

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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Opportunities to live our values

Value: Community Partner



March 8 and 10: Ask the Superintendent

Cedar Falls School District Superintendent Dr. Andy Pattee will speak at independent living resident council meetings to address an upcoming bond vote and answer your questions. Feel free to attend any one of these meetings, even if the location is not your home address.

Tuesday, March 8

Windgrace 9 a.m.

Windermere 10 a.m.

Windcove 1 p.m.

Windridge 2:30 p.m.

Thursday, March 10

Willowwood 10 a.m.



March 15: Meet the Mayor

Newly elected Mayor Jim Brown will meet and greet residents.

Tuesday, March 15 10 a.m.

Windridge dining room

Value: Servant Spirit

March 23: Caregiver Respite Event

Western Home Communities employees offer family caregivers an afternoon off by providing a free respite event. Space is limited; call Amanda Lynch or Diana Lane to register at (319) 277-2141.

Value: People First

Month of March: Journal satisfaction survey

We want to hear from you. Please complete and return the reader survey on page 11. Thank you!



Coloring craze arrives at WHC

Why color?

- Reduce anxiety
- Create focus
- Become mindful
- Unleash creativity

Give it a try

Join one of these upcoming coloring sessions at WHC.

Windcove: Mondays at 1 p.m.

Windridge: Tuesdays at 1 p.m.

Windermere: Wednesdays at 2 p.m. (except the second Wednesday)

Willowwood: March 1 and 29, 1 p.m.

Windgrace: March 9 and 23, 1:30 p.m.

Not so very long ago, coloring for older adults was regarded as babyish. Leisure service professionals were discouraged from offering it as an activity.

Now coloring is all the rage for college students to centenarians, touted as a way to express creativity and reduce stress. The trend has swept Western Home Communities, with residents regularly gathering around tables to fill in the drawings in front of them.

To be sure, adult coloring books are far more intricate than what we colored as children. Scottish artist Johanna Basford, 32, is credited with starting the worldwide adult coloring craze when she released "Secret Garden: An Inky Treasure Hunt and Coloring Book" in 2013, full of highly detailed



Arlene Fleming puts her personal touch on a wise old owl during a coloring session at Windcove.

"When you're in that flow you're caught up in the moment. People get a sense of tranquility when they're coloring in. They would probably get the same feeling from drawing, but a blank sheet of paper can be intimidating. Coloring is so accessible, and it unleashes the creativity we all have in a way that's quite safe." Johanna Basford, coloring book illustrator

pen-and-ink illustrations. That coloring book has now sold more than *two million* copies, and she's subsequently released two more best-sellers.

The success spawned a massive new niche industry; publishers call it a phenomenon they've never seen before. They can't keep printing books fast enough. Shortly before Christmas, Crayola got into the act and launched a line for adults called Coloring Escapes.

Recently on a Monday afternoon at Windcove, nine residents and three employees gathered around tables to create their own works of art. Some preferred the deep rich tones of markers, others the subtlety of colored pencils, and a few stuck with the crayons of their youth.

What all agreed on is how quickly it calmed them, and how much fun they had. Laughter punctuated the air as some said it would now be them sending colored creations in the mail to their grandchildren, instead of the other way around.



Unleashing their creativity at Willowwood are, left to right, Mickette Makinster, Margery Andrew, Faye Rohwedder, Agnes Berky, Veda Rasmussen and Belva Rhoads.



Working diligently on their creations at Windcove are David Waterman and Helen Lund.



Valentines reflect cultural shift and technological advances over the centuries

"The Art and Innocence of Early Valentines" was presented at the February Friends program by Gary Blonigan, a retired John Deere engineer and member of the National Valentine Collector's Association

Just like the intricate lace of many early valentines, Gary wove history, advancements in art and printing, and social change into his stories of valentines. Valentines roots are traced to 250 A.D. in the Roman Empire and are mentioned in Shakespeare's writings around 1660. Valentines history includes the "poems to sweethearts" cottage industry in late 1700s England. Gary reported that valentines really took off with the invention of stone lithography in 1796. He shared examples and history from every major era and style of these artful creations.

Gary's interest in valentines began at an auction in Sumner decades ago when his young daughter was the successful bidder on a \$1 box of valentines. The family was charmed by the collection and it grew from there. Gary purchases valentines wherever he finds them and the Blonigans share antique valentines with their family and closest friends each February.

More than 35 residents attended the program and many benefitted from the question and answer session. Gary remained after the program and offered information about individual items from his collection. He also took time to evaluate and appraise valentines that were brought to the program by residents.

For Friends of Western Home, Mike Seavey



Gary shared his lavish and extensive collection while escorting us through the history of valentines to the 1960s.



The organization of his display, including handmade display cases, indulges Gary's engineering interest in form following function.

Live stronger, happier



Upcoming Friends program: Happiness and your health

Wednesday, March 30 10:30 a.m. at Windcove.

Get tips for leading a happier, more fulfilling life and gain useful tools to maintain your equilibrium when life gets challenging. Presenter Ronelle Langley is affiliated with UNI where she teaches Organizational Management at the College of Business Administration. Ronelle is also a licensed psychologist and executive coach. She enjoys bringing cutting-edge information in her field to the Cedar Valley. Ronelle is a life-long learner and her purpose in life is: **to love, learn and grow.**



Western Home Foundation and Western Home Communities are honored to be remembered through estate gifts, funeral memorials and other donations. To express our thanks, we share donor names each month in The Journal. This list reflects gifts received through February 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.



WesternHome
foundation

In memory of:

Jean Appleby

Jerry & Beth Harris

Dorothy Bearbower

Jerry & Beth Harris

Don Bergman

Harriet Picht

Stanley Boyer

Jerry & Beth Harris

John Creasey

Sue DeBower
Gene & LaVerne Puetz

Elsie Ehlert

Axe & Bev Haugen
Harriet Picht
Gene & LaVerne Puetz

Mary Fiscus

Jerry & Beth Harris
Harriet Picht

Mildred Foss

Jerry & Beth Harris

Alice Hauptly

Jerry & Beth Harris

Phil Hufferd

Jo Ackman
Dean & Glenda Alshouse
Doug & Dee Behr
Ruth Bernard
Ray & Myra Boots
Scott & Mary Cook
Donna Cuvelier

Sue DeBower
Jeffry & Carol Dick
Lois Diemer
Marlys Folkers
Jerry & Beth Harris
Shelton & Mary Hornback
Gary & Marlys Karkosh
Neysa Klepfer
Jerry & JoAnn Kramer
Harold Krebs
David & Nancy Lemons
Evelyn Lohman
Genevieve Manatt
Dick & Bev Michael
John Miller
John & Marilyn Miller
Bill & Donna Mincks
Mary Ellen Murphy
Jim & Ruth Peterson
Faye Rohwedder
Earl & Carol Will
Lois Wishmeyer
Don & Mary Jo Woody

Clarine Jolly

Jerry & Beth Harris

Irene Haskin-Jones

Jerry & Beth Harris

Omer "Joe" Lawson

Jerry & Beth Harris

Alene Lundberg

Tyler & Sarah Downing
Gene & Marty Harrington
Jerry & Beth Harris

Kent Hoeft
David & Juli Kwikkel
James & Dene Lundberg
Diane Meggers
Estate of LaVonne Nichols
Alan & Heidi Nielsen
Susan Kerns-Petersen
Harriet Picht
Dennis & Dorothy Schlicht
Rex & Valarie Schlicht
Carisa Silverio
Twila Sweet

Michael Mack

Jerry & Beth Harris

Elaine Matthias

Jerry & Beth Harris

Katherine McFarland

Jerry & Beth Harris

Bob McKinley

Mike & BJ Jessen
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Mary Ellen Murphy

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Andrew & Elizabeth Thompson

Doris Brandt Thorson
Sue DeBower

Chapel Fund
Martha Anderson
Anonymous
Tim & Kris Boettger
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Don Brown
Mary Brown
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Lois Diemer

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Ruby Hockey
Theresa Kindig
Shirley Klemmensen
Karl & Ethelann Koch
Angela Rampton
Donnita Reed
Phyllis Swanson
Stella Vaughn
Berdella Wehrmacher
David & Audrey Williams

Employee Appreciation Fund
Don & Judy Cole

Other gifts
Anonymous
Stan Garrison
Joyce Hufferd
Chuck Koch
Jim LaRue
Gary & Marlys Karkosh
Frankie Schwenk

WHC goes red for women's heart health



Activities coordinator Natalie Jones at SFAL, standing, presented heart-healthy information and smoothies to residents including (from left) Ernest "Pete" Petersen, Bonnie Wallace, Joe Hermanstorfer and Eva Buenneke.

Residents and employees broke out the red clothing and accessories on February 5, National Wear Red Day, an event organized by the American Heart Association to support awareness of women's heart health. Heart disease and stroke kill one in three women, yet those conditions are 80% preventable.



At Windcove morning exercise, front row from left: Susan Runkle, Nancie Handorf, Arlene Fleming, Shirley Dean, Mary Cordes, Jeane Knapp and Amanda Lynch, wellness coordinator; back row, from left: Jack Hovelson (with a red Swiss army knife on his ear), Cleo Cross and wellness intern Mollie Bender.





Chaplain's Corner: Numbering our days *by Rev. Tim Boettger*

Just a short six months ago, we drove to Wartburg College in Waverly on a hot

September day. We unloaded the car and made a three-story trek several time to our daughter's dorm room. Thankfully, we had help - my son's girlfriend, and some football players who lugged a heavy loft bed up several flights of stairs. We spent some time arranging the room, then gave Adrienne some hugs, said goodbye and left. Our nest was now empty.

The car ride home was quiet. For 21 years, we'd had children at home; then, all of a sudden, we didn't. I can't believe how fast that happened. I recall this expression: "The days seem long, but the years pass quickly."

When you look back on life, the nature of time often looks and feels different than it does in the present or the future. It can be easy to fall into the trap of thinking the best days are behind us. This is why I have always been intrigued by the prayer of Moses in Psalm 90:12. Moses has just gotten the news that because his people lacked faith in God, who had led them out of slavery in Egypt, most would not enter the promised land. Instead, they would wander the desert for another 38 years and most of them would die doing it. Moses started counting. **"The length of our days is seventy years - or eighty, if we have the strength... they quickly pass,"** (Psalm 90:10). While clearly living in the bleak present reality of his situation, Moses offered a profound prayer for himself and his friends and family: **"Teach us to number our days aright, that we may gain a heart of wisdom... Satisfy us in the morning with your love.... establish the work of our hands for us - yes, establish the work of our hands.... May the favor of the Lord our God rest upon us,"** (Psalm 90:12-17).

Moses understands it is God who has the power to make life meaningful and satisfying. It is not the stage of life, or circumstances, or time remaining that dictate the fulness of our lives. It is this understanding that leads Moses to spend the final third of this Psalm pleading with God to help them in the time they had left in this world as desert dwellers. Moses also understands that when we grasp the brevity of our time on earth, that helps us live wisely. We often like to live in denial of our mortality, but the Bible never sugarcoats it. **"Teach us to number our days,"** Moses prays. What's past is past... what's more important is what we do with the time that's left. Give us your wisdom and blessing, Lord.

It's good to pray like Moses. I hope you do. Each day, each hour, each minute is a gift. May God bless you this day, and help you more fully understand the prayer of Moses and the preciousness of this life we live.

Easter Communion

Please join us during Holy Week to celebrate the gift of Christ. All are welcome at any service.

March 21	3:00 p.m.	WHAL
March 22	10:00 a.m.	Windermere
March 22	11:00 a.m.	Windgrace
March 22	1:30 p.m.	Windcove
March 23	10:30 a.m.	Willowwood
March 23	1:30 p.m.	Windridge
March 24	3:30 p.m.	SFAL Chapel

Sunday Worship Leaders

March 6	Don Sauser <i>Communion</i>
March 13	Tim Boettger
March 20	Don Sauser <i>Palm Sunday</i>
March 27	Tim Boettger <i>Easter</i>
April 3	Don Sauser <i>Communion</i>

Bible Studies

You're invited to join us in March when we have Bible studies during the first and third weeks in all buildings. Check your activity calendars for times/dates/locations. All are welcome!

Windhaven residents enjoy soothing harp music

Harpist extraordinaire Gaylord Stauffer entertained Windhaven residents and guests with beautiful and soothing music. Western Home Communities activities coordinators bring music, magic, motorcycles, movies, motivational programs and much more to residents year around – all adding to the excellent quality of life enjoyed at Western Home Communities.



Patriotic send-off for National Guard employees



Kelsey Dennler, left, and Halsey Havlik began their eight-year Army National Guard commitment in February. They intend to return to their CNA positions after 18 weeks of National Guard training.

Two resident assistants at Winding Creek Meadows Assisted Living in Jesup have made an eight-year commitment to serve in the Army National Guard. Halsey Havlik and Kelsey Dennler left in February for nine weeks of basic training, followed by nine weeks of Advanced Individual Training for their military occupation of supply specialist. If they are not called to duty, they will return to their positions as CNAs and continue their nursing education at Hawkeye Community College. Once they have achieved licensure as nurses (LPN), they can advance their army careers in the health care field.

The Army National Guard protects the US in natural disasters and in times of war. Members of the guard are paid and receive grants for education and other benefits. After training, the commitment includes monthly drill weekends, annual training and availability for deployment.

Halsey is the daughter of staff member Loretta Havlik and Kelsey is the daughter of staff member Cheri Crawford. Winding Creek Meadows residents and staff showed their support for Halsey and Kelsey with a send-off reception.



Residents had a red, white and blue send-off for Halsey and Kelsey. From left, Donna Delagardelle, Ann Kayser, Kelsey Dennler, Ruth Strauel, Darlene Close, Halsey Havlik and Bea Phillips. In background Joe Coller and Tom Corkery.



Back row: from left, Don Kass, Briana Hilmer, Sandy McClellan, Loretta Havlik, Shelley Nobiling and Cheri Crawford. Front row: Kelsey Dennler, left, and Halsey Havlik.

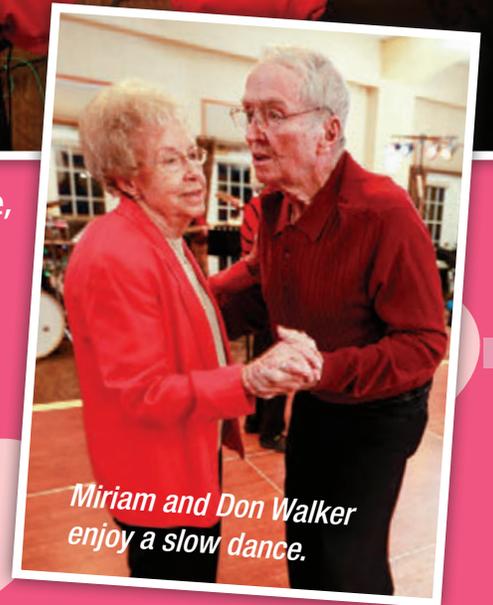


A sweet time at annual Valentines Dance



The Other Band plays favorites that fill the dance floor.

The sound of music and smell of chocolate filled the air February 11 at Windcove, as the dining room gave way to a dance floor. Alpha Phi sorority women and Sigma Alpha Epsilon fraternity men from UNI made sure anyone who wanted a dance partner had one. Everyone felt the love at this annual dance.



Miriam and Don Walker enjoy a slow dance.



Donna and John Falk (left) head right out to the dance floor, along with Gary and Donna Brown.



Bernice Bidne laughs as she hits the dance floor with UNI students from Sigma Alpha Epsilon fraternity.

From right, Bertie Jepsen, Claudia Koch and Nancie Handorf rock their red sparkly sunglasses.





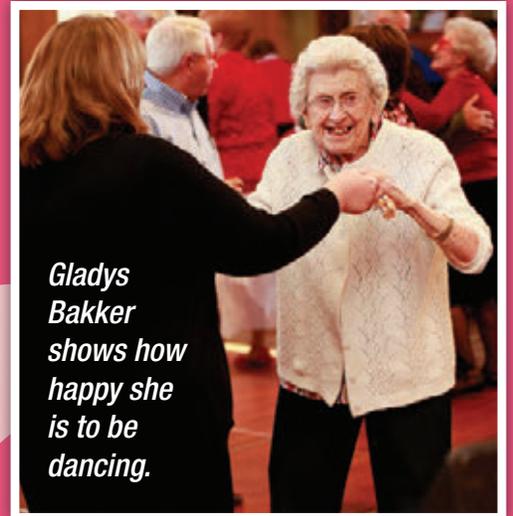
BJ Jessen looks radiant in red.



Veronica Cobb, Cleo Cross, Donna Brown and Nancy Seavey delight in a delectable array of goodies designed for dipping in chocolate.



Amanda Lynch leads a line dance.



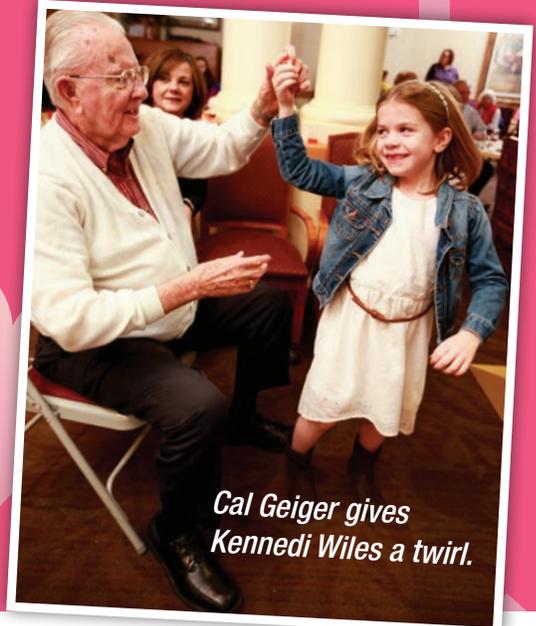
Gladys Bakker shows how happy she is to be dancing.



Kitchen manager Kyle Ballenger delivers drinks to a festive crowd.



Jane Gerard and tablemates enjoy the party.



Cal Geiger gives Kennedy Wiles a twirl.



Words of Wellness: Savor the flavor at each meal

by Wellness Coordinator
Amanda Lynch

Savor the flavor of eating right is the theme for this year's National Nutrition Month® in March. I hope you celebrate this month with the wellness department by paying extra attention to nutrition and enjoying the many flavors of food. Here are some great recipes that build on the theme and give you a fresh idea for each meal of the day. It is important to consume three meals each day and eat healthy snacks. Savor the flavor of eating right with these recipes.

Breakfast

The most important meal of our day can be prepared the night before. This slow cooker oatmeal recipe packs tons of flavors, and also provides you with 100 percent whole grain fiber, important nutrients and fruit. This is loaded with pumpkin and maple flavors.

Pumpkin Steel-Cut Slow Cooker Oatmeal

Ingredients

- 1 1/4 cups steel-cut oats (not to be replaced with quick or rolled oats)
- 1 cup pumpkin puree
- 1 apple, diced with skin
- 3 tablespoons almond butter
- 4 1/4 cups unsweetened soy milk (can use almond)
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 cup maple syrup
- 1/2 cup chopped nuts (almonds, pecans, or walnuts)
- 1/2 cup raisins

Directions

- 1.) Add all the ingredients except for 1/4 cup of the nuts and 1/4 cup of the raisins to a glass bowl that will fit inside your slow cooker. Give it a good stir, and place the bowl in the center.
- 2.) Carefully fill the slow cooker with water to about one inch below the rim of the glass bowl. Cook on low for eight hours.
- 3.) In the morning, remove the lid and stir the oatmeal. Scoop out about a one-cup serving; top with a sprinkling of nuts and raisins.
- 4.) Store uneaten oatmeal in the refrigerator.

Lunch

The importance of lunch includes regulating our blood sugars and providing energy for afternoon activities. This easy chicken salad recipe can be enjoyed with a whole grain bun, or atop a bed of greens or in a lettuce cup. This is loaded with savory and sweet flavors.

Honey Dijon Chicken Salad

Ingredients

- 3 cups chopped chicken (for ease of time you can use a rotisserie chicken)
- 1 green apple cored and chopped
- 1/3 cup seedless red grapes-halved
- 1/3 cup slivered almonds
- 2 green onions diced
- 1 TBSP fresh basil- minced
- 1 cup of the honey Dijon dressing-as follows

Dressing:

- 1/2 cup reduced fat plain greek yogurt
- 3 TBSP dijon mustard
- 3 TBSP honey
- 3 TBSP rice vinegar
- 1/4 cup olive oil
- Salt and pepper to taste

Directions

Combine ingredients for dressing in a small bowl. Pour one cup of dressing over salad ingredients. Stir and combine until all the ingredients are covered with the dressing. Will keep up to five days in your refrigerator.

Dinner

An important role of the evening meal is to fulfill nutritional requirements for the day. This recipe provides a simple, quick and scrumptious oven-to-table dinner. Combine this entree with whole grain rice or a vegetable for more nutrition.

Tilapia Foil Packets

Ingredients

- Two 6-ounce tilapia fillets
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 plum tomatoes, chopped
- 1 small shallot, minced
- 2 teaspoons chopped fresh thyme
- Kosher salt and freshly ground black pepper

Directions

- 1.) Preheat the oven to 450 degrees F.
- 2.) Lay each fillet out on its own piece of foil. The foil should be a few inches longer than the fillet. Drizzle each fillet with olive oil.
- 3.) Combine the garlic, tomatoes, shallots, thyme and some salt and pepper in a small bowl. Top each fillet with the tomato mixture. Fold over the fillet and roll up the edges to create a seal. Place on a baking sheet and bake for 15 to 20 minutes. Remove from the foil and serve with vegetables or rice.

2016 Journal satisfaction survey

1. What is your level of interest in The Journal?

- High interest (read regularly, cover to cover)
- Medium interest (skim for articles of interest)
- Low interest (read occasionally)
- No interest
- Undecided

2. How important to you is The Journal?

- Very important Not at all important
- Somewhat important Undecided
- Not very important

3. How satisfied are you with the layout of The Journal?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

4. How satisfied are you with the quality of the writing in The Journal?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

5. How satisfied are you with the overall content?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

6. How satisfied are you with the timeliness of the information presented in The Journal?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

7. How satisfied are you with the practicality and helpfulness of the information presented in The Journal?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

8. How satisfied are you with your ability to submit information or articles for inclusion in The Journal?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

9. Do you feel the newsletter effectively provides information important to Western Home Communities?

- Yes No

10. What, if any, information or sections would you like to see included in future issues? Please share story ideas about residents or staff, projects or events.

11. What, if any, regular features do you think should be removed from The Journal?

12. Overall, how satisfied are you with The Journal?

- Very satisfied Somewhat dissatisfied
- Somewhat satisfied Dissatisfied
- Neutral Undecided

13. I am a:

- Resident
- Family member of resident
- Staff member
- Community member

Comments _____

Thank you!

Return the survey to the front desk of your community, or fold in half for mailing.

Would you like me to contact you for additional feedback or ideas for articles?

Your name _____

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NO STAPLES

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Here

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Pat Beck
Communications Assistant
420 E. 11th Street
Cedar Falls, IA 50613

FOLD HERE

Happy March Birthday!

Norma Spurgeon	MHC	1	Amy Lindgren	VTH	18
Shirley Klemmensen	SFAL	1	Chuck Assink	WHAL	19
Irene Raub	WHAL	1	Dale Larsen	VTH	19
Gloria Kellerman	MHC	2	Jim Tice	WC	20
Thomas Dietrick	WR	3	Joyce Larkin	WM	21
Gladys Bakker	TS	4	Bill Snyder	VTH	21
Earl Will	WG	4	Bob Grosse	VTH	21
Fran Troutner	MHC	5	Betty Gesell	CTG	22
Iris Hansen	SFAL	5	Mary Lou DeBooy-Junge	MHC	22
Winnie Mulvehill	SFAL	5	Dorothy Weinberg	WHAL	22
Gladys McKenna	MHC	6	Marge Nelson	WG	22
JB Bartling	SFAL	7	Beverly Murphy	WC	22
Ruth Ann Gooden	WR	7	Marilyn Pape	WM	24
Tom Thompson	VTH	7	LaVerne Puetz	WC	24
Patty Knebel	CTG	8	Deane Bradfield	VTH	24
Rhio Cleigh	VTH	8	Jim Platt	WR	25
Dean Dreyer	VTH	8	Judy Pfalzgraf	WR	25
Forest Loonan	TS	9	Dee Way	VTH	25
Betty Hunck	WR	10	Ivadel Eyestone	SFAL	26
Darleen Buehner	SFAL	11	Audrey Reynolds	SFAL	26
Wanda Nielsen	WHAL	11	Don Jameson	WG	26
David Waterman	WC	12	Jane Gerard	WC	26
Evelyn Brandt	WC	13	John Haugen	WW	27
Marlene Engen	VTH	13	Jim LaRue	WG	27
Don Scheer	SFAL	14	Dick Douglas	WR	27
Joyce Hufferd	VTH	14	Iva Dean Itzen	WM	28
Jo Grover	WG	15	Winnie Blake	WHAL	29
Juanita Fortsch	WC	15	Ruth Tomson	WC	29
Marleta Matheson	VTH	15	Richard Hunt	WG	30
Bill Mixdorf	WHAL	16	Ruth Ratekin	VTH	30
Lela Kabele	WW	16	Jim Jorgensen	VTH	30
Erma Roethler	TS	18	Mary Jo Woody	VTH	30
Darlene Surface	WC	18	Millie Martin	WM	31
Harriet Healy	VTH	18			

Cedar Falls Book Nook seeks donations

The Cedar Falls Library Book Nook is looking for donations of magazines published in the previous 12 months. This is one of those win-win-win opportunities: Your magazines stay out of the landfill, the library benefits from the re-sale of the issues and patrons have access to magazines when a full subscription may be unaffordable. Drop off magazines in collection boxes at the main desks of Windridge, Windcove and Windgrace. At Windermere, the drop box is in the library.

EMERGENCY Information

This is a reminder for residents in independent living to keep a current list of medications and intentions regarding resuscitation inside the fuse box of your villa or apartment. Emergency personnel will know to look there for this important information. If you have no medications, it is wise to have a note indicating no medications. Some residents use a current medications list provided by the doctor's office; others complete the form available at front desks.

Welcome new employees

Elise Bonert, RN, Service Plan Coordinator – SFAL
 Allie Boyle, LPN – Nation Cottage
 Diamond Childress, Direct Care Professional – MHC
 Ashley Finnegan, CNA – MHC
 Sara Gardner, Direct Care Professional – MHC
 Rogene Gunther, RN – MHC
 Moriah Henkelman, Universal Worker – South Campus
 Ariana Hubert, Direct Care Professional – MHC
 Samantha Jones, Resident Assistant – WHAL
 Greg Leahy, CNA – MHC
 Demarious Mallet, Direct Care Professional – MHC
 Stephanie Martin, Resident Assistant – Thalman Square
 Kaitlin Mohlis, Hospitality Coordinator – Nation Cottage
 Brittney Morgan, Resident Assistant – SFAL
 Adi Muharemovic, Resident Assistant – Thalman Square
 Apryl Olsson, Resident Assistant – Thalman Square
 Justin Stark, Floor Maintenance – SFAL
 Jacy Walbaum, CNA – MHC
 Laura Weichers, Direct Care Professional – MHC
 Jessica Wing, Resident Assistant – Winding Creek Meadows

atHome with Western Home

Sharisse Brisker-Stevenson, Home Health Aide
 Avery Klemp, Home Health Aide
 Tiffany Rogers, Caregiver

Dining Services

Kailee Caldwell, Wait Staff – Windridge
 Shania Campbell, Wait Staff – Windridge
 Ashley Finnegan, Wait Staff – Windridge
 Paul Gilliam, Cook – SFAL
 Madison Platt, Wait Staff – Windcove
 Dayna Schuur, Food Service Worker – WHAL

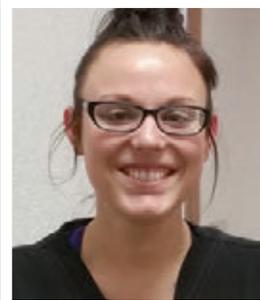
Employees celebrate 5-year anniversaries



Amanda McCormack
5 years
 Human Resources Supervisor
 March 8



Carolyn Martin
5 years
 Director of Volunteer Services
 March 25



Autumn Thome
5 years
 LPN
 March 25



Lizzie Jones
5 years
 CNA
 March 25



Cindy Wiles
5 years
 Senior Director of Independent Living
 March 25

Thank you notes

Thank you for all the kindness you have shown.
 – *The family of Sal Hauptly*

Thank you so much. – *Loren Batton and family*

Thank you for the red rose. We appreciated all your love and help.
 – *Stan Boyer Family*

Hi there... I want to thank you and your team of in-home caregivers for all the support provided for my mom, Jean Appleby. I was continually amazed by and am forever thankful for all the caregivers; I do not know what possesses people to do this work, but I am so, so grateful they do it.

In particular, I would like to call out Ratio White, Madison Mills, Kayla Even and Haley Westendorf. These ladies are true angels of mercy and compassion.

Real relationships formed between many of your staff and me. I hope you are aware of just how special many of them are; you must be doing something right to retain these great people on your staff; thank you for all you do. – *Meredith Anderson, daughter of Jean Appleby*

Thank you for remembering our family during this difficult time.
 – *The family of Mary Jo Fiscus*

In sympathy

Robert Goss, MHC	Feb. 17
Irene Haskin-Jones, MHC	Feb. 14
Darliene Rehlander, TS	Feb. 8
Michael Mack, CTG	Feb. 7
Joe Lawson, WHAL	Feb. 4
Mary Fiscus, MHC	Feb. 3
Elaine Matthias, CTG	Jan. 30
Sal Hauptly, MHC	Jan. 25

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Building Abbreviations

Martin Health Center	MHC
Stanard Family Assisted Living	SFAL
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowood	WW
Windgrace	WG
Windermere	WM
Windcove	WC
Windridge	WR
Windcrest Villas & Townhomes	VTH
The Cottages	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.



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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!





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**Join us for Sunday
brunch!**

**March 13 and
March 27**

10:00 a.m. to 1:30 p.m.

Windridge 5311 Hyacinth

**To make reservations, call
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www.WesternHomeCommunities.org



Meet Employee of the Month,
Amber Riemcke

Amber became part of Western Home Communities staff in March 2012. She works as a resident assistant in Windhaven Assisted Living.

Those nominating her wrote:

- Amber is a kind person.
- She puts our residents first and does her job very well.
- She handles the unexpected with a smile.
- She will jump in to help others.
- I would work with Amber any day and believe she should be chosen employee of the month.

Congratulations, Amber, on being named our employee of the month for February 2016.

