
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Thanks to longtime library volunteer

We’re sending a high five to Marty Olsen, who has served as a volunteer resident librarian at Windcove for 14 years. Her name should have been included in our April article about the Western Home Communities libraries. Thank you, Marty!
Centenarian enjoys independent living for nearly two decades

Lela Kabele selects the first hair appointment at the Willowwood beauty salon each Thursday. She has things to do and she might as well look salon fresh for the whole day.

A weekly hair appointment has been her habit since 2002 and Olga Bentley has been her hairdresser in the Willowwood salon for the past 11 years. The two chat about Lela’s memories of 1920s life in Wisconsin, establishing new households for her family of seven as her husband changed jobs, and a final move from Denver, Iowa, to Willowwood to support Walter’s daily needs.

A favorite topic since March 16 has been the fantastic birthday party at Nazareth Lutheran Church that brought together relatives from North Carolina to Oregon to celebrate Lela’s new claim as a centenarian. The birthday party crowd included Lela’s five adult children, grandchildren (most of 15 attended) and great-grandchildren – current count 21.

Lela enjoys suppertime at Willowwood when residents gather and socialize. “I’ve been in the same apartment for 17 years; it’s just right for me,” she says. “I have everything I need.”

Happy belated 100th birthday and best wishes to Lela!

Forest bathing can aid healing

What’s forest bathing all about? Suzanne Bartlett Hackenmiller, M.D., medical director of the Association of Natural and Forest Therapy, explained during the Mar. 29 Friends program.

Suzanne’s life story includes a pursuit for balance in the unrelenting pace of her work during a time of personal loss and challenges. She learned about a Japanese practice called Shinrin Yoku, or forest bathing. Her own experience, plus observations of the health benefits in others, prompted her to pursue professional certification. This enabled her to integrate modern medicine with evidence-based alternatives.

There is no actual bathing involved other than becoming immersed in nature, which has a long tradition for stimulating wellness. Tips for forest bathing: seek less urban areas, walk slowly, stand still, move in close to take in nature, be aware, avoid an agenda and immerse with nature as you find it. Suzanne encourages observing with all of your senses to experience the awe of nature. And finally, don’t keep the experience to yourself – share with others when desired and appropriate.

To learn more, visit www.integrativeinitiative.com or www.natureandforesttherapy.org.

For Friends, Mike Seavey
Congratulations!
These employees celebrate milestone service anniversaries in May. Please congratulate them and thank them for their service to Western Home Communities.

Welcome new employees

**Assisted living**
Sydney Boynton, resident assistant, WHAL
Vicki Harken, LPN, WHAL/TS
Ondrea Kearns, RN, WHAL
J. T. Sole, LPN, WHAL

**atHome**
Linda McDonald, caregiver
Vanessa Metzger-Prebil, caregiver

**Creekside (Grundy Center)**
Katherina Bishop, LPN
Bret Crowl, RN
Amanda Stroh, LPN

**Independent living**
Noelle Beckner, wait staff, WG
Nikyah Christie, wait staff, WG
Kathleen Duggan, wait staff, WM
Lexie Jungling, wait staff, WG
Alanah Smith, wait staff, WR

**Jorgensen Plaza**
Cameron Eliey, event server/set-up
Megan Feldman, event server/set-up
Owen Goos, event server/set-up
Jakob Luna, event server/set-up
Tyler Manire, cook
Ashlyn Osborn, event server/set-up

**Multi-site support**
Dana Erickson, housekeeper, environmental
Shelby Kleinhans, maintenance tech II, maintenance

**Skilled nursing**
Jacqueline Davis, CNA, DS
Jessica Nelson, LPN, DS
Terri Kohl Sabus, LPN, DS
Jasmine Simeon, CNA, MHC
Jennifer Vetter, CNA, DS
Sarah Zuke, LPN, DS

**Therapy**
Melanie McMurrin, physical therapy assistant

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Meet our Employee of the Month, Alisha Briggs

**Alisha Briggs** works as an LPN at Windhaven. She began working at Western Home Communities in September 2011.

Here are a few things co-workers said about Alisha:

- Alisha is an example of someone who knows her job well and does it to the best of her abilities, day in and day out.
- She consistently displays excellent leadership skills, while maintaining respect and fairness with those she supervises.
- Alisha will go above and beyond to keep things running smoothly.
- She is a good listener and willing to assist her co-workers where needed.
- Alisha is a positive asset to the Western Home residents and staff at Windhaven.

**Congratulations**, Alisha, on being named employee of the month for April 2019.
Notes of appreciation

Thanks for the remembrance for Alma. You all are the greatest. This is the greatest place to live out our lives. The love and concern from all the staff is amazing. Thank you, all. The family of Alma Dee Heath

Thanks so much for the flowers for Paul’s visitation and funeral. That was such a kind gesture on behalf of Western Home Communities. Dad benefitted greatly from the care and support he received for more than four years at Winding Creak Meadows. He received such high quality and compassionate care the last few days at Deery Suites. I was personally so impressed by the way staff at Deery Suites cared for Dad at such a difficult and challenging time for all. The family of Paul Haley

In sympathy

Noel Robitaille, DS April 21
Wanda Newby, WHAL April 20
Wayne Schoville, CTG April 20
Sharon Nienkark, DS April 19
Edith DeBoer, CTG April 17
Lela Janssen, SFAL April 14
James Aschenbrenner, DS April 14
Jerry Jorgensen, PW April 12
Brock Knoll, SFAL April 10
Lucille Thierer, DS April 8
Ronald Anderson, DS April 7
Mary Jo Hunchis, CTG April 7
Lillian Fedler, CTG April 5
Robert Newby, WHAL April 5
Mim McKinley, WC April 3
Margaret Pardoe, VTH April 1
Alice Meyer, SFAL Mar. 29
Barbara Zaiser, WHAL Mar. 29
Betty Langan, DS Mar. 28
Larry Anderson, CTG Mar. 27
Donald Walker, WC Mar. 23
Maxine Weichers, DS Mar. 23
Katherine Harrington, DS Mar. 23
Leona Flynn, CTG Mar. 21
Janice Sowers, DS Mar. 21

What's new on Facebook?

Lots of videos and fun photos! Follow our page to see them in your news feed. Not on Facebook? Our page is public, so visit www.facebook.com/WesternHomeCommunities to see the content.
May 21 wine dinner

Four-course meal featuring four summer white wines. $60/person

Reserve your seat today by contacting Table 1912 at 319-859-9334.

Live jazz all summer

Every first and third Wednesday of the month, May – September!
7 – 9 p.m.