Go back to college this fall, no studying required

Resident input requested by UNI students

Could you give an hour of your time for ten weeks this fall to help a UNI student succeed?

Professor Kathy Oakland will require the students in her human relations class to read the book “Gratitude” by local author and retired professor Len Froyen. Each student then has a list of three questions per chapter to ask of an older adult who lives within Western Home Communities.

The students are education majors who will soon be student teaching. The student you are paired with for all ten weeks will visit at an agreed-upon time weekly and spend about an hour in conversation with you; it’s that simple!

What’s in it for you? The opportunity to...

- Reflect on what you’ve learned through your life experiences
- Share your wisdom and insight with a college student
- Learn about the similarities and differences among generations
- Develop a new friendship
- Have fun
- Feel a renewed sense of purpose
- Receive a book of stories contributed by class members
- Embrace the WHC value of community partner

Sign up with your resident coordinator, leisure services coordinator or front desk receptionist. For more information, contact Carolyn Martin at (319) 222-2048 or carolyn.martin@westernhome.org.

Professor Oakland has 101 students enrolled in her fall class…can the residents of Western Home Communities rise to the challenge? Each one who participates will be helping impart wisdom to our next generation of educators!

Final free summer swim party at The Falls

Saturday, August 13  9 - 11 a.m.
Open to all residents and employees, plus their families and friends!
Join us for the August program: Tunis Speedway History

Were you one of thousands who cheered for stock car drivers as they zipped around the dirt track between Waterloo and Cedar Falls? Join us as Jim Volgarino reveals how Tunis Speedway became one of eastern Iowa’s most popular entertainment venues from 1948 through the early 1980s.

Friday, August 19  10:30 a.m.  Windridge

Annual breakfast tickets available this month

Make plans now to enjoy scrambled eggs, ham, country potatoes and biscuits on Saturday, September 17, from 7-10 a.m. at Windridge!

$7 tickets will be available at front desks starting August 15. All proceeds support the mission of Friends: to enhance the lives of residents of Western Home Communities.

Be part of this year’s Handcrafted Holiday Sale

Back by popular demand, this event attracts shoppers who are out and about on a busy craft sale Saturday.

Residents, employees, family members - those with a connection to WHC - can sell handcrafted items such as jewelry, needlework, woodwork, artwork, pottery, purses, popcorn, walking sticks, wearables and more! The sale supports projects financed by Friends of Western Home Communities.

Saturday, October 22, Windridge  9 a.m. – 1 p.m.

To participate, fill out and return this form to your receptionist or resident coordinator. Include a flat fee 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:______________________________________________
For my area, I would prefer a ____6-foot table or ____ square dining table
New villa to be open for tours

For the first time, Western Home Communities will participate in the Cedar Valley Parade of Homes by opening the recently completed villa at 5231 Sweet Basil Lane for tours. This allows us to market the remaining few new construction villas and townhomes, as well as Prairie Wind.

Hours are **August 25 and 26, 6 - 9 p.m., and August 27 and 28, 1 - 4 p.m.**

Since the tour is part of a community event, anyone wishing to tour this villa must purchase a $10 ticket at the door; the ticket is good at all of the approximately 30 homes on tour throughout the four days.

Travel in style to the State Fair

The annual trip to the Iowa State Fair is August 17, Older Iowans’ Day. Avoid driving and parking hassles – ride in luxurious comfort on a charter bus and enjoy the companionship of friends from WHC for just $25! *(Entry ticket of $8 plus any expenses are on your own.)*

The bus will depart from Windridge at 7:30 a.m. and leave the fair at 3 p.m, arriving back at south campus around 5:30 p.m. Contact a resident coordinator or Lisa Haugen (859-9352) to reserve your seat.

Save this September date

Pinnacle Prairie’s second annual **September Fireworks Spectacular** will be September 17 at approximately 8:30 p.m. This year’s event will be preceded at 7 p.m. by the Firecracker 5K, a run/walk on the trails through Pinnacle Prairie. Put the date on your calendar, and invite friends and family to join you!
Western Home Foundation and Western Home Communities are honored to be remembered through estate gifts, funeral memorials and other donations. To thank donors for their recognition of the care and support shown their loved ones during their time in our community, we’d like to share their names on a regular basis. This list reflects gifts received through July 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:
Marcia Betterton
Sue DeBower

Myrle Bjerke
Jerry & Beth Harris
Donald McMullen

Jane Bragdon
Bob & Judy Brown
Ed & Penny Brown
Louise Frevert
Judy Finkelstein
Terry & Janet Simcox

June Fuqua
Randal & Nancy McHone
Candice Miller
Steve & Janet Miller
Verla Paulson
Doris Swenson

Dorthie Hook
Jerry & Beth Harris

Gretchen Jacobson
Judy Finkelstein

Don Jameson
Jerry & Beth Harris

Byron Kluss
Jerry & Beth Harris

Delores Krogh
Harriet Picht

Michelle Makinster
Penny Frackiewicz

Gene Medhaug
Jerry & Beth Harris

Lavena Mohling
Jerry & Beth Harris
Dave & Barb Keninger
Homer & Ruth Anne Leymaster
Mary McCalley
Norman Oleson

Patricia Naber
Joe & Tristan Smeins

Phyllis Platt
Donna Allee
Wayne & Marlys Badger
Sally Bagley
Lorna Blohn
Richard & Susan Blough
Evie Boardsen
Mary Jane Boorum
Bob & Judy Brown
Jeneanne Brummel
Don & Judy Cole
Marcia Colwell
John & Marlene Deery
Nita Devoe
John & Donna Falk
Louise Frevert
Ruth Ann Gooden
Jerry & Beth Harris
Ed & Donna Hodglin
Margaret Johnson
Bob & Marilyn Kunkle
Karen LaCrosse
John Marsau
John Miller
John & Karen Miller
Jean Oleson
Judy Pfalzgraf
Bob Robinson
Marilyn Roseberry
Patricia Schultz
Marcia Simpson
Marlys Simpson
Claire Staebell
Neal & Jeanne Thuesen
Glen VanVark

Irene Seidel
Jerry & Beth Harris

Dolores Tamisiea
Dean & Glenda Alshouse
Daryl & Jan Andersen
Bob & Rosemary Beach
Carl & Evelyn Boice
Mary Jane Boorum
Nancy Handorf
Vern & Maricia Hansen
Joe & Nancy Moothart
Mary Ellen Murphy
Eleanor Parker
Jim & Ruth Petersen
Ned & Ruth Ratekin
Gordon & Barbara Ubben
Lois Wishmeyer

Teddy Van Erem
Jerry & Beth Harris

Larry Vaughn
Jerry & Beth Harris

Chapel Fund
Tim & Kris Boettger
Ronnie Durant
Dave & Cindy Glasener
Alice Hansen
Gene & Marty Harrington
Ruby Hockey
Theresa Kindig
Shirley Klemmensen
Karl & EthelAnn Koch
Ray & Wanda Nielsen
Deloris Nieman
Leo & Joan Ogden
Donnita Reed
Christina Rich
Phyllis Swanson
Jean Thompson
David & Audrey Williams

Employee Appreciation Fund
Marcia Colwell

Other gifts
David & Arlene Waterman
David & Nancy Lemons

Visit cancelled
As reported in the July Journal, Francis Njuakom of Cameroon had planned to be in Cedar Falls this month; unfortunately, his visit had to be cancelled due to a heavy travel schedule. We hope he can visit sometime in the future.
The 19th Annual Golf Invitational
Supporting Western Home Communities Foundation

Note earlier date: Monday, August 29

Note new location: Beaver Hills Country Club
8230 Beaver Hills Dr., Cedar Falls

Schedule:
• 11 a.m. - team registration begins, 19th Hole will be open for lunch
• Noon - shotgun start
• Buffet dinner featuring salad bar, Greek stuffed chicken w/feta cream, prime rib and vegetable options to follow with winning foursomes announced

Sponsorships:
Platinum VIP Partner*...............$5,000
Gold VIP Partner*....................$2,000
VIP Partner*.........................$1,000
*Company name in Western Home Communities newsletter, golf foursome, company name displayed on site and in program

Tournament..........................$750
Company name in Western Home Communities newsletter, displayed on site and dinner program.

Hole............................................$250
Company name displayed on site and in dinner program.

Please complete and return - registration deadline is August 22

Name___________________________________________
Business name _____________________________________

☐ We will play golf and attend dinner.
   Includes golf, cart, beverage ticket and dinner.
   Foursome - $400   Individual - $100   Western Home resident - $80
☐ I will sponsor at the ___________________________ level.
☐ Please send me an invoice.
☐ Check is enclosed.
☐ Please mix our pairs with another foursome for additional networking opportunities.
☐ I cannot join you on Aug. 29, but here is my donation $____________

All proceeds support Western Home Foundation, helping Western Home Communities assertively create fulfilling lifestyles for those we serve.

Please make checks payable to Western Home Foundation
and mail with registration to:
Mary Taylor, Director of Development
Western Home Foundation
5300 S. Main St.
Cedar Falls, IA 50613

Call 859-9338 or e-mail mary.taylor@westernhome.org
with questions.
Chaplain’s Corner: Seeking guidance in the Bible

by Rev. Don Sauser

As I write this, I find myself troubled with lots of life experiences. If you are reading this, I appreciate your role as patient listener as I process the options before me.

Many things in life are demanding decisions from me.

• The political conventions start in one week: Whom can I vote for based on moral principle?

• People are killing each other at an alarming rate. Leaders tell me the problems are racism and guns. They advise talking about issues; are the issues social, spiritual, or both?

• Today, I listened to a man challenging others to do what they can to save children dying from Malaria. How do we inspire people to expand their generosity when the cost of living just went up?

As the questions mount, my desire to seek answers in the Bible begins the process of resolving my uncertainty.

According to an American Bible Society survey for 2016, while 2/3 of Americans believe the Bible is a guide to a meaningful life, only 33 percent read it at least once a week. In a recent survey, A Study of Religion in American Culture, conducted by Purdue University at Indianapolis, reported that 48 percent of respondents read the Bible once in the previous year. Of that group, nine percent reported reading it daily. A survey conducted by Gateway of 2,930 respondents revealed 19 percent read the Bible daily. What should I conclude about the difference between professed belief in the importance of the Bible and our practice of reading it? Part of the answer is in what the Bible offers.

It is a lamp to our feet and a light to our path (Psalm 119:105).

It makes us wise to know salvation through faith in Jesus and equips us for every good work (2 Timothy 3:15-16).

It reveals the desires and thoughts of our heart (Hebrews 4:12).

It reveals the truth that purifies our heart to express sincere love through the power of God’s presence (1 Peter 1:22-23).

Part of the answer is whether or not I think regular reading of the Bible will have any real impact in my life.

The man who challenged me is Simon Estes. He experienced assaults and discrimination growing up due to the color of his skin. He complained to his mother about it. She told him to get on his knees and pray for that person because that is what the Bible revealed should be done. Years of daily Bible reading grounded him in the truth that left him free to love others who persecuted him.

Doing research for this article I found an interview of Dr. Nabeel Qureshi. He earned an MD from Eastern Virginia Medical School, an MA from Biola University, and an MA from Duke University. He is the author of the book, “Seeking Allah, Finding Jesus: A Devout Muslim Encounters Christianity.” When asked why the Bible is so important, he said this: “If your Creator were to speak to you and give you instructions, would you ignore it?” That is what the Bible is, guidance from God to shape our character and equip us for every good work (2 Timothy 3:16).

In this season of uncertainty and endless questions, I will be seeking guidance in the Bible.

Sunday Worship Leaders

August 7        Don Sauser
August 14       Paul Gibson
August 21       Tim Boettger
August 28       Don Sauser
Sept 4          Tim Boettger

Check your building calendar for Bible study times.
Colorful characters on display at Reiman Gardens

Sue Loveall, right, and Abby Fitch, at Home with Western Home CNA, toured indoor and outdoor gardens plus the 2,500 square-foot Butterfly Wing featuring an emergence case.

Pat Taylor, left, and Courtney Goll, Windermere resident coordinator, pause by the life-size Lego sculpture of two gardeners. Thanks, Courtney, for organizing the tour!

Marlene and Lyle Brim enjoy a shady path at Reiman Gardens, a 17-acre public garden at Iowa State University in Ames. They were part of the late June tour organized for Western Home Communities residents.

South Cottage residents picnic at Big Woods Lake

Enjoying their lakeside picnic are, from left, Mary Haskell Hansen, Megan Steepleton, Erma Colvin, Margaret Klein and Julia O’Brien.

Joining Shirley Davis were her daughter Lisa (right) and two grandchildren. Hard to believe sweatshirts were required on July 15!
WHC barn enables Mogens Christensen to continue hobby

Who says you have to give up your collections and hobbies when you downsize for retirement? Mogens Christensen did have to “right-size” his antique clock collection, but he certainly didn’t give it up! He collects and repairs antique clocks and sold more than 150 of them before moving to Western Home Communities in 2015. The collection editing process improved the overall quality of his remaining collection and gave him a “pass” to say yes to an exceptional clock he may find for sale in an antique store or auction. “I love auctions,” he admits. “I used to buy old clocks because I liked restoring the wood cases.” It became expensive to have the clock works repaired so he slowly learned that part of the restoration process, too.

Pretty soon, he was an active member of the National Clock Collectors Association and a go-to restoration expert for high-value antique clocks. While living in Des Moines, Mogens learned a lot from his restoration mentor Ralph Terry, a grandson of Eli Terry who was a famous clock craftsman in the 1800s.

Mogens and his wife stayed close to their passion for antiques in retirement when they worked at the Corner Antique Mall on University Avenue near College Square. That job enabled them to keep up on market values while enjoying buying and selling a wide range of antiques.

Mogens Christensen is not looking for more business. He’s as busy as he wants to be with his antique clock repair projects.

He’s partial to the fine craftsmanship of European clocks. “They are intricate and precise,” he says. “In European homes, clocks may stay on the same shelf for generations, so they never need any work.” In contrast, American clocks from the 1800s and early 1900s required heavier clockworks because they were being moved. “Families were moving westward and clocks were portable family heirlooms. Moving the clocks and the wear of the heavier clock parts gave clock repair shops plenty of business,” he adds.

Mogens’ attraction to the precision of clocks’ works is reflected in the custom racks for his tools and jigs that hold clocks in place.

Mogens’ birthplace is Copenhagen, Denmark, so he concedes a natural bias for the fine European clocks. He came to the US when he was 18 years old and settled in Minnesota with his parents. After his years in military service, Mogens moved to Iowa and began working at the Waterloo Courier in 1956. He has been married to Martha for 58 years. They live in Windridge.
Ask Bernice King, for whom making bracelets is the latest in a long line of triumphs over adversity. The resident of Stanard Family Assisted Living turns 89 this month and lost most of her sight to macular degeneration, diagnosed in 1993. Yet she lived at home with her husband until three years ago.

“I didn’t want to sit down; I had been too active,” Bernice explains. “Plus, my husband wasn’t a cook, so we had to eat!”

At first Norman King read recipes aloud for his wife, but once she purchased a machine that enlarged text, Bernice went back to reading them on her own. She also continued gardening, tending fruit trees, canning and freezing, as well as mowing the lawn.

“Anything you’d do in the house, I did it,” she says. Her husband’s health deteriorated, however, so they moved in July 2013, he to Martin Center and she to SFAL. Bernice, arriving in a wheelchair, then realized caregiving had taken a toll on her own health. After Norman passed away two months later, she slowly took steps to regain her well-being, starting with the weekly walk organized by wellness coordinator Amanda Lynch.

Then Bernice decided to join a jewelry making class in the commons. She had crocheted as long as possible, until 2004, and missed working with her hands.

“It gives me something to do and keeps my hands busy. I’ve got many new bracelets of different colors to wear with outfits,” explains Bernice. “I’ve had help making some earrings, too, but those are harder to do on my own.”

Bernice is now busily making bracelets to sell at the upcoming Handcrafted Holiday Sale on October 22, sponsored by Friends of Western Home Communities. Recently she created a new version featuring the five colors found in the WHC logo. Choosing the beads is the most challenging due to her limited sight; a few employees who enjoy beading help her pick them out.

When Bernice is not beading, you’ll likely find her taking a walk outside, bicycling on the stationary NuStep, participating in a resident program or listening to audiobooks, sent to her ten at a time by the Department for the Blind. Bernice reads the daily newspaper and weekly menus with the help of her reading machine, and starts each day with the Bible and a devotional.

“God has been right there beside me all the time,” says Bernice. “I couldn’t do it without Him.”

Bernice attends her local church each week and maintains a clear vision about how best to live her life: focusing on what she can do, not on what she can’t.

“You can’t change it, so why be down about it?” Bernice reasons. “You’ve got to stay up.”
Words of Wellness: Keeping the mind strong
by Wellness Coordinator Amanda Lynch

If you have taken a wellness class of mine you know I love working on our “brain fitness” as well as your physical fitness. Though you don’t see physical transformation to brain exercises, the benefits are real and worth it! As we age our brain gradually shrinks; nerve cells in our brain can shrink or lose connections with other nerve cells. So it is important to work at maintaining brain health and keep those connecting nerves in good shape. Here are “brain fitness” ideas to keep you strong and well.

1.) Regular physical activity is thought to help maintain blood flow in the brain and reduce risk for chronic conditions. It is important to pay attention to how your body feels while you exercise; working up a small sweat is a key to success.

2.) Stimulating your brain is essential for maintaining good brain health. Keep your mind active by increasing your level of social interaction, learning new skills, playing challenging games and doing other activities that require you to engage your mind.

3.) A balanced diet is important for weight management AND maintaining brain fitness. Eating a colorful variety of food helps maintain blood sugar levels and keeps your brain working to its full potential.

4.) Research shows that avoiding undue stress also is important for healthy brain aging. Chronic stress can strain the entire body, and physicians have long noted that severe stress weakens the immune system and promotes weight gain. Additionally, researchers have found the brain also suffers from long-term psychological stress. Take time to feel good and stress less by practicing meditation or yoga, stretching, going for a walk with a loved one, or just relaxing after a hard day.

WELLNESS RECIPE OF THE MONTH
Summer potato salad
I tried this recipe this summer and it is absolutely delicious! Enjoy!

Ingredients
• 2-3 lbs. of new red potatoes
• Handful chopped fresh parsley
• Half jar of Kalamata olives-halved
• 1/4 cup chopped red onion
• ½ container of feta cheese
• 2-3 Tbsp. olive oil
• Juice of one fresh lemon
• Salt
• Pepper
• Dried oregano

Directions
Boil potatoes for 12-15 minutes drain and let cool. Once cooled, cut into chunks or dice to your liking. Chop fresh parsley and red onion; place in bowl. Cut in half Kalamata olives and place in bowl. Stir in half of container of feta cheese, add olive oil and juice of lemon; toss to coat. Add salt, pepper and dried oregano to your liking; stir one last time and serve.

YOU can train for a 5K run/walk: Learn how to start!

Residents and employees are invited to get ready for the Firecracker 5K on September 17! Local running expert Dave Lipinski will teach us how to begin a walking (or running) program safely and without injury.

Join us on one of these dates:
Monday, August 15 11 a.m.
Windridge Wellness Center
Wednesday, August 31 2 p.m.
SFAL Friends Solarium

“Everyone can walk or run for fitness, health and happiness!”
A spirit of gratitude and humility filled the Windcove dining room July 13 as Simon Estes shared his own life story, and the story of his efforts to save children from malaria.

Estes’ grandfather was sold into slavery for $500; his father, born in 1891, couldn’t read or write. Coal mining brought the Estes family to Centerville, Iowa, where Simon was born in 1938. Estes said his family was poor financially, but multi-millionaires in faith, justice and education.

He learned the importance of hard work by watching his father work 12-14 hours per day to provide for a wife and five children. Simon wanted to be a doctor and worked his way through University of Iowa by scrubbing floors and toilets.

His choir director provided free voice lessons and told Estes he had a voice for opera. His response? “What’s opera?” He had also never heard of the Juilliard School of Music before being flown there for an audition and offered a full scholarship.

Estes found opportunity and fame in Germany in the mid-1960s and went on to become renowned worldwide. While singing at the finale of the World Cup in South Africa in 2010, he learned a child was dying every 30 seconds from malaria, adding up to one million child deaths each year. A simple $5 net is all that’s needed to offer protection and save lives, plus $5 per child for family training and education.

Convicted by this information, Estes put on a benefit concert in Iowa, featuring 1,000 children plus the Des Moines Symphony and conductor Joseph Giunta; that event raised $100,000 for nets. He says he won’t rest until $10 million is raised to save one million children’s lives.

Estes could relax and rest on his laurels, but believes “we are put here on earth to serve God, and to serve others.”

**Maker Space gets ideas off the drawing board and into production**

Denny Laudic and Mike Huffman introduced Cedar Valley Makers at the June 22 Friends program. They covered the birth, justification and current status of this four-year-old effort to provide a safe, technically advanced, educational, process-rich and equipment-rich public resource. Imagine a library for designing, making and repairing things, rather than checking out books and media.

The group’s “maker space” is located in downtown Waterloo on the third floor of the Tech Works building on Westfield Avenue. It’s a non-profit and, currently, all volunteer effort. Equipment already in place includes 3D computer design workstations, 3D printers, metal working and wood working machines, welding equipment and more. Free community memberships are available now to keep interested people informed. Public access memberships will start a couple months, likely with a $40 fee per month or a daily rate for occasional use.

Anyone who wants to make things, volunteer their expertise as shop mentors, donate funds or donate shop, sewing, or other craft equipment will help make the Cedar Valley Makers a success. Visit the website for more information: cedarvalleymakers.org.

*For Friends, Mike Seavey*
Let the Good Times Roll!

About 75 employees, residents and family members enjoyed walking or riding the parade route during this year’s Sturgis Falls Celebration, accompanied by music from Sugar Daddys Jazz Band.

Employee Mariana Robinson’s daughter Alonzia won grand prize in the Sturgis Falls Coloring Contest!

Residents had a comfy ride along the parade route and were kept busy waving to the crowd.

Many residents were spotted in the crowd; in this scene, from left, Marilyn and Don Geesaman, Faye Rohwedder (back row), Bev Ridder and Paul Klotz.

South Cottage household coordinator Erica Rath enjoyed the parade with her daughter, Hannah.

The parade is always an intergenerational affair. Many employees bring children and some residents bring grandchildren along for the experience.

The parade entourage includes a tractor-pulled hayrack, followed by a contingent of walkers, the WHC bus and quadricycle.
### Happy August Birthday!

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<th>Name</th>
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<td>Eleanor Little</td>
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<td>Mary Lou Sadler</td>
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<td>Fran Kuehl</td>
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<td>Joe Hermanstorf</td>
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<td>Jerry Kramer</td>
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<td>Barb Seufferlein</td>
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<td>Ima Jean Tjepkes</td>
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<td>Phyllis Koob</td>
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<td>Richard Stanford</td>
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<td>Sandy Magnuson</td>
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<td>Arlene Fleming</td>
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<td>Clair Coughlin</td>
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<td>JoAnn Kramer</td>
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<td>Svend Koch</td>
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<td>Lucille Thierer</td>
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<td>Clarence Lanigan</td>
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<td>Jan Heth</td>
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<td>Beulah Swartzendruber</td>
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<td>Cleo Cross</td>
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<td>Stanley Ramstad</td>
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<tr>
<td>Ron Heth</td>
<td>WW</td>
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### Congratulations to Winding Creek Meadows

The assisted living community's float won first place in the business category during Jesup's Farmers Day parade July 9. Great work by the team!
Welcome new employees

Ethan Childers, Resident Assistant – Winding Creek Meadows, Jesup
Ruby Contreras, Direct Care Professional – MHC
Ashley Fink, CNA – Cottages
TriChanda Gardner, Direct Care Professional – MHC
Zack Hilmer, Network and Systems Coordinator for Tech of Ages
Natalie Horton, Direct Care Professional – MHC
Katelyn Klaver, Resident Assistant – WHAL
Sylvan Luloff, Maintenance Technician I – South Campus
Alexis Martinez, Direct Care Professional – MHC
Mikki Mundus, RA – WHAL
Kathryn Paul, RN – MHC
Abbigayl Provost, Universal Worker
Jenny Rottler, CNA – MHC
Jessica Runyan, Hospitality Coordinator
Reed Smith, Maintenance Technician – downtown campus
Anna Traywick, CNA – MHC
CJ Weiss, MDS Coordinator – MHC

atHome with Western Home
Cassie Bakker, Home Health Aide
Miranda Baratachek, Home Health Aide
Ashly Hayes, Home Health Aide
Heather Lopez, Home Health Aide
Milisa Swanson, Home Health Aide

Dining Services
Hayley Ganfield, Wait Staff – Windcove
Kimberlee Salmon, Food Service Worker – SFAL
Rakisha Smith, Food Service Worker – SFAL
Ella Synarong, Wait Staff – WC
Rae VanArsdale, Cook – Independent Living
Linda Wentz, Cook – Independent Living

Celebrating work milestones

Help us congratulate and thank these employees for their years of service to Western Home Communities!

Martha Duran De Rodriguez
10 years
LPN, Nation Cottage
August 4

Valerie Henderson
5 years
RN, Windhaven
August 12

Emily Gardner
5 years
LPN, Windhaven
August 26

Antwnette Taylor (declined photo)
15 years
Dining Services, SFAL
August 30

Congratulations!

Villa resident Gary Karkosh was named to this year’s class of esteemed Eight Over 80 award recipients, recognized at a luncheon sponsored by The Courier on June 23.
Thank you notes

Thank you so much for the plant and the rose in memory of our Mom. We will miss her so much but we are happy she was at Willowwood and made friends and enjoyed her time there. She was a little social butterfly! Michele Makinster family

Thank you for the red rose vase. Your kind thoughts and prayers are appreciated. The family of Patricia Naber

Thanks to Windgrace residents and staff for putting on a welcome coffee for me. And the fruit basket was wonderful. Windgrace is a wonderful place. Ginny Terfehn

We are sad, but happy, that Mom is at peace and not in any pain. The Windhaven staff and Cedar Valley Hospice did a great job helping Mom through her last week. Thank you for the many kindnesses and expressions of sympathy. The red rose was beautiful. The LaVena Mohling family

I wanted to acknowledge the great time that my son and four great-grandchildren had at the pool party at The Falls. It was a kind gesture on your part to include my family who lives in the community. The many attractions at The Falls contributed to a most enjoyable time. Rowena L. Hardinger

I thank the Western Home for being one of the sponsors of the 8 Over 80 Awards program. I appreciate being a part of the Western Home Community and one of the recipients of the award this year. Thanks to my friends and neighbors for their acknowledgement of my award. Gary Karkosh

In sympathy

Jean Jurgs, WHAL
Lorraine Vorland, CTG
Laurel Ericson, WR
Irene Seidel, CTG
Gene Medhaug, MHC
Dodie Hook, WHAL
Byron Kluss, MHC
Phyllis Platt, WR
Lavena Mohling, WHAL
Teddy Van Erem, MHC
Myrle Bjerke, SFAL
Don Jameson, WG
Larry Baughan, MHC

July 15
July 14
July 14
July 11
July 11
July 9
July 8
June 30
June 29
June 26
June 19
June 17
June 17

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Martin Health Center
Stanard Family Assisted Living
Windhaven Assisted Living
Thalman Square Memory Support
Willowwood
Windgrace
Windermere
Windcove
Windridge
Windcrest Villas & Townhomes
The Cottages

MHC
SFAL
WHAL
TS
WW
WG
WM
WC
WR
VTH
CTG

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!
Haylee joined Western Home Communities as part of the Prepare to Care class in September 2015. She graduated the following month and now works as a certified nurse assistant (CNA) in Martin Center.

Those nominating her say:

- Haylee genuinely cares about our residents. They often request her by name.
- She is proactive. She follows through by communicating any changes to nurses that need immediate attention.
- She helps create a culture where our residents feel good about themselves.

Your Western Home Communities family congratulates you, Haylee, on being named our employee of the month for July 2016.