

*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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## Do you know the costs and coverage of your long-term care insurance?

Take a good look when you get the premium rate renewal notice for next year.



"Just last week I saw a 219% increase letter," says Jake Bates, director of sales for Fortified Life. "Some have stayed moderate, but many other policies are seeing these astronomical increases of 100% or more."

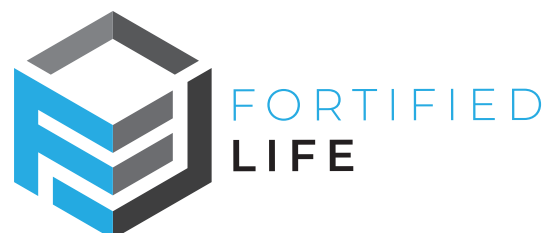
It's not uncommon for people to plan for long-term care needs in their 50s, so these policies have often been in place for 20 years or more.

"I've met with many people who don't really know what these policies will cover, even though they've been making a significant investment over the decades," Jake explains.

Jake often reviews policies to help people understand them and how they can fit into Fortified Life, which offers coverage for future long-term care needs and includes a unique wellness component with a lifestyle coach for active aging; plus, there's no elimination period nor maximum cost or number of days covered.

"Doing your research sooner rather than later is always better," Jake says. "I never want to hear anyone say they wish they'd known about this sooner."

Call (319) 260-4267 to schedule an appointment with Jake. The Fortified Life office is inside Jorgensen Plaza next to the reception desk.





## What to do with Grandmother's quilt

Lifelong seamstress and villa resident Chris Lorenz joined the Keepsake Quilters Guild decades ago but finally pursued the hobby in earnest after retiring from Hawkeye Community College.

Now she quilts, takes classes or workshops often, and shares her passion. Chris recently gave quilt presentations at Windhaven and Thalman Square.

"My mom always quilted so I grew up with an appreciation for them, and because I love antiques I would buy old quilt tops that my mom would hand-quilt to finish them," Chris recalls. "Now this is a wonderful hobby and I spend about four days per month quilting with friends."

Chris taught fashion merchandising at Hawkeye, including the history of costume and textiles. Her long interest in old needlework and handiwork leads her to have more appreciation for traditional quilt patterns than modern interpretations.

A sewn or pinned note in an old quilt was a common practice among quilters and she recommends doing this for quilts that don't have one. Details could include:

- The name of the quilt pattern
- Who made it/who they're related to
- Who quilted it (may be different from who pieced it)
- Year started and finished
- What city it was made in

The information can be written in permanent marker on a small piece of muslin and safety pinned or safely stitched to the back of the quilt.



**Chris, at right, shared the history of quilts in a recent presentation to Windhaven residents.**

If you own a quilt that you no longer want, Chris advises that you:

- Offer it to children or grandchildren.
- Consider donating it to a museum.
- Contact a hospice or church to see if they would like it for a fundraiser.

If you're interested in learning more or already have an affinity for quilts, check the Western Home app to find other residents who share your enthusiasm.

### Best tips for protecting your quilt

- ▶ Keep it away from sunlight.
- ▶ Line the cupboard where it's stored with muslin.
- ▶ Do not store in plastic or with moth balls.
- ▶ Maintain a consistent temperature.
- ▶ Fold in thirds lengthwise or crosswise and then accordion fold it, placing it in a cotton pillowcase. Refold a couple times per year.
- ▶ Don't let it come in contact with wood.

## Elves wanted for Santa 50613

Every year, elves living at Western Home Communities help the Cedar Falls Downtown District with Santa 50613 by answering letters from Santa.

Starting December 1, we'll pick up letters to disperse to volunteers (elves). Stationery, a sample letter and stamps will be provided.

If this sounds like a dose of holiday fun and you'd like to participate, contact Director of Resident Engagement Rachel Phillips to request letters by emailing [rachel.phillips@westernhome.org](mailto:rachel.phillips@westernhome.org) or calling (319) 222-2060.

Grab a few neighbors and invite them to join you in a letter-writing party for a fun seasonal event!



# Adopt a Family

Help make Christmas memorable for residents and employees.

1. Choose a tag from the tree in Jorgensen Plaza.
2. Purchase the gift requested.
3. Return the wrapped gift (with the tag attached) to Suzanne in Jorgensen Plaza no later than December 13.

Questions? Contact Suzanne at 319-277-2141







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 Nov. 13. For information on supporting Western Home Foundation, contact Director of

**Administrative Services Susan Steffy at [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org) or (319) 222-2022.**



**WesternHome**  
foundation

***In memory of:***

**Bob Beach**

Dorothy Clausen  
Robert Robinson

**Del Carpenter**

Alice Hansen  
Jane Mertesdorf  
Mary Ellen Murphy  
WHC Pickleball Players

**Mac Eblen**

Dorothy Clausen  
Robert Robinson

**Marlene Engen**

Dorothy Clausen

**Jim Gephart**

Dorothy Clausen

**Marlys Karkosh**

Dorothy Clausen

**Sharon Kreb**

Karen Sund

**Marion McCart**

Dorothy Clausen

**Marilyn Pape**

Dorothy Clausen

**Holger Petersen**

Dorothy Clausen

**Myrna Robinson**

Greg Robinson

**Nick Teig**

Dorothy Clausen

**Jim Zarifis**

Dorothy Clausen

Marcia Colwell

Louise Frevert

Robert & Doris Hewlitt

Lois Klatt

Ken & Carol Morlan

Jean Oleson

Judy Pfalzgraf

Pat Schultz

Jerry Small

***Mary Taylor Health  
Sciences Scholarship***

Bev Fish

Phyllis Steele

***V. Carole Martin  
Fund for Dementia &  
Alzheimer's Education***

Bev Fish

***Employee  
Appreciation Fund***

Anna Morris

(in honor of the  
transportation team)

Bev Fish

Lucinda Klodt

David Nation

Greg Robinson

(in memory of  
Myrna Robinson)

Cameron Smith

Sally Timmer

***Other Gifts***

Kent & Joyce Folsom

Geraldine Gilbert

Bob & Donna Grosse

Richard & Martha

Stanford

Karen Swanson

***Fresh Wind Ministries  
and/or Alice Isenhower  
Fund (Listed Quarterly)***

Joyce Barbatti

Cheryl Bearbower-  
Staton

Marjorie Behrens

Kenneth Bixby

Karan Boevers

Janet Bretey

Lyle & Marlene Brim

Donna Brown

Dick & Linda Buchanan

Marcia Colwell

Dick Domrath

Rod & Bobbie Dostart

Rita Druvenga

Kirk & Rose Edwards

Mark & Molly

Eggleston

Troy & Kasey Eller

Robert & Sheryl

Emmert

Bev Fish

Cindy Fisher

Marlys Folkers

Kent & Joyce Folsom

Hazel Foote

Lewis & Barbara

Freedman

Nancy Gephart

Larry & Jean Graham

Margaret Grimm

Bob & Donna Grosse

Dorothy Guldner

Butch & Sherry

Hammer

Marlys Hanks

Alice Hansen

Cliff & Donna Hansen

Jon Hansen

Vern & Marcia Hansen

Daniel Hanson

Jerry & Beth Harris

Richard & Sue Heth

Wayne & DeMaris

Hochhalter

Jean Hoer

Bonnie Humble

Norma Hundley

Dean & Barb

Hutchison

Jake & Barb Jacobson

Denise Jensen

Joyce Jensen

JoAnn Johnson

Harris Jorgensen

Neva Kesser

Theresa Kindig

Russ Kool

John Kragt

Donald Krull

Eileen Kruse

Lee & Barb Larsen

Lillian Marks

Shirley McGinnis

Hazel Messer

Dick & Bev Michael

Ronald Michaelson

LaVerne & Pat

Middleswart

Bob & Arlene Mieke

Marlys Mitchell

Judy Moody

Garry & Christie Moore

Carl Muesel

Lynn Neill

Carol Neumann

Enrique & Martha

Ochoa

Selma Ochoa	Mickey & Elaine	Jeremy & Michelle	Robert & Barb Thalman
Jean Oleson	Rosenau	Sorensen	Jeanne Thuesen
Rhoda Olson	Joan Rozendaal	Richard & Martha	Nancy Versluis
Eleanor Parker	Gene & Janet Sandell	Stanford	Karen Wagner
Letha Petersen	Audrey Schoeman	Thelma Stevens	Dee Way
Wes & Bonnie Poley	Barb Seufferlein	Karen Swanson	Velma Wessel
Russell & Marilyn Price	Karen Shelton	Jean Swiggum	Nell Wilson
Connie Rasmussen	Byron & Sondra Simar	Robert & Joanne Tefft	Lois Wishmeyer
Patricia Reyhons	Janet Simcox	Mary & Donald Terry	Bonnie Wissink

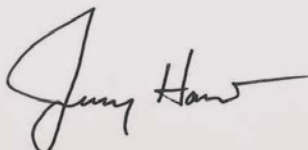
## A year-end message from Western Home Foundation

What a year you have made possible through all the ways you've supported Western Home Foundation and helped fulfill the mission of Western Home Communities: *to assertively create fulfilling lifestyles for those we serve, their families and our employees.*

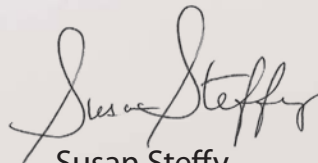
- ▶ Thanks to generous donations, we were able to award the first child care scholarships to four employees who appreciate the assistance that lets them stretch their budgets and find quality care for their children.
- ▶ The foundation also awarded a record amount of other scholarships: \$20,750 in awards to 12 employees who are furthering their educations in nursing, therapy and other areas.
- ▶ Your support of the Employee Appreciation Fund let us host food trucks and other events to show our gratitude to employees for the important work they do.
- ▶ We sponsored one of the country's best dementia trainers for two days in June. Our employees learned the most innovative skills because of the V. Carole Martin Dementia Education Fund, and we're already planning for Teepa Snow's training in June 2024 because of that same fund.

Every gift of every size matters and makes a difference. We're grateful for your continued support that has kept the mission of Western Home Communities going for more than a century.

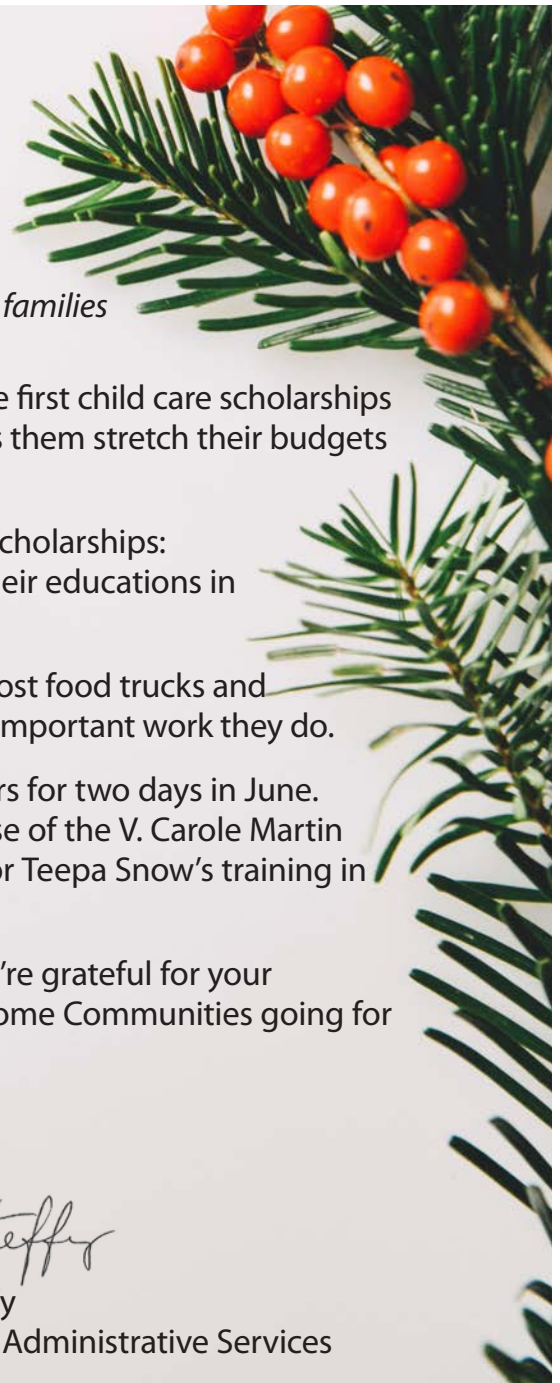
Wishing you joy and peace throughout this season.



Jerry Harris  
President, Cedar Falls Operations



Susan Steffy  
Director of Administrative Services





## CHAPLAIN'S CORNER

### The heart of a giver

by Chaplain Mark Eggleston



With every new day comes many new opportunities to give. We can give of our time, our energy, our resources or even just our words or a smile. Some of us are generous givers and others are rather stingy.

What kind of giver are you? As we look at the Bible, we have modeled for us the heart of the greatest giver ever, the heart of God.

Scripture tells us that God's giving is extravagant; it's over the top. The apostle Paul breaks out in praise to God for his demonstration of love and grace through the gift of his son, Jesus Christ. Paul declared, "Thanks be to God for His indescribable gift!" 2 Corinthians 9:15.

Paul is rejoicing over the heart of God on full display in his most generous gift of all. This gift is so amazing, Paul said, that it's hard to even offer words to describe its worth. We are reminded in another passage that every good and perfect gift comes down from our heavenly Father above. James 1:17.

The heart of God longs to give us gifts that are perfect for us and just what we need. We are meant to benefit from and enjoy these gifts. The

most familiar reminder of God's giving heart comes from a well-known passage where we are told, "God so loved the world, that He gave..." John 3:16.

This is the gift we celebrate at Christmas and is the most beneficial gift of all. This gift flows freely from a heart characterized by unconditional love and rich mercy. The appropriate response to this gift is to make it our own, to enjoy its benefits, to share it with others and then to give thanks to God for it.

Once we experience this gift for ourselves, we are then called to imitate God by going and offering that same kind of giving to others. We are challenged to give lovingly, generously, mercifully and freely to those in our circle of influence, just as he gave to us.

Will you use this Christmas season as a time to be lovingly generous with your time, energy, resources, kind words and smiles? In so doing, may others be filled with joy as we reflect the heart of God to them.

From our chaplain team, we wish you a very joyous Christmas.

## Join us for weekly worship at Diamond Event Center

All are welcome at Fresh Wind Worship services on **Sundays at 10:30 a.m.** We invite you to participate in a time of music, fellowship and exhortation.

**Recordings of the services continue to be broadcast on CFU Cable channel 18 or 95.5 at 11 a.m. on Sundays and 3 p.m. on Wednesdays, and they are posted on the Fresh Wind YouTube channel and Facebook page.**



# Handcrafted Holiday Sale sets new records

Shoppers browsed the wares offered by 26 vendors, the most yet, at the annual sale sponsored by Friends of Western Home Communities and held at Diamond Event Center on Oct. 28.

Nine first-time vendors were among the creatives who displayed and sold their handiwork.

Friends netted \$1,200 from the sale, another record, which will be used to fund projects that enhance the lives of those who make their home at Western Home Communities.

Thanks to all who participated!



**John Lofstedt makes wooden toys and puzzles, especially popular for Christmas gifts.**



**Dee Way offered her festive wood block crafts.**



**Dick and Linda Buchanan sold wood items that he fashions in his villa garage.**



**It was a family affair for Bethel Hammer, who offered handmade items including dishcloths.**



**Villa residents Dee Phillips and Julaine Kiehn admire the greeting cards made by Peggy and Suzanne Makinster, and the bracelets by Bernice King of Windhaven.**



**Shoppers Paul Fredrickson and Jane Moen admire Anne Boerschel's handcrafted jewelry. Anne's sister Bea Koontz lives in Prairie Wind.**



**These brightly colored blooms were created by Carol and Harry Black of Prairie Wind.**





## A granddaughter's creative gift

Prairie Wind resident Marianne Trent treasures her granddaughter Mary's artwork. And when she made the move to Western Home Communities in the summer of 2022, they decided Marianne's new residence needed something creative and personal from Mary, a painted mural.

It was Marianne's idea to feature cherry blossoms. Mary, a talented and creative high school student, designed a digital image to look the way Marianne wanted before she began painting. But time spent with her grandmother wasn't all about painting. "It took three or four days and maybe five hours a day to paint. But we also had dinner together, hung out and played a game or watched a movie during that time," says Mary.

They chose a narrow wall near the door for Mary's mural that held only a clock and didn't compete with furniture. The freehand painting was vibrant and reflected movement through the curve of its branches and blossoms. It was discovered later that the clock was a perfect fit, complementing the branches.

The timing of the mural's completion in 2022 was fitting. As was the hope for the family when Marianne moved, they all gathered at Christmas again, this time at Marianne's new home. "As a gift for Christmas, we had it covered with a tarp. The family was here Christmas Eve and we unveiled it," Marianne recalls.

Marianne's amazed with the detail in Mary's artwork, including in the four pencil and ink drawings that also hang on Marianne's wall. One was created during COVID and the others during family vacations. "When Mary was about eleven, I commented that I was going to go home and be a vegetable, so she drew me as a carrot, sitting and knitting. That's one of my favorites," laughs Marianne.

Marianne says not many of her neighbors know about the mural yet. She chose Prairie Wind as her home because everything is nearby – The Market, Gilmore's Pub, Grosse Wellness Center and an underground, easily accessible garage. Mary enjoys visiting, too, knowing they can go out to eat together by just walking down a flight of stairs to Gilmore's Pub.



**Marianne and her granddaughter Mary pose next to the mural Mary painted as a Christmas gift.**



## Celebrations honor veterans at WHC

A hearty, homemade breakfast was served to 95 veterans from independent living and the villas on Friday, Nov. 10. Resident coordinators Brandy Berky, Stephanie Berky and Teresa Gronowski cooked made-to-order omelets as other employees delivered fruit, juice and coffee to the honorees. A musical celebration honored veterans in assisted living.

Thanks to all who served our country!



**Brandy Berky makes omelets for Ron Van Der Meide, David Draper, Bill Madsen, Eric Staker and Bob Lee.**



**From left, Lee Williams, Ken Morlan, Rodney Tomson, Gary Brown and LaVerne Middleswart reminisce at the breakfast.**



**From left, Hans Isaakson, Ron Heth, David Zwanziger and Don Haugen catch up as they wait for breakfast.**



**Natalie Jones from leisure services leads a veterans appreciation event at Windhaven Assisted Living.**



**Wellness coordinator Katie Burkhardt brings water to (clockwise from top) Bob Alberts, Jim Volgarino, Ron Leibold and Hovey Brom.**



# WELLNESS OPPORTUNITIES in December

by *Director of Wellness Morgan Lehmann*



## Online Scam & Fraud Presentation

We are offering one more presentation, but this time online. If you couldn't make the in-person presentation in November, join us via Zoom in December, and learn how to protect yourself from being ripped off by con artists.

**Tuesday, December 5 at 10:30 a.m.**

*\*Zoom link will be sent out with December Wellness email. If you don't receive this communication, email [morgan.lehmann@westernhome.org](mailto:morgan.lehmann@westernhome.org) and ask for the link.*

## Give the gift of wellness

We have gift certificates available for an annual membership to the Grosse Aquatic & Fitness Center, for personal training sessions and for massage therapy. Please stop by the wellness center or reach out to Morgan with questions via email or phone: (319) 859-9362.

## UNI Research

Thanks to everyone who participated in this 8-week program. We appreciate your commitment, which provided important information for research and also provided these college students with a meaningful learning experience.

## Walking for Wellness

Something new for residents of Thalman Square Memory Support Assisted Living is weekly walking on the track at Grosse Wellness Center. The group calls itself the Wellness Walkers and their goal each Tuesday is to walk a mile or 18 laps around the track. The first week, everyone made four laps and some made eight – a great start to the program, and one the wellness team helped make possible.

**Top left: Janet Lynch (left) and Leisure Coordinator Hollie Beem walk with no worries about uneven pavement or unexpected obstacles.**

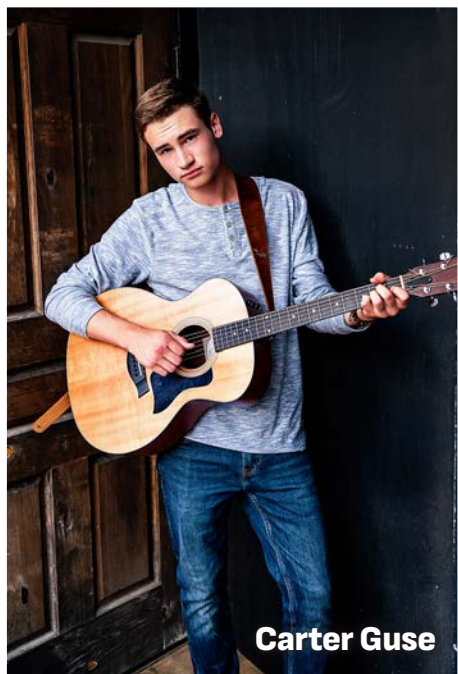


**Top right: Director of Wellness Morgan Lehmann and Kathy Thompson of Thalman Square take advantage of indoor temps and the track at the Grosse Wellness Center.**



**Bottom: Wellness Walkers from Thalman Square show their happiness at getting to the wellness center! From left, the weekly walkers include Tim Noonan, Janet Lynch, Kathy Thompson, Marilyn Roseberry, Fran Pashby and Linda Schrader.**



**Carter Guse**

## Ring in the new year with a concert

Mark your calendars for Thursday, January 4, when local singer and songwriter Carter Guse returns to Diamond Event Center to perform new music and some of your favorites.

Carter's 3:30 p.m. performance is hosted by Friends of Western Home Communities.

After the performance, walk across the hall for dinner at Gilmore's Pub and enjoy a burger, pasta, cocktail or the weekly feature.



**Carter Guse entertained a packed house at the Diamond Event Center in April.**

## More than a century to celebrate

On December 10, Windhaven resident Anne Lukes celebrates her 102nd birthday.

The Decorah native moved to Cedar Falls to be closer to family. She can't point to any specific reason for her longevity and admits it's not about keeping a regular routine of eating right and exercising.

"Heavens, no. Do whatever you want to do. It's a free world," she asserts. "I don't like any restrictions. I like to live my life and enjoy life."

One constant throughout her 102 years brings particular joy.

"I love music, both to listen and to play. I played the piano and organ, both the electric and pump organ, for church," she says. "I used to sing, too, but I don't anymore."

**Anne Lukes**

Anne doesn't particularly care for having photographs taken, but she agreed to for this article.

"Both my dad and my husband loved to take pictures, so I kind of had a life where somebody was always taking your picture. And I never liked them," she recalls. "And at one time, it had to be where you had to hold the pose. You didn't dare move or the picture would be blurry!"

Anne says family has brought her the most joy, and she's most proud of surviving and living the kind of life that she likes. And, she says, she's a happy person.

Happy 102nd birthday, Anne!

# Making the first impression count

*Twelfth in a series highlighting employee teams*

It's rare these days that you call a business and don't get some kind of recorded message. It may take a long wait to reach an actual human.

Not when you call Western Home Communities. Someone from the customer experience team will answer and direct your call, or track down the answer to your question, or provide a listening ear.

"This team would do anything to help a resident, employee, family member and community member, and do it with a smile," says Susan Steffy, the director of administrative services. "We have a nursing home resident who calls daily to speak with each of them. If they don't hear from her, they alert someone to check in. Those are the extra things that make the team so special."

From the reception desks at Jorgensen Plaza and Deery Suites, the team sees dozens of residents and visitors each day, offering help with directions, wheelchairs, special requests and more. They've even been known to help

Diamond Event Center guests track down a vehicle in the parking lot after an event. And they juggle additional duties, too.

Suzanne Makinster leads the group as customer experience manager, an apt description for the 43-year employee who's long built easy rapport with residents and their families.

"I think residents know we care," she says. "Some families still stop in to visit and reminisce about their loved ones. That's really special."

Thanks to this special group of employees for living the values of people first and servant spirit.



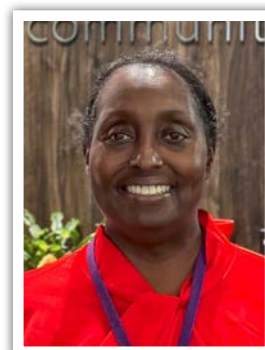
**Suzanne Makinster**  
Customer Experience Manager  
43 years



**John Barker**  
Receptionist  
2 ½ years



**Cheryl Bearbower-Staton**  
Customer Experience Specialist  
36 ½ years



**Lisa Ambrose**  
Receptionist  
1 ½ years



## Happy December birthday!

Jim Doud	PW	Dec. 1
Glen Groothuis	WC	Dec. 1
Paul Willy	VTH	Dec. 1
David Kirkle	PW	Dec. 2
John Golz	VTH	Dec. 3
Patricia Shimp	SFALDS	Dec. 3
Jean Swiggum	WC	Dec. 3
Bonnie Bickett	VTH	Dec. 4
Shirley Cain	WM	Dec. 4
Mervin Carnahan	VTH	Dec. 4
Barb Davis	TS	Dec. 4
Judy Weekley	VTH	Dec. 4
Butch Hammer	PW	Dec. 5
Helen Lund	WC	Dec. 5
Oneta McCarty	WHAL	Dec. 5
Bill Teaford	WR	Dec. 5
Pat Cleigh	WC	Dec. 6
Thos Sumner	WHAL	Dec. 6
John Focht	VTH	Dec. 7
Mark Mortenson	PW	Dec. 7
Joann Ackman	VTH	Dec. 8
Paul Klotz	WG	Dec. 8
Jean Richardson	VTH	Dec. 8
Lorraine Tonn	VTH	Dec. 8
Ron Leibold	VTH	Dec. 9
Patricia Peckham	WR	Dec. 9
Floyd Winter	WC	Dec. 9
Marlene Behn	VTH	Dec. 10
Ramona Edgerton	TS	Dec. 10
Esther Kieffer	WHAL	Dec. 10
Anne Lukes	WHAL	Dec. 10
Mike Entz	PW	Dec. 11
Shirley Meester	WR	Dec. 11
Janet Bretey	VTH	Dec. 13
Bethel Hammer	WR	Dec. 13
Jeff McKelvie	WG	Dec. 13
Marcia Simpson	WHAL	Dec. 13
Mary Knight	VTH	Dec. 14
Dee Weston	WC	Dec. 14
Jim Lubker	PW	Dec. 15
Trish Cook	WG	Dec. 16
James Madill	VTH	Dec. 16

Darrel Brandt	VTH	Dec. 17
Lewis Freedman	PW	Dec. 17
Nancy Gephart	WHAL	Dec. 17
Rita Congdon	VTH	Dec. 18
Norman Doty	WR	Dec. 18
Terry Townsend	VTH	Dec. 18
Lorene Howard	WC	Dec. 19
Marlys Small	WC	Dec. 19
Stacey Winter	MS	Dec. 19
Agnes Berky	WW	Dec. 20
Judy Jorgensen	VTH	Dec. 20
Emogene Marty	WHAL	Dec. 20
Judy Stamberg	WR	Dec. 20
Elsa Waschek	DS	Dec. 20
Dick Beener	VTH	Dec. 21
Marty Dillavou	DS	Dec. 21
Jim Reindl	VTH	Dec. 21
Carroll Berg	WHAL	Dec. 22
Marlene Brim	VTH	Dec. 23
Hazel VerMulm	VTH	Dec. 23
Marian Brandt	VTH	Dec. 24
Mary Kay Madsen	VTH	Dec. 25
Eleanor Parker	WM	Dec. 25
Melba Widmer	VTH	Dec. 25
Steve Armbrecht	VTH	Dec. 26
Kent Folsom	PW	Dec. 26
Sandra Heller	VTH	Dec. 26
Don Krull	WC	Dec. 26
Marianne Trent	PW	Dec. 26
Dorothy Cleghorn	WHAL	Dec. 28
Francis Pardoe	WHAL	Dec. 28
Gary Rosauer	VTH	Dec. 28
Eunice Easton	WHAL	Dec. 29
Miriam Krallman	DS	Dec. 29
Hazel Messer	WHAL	Dec. 29
Marilyn Teig	VTH	Dec. 29
John Lofstedt	VTH	Dec. 30
Anne Paxton	WG	Dec. 30
Bob Robinson	WR	Dec. 30
Esther Lageschulte	WHAL	Dec. 31
Tom Thierman	VTH	Dec. 31

## The Market to host book signing with villa resident



## Meet the Employee of the Month, STACY ROSTER



Villa resident Cherie Dargan will be at The Market on Friday, December 8, from 11 a.m. to 1 p.m. to sign copies of her novel, "The Legacy," the second book in the Grandmother's Treasures series.

Dargan's latest book was released in October and "recounts friendship, discovery, and a journey to freedom during the Civil War." Gracie, the main character of "The Gift," returns in book two to investigate the origins of a red and green quilt owned by Grandma Molly.

Cherie's book can be purchased at The Market in Jorgensen Plaza.

## Keep the little ones cozy this winter

Cuddable gifts may be the perfect thing for little ones this Christmas, for both comfort and entertainment. At The Market in Jorgensen Plaza, you'll find a variety of plush stuffed animals, puppets and Warmies®. This month, they are 20% off.

### Extended hours in December

For your holiday shopping convenience, The Market will be open Saturdays in December, 10 a.m. - 2 p.m. The Market will be closed Christmas Day.



**Stacy** has been part of the Western Home Communities family since March 2017 and is a household coordinator at Martin Suites.

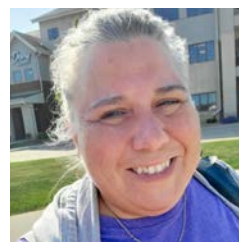
Here is what residents' families said about Stacy:

- ▶ Stacy has created an amazing atmosphere of love, caring and even a little silliness (which we love).
- ▶ I wasn't too happy to move Mom; however, I am so glad the move happened. Mom is seen, heard, loved and happy. I have not seen or heard Mom laugh so much in a very long time.
- ▶ Stacy is so dedicated and hardworking. She will laugh with me and listen while I am upset or crying. She really understands dementia and what the individuals as well as the family are going through. I believe Stacy's sense of humor is an asset to the residents, employees and family members.
- ▶ Stacy works so hard every day to make sure all residents' needs are met. She knows what each resident needs to get through the day.

Your Western Home Communities family congratulates you, Stacy, on being named our employee of the month for November 2023!

## Congratulations!

In December, Jill Theobald will celebrate a milestone employment anniversary at Western Home Communities. Join us in thanking Jill for her dedication.



**JILL THEOBALD**

**5 years**

December 10

Occupational therapist



## Notes of appreciation

Thank you very much for the rose you sent in memory of Robert Jensen. Your thoughtfulness is appreciated.

### ***The family of Robert Jensen***

Thank you for thinking of us and sending love and support with a lovely red rose in Del Carpenter’s memory. Also, to the pickleball players for the nice card and for giving funds for a pickleball practice board to be used on our WHC courts. Del would have loved that!.

### ***Warmly, Christine Carpenter and Gail***

Thank you to the employees on the third floor of the Deery Suites. We appreciate the care taken for Bob Beach during his illness.

### ***Most sincerely, Rosemary Beach, Shelly Wolfram and Holly Beach***

## BOARD OF DIRECTORS

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## Building Abbreviations

Cottages, Nation & Thuesen .....	CTG
Deery Suites .....	DS
Martin Suites .....	MS
Prairie Wind.....	PW
Stanard Family Assisted Living at Deery Suites.....	SFALDS
Thalman Square Memory Support .....	TS
Villas & Townhomes .....	VTH
Windcove .....	WC
Windgrace .....	WG
Windhaven Assisted Living .....	WHAL
Windermere.....	WM
Windridge.....	WR
Willowwood .....	WW

**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 Maughan, editor, at (319) 222-2025 or [Linda.Maughan@WesternHome.org](mailto:Linda.Maughan@WesternHome.org).

## IN SYMPATHY

David Briden, DS	Nov. 19
Bev Haugen, WC	Nov. 19
Michael Deeds, MS	Nov. 18
Steve McCrea, VTH	Nov. 16
Barbara Benskin, DS	Nov. 13
Lois Osness, DS	Nov. 12
Shirley Huffman, MS	Nov. 8
Patricia Anders, MS	Nov. 5
Bob Beach, VTH	Nov. 4
Paul Fuller, MS	Nov. 3
Nick Teig, DS	Oct. 29
Dixie Lemon, CTG	Oct. 27
P. J. Porter, DS	Oct. 24

## WHC beyond Cedar Falls

Western Home Communities offers housing and services for older adults in other Iowa communities. Find out more at these websites, and spread the word to friends or family in those locations:

### **Creekside Living Cottages & Villas**

Grundy Center – [creeksidegrundy.com](http://creeksidegrundy.com)

### **Winding Creek Meadows Assisted Living**

Jesup – [windingcreekmeadows.com](http://windingcreekmeadows.com)

### **Madrid Home & The Cedars Assisted Living**

Madrid – [madridhome.com](http://madridhome.com)



WesternHome  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

[westernhome.org](http://westernhome.org)

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## Give your taste buds a holiday gift!

We'd love to serve you one of our delicious December features.

### December 7–9 • Meatball Sub \$18

House-made meatballs, grated parmesan, mozzarella, and marinara sauce all laid within a toasted sweet bread loaf.

### December 14–16 • Lamb & Carrot Curry \$32

Oven roasted encrusted rack of lamb paired with a carrot curry sauce, sunchoke chips and roasted beets.

### December 21–23 • Miso Glazed Salmon \$30

Roasted miso glazed salmon served with a Shiitake mushroom sauce, root vegetable medley and green onion.

### December 28–30 • Brisket \$26

Local smoked brisket served with a loaded baked potato and a seasonal vegetable.

**GILMORE'S**  
EST. **PUB** 2018

**Tuesday–Saturday • 11 a.m.–8 p.m.**

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