Employee honored with statewide award

Beth Hines, a 12-year employee, received the 2018 Support and Service Professional of the Year Award from LeadingAge Iowa at its fall conference.

Beth brings an upbeat, fun-loving personality with her to work as the household coordinator at Nation Cottage, home for 16 people who live with dementia. She jokes, sings and laughs often, but is serious about creating household life that is normal, spontaneous and full of new experiences.

Peg Brown’s mom moved into Nation Cottage in May 2017. Peg says Beth led the team in making sure Lu was well-dressed and wearing jewelry that matched her outfit, every day, because they knew that was how she lived all her days before.

“I thought Mom would live forever,” Peg recalls, “until the day Beth told us about hospice. I was shattered. Beth and the entire staff were there for us, counseling and supporting until the end. Beth continues to call to see how I am doing. She invites our family to cottage events and parties so we can visit with Mom’s friends. We are immensely grateful.”

Another resident’s daughter, Holly Schwerdtfeger, says Beth changed her family’s life.

“I truly believe Beth and her staff gave my family 13 more months with Dad because of the loving, knowledgeable care they bestowed upon him,” Holly wrote in her letter of support for Beth’s nomination. “Beth once told me, ‘You can learn so much from elders and all people if you just take the time to listen.’”

Congratulations, Beth, and thank you for the leadership and love you bestow on residents and family members at Nation Cottage.
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 Sept. 17. 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
Bob & Rosemary Beach
Ed Brown
Mike & Joann Apling
Doug & Karne Boelman
Dot Clausen
Marcia Colwell
Judy Finkelstein
Marlys Folkers
Louise Frevert
Mark & Mary Hotwagner
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Dwayne & Kathleen Mueller
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Marcia Colwell
Loretta Dykes
Lorna Ericson
Don & Pat Erusha
Miriam Krallman
George Weseman
Sue DeBower
Employee Appreciation Fund
For Greg Powell, transportation – anonymous
Thanks to all who helped ensure another successful golf outing!

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

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

Gold VIP Partner - $2,000
- PDCM Insurance
- Lee Agency
- Jacobson Financial Services
- NuCara Home Medical/NuCara Pharmacy

VIP Partner - $1,000
- Correll, Sheerer, Benson, Engels, Galles & Demro
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- Larry K. Fox & Assoc.
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- Kris Hansen
- Scott and Joyce Hornstein
- Iowa Wall Systems
- Swisher & Cohrt Law Firm
- Town & Country Home Improvement
- Unity Point Health - Allen Hospital

Tournament Partner - $750
- Benton’s Sand & Gravel
- K. Cunningham Construction
- Richardson Funeral Home

Hole Sponsor - $250
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 Larry & Lorraine Tonn
 Lura Treloar
 Don & Miriam Walker
 Joyce Warm
 Earl & Carol Will
 Lois Wishmeyer
 Good Samaritan Fund
 Marcia Colwell
New location works well for annual breakfast

The 44th Annual Breakfast by Friends of Western Home Communities moved to Diamond Event Center this year and raised at least $16,000 that will be used to enhance the lives of Western Home Communities residents, in particular by supporting the installation of pickleball courts on Hyacinth Drive. The Friends Council would like to thank event coordinator Amy Dall and executive chef Jim Nadeau for their assistance.

Special thanks to the volunteers who served and sponsors who donated:

**Presenting Sponsor**
- Dahl - Van Hove - Schoof Funeral Home

**Contributing Sponsors**
- Martin Bros. Distributing
- Holly & Craig Schwerdtfeger

**Donating Sponsors**
- Donald E. Brown
- Cabinets Galore
- Uynthia Duncan
- Gary & Marlys Karkosh
- Dennis & Cheri Stoneman

Villa resident and volunteer Carol Draper juggles coffee and juice refills.

More than 100 table sponsors were also recognized at the breakfast. Thank you for your support!

About 600 people attended the breakfast between 7 and 10 a.m. on September 8.
Vote early October 18 at Diamond Event Center

Avoid long lines on election day. Residents, employees and any voter registered in Black Hawk County may cast their November ballots early this year.

**Diamond Event Center  Thursday, October 18,  9 a.m. - 3 p.m.**

The Black Hawk County election office will staff and operate this satellite voting location.

Plan now to make a morning or afternoon of it: Ride the free shuttle to Jorgensen Plaza and exercise your right to vote!

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**Travel the Baltic Sea at next program**

What’s the difference between Holland and The Netherlands? Learn that and more at the next Friends program. Villa residents Gary and Donna Brown will recount their visit to countries along the Baltic Sea and share stories of Viking history.

**Wednesday, October 10, 10:30 a.m. Windridge**

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**Animal rescue becomes lifelong passion**

Bruce Earnest brought stories of his nationwide experiences as an animal rescue worker to the August Friends program. It all began at age 11 when he volunteered at the Black Hawk Humane Society. He is currently a volunteer and staff member of the American Society for the Prevention of Cruelty to Animals (ASPCA) and the Cedar Bend Humane Society.

The ASPCA is involved with disaster and cruelty responses nationwide and in US territories. The network includes 400 local animal welfare organizations and 2,000 trained responders. Bruce has been involved with disasters including Hurricane Katrina that overwhelmed local resources and required the ASPCA to bring volunteers, equipment and all support systems for rescue endeavors.

After a disaster where thousands of pets are saved, ASPCA partnerships with local organizations are key to finding new homes for pets across the country. ASPCA actively participates in the investigation and prosecution in criminal incidents of animal cruelty or neglect.

Bruce is the son of villa residents Ken and Perri Earnest. There is more information about ASPCA online: www.aspca.org.

_For Friends, Mike Seavey_
Chaplain’s Corner:
What has happened to me?
by Director of Spiritual Care
Tim Boettger

We are walking through Paul’s letter to the Philippians in Bible studies and worship services. In Philippians 1:12, Paul speaks of “what has happened to” him. Sometimes in life we make things happen by our decisions and actions; at other times, things happen to us. In 2 Corinthians 11:24-27, Paul lists a number of things that had happened to him in his life. He lists being whipped, stoned, shipwrecked and beaten, as well as going without sleep, food and shelter.

As I write this, a category 4 hurricane bears down on the east coast. Many lives are being radically disrupted. Storms, sudden tragedies, and unplanned changes in life can all serve as reminders to us that there are many things beyond our control.

Perhaps you are experiencing a number of changes in your life at this time. Can I give you some encouragement from a popular Christian song of the day entitled “Eye of the Storm”? Songwriters Bryan Fowler and Ryan Stevenson remind us, “In the eye of the storm, You (the Lord) remain in control.”

The Scriptures are clear that the Lord “rules forever” and His “throne is from generation to generation” (Lamentations 5:19). The Bible is also clear in its revelation that God is good and loving in all He does, and allows (Psalm 107:1, Psalm 145:9).

It is always our choice how we react to the things that happen to us in life. We can choose to play the victim, get mad at God and others, and wallow in self-pity. Or, we can choose to grow in our trust and confidence in the Lord and keep moving forward in faith. It is our choice.

Paul is an amazing example for us. He maintained an amazing confidence in God no matter what happened to him. Do you need a little more faith in life? Join us as we study Paul’s life in Bible study and worship.

I leave you with one of my favorite quotes. It is framed above the door in our home that leads to our garage as a reminder to our family when we leave.

**Attitude**
The longer I live, the more important I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than successes, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it.

And so it is with you. We are in charge of our attitudes. – Charles Swindoll

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**Join us for weekly worship this month**

**SFAL Chapel 9 a.m.**
- Oct. 7  
  Garry Moore
- Oct. 14  
  Garry Moore
- Oct. 21  
  Tim Boettger
- Oct. 28  
  Garry Moore
- Nov. 4  
  Garry Moore

**Fresh Wind at Diamond Event Center 10:30 a.m.**
- Oct. 7  
  Garry Moore
- Oct. 14  
  Tim Boettger
- Oct. 21  
  Tim Boettger
- Oct. 28  
  Tim Boettger
- Nov. 4  
  Garry Moore
Meet LaVerne Middleswart, lifesaving volunteer

Some volunteer loyalties take root early and flourish for a lifetime. That is the case for villa resident LaVerne Middleswart, who has made more than 350 donations of blood and platelets to the Red Cross. He was giving blood before the blood bank was counting.

LaVerne was a college freshman at Iowa State when his grandfather needed blood. Relatives were rounded up to make blood donations. During his senior year, a fellow student needed blood to survive internal bleeding. Iowa State students went to the hospital and rolled up their sleeves. Those experiences started a lifelong association with a life-giving organization. Considering the recommended eight-week break between donations (up to six donations per year), LaVerne has missed very few opportunities to be a donor.

Being a blood donor was the gateway to becoming a volunteer “blood runner.” LaVerne has been making blood deliveries in the Red Cross van for more than 19 years. He has logged 61,000 miles delivering blood throughout eastern Iowa and southwest Wisconsin.

He drives three to four times each month and each route could take up to six hours. Each trip begins at the Red Cross center on University Avenue. On September 11, the route included stops at Covenant Medical Center, Oelwein, Dubuque (to meet a blood runner from Madison, Wisconsin), and back to Covenant Medical Center before returning to the Red Cross center in Waterloo.

“It’s grateful for the health and ability to do it!” he said.

LaVerne and his wife, Pat, go to San Antonio for three months each winter. Though he takes a vacation from his task as a blood runner, he does not take a vacation from volunteering.

Their San Antonio volunteer gigs have included helping host Final Four Basketball Tournaments and a regional basketball tournament. The Middleswarts also volunteer as assistants at bingo for special needs adults, help organize quilt guild events and volunteer in the school library where their daughter works.

“When I retired, a wise retiree told me to take a year to decide what I wanted to be involved in,” LaVerne said. “That was good advice.”
Scenes of Summer

A day trip took residents to Dubuque August 27 to visit the USS LST 325. From left to right: Colleen Liming and Barbra Cooper, WW; Maggie Hemmer, Bev Ridder and Paul Klotz, WG; Jo and Bob Tefft, PW; Jane Jackson, WW; Wayne and DeMaris Hochhalter and John and Pam Kragt, PW.

Faith Van Meeteren and Ruth Anne Leymaster have fun at Nation Cottage’s corn shucking party August 29.

Lead wellness coordinator Amanda Lynch welcomed Thalman Square residents to the indoor pool.

Villa resident John Eastland’s photograph of the Gateway Arch in St. Louis earned a spot at the competitive Iowa State Fair photography show. His dramatic image captured the arch from a different perspective.

Household coordinator Erica Rath sets the stage for a tailgating party at Thuesen Cottage on September 13.

Dozens of employees participated in the Walk to End Alzheimer’s at Peet Jr. High in Cedar Falls on Sept. 22.
More than a hundred fans cheered on the Hawks or Cyclones at a viewing party for the Iowa - Iowa State game on Sept. 8 at Diamond Event Center, part of Super Saturday.

Student-in-residence Alexis Eick enjoys a conversation with Marlys Cook of SFAL at the Barn Bash.

Universal worker Karla Thompson leads a line of employees-turned-servers at the Barn Bash.

Couples spin around the dance floor during the annual Barn Bash.

Zoe Zylstra shows off the WHC logo temporary tattoos at Super Saturday.

Super Saturday concluded with another fabulous fall fireworks show, as seen from the third floor balcony of Prairie Wind.
Words of Wellness:
Healthy choices made simple
by Lead Wellness Coordinator Amanda Lynch

During October, Iowa observes Healthiest State Month. This year’s focus is the 5-2-1-0 approach to daily healthy choices:

1. Eat 5 or more fruits and vegetables daily.
2. Spend 2 hours or less of screen time per day.
3. Be physically active for 1 hour or more daily.
4. Drink 0 sugary drinks and more water.

You have so many new options at Grosse Aquatic and Wellness Center to improve your health daily: Swim, walk, cycle, take a class or do your own workout. Our residential buildings offer classes, too, and both campuses have beautiful, accessible trails nearby.

Sure, we all have barriers to overcome. I challenge you to think about a new approach. Get out and enjoy some kind of activity at least five times a week. It doesn’t matter how long you do it; just move. Walk in your building or bike in the neighborhood.

My best advice? Do what you love. It doesn’t have to be difficult or last a long time. Exercise should be fun and something you look forward to doing. My passion is for swimming. I’m happy to be returning to the pool often, as it’s been a large part of my life. What has held your interest in the past? What is your current interest in fitness?

Celebrate movement this month. Celebrate your well-being and the well-being of your neighbors and friends. We are all in this together!

WELLNESS RECIPE OF THE MONTH
Caprese Stuffed Portobello Mushrooms

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium clove garlic, minced
- Salt and pepper
- 4 Portobello mushrooms (about 14 ounces), stems and gills removed
- 1 cup halved cherry tomatoes
- 1/2 cup fresh mozzarella pearls, drained and patted dry
- 1/2 cup thinly sliced fresh basil
- 2 teaspoons balsamic vinegar

Directions
1. Preheat oven to 400 degrees. Combine 2 tablespoons oil, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Brush mushrooms all over with the oil mixture. Place on a large rimmed baking sheet and bake until mostly soft, about 10 minutes.
2. Meanwhile, stir tomatoes, mozzarella, basil and the remaining 1/4 teaspoon salt, 1/4 teaspoon pepper and 1 tablespoon oil together in a medium bowl. Once the mushrooms have softened, remove from the oven and fill with the tomato mixture. Bake until the cheese is fully melted and the tomatoes have wilted, about 12 to 15 minutes more. Drizzle each mushroom with 1/2 teaspoon vinegar and serve.
Expanded hours, new offerings at The Market

Craving tea time this fall? No problem. You can now find quality loose teas from The Tea Cellar in downtown Cedar Falls at The Market inside Jorgensen Plaza.

Hours at The Market recently expanded to 9 a.m. - 5 p.m., Monday through Friday.

Several varieties of loose tea are available for purchase, along with tea infusers, ceramic teapots and even rock sugar for an authentic experience. Sample pots allow you to savor the aroma of various teas before purchasing.

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7 BEERS  5 COURSES  1 GREAT TIME

Five Course Menu

$50 PER PERSON, $80 PER COUPLE

RSVP by Monday, October 8 to Amy Dall, amy.dall@westernhome.org or call 319. 859. 9324.

Payment requested with reservations. Limited seating.
## Happy October Birthday!

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<tr>
<td>Jacque Leutzinger</td>
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Now that the grandchildren are back in school, it’s time to plan a fall trip. Let’s look at apps for busy people on the go.

We generally plan ahead by checking Google Maps or MapQuest on our computers. We get an idea of how many miles (or hours) to our destination, possible places to stop for the night, and things to see or do. Then we send that information to our cell phones to keep it handy. Of course, you can also access Google Maps as an app on your device for navigation.

I use my Hotels.com app to find good deals of hotels and to make reservations. I print them out, but generally, they are not needed. I like the app because it has saved me money, earned us some free nights, and given information about the area we’re visiting. If our arrival is delayed, I can use the app to modify our reservation.

Do I need to pack rain gear, sunscreen or sweatshirts? The Weather.com app helps me decide. It’s simple to add the city we’re going to visit and keep an eye on local forecasts.

While traveling, we use Around Me to find restaurants, gas stations, or other services. It’s easy to use, with a list of categories; once you select a category, the results reveal ratings, location and details about what you can expect to find there.

Another app we use is Sound Hound. As you change radio stations, you might hear an old song, yet not know the title or artist. Open the Sound Hound app, capture a snippet of the song, and it will identify the song and artist.

Many travelers use their phone’s Bluetooth settings to pair their devices with the vehicle. Then they can listen via the vehicle speakers to podcasts, music or audiobooks from their devices. They might also access content from Sirius Radio, Pandora, NPR or Amazon Music apps.

At a March conference, we used Lyft for the first time to get downtown for dinner and a show. The ridesharing service cost less than it would’ve to park. The app uses GPS, so we could see our driver turning a corner near our hotel. We got a description of the car and the driver’s name, and felt very safe.

When we travel, I generally have a folder with our hotel reservations, the map quest directions, and other information for the trip. Increasingly, I access that information on mobile devices. Here are a couple of apps to help manage your information.

If you have a Google Mail (gmail) account, download the app for Google Drive. It’s a place to store documents, like your list of medications, addresses, or travel plans. I add documents before leaving home and can retrieve them via phone or tablet.

Google Calendar is also available as an app, and just as useful on the road as it is at home; you can share calendars with family members, friends, or Google Groups. It gives you space to include important details for upcoming events, and it’s mobile friendly.

Google Keep is flexible; you can use it like a travel diary, adding notes, pictures, or a “to do” list for when you return. The app toolbar at the bottom is easy to navigate.

Finally, I use the Google Photos app to help manage my photos. It’s easy to delete blurred pictures, create albums, and share them with family.

Enjoy your travels and don’t forget to pack the charging cables for your mobile devices!

Cherie Dargan is a retired college professor, technology geek, family historian and villa resident. She’s married to Mike.
## Welcome new employees!

**Assisted Living**
- Capresia Bray, Resident Assistant, SFAL
- Emily Fishler, Resident Assistant, WHAL
- Anamari Flores, Food Service Worker, SFAL
- Aneesha Forney, Resident Assistant, TS
- Shawnae Hoeger, Resident Assistant, TS
- Elizabeth Milius, Cook, SFAL
- Adi Muharemovic, Resident Assistant, TS
- Kelsey Ohrt, Food Service Worker, SFAL
- Aubrey Payne, Food Service Worker, SFAL
- Adriana Rodriguez, Dishwasher, SFAL

**atHome with Western Home**
- Adeline Jochum, Home Health Aide
- Miranda Joebgen, Caregiver
- Marisa Knebel, CNA
- Jessica Mackey, Caregiver
- Julie Mether, Caregiver
- Kathleen Schultz, Caregiver
- Abby Webb, Home Health Aide

**Cottages/Deery Suites/Martin Center**
- Kayla Davis, Direct Care Professional, MHC
- Shytari Dunn, CNA, DS
- Molly Finder, Direct Care Professional, MHC
- Vanay Jua Ford-Kincade, CNA, MHC
- Emily Foster, RN, DS
- Juli Kohlmeyer, LPN, DS
- Sierra May, Hospitality Coordinator, DS
- Karli Paris, CNA
- Maida Porcic, CNA, DS
- TaShanti Robinson, CNA, DS
- Erica Scherer, Hospitality Coordinator, DS
- Lennetta Turner, Direct Care Professional, MHC
- Anjanette Washington, Direct Care Professional
- Courtney Willenborg, CNA

**Independent Living**
- Matthew Gray, Cook, WC
- Parker Palmer, Wait Staff, WC
- Chloe Schuerman, Wait Staff, WC
- Kathleen Scovel, Wait Staff, WC
- Madison Shaw, Wait Staff, WC
- Shawndrea Taylor, Cook, WC
- Aaliyah White, Wait Staff, WR

**Jorgensen Plaza**
- Natalie Sachs, Wait Staff
- Kaitlynn Solberg, Event Server/Set-Up
- Abigail Townsend, Wait Staff
- Olivia Woodley, Event Server

**Therapy**
- Steve Grabill, Physical Therapist Assistant
- Jessica Lippens, Physical Therapist, MHC
- Christa Lotts, Physical Therapist

**Transportation**
- Cork Klages, Transportation Assistant II
- Jana Nelson, Transportation Assistant II

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## Thank you!

These loyal employees make a positive difference each day. Congratulate them on their work anniversaries!

- **Angie Williams, LPN**
  - October 17 – 15 years
  - Thuesen Cottage

- **Kevin Kane, CMA**
  - October 9 – 5 years
  - Nation Cottage

- **Ratio White**
  - October 23 – 5 years
  - atHome with Western Home

- **Jodi Fisher**
  - October 2 – 5 years
  - Business office
**Notes of appreciation**

Thank you for helping us get to Western Home Communities. And thank you for the many things you do. *The family of Edward Brown*

Thank you for sending the beautiful red rose in memory of Satch. I’m very grateful to the Western Home staff and residents for their kindness and support. *Karen Mukai*

Thank you for the pretty rose that was at Ivan’s funeral this past week. Dad was well cared for and content at the Western Home. *The family of Ivan Hunter*

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**Meet Employee of the Month, Nathan Studnicka**

Nathan works as an LPN at Martin Center. He has been with Western Home Communities since January 2014. Here are a few things a resident’s family member said about Nathan:

- Nathan is very kind and caring.
- He is compassionate and treats residents like they are his family.
- When Nathan walks in the resident’s room, they just smile.
- Nathan is a positive asset to the residents and staff at Martin Center.
- Nathan has a servant spirit and is always putting people first.

Congratulations, Nathan, on being named Employee of the Month for September 2018.

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**In sympathy**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Froso Lamb, SFAL</td>
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Choose WHC Therapy for outpatient appointments

Our new therapy clinic at Jorgensen Plaza for Well-Being is available for outpatient care. Anyone can choose to have therapy with our physical, occupational and speech therapists.

Our therapists offer cutting-edge technologies such as the Alter G anti-gravity treadmill, VirtuBalance for gait analysis and LiteGait, a partial weight-bearing therapy device; they can also offer aqua therapy at The Grosse Aquatic and Wellness Center.

Call (319) 859-9343 for scheduling.