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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Latest sports craze comes to WHC: Pickleball!

Initial work is underway on three courts for pickleball, a fun game for all ages that aligns with our intergenerational vision at Jorgensen Plaza for Well-Being. The plan also calls for a shaded spectator area.

Two generous donors contributed nearly $60,000 for the project, and Friends of Western Home Communities is contributing the proceeds from its 44th Annual Breakfast to support the installation.

Pickleball, invented in 1965, has surged in popularity the past few years. It combines elements of badminton, tennis and ping-pong. It's easy to learn and play, and not as strenuous as other racket sports so there's more socializing involved. It can be played by singles or doubles, and those in wheelchairs can participate, too.

Courts are badminton-sized, 20’ x 44’, roughly one-third the size of a tennis court. Players use wooden paddles and a small wiffle ball. A strong serve is not required, because the ball must bounce before it can be volleyed; a seven-foot “no volley” zone prevents spiking at the net.

We hope contractor schedules align with good weather so some games can be played this fall. Watch for progress reports on Facebook and in The Journal!
The annual handcrafts show and sale is back by popular demand on Saturday, October 27.

This event showcases the talents of Western Home residents and attracts shoppers who are out and about on a busy craft sale Saturday. Residents, employees, family members — those with a connection to Western Home Communities — can sell handcrafted items. Past sales include jewelry, stained glass, needlework, artwork, pottery, popcorn, walking sticks, seasonal accessories, cards, and more. The sale supports projects financed by Friends of Western Home Communities.

Saturday, October 27, Diamond Event Center, 9 a.m. – 1 p.m.

To participate, fill out and return this form to your receptionist or resident coordinator. Please include a flat fee amount that you will donate to Friends, or a percentage of your sales. Thank you!

Name___________________________________Phone__________________________
Address__________________________________Donation amount___________________

What I will (circle one) sell or show:______________________________________________

(6-foot table provided.)
Take a scenic ride with Big Kids Bike Klub

Monday, October 1

The Big Kids Bike Klub annual road trip will be to the Prairie Farmer Recreational Trail beginning in the town of Calmar. The trail makes its way through some of the last native prairie habitat of the region, with spectacular wildflower meadows and scattered woodland areas lining the pathway. There are also ample opportunities to see wildlife and a wide variety of birds.

The trail begins at the restored train depot in Calmar (it has restrooms). The plan includes riding to the town of Ridgeway and eating sack lunches at the roadside park before returning to Calmar. It’s about 10 miles each way on fairly level trail, with frequent stops for rest and rehydrating.

Meet at Windridge at 7:30 a.m. to carpool; please let Marcia Hansen know how many bikes you could transport.

The group expects to be back to Cedar Falls by 3 p.m. If you have any questions, contact Marcia Hansen, 610-2024 or mahansen@cfu.net.

Fall carnival

Tuesday, September 18

4-6 p.m.

Downtown campus

All are invited to attend; transportation is available for assisted living and nursing care residents. Families welcome! (Rain date September 20)
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 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:

**Ruth Bernard**  
Lorna Ericson  
Mary Franken  
Louise Frevert  
Nancy Handorf  
Vern & Marcia Hansen  
Joanne Helland  
Bob & Bonnie Humble  
Gary & Marlys Karkosh  
Marleta Matheson  
Dick & Bev Michael  
Marty Olsen  
Bob & Rhoda Olson  
Jerry & Mary Purcell  
Bill & Mary Lou Snyder  
Joanne Tefft  
Rodney & Ruth Tomson  
Nell Wilson  
Lois Wishmeyer

**Harold Brewster**  
Nancy Colvin  
Wendy Schmitt  
Joe & Tristan Smeins

**Judy Brown**  
Dave & Annette Campbell  
Kay & Jim Clements  
Jason & Gabbi DeWitt  
Louise Frevert  
Willard & Kay Jenkins  
Marlene Jeys  
Ed & Pam Reuter

**John Deery, Sr.**  
Donna Allee  
Brummel Madsen & Assoc.  
Jeneanne Brummel  
Loretta Dykes  
Don & Pat Erusha  
Judy Finkelstein  
Louise Frevert  
Bob & Donna Grosse  
Lloyd & Norma Hager  
Judith Harrington  
Bob & Bonnie Humble  
Sue Jacobsen  

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David Joens  
Margaret Johnson  
Miriam Krallman  
Ron & Norma Leibold  
Louise Odle  
Bob Robinson  
Marilyn Roseberry  
Clair & Florine Rowe  
Marcia Simpson  
Doris Weigel  
Don Wood  
**Gina Frederiksen**  
Nell Wilson

**Phyllis Jorgensen**  
Bob & Donna Grosse

**Nancy Lemons**  
Willard & Kay Jenkins  
Clarence & Peg Lanigan  
Dick & Sheila Loughren  
LaVone Wissink

**Don Lohnes**  
Gary & Marlys Karkosh  
Dick & Sheila Loughren  
Jerry & Mary Purcell  
Richard & Martha Stanford

**Betty Newport**  
Doris Crandall  
Sue DeBower  
Marty Olsen  
Susan Runkle  
Terri Tobin

**Miriam Temple and Toby Thompson**  
Vern & Marcia Hansen

**Daisy Wildebour**  
Janice Stickfort

**Jim Willms**  
Merv Andersen

**Employee Appreciation Fund**  
Homer & RuthAnn Lemaster

**Fresh Wind Ministries**  
Merv Andersen

Marlys Badger  
Coralie Becker  
Margaret Bettis  
Ken & Deloris Bixby  
Lorna Blohn  
Tim & Kris Boettger  
Deane & Connie Bradfield  
Shirley Cain  
Very & Mary Cordes  
Cleo Cross  
Joyce Cutshall  
Bill & Linda Davis  
Lois DeBerg  
Marv & Jeneane Dillavou  
Rhoda Durant  
David & Barbara Else  
Robert & Norma Emmert  
Marlene Engen  
Bruce & Lila Epling  
Bev Fish  
Kent & Joyce Folsom  
Stan & Ginnie Garrison  
Anne Geadelmann  
Jim & Dianna Geiger  
Bruce & Suzanne Gettman  
Evelyn Gibson  
Dave & Cindy Glasener  
Margaret Grimm  
Glen & Marilyn Groothuis  
Bob & Donna Grosse  
Lloyd & Norma Hager  
Butch & Sherry Hammer  
Helen Hannan  
Alice Hansen  
Curt & Alice Hansen  
Curt Hansen  
Jeanette Hanson  
Wayne & DeMaris Hochhalter  
Marvin & Mary Hudwalker  
Betty Hunck  
Mike & BJ Jessen  
Jim & Phyllis Jorgensen  
Lela Kabele  
Theresa Kindig  
Jean Knapp  
Karl & EthelAnn Koch
Floyd Winter earns prestigious volunteer award

Resident Floyd Winter was presented with the Bobbie Finch Champion of Service Award by Governor Kim Reynolds and Volunteer Iowa at a ceremony in the Governor’s formal office earlier in the summer. This award recognizes individuals who have served as an active supporter, volunteer, commissioner, or staff member with Volunteer Iowa and was developed to honor the legacy of Bobbie Finch, the first director of the Iowa Office on Volunteerism, the precursor to the entity now known as Volunteer Iowa.

Western Home leaders attended the award ceremony in Des Moines. From left, Matt Garcia, chief process improvement officer; Jerry Harris, chief operations officer; Lauren Finke, executive director of the Volunteer Center of Cedar Valley; Floyd Winter, Governor Kim Reynolds and CEO Kris Hansen. Bobbie Finch is seated.

O! What a Christmas in surprising O!maha

Away from home with Western Home is headed for seasonal celebrations in Omaha November 27-30.

Merry Christmas from surprising Omaha – a popular Midwestern city still proudly preserving and celebrating its diverse ethnic heritage. Experience the celebrations of German, Polish, Irish, Greek and Lithuanian people who settled in Omaha. Enjoy door-to-door service for theater, shopping, cultural celebrations, destination dining events and much more. Even the overnight accommodation at Embassy Suites, Omaha Downtown/Old Market, are worth the trip.

The package includes admission to attractions on the itinerary, local guides and tips, nine meals and three nights lodging at Embassy Suites, Omaha. Of course, you will also enjoy luggage transfers, the comfort of Hawkeye Stages luxury motor coach and the services of our professional driver.

Package: $769 - $1119; reserved with a $200 deposit. Final payment October 5.

For more information and to reserve your space, contact tour host Carolyn Martin, 222-2048 or carolyn.martin@westernhome.org.
Chaplain’s Corner:
The Many Seasons of “Goodbye”
by Chaplain Enrique “Q.” Ochoa

If there is one constant during our time on earth, it is the experience of “goodbye”. Over the course of our lifetimes, we all will say farewell to a great many things: an occupation, a pet, a home, a friendship, a paycheck, a season of life, a co-worker, a desired weight, a faithful car, etc. However, the most challenging and often painful goodbye is the one we might say to a beloved parent, child or spouse. And this can look and feel different in so many ways.

A few days ago, we dropped off our third child at college. Even though “we had done this before” with our first two children, there was a unique set of emotions wrapped up in this moment of farewell. I was grateful that Joel allowed us to pray for him - right there in his new dorm room. I noticed there were a good many “ingredients” swirling around in my heart. I felt sadness, excitement, a bit of worry, a smidge of grief, hope - and one that stood out like it never had before: Trust. How did THAT get there??

On his desk, Joel had a plaque engraved with Jeremiah 29:11, “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” These words stood out like neon to me - and a fresh and powerful wave of TRUST came over me: My son will be cared for - and safe - in and because of God’s promises.

When we follow closely after Christ and read His Word, we receive a new perspective. Some of the most difficult and even crushing human experiences can be transformed by divine truth and not human opinion.

It goes without saying that death is often seen as the hardest goodbye of all. Yet God is eager to change our understanding of death - and life! The Apostle Paul famously stated in Philippians 1:21 that for him, “to live is Christ and to die is gain.” Talk about a radical and powerful perspective! Paul did not fear death. Because of Jesus, Paul had no fear of the “ultimate goodbye”. Paul embraced the extreme challenges of his life with zeal and courage. How did THAT get there? Even a brief study of the life of Paul will reveal that following closely after Jesus completely turned his life around!

Like Paul, may we all allow the Lord to give us HIS perspective for ALL the significant seasons and moments of our lives.

“The Lord will watch over your coming - and going - both now and forevermore.”
Psalm 121:8

Join us for weekly worship this month

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Stanard Family Assisted Living staff and residents arrive at the ballpark early for excellent seats! Left to right: Natalie Jones, leisure services; Lois Hagedorn, Beverly Greenway, Bonnie Wallace, Coralie Becker, Alexis Eick, student in residence; Melanie Hansen, leisure services.

Mary Johnson celebrated her centenarian status in late June at Deery Suites, where she lives on third floor. Her special requests were chocolate cake, fried chicken and Coors Light!

An impressive wall cloud forms ahead of a Sunday morning storm August 5.
August events include games, art and therapy

There were four winners of the August Court Whist tournament August 6.

1st place: Linda Ohrt
2nd place: Glenn Hansen
3rd place: Lorraine Tonn
4th place: Rich Stanford

They won $25 gift certificates to Salon Iris and Jorgensen Plaza restaurants.

The event was part of the "Building a Better You" series to promote well-being. Participants in the event also played Dominoes, Settlers of Catan, Scrabble and other card games. Based on the popularity of this event, future game tournaments are being planned in Jorgensen Plaza. If you have suggestions for game tournaments, please contact Eric Cornish at The Market at Jorgensen Plaza, (319) 859-9326 or eric.corish@westernhome.org.

Residents reveal talent for artwork

Hearst Center for the Arts presented information on Grant Wood’s life and art before leading a guided painting experience for nearly 50 residents and guests.
New therapy technology may help prevent falls

Therapists Abbie Knock, standing in photo below, and Stephanie Freeland demonstrated the LiteGait equipment at an event to introduce residents to specialized therapy technology August 8. Participants were invited to have a gait analysis to determine balance and fall risk. Physical therapy, occupational therapy and speech therapy services are available at Jorgensen Plaza, Martin Health Center and in client’s homes. You do not have to be a resident of Western Home Communities to use Western Home therapy services. Contact Stacy Gibbs, director of therapy services, at (319) 859-9343 for more information.

Super Saturday
September 8
Buy your tickets today at the front desk of Jorgensen Plaza or any independent or assisted living building.

7-10 a.m.
Join us at the Friends of Western Home Communities 44th Annual Breakfast at Diamond Event Center. $7 tickets available in advance and onsite.

9 a.m. – 1 p.m.
Grosse Aquatic Center will be open to all Western Home Communities residents, employees and their families.

4 p.m.
Cheer on your favorite team at Diamond Event Center as we view the Iowa vs. Iowa State football game on the big screens. Snacks and beverages will be available. Cash bar.

6-8 p.m.
Join the fun at the street fair and picnic east of Jorgensen Plaza. Bring the whole family for outdoor games, live music by Checker and the Bluetones, and a picnic supper. All entertainment is free. Picnic tickets ($5) are available in advance and at the event.

8:30 p.m.
Watch beautiful fireworks light up the sky.

Check our website or Facebook page for any weather-related announcements. Facebook.com/westernhomecommunities
Words of Wellness:
Keeping your eye on the prize of wellness

by Lead Wellness Coordinator Amanda Lynch

Everyone has their own health journey with peaks and valleys of fitness achievement, availability, and self-discipline. There are also times when we can feel like we are on a flat road for miles. Of the many peaks and valleys in my health journey, this season in my life has been the most interesting!

Maintaining an exercise routine may be easy for some of you; I strive to exercise on a daily basis, which is not always easy. Those good habits were challenging with a new baby at home. As my family adjusted to new routines, my usual exercise routine and my health went by the wayside. As I moved through those early days and weeks of Rowan’s life I realized that there was something missing. Yes, I was short on sleep, but it was exercising that I truly missed. I needed to regain my focus on my own health and well-being.

At Western Home Communities, we have so many different abilities, levels of dedication to fitness and health events that affect movement. I can vouch for the impact of exercise when you want to feel better and more complete. As the mother of a newborn, I recognized that when I could exercise, my thoughts were clearer, I was able to get more accomplished, and I felt more like myself again. I was able to really concentrate on Rowan and savor all of the joys that newborn life has to offer.

This can happen to you, too. You may not be taking care of a newborn, but you may be taking care of a loved one, or you may be the one in need of care. Take time to enjoy movement in any way that makes you happy and with any time you have available. Keep your eyes on the prize of your own health and well-being and I know that you will be able to accomplish anything!

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WELLNESS RECIPE OF THE MONTH

Harvest Chicken Salad Servings: 2

Chicken
• 1/2 tablespoon olive oil
• 1/2 pound boneless skinless chicken breasts
• Salt & pepper
• 1 sheet parchment paper

Raspberry Vinaigrette
• 1 tablespoon red wine vinegar
• 1 tablespoon raspberry jam, or substitute another flavor
• 1/4 cup olive oil
• Salt & pepper

Salad
• 1/2 cup cucumber, diced
• 1/2 ripe pear, diced
• 4 cups mixed salad greens
• 2 tablespoons dried cranberries
• 2 tablespoons chopped pecans
• 2 tablespoons crumbled blue cheese

Directions
1. Preheat oven to 450 degrees F. Drizzle olive oil in a glass baking dish and place chicken breasts in the dish. Season with salt and pepper and cover with parchment paper. Bake for 30-45 minutes, or until chicken reads 165 degrees at thickest part. Let cool, then dice.
2. Dice cucumber and pear. Place in a large bowl with salad greens.
3. In a small bowl, whisk together red wine vinegar, raspberry jam, olive oil, salt and pepper, then pour over greens and toss to coat.
4. Spread greens on a plate and top with chicken, dried cranberries, pecans and blue cheese.

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Healthiest State Walk
Wednesday, October 3, 9 a.m.
Jorgensen Plaza for Well-being

Mark your calendar and join us for the annual Healthiest State Walk

Meet on the east side of the building at the Diamond Event Center sign and walk through the neighborhood for .62 miles. An alternative route will be provided for those who want to walk farther.
Jump on the Jorgensen shuttle!

Have you hopped on board yet? It’s easy and free for residents on both campuses.

Schedules are designed so all residents can make the most of the amenities offered at Jorgensen Plaza for Well-Being. You can attend a program or concert, have a therapy appointment, enjoy a salon service, stop by The Market for gifts and food, or enjoy a meal at the restaurants. Wellness members can also exercise, walk the track, take an aqua aerobics class or swim.

The shuttle makes a difference for Arlene Hahn, who moved to Windhaven in July after learning about the pool and in-house therapy availability. She inquired about accessing those services and learned about the free shuttle.

Arlene quickly calculated that she could meet the bus at her front door at 8:30 a.m. and get to a water aerobics class before her therapy appointment. She returns on the 11:30 a.m. bus to Windhaven for lunch. Life is good!

Arlene appreciates the reliable service and attentive, helpful drivers. “It’s very convenient. If my therapy appointment needs to be adjusted, I just catch the shuttle at a different time,” Arlene says. She’s been able to keep up her good habit of swimming three times a week at The Grosse Aquatic Center.

“The drivers always transport my walker and make sure that I am safely on the bus and safely in the building,” she said.

The shuttle has morning and afternoon routes, Monday through Saturday. Complete schedules are available at each front desk. Villa and townhome residents may access the service by calling (319) 243-5704 during service hours to request same day pick-up.

Any questions can be directed to Transportation Supervisor Chris Ravn at (319) 222-2094 or christopher.ravn@westernhome.org.
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<td>Sue LeQuatte</td>
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<td>Ruth Krumlinde</td>
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<td>Beverly Rathbone</td>
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<td>Jane Ingraham</td>
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<td>Shelton Hornback</td>
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</table>
Kevin Bennett had a preview of his future when he was a co-op student at Western Home Communities during his high school senior year at Parkersburg. His mother and his sister both worked at Western Home which gave him additional insight to employment in a retirement community. At the time of his high school graduation, the local economy was adjusting to massive layoffs at John Deere. Kevin made the wise decision to accept a job offer at Western Home. That launched a 40-year career – starting with grounds maintenance and advancing to leadership as the downtown campus director of maintenance and environmental services.

Kevin was head of maintenance at Walnut Court Apartments in Waterloo for 20 years. “There were 85 full apartments so I learned a lot in those years!” he said. When Walnut Court was removed from the Western Home Communities real estate portfolio, he returned to the downtown campus.

Kevin sites response to the 2008 flood as an example of the strength of Western Home Communities. “Decisions are made here by people who live in this community,” Kevin said. “Those local contacts mean we know who to ask for help and we know how to offer help when it is needed.”

Residents’ safety and well-being are Kevin’s number one priority. Kevin’s leadership skills have expanded with the job. “I did not have leadership as a career goal,” he admits. “I always had a lot of good people to work with. Someone has to take that leadership role and I’m pretty comfortable with it now.” Kevin notes that the 37-year working relationship with Terry Hahn as important to Kevin’s success.

When not at work, Kevin and Teresa Gronowski enjoy camping, attending Iowa Hawkeye football and playing with their 14 grandchildren between the ages of 1 and 12. Kevin also professes loyalty to a miniature long-haired dachshund named Toby.

Kevin Bennett puts residents’ safety and well-being first for 40 years

Thank you!

Congratulations to these employees who are celebrating service anniversaries in September.

<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
<th>Location</th>
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<td>Ashley Boose</td>
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<td>April Bowman</td>
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<td>Alexandra Klemp</td>
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<td>Rebecca Mommer</td>
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<tr>
<td>Kevin Bennett</td>
<td>40</td>
<td>Downtown campus maintenance</td>
</tr>
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</table>
Welcome new employees!

**Assisted Living**
Cassandra Alderman, Secretary, Windhaven
Tamaya Dunn, Food Service, Windhaven
Alexander Green, Cook, SFAL
Dayshanna Green, Wait Staff, Windhaven
Christine Samz, Secretary, Windhaven
Rachel Siems, Senior Director of Assisted Living, SFAL

**atHome with Western Home**
Rachael Duncan, Home Health Aide
Brittany Howze, Caregiver
Hannah Johnson, Caregiver
Lauren Olson, Home Health Aide
Maranda Rupalo, Home Health Aide
Abbie Young, Home Health Aide

**Cottages/Suites/Martin Center**
Brianne Bockholt, LPN, Suites
Magdalena Conner, Hospitality Coordinator, Suites
Tracy Curran, CNA, MHC
Kristen Faust, Hospitality Coordinator, Cottages
Emmanuel Gbor, Hospitality Coordinator, Suites
Logan Houser, CNA, MHC
Abigail Hudson, CNA, MHC
Abigail Kastli, CNA, Cottages
Shylandra Moore, CNA, Suites
Megan O’Brien, CNA, Suites
Katana Salazar, CNA, Suites
Tanniaah Spates, CNA, MHC
Josie Weber, Hospitality Coordinator, Suites

**Creekside, Grundy Center**
Evelyn Allfree, Hospitality Coordinator
Angela Sayer, Direct Care Professional

**Independent Living**
Miah Covell, Wait Staff, Windgrace
Tyshonda Crawford, Wait Staff, Windgrace
Dasani Jefferson, Wait Staff, Windridge
Adriana Landfair, Wait Staff, Windermere
Kaitlyn Negus, Wait Staff, Windcove
Makenzie Shearon, Wait Staff, Windermere

**Jorgensen Plaza**
Casey Anderson, Event set-up
Carrie O’Connor, Event set-up

**Multi-site support**
Stephanie Althof, Choir Director
Dakota Scribner, Maintenance Technician, South Campus
Byron Simar, Chaplain

**Therapy**
Brittnee Hummel, Occupational Therapy Assistant

**Winding Creek Meadows, Jesup**
Halsey Havlik, Resident Assistant

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**Meet Employee of the Month, Tyrique Harris**

**Tyrique** works as wait staff at Windcove. He has been working at Western Home Communities since August 2016.

Residents and employees had these comments about Tyrique:

- Tyrique always has a smile for everyone he serves in the Windcove dining room.
- He knows the residents by name.
- Tyrique is willing to train new employees.
- He has all the characteristics of Western Home Communities values and is always putting people first with a servant spirit.

Congratulations, Tyrique, on being named employee of the month for August 2018.
Note of appreciation

Thank you to the entire Western Home staff and community for the many kind words expressed to the Bernard family. We also thank you for the flowers. Mom enjoyed living in the villas.

*The family of Ruth Bernard*

Thank you for the lovely rose in remembrance of Jim Willms. We are so blessed to have so many prayers and caring people.

*Family of Jim Willms*

Thank you for your kind expression of sympathy during Phyllis’s passing. We so appreciate the care that she received both in Thalman Square and in the Deery Suites. We also appreciated the lovely red rose. Her funeral service was lovely and the facilities and catering were fantastic. Thank you so much.

*The family of Phyllis Jorgensen*

WHC receives workplace honor

 Courier Communications has named Western Home Communities an Employer of Choice for 2018. An article will be included in the Sept. 2 edition of the Waterloo Courier.

Thanks to all employees for their outstanding service! They create the culture that leads to this kind of recognition.

In sympathy

<table>
<thead>
<tr>
<th>Name</th>
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<th>Date</th>
</tr>
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In sympathy

Like us on Facebook!

*We’re online at www.Facebook.com/WesternHomeCommunities.*
Martin Center receives prestigious Silver Quality Award

The American Health Care Association has awarded Martin Center its Silver Quality Award for 2018.

The AHCA National Quality Award Program is a progressive, three-step process that encourages the continuous learning, development, and execution of integrated quality systems to achieve performance excellence. Each progressive step requires a more detailed and comprehensive demonstration of quality integration and performance.

Applicants receiving the Silver Award provide an extensive assessment of their systematic approaches, performance measures, and sustainable organizational and process results that are linked to the key customer requirements, success factors, and challenges previously identified through the achievement of earning the Bronze–Commitment to Quality.

Congratulations to the entire team at Martin Center for this outstanding accomplishment!