Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

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You're invited to tour Prairie Wind!

See this new independent living community at a public open house.
Sunday, September 24
1-3 p.m.
5313 Caraway Lane
Mark your calendars for Friends programs this month

Local author David Welter
Thursday, September 7
10 a.m. at Windridge

Retired Cedar Falls school principal and cancer survivor David Welter authored “Reflections from the Home Team: Go the Distance” to offer compassion, hope and strength to others in a health battle. The book interjects a competitive spirit using baseball analogies and metaphors, which encourage a winning attitude while making physical, emotional and spiritual adjustments during the cancer journey.

The Jerald Sulky Company
Wednesday, September 20
10 a.m. at Windcove

This Waterloo company, founded in 1898 and under one family’s management for 108 years, has new owners who are expanding the product line and extending its brand. Learn how modern engineering principles and talented local craftsmen build the world’s finest horse-drawn show carts and carriages. Hear why the new owners resuscitated the company and what they plan for the future.

Program report: Residents, employee help organize Authors Festival

Villa residents Cherie Dargan and Rosemary Beach presented the July 2017 program on the Cedar Falls Authors Festival. This festival celebrates the legacy of five best-selling authors: Bess Streeter Aldrich, Ruth Suckow, James Hearst, Nancy Price and Robert James Waller. Dargan and Beach, along with Director of Development Mary Taylor, served on the organizing committee for the year-long series of events. They helped garner festival support from more than 25 local and national organizations. The festival includes multiple events occurring through May 2018. Part of the project includes creating a directory of local authors.

Those who attended this Friends program were given a bookmark with the image of the festival poster created by illustrator Gary Kelly and a list of upcoming events. Activities include tours of author homes, films and plays based on authors’ works, plus informative lectures and readings.

For a calendar of upcoming events and photos of recent events, visit the Cedar Falls Authors Festival website: www.cfauthorsfestival.org.

For Friends, Mike Seavey

Reminder: Vendor sign-ups due for Handcrafted Sale!

Please contact Carolyn Martin at (319) 222-2048 if you want to sell your handcrafted wares at the sale: Saturday, October 28, from 9 a.m. to 1 p.m. at Windridge.

Any resident or employee, or a family member, is invited to be a vendor in exchange for supporting Friends of Western Home Communities with a flat participation fee or percentage of the day’s sales.
Festive fall calendar of events

Barn Bash
September 7, 5 p.m. at red barn
Sign up at your front desk to attend

42nd Annual Breakfast by Friends of WHC
September 16, 7 - 10 a.m. at Windridge
$7 tickets available at front desks

Fireworks Extravaganza
September 16, at dusk on south campus
Bring friends and family to enjoy this free spectacle in the skies

Fall Carnival
September 26, 4 - 7 p.m. on downtown campus
All invited to attend; transportation available for assisted living and nursing residents.

Barn expansion underway
Foundation work started mid-August for an addition of 70 feet at the north end of the red maintenance barn on south campus. The job is expected to be done in four months.

The extra space will provide storage for maintenance, lawn care and snow removal equipment, some of which has been stored in garages across campus.
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 August 14.

If you would like to make a gift or investigate estate planning and other gift opportunities, please contact Mary Taylor, director of development, at 859-9338.

In memory of:
**George Barkhoff**
Sue DeBower

**Betty Bartholomew**
Roy & Lorna Jones
Richard & Sue Rocarek

**Berdena Beach**
Doris Crandall
Shirley Dean
Sue DeBower
Harlan Ehlerth
Gene Harrington
Judith Harrington
Mike & BJ Jessen
John Miller
Liane Nichols
Gene & Laverne Puetz
Ned & Ruth Ratekin
Clair & Florine Rowe
Richard & Martha Stanford

**Annie Frederick**
Ed & Penny Brown
Marcia Colwell
Louise Frevert

**Don Geessaman**
Bob & Becky Hardman
Gary & Marlys Karkosh
Jane Mertesdorf
Mary Ellen Murphy
Cheryl Timion

**Marty Harrington**
Gene & Laverne Puetz

**Paul Helland**
Ned & Ruth Ratekin

**Marilyn Kunkle**
Joann Ackman
Judy Finkelstein
 Eldon & Winnie Hayes
Miriam Krallman
Bob Robinson
Marilyn Roseberry

**Martha Leopard**
Sue DeBower

**Sue Loveall**
Gene & Laverne Puetz
Richard & Martha Stanford

**Leo Ogden**
Joann Ackman
Bob & Rosemary Beach
Larry & Janet Dellingier
Marleta Matheson
Bob & Rhoda Olson
Clair & Florine Rowe
Janet & Terry Simcox

**Vern Petersen**
Sue DeBower

**Shari Thompson**
Bob & Becky Hardman
Jake & Barb Jacobson

**Chapel Gifts**
Mervin Andersen
Marlys Badger
Richard & Maribelle Betterton
Margaret Bettis
Ken & Deloris Bixby
Tim & Kris Boettger
Deane & Connie Bradfield
Don Brown
Donna Brown
Larry & Shirley Cain
Allene Chambers
Jo Chandler
Nona Christopher
Vern & Mary Cordes
Cleo Cross
Lois Diemer
Robert & Norma Emmert
Lee & Marlene Engen
Bev Fish
Paul & Hazel Foote
Stan & Ginnie Garrison
Jane Gerard
Dave & Cindy Glasener
Bob & Donna Grose
Dorothy Guldner
Helen Hannan

Alice Hansen
Vern & Marcia Hansen
Ruby Hockey
Betty Hunck
Mike and BJ Jessen
Jim & Phyllis Jorgensen
Lela Kabele
Theresa Kindig
Shirley Klemmensen
Jeanne Knapp
Karl & EthelAnn Koch
Don Krull
Iva Meaney
Bev Murphy
Fran Nielsen
Russ & Wanda Nielsen
Dode Nieman
Jean Oleson
Marty Olsen
Eleanor Parker
Angela Rampton
Donnita Reed
Christina Rich
Terry & Janet Simcox
Dolores Steege
Bill Stone
Mickey Sullivan
Phyllis Swanson
Al Tapper
Ginny Terfehn
Lura Treloar
Miriam Walker
Arlene Waterman
Bob & Dee Way
Berdella Wehrmacher
Esther Westendorf
David & Audrey Williams
Lois Wishmeyer

**Employee Appreciation Fund**
Bob & Rosemary Beach, in honor of Martha Leopard
Bob & Rhoda Olson

**Other Gifts**
Harlan Ehlerth
Dave & Cindy Glasener
Paul Zimmerman
Foundation awards employee scholarships

Congratulations to four Western Home employees who recently received scholarships to help them further their educations in housing, services and health care for older adults.

- **Ethan Childers**, resident assistant, *Winding Creek Meadows in Jesup* – pursuing a career as a physical therapy assistant.
- **Courtney Shimp**, LPN, *Windhaven* – studying for a bachelor’s of science in nursing (BSN) degree.

The $2,500 in scholarships was made possible through a fund established about 20 years ago with gifts from past employees, residents and families wishing to support employee development. Any employee in good standing working an average of eight hours per week over the last year is eligible.

Gifts or memorials may be directed to the scholarship fund at any time.

The Cottages at Creekside take shape

After putting home back into nursing home in Cedar Falls when The Cottages opened in June 2015, Western Home Communities now anticipates doing the same in Grundy Center. Construction of The Cottages at Creekside is underway and scheduled to be complete in spring 2018.

Long-term care at Grundy County Memorial Hospital is currently managed by Western Home Communities, which will take ownership of the entity when residents move into the cottages. Kim Schilling serves as administrator.

The Cottages at Creekside will include two side-by-side cottages for 20 residents each, linked by an office and therapy space, with another freestanding cottage for 16 residents.
Chaplain’s Corner:  
Contemplating the delivery of life lessons  
by Rev. Don Sauser

I’m reminded of a saying: “We don’t know what we don’t know.” The last two years of caring for my wife have taught me that truth. And I’m at peril in the region of the unknown. The emotional price-tag leaves me feeling unprepared. As a follower of Jesus, that challenges what I believe.

I feel taunted by this thought: “Has your faith left you unprepared for life as it confronts you now?”

The duration of my wife’s illness won’t let me sidestep the question. Sometimes, what I don’t know is a blindness I couldn’t or wouldn’t see. Jesus reminds us of it. Why is it so easy to see the sliver in the eye of another but so hard to see the plank in my own (Matthew 7:3)? Sometimes what I don’t know troubles me because I’m projecting myself into tomorrow, in hope of a better day…then find I have to live what life brings me today. Tomorrow remains a day away. James admonished us to take a different perspective: “If the Lord wills, we shall do this or that,” (James 4:15).

As I think about the will of God, I remember it is “good, acceptable, and perfect.” (Romans 12:1-2). That’s when I realized one of the things I didn’t know. Paul mentioned the renewing of the mind in verse 2. The way I had been thinking left me unable to see the good, acceptable, and perfect aspects of God’s will as I cared for my wife. Chemo removed the cancer but left her weak, with poor quality of life. What I believed as I prayed for her was not what God was doing. I find I don’t know how the consequences of her suffering can be better than an end to her suffering now.

The way I used to think doesn’t work. I have to add particular facts of faith to my thinking. I have to believe that God is producing something good that surpasses any good we might experience without the suffering (Romans 8:28). I am reminded God did His greatest work through Jesus’ most intense suffering: He opened the way into heaven for you and me by dying in our place and providing a righteousness we could never achieve (Romans 5:8).

I am a reluctant, even resistant traveler on the path of suffering. But there is One I can trust who has traveled that path before me and was satisfied with the outcome.

Please join us for Sunday worship!

9 a.m. Downtown Chapel
- September 3  Garry Moore
- September 10 Garry Moore
- September 17 Garry Moore
- September 24 Garry Moore
- October 1  Don Sauser

11 a.m. FreshWind Worship at Windcove
- September 3  Tim Boettger (communion)
- September 10 Tim Boettger
- September 17 Tim Boettger
- September 24 Tim Boettger
- October 1  Don Sauser
Fulfilling lives through summer travel

Away from Home with Western Home featured an overnight getaway to western Iowa’s Loess Hills in July, a sold-out trip that earned rave reviews from those who attended. Watch for this one to be repeated in the future for others to enjoy!

Residents board the historically accurate replica of a Lewis and Clark boat.

A highlight of the trip was a delicious lunch prepared and served in the basement of Morehead Christian Church.

The veterans among the group pose outside the Veterans Museum: bus driver Steve Chamberlin, Rodney Tomson, John McCarty, John Eastland, Richard Hileman, Don Rasmussen, Ron Leibold and Bob Olson.

The walk to the Loess Hills Forest overlook.

A highlight of the trip was a delicious lunch prepared and served in the basement of Morehead Christian Church.

Courtney Goll and Pearl Hanson take in the view at the overlook.

On board for the boat ride.
Golden Girl travels to Las Vegas for national recognition

A lifelong love of singing results in a sweet trip for Windcove resident Carolyn Haller next month: She’ll be honored in Las Vegas for her fifty-year membership in Sweet Adelines, an international organization of women’s a cappella choirs known for its four-part harmony.

Carolyn is the first member from the local Cedar Harmony Chorus to achieve this golden recognition. She and her fellow singers, who all memorize their music, say the chorus is about more than keeping voices and minds sharp.

“When you sing with these women over all those years, you really get to know them and strong friendships result,” Carolyn said. “We appreciate each other and support each other through all of life’s events.”

The mezzo-soprano calls her voice a gift from God, first recognized by her high school teacher in New Hampton. Carolyn went on to work for thirty years with special needs students at River Hills Schools, where she directed the chorus for 15 years and led them in many concerts, even at the Iowa State Fair.

Carolyn keeps her vocal pipes warmed up with daily exercises and weekly Sweet Adelines practice. She’s also been in five quartets over the years – currently Harmony Rox – and the Nazareth church choir. She joined the Windy Hill Singers as soon as possible after moving to Windcove earlier this year.

“It’s never too late to enjoy singing in a group,” affirms Carolyn. “It is neat to be an adult and return to the fun of performance that we enjoyed in a youth or school choir.”

During her performances, she wants to tell a story. “Instead of just singing the words for entertainment, I sing with feeling to deliver a more complete interpretation of the music.”

Carolyn has traveled in the U.S. to 15 international events. The October trip to the Sweet Adelines International Annual Convention and Competition will be shared with her quartet friends, who expect to be dazzled by the level of musicianship and vocal talent.

Congratulations, Carolyn, and thank you for blessing so many audiences with your talent!
Now that’s a big one!

Fishing buddies Blake Grazier and Hunter McElhose frequent the ponds in front of Windhaven and Windcove. No wonder - it’s where they find plenty of success, using old hot dog buns as bait. They’ve caught (and released) catfish, bass and bluegill, including a 13-pounder earlier this summer and a 22-pounder on July 24. Legend even has it that, last year, they reeled in a 27-pound carp from the waters at Windcove! Now that’s a catch.

How much is that froggie in the window?

At first, people wondered about Henrietta Dykstra’s story that a frog was showing up on her window night after night. Seriously - climbing a three-story brick wall to get there?

So she did what any octogenarian would: Henny grabbed her iPad, snapped a few pics and showed the skeptics her proof.

“I Googled it; these frogs can climb anything,” she explains. “Those little legs can really reach. And it’s tongue is quite long.”

An admitted night owl, Henny thinks the light shining from her window attracts bugs and the frog wants a snack. Either that, or he simply likes his new friend; he (she?) has shown up nightly throughout July and August.
Words of Wellness: Gratitude for a lifetime
by Wellness Coordinator Amanda Lynch

Recently, I have been thinking about gratitude. What does it look like on a daily basis? How can we live life with more gratitude? I started to research the word gratitude and how I could make more positive changes in this area.

Gratitude, by definition, is “to return kindness.” Looking at this definition I found that this can tie into many facets of wellness. Our health and well-being here at Western Home Communities is certainly something that many of you are grateful for. We have the opportunity to get out and enjoy the beautiful spaces around us. We have the opportunity to spend time with neighbors, friends, colleagues and family. We have opportunities to move, stretch, sweat and be active. We have the opportunity to stay quiet and reflect on the many blessing we have. This habit of gratitude reminds me of all I am thankful for here at work and in my personal life. Pause each day for a few moments and write down what you are grateful for. Then post what you have written somewhere where you will see it throughout your day. It may help you maintain perspective when things get tough or when the days seem to go by slowly. It’s a great habit to begin today.

Know that I are so grateful for each and every one of you!

WELLNESS RECIPE OF THE MONTH
Garlic Oven-Roasted Mushrooms
• 1 lb. button mushrooms, cleaned with stems trimmed or removed
• 2-3 Tbsp. extra virgin olive oil
• 2-4 cloves garlic, finely chopped
• 2 Tbsp. fresh chives, thinly sliced
• 1/2 tsp. salt
• Black pepper, a sprinkle
• Garlic powder, a sprinkle

Directions
1. Preheat oven or toaster oven to 400°.
2. Toss clean mushrooms into ziploc bag; add olive oil, fresh garlic, fresh chives, salt, and pepper; gently massage.
3. Place in oiled skillet; dust with garlic powder.
4. Bake 10-12 minutes and serve warm.

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
Scenes of Summer

We are family: Maryury Reynolds, LPN at The Cottages, brought baby Ava and daughter Michelle for a visit, to the delight of Anna Binley.

Donna Iverson enjoys her 4 Queens banana split - it’s a work of art!

Rita Congdon inspects the Discovery Gardens outside the Agricultural Building at the Iowa State Fair, where master gardeners make daily presentations. Rita took the WHC bus for Older Iowans Day on August 16.

Doris Crandall and Willie Irvine take off from Windhaven for a quadricycle ride.

Yum, fair food! Maggie Hemmer of Windgrace enjoys a funnel cake.

Sharon Bowling and Phyllis Green are ready to ride.

Marge Reisner loves holding baby Ava.
### Happy September Birthday!

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<tr>
<td>Madge McCoskey</td>
<td>SFAL</td>
<td>September 27</td>
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<td>Gene Raffensperger</td>
<td>WHAL</td>
<td>September 27</td>
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<td>Ruth Krumlinde</td>
<td>SFAL</td>
<td>September 28</td>
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<td>Martha Nation</td>
<td>CTG</td>
<td>September 29</td>
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<td>Fran Beal</td>
<td>VTH</td>
<td>September 29</td>
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<td>Rita Justis</td>
<td>VTH</td>
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<td>Mogens Christensen</td>
<td>WR</td>
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<td>Bob Dieter</td>
<td>VTH</td>
<td>September 30</td>
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<tr>
<td>Deb Volgarino</td>
<td>VTH</td>
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<tr>
<td>Karl Koch</td>
<td>WM</td>
<td>September 30</td>
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Fun in the sun at The Falls

Residents, employees, families and friends turned out for three bright and beautiful Saturday morning swim parties, an annual tradition at Western Home Communities.
Welcome new employees

Assisted Living
Pahri Boyce, SFAL Food Service Worker
Dulina Campbell, WHAL LPN
Amy Cords, TS Activities Assistant
Ondrea Kearns, WHAL RN
Emira Kuduzovic, SFAL Food Service Worker
Christian Saltzman, SFAL Cook

The Cottages
Kourtney Jordan, CNA

atHome with Western Home
Adreonna Gillam, Home Health Aide
Ena Muminovic, Caregiver
Charli Murray, Home Health Aide
Amanda Rigdon, Caregiver
Audrey Young, Home Health Aide

Independent Living
Oliva Gross, WC Wait Staff
Westin Hansen, WR Wait Staff
Alexander Sulentic, WG Wait Staff

Martin Center
Samantha Boyle, Food Service Worker
Madison Clausen, CNA
Connor Corday, Food Service Worker
Jeorgia Davidson, Food Service Worker
Alexandria Gudgeon, CNA
Marcela Jones, Food Service Worker
Carrie LeBahn, Direct Care Professional
Alisha Moffett, Direct Care Professional
Jessica Moffett, Direct Care Professional
Madison Tompkins, CNA

Multi-site support
Preston Russell, Maintenance Technician, South Campus
Lisa Stoler, Resident Assistant

Jesp"up

Marshalltown
Markiela Garcia, Home Health Aide

Congratulations!

Two employees are celebrating milestone anniversaries for years of service to Western Home Communities.

Lisa Haugen
August 29
15 years
Lead resident coordinator

Amanda Lynch
September 26
5 years
Wellness Coordinator

Meet Employee of the Month,
Sylvan Luloff

Sylvan works as a Maintenance Technician II at our south campus location. He began working at Western Home Communities in June 2016.

Here are a few things employees and residents say about Sylvan:

• Sylvan always goes above and beyond his job duties.
• Sylvan has a joyful spirit and kind smile that lifts others’ spirits.
• Sylvan is always great with residents and staff.
• Sylvan always has a positive attitude, is very easy to talk to, and never complains about the work he is asked to do.
• If Sylvan is ever in the middle of a job and a resident stops him, he always meets their needs and follows through with his work.
• Sylvan always cheerfully and respectfully listens to the residents.
• Sylvan treats all with kindness and integrity, and knows the importance of what he does for each individual.
• Sylvan always follows through with his job, exceeding expectations.

Congratulations, Sylvan, on being named our employee of the month for August 2017.
Notes of appreciation

Thank you for coming to Mom’s funeral. Thank you, also, for the beautiful rose. Mom always loved roses. Denise Barr and family

Though our mother was only in Stanard Family Assisted Living for a few days, she finally felt at home and was able to have her “leaving time,” as she called it. Thank you for giving her such great care; we all had peace of mind knowing you were watching over her. The family of Berdena Beach

All the nurses who help care for my mother, Gayle Hanlon, are kind, friendly and very capable. Thank you for hiring the best. Dolores Taute

Thank you for the lovely bouquet of flowers that you sent for the Eight Over 80 celebration. I am very honored with this recognition. Uyntha Duncan

Thank you so much for the gift certificates. I will be sure to use them wisely. I’ve been so fortunate to be a part of Western Home Communities. The friendships that I’ve been blessed with and the residents and families have been added bonuses. I will miss being there every day, but am enjoying not being tied to my phone! Sharon Lukes

In sympathy

Miles Weltruski, MHC August 20
Betty Meewes, SFAL August 18
Dick Beal, VTH August 16
Jean Leonard, WC August 12
Clair Chase, WW August 6
Marilyn Kunkle, WR July 28
George Barkhoff, MHC July 27
Mary Lou McDonald, SFAL July 27
Wayne Meyerhoff, MHC July 26
Leo Ogden, VTH July 23

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.

Like us on Facebook!

We’re online at www.Facebook.com/WesternHomeCommunities. You’ll find up-to-date photos, details on current happenings within our communities, and more. Join the conversation and give us a thumbs up!
Ken and Carol quickly found new friends at Western Home Communities. They read a newsletter article about the Big Kids Bike Klub, open to anyone who likes bicycling. So they greased their gears and jumped on board for the ride of their lives.

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

Contact Maria Murphy today to start writing your next adventure!

(319) 277-2141