Best of the Best results are in

Courier Communications announced winners of its annual Best of the Best competitions on Sept. 29.

For the first time, atHome with Western Home was named 1st place Best of the Best – Home Health Agency. Western Home Communities also received 1st place Best of the Best for three other categories – Retirement Community, Assisted Living and Nursing Home.

Additionally, three employees received individual honors:

Kristin Henry
1st place
Best of the Best – Physical Therapist

Stephanie Hansen
Honorable Mention
Best of the Best – Physical Therapist

Suzanne Makinster
Honorable Mention
Best of the Best – Receptionist

Congratulations to these honorees and to all employees whose daily dedication and hard work are recognized by these results!
Pillowcase roundup

Let’s share some love in the form of beautiful pillowcases for residents in Deery Suites, Martin Health Center, Nation Cottage and Thuesen Cottage.

Here are three ways you can be a part of the Western Home Pillowcase Roundup.

1. **Sew solo or sew with friends in your home.**
   Let Pat Beck know how many pillowcases you will make and the fabric will be delivered to your on-campus home or available for pick up at Jorgensen Plaza October 7-10. We ask that pillowcases be completed before October 30.

2. **Join the sewing blitz.** There will be sewing machines and other tasks; non-sewers are welcome. **Wednesday, October 30, 10 a.m. – noon at Windermere.**

3. **Sponsor a pillowcase for just $10** (which covers materials and a $5 donation to Friends). “Sponsorships” will be available at the Handcrafted Holiday Show and Sale, Saturday, November 16, 9 a.m. – 1 p.m. You may include a note of encouragement to the recipient of the pillowcase. Any additional donations will be passed on to Friends of Western Home Communities for projects that add to the quality of life for all residents.

To request fabric or save a spot at the sewing blitz, contact Pat Beck, (319) 222-2055 or pat.beck@westernhome.org.

*The fabric is Patrick Lose 100 percent cotton quilting fabric offered through a special request fulfilled by Creekside Quilting of Des Moines.*

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How one dad pays it forward for kids fighting cancer

No parent likes to see their child suffer. Watching his youngest successfully fight childhood cancer left its mark on Paul Woodward of Cedar Falls. Woody, as he’s known, reflected on all the kindness received while his son was in Iowa City at the hospital and the Ronald McDonald House, then decided to pay it forward by organizing a toy drive for other kids fighting similar battles. He’s collected and delivered thousands of toys, games, books and more since 2010.

Prairie Wind resident coordinator Abby Moore knows what it’s like to be on the receiving end of those gifts, as she spent time as a child cancer patient.

Hear from Woody, Abby and the director of recreation at the Ronald McDonald House at a special event to kickoff Western Home Communities’ participation in this year’s toy drive.

**Monday, October 14  6:30 p.m.**
**Diamond Event Center**
Friends of Western Home Communities

October is Audiology Awareness Month
Friends program includes hearing assessment opportunity
Thursday, October 24, 10:30 a.m. Windridge

Learn about hearing loss, what to expect during a hearing test, and how to interpret your hearing test results. Jaimie Gilbert, UNI assistant professor in Communication Sciences & Disorders and audiologist at UNI Roy Eblen Speech and Hearing Clinic, will discuss these topics and address questions such as, “Do I really need hearing aids?”

Arrive early or stay after the presentation for a free hearing screening provided by students in UNI Communication Sciences & Disorders. Please schedule a time from 9:30 – 10:30 a.m. or 11:30 a.m. by contacting villa resident Donna Brown at 319-277-4519 or gdbrown@cfu.net.

Mark your calendars! Handcrafted Holiday Show and Sale
Saturday, November 16, 9 a.m. – 1 p.m.
Diamond Event Center

Refuse, reduce, re-use and recycle

The August Friends program focused on trash talk – how we can reduce it, more specifically.

Waste Trac was established by the Black Hawk County Waste Management Commission. The Waste Trac website is a useful resource for information on recycling, landfill guidelines and restrictions, hours of operation and alternatives for waste disposal.

Lyndsey Anderson of the outreach team said medicines that are not needed or expired should be turned into the Cedar Falls Public Safety Building on South Main Street, where there is a secured receptacle. Recycling bins for Styrofoam are now available in the Orchard Hill Church parking lot and at the city’s transfer station on 15th Street. A recycling partner that manufactures amber bottles makes it possible for clear and colored glass to be recycled, a unique situation in northeast Iowa. Toxic waste and electronics collection events are scheduled in the spring and fall. The next event is April 18, 2020, when you can dispose of household cleaners, electronics, florescent light bulbs, pesticides, fertilizer, and more.

Lyndsey encouraged participants to follow the 4 Rs for reducing waste: refuse, reduce, reuse and recycle. Instead of sending useful items that are no longer needed to the landfill, consider diverting them to Free Cycle, Habitat for Humanity ReStore, Goodwill, St. Vincent DePaul and consignment shops.

Waste Fast Facts:
25.5%: Paper including cardboard
20%: Food
18.3%: Plastic
5.4%: Construction demolition

Website: WasteTrac.org/faqs
Waste Trac hotline: (319) 266-8722

Monthly Friends programs are open to all residents, families and friends. Watch the Journal and monthly calendars for program topics and meeting details.

For Friends, Mike Seavey
The lure of a hearty breakfast and great company on a picture-perfect September day drew hundreds of people to Diamond Event Center to support Friends of Western Home Communities. This year’s proceeds will be contributed to the renovation of Martin Center on the downtown campus, which will be unveiled to the public later this fall.

The Friends council thanks all residents and employees who made the morning a success. Volunteer time, attendance and donations are all appreciated, along with the crucial assistance of executive chef Jim Nadeau, event coordinator Amy Dall and their employee teams at Jorgensen Plaza.

Grateful thanks to sponsors Dahl-Van Hove-Schoof Funeral Home, Martin Bros., Craig & Holly Schwerdtfeger and Jerry & Beth Harris; and all the table sponsors.
Golfers lined up August 28 at Beaver Hills Country Club for an afternoon of fun to support the promise Western Home Communities made in 1912: that no resident would be forced to leave for outliving financial resources. Thanks to the generous support of players and sponsors, donations to the Assurance Fund help make that possible.

Golf outing proves successful for foundation

The NuCara Pharmacy & Home Medical team included, from left, Kelly Simon, Brandon Hoefer, Deon Clabby and Brian Wegmann.

Will he sink the putt or need another stroke?

Kim Salmon jokes around with resident Rodney Tomson before tee-off time.

From left, Jon Mixdorf, Katie Susong, John McKenzie and Brandon Schoborg of Cardinal Construction.

COO Jerry Harris, left, and WHC board president Larry Fox chat with fellow golfers before hitting the links.

This fearsome foursome combined for the winning score of 60. From left, Steve Firman, Barry Firman, and Amanda & Ryan Lynch.
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. 12. 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:
Margaret Bachtell
Richard & Martha Stanford

Rhio Cleigh
Carol & Evelyn Boice
Marilyn Cirksena
Pat Cleigh
Marlene Deery
Steve & Debby Ferguson
Richard & Connie Frankhauser
Norman & Cheryl Gerdes
Nancy Handorf
Kevin & Lorna Harberts
Lola Hesse
Shelton & Mary Hornback
Linda Ochsner
Mary Rittgers
Richard & Martha Stanford
Trinity Bible Church
Gordon & Barb Ubben
Jim & Deb Volgarino
Tim & Minnie Ward

Martha Helm
Lee & Amy Lindgren
Mary Rittgers

Bernie Huss
Phil Heath
Al Tapper

Marcia Lashbrook
Karla Foust

Carolyn McCutcheon
Nell Wilson

Margaret Reisner
Phil Heath

Johanna Schmitt
Merv Andersen
Bob Robinson
Johanna Schmitt Family
Joan & Ken Schmitt

Carol Will
Dick & Bev Michael

Employee Appreciation Fund
Loretta Dykes
Ron & Norma Leibold
Homer Leymaster
Verna Post Family

Fresh Wind Ministries
Shirley Ackerman
Merv Andersen
Jim & Eileen Anderson
Robert Atherton
Joan Baumgartner
Howard Becker
Margaret Bettis
Tim & Kris Boettger
Lyle & Marlene Brim
Shirley Cain
Vern & Mary Cordes
Joyce Cutshall
Bill & Linda Davis
Larry & Carol Dufel
Mark & Molly Eggleston
Robert & Norma Emmert
Marlene Engen
Lila & Bruce Epling
Bev Fish
Stan & Ginnie Garrison
Anne Geadelmann
Jim Geiger
Bruce & Suzanne Gettman
Judy Gillespie

Dave & Cindy Glasener
Jesse Gonzales
Margene Grady
Jon Green
Phyllis Green
Bev Greenway
Margaret Grimm
Bob & Donna Grosse
Lloyd & Norma Hager
Butch & Sherry Hammer
Alice Hansen
Curt & Alice Hansen
Donna & Cliff Hansen
Jon Hansen
Jeanette Hanson
Wayne & DeMaris Hochhalter
Shelton & Mary Hornback
Lorene Howard
Marvin & Mary Hudwalker
Betty Hunck
Chuck & Georgine Hurt
Bertie Jepsen
Lucy Johnson
Harris Jorgensen
Bill & Staci Jorgensen
Theresa Kindig
Howard & Darlene Klatt
Jeane Knapp
Paul & Janine Knapp
Karl & EthelAnn Koch
Tony & Virginia Koeff
Russ Kool
John & Pam Kragt
Miriam Krallman
Harold & Sharon Kreb
Don Krull
Lee & Barb Larsen
Mike & Janet Mandt
Lillian Marks
Thanks to all who helped ensure another successful golf outing!

Platinum VIP Partner - $5,000
- AHTS Architects
- Cardinal Construction
- Lincoln Savings Bank
- Martin Brothers
- NuCara Pharmacy
- Ryun, Givens & Co.

Gold VIP Partner - $2,000
- Jacobson Financial Services
- Lee Agency
- PDCM Insurance

VIP Partner - $1,000
- BankIowa
- Jim & Suzanne Benda
- Judy Benson
- Benton’s Ready Mixed Concrete
- Bergen Plumbing, Heating & Cooling
- The Courier
- Uyntha Duncan Family
- Great Western Bank
- Kris Hansen
- Impact Interiors Group
- Iowa Wall Systems
- Jordan River Group
- Swisher and Cohrt
- Town & Country Home Improvement

Tournament Partner - $750
- Richardson Funeral Service

Hole Sponsor - $250
- 1Vision
- AAA Drain Doctor
- Arctic Refrigeration
- B & K Lawn Care
- Bankers Advertising Co.
- Blackhawk Sprinklers
- CE Solutions, a division of VGM
- Cozy Van
- Direct Appliance
- Larry K Fox & Assoc.
- Matthias Landscaping
- Mercy One
- Oleson Sod Co.
- Stickfort Electric
- Stoney Brook Village
- Unity Point - Allen Hospital
- Wells Fargo

Other Donors
- Michael Painting & Decorating

Your support of the golf outing and the benevolent care at Western Home Communities is truly appreciated!
Foot-stompin’ fun at BBQ Bash

A new location called for a new name. Moving the former Barn Bash to Diamond Event Center proved to be a big hit, as the overflow crowd proved. They enjoyed the traditions of having employees serve the residents, plus dancing to live music from Vinyl Frontier.

Line dance music attracted these residents to the dance floor, from left, Richard and Martha Stanford, Sue DeBower, Ruth and Rodney Tomson.

Our musical chaplain, Q, has some fun taking the stage with the band.

It was full house at Diamond Event Center for the BBQ Bash September 10.

Allie Ravn serves Anneliese Brooks and her guest. Allie is the daughter of Chris Ravn, transportation supervisor.

Staff served the residents’ meals and Rowan went along for the ride with mother Amanda Lynch, director of wellness.
Sue DeBower tries her hand at the ring toss as Jeane Knapp and Amy Frost keep an eye on the outcome.

Fall fun at annual carnival

The game of Plinko kept these boys laughing.

Bobbing for apples proved to be a favorite for the kids.

CEO Kris Hansen took his turn in the dunk tank - and got plenty wet!

Public Safety vehicles and equipment are a big draw at the carnival. Cedar Falls reserve officer Kevin Cross, left, and COO Jerry Harris chat as they watch the festivities.

Fair food: Randy Husted fries doughnuts, Neil Sweet concocts cotton candy and Phillip Sade grills hot dogs.

Can you knock over the pins? Games of chance and skill kept volunteers and guests entertained.

Family members had fun with games and contests at the Sept. 5 carnival. There were prizes for everyone.

Sue DeBower tries her hand at the ring toss as Jeane Knapp and Amy Frost keep an eye on the outcome.

Every carnival needs a duck pond! Betty Manross checks her duck to see which prize will be hers.
Chaplain’s Corner: A faith of your own
by Rev. Tim Boettger, Director of Spiritual Care

Faith /ˈfæθ/ noun - complete trust or confidence in someone or something.

My son’s professional football team has a full-time chaplain, Len Vanden Bos, whose job is to encourage the players and staff in their lives and faith journeys. Len leads weekly chapel, hosts Bible studies, meets one-on-one and is basically on call for pastoral care. Len’s wife, Char, even offers a weekly Bible study time for women associated with the team.

Earlier this spring as Ike visited with Len, he learned about my similar job. Ike relayed that the conversation then quickly shifted to faith. Len was curious and questioned, “With your father being a minister, when did your faith become your own?”

I have watched my son trust the Lord through many ups and downs in his life. He has also developed deeper convictions in his heart about the Lord as the years have gone by. I loved the question and have been thinking about it since Ike told me about the interaction.

The Bible reveals to us, “Without faith we cannot please God,” (Hebrews 11:6). It also tells us having a personal faith in the Lord is worth more than any worldly riches (1 Peter 1:7). In Ephesians 2:8-9, we learn faith secures our salvation: “It is by grace you have been saved, through faith…” It even tells us God commends and rewards people of faith (Hebrews 11).

At the top of the list of things Kris and I wanted for our children, we hoped and prayed they would develop a personal and vibrant faith of their own in the risen savior. It is the one thing we knew could carry them through any challenge they would face in this life and also provide the security, assurance and hope of an even better life in the hereafter. It is a great joy to see God’s faithfulness in answering those prayers and our children’s faithfulness in working to nurture their faith along the way.

How do you answer Len’s question? Do you have a faith of your own? Is it personal and vibrant? In whom or what does your faith rest? Who do you let instruct, guide, and inform your faith? According to our creator, these are crucial questions that each one of us should answer in life.

This is why in our 10:30 am Sunday service in Diamond Event Center, we have begun a series for the fall entitled “A Genuine Faith.” In this series we are sitting at the feet of Jesus’ half-brother James. We are unpacking the letter he wrote to encourage many in their newfound faith in the Lord some 2,000 years ago. His instruction on faith is just as relevant today as it was then.

If you can’t join a service, I encourage you to read James’ short letter in the New Testament. You can also watch weekly messages online. Visit www.YouTube.com, search for Fresh Wind Ministries and then click on the green dove.

Join us for worship

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Meet the man behind the flowers

*Natural beauty graces Fresh Wind Worship, Jorgensen Plaza*

The enjoyment of extravagant flower arrangements has become a weekly indulgence for Fresh Wind worshippers and weekday visitors to Jorgensen Plaza.

The artist is Blake Carlson, who visits his rural Cedar Falls gardens at 7 a.m. on Sundays to collect several five-gallon pails of flowers. An intuition for the plants’ most beautiful features enables him to “design as he’s picking” so arrangements are assembled in time for the 10:30 a.m. worship service. Prairie plants, grasses, vegetable foliage and more become intriguing mega-arrangements more than three feet tall.

“What a joy to have Blake use his talent for gardening and arranging for hundreds of people to enjoy each week,” said Director of Spiritual Care Tim Boettger. “We’re thankful for the beauty of nature and for Blake’s willingness to bring his offering to our community through his arrangements."

When asked if he is a farmers’ market vendor, Blake explains that cultivating helps fulfill a need to learn about many aspects of agriculture. “I find it very satisfying to bless others with the flowers, rather than selling them,” he said. A firewood business, working for a tree service and orchard, and contributing to the family farming business keep him busy and interacting with others so he can share his faith.

He has a keen interest in soil health, purposely selecting plants and practices to maximize soil regeneration and improvement. Tropical plants become cover crops to bind soil nutrients over the winter and make those nutrients accessible to the 2020 crop.

Blake does business as Deep Root Acres, with a business motto from Colossians 2:6-7. “So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.” (NIV)

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*One of Blake’s arrangements in the lobby at Jorgensen Plaza, where the flowers are admired throughout the week after Sunday’s Fresh Wind service.*

*Blake stands among tall sorghum at Deep Root Acres, his rural Cedar Falls farmstead.*

*Blake shows a specialty celery which grows in his lush garden in rural Cedar Falls.*
Words of Wellness: Chasing Excellence
by Director of Wellness Amanda Lynch

"Excellence is the gradual result of always wanting to do better." Pat Riley

How does one chase excellence? What does that look like from person to person? Excellence comes in many different shapes, sizes and experiences. We can strive for excellence no matter what our age or what goal we have in mind.

We can start by having a goal that is SMART: Specific, measurable, attainable, relevant, time-sensitive. This will look different for each person and, through experience, I know this type of goal setting works. This will keep you motivated and provide victories along the way to the larger goal of excellence.

Focus on positive thoughts. When things get hard, we have a tendency to think about the negative. Strive to push those thoughts away; when we focus on the negative, we are usually focusing on things that are outside of our control. Instead, focus on the positive things in all aspects of your life and extend those positive thoughts to the goal you want to achieve. This will increase the likelihood of your success and provide you with a better mindset along the way.

Practice, practice, practice. We all know the phrase practice makes perfect. In the past few months, I have been inspired by individuals who have put this into action. I enjoy teaching private swimming lessons and have seen the progress two students have made by practicing their skills outside of our lessons. Repeating skills will improve our performance. Whether it is learning to swim, mastering a new hobby or gaining a new skill, making time each day to practice with purpose will get you closer to your goal.

Action. You can think, ponder and even write down goals, but if you do not put them into action you will never see the end result. Chase your own form of excellence every day in order to achieve your goals; get out there and live it to its fullest!

Wellness Recipe of the Month

Acorn Squash with Brown Rice and Turkey Sausage

- 2 acorn squash (about 2 1/2 pounds)
- 1 tbsp. olive oil
- 1/2 lb. sweet or hot Italian turkey or chicken sausage
- 1 small onion
- 1 medium red pepper
- Salt and ground black pepper
- 2 cups brown rice, cooked
- 2 tbsp. chopped fresh parsley leaves

Directions:

1. Lightly grease microwave-safe large plate; place squash halves, cut sides down, on plate. Cook squash in microwave oven on high 8-9 minutes or until fork-tender; set aside until cool enough to handle.
3. With slotted spoon, transfer sausage to large bowl. To same skillet, add onion, red pepper, 1/2 teaspoon salt and 1/4 teaspoon black pepper, and cook over medium heat 6-8 minutes or until lightly browned and tender, stirring occasionally; add to sausage in bowl.
4. With spoon, scoop out squash, leaving 1/4-inch-thick shell. Add squash, rice and parsley to bowl; combine.
5. Spoon mixture into squash shells; place in prepared pan. Bake 20 minutes or until heated through.

Mark your calendar!

Join us at 9:30 a.m. Wednesday, October 2, for the 9th Annual Healthiest State Walk. We’ll meet at the NW entrance to Jorgensen Plaza – the door closest to the wellness center – and walk together for 30 minutes. (Shuttle service is available that day.)
Happy October Birthday!

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Meet our Employee of the Month

Julie Mether

Julie works as a home health aide for atHome with Western Home. She has worked at Western Home Communities since September 2018.

A client’s family wrote, “Julie was wonderful and my dad really enjoyed her. She was patient, caring and kind – even when my dad was resistant. She can be trusted to do a good job. I can’t say enough good things about her and recommend her to anyone. My dad and my family absolutely love her and don’t want anyone else but her.”

Co-workers say Julie is willing to go that extra mile for her clients, helping them any way she can to make their lives better.

Congratulations, Julie, on being selected as our September Employee of the Month!

Congratulations! These employees celebrate work anniversaries this month, totaling a combined 130 years of service to Western Home Communities. We appreciate their dedication.
Notes of appreciation

Thank you for your kindness in sending a single long stem red rose and vase for Bob Newby’s funeral. Red roses happen to be our mom’s favorite flower. Windhaven will always have special place in our hearts. The staff is so caring, kind, patient, sweet, giving and thoughtful, and they work well as a team. Thank you for making Windhaven a beautiful, safe and warm home for our folks.

The family of Robert Newby

We would like to thank you for the flowers and the kind expressions following Nancy’s passing. The gorgeous arrangement was so thoughtful. We felt very grateful to have you in our lives, as well as to have you in hers.

The family of Nancy Daniels

I want to thank you for the beautiful floral bouquet I received in honor of my 30 years of service.

Carol Peters

Thank you so much to the residents and staff for the thoughtful cards and kind words on the 20th anniversary of my working here at WHC. I’ve met so many wonderful people and have many cherished memories. I’ve enjoyed serving each of you. My, how time does fly by!

Roxie Fish

In sympathy

Betty Marion, CTG             Sept. 17
Peggy McKinstry, MHC        Sept. 15
Nancy Douglas, WHAL         Sept. 9
Jane Martin, WHAL          Sept. 6
Marian Davis, MHC         Sept. 3
Svend Koch, CTG              Aug. 30
Bill Butler, CTG         Aug. 30
Norma Spurgeon, MHC      Aug. 28
Mardell Crawford, MHC  Aug. 25
Maurice Moore, CTG        Aug. 25

BOARD OF DIRECTORS

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John Falk             Martha Stanford

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Bev Michael, Chair
Don Rasmussen, Vice Chair
Helen Bosley, Secretary

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.

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We're online at
www.Facebook.com/WesternHomeCommunities
General manager and sommelier Meena Reisetter received an invitation to the 2019 Full Circle Beverage Company international conference in Chicago last month, the only Iowan on the elite guest list of 200 representing 21 countries. This coveted educational and networking opportunity includes master classes in fermentation, international wines, bottling methods and more, featuring regions and producers from all over the world. The experience included blind tasting by participants. Through taste, Meena and others identified vintage, grape cultivar and aging method.

“Our wine list is certainly on par with what sommeliers are serving in San Francisco, New York and Chicago,” Meena said of the Table 1912 selection, representing four states and five countries.

Monthly wine dinners showcase chef’s menus that optimize wine pairings. The next event will be a festive pre-holiday celebration featuring sparkling wines on Tuesday, November 12, at 6 p.m. Call Meena to register at (319) 859-9324.