Progress on Restorative Suites leads to plans for Martin Center

Next spring’s opening of sixty private suites for short-term skilled care stays at the north end of Jorgensen Plaza for Well-Being also paves the way for a redesign at Martin Health Center on the downtown campus.

“We want to provide privacy and dignity for each of our residents,” explains Chief Operating Officer Jerry Harris. “Since we opened The Cottages in June 2015, we’ve realized even more how environment impacts quality of life.”

Residents of The Cottages thrive in a small-house setting where caregivers aren’t compartmentalized into specific roles, but perform many tasks a family member might take on at home - from preparing a snack to doing laundry and spending quality time together.

“Residents have thrived in The Cottages, even beyond our expectations,” says Wendy Ager, RN, BSN, senior director of skilled nursing. “Employees also love working in smaller teams and getting to better know the residents they serve.”

Architects are currently designing plans for Martin Center that will essentially create two small house nursing homes, one per floor, designed for 24 residents each; all will have private bedrooms with private bathrooms.

Like The Cottages, each floor will have a separate entrance with a doorbell, and a kitchen open to the dining and living area; residents will be able to see and smell food as it’s freshly prepared.

The plans will require the state Health Facilities Council to approve a certificate of need for Western Home Communities to provide care for more than the 132 residents allowed under its current license. Stay tuned for updates in coming months.
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 October 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.

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Anita Dowell
Jerry & Beth Harris
Jane Mertesdorf

Mary Jane Boorom
Loretta Dykes
Jerry & Beth Harris

Lois Diemer
Bob & Rosemary Beach
Ron & Mary Bro
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Phil & Alma Heath

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Dave & Cindy Glasener
Dorthie Hook Estate
Susan Loveall Estate
Friends get local history lesson

Susan Card was the presenter at the September Friends program. She shared the history of the Jerald Sulky Company, a company long-held by her family. She covered the invention of the sulky horse racing harness, and the business connection to the early bicycle industry. The patented innovation of smaller wheels was also part of the company’s success. As a child, Susan spent her weekends in "the shop" learning and working. As an adult, her longer view of the company history enabled her to articulate the connection of national and world events to the company’s success.

It all started with Susan Card’s great-great grandfather, Samuel E. Jerald, MD., who lived in Osage. He became a talented craftsman and built his own fine horse carriage. This was the start of a carriage, bicycle, and buggy business in Osage. Success continued through moves to Spencer, Iowa, and two Waterloo locations. Success continued through leadership/ownership/product changes.

The audience appreciated Susan’s thorough presentation which was rich with historic information and memorable first-hand experiences.

Attendees were invited to tour the Jerald Sulky manufacturing plant. Our thanks to Susan for the excellent program and to current owners Eric and Shelly Lee for a very interesting tour.

More information is available at: www.jeraldsulky.com

Facebook users may also wish to visit: www.facebook.com/JeraldSulkyCo

For the Friends of Western Home, Mike Seavey

Antarctica: Our 7th Continent

Thursday, November 9, 10:30 a.m.
Windridge  Presented by Dave Coltrain

Put the upcoming winter in context: Take a vicarious journey to the South Pole.

Test your knowledge:

Has Antarctica always been cold?

Antarctica has the world’s largest: desert or mountains or volcano?

Antarctica is the world’s coldest continent. It is also the world’s: foggiest, windiest or widest continent?

(Answers: No, it used to be tropical; desert; windiest.)

Windy Hill Singers Christmas Concert

Tuesday, December 19
10:30 a.m. and 1 p.m.

Tickets will be available December 1 in each building.
Chaplain’s Corner:
Add to the joyful hearts at Western Home

by Garry and Christie Moore

In The Anatomy of an Illness: As Perceived by the Patient, Norman Cousins tells of being hospitalized with a rare, crippling disease. When he was diagnosed as incurable, Cousins checked out of the hospital. Aware of the harmful effects that negative emotions can have on the body, Cousins reasoned the reverse was true. So he borrowed a movie projector and prescribed his own treatment, consisting of Marx Brothers films and old “Candid Camera” reruns.

It didn’t take long for him to discover that 10 minutes of laughter provided two hours of pain-free sleep. Amazingly, his debilitating disease was eventually reversed. After the account of his victory appeared in the New England Journal of Medicine, Cousins received more than 3000 letters from appreciative physicians throughout the world.

Did you think of the phrase, “laughter is the best medicine,” after reading Norman Cousins’ prescription for his treatment? It is interesting that he described for us what Solomon prescribed in Proverbs 17:22, “A joyful heart is good medicine…” Solomon agrees that a heart full of joy will have positive effects on a person physically.

I can remember discussing with a physician an article which had stated that 70 percent of illness is emotionally induced. His reply was, “I think that is low. I could help my patients more if I were able to spend 45 minutes with them.”

With this thought in mind, I wondered, “What could each of us do to help others have merry hearts?” I think I found the answer in Proverbs 12:25: “Anxiety in a man’s heart weighs it down, but a good word cheers it up.” Worry weighs us down, but a good word lifts us up. When you think of a good word, what comes to mind? I have had people say to me, “Garry, what’s the good word for today?” I know they are looking for something from the Good Book! The two good words that I thought of are thank you. God can use those two simple words to be a blessing to others.

Since Thanksgiving will soon be here, let’s team up together to help others have a merry heart. Would you set a goal to say thank you to at least five people every day? When you do, you will find that you not only help their feelings, but it will affect their faces. Proverbs 15:13a, “A joyful heart makes a face cheerful.” So with God’s help, let’s work together to see merry hearts and happy faces here at Western Home Communities!

Join us for worship this month

9 a.m. Downtown Chapel
November 5  Don Sauser (communion)
November 12  Garry Moore
November 19  Tim Boettger
November 26  Garry Moore
December 3  Garry Moore

11 a.m. FreshWind Worship at Windcove
November 5  Tim Boettger (communion)
November 12  Patrick Jones
November 19  Tim Boettger
November 26  TBA
December 3  Tim Boettger
First FANily event of the season is November 5

The FANily is back for the 2017-18 season of women's basketball at University of Northern Iowa. FANily is a group of fans who get to know the players off-court and attend games to cheer for the Panthers. This is the second season for FANily. Residents in independent living can attend up to 14 games with door-to-door service to the McLeod Center. A special discounted season ticket costs only $39. FANily participants meet the players and have a special seating section. This is a Western Home - University of Northern Iowa connection that everyone can cheer about!

The first game is an exhibition game
Sunday, November 5 at 4 p.m.
The next two games are
Friday, November 10, 7 p.m., and
Tuesday, November 14, 7 p.m.

Your hosts are Tristan Smeins and Courtney Goll. For more information and to get on board for the first game, Sunday, November 5, contact:

Tristan Smeins at (319) 222-2115 or Tristan.Smeins@westernhome.org
or Courtney Goll (319) 859-9325 or Courtney.Goll@westernhome.org

Cedar Falls officers will tour campuses

Western Home Communities is hosting Cedar Falls police officers for their November in-service training. Groups of 10-15 officers will complete a driving tour of both campuses on November 7, 10 and 13, according to Mark Abernathy, director of safety and transportation. “This gets them on our campus and in our buildings so they are familiar with our setting if they are called to respond to an emergency,” Mark says.

Tours of Prairie Wind and Jorgensen Plaza will be the final stop before lunch at Windridge.
Words of Wellness: Heart and mind connection to reduce effects of stress

by Wellness Coordinator Amanda Lynch

Even though the brain and the heart are a distance apart in the body, their connection is very strong. The blood vessels from the heart travel all throughout our body and brain. When we carry stress in our lives it directly affects the way our heart and our mind operate. With the holidays approaching, I encourage you to be intentional about minimizing stress your life, and focusing on the joy of this season. Meditation and mindfulness can be a healthy gift you give yourself; here are examples of what you can do:

- **Progressive relaxation is a useful exercise.** Lie down or sit in a quiet area. Focus your attention on the muscle groups in your feet and slowly move through each group until you reach your head. As you go through each muscle group, try to imagine that you are actually breathing through those organs. As you “exhale”, release the tension from the group. As an alternative, you may tighten the muscles in each group for several seconds, and then physically release the tension.

- **Relax through the five senses exercise.** This is a quick mindfulness exercise that can help you notice life around you a little more vividly. Start by sitting in a chair comfortably and begin with the sense of sight. Notice five things around you that you can see. Pick something that you don’t normally notice, like a shadow or small crack in the concrete. Then do the same thing for feeling, hearing, smelling, and tasting. Notice three to five things that happen in each of these senses. Reflect on them as you close your eyes. When you are relaxed, continue with your day.

- **Try the breath control exercise.** This exercise can help you to stay focused on one task at hand, and elevate your awareness of how much you mind can wander! Start by sitting comfortably in a chair. Once you have found that comfort, close your eyes. When ready, begin counting to ten with each breath you take. If your mind wanders, it is okay, just return back to the last number you remember counting in your breaths. Once you reach ten, begin at one again. Do this for a few minutes; slowly open your eyes when you feel relaxed.

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**WELLNESS RECIPE OF THE MONTH**

**Maple-Roasted Sweet Potatoes**

**Ingredients**
- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

**Directions**
1. Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.
2. **Make Ahead Tip:** Cover pre-baked Maple Roasted Sweet Potatoes and refrigerate for up to one day. Just before serving, reheat at 350°F until hot, about 15 minutes.
If life gives you things to patch, learn to sew

Women who meet on Wednesdays at Stanard Family Assisted Living to do mending can claim sewing as a super power. They serve residents of Western Home Communities, Exceptional Persons Inc. group homes, North Star Community Services, and qualified individuals from private homes. They call themselves the Gopherettes and they see every mending project as a problem solving task. Years of experience have made them expert problem solvers.

Ripped pants, ragged towels, favorite t-shirts, cozy pajamas and sheets arrive for this enterprising group to work their magic. It almost didn’t happen. The Gopherettes have been mending in the community for 35 years and were recently looking for a new space to store materials and equipment – where they could also meet to work. Ronda Eick, senior director of Stanard Family Assisted Living, thought Stanard Family Assisted Living would be a good home for the Gopherettes because residents could access the mending service and volunteer.

Ronda and her husband, Bret, are co-presidents of The Arc of Cedar Valley board. Arc provides a strong voice for people with intellectual and related developmental disabilities and their families; Arc provides financial support for the Gopherettes. The Gopherettes want to make sure that their “customers” look well and enjoy comfort of their favorite clothes – even if those favorite clothes have a lot of miles on them. Favorite clothing can make the difference between a good day and a bad day for some clients, so the Gopherettes take their job seriously.

Gopherettes are women who love to sew and love to serve. Many of them are family members of people served by disability services in the Cedar Valley. That’s how Marie Nitzschke started; her daughter is developmentally disabled. “The house parents had their hands full taking care of the personal needs of the residents, cooking meals and getting them to their doctors’ appointments,” she said. “They did not have time for mending and other odd jobs.”

Residents who have mending needs can contact Carolyn Martin or Natalie Jones at SFAL.
Residents enjoy entertainment and camaraderie as GBPAC volunteers

Western Home Communities residents serving as floor captains for the volunteer ushers at Gallagher Bluedorn Performing Arts Center have found a sweet spot at the intersection of community engagement, community service and entertainment. The volunteer program involves 225 active volunteers who help host GBPAC artists series performances, the Waterloo Cedar Falls Symphony, Metro Community Concerts and other events at the GBPAC. They greet guests, scan tickets, direct traffic, and light the way for safety when the great hall is darkened.

Larry Cardamon has been an usher at Gallagher Bluedorn Performing Arts Center for more than 12 years. He has the elevated responsibility of serving as a floor captain, organizing other ushers and trouble-shooting, “It is one my favorite things to do. Barb knows when I’m on my way to an usher commitment because I have a big smile on my face.” Larry’s fascination with the workings within large public venues and his interest in helping people made volunteering at the GBPAC a perfect fit. It also exercises his decision-making skills; floor captains provide back-up support when there are questions or unexpected circumstances that require intervention.

Mamma Mia, Bob Dylan and Jay Leno performances stand out among the many events Larry has experienced. “I thoroughly enjoy it. And I have lots of friends who are part of the usher group,” Larry adds.

Lois Wishmeyer was a member of the original team of GBPAC ushers. She has seen lots of memorable performances in more than 17 years as a volunteer. “I love it! And I really enjoy the other ushers – they are happy people.” She said many ushers are former teachers so their experience with moving groups is useful, especially busloads of school children attending Kaleidoscope Performances, “We can clear the great hall in 20 minutes.” she said, a skill appreciated by teachers.

Bob and Jo Tefft had been retired for several years when the GBPAC opened in 2000. “We both enjoyed musical events and live local theatre productions, including many at UNI,” Jo said. “So when the Gallagher Bluedorn Performing Arts Center put out a call for volunteers to serve as ushers at their new facility we responded and have continued to serve 15 or 20 or more shows a semester since,” she said.

The Teffts find the role of service to patrons to be rewarding and thoroughly enjoy the camaraderie among volunteers and staff. Jo adds, “Though our job as usher floor captains limits our ability to watch performances, the wide variety of university, community and theatre genre that we have enjoyed over the years has enriched our lives immensely.”

The GBPAC volunteer ushers floor captains were honored with the Governor’s Volunteer Award in September. Residents who were present to accept the award are, from left, Carl Boice, Lois Wishmeyer, Joanne and Robert Tefft, Sue Eastman and Larry Cardamon.
Student-in-residence experience is a daily encouragement

Lincoln Jost is our newest student-in-residence making his home at Stanard Family Assisted Living. He's from Rock Falls, Iowa, and attends UNI with a double major in communication and gerontology.

As a student, he’s a great example of the academic success that follows finding a passion for a career path. “I have been able to continue with my education because I knew I needed to be in college to explore my interests and the careers that would involve those interests. After working, volunteering and studying in gerontology, the pieces are really coming together for me.”

Lincoln’s application included assessment of benefits of the student-in-residence program. “The biggest benefit I see is the opportunity to love and build relationships. I feel (residents) have so much they want to share with other generations; this provides an excellent opportunity for them to do that.”

There was no shortage of enthusiastic recommendations for Lincoln’s candidacy. Former and current instructors – and a retirement community family member who witnessed Lincoln’s care for his mother – each advised program coordinator Carolyn Martin to give Lincoln a spot in the student-in-residence program.

Building relationships over the years has provided influential training for Lincoln. “I’m grateful for the people who have poured into my life; whether it was intentionally or unintentionally; it helped open my eyes and heart to those around me,” Lincoln said.

Lincoln is quick to share the things he has already learned here, “Residents love to listen, they love to share and they really care. Residents have been very helpful. And I’ve had a great experience with the staff, too.”

Lincoln participates in the Bible study lead by Garry Moore at Stanard Family Assisted Living. Lincoln’s life verse: Proverbs 3: 5-6.

Lincoln easily articulates some of his goals for his student-in-residence service.

- Gain an authentic understanding of the environment so I can expand and add to the experiences of residents.
- Focus on learning from the residents.
- Recognize the ministry opportunity to grow my faith, along with those around me.
- Develop a deeper understanding of what a multi-generational body of Christ looks like and recognize how I can help if something is broken.
- Affirm residents so they know they are loved by a Father who died loving them.

The student-in-residence program began in 2016. Students apply for the position. They live in apartments within Western Home communities and volunteer with resident activities.

The program is coordinated by Carolyn Martin, director of volunteer services.
Annual downtown campus carnival provides food and fun

CEO Kris Hansen and a few other employees braved the chilly weather and proved to be good sports in the dunk tank!

Suzanne Makinster (left) and Peggy Makinster keep a tug on the fishing line as carnival participants fish for prizes.

Juggler Dean Franzen showed off his skills and kept the crowd of residents smiling.

Dining services general manager Randy Husted (right) serves Carolyn Martin and other employees, residents and families, who enjoyed carnival fare: snow cones, cotton candy, funnel cakes, hot dogs and popcorn.

Hair stylist Berna Peterson (pink jacket) and her husband Eric (right) volunteered to host games like this bean bag toss. Public safety officers offered an up-close look at their equipment, too.

COO Jerry Harris gets dunked by a resident (with a little help from CNA Deon Thomas, who also took his own turn in the tank).

Children could win prizes at the ring toss, hosted by CFO Kelly Meier.

CNA Quanisha Edwards brought her family to enjoy the carnival fun!
Employee retiring after 42 years

Linda Anderson ends a long and rewarding career November 3, her last day as an employee of Western Home Communities.

Currently the resident coordinator at Windridge, a teenaged Linda started as a nurse aide in 1975. She chose the line of work because of her close relationship with grandparents.

When Windgrace opened in 1991, Linda was the first employee on south campus. She served as building hostess, a role now called resident coordinator. She fulfilled that duty for Windermere as well when it opened in 1992, and has worked in a similar capacity on south campus ever since.

Western Home Communities thanks Linda for her decades of service and wishes her well in retirement. She plans to spend more time with her grandchildren and also return often for visits and perhaps volunteer work with residents.

Linda requested a quiet exit with no party. If you'd like to recognize her years of service with a note or card, please send them in care of Lisa Haugen, 420 E. 11th Street, Cedar Falls and they will be forwarded to Linda.

What do you collect?

We're collecting stories about collectors for a 2018 series in the monthly Journal. We're looking for collections that are popular or off-beat, large or small items, large or small quantities, historic or trendy, rare or easily found. You get the idea!

When and how did you begin your collection?
What captured your imagination to keep adding to your collection?
Do you have a favorite memory associated with your collection?
May we photograph you with your collection?

Name____________________________________________________
Address___________________________________________________
Phone_______________________________________________ _____
Email if preferred for communication:_________________________________

Send to Pat Beck at SFAL or Pat.Beck@westernhome.org or (319) 222-2055

Casting call!
Please reply by November 8

Linda Anderson, right, lived the WHC mission - to assertively create fulfilling lifestyles - by coordinating activities and accompanying residents on day trips.
Nicole works as a LPN in Martin Health Center. She has been at Western Home Communities since December 2002.

Here are a few things employees have said about Nicole:

- Nicole is kind, caring, sincere, professional, efficient, and compassionate.
- She is always willing to go the extra mile.
- She is always willing to help wherever she is needed; she is flexible, and can always be counted on.
- Nicole is a leader and good role model to our new staff and a good mentor to our current staff.
- Nicole puts the residents’ needs first and makes sure they are happy.
- She never hesitates to help her coworkers on the floor.
- Residents love her and staff says she brightens up a cloudy day.
- Nicole is everything an employee of the month should be!

Congratulations, Nicole, on being named our employee of the month for October 2017.
Milestone employee anniversaries

Christina Berning
November 30
10 years
Resident Assistant, Thalman Square

Donna Thuesen
November 30
10 years
LPN, Stanard Family Assisted Living

Jeri Nelson
November 30
30 years
Martin Health Center CNA

Tynesha Gordon
November 14
5 years
Windgrace Cook

CNA quietly marks 30 years of service

Jeri Nelson celebrates 30 years on the job at Western Home on November 30. She provides direct care to residents at Martin Health Center in her position as a Certified Nursing Assistant. It is not easy to get an interview with Jeri because she is reluctant to attract attention to herself. “I work, I love my residents and I love my job,” is about all she was willing to offer. Most days that is enough for a long and fulfilling career in health care. There must be more to the story for Jeri to stick with the demands of service as a CNA for 30 years and to earn statewide recognition as Leading Age Iowa’s Caregiver of the Year. She has been honored by her peers as employee of the month, twice.

Daily cares for residents occupy most of Jeri’s day. That includes assisting with daily hygiene, transporting to meals and activities, and assuring comfort. She gives much more. Daily encouragement, humor and compassion are gifts that come with Jeri’s care. She has respect for others at the center of each interaction.

End of life comfort care holds a special place in Jeri’s heart, “It is an honor and privilege to be present at the end of a life,” she said. If Jeri’s voice is the last voice our resident hears on earth, it will be words of kindness.

Though Jeri is mum about her notable service anniversary, it is very easy to find co-workers who experience the positive impact she has on their workplace and on the daily lives of residents.

Ann Lyon works with Jeri in Martin Health Center, “Jeri is a very caring and very special co-worker. She has candy treats for residents. They love that and they love her!”

Jeri’s supervisor, Rachel Phillips, said, “Jeri has an infectious laugh and she is very kind-hearted. She really gets to know the residents and their families.”

Nurse Mentor Melissa Adreon acknowledges that Jeri is one of a kind, “She meets residents’ psychosocial, emotional and spiritual needs.” Melissa gives examples of Jeri going above and beyond such as providing favorite treats for residents, staying later to complete a task and even donating clothing that is needed. She also organizes an annual Christmas potluck for the MHC staff.
Happy November Birthday!

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<td>Maribelle Betterton</td>
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<td>Eunice Hauber</td>
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Dates I/we will be away_______________________________________________________
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Notes of appreciation
Thank you to all for the welcome and flowers. Helen Hansmeier

The family of Fran Kuehl would like to thank the Western Home Communities for the beautiful red rose sent to her Celebration of Life service. We especially thank you for the 20 years of fellowship and care you have given to her and her husband Ray and extended family. The loving touches and visits provided the strength we needed during her last days. Vicki, Bruce and family, Craig and Jane

In sympathy
Margaret Conway, TS Oct. 22
Walter Kofta, MHC Oct. 20
Harry Owczarek, CTG Oct. 18
Gene Harrington, MHC Oct. 18
Madge McCoskey, SFAL Oct. 16
Bethel Durby, WHAL Oct. 15
Fran Kuehl, SFAL Oct. 13
Libby Coil, WHAL Oct. 9
Darlene Wirth, TS Oct. 9
Martha Nation, CTG Oct. 8
Lu Larsen, CTG Sept. 28
Collin Randall, MHC Sept. 25
Norman Oleson, MHC Sept. 24
Harlan Laube, TS Sept. 23
Carolyn Berry, MHC Sept. 21

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Willowwood WW
Windgrace WG
Windermere WM
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Windridge WR
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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.

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