Head back to school this fall – no exams required
Lifelong University courses offered on south campus

Expand your knowledge of history, increase your ability to manage stress and gain appreciation for the potential consequences of the 2020 election. Lifelong University is a partnership with University of Northern Iowa. This fall, all courses are held on the WHC south campus. Find a registration form at www.uni.edu/llu or in a brochure at each independent living front desk. Each class costs $50 and pre-registration is required; you may also register and try the first class free.

Notre Dame: Past, Present and Future
Attend four sessions covering gothic architecture, construction of the church, and its function in the culture of medieval and renaissance Paris. The class will discuss the cathedral’s role in 20th century French identity. Learn about the structure’s condition pre- and post-fire, and plans for reconstruction.

**Instructor:** Charlotte Wells, Associate Professor of History  
**Dates:** Thursdays – September 5, 12, 19 & 26  
**Time:** 10 – 11:30 a.m.  
**Location:** Diamond Event Center

Election 2020
Gain insight on the upcoming presidential election as you discover how it compares to elections of the past and its potential impact on the future. Political polarization, media coverage and the extended campaign season will be among the topics discussed.

**Instructor:** Jayme Renfro, Assistant Professor of Political Science  
**Dates:** Mondays – September 9, 16, 23 & 30  
**Time:** 10 – 11:30 a.m.  
**Location:** Diamond Event Center

Continued on page two
Stress, Mindfulness and Finding Balance
Join four interactive sessions to gain understanding of how stress and acute trauma affect the mind and body. Learn and practice daily mindfulness and recovery techniques to counteract the negative impact. Assess your life balance using a wellness wheel and create a self-care plan.

**Instructor:** Steffany Kroeger, E-RYT  
**Dates:** Wednesdays – October 2, 9, 16 & 23  
**Time:** 1:30 – 3 p.m.  
**Location:** Windcove East Lounge

Unruly Women in Modern European History
Women have played central, if often hidden, roles in all major events in European history. This course will begin with the French Revolution in 1789 and trace the impact women had on historical events through World War II. This class will tell women’s stories as a way to explore the history of modern Europe.

**Instructor:** Dr. Emily Machen  
**Dates:** Mondays – October 7, 14, 21 & 28  
**Time:** 9:30 – 11:30 a.m.  
**Location:** Diamond Event Center

The Historical Jesus: History and Archaeology
This course will introduce you to the historical, archaeological and literary evidence about Jesus and the early Christians. Explore the methods scholars use to understand Jesus’ world, teachings and followers. The class is open to anyone and assumes no prior knowledge of Christianity.

**Instructor:** Kenneth Atkinson, Professor of History  
**Dates:** Tuesdays – November 5, 12, 19 & 26  
**Time:** 10 – 11:30 a.m.  
**Location:** Diamond Event Center

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.

– Henry Ford

Join the team from Western Home Communities to show your support for those living with Alzheimer’s

If you plan to walk, please order a free purple t-shirt (to be distributed at Peet the morning of the walk). Go to www.WHCMarket.org and choose from the adult or youth size. At checkout, select the option to pick up at the walk, and enter ALZ as coupon code for removing the cost.

**Saturday, September 21**  
Peet Junior High School, 525 E. Seerley Blvd.  
**Registration – 9 a.m.**  
**Ceremony – 10 a.m.**  
**Walk – 10:30 a.m.**
Plan to attend 45th Annual Breakfast

This fall tradition is a great way to kick off the season and support the work of Friends at the same time. There’s plenty of room at Diamond Event Center, so invite friends and family to join you for scrambled eggs, ham, potatoes, mini-cinnamon rolls and beverages! Tickets are just $7. Buy now at your front desk or at the door.

**Saturday, September 14, 7 –10 a.m.** Diamond Event Center

Fair trade connects communities worldwide

**Tuesday, September 17, 10:30 a.m.** Windridge dining room

Learn more about your shopping choices and the far-reaching positive impact of shopping for fair trade items at The World’s Window in downtown Cedar Falls. Imported items sold at The World’s Window are part of an international story of empowered artisans or farmers who work in safe environments to support their families and send children to school.

Friends monthly programs are free – open to all residents and their guests.

Windy Hill Singers to perform fall concert

Our resident choir, sponsored by Friends, will present a free fall concert for residents and guests to enjoy. Mark your calendar:

**Thursday, September 17, 6:30 p.m.** Diamond Event Center

Handcrafted Holiday Sale returns to Diamond Event Center

This annual event showcases the talents of residents, family members and employees, who can offer their handcrafted wares for sale. Past shoppers have selected from items such as jewelry, stained glass, needlework, artwork, pottery, popcorn, walking sticks, seasonal accessories, cards and more. The sales support projects financed by Friends of Western Home Communities.

**Saturday, November 16, 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.)
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:
Margaret Bachtell
Sue DeBower

Susan Christy
Dan & Lisa Schultz

Evelyn Gibson
Peggy Makinster
Dean & Janet Reiners

Glenn Hansen
Gene & Laverne Puetz

Dale Larsen
Mary Ellen Murphy

Ardis Lorenz
Family and friends of Ardis
Jane Mertesdorf
Margaret Shay

Gene Lybbert
Doris Crandall
Gene & Laverne Puetz

John Miller
Penny Brown

Helen Newton
Jo Ackman
Mark & LuAnn Bray
Kay Dockendorff
Lorna Ericson
Terry & Joan Fliehler
Stephen & Dawn Ford
Geof & Vicki Grimes
Dick & Linda Johnson
Roger & Vicki Neessen
Jim & Carol Newton
John & Mary Newton
Larry & Sharon Petersen
Nancy Puckett
Jerry & Mary Purcell
Gary & Jan Rosauer
Doris Sauser
Craig & Holly Schwerdtfeger
Bobbi Jo Smith
Vera Sullivan
Jim & Deb Volgarino

GJ & Ruth Woerdehoff
Dale & Janie Zadina

Carol Thielen
Craig & Holly Schwerdtfeger

Bob Way
Nancy Handorf
Donnabelle Miller
Bob Robinson
Al Tapper

Carol Will
Marilyn Roseberry

Audrey Williams
Don & Mary Bergan
Bob & Carolyn Carpenter
Bill & Bonnie Claassen
Sue DeBower
Mark & Sandy Frohwein
Glen & Marilyn Groothuis
Dave & Diane Happel
Gene & Aurelia Harringa
Glenda Potratz
Mike & Karrie Ryherd
Rodney & Ruth Tomson
Miriam Walker
Norma Walther

Kathy Winburn
Eldon Hayes

Fresh Wind Ministries
Shirley Ackerman
Sue Ackerman
Jim & Eileen Anderson
Jim Anderson
Merv Andersen
Joan Baumgartner
Coralie Becker
Patty Berning
Margaret Bettis
Ken & Delores Bixby
Lorna Blohn
Tim & Kris Boettger
Deane & Connie Bradfield
Braun Family Foundation
Shirley Cain

Clive & Mavis Cook
Vern & Mary Cordes
Cleo Cross
Joyce Cutshall
Bill & Linda Davis
Lois DeBerg
Larry & Carol Dufel
Uynthia Duncan
Mark & Molly Eggleston
Robert & Norma Emmert
Maxine Engelkes
Marlene Enges
Lila & Bruce Epling
Bev Fish
Jim Fogdall
Kent & Joyce Folsom
Stephen & Dawn Ford
Anne Geadelmann
Jim Geiger
Mary Gerhold
Dave & Cindy Glasener
Jon Green
Phyllis Green
Bev Greenway
Margaret Grimm
Bob & Donna Grosse
Dorothy Guldner
Lloyd & Norma Hager
Butch & Sherry Hammer
Alice Hansen
Cliff & Donna Hansen
Curt & Alice Hansen
Jon Hansen
Jeanette Hanson
Gary & Shirley Harris
Wayne & DeMaris Hochhalter
Lorene Howard
Marvin & Mary Hudwalker
Bob & Bonnie Humble
Betty Hunck
Chuck & Georgine Hurt
Jake & Barb Jacobsen
Bertie Jepsen
Mike & BJ Jessen
Bill & Staci Jorgensen
Harris Jorgensen
Western Home Foundation recently awarded a total of $4,000 in scholarships to six employees of Western Home Communities. The awards will be used during this school year to help them further their nursing careers.

Recipients for 2019-20 are Aurora Eddington, Isabelle Gardner, Hannah Hoepner, Allison Ogden and Torkelle Sumerall from the Cedar Falls campuses, and Megan Klammer from Creekside in Grundy Center.

The employee scholarship program began in 2002 with a gift of $2,500. The endowment has grown to $75,000 as residents and families make investments to support employees who pursue higher education.

**Employee scholarship program supports six awards**
Chaplain’s Corner:
In God’s protective hand
by Chaplain Mark Eggleston

One of my favorite people is my Grandpa Earl, a kind, gentle and giving man who was always ready to serve others. Of all that I remember about him, his hands stick out the most in my mind.

His hands were loving. I remember the day he scooped me off the pavement after a bike accident and drove me to the emergency room for stitches.

His hands were strong. He worked hard at Rath Packing Company and just as hard around the house when he got home.

His hands were skillful. He was a craftsman who could create many things out of wood, and repair almost anything.

His hands were also protective. He could be counted on to always be available to care for and protect family and friends.

As wonderful and loving as my grandfather was and how confident I was in his help, I have come to learn that there is another whose hands offer me perfect and neverending love, strength, skill and protection.

In Psalm 31, David declares his confidence in almighty God, in whose strong hand he chose to place his trust. The psalm begins, though, with some transparency about his real-life circumstances. He laid out his struggles when he talked about facing rejection and opposition (v. 4), living in a world of spiritual apathy (v. 6), facing affliction from enemies and a soul that felt troubled (v. 7-8), experiencing a body that was wasting away and a strength that was failing because of grief and sorrow (v. 9-10), and feeling forgotten (v. 11-13). I’d say David was in a rough season of life.

Did he retreat in despair? Did he declare defeat and give up? No, he declared his trouble and also his trust. He made the choice to turn his attention toward the one who could ultimately sustain and deliver him. In verses 14-15, he boldly states, “I trust in you, O Lord; You are my God, my times are in Your hand.”

In other parts of scripture, we see God’s hand used to signify His supreme power and authority (1 Chron. 29:12), creative work (Ps. 95:5), ability to deliver (Ex. 13:3), and His leading and provision (Ps. 139:10). In John 10:28, Jesus tells us that if we trust Him as the good shepherd who laid down His life for us, we can be assured of eternal life in the security of His hand. Now that is a promise to hang on to!

Maybe trouble has come knocking at your door. The good news is that you don’t need to go through it alone. Just like David, we have a God who is eager to help. We too can declare our trust in the Lord and find hope in knowing that our times are in His protective hand.

---

Join us for worship

<table>
<thead>
<tr>
<th>SFAL 9 a.m.</th>
<th>Fresh Wind Worship 10:30 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>Garry Moore</td>
</tr>
<tr>
<td>Sept. 8</td>
<td>Garry Moore</td>
</tr>
<tr>
<td>Sept. 15</td>
<td>Tim Boettger</td>
</tr>
<tr>
<td>Sept. 22</td>
<td>Garry Moore</td>
</tr>
<tr>
<td>Sept. 29</td>
<td>Garry Moore</td>
</tr>
<tr>
<td>Oct. 6</td>
<td>Garry Moore</td>
</tr>
</tbody>
</table>
Childhood neighbors become neighbors again

Through all of life’s changes, the constants keep us rooted, grounded and nurtured.

One of those constants for Delma Schares and Georgia Yount is a lifelong friendship, developed between them as teenagers on neighboring farms near Jesup and deepened as young single professionals sharing apartments in Waterloo. Now life has brought them full circle: They’re neighbors again, now at Winding Creek Meadows in Jesup, part of Western Home Communities.

They easily reminisce about fun experiences when Delma attended beauty school at Pitze’s and Georgia worked at Montgomery Ward, then John Deere. Georgia and Delma recall downtown Waterloo in the mid-1940s as a bustling, safe place with good shopping, where the social life was never dull.

“It was easy not to have a car; having a car would have been a big headache for us,” Delma said. They used city buses and walked to social events including Wednesday night dances at Electric Park Ballroom, where Glenn Miller and his orchestra attracted large crowds.

“I played the field!” Georgia said. She met her future husband, Dick, at John Deere.

“We did have a lot of laughs and we cooked some pretty good meals, too,” Georgia said. They’re still laughing at a vivid memory of their move across town from a Logan Avenue apartment to West 8th Street. “We stood in the back of the truck holding on to our roll-away bed with the sheets flapping in the wind.”

As life unfolded, Georgia’s family lived in St. Paul and Waterloo for 20 years while Delma and Herb were the enterprising owners of the grocery store in Jesup. Those gap years in their friendship were filled with long working hours and raising children – each family had six: Georgia and Dick, four boys and two girls; Delma and Herb, four girls and two boys.

When the Younts returned to Jesup, the two renewed their friendship right where it left off. Delma moved into Winding Creek Meadows as a charter resident in 2014 and Georgia arrived a few months later.

Now across-the-hall neighbors, they play bridge weekly and enjoy card games and reminiscing with other residents. They treasure their golden friendship which has been nurtured for over 77 years.
Public exhibit showcases decades of resident’s art

The tapestry of Teddi Finegan’s life is, literally, tapestry. She designed and wove hundreds of fiber creations that gave her artistic notoriety over the past six decades. Teddi is among an elite group of weaving and macramé artists who create commissioned works and gain national attention through craft guilds and art publications.

Teddi’s collection of art show announcements, newspaper articles, and juried competition awards document a long and influential career that also included teaching at University of Northern Iowa. A National Endowment of the Arts grant made it possible for her to introduce weaving to school-age children on 50 portable inkle weaving looms. She was a charter member of Iowa Designer Craftsmen Association and served as a delegate to the World Crafts Council Conference in Toronto.

Teddi’s artwork is the first thing one notices when entering her Windridge apartment. The neutral decor provides a perfect backdrop for colorful wall hangings that exude quality and artistic insight. Double weaving is complex and involves having two layers of weaving on the loom at the same time. The filling between layers adds dimension to the complex design.

Teddi is particularly proud of liturgical paraments she made for area churches. A parament is a matching set of textiles used in the worship service for the pastor, altar, pulpit and lector. Each of five liturgical seasons has specific colors and symbols associated with that season.

When Teddi moved to Windridge in 2012, she donated artwork to local art museums and her looms to the Northeast Iowa Weavers & Spinners Guild based in Cedar Falls. She’s made the transition from enjoyment of creating art to enjoyment of sharing it with others.

Visit the Hearst Center for the Arts in Cedar Falls to see Fiber Form, a one-woman show featuring the art of Teddi Finegan of Windridge. September 27 – November 3 During art center hours

Opening reception: Sunday, September 29 1 – 3 p.m.

The curator sought exhibit pieces from private collections, churches, businesses and Waterloo Center for the Arts, in addition to Teddi’s artwork currently in the Hearst collection.
Scenes of Summer

"Shades" of summer at Martin Center...from left, Shirley Klemmensen, Betty Roth and Elizabeth Heathershaw have fun at a dance party to honor the 20th birthday of IN2L, a computer system used by residents.

For Jim Bowman, happiness is catching fish at the Windhaven lake on a beautiful day!

Jake and Barb Jacobsen cool off under the dumping bucket at The Falls during a WHC swim party.

Phyllis Green is surrounded by young family members who joined her for the WHC swim party at The Falls in August.

At 99, Al Fliehler is still an expert angler who enjoys a good catch at the Windhaven lake.

The New Horizons Band takes a bow after its performance at Diamond Event Center in August.

Rita Congdon shows her love for the lazy river at The Falls during a WHC pool party.
Words of Wellness:
Finish summer with strong hydration habits

by Director of Wellness Amanda Lynch

Are you enjoying the dog days of summer by walking, riding bikes, swimming, taking wellness classes and using our wellness center? You can make the most of these opportunities when your body is well hydrated.

We put special focus on hydration during summer, with water stations throughout our communities and reminders to replenish the fluids our bodies need. Yet hydration is a 12-month challenge for the optimal health and function of your body.

When you’re thirsty, that’s a symptom of dehydration. Did you know not getting enough fluids will negatively impact deep sleep, cognitive functions and more? Because our bodies are made up of mostly water, it is essential to consume water every day. Your body demands it.

A good goal is to consume half of your body weight in ounces of water a day; for example, a 150-pound person needs 75 ounces of water. Does that seem daunting? Begin to ramp up your water intake by simply starting with one 8-ounce glass, then challenge yourself to drink more.

The wellness team offers these tips for increasing your water intake during the day:

1. Carry a water bottle with you wherever you go. Drink from it often. I have used commercials on TV programs to prompt me to take a drink; is there a daily habit that could become your prompt to drink more water?

2. Remember your body will adapt; don’t let extra trips to the bathroom at first give you an excuse to cut back. Your body will be better off for your patience with this transition.

3. If you are exercising on a daily basis you need to consume an additional 25 and 30 of water per day.

4. Consume water-rich foods for extra hydration. These include watermelon, celery, strawberries, tomatoes, skim milk, cantaloupe, broths and soups.

5. Keep tabs on how you feel throughout your day. When I tracked my water intake and how I was feeling, I began to recognize the impact of hydration on my mind and body: I had more energy, I was able to concentrate more clearly, and I was able to sleep soundly.

6. If you don’t like the taste of plain water, add something to make it more palatable. Fresh lemon or lime, cucumber or other fruit may inspire you to reach your hydration goals. Steer away from anything with added sugar, though!

Here are a few tried-and-true flavor combinations that just might help you embrace hydration:

**Cucumber Melon**
3 slices cucumber
4 small watermelon chunks

**Orange Lemon**
2 slices orange
1 slice lemon

**Strawberry Lime**
2 sliced strawberries (I cut in quarters)
1 lime slice

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.)
Executive chef brings “gourmet fast” experience to new position

Executive Chef Phillip Sade finds his new position is the perfect intersection of his passions for preparing food, serving people and coaching new employees. He comes to Western Home Communities with a unique set of work experiences that have already proven useful.

Chef Phillip was most recently a member of the dining services team at Cornell College in Mt. Vernon where he made “gourmet fast” food three times a day – serving 1,100 students in two-hour meal times. Though that hectic pace lacked in the opportunities to interact for more than a few seconds with most students, he enjoyed contributing to the student employees’ experience in dining services.

A 12-month schedule and an opportunity to relocate to the Cedar Valley were tipping points for his pursuit of a position at Western Home Communities. He started at Stanard Family Assisted Living where residents appreciate his display cooking on Thursday mornings. He was promoted to Executive Chef in July. He now oversees services and leads staff at seven dining operations on downtown and south campuses.

Serving local food is a priority for Chef Phillip. He will be attending farmers markets and meeting local produce suppliers as he brings Iowa’s best to resident dining rooms.

And his personal favorite food? Hot beef sandwich. “I can’t pass that up if it is on a menu!” he said.
## Happy September Birthday!

<table>
<thead>
<tr>
<th>Name</th>
<th>Prefix</th>
<th>Birthday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kenneth Hansen</td>
<td>SFAL</td>
<td>September 1</td>
</tr>
<tr>
<td>Joyce Christensen</td>
<td>VTH</td>
<td>September 1</td>
</tr>
<tr>
<td>Linda Craun</td>
<td>VTH</td>
<td>September 1</td>
</tr>
<tr>
<td>Kathy Madill</td>
<td>VTH</td>
<td>September 1</td>
</tr>
<tr>
<td>Audrey Smith</td>
<td>WM</td>
<td>September 1</td>
</tr>
<tr>
<td>Kay Thrall</td>
<td>PW</td>
<td>September 2</td>
</tr>
<tr>
<td>Eileen Wilson</td>
<td>PW</td>
<td>September 2</td>
</tr>
<tr>
<td>Dale Swartzendruber</td>
<td>WHAL</td>
<td>September 2</td>
</tr>
<tr>
<td>Paul Wood</td>
<td>WR</td>
<td>September 2</td>
</tr>
<tr>
<td>Marty Johnson</td>
<td>VTH</td>
<td>September 3</td>
</tr>
<tr>
<td>Marcia Colwell</td>
<td>WR</td>
<td>September 4</td>
</tr>
<tr>
<td>Lura Treloar</td>
<td>DS</td>
<td>September 5</td>
</tr>
<tr>
<td>Loretta McEnroe</td>
<td>PW</td>
<td>September 5</td>
</tr>
<tr>
<td>Harriet Monson</td>
<td>VTH</td>
<td>September 5</td>
</tr>
<tr>
<td>Lucy Johnson</td>
<td>WC</td>
<td>September 5</td>
</tr>
<tr>
<td>Becky Hardman</td>
<td>VTH</td>
<td>September 6</td>
</tr>
<tr>
<td>Vivian Martin</td>
<td>VTH</td>
<td>September 6</td>
</tr>
<tr>
<td>Ruth Maughan</td>
<td>VTH</td>
<td>September 6</td>
</tr>
<tr>
<td>Anita Dowell</td>
<td>WC</td>
<td>September 7</td>
</tr>
<tr>
<td>Ken Hoer</td>
<td>WC</td>
<td>September 7</td>
</tr>
<tr>
<td>Helen Hannan</td>
<td>SFAL</td>
<td>September 8</td>
</tr>
<tr>
<td>Dorothy Lakin</td>
<td>WHAL</td>
<td>September 8</td>
</tr>
<tr>
<td>Marlene Deery</td>
<td>WR</td>
<td>September 8</td>
</tr>
<tr>
<td>Audrey Schoeman</td>
<td>PW</td>
<td>September 9</td>
</tr>
<tr>
<td>Joyce Warm</td>
<td>PW</td>
<td>September 9</td>
</tr>
<tr>
<td>Lori Freet</td>
<td>VTH</td>
<td>September 9</td>
</tr>
<tr>
<td>Jack Schultz</td>
<td>WR</td>
<td>September 9</td>
</tr>
<tr>
<td>Linda Johnson</td>
<td>VTH</td>
<td>September 10</td>
</tr>
<tr>
<td>Gary Karkosh</td>
<td>VTH</td>
<td>September 10</td>
</tr>
<tr>
<td>John Rothlisberger</td>
<td>VTH</td>
<td>September 10</td>
</tr>
<tr>
<td>Chuck Roudebush</td>
<td>VTH</td>
<td>September 10</td>
</tr>
<tr>
<td>Karen Swanson</td>
<td>VTH</td>
<td>September 10</td>
</tr>
<tr>
<td>Mardella Hermann</td>
<td>WHAL</td>
<td>September 10</td>
</tr>
<tr>
<td>Donna Allee</td>
<td>WR</td>
<td>September 10</td>
</tr>
<tr>
<td>Sue LeQuatte</td>
<td>WG</td>
<td>September 11</td>
</tr>
<tr>
<td>Gene Puetz</td>
<td>WC</td>
<td>September 12</td>
</tr>
<tr>
<td>Darrell Morrow</td>
<td>SFAL</td>
<td>September 13</td>
</tr>
<tr>
<td>Eula Hughes</td>
<td>TS</td>
<td>September 13</td>
</tr>
<tr>
<td>Carl Boice</td>
<td>VTH</td>
<td>September 13</td>
</tr>
<tr>
<td>Don Moe</td>
<td>VTH</td>
<td>September 13</td>
</tr>
<tr>
<td>Jan Reifsteck</td>
<td>VTH</td>
<td>September 13</td>
</tr>
<tr>
<td>Margaret Johnson</td>
<td>WR</td>
<td>September 14</td>
</tr>
<tr>
<td>Tuyết Moschel</td>
<td>PW</td>
<td>September 15</td>
</tr>
<tr>
<td>Sue Lehman</td>
<td>TS</td>
<td>September 15</td>
</tr>
<tr>
<td>Shelton Hornback</td>
<td>WC</td>
<td>September 15</td>
</tr>
<tr>
<td>Jane Martin</td>
<td>WHAL</td>
<td>September 15</td>
</tr>
<tr>
<td>DeWayne Mingus</td>
<td>WW</td>
<td>September 15</td>
</tr>
<tr>
<td>Margaret Willoughby</td>
<td>WW</td>
<td>September 15</td>
</tr>
<tr>
<td>Ardys Sawyer</td>
<td>SFAL</td>
<td>September 16</td>
</tr>
<tr>
<td>Connie Bradfield</td>
<td>VTH</td>
<td>September 16</td>
</tr>
<tr>
<td>Donna Grosse</td>
<td>VTH</td>
<td>September 16</td>
</tr>
<tr>
<td>Harold Kreb</td>
<td>VTH</td>
<td>September 16</td>
</tr>
<tr>
<td>Joe Duffy</td>
<td>PW</td>
<td>September 17</td>
</tr>
<tr>
<td>Heather Lawrence-Richards</td>
<td>VTH</td>
<td>September 17</td>
</tr>
<tr>
<td>Donnabelle Miller</td>
<td>VTH</td>
<td>September 17</td>
</tr>
<tr>
<td>Jim Peterson</td>
<td>WC</td>
<td>September 17</td>
</tr>
<tr>
<td>Sid Morris</td>
<td>VTH</td>
<td>September 18</td>
</tr>
<tr>
<td>Loma Lusthoff</td>
<td>WR</td>
<td>September 18</td>
</tr>
<tr>
<td>Albert Gilgen</td>
<td>DS</td>
<td>September 19</td>
</tr>
<tr>
<td>LaVonne Wallace</td>
<td>SFAL</td>
<td>September 19</td>
</tr>
<tr>
<td>Bob Albertson</td>
<td>VTH</td>
<td>September 19</td>
</tr>
<tr>
<td>Marian Davis</td>
<td>MHC</td>
<td>September 20</td>
</tr>
<tr>
<td>Dave Weekley</td>
<td>VTH</td>
<td>September 20</td>
</tr>
<tr>
<td>Veronica Cobb</td>
<td>WC</td>
<td>September 20</td>
</tr>
<tr>
<td>Erma Clausing</td>
<td>CTG</td>
<td>September 21</td>
</tr>
<tr>
<td>Leona VanLengen</td>
<td>SFAL</td>
<td>September 21</td>
</tr>
<tr>
<td>Donna Iverson</td>
<td>WHAL</td>
<td>September 21</td>
</tr>
<tr>
<td>Patricia Markey</td>
<td>WR</td>
<td>September 21</td>
</tr>
<tr>
<td>Joan Gillam</td>
<td>MHC</td>
<td>September 22</td>
</tr>
<tr>
<td>Patricia Kellner</td>
<td>SFAL</td>
<td>September 22</td>
</tr>
<tr>
<td>Ellen Opsal</td>
<td>SFAL</td>
<td>September 22</td>
</tr>
<tr>
<td>Bob Beach</td>
<td>VTH</td>
<td>September 23</td>
</tr>
<tr>
<td>Joe Murphy</td>
<td>VTH</td>
<td>September 23</td>
</tr>
<tr>
<td>Jo Potter</td>
<td>CTG</td>
<td>September 24</td>
</tr>
<tr>
<td>Merriem Lane</td>
<td>SFAL</td>
<td>September 24</td>
</tr>
<tr>
<td>David Draper</td>
<td>VTH</td>
<td>September 24</td>
</tr>
<tr>
<td>Robert Roof</td>
<td>WG</td>
<td>September 24</td>
</tr>
<tr>
<td>Gloria Gerstenkorn</td>
<td>WM</td>
<td>September 24</td>
</tr>
<tr>
<td>Mary VanHauen</td>
<td>WW</td>
<td>September 24</td>
</tr>
<tr>
<td>Betty Pugh</td>
<td>TS</td>
<td>September 25</td>
</tr>
<tr>
<td>Judy Focht</td>
<td>VTH</td>
<td>September 25</td>
</tr>
<tr>
<td>Bob Lee</td>
<td>VTH</td>
<td>September 25</td>
</tr>
<tr>
<td>Sherry Hammer</td>
<td>PW</td>
<td>September 26</td>
</tr>
<tr>
<td>Dennis Mitchell</td>
<td>PW</td>
<td>September 26</td>
</tr>
<tr>
<td>Deb Lee</td>
<td>VTH</td>
<td>September 26</td>
</tr>
<tr>
<td>Grace Sindlinger</td>
<td>SFAL</td>
<td>September 27</td>
</tr>
<tr>
<td>Bill Keys</td>
<td>WHAL</td>
<td>September 27</td>
</tr>
<tr>
<td>Ruth Krumlinde</td>
<td>MHC</td>
<td>September 28</td>
</tr>
<tr>
<td>Cynthia Mayer</td>
<td>MHC</td>
<td>September 28</td>
</tr>
<tr>
<td>Jane Ingraham</td>
<td>PW</td>
<td>September 29</td>
</tr>
<tr>
<td>Fran Beal</td>
<td>VTH</td>
<td>September 29</td>
</tr>
<tr>
<td>Rita Justis</td>
<td>VTH</td>
<td>September 29</td>
</tr>
<tr>
<td>Sam Richmond</td>
<td>VTH</td>
<td>September 29</td>
</tr>
<tr>
<td>Mogens Christensen</td>
<td>WR</td>
<td>September 29</td>
</tr>
<tr>
<td>Bob Dieter</td>
<td>VTH</td>
<td>September 30</td>
</tr>
<tr>
<td>Deb Volgarino</td>
<td>VTH</td>
<td>September 30</td>
</tr>
<tr>
<td>Karl Koch</td>
<td>WM</td>
<td>September 30</td>
</tr>
<tr>
<td>Louise Odle</td>
<td>WR</td>
<td>September 30</td>
</tr>
</tbody>
</table>
FALL CARNIVAL
THURSDAY, SEPTEMBER 5  4-6 P.M.
DOWNTOWN CAMPUS
DUNK TANK, RING TOSS, CORN DOGS, MINI DONUTS
AND MORE!

Wanted: vans or cars
Do you have a van or car you're no longer driving but you aren't looking forward to the hassle of selling it? Consider donating it to the Western Home Foundation!

We'll assess the value, provide a gift acknowledgement letter for tax deduction purposes, and add it to the fleet of vehicles used by our maintenance or security departments.

Call Mary Taylor at 319-859-9338 or email mary.taylor@westernhome.org to learn more.

Assisted Living Week to be observed
This year's theme encourages residents to explore their creative side, and inspires staff to get creative in thinking of additional ideas to help improve each resident’s quality of life. Special events will be held in Standard Family, Windhaven, Thalman Square and Winding Creek Meadows, our assisted living communities.

Notes of appreciation
Thank you for the single red rose in memory of our mom, Audrey Williams. Mom experienced Windcove, Windhaven and Deery Suites. We thank you for her care in all three facilities. We will miss our mom. She longed to be in heaven with Dad. To God be the glory. The family of Audrey Williams; Dave & Dianne Happel

A huge "thank you" to WHC for the beautiful red rose honoring Rhio. Also, to the great staff at Deery Suites for their wonderful care and encouraging words. You helped make his last days peaceful. God bless, Pat Cleigh and family
September service anniversaries

Help us congratulate these employees who are celebrating a combined 115 years of service to Western Home Communities. Their loyalty and skills help us fulfill our mission.

Long career of service comes to a close

Bonnie Popenhagen started her career in housekeeping at Stanard Family Assisted Living. Back in 1989, the organization was just opening the doors to Willowwood and making plans to build Martin Center. South campus didn’t yet exist.

Bonnie has since worked all shifts and on both Cedar Falls campuses. The rhythm of the busy laundry room suits her best; there is always work to do and she can prioritize how it gets done.

Bonnie plans to retire later this month. Her decision coincides with the renovation of Martin Center, where smaller households serving a maximum of 25 residents each will enable laundry to be done there instead of SFAL.

The timing is perfect, she says. “It will be a nice time to retire.”

Congratulations and thank you for three decades of dedication, Bonnie. We appreciate you!
In sympathy

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilma Adrian, MHC</td>
<td>Aug. 19</td>
<td>Carol Will, WG</td>
<td>Aug. 8</td>
</tr>
<tr>
<td>Bernie Huss, WM</td>
<td>Aug. 18</td>
<td>Martha Helm, DS</td>
<td>July 30</td>
</tr>
<tr>
<td>Mary Mortensen, MHC</td>
<td>Aug. 19</td>
<td>Nancy Daniels, DS</td>
<td>July 25</td>
</tr>
<tr>
<td>Johanna Schmitt, DS</td>
<td>Aug. 15</td>
<td>MargeReisner, CTG</td>
<td>July 24</td>
</tr>
<tr>
<td>Dorothy Brown, WHAL</td>
<td>Aug. 9</td>
<td>Shirley Hansen, MHC</td>
<td>July 24</td>
</tr>
<tr>
<td>Rhio Cleigh, VTH</td>
<td>Aug. 9</td>
<td>Myrna Bremner, MHC</td>
<td>July 21</td>
</tr>
</tbody>
</table>

**Meet our Employee of the Month**

Dana Erickson

Dana works as a housekeeper at Prairie Wind. She joined Western Home Communities in April 2019.

Co-workers and residents say this about her:

• Dana always goes out of her way to help others no matter how busy she is.
• She goes the extra mile for all the residents and staff at Western Home Communities.

Congratulations, Dana, on being selected as our August Employee of the Month!

**Welcome new employees**

**Assisted living**
- Jetaun Miller, Food Service, WHAL
- Kiana Sanderson, RA, SFAL
- Emily Snodgrass, Leisure Services Assistant, SFAL

**AtHome with Western Home**
- Kristine Martinez, Caregiver
- Clara Petersen, Home Health Aide
- Stephanie Peterson, Caregiver
- Hannah Vaughn, Home Health Aide

**Independent living**
- Faith Hoffman, Wait Staff, WC
- Richard Morales, Wait Staff, WM
- Jacey Roy, Wait Staff, WR
- KeeAjah Scott, Wait Staff, WC
- Kari Scott, Wait Staff, WC
- Zoe Stewart, Wait Staff, WM
- Shania Thomas, Wait Staff, WR

**Jorgensen Plaza**
- Conrad Burke, Event Server/Set Up
- Raeann Burke, Event Server/Set-Up
- Kashmir Evans, Dishwasher
- Chase Kelley, Dishwasher
- Samuel Lerner, Host, Table 1912
- Breann Phillips, Wait Staff, Caraway Cafe

**Multi-site support**
- Angela Boyd, Regional Marketing Coordinator, Madrid
- Donald Gore, Maintenance Tech I
- Sarah Rynearson, Housekeeper

**Skilled nursing**
- Haley Cooper, Hospitality Coordinator, DS
- Tonya Mastin, Hospitality Coordinator, MHC
- Leashia Moore, LPN, CTG
- Abby Steils, CNA, DS
- Tiana Turner, CNA, DS
- Allison Wood, CNA, DS

**BOARD OF DIRECTORS**

Larry Fox, Chair                Willard Jenkins
Kathy Flynn, Vice Chair         Jim Wohlpart
Sarah Brown, Secretary          Greg Schmitz, Treasurer

**Foundation Development Council**

Robert Beach, Kathleen Hesse
Jan Andersen, Gary Karkosh
Judith Benson, Bev Michael, ex-officio
Ron Bro, Sid Morris
Bob Dieter, Miller Roskamp
John Falk, Martha Stanford

**Friends of Western Home Communities**
Bev Michael, Chair
Don Rasmussen, Vice Chair
Helen Bosley, Secretary

**Building Abbreviations**

- MHC: Martin Health Center
- SFAL: Stanard Family Assisted Living
- WHAL: Windhaven Assisted Living
- TS: Thalman Square Memory Support
- WW: Willowwood
- WG: Windgrace
- WM: Windermere
- WC: Windcove
- WR: Windridge
- VTH: Windcrest Villas & Townhomes
- CTG: Nation Cottage and Thuesen Cottage
- PW: Prairie Wind
- DS: The Deery Suites

**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.
Private lunches now available at Table 1912

Our venue offers modern décor, comfortable surroundings, privacy, chef-designed menus, delicious food and attentive service to make your event memorable, whatever the occasion:

- Business meetings
- Family reunions
- Book clubs
- Retiree groups
- PEO and other clubs
- Bridal luncheons
- Baby showers
- Holiday gatherings

For groups of 15 – 62. Custom menus available to meet your needs and budget.

Call Meena at 319-859-9324 to inquire about hosting your midday event at Table 1912.