New home technology supports independence, gives families peace of mind

atHome is Iowa’s first billy provider

A new advanced technology platform promotes independence for older adults, and it’s currently available in Iowa exclusively through atHome with Western Home.

“Billy focuses on prevention and early intervention, to keep people safe and independent,” explains Melissa Pruess, technology coordinator for atHome.

It works by placing small sensors throughout a home. They work constantly to monitor daily activity. No cameras are involved; the sensors simply detect movement and determine whether the typical routine has been followed, from getting up to taking medicine to making a meal.

The client chooses who can receive activity reports in real time via a smartphone application; it could be family members or professional caregivers. The sensors can detect behavior changes that may indicate a health issue or mobility concern.

“Everything is customized to the user, based on his or her normal routine,” explains Pruess. “It’s amazingly accurate, and can pick up the slightest deviation that even family might not notice.”

Pat Taylor of Windermere participated in a four-month pilot project to test billy, and continued with the service afterward. She goes

Continued on page 13
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 Oct. 18. 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:

Ruth Bernard  
Richard & Martha Stanford

Ed Brown  
Jim & Elizabeth Wharton

Alicia Caley  
Lorna Ericson  
Monte & Sonia McCunniff  
Bob Robinson  
Marilyn Roseberry  
Rodney & Ruth Tomson

John Deery, Sr.  
Mac Eblen

Phyllis Jorgensen  
Bill & Mary Lou Snyder

Florence Lamb  
Richard & Martha Stanford

Lorraine Layman  
Pitzies Beauty Salon

Nancy Lemons  
Penny Brown  
Richard & Martha Stanford

Larry Martinez, Jr.  
Marlene Deery

Evelyn Mattox  
Marlys Badger  
Penny Brown  
Marcia Colwell  
Tom Dietrick  
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Eldon Hayes  
Betty Hunck  
Sue Jacobsen  
Margaret Johnson  
Jerry & Marian Larson  
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Calvin & Alice Meyer  
Louise Odle

Marty Olsen  
Bob & Rhoda Olson  
Judy Pfalzgraf  
Don & Marlene Rasmussen  
Bob Robinson  
Marilyn Roseberry  
Clair & Florine Rowe  
Marlys Simpson  
Richard & Patty Sulentic  
Vera Sullivan  
Jeanne Thuesen  
Glen VanVark  
Darron & Dawn Veh  
Don Wood

Satch Mukai  
Neysa Klepfier  
Richard & Martha Stanford

Ivan Warm  
Hank & Peg Brown  
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Rodney & Sara Lair  
Genevieve Manatt  
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Jim & Margie Polacek  
Craig & Holly Schwerdtfeger  
Dolores Stibal

Betty Krogh Wenzel  
Marlys Badger  
Lorna Blohn  
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Dick & Beverly Michael  
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Delbert & Nina Pudil  
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William & Gale Senn  
Marlys Simpson  
Jeanne Thuesen

Neil & Jan Whipple

Earl Will  
Judy Benson  
Bill & Nancy Dennager  
Robert & Norma Emmert  
Paul & Mae Foote  
Anne Hunter  
Lorraine Johnson  
Charles & Doretta Neil  
Jim & Kristin Ostrander  
Marlys Simpson  
Carol Will  
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Leslie Cohn  
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Fresh Wind Ministries  
Shirley Ackerman  
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Lorna Blohn  
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Shirley Cain  
Vern & Mary Cordes  
Joyce Cutshall  
Lois DeBerg  
Rhoda Durant  
Bob & Norma Emmert  
Marlene Engen  
Mike & Karen Entz  
Lila Epling  
Bev Fish  
Kent & Joyce Folsom  
Stan & Ginnie Garrison  
Jim & Dianna Geiger  
Evelyn Gibson
Jeanne Thuesen of Windridge was introduced to handbells while a piano teacher in Dike and has performed handbell solos for more than 20 years. At the Friends program in September, Jeanne showed her skill to use several bells simultaneously and to affect the bells’ tone and length with hands, shoulder and the table surface. She performed compositions from “Just as I Am” to “Greensleeves” and “Twinkle, Twinkle Little Star” for an appreciative audience.

In October, villa residents Donna and Gary Brown took participants on a virtual tour of their two-week cruise to the Baltic Sea. The Baltic States are comprised of Estonia, Latvia and Lithuania. The Browns also visited Denmark, Finland, Russia and Sweden.

They shared photos plus information on historic places and events, regional food, arts, and crafts. Highlights included background information on Brugge chocolate and medieval buildings, The Hague as a center for international justice, Copenhagen bicycling, the Little Mermaid inspired by H. C. Andersen’s fairy tale, livestock management on micro-plots of land, the origin of Faberge eggs, and more. It was fun, educational and interesting.

For Friends, Mike Seavey
Hovelson has a new beat at WHC

Former long-time newspaper journalist Jack Hovelson saw a lot in his 35-year career and continues to keep a keen eye on current events, an interest he’s now putting to good use to the benefit of other residents.

Hovelson worked for the Waterloo Courier from 1960-67 before taking on the role of Waterloo bureau chief for the Des Moines Register, a post he held from 1967-1995. Afterward he served as an advisor to University of Northern Iowa student reporters and editors at The Northern Iowan.

“I just can’t retire,” he admits. Hovelson recently started moderating a monthly current events program at Windhaven, where he and his wife live. He seeks to highlight national, state and local issues. The October session included lively discussion on the Brett Kavanaugh hearings, the Iowa governor’s race and Cedar Valley roundabouts.

“I enjoy reading the papers to see what’s going on,” Jack says. He uses that lifelong habit as a base of knowledge to introduce topics. Having contrasting opinions in the audience adds to the interest of the program for all participants.

The November current events program is open to anyone living within Western Home Communities.

Monday, November 5
10 – 11 a.m. Windhaven second floor

Hovelson also speaks to community groups, presenting an interesting program about his journalism career that highlights his 10 most memorable interviews. Most recently, he spoke at Cedar Falls Woman’s Club on October 17. One of his fascinating stories is how he flew to West Point, New York, and managed to land the first interview with an Iranian hostage. 52 prisoners had been held 444 days before their January 1981 release; among them was Kathryn Koob of Jesup. In the days before smart phones, Hovelson delivered a note to Koob through her sister and then carried out an elaborate plan to sneak Koob into a restaurant for a 35-minute interview.
An overnight trip to Decorah, coffee and conversation with the UNI Athletics department, motorcycle rides and pickleball progress marked the month of October.

Iva Meany, in the white hat, and Lois Hagedorn, in the red hat, can check riding a Gold Wing motorcycle off their bucket list. The Gold Wing motorcycle club members make an annual visit to Stanard Family Assisted Living to thrill residents with spins around the neighborhood.

Volleyball coach Bobbi Petersen visits with fans Jo and Bob Tefft of Prairie Wind.

Football coach Mark Farley talks about the season.

Jack Welcher, Diane Muller, Dan and Jan Krause, Alice Hanson, Sue Meier and Maxine Welcher enjoy riding the Celebration Belle Riverboat north of Prairie du Chien, Wisconsin.

UNI athletics director David Harris shakes hands and meets residents.

Blue skies and warm sunshine meant more work got done on the pickleball courts along Hyacinth Drive.
Chaplain’s Corner:  
Grace for the race

by Garry and Christie Moore

In Hebrews 12:1 we find these words: “Let us run with endurance the race set before us.” Let’s look at three realities of God’s grace available for the race we are in.

The first reality is the grace that gets us into the race. Where does this race begin? “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast,” (Ephesians 2:8, 9). These verses make it clear that our entrance into this race has nothing to do with our efforts. It is through God’s grace and placing faith in the Lord Jesus Christ as Savior that our race begins. Paul emphasizes again in Romans 3:24 that our ability to be in this race is totally because of Christ: “Being justified freely by His grace through the redemption that is in Christ Jesus.”

A term runners talk about is when they “hit the wall.” We see this is Paul’s life in 2 Corinthians 12:8: “Concerning this thing I pleaded with the Lord three times that it might depart from me.” We find him struggling with what he calls a thorn in the flesh. He was suffering with some serious situation. He pleads with God to remove it. Instead God tells him how to get through it. “And He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness,’ ” (2 Corinthians 12:9). When we “hit the wall” in our race, we must humble ourselves and God will give us the grace to keep going. Humility is essential to experience the grace God wants to give us. “But He gives more grace. Therefore He says: God resists the proud, but gives grace to the humble,” (James 4:6).

It is important to finish strong in a race. Paul encouraged Timothy with this when he told him: “You therefore, my son, be strong in the grace that is in Christ Jesus,” (2 Timothy 2:1). To be able to finish well, you must keep your focus. That’s why the writer of Hebrews gives us Jesus’ example: “Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God,” (Hebrews 12:2). You have to maintain your focus and avoid letting circumstances distract you. Distractions can be devastating in the last leg of the race. The ability to finish well is found in the grace God gives.

So where are you in this race? Have you begun it by trusting Jesus as your Savior? Maybe you have “hit the wall” and need to humble yourself and let God help you. It could be you’re in the last leg of the race and need to look to Jesus so you can finish well!

Worship with WHC this month

SFAL Chapel 9 a.m.
November 4    Garry Moore
November 11   Garry Moore
November 18   Garry Moore
November 25   Tim Boettger
December 2    Garry Moore

Fresh Wind at Diamond Event Center 10:30 a.m.
November 4    Garry Moore
November 11   Tim Boettger
November 18   Tim Boettger
November 25   Tim Boettger
December 2    Garry Moore
Meet new chaplain Byron Simar

We invited Byron to introduce himself to Journal readers.

I am delighted to join the chaplain team and to serve this community!

My wife, Sondra, and I spent our childhood years in Indiana and Minnesota, respectively, and we met at Bible college in North Dakota. After serving in a few churches in various parts of Iowa, we left Iowa and ministered in France for 15 years and then 4 years in Mongolia. In the fall of 2016 we came back home to Iowa and settled in the Cedar Valley; it has been quite the adjustment!

Our son and his wife live in Michigan, and our daughter lives in Ottawa, Canada.

We marvel at God's leading and provision to and for His children. Nothing happens by accident. He has a plan and purpose. His faithfulness is new every morning. He works in mysterious ways, His wonders to perform.

Each of us has a calling and our responsibilities are two-fold on this earth: 1) to be His shining representatives and 2) to bring honor and praise to the Father.

One of my favorite verses is the teaching of Jesus when He said, “Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven,” (Matt. 5:16).

We are His lights. Shine brightly. Let your good deeds glow. Give praise to the Father.

Save the date!

Windy Hill Singers Christmas Concert

Tuesday, December 13  Diamond Event Center at 6:30 p.m.

No tickets necessary due to a new, larger venue.

Make plans now for this annual tradition!
Marian Christiason was a bold 17-year-old when she answered an ad to become a sheet metal worker. She had finished high school at 16, worked for a year at Orange Township School south of Waterloo and saw limited employment options because of her young age. So she boarded a bus for Wichita, Kansas, and enrolled in a six-week metals school.

Our own Rosie the Riveter emerged from her training with understanding of metal qualities such as stress and bend allowance and, of course, skills in riveting. Add to her advantage of small size to fit in tight places, and Marian was qualified to help the war effort at North American Aviation in Kansas City. “When we completed our training in Wichita, we boarded a bus for Kansas City. They hired the entire class,” she recalled.

There were plenty of rooms for rent in Kansas City because so many young men were away from home on active duty. “It was not hard to find a place to stay,” Marian said. She lived with other young women who worked at the aviation plant. “Our landlord was not very nice. We did not eat any meals at her home, but she still required us to surrender our nationally issued ‘sugar coupons’ to her.”

Marian earned 90 cents per hour – a very good wage in 1942-43. Her job involved riveting instrument panels together for B-25 bombers. She felt patriotism all around her as people joined to support the war effort.

She was enjoying the experience and it was about to get better! Friends were telling her about a nice young man in the small tool repair shop. His name was Milo and he was also from Waterloo. Friends were telling Milo about a nice young woman on the riveting line and she was also from Waterloo. It was love at first sight. They were married six weeks later.

Add a memorable wedding ceremony to a whirlwind romance and you have fun stories to share for a lifetime. Marian purchased the Kansas marriage license because of her higher wages at the time. Milo called for a cab and they trusted the driver to get them to someone who could perform the ceremony. The cab delivered the couple to a judge in Missouri who, of course, could not perform the ceremony for a couple with a Kansas license. So, back in the cab. They found a judge at home on the Kansas side of the river. The cab driver and the wife of the judge agreed to be witnesses. Did I mention that it was October 31? The ceremony was interrupted numerous times by Halloween trick-or-treaters.

Milo served two years in the Army Air Corp at Portland, Oregon, before the couple returned to their home base in Waterloo where they raised three children. Milo and Marian turned a whirlwind romance into a 72-year marriage.
The Christiasons are included in the Grout Museum District Voices of Iowa project. Their interviews are among more than 1,600 interviews from 70 counties. It is one of the largest veteran collections of interviews conducted by a single institution in the nation.

A permanent exhibit at the Grout Museum of History and Science, Engines of the Heartland, has a section devoted to wartime production at Waterloo factories. Visitors can learn about John Deere production of transmissions for Sherman tanks, Hinson Manufacturing production of canvas covers and canvas buckets, Powers Manufacturing production of twill jackets for the army, and Jerald Sulky Company production of platform trailers and airport service carts.

Milo and Marian’s courtship was six weeks long. They enjoyed a 72-year marriage.

Nationally, women’s employment increased during WWII to just over 7.25 million in 1943. This was 36 percent of all women of working age. Government figures show 90 percent of all able-bodied single women between ages 18 and 40 were engaged in some form of work or national service by September 1943.

THE ORIGINS OF VETERANS DAY

President Woodrow Wilson announced Armistice Day on November 11, 1919, exactly a year from the day a ceasefire had been signed to end World War I:

Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes, and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly and in furtherance of the common interests of men.

After World War II, veteran Raymond Weeks of Birmingham, Alabama, proposed expanding the observance to celebrate all veterans, not just those who died in the first world war. The idea ultimately caught on and President Eisenhower created the holiday by signing a bill into law on May 26, 1954; Congress amended the bill a week later to change the name from Armistice Day to Veterans Day.

Thanks to all of our residents and employees who have served in the military. We appreciate your service, on Veterans Day and every day.
Words of Wellness:
Stand more, sit less
by Lead Wellness Coordinator
Amanda Lynch

Need a way to boost heart health, build bone and muscular strength, and improve your mood? I have just the ticket! It is as simple as this: Stand up.

Many aging adults spend an average of nine waking hours a day sitting or reclining. Inactivity can lead to declining health behaviors. Sitting too many hours each day increases the risk for obesity, heart disease, diabetes and some cancers.

Those who stand more have increased energy levels, improved mood and decreased depressive behaviors. Standing also allows bones and muscles to engage, strengthen and grow.

Here are a few ideas to get more standing time:

Practice standing when you usually sit.

• Stand at the counter to read the newspaper or watch TV.

Stand and pace while talking on the phone.

Turn TV time into active time.

• Use commercials as a signal to take a break from sitting.
• Do standing chores such as ironing or folding clothes while viewing your favorite show.
• Limit your time to shows you really enjoy. Turn off the TV when you find it dull or boring. Go for a brief walk instead.

Little things always add up.

• Park your car a greater distance from your destination when running errands.
• Walk an extra lap around the grocery store.
• Take a walk around the block or within your building after each meal.
• Climb steps whenever they are accessible to you.

Tracking your progress is another way to stay accountable to your goal of standing more and sitting less. Use a wearable device such as a Fitbit to track your steps throughout the day, or set a timer that will remind you to stand and move more often.

Get up and move; stand and stretch for a few moments, or simply walk around your home. Your health and mood will benefit.

WELLNESS RECIPE OF THE MONTH
Turkey Chili Stuffed Acorn Squash

Ingredients:
• 2 acorn squash, halved and seeded
• 1 pound 93 percent lean ground turkey
• 1/2 teaspoon kosher salt
• 1/3 cup onion, chopped
• 2 cloves garlic, crushed
• 10 ounces Rotel mild tomatoes with green chilies
• 1/2 cup tomato sauce
• 1/2 cup water
• 3/4 teaspoon cumin
• 1/4 teaspoon chili powder
• 1/4 teaspoon paprika
• 1 bay leaf
• 6 tablespoons shredded sharp cheese
• Fresh cilantro for garnish

Directions
Preheat oven to 400F degrees. Spray a baking sheet with nonstick spray.

Place squash halves on the baking sheet, cut sides down. Bake until soft, 30 to 35 minutes.

Meanwhile, in a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces; season with salt and pepper.

When meat is browned and cooked through add onion and garlic; cook three minutes over medium heat.

Add the can of Rotel tomatoes, tomato sauce, water, cumin, chili powder, paprika, and bay leaf.

Cover and simmer over medium-low heat about 25 minutes, stirring occasionally.

Remove bay leaf, flip the squash over and fill each half with 3/4 cup chili.

Top with cheese and bake until melted, about 5 minutes. Top with cilantro.

To reheat, bake in a 350F oven 20 to 25 minutes or until heated through.
News you can use

The Market in Jorgensen Plaza is now open weekdays, 9 a.m. – 5 p.m., and weekends, 10 a.m. – 1 p.m. Market manager Eric Cornish is getting new merchandise daily. Check out the selection of gifts for your holiday list. Some items are available online at www.whcmarket.org

Gift cards are available for The Market, Caraway Cafe, Gilmore’s Pub and Table 1912. Cards are available at the restaurants and The Market.

Daylight savings time ends Sunday, November 4 at 2 a.m. Turn your clock back one hour.

Private dining parties are a specialty of the talented staff at Table 1912 in Jorgensen Plaza. Host your friends and family at a small or large gathering. Contact Table 1912 for options and to reserve a date: (319) 859-9334 or Table1912@westernhome.org

Guest rooms are available in Windridge, Windcove, Windermere and Prairie Wind. They are available on a first come, first served basis. Contact the resident coordinator to see a guest room, inquire about rates or make a reservation.

There will be angel trees at Jorgensen Plaza and Stanard Family Assisted Living with gift tags for items needed/desired by several families of residents and employees. There are three ways to be involved.

1. Visit the Amazon wish list: “WHC Angel Tree” and purchase a gift; it will be delivered to Western Home Communities.
2. Take a tag from the angel tree, purchase the item and return the tag and item – wrapped or unwrapped – to Jorgensen Plaza main desk
3. A cash gift helps our elves fulfill wish lists.

Three projects earned national recognition in the 2018 Mature Media Awards contest: “More to your story” was a series of print and online advertisements that feature the stories of residents. The 2018 calendar drew attention to our residents’ interesting collections. The Can’t Stop the Cleaning video reminded employees that proper and frequent handwashing is the best way to stop the spread of disease.

Will you be gone this winter? Please complete the form below if you would like to receive the Journal while you are away from your Cedar Falls home. You’ll be missed, but we’ll stay in touch through the Journal!

Headed south this winter? Don’t miss The Journal!

Dates I/we will be away_______________________________________________________

Name_____________________________________________________________________

WHC address________________________________________________________________

Winter street address_______________________________________________________

City_________________________________________State_______ Zip__________________

Return this coupon to Pat Beck at Jorgensen Plaza through campus mail. Or feel free to call Pat at (319) 222-2055 or email pat.beck@westernhome.org with the requested information, so you can stay up-to-date on life at WHC while you’re away.
Happy November Birthday!

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<td>Bob Kunkle</td>
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<td>Johanna Schmitt</td>
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<td>Don Rasmussen</td>
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<td>Jake Jacobson</td>
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<td>Jean Oleson</td>
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<td>Jack Hovelson</td>
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<td>Dick Buchanan</td>
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<td>Calleta Koefoed</td>
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<td>Karen Mukai</td>
<td>VTH</td>
<td>November 29</td>
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<td>Maribelle Betterton</td>
<td>VTH</td>
<td>November 30</td>
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<tr>
<td>Eunice Hauber</td>
<td>WHAL</td>
<td>November 30</td>
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Shop small at Jorgensen Plaza

The day after “Black Friday” shopping has become a time to promote the importance of small businesses to a local economy.

Stop by Salon Iris on **November 24 from 9 a.m. to 3 p.m.**, where they will celebrate with this special: When you purchase the soft, luxurious Barefoot Dreams® robe ($115) that will last for years, you’ll receive gifts worth $50 in return - including a gift card to Salon Iris and a full-size Aveda Hand Relief® moisturizing creme!

**The Market** is now open Saturdays and Sundays from 10 a.m. - 1 p.m. Stop by to see the unique collection of gifts for everyone on your Christmas list!
37-year employee leads Christmas project

“Western Home Communities. This is Suzanne. How may I help you?” That cheerful answer to incoming calls is one of Suzanne Makinster’s hallmarks as the leader of our team of receptionists. She’s been on the job since January 1981.

Suzanne has had a front-row seat as the organization has grown from one building to two campuses with more than 1,000 residents. The greatest source of job fulfillment for Suzanne has not changed over the years – enjoying a connection with those residents.

Her best advice to new employees is to take the time to get to know the residents if your job gives you opportunity for that interaction. “You will enjoy moments when your presence made a difference in someone else’s day,” she said.

Suzanne’s parents lived here, so she understands the experience of family members who are supporting their parents’ transition to life at Western Home Communities.

Today, Suzanne supervises a staff of four to cover the welcome desks and switchboard at Deery Suites and Martin Center. They handle more than 200 calls and dozens of visitors each day. “There is plenty of variety!” she says.

Co-workers know Suzanne as the person behind WHC Good Samaritan projects. She organizes the annual angel tree that connects employees and residents who want to fulfill Christmas wishes for families who would not otherwise have a bountiful Christmas. Recipients are co-workers and residents at Western Home Communities. This year, Suzanne will set up angel trees at Stanard Family Assisted Living and Jorgensen Plaza for Well-Being. An Amazon wish list will also be engaged to make it simple to purchase items and have them delivered to Jorgensen Plaza. See page 11 for how you can participate.

Organizing the annual angel tree, visiting residents, helping residents create beautiful greeting cards and simply being a good listener have endeared her to hundreds of resident over the years. “When we focus on the residents, it honors them and helps them recognize their importance,” Suzanne says. “Kindness will always create a fond memory – even in stressful situations.”

Sensors like this one are designed to separate and relay a signal, indicating a door or drawer has been opened.

about her day without paying any attention to the sensors. “It’s there; so be it. So is the doorknob,” she said. The sensors are small and hardly noticeable; you may even forget about them, Pat said.

The atHome team installs the sensors and conducts the interview with a client and/or family. Pruess says it’s an excellent first step for someone who wants to stay at home. Data collected may affirm that additional help is or is not needed.

The month-to-month billy rental includes installation and monitoring by atHome staff, or friends and family. atHome staff checks the reports of clients on the monitored plan each day; they check the reports of clients on the non-monitored plan monthly.

Call atHome at (319) 277-7779 and ask for Melissa Pruess to discuss whether billy would be a good solution for you and your family.
Welcome new employees!

**Assisted Living**
Rafiea Abdeirahim, Resident Assistant, SFAL
Malissa Bergmeier, LPN, SFAL
Janelle Engelbrecht, Resident Assistant-CNA, WHAL
Stephanie Harris, Resident Assistant, SFAL
Lucretia Johnson, Resident Assistant, TS
Ema Lagumdzic, Cook, SFAL
Katie Novak, Resident Assistant, SFAL
Jalia Ravn, Resident Assistant, WHAL
Danielle Riley, Resident Assistant, SFAL
Shayla Washington, Resident Assistant, SFAL

**atHome with Western Home**
Aquarius Bunch, Home Health Aide
Shelby Reader, CNA

**Cottages/Deery Suites/Martin Center**
Evan Akers, Hospitality Coordinator, DS
Bailey Borchering, CNA, CTG
La’Tia Campbell, CNA, MHC
Augusta Casterton, CNA, CTG
Cassidy Cox, CNA, CTG
Michaela Cox, LPN, DS
Raven Fletcher, Hospitality Coordinator, DS
Aspen Hepker, CNA, MHC
Nyesha Jones, CNA, DS
Alexis Kerr, CNA, DS
Stephanie Nee, Hospitality Coordinator, CTG
Cynthia Newson, Direct Care Professional, MHC
Walderlande Nicolas, CNA, DS
Yvania Pompilius, CNA, DS
Cassandra Storlie, Hospitality Coordinator, DS
Teresa Wessels, LPN, CTG/DS
Shantina Williams, Hospitality Coordinator, DS
Tiffany Zeissler, Direct Care Professional, MHC

**Creekside, Grundy Center**
Jodelle Boldt, Hospitality Coordinator/Transportation
Jaclyn Brown, Hospitality Coordinator
Allison Draper, CNA
Kara Fleming, CNA
Zachary Gardner, Hospitality Coordinator
Stacy Miller, RN
Tristan Zoffka, CNA

**Independent Living**
Keunte Alexander, Wait Staff, WM
Miss-Sasha Nelson, Cook, WW
Patricia Novak, Wait Staff, WC
Tayten Taylor, Wait Staff, WC

**Jorgensen Plaza**
Ami Burns, Event Server/Set-Up
Luke Cagley, Dishwasher
Taviana Dunn, Event Server/Set-Up

**Multi-site support**
Erin Reicks, Purchasing Specialist
Tayten Taylor, Purchasing Specialist

**Therapy**
Kim Crowe, Speech Language Pathologist
Jeff Kemp, Physical Therapist
Luke Mangrich, Occupational Therapy Assistant
Christine Vent, Speech Language Pathologist

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**Milestone anniversary**
Congratulations to our employee who is celebrating this month!

**Bronwyn Davies**
5 years
November 20
Martin Center LPN

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**Meet our Employee of the Month, Christie Moore**

Christie joined Western Home Communities in September 2016; she serves residents as a chaplain, with her office at Stanard Family Assisted Living.

Here are a few things employees and residents have said about Christie:

- Christie is always willing to help with any activity and she will walk with residents to make sure they get to the activity.
- She engages with the residents and offers a helping hand and a listening ear to residents and staff members.
- When a regular attendee of hymn sing and Bible study spend a short time in Martin Center, Christie went there and brought the resident to these activities so the resident didn’t have to miss them.
- Christie has a servant’s heart and never hesitates to help someone with a need.

Congratulations, Christie, on being named Employee of the Month for October 2018.
Notes of appreciation

Dear residents, co-workers and friends,

It is difficult to find the words to express my gratitude for the many kindnesses you have shown following the devastating loss of our daughter, sister, mommy, wife, aunt, niece, and friend.

I am so grateful for all you have done. The cards, prayers, visits, hugs, kind words of compassion and caring, and understanding have meant a great deal to me as I struggle with this devastating and senseless loss. Thank you, Pastor Tim and Carolyn Martin, for helping me put one foot in front of the other at times when I don’t think I can make it. Thank you, Linda Bertram, for your wonderful gifts of nutrition when I don’t care if I eat. Thank you for your understanding to those who were scheduled the day I couldn’t complete my workday, and to Carolyn and Lisa Haugen for getting me home. Your support has meant so much to me. Thank you for being there for me. Ann Pixler, WHC massage therapist

Our family is so grateful for Western Home and the wonderful staff. You made Earl’s last days and months bearable with your loving care. You continue to support Carol through the many changes in her life. Thank you for that and for the beautiful rose in memory of Earl. The Will family

Mom loved her apartment for years. And we were so appreciative of the care provided as she moved to care facilities. Thanks for the flower. The family of Alicia Caley (Sue, Tom and Kathy)

The Friends Council members wish to thank all those who donated, volunteered and attended the Annual Friends Breakfast on September 8. A special thanks to Chef Jim and his crew and Amy Dall and her staff. It was a big success and we could not have done it without the help of so many. We are grateful for the beautiful Diamond Event Center so this event can continue to grow. Bev Michael for Friends

Since we have several new neighbors, friends and acquaintances in WHC, I thought I’d share a reminder of how blessed we all are to live in such a loving, caring place. I recently went on the WHC trip to Kentucky (my fourth trip). I must say, they are the best! Carolyn Martin and Susan Steffy were wonderful “chaperones” taking such good care of us (as is always true of whomever accompanies our trip host, Carolyn). If you haven’t signed on for a trip, do so soon! Also, my doctor recently ordered physical therapy for me. I asked that the order be sent to our department here at Jorgensen Plaza. Everyone I have had contact with has been wonderful! Olive, Kristen and Renae are so good. They have shown genuine concern and were helpful in every aspect of my treatment plan...just ANOTHER super perk of living in WHC! Nell Wilson

In sympathy

CONGRATULATIONS TO OUR EMPLOYEE WHO IS CELEBRATING THIS MONTH!

BOARD OF DIRECTORS

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<td>Willard Jenkins</td>
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<td>Vice Chair</td>
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<td>Larry Fox</td>
<td>Secretary</td>
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<td>Greg Schmitz</td>
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<td>Scott Bittner</td>
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<td>Sarah Brown</td>
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<td>Bev Michael</td>
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<td>Sid Morris</td>
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<td>Miller Roskamp</td>
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<td>Martha Stanford</td>
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<td>Bev Michael</td>
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<td>Don Rasmussen</td>
<td>Vice Chair</td>
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<tr>
<td>Helen Bosley</td>
<td>Secretary</td>
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Building Abbreviations

- Martin Health Center: MHC
- Stanard Family Assisted Living: SFAL
- Windhaven Assisted Living: WHAL
- Thalman Square Memory Support: TS
- Willowwood: WW
- Windgrace: WG
- Windermere: WM
- Windcove: WC
- Windridge: WR
- Windcrest Villas & Townhomes: VTH
- Nation Cottage and Thuesen Cottage: CTG
- Prairie Wind: PW
- The Deery Suites: DS

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.

In sympathy

- Donald Klein, WHAL: Oct. 19
- Jerry Cole, VTH: Oct. 13
- Tony Grundmeyer, DS: Oct. 13
- Jane Lampe, CTG: Oct. 9
- Orville Harberts, DS: Oct. 7
- Kathleen Whiteman, MHC: Oct. 7
- Arlene Samuelson, SFAL: Oct. 4
- Joann McGlaun, MHC: Sept. 25
JORGENSEN PLAZA
GIFT CARDS

Always in style