Dry days helped late summer construction move right along at Jorgensen Plaza for Well-Being and the Restorative Suites, attached at the plaza’s north end.

Crews dug the swimming pool in late September and poured west side parking lots and sidewalks. The restaurant kitchen floor will be installed the second week of October, followed by appliance installation and painting.

Work is on track for completion in the first quarter of 2018; the kitchen will open sooner to serve Prairie Wind residents.
Thanks to all who helped ensure another successful golf outing!

Platinum VIP Partner - $5,000
- AHTS Architects
- Cardinal Construction
- Martin Bros. Distributing
- Ryun Givens & Co.

Gold VIP Partner - $2,000
- Jacobson Financial Services
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- ColorFX
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- East Bremer Diner
- Fogt Family Farms
- Impact Interiors Group
- Iowa Wall Systems
- Matthis Landscaping
- Michael Painting & Decorating
- Oleson Sod Co.
- Western Home Board of Directors

Your support of the golf outing and the benevolent care at Western Home Communities is truly appreciated!

Cathy Rottinghaus, Director of Development Mary Taylor, Kim Manning and Cedar Falls Mayor Jim Brown pose before teeing off at Beaver Hills Country Club.

Board member Greg Schmitz, financial advisor Pat O’Leary, insurance representative Jason Norton and CEO Kris Hansen hit the links.

Windcove resident Rodney Tomson, right, clowns around with COO Jerry Harris.

Jack Dusenbery, president & CEO of Wheaton Iowa, leads off for a Covenant Medical Center foursome.
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 September 15.

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:

Berdena Beach
Denny & Linda Bowman
Susan Card
Jerry & Beth Harris
Bob & Bonnie Humble
Neysa Klepfer

Dick Beal
Anita Dowell
Dean & Sherrie Dreyer
Jane Mertesdorf

Mary Jane Boorom
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Joe & Tristan Smeins

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Jean Leonard
Betsy Altman
Mervin Andersen
Renee Bridenstine
Linda Brooks
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Clive & Mavis Cook
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Norma Hassman
Bev Haugen
Carroll & Billie Johnson

(Continued on page 4)
(Continued from page 3)

Jerry and JoAnn Kramer
Jerry & Marian Larson
Doug & Sandy Lawry
Joan Lindaman
Lee & Amy Lindgren
Lawrence & Barbara McDonald
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Glen Henry
Dorthie Hook Estate
Patty Martin
Sid & Alvira Morris
Vicki Neessen
Jo Potter
Craig & Holly Schwerdtfeger
43rd Annual Breakfast a success

On September 16, nearly 500 people enjoyed scrambled eggs, ham, country potatoes and biscuits, plus bottomless cups of coffee and juice. This year’s proceeds support the Prepare to Care class expansion, so more caregivers can be trained at Western Home Communities. Thanks to all who organized, volunteered, sponsored and attended!
Thanks those who sponsored the 43rd Annual Breakfast and helped make it a success!

Presenting Sponsor
Dahl-Van Hove-Schoof Funeral Home

Food Service Sponsor
Martin Bros. Distributing

Contributing Sponsors
Greta Magee
Craig and Holly Schwerdtfeger
Berdella Wehrmacher

Donating Sponsors
Don and Donna Jean Brown
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Farmer Brothers
Connie Hansen

For a list of table sponsors who contributed $100 each to support the breakfast, please visit www.WesternHomeCommunities.org/events.

Volunteer Uyntha Duncan stays busy with coffee refills.

Don and Marlene Rasmussen survey the choices in the breakfast buffet line.

New Prairie Wind residents Dave and Bette Lewis arrive for the breakfast.
"Reflections from the Home Team - Go the Distance"

Dave Welter, our guest speaker at the September 7 Friends program, is familiar to many residents because of his career as a Cedar Falls teacher, principal and coach, and as a Western Home Communities van driver.

Dave shared his cancer journey which began in 2009, just as he turned 55. There were many ups and downs on the journey that he experienced other amazing who were also seeking physical and emotional healing. "To be a person is to have a story to tell," Dave said as he shared three stories of difficult situations when help, guidance, understanding made things better. Through their stories, he gained wisdom and perspective:

"Some roads through life have sections with very sharp stones."
"We or others may be without shoes."
"Sometimes rocks are treasuries."
"There is no one way to stack the stones."
"Be ready, because you may be the difference in someone's life at any moment of the day."
"The very thing that hurts and wounds can help others."

Dave had copies of his book; "Reflections from the Home Team" that he signed and sold to participants. His website includes quarterly blog updates and details on his book.

www.reflectionfromthehometeam.com

Governor’s volunteer award presented to Ohls

Larry and Linda Ohl have faithfully served the Friends resident store in Stanard Family Assisted Living for 10 years. Each week they inventory what is needed and shop for replacement products, then price and stock the store so its ready each day. Not only do they give generously of their time, they care for the residents and enjoy visiting with them on a weekly basis.

The Governor’s Volunteer Award is a recognition of their service and commitment to their role at WHC. Each received a certificate and pin from Governor Reynold and Lt. Governor Adam Gregg.

Revisiting the 50s

Life-long Cedar Falls resident and former teacher Rita Congdon took participants at the August Friends program on a trip down memory lane to the early 1950s. Rita was invited by the Cedar Falls Historical Society to do a Christmas program and she chose the early 1950s because of the influence the era had on her life and because the time was mostly uplifting and positive for families in Cedar Falls.

Although the pace of change in the 1950s was slower paced than today, cultural trends created memorable change and set the stage for changing family and work life in the decades to follow. Soldiers were back from WW II, rationing was over, store shelves were full, the baby boom was in full swing, and the availability of new mass produced products reminded consumers that the hard times of the depression and war were over.

Rita shared a wealth of fun facts on prices, homes, cars, family life, packaged foods, clothing, social norms, sports, radio, TV, family activities, popular entertainers, books, radio and TV shows, and movies. Rita invited the audience to share their memories of the 1950s.

For Friends of Western Home, Mike Seavey
Chaplain’s Corner:
Adversity shapes God’s people
by Rev. Tim Boettger, Director of Spiritual Care

Life is hard to predict. “No one knows what will happen tomorrow,” we learn in James 4:14. We experience surprise blessings – a visit from family, the birth of a baby, a clean bill of health. Conversely, traumatic events catch us off guard and change the course of our lives.

As I’ve thought about the devastation from hurricanes, earthquakes, and personal challenges faced by many friends and family, I’ve centered on what the Bible tells us about adversity.

1. In God’s great wisdom and love, He allows adversity with the intent of providing great opportunity for our good and great potential for displaying His Glory (1 Peter 1:6-7).

Recently, I visited my after a horse and buggy accident left him with a concussion, four broken ribs and a broken pelvis. His pastor stopped by before surgery and asked if he could share an encouragement from scripture. My father loves the Lord and welcomed that.

The pastor read Romans 8:28-29: “We know that in all things God works for the good of those who love Him, who have been called according to His purpose.” Then he asked my dad if he knew what the good was that God is always working in our lives. Lying in the hospital, Dad didn’t have an immediate answer, so the pastor told us it’s found in the following verse: “…those God foreknew, He also predestined to be conformed to the image (or likeness) of His Son.”

On that day I was struck anew by the harshness of adversity God sometimes allows, and the marvelous goal He is working toward in the midst of it.

2. It is often in weaknesses and challenges when God gives us the greatest opportunities to get glimpses of His glory and greatness, as we learn to rely more fully on the strength and love of our creator. We get to know Him as the God of rescue, strength and comfort, and the provider of everything we know and have in life.

Whatever adversity you may face, turn to Jesus and trust Him. God’s love for us is clearly demonstrated by Jesus and His willingness to endure the suffering of the cross as an atonement for our sin. He relates to us in suffering and empathizes with our pain. Jesus wants us to experience His love and life-changing power. So the question is, will we keep turning to Him, trusting and relying on Him in spite of our adversity?

I hope today finds you resting in the hands of the Almighty. There is no better place to be. “The Lord is good, a refuge in times of trouble. He cares for those who trust in Him,” (Nahum 1:7).

Join us for worship this month

9 a.m. Downtown Chapel
October 1 Don Sauser (communion)
October 8 Garry Moore
October 15 Tim Boettger
October 22 Garry Moore
October 29 Garry Moore

11 a.m. FreshWind Worship at Windcove
October 1 Tim Boettger (communion)
October 8 Tim Boettger
October 15 Tim Boettger
October 22 Tim Boettger
October 29 Tim Boettger
Bob Olson’s creations feature glass and light
See stained glass artist at October 28 Craft show and sale

Come to the annual craft show and sale Saturday, October 28, to see Bob Olson’s stained glass creations. Bob’s been sharpening his skills as a stained glass artisan for 20 years, adding to the complexity of his artwork over time. You can see his stained glass in Western Home residents’ windows, on Christmas trees and even on the front door side lights where his custom designs give villa and townhome entries extra personalization.

A customized side light window for Zwanzigers’ villa was on Bob’s workbench in the Rownd Barn this summer. It includes glass panels with mourning doves, commissioned fused glass pieces created by glass artist Shari Harbert of Grundy Center.

Bob began exploring his creative side 20 years ago when he was spending winters in Mesa Arizona. Over the years, he’s worked on his skills as a silversmith, potter and woodcarver. “This creative output comes through me not from me,” he said. He is sharing his story to encourage people to pick up a hobby – not to gain attention for his stained glass. Bob uses his handiness in his volunteer work, too. He is Mr. Fix-it at Worlds Window where his wife Rhoda has been a volunteer for 25 years.

This fused glass panel – glasswork by Shari Harberts – will be incorporated in the custom side light panels Bob created for Dave and Karen Zwanziger. The mourning dove is a favorite bird of the Zwanzigers.

**Craft show and sale**

**Saturday, October 28, 9 a.m. – 1 p.m.** 5311 Hyacinth

Vendors and exhibitors:
- Bob Olson, glass ornaments, glass art
- Bob Lee and Ron Bro, useful and decorative wood items
- Bonnie Davis, decorative lettering
- Pam Hileman, pottery and pot holders
- Hank Morris, walking sticks
- Mary Lou Snyder, woodcarving --display only
- Esther Owczarek, handmade cards
- Ray Frederick, cards
- Kim and Pearl Hanson, towels, table toppers, quilted baskets, etc.
- Peggy and Suzanne Makinster and Bernice King, cards, gift bags, Bernice’s bracelets
- Sandra Magnuson, embroidered sweatshirts, misc.
- Lorna Ericson, decorative items and knitting
- Cleo Cross, crocheted dishcloths, afghans, scarves
- Eldon Hayes, wine bottle stoppers
The annual event, held September 7 in the maintenance barn on south campus, had a record crowd and required two “dance floors” to accommodate everyone!

Anneliese Brooks of Willowwood gets in the swing of things!

BJ and Mike Jessen of Windcove dressed in style for the shindig.

Diners get service with a smile from music therapist Megan Steepleton.

Sunlight streams in on the dance floor as line dances begin.

Eric McCullough of Prairie Wind (left) and Glen Groothuis of Windcove get to catch up at the event.

Ray Frederick and his daughter danced the night away.
Hawkeye Buffalo Ranch tour inspires visitors

Ever fed a bison? A group of 34 residents and employees found it a bit comical during their September 15 trip to Hawkeye Buffalo Ranch near Fredericksburg.

After riding a wagon into the woods, the group was given corn on the cob treats to share with the animals that approached. Farm owner and wagon tour host Dan McFarland instructed: “You just shove it real hard into their mouth!”

McFarland and his daughter manage the 500-acre Heritage Farm (a designation earned by farms held by one family for 150 or more years). The tour included a history lesson about their family farm and bison, plus a Lakota Sioux smudge ceremony; Native Americans burn herbs including sage as an energy-cleansing ritual.

The McFarlands sell their bison meat to the public. It’s similar to beef, yet much more lean.

Thanks to Ginnie Garrison for sharing her photos from this day trip!
Words of Wellness: Dare to Dream
by Wellness Coordinator Amanda Lynch

October brings many things full circle for me. The sights, smells and beauty of fall surround us. During October, I try and have a better focus on my health: I dream BIG in the month of October. The change of seasons inspires me to think about my health and well-being and what I want to accomplish the rest of the year and into 2018.

Today, I want you to dream about your well-being. Dig deep and think about where you could be in a week, a month, maybe even in the next year. How big can you dream? What goals could you accomplish? What areas of your well-being need improvement? How can you change your path to better living in all aspects of your life?

Take it a step further and write down your thoughts or share them with a friend. I have found that the dreams that I share with others can become a reality when I speak them and hold myself accountable for them.

Keep dreaming about the possibilities for yourself. There is no stopping what could come next for your well-being!

WELLNESS RECIPE OF THE MONTH
Strawberry Bruschetta

Ingredients
• 4 thick slices whole-wheat bread
• 6 tablespoons light brown sugar
• 1 teaspoon grated lemon zest
• 2 teaspoons lemon juice
• 3 cups sliced or diced hulled strawberries
• 4 tablespoons mascarpone, (Italian cream cheese)

Directions
1. Toast bread in a toaster.
2. Meanwhile, heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring, until the sugar melts and the mixture begins to bubble, 30 seconds to 1 minute. Add strawberries and stir until juices begin to exude and the berries are heated through, 30 seconds to 1 minute more.
3. Spread 1 tablespoon mascarpone on each piece of toast. Top with the warm berries.

Join Iowa’s Healthiest State Annual Walk

Wednesday, October 4

8:30 a.m. Meet at Windridge for south campus walk
1:00 p.m. Meet at Willowwood for downtown campus walk
Get the flu shot!

by Richard Frankhauser, M.D.
Medical Director

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Millions of people get influenza each year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes – each year.

The flu vaccine reduces the risk of flu by about 50-60 percent. The likelihood that flu vaccine will protect a person from flu illness depends on at least two factors:

1. The characteristics of the person being vaccinated, such as age and health.
2. The “match” between the flu viruses that season and the viruses chosen for the vaccine.

The benefits of flu vaccination:

- Can keep you from getting sick and, if you do become ill, may make your illness milder.
- Can reduce the risk of flu-associated hospitalization.
- Can prevent disease in those with chronic health conditions.
- Protects women during pregnancy.
- Protects people around you who are more vulnerable to flu, such as babies and older adults.

The flu vaccine cannot cause flu illness. The vaccines we use have been inactivated and are, therefore, not infectious. They can cause soreness, redness and swelling at the injection site, low grade fever and aches. These are mild and short-lasting side effects.

In randomized, blinded studies, where some people get inactivated flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There was NO difference in terms of body aches, fever, cough, runny nose or sore throat. The largest study included 10,000 people.

The recommendations for vaccination of people with egg allergies have changed. People with egg allergy can receive any licensed, recommended age-appropriate influenza vaccine. People who have severe egg allergies should be vaccinated in a medical setting be supervised by a healthcare provider.

Who should not get a flu vaccination:

1. People who have a moderate-to-severe illness with or without fever; they should wait until they recover.
2. People with a history of Guillain-Barre syndrome that occurred after receiving influenza vaccination.

Our goal at Western Home Communities is to have all employees and residents receive the flu vaccination. This practice protects residents, employees and their families.
Mending and clothing repair services have returned to the Western Home Communities. Gopherettes, a group of volunteers for The Arc of Cedar Valley, have set up shop near Stanard Family Assisted Living commons; they gather to mend and repair on every other Wednesday. Residents’ mending projects can be sent forward to SFAL Gopherettes, care of Carolyn Martin.

Thanks to Arc board member Ronda Eick, Senior Director of Assisted Living, SFAL, for making this important community connection. Watch the November Journal for a feature story on the Gopherettes.

Dr. Elaine Eshbaugh, an expert on aging and dementias, will present Alzheimer’s and related dementias: a person-centered approach, a three part course. Dr. Eshbaugh is a professor of family services and gerontology at University of Northern Iowa. This is the final course in the fall 2017 Lifelong University series.

It meets Wednesdays, November 1, 8, and 15, at Windcove, 5300 South Main, 10 – 11:30 a.m. This course will focus on the basics of Alzheimer’s and related dementias (e.g., Frontotemporal Dementia, Dementia with Lewy Bodies, Vascular Dementia). We will also cover strategies for communication and improving quality of life for both individuals and caregivers.

The class size limit is 12. Try the first class for free before deciding if you would like to continue with the rest of the classes. Please still register to attend prior to the first class.

The fee is $40.

For more information or to register, visit the Lifelong University website at www.uni.edu/llu or call University Events Coordination at (319) 273-5141.

For the third straight semester, more than 100 Western Home Communities residents are meeting one-on-one with UNI students in Kathy Oakland’s human relations course. They spend at least ten hours together, getting to know and learn from each other. Thanks to all the residents who’ve volunteered and to Director of Volunteer Services Carolyn Martin who makes all those matches! It’s a worthy investment of time.

Dylan Schaffer, left, gets acquainted with Willowwood resident Bruce McCart.
I wanted to tell you all how much I appreciated your care for my mom, Jean Leonard. We could not have asked for better care and I mean that 100 percent. Everyone treated Mom and our family with the utmost respect. All of you hold a special place in my heart. Thank you so much. Fran Venter

Thank you so much for the rose and bud vase. Also, thank you for caring for Wayne in his last days. We were all very happy with the respect he was shown and the loving care he received. God be with you. The family of Wayne Meyerhoff

The family of Jean Leonard would like to thank all the staff at Martin Center for the excellent care you gave our mother form July 24 until she passed away August 12. The nurses, CNAs and housekeeping staff treated our mother with respect and kindness. We especially appreciate the friendliness and patience show to our mother, other rather and to all our extended family during our daily visits. It was comforting to know that our mother was in good hands during this most difficult time for our family. Thank you for the lovely rose you sent for Jean’s funeral. It was greatly appreciated by the family. The family of Jean Leonard

Thank you for the care you gave Elmer during his stay at the Western Home. You have very caring nurses and aids who helped both him and all of us a lot. – The family of Elmer Wittenburg

Thank you so much for the awesome care you gave to my dad, Clair Chase. Your compassionate care went beyond the routine required cares and for that we are grateful. You also supported my mom with hugs, words of support and delivering trays for food and snacks to her. The sending service after Dad passed was so meaningful and healing. Thank you. I hope each and every one of you know how much we appreciate you. Nancy and Lance Anderson.

Our family wants to thank you for the care our dad received while at Martin Center. You all helped us through a sad and trying time. The prayer send off and shawl were very significant and special to us. The family of Milo Weltruski

Thank you to all the nurses and therapists and staff who helped me move forward. Mark Ewing

Thank you so much for coming to Dick’s funeral, for your kind words, and for the red rose. We really appreciate your help and kindness. The Family of Dick Beal

This gift honors my father, Don Tandy, who passed away April 28. He was a former member of your staff for many years in various capacities. He had a servant’s heart and enjoyed working with people, which mad eth Western Home an ideal place for him to work after retiring. He’d often express how rewarding his job was no matter what his position was at the time. He enjoyed working with the staff and getting to know the residents. His life was enriched through working here. May God bless you all as you continue to serve and bring joy to your residents. Kate Tandy Luchtel

We are so grateful to be residents of the Western Home Communities. The wait staff, maintenance, cleaning staff and now the Martin Center staff are so helpful, cheerful and have made our lives very pleasant. Thank you, all. Jerrold and Susan Jacobsen

I decided to move back to Norway, so sadly I will no longer be able to volunteer with Western Homes... However - I want to thank you for giving me the opportunity to volunteer with You. The experience was such an eye opener, that I decided to start working at a nursing home back in Norway and also start nursing school here. I am so, so grateful for the many experiences and good times I have had with Western Homes! Thank you, again, Elise Pollestad Ystenes

From Director of Volunteer Services Carolyn Martin: Elise did a ten-hour student assignment through a UNI class last spring. It apparently had a huge impact. Thank you for welcoming students and other volunteers.....we are fulfilling lives!

Thank you so much for the thoughtful flowers. The Diemer family

Thank you to Western Home Communities for the beautiful red rose you sent for Paul’s memorial service. Also to staff and residents for the many acts of kindness, prayers and support. With grateful appreciation, Joanne Helland and family

I want to thank the nurses and CNAs, first floor Martin Center, for the care and thoughtfulness they gave to my husband, Leo, in his final days. They also helped both Denise and myself through this difficult time. A huge thank you for the beautiful memorial service provided by Pastor Tim Boettger and the music offered by Patrick Jones. The service was very meaningful to me and my family. Joan Ogden
Happy October Birthday!

Joe Sutula  SFAL  October 4
Bonnie Gielau  MHC  October 5
Lloyd Fosse  SFAL  October 5
Aurelia Harringa  WC  October 5
Dee Lynch  WC  October 5
RosaLee Kurtz  WG  October 5
Dean Ohrt  PW  October 6
Dorla Hill  TS  October 6
Chris White  VTH  October 6
Russell Mager  SFAL  October 7
Janice Larsen  VTH  October 7
Marilyn Roudebush  VTH  October 7
Roger Ludwig  VTH  October 8
Isabel Johnson  WHAL  October 8
Leona Flynn  CTG  October 9
Edward Leonard  WC  October 9
Jean Bilyeu  WHAL  October 9
Phil Heath  WM  October 9
Barbara Cox  WR  October 9
Donald Wood  WR  October 9
Marvin Hudwalker  PW  October 10
Mardelle Koch  PW  October 10
Hank Morris  VTH  October 10
Berwyn Johnson  WC  October 10
Dick Michael  VTH  October 12
Lois Hansen  WM  October 12
Ray Frederick  WR  October 12
Marge Reisner  CTG  October 13
Betty Bolster  MHC  October 13
Marv Dillavou  VTH  October 13
Elton Green  VTH  October 13
Louis Cutshall  WC  October 13
Tom Huss  WM  October 13
Pat Erusha  WR  October 13
Louise Frevert  WR  October 13
Murtis Smith  WR  October 13
Dick Berky  WW  October 13
Thomas Fuller  MHC  October 14
Virginia Emmert  SFAL  October 14
Belva Rhoads  SFAL  October 14
Kathy Agness  VTH  October 15

Dode Nieman  WHAL  October 15
Vernette Wrider  WR  October 15
Bill Bright  VTH  October 16
Bill Griggs  VTH  October 16
Carol Henderson  MHC  October 17
Carol Cox  VTH  October 18
Bev Fish  VTH  October 18
John Deery  WR  October 18
Cynthia Turner  TS  October 19
Jill Mortenson  PW  October 20
Dolores Trimble  SFAL  October 20
Norma Hassman  VTH  October 20
Doris Rottinghaus  WHAL  October 20
Richard Hileman  VTH  October 21
Mary Cordes  WC  October 21
Martha Christensen  WR  October 21
Lee Lindgren  VTH  October 22
Audrey Young  WG  October 22
Martha Stanford  VTH  October 23
Norma Walther  WC  October 23
Norman Meyers  MHC  October 24
Harriet Picht  SFAL  October 24
Marsha Flater  VTH  October 24
Daryl Cameron  SFAL  October 25
Russell Mattox  WR  October 25
Art Van Erem  SFAL  October 26
Bob Way  VTH  October 26
Janet Doud  PW  October 27
Don Erusha  WR  October 27
Karen Eastland  VTH  October 28
Mary Rittgers  VTH  October 28
John Maughan  VTH  October 29
Pearl Goos  WC  October 29
Susan Runkle  WC  October 29
Wanda Chase  WW  October 29
Glen Roster  SFAL  October 30
Elaine Logue  VTH  October 30
Alma Heath  CTG  October 31
Jacque Leutzinger  PW  October 31
Clair Rowe  WR  October 31
Judy Crew’s 30-year service anniversary is October 6

Judy Crew’s 30 years of service at Western Home means she’s in an elite group of 30-year employees who have witnessed a good chunk of Western Home’s history. Judy even has childhood experiences in the building where she now works as SFAL Secretary. “My earliest memories of Western Home included performing duets for the residents when my mother was a volunteer pianist.” Judy’s aunt was the executive secretary to Western Home Superintendents JL LaFavre and Don Iles.

Judy’s pre-Western Home employment experience included working as a teacher’s aide, a trucking company secretary, and an assistant in the Billy Graham organization. Turns out that’s pretty good preparation for a long and fulfilling career in senior living! Judy never keeps her light under a bushel basket; co-workers and residents know she is grateful for the grace of God that has brought her joy through good and tough times.

“I raised three kids and one grandchild while I worked here, so Western Home has been a witness to my life, too. I have had several bosses, but each one placed a high value on family life and made it possible for me to support my aging parents and to be present for important events in my children’s lives.” When Judy’s son died, the chaplain helped her through the struggle.

“We have a really good feel in this department. It is like a family – and I don’t say that lightly. We truly miss the residents and their families when we are no longer caring for them,” she said.

After 30 years of service, Judy has plenty of stories and she’s not telling them – “to protect the innocent.” She found a fellow practical joker in co-worker LPN Vicky Clemmons, who is now a resident. “She taught me everything I need to know about the medical field and we had a lot of fun along the way. She was a good nurse and a wise and trusted leader.”

Back in the days when Judy and Vicky kept their lunches cool on the window sills, Judy’s skill were put to good use developing a filing system, designing a consistent charting protocol and organizing piles and piles of records. She designed forms with a pencil and ruler. When Kris Hansen delivered a computer to her desk and invited Judy to get back to him if she had any questions, Judy had to track him down to get the computer turned on.

Judy attributes her longevity to an alignment of values. “Western Home stands alone in its ability to recognize senior living needs in the community and then to fulfill those needs very, very well,” Judy said. “I can say with a lot of pride that I work at Western Home.”

Congratulations!

Judy Crew  October 6  30 years  SFAL Assisted Living Secretary
Welcome new employees

Assisted Living
Caleb Carlson, WHAL Food Service
Kira Gilbert, SFAL Food Service
Elizabeth Hunemuller, SFAL Food Service
Kayshe Miles, SFAL Activities Assistant
Gina Schilling, SFAL Food Service

atHome with Western Home
Jamie Althiser, Home Health Aide
Rylee Dickey, Home Health Aide
Cassidy Flory, Caregiver
Lori Genschaw, Home Health Aide
Haley Hesse, Home Health Aide
Lucille Lohman, Home Health Aide, Dubuque
Tara Mayes, Home Health Aide
Alayna McCalley, Caregiver
Hannah Pearcy, Caregiver
Rebecca Schanke, Caregiver
Julie Shepard, LPN
Christine Storey, RN

Creekside, Grundy Center
Molly Ott, Nurse Mentor

Independent Living
Joel Bruss, WW Wait Staff
Nicole Carpenter, WC Wait Staff
Garret Geerdes, WC Cook
Kelsey Hayes, WR Wait Staff
Jetsina Petersen, WM Wait Staff

Martin Center
Jaclyn Brown, Food Service
Rain Eastman, CNA
Alexander Jamieson, LPN
Olivia Peterson, Direct Care Professional
Belissa Smith, Direct Care Professional

Multi-site support
Don Walsh, Medicare Billing Specialist
Mary Beth Wood, Human Resources Specialist

The Cottages
Ashley Betts, Lead Hospitality Coordinator
Baylee Frisch, Hospitality Coordinator
Esmeralda Mrzljak, CNA
Bailey Nelson, CNA

Meet Employee of the Month, Shanice Duff

Shanice joined Western Home Communities in December 2015 and works as a CNA in Martin Health Center. Residents, families and co-workers say:

• Shanice is a great worker and a valuable asset to the team.
• She is kind and caring to all residents.
• Family members take comfort in knowing someone like Shanice helps care for their parents.
• Shanice truly has a servant spirit and is always finding ways to put people first.

Your Western Home Communities family congratulates you, Shanice, on being named employee of the month for September 2017!
Former employee offers thanks

Hunter Tiller, a former Windgrace wait staff member, wrote a long and thoughtful thank you note to residents. This is selected excerpts.

I appreciated all the good moments and wisdom I’ve received from you. From being patient with me when I first started serving and could hardly take a single table to taking five tables and putting all my efforts toward it. Being able to come to work and serve some of the most deserving, generous, and kind people was beyond a privilege for me.

I know that I brought joy to people in the building but is was not as much as you gave me. I want to thank the cooks for their hard work and good laughs we’ve shared. I was part of the wait staff to serve the residents food and build friendships but I was never told that in return, they would serve me smiles and laughs for months on end. Although I have gotten a new job and am continuing on with my life, each and every one of you will never be forgotten.

Thank you for everything. Hunter Tiller
Chris and Bob’s friendship was born in a barn. A round barn, that is, where hobbyists gather on campus. Chris occasionally ‘borrows’ Bob’s 90 year-old eyes to examine his tiny clock parts; Bob relies on Chris to ‘keep him in line.’ Or does Bob keep Chris in line? They enjoy each other’s antics and are happily surprised at their later-in-life friendship.

Find the rest of the story at WesternHomeCommunities.org/yourstory.

Contact Maria Murphy today to start writing your next adventure!

(319) 277-2141