

Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

Acclaimed dementia educator offers training in Cedar Falls

Teepa Snow of A Positive Approach to Care® brings her interactive approach to learning about dementia to Diamond Event Center on June 11 and 12 from 9 a.m.–4 p.m.

Teepa is one of the world’s leading advocates and educators for anyone living with dementia and other forms of brain change. She presents in a non-threatening, user-friendly style with extraordinary expertise and humor.



Teepa Snow

“We’re thrilled to bring Teepa here for all of us to learn from, thanks to a donor who created a fund for this purpose,” explains Jerry Harris, president of Cedar Falls operations of Western Home Communities. “She is an innovator who calls everyone to a higher standard of care for those living with brain change.”

Villa resident Larry Martin established the V. Carole Martin Dementia Education Fund in honor of his late wife. Additional event sponsors include Friends of Western Home Communities, Martin Bros. Distributing and Trio Pharmacy.

This training is appropriate for anyone who wants to understand more and improve the culture of dementia care. Mark your calendars and plan to attend this enlightening event.

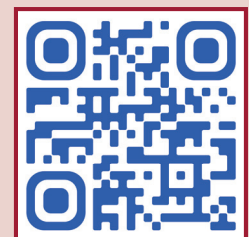


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Registration opens Feb. 1 and closes May 31. Scan the QR code or visit westernhome.org/teepa to select your date and purchase tickets. The material presented is the same both days to allow for greater attendance. Lunch is included.

- ▶ \$50 for residents, their family members, volunteers and Fortified Life members
- ▶ \$150 for the general public before May 1 (\$200 after that)





Put on your dancing shoes

Love doesn't have to be in the air to enjoy a good time socializing with friends. All residents are invited to the annual Valentine's Dance on Thursday, Feb. 15, from 6–8 p.m. at Diamond Event Center.

Vinyl Frontier will provide the music, you provide the dancing shoes! A cash bar and free refreshments will be available.

Please RSVP by noon on Thursday, Feb. 8, to your building coordinator. Villa and townhome residents should email villarsvp@westernhome.org.



Line dancing ... You bet!



Danny Laudick

Get to know the new mayor of Cedar Falls

Residents and employees have the opportunity to meet and greet Cedar Falls Mayor, Danny Laudick, in February. He'll address residents, take a few questions and mingle.

Thursday, February 22, 10–11 a.m. at Diamond Event Center
Coffee and light refreshments will be served, compliments of Friends of Western Home Communities.

Sign up for UNI basketball by February 16

The annual WHC Night in the Alumni Suite at McLeod Center is Feb. 27 for the men's game against Valparaiso. It's the last regular home game of the season and senior recognition night.

Enjoy refreshments beginning at 5:30 p.m. before the 7 p.m. tipoff. Tickets may be purchased for \$15 through Western Home Communities.

Deadline to RSVP is Feb. 16. Email rachel.phillips@westernhome.org or call (319) 222-2060. (Please RSVP for the reception even if you don't need a ticket or transportation.)



In 2023, residents enjoyed the view from the Alumni Suite overlooking the court.



Friends

OF WESTERN HOME COMMUNITIES

Student unveils life in Egypt

UNI student Mariam Elsayed will introduce us to her homeland of Egypt and share how she arrived in Cedar Falls to attend college. She'll touch on her homelife there as well as the Egyptian educational and political system.

Friday, Feb. 16 ■ 11:30 a.m. at Windridge

Invite a friend to join you for this monthly program!



Save the date: A morning to celebrate volunteers

All volunteers at Western Home Communities are invited to attend the annual appreciation breakfast from 9–11 a.m. on Wednesday, April 17. More details to follow in upcoming Journals.

Upcoming social events this month from



Western Home Communities launched this innovative program in late 2020 with a focus on all aspects of well-being. These programs are free to all residents of Western Home Communities:

▶ Walking Club

Feb. 5 and 19, 1–2 p.m. at Grosse Wellness Center

▶ Game Day

Feb. 16, 10–11 a.m. at DEC

Join in the fun as we play yard-style bocce ball.

▶ Card Club

Feb. 20, 1:30–3:30 p.m. at DEC

▶ Karaoke

Feb. 29, 3–5 p.m. at DEC

Cheer on your friends or take a turn at the mic yourself. Afterward, plan to gather with friends at Gilmore's Pub, where the featured special will be brisket. Open to all residents and the public. No RSVP required.

Want to know

more about Fortified Life?

You have two options each month: an in-person meeting at the office in Jorgensen Plaza on the second Thursday, or on Zoom the fourth Thursday.

Thursday, Feb. 8 at 2 p.m.—In person
Thursday, Feb. 22 at 2 p.m.—Via Zoom

Please RSVP to Jake Bates for either option at jacob.bates@westernhome.org or (319) 260-4267. Or he's happy to meet with you individually.



Windridge resident Ken Morlan singing karaoke in 2023.

Co-sponsored by **Friends**
OF WESTERN HOME COMMUNITIES



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 Dec. 31, 2023. **For information on supporting Western Home Foundation, contact Director of Administrative Services Susan Steffy at susan.steffy@westernhome.org or (319) 222-2022.**



WesternHome
foundation

In memory of:

Bob Beach (directed to the Employee Appreciation Fund)

Denise Brown
Jim McCutcheon
Alvira Morris
Bill & Kim Salmon

Sandra Brasch

Kevin & Susan Gillett

Shirley Connelly

Scott & Joyce Hornstein

Sue DeBower

Juanita Rekers
Darlene Surface
Rodney & Ruth Tomson
Norma Walther

Sharon Krebs (directed to the Employee Appreciation Fund)

A & K Ferrante
Bea Koontz
Krebs Family
Alice & Gene Janssen
LaVerne & Pat Middleswart

Norbert Roy

Renee Hardy
Phyllis Steele

Dolores Steege

Julie Knudsen

Bill Thrall

Phyllis Steele

Good Samaritan Fund (Adopt-a-Family)

Eileen Daley
Sharon Rohrback

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

Ken & Carol Cox

Mary Taylor Health Sciences Scholarship

JoAnn Johnson
Diane Muller

Other Gifts

Jim & Deb Volgarino

Employee Appreciation Fund (Annual Appeal)

Joann Ackman
Jay & Kathryn Agness
Maelou Baxter
Cheryl Bearbower-Staton
Marjorie Behrens
Judy Benson
Darrel & Marian Brandt
David & Karen Burkholder
Susan Card
Ken & Carol Cox
Joyce Cutshall
Dave & Paula Davidson
Loretta Diehl
Rodney & Bobette Dostart
Kirk & Sue Eastman
Steve & Jean Firman
Lewis & Barbara Freedman
Mary Gerholdt
Julie & Kurt Gleason
Larry & Jean Graham
Kris & Sue Hansen
Cynthia Herndon
Mike & Jane Ingraham
JoAnn Johnson
Steven & Barbara Kaltenheuser

Lawrence & Esther Kieffer
Jerry & JoAnn Kramer
Phyllis & Richard Kuehl
Ron & Norma Leibold
Mary & David Lewis
Darrell & Rebekah McCormick
Randall & Paula McDougall
Dennis & Joyce McGivern
Bev & Dick Michael
Mark & Nancy Miller
Richard & Harriet Monson
Liane Nichols
Marjorie Nielsen
Gale Peterson
Letha Petersen
Donna Pohl
Jo Potter
Russ & Marilyn Price
Mary & Steven Reichardt
Carl & Barbara Scoles
Philip & Marilyn Schroeder
Janet Simcox
Bill & Mary Lou Snyder
James & Marissa Stamberg
Ronald Sutcliffe
Richard & Marylou Treichel
Valerie Turner
Bulent Uyar
Ron Van Der Meide
Dianne VanGorp
Nancy Versluis
Michael & Susan Ward
Bob Waschek
Bill Witt
David & Karen Zwanziger

Foundation donates to Learn & Earn for hands-on training

Big Bob, as he was aptly named by Western Home Communities' Learn & Earn team, is a bariatric manikin provided by the foundation. Innovative in design, the manikin simulates a 350-pound male patient and provides a more realistic and interactive experience for students. Director of Education Krista Dreyer says, "It is very important for clinical staff to have the opportunity to practice skills for a variety of situations. This manikin helps our employees learn how to properly care for residents of all sizes and needs." Caring for obese patients has unique challenges and Big Bob will help students learn more about patient transfers and lifting, pressure injuries and caring for the skin, to name a few.



Krista Dreyer and Jerry Harris with Big Bob at the Learn & Earn Center.

The Learn & Earn program assists current employees with continuing education and provides CNA training and clinical onboarding for new nurses, CNAs and resident assistants. In 2023, their classrooms moved to 1025 Technology Parkway.

CNAs commit to LPN program

In January, ten Western Home employees started their journeys toward becoming licensed practical nurses (LPNs). In addition to attending classes and clinicals, they will work at WHC during their studies at Hawkeye Community College. Western Home Communities covers 100% of the associated costs, including tuition, books, fees, and any prerequisites needed, as an investment in the current—and future—workforce.



CNAs committing to pursue their LPN certification gathered at a January recognition.

"You deserve it, and our residents deserve it," said Chief Clinical Officer Wendy Ager in a message to them as they signed on. The LPN program takes about a year to complete with a full-time courseload, so some of the students could graduate by summer 2025. For at least one employee, the opportunity is personal. "My grandmother was an RN and now I want to build relationships with residents," says Shaylynn Cobb.

Best wishes to each of them and congratulations on pursuing additional education!

Is a charitable gift annuity right for me?

Find out at a complimentary Lunch 'n Learn on Feb. 15 at 11:30 a.m. at Jorgensen Plaza.

You're invited to an informal discussion to explain how you can make a charitable gift to Western Home Communities—often the asset that is your future refund on a villa or independent living apartment—and benefit through tax credits and a lifetime income stream.

Please RSVP by email to susan.steffy@westernhome.org or by phone to (319) 222-2022.



CHAPLAIN'S CORNER

Get some rest

by Chaplain Mark Eggleston



The older I get, the more I find myself needing rest. Whether it is getting eight hours of sleep a night or spending some extra time in my favorite La-Z-Boy® recliner, I find it necessary and refreshing to get a little relaxation.

This reality is true spiritually as well; just because we get older doesn't always mean things get easier. I find as I minister around Western Home Communities that folks are yearning for rest — physical and spiritual. The good news from the Bible is that God is always inviting us to come to him to find the rest that we need. In a familiar scripture, Jesus offers an invitation; he says, "Come to Me all you who are weary and burdened with cares and I will give you rest." Matt. 28:11.

Jesus goes on to tell us that when we walk close to him, he will offer us a rest that goes beyond mere physical rest. He promises a rest for our souls. Through knowing Jesus, we find a forgiveness and strength that lightens our very being.

So how do we draw close to him and receive the rest he promises? First, we must spend time in his Word. As we do that, we find many promises he gives us that assure us of his constant presence and help. When we hold tight to these promises, we find strength beyond our own and courage to keep going.

Next, we must spend time praying. Prayer shows our dependence. When we pray, we benefit from a personal conversation with God that allows us to cast our cares and worries on him, instead of carrying them around with us. This leads to peace and rest.

Jesus knows that we become weary and have burdens that are too heavy for us to carry. That is why he invites us to partner with him on life's journey; as we do, he promises to give us his strength, courage, peace and rest.

Do you need rest today? Find your comfy chair, spend some time in God's Word and have a little talk with Jesus. His arms are always open wide!

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.

Residents should refer to their monthly calendars for information on Bible studies, communion services and other spiritual opportunities in their communities.

FROM THE ARCHIVES

A new monthly series by villa resident and volunteer Jim Volgarino

The gift from heaven

Nine years elapsed from The Evangelical Association's first discussions for establishing an old people's home to actual groundbreaking for the Western Old People's Home in Cedar Falls on August 21, 1911.

Bishop Samuel P. Spreng of the German denomination, headquartered in Cleveland, officiated at the event attended by members of the Association who were in Waterloo for the organization's annual board meeting. Community members in the Cedar Valley were also present for what was described as a very significant event in the local newspapers.

The occasion capped a long process that began when the church expressed interest in establishing a home for aged members to serve a growing population in one of the denomination's "western" states.

From 1902-1911, several sites were explored in Wisconsin, Minnesota and Illinois, but funding proved a formidable obstacle to get any location developed – at least until some former residents of Cedar Falls stepped forward to provide the land and a sizeable donation to construct what was described as "a grand and splendid building" by local and regional newspapers.

Brothers Henry, Gus and Paul Pfeiffer had successful drug stores in Cedar Falls, Oelwein and Parkersburg, before selling those locations and moving to St. Louis to work in the pharmaceutical industry, where they formed the Pfeiffer Chemical company in 1901. Henry went on to purchase William R. Warner Company in 1908 and Gus became vice president; Paul got out of the business and moved to Arkansas in 1913. Over the next five decades, Henry and

Gus purchased some 50 companies that can be traced to today's Pfizer.

Family matriarch Barbara Pfeiffer had been a faithful member of the Evangelical Association which met at 9th and Clay in Cedar Falls, and the brothers never forgot their hometown. A donation in her memory from Henry and Gus finally brought the project to the city by offering the Pfeiffer homestead at 11th and Irving, where the original Western Old People's Home was built, and \$20,000, which in today's dollars would equal approximately \$645,000.



1912 photo of the first Building Committee.



The original building opened in Sept. 1912.

A board of trustees was formed to oversee the home's operations, a building committee was tasked with getting the building built and furnished, and Rev. A.L. Hauser was hired as the home's first superintendent.

Correction from last month's article: In checking another ledger kept of the earliest residents I found the name of Amelia Rust's husband who I thought had died before she was accepted at the home. Turns out he accompanied her though his name didn't show up in the same list of residents where I found his wife. Rev. Frederick Rust was alive and well and lived at the home with Amelia until he died in 1923.



History, culture, family: Topics at this spring's Lifelong University

In partnership with the University of Northern Iowa, Lifelong University returns in 2024 with five, four-week workshops scheduled between Feb. 6 and April 26. These are non-credit courses taught by retired and current University of Northern Iowa faculty and staff and geared toward the lifelong learner.

Registration is required. Find a registration form at www.uni.edu/llu or in a brochure at each independent living front desk or at the front desk in Jorgensen Plaza. All classes will be held at Western Home Communities (building to be determined).

Introduction to Contemporary U.S. Jewish Culture

Feb. 6, 13, 20 and 27, 10–11:30 a.m.

Instructor: Dr. Vicki Edelnant Cost: \$40

This course is from an outsider's secular perspective, through the experiences and learnings of the instructor who has been married for 50 years to a man born and reared Jewish. Not a theology course, these sessions will take a more anthropological approach, and are intended to introduce those unfamiliar or only marginally familiar with Jews and Judaism to common Jewish practices and attitudes or values.

Whose Destiny and Was it Manifest?

Mar. 4, 11, 18 and 25, 1–2:30 p.m.

Instructor: Denny McCabe Cost: \$50

This class will focus on the concept of Manifest Destiny and examine how the title question might be answered for different groups in different eras of American history.

Understanding Family Relationships through an Intergenerational Lens

Mar. 21, Apr. 9, 16 and 30, 11 a.m.–12:15 p.m.

Instructor: Melinda Heinz Cost: FREE

(class limited to first 10 people registered)

Participants in this interactive course are paired with a student who will interview and create a podcast episode from their conversation.

A Creole World: France in the Caribbean and the American South

Apr. 2, 9, 16 and 23, 10–11:30 a.m.

Instructor: Charlotte Wells Cost: \$50

This course will investigate French exploration and settlement on the American Gulf Coast and the Caribbean Islands from the arrival of La Salle through the end of the Haitian revolt in 1804. We will consider French slavery and how it differed from Anglo-American practices, the complexities of a mixed-blood society, and what the city of New Orleans had to do with it all. And, of course, food! And pirates!

Survey of Films by Martin Scorsese

April 5, 12, 19 and 26, 8:30–11 a.m.

Instructor: David O'Shields Cost: \$50

Screenings and discussion of four films:
 "Alice Doesn't Live Here Anymore" (1974)
 "Raging Bull" (1980)
 "The Color of Money" (1986)
 "Killers of the Flower Moon" (2023)

UNI

University of
Northern Iowa

Lifelong

UNIVERSITY



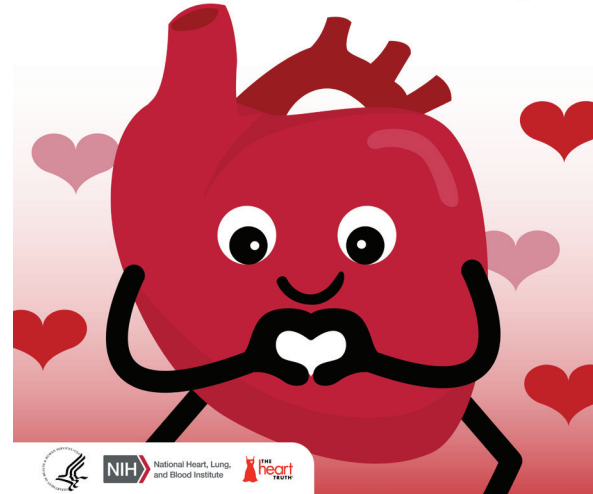
Friday, February 2 - National Wear Red Day®

Heart disease is a leading cause of death for Americans. Wear red to increase awareness. You're also invited to participate in a Walk & Talk at 1:30 p.m. in the Grosse Wellness Center. While you're there, enjoy a heart-healthy snack!

Heart-healthy savings in February

The Grosse Wellness Center and The Market in Jorgensen Plaza are teaming up to help you save on heart-healthy choices during American Heart Health month. In the month of February, a **30% off coupon** will be available in the wellness center and at The Market to use on a selection of heart-healthy foods. If you have questions, be sure to reach out to the wellness team!

National **Wear Red Day**®



Monthly meetings renamed, streamlined

Starting this month, the former resident council meetings for independent living communities will be called Resident Community Updates.

A shorter format plus time limits will move the meetings along and hopefully encourage more residents to attend. Each employee who speaks will have just five minutes. A new addition will be a presenter from the Cedar Valley who will have 15 minutes with five minutes for Q&A. They will represent various topics of interest, such as the school district, city government, Sturgis Falls, etc.

The new schedule is as follows:

Second Tuesday

- 10 a.m.—Windermere
- 11 a.m.—Windgrace
- 1 p.m.—Windridge
- 2 p.m.—Windcove

Second Wednesday

- 10 a.m.—Villas/townhomes and Prairie Wind at Diamond Event Center

(Please note three exceptions: meetings will be held March 19 and 20, May 14 and 15, June 18 and 19.)

We hope you'll make plans to join one of these 45-minute meetings each month to stay informed on life in your community.





WELLNESS HAPPENINGS

by Director of Wellness Morgan Lehmann



It's "Free Class February"

Group fitness classes are FREE for the month of February! Not sure what class is appropriate for you? Contact a member of the Wellness Team and we can help place you in a class where you will be the most successful!

Join us **Thursday, Feb. 1 at 1:30 p.m.** for Introduction to WHC Group Fitness. Learn about all the classes offered in the pool and the fitness center. Meet in the wellness classroom for this short presentation and find out what's right for you.



CrossNet H20 is enjoyed by Ken Cox, Larry Cardamon, LaVerne Puetz and Dave Nation (left to right). It's played at the aquatic center on Tuesdays and Thursdays at 11:30 a.m.

Free chair massages offered this month

Thanks to **WHC Massage Therapist Ann Pixler** for writing January's article on massage therapy and its health benefits as we age. Reference your January Journal to learn how stress affects the body and what can help, including massage therapy.

Reap the benefits with a free chair massage this month! Simply stop by at one of these opportunities:

	Feb. 1	Feb. 8	Feb. 15	Feb. 22	Feb. 29
10 a.m. - noon	Windridge	Wellness Center	Windcove	Windridge	Prairie Wind
1 - 3 p.m.	Windermere	Prairie Wind	Windgrace	Wellness Center	Windermere

Bean bag season is underway

"Practice" schedule – join us on a day that works for you!



Villa resident Kathleen Franck gets a run during Bean Bag Baseball.

- ▶ **Tuesdays at 2 p.m.** - Windcove residents in the Windcove Wellness Room
- ▶ **Wednesdays at 2 p.m.** - Prairie Wind residents in the Grosse Wellness Center
- ▶ **Thursdays at 2:30 p.m.** - Windridge residents in the Windridge Wellness Room
- ▶ **Thursdays at 2:30 p.m.** - Villa residents in the Grosse Wellness Center
- ▶ **Every other Thursday at 1 p.m.** - Windermere residents in their lobby

Mark your calendars for the Third Annual Bean Bag World Series

Friday, March 22 ■ 9 a.m. at Diamond Event Center

Preserving your family history for generations

Third in a series by Prairie Wind resident Dave Nation

Learning about your family history can be fascinating, but leaving a record for future generations helps them understand their roots and document their ancestry.

One of the best ways to achieve this is writing a memoir. It may seem daunting, but web services like StoryWorth can ease the process by emailing you one question per week to answer. After a year, StoryWorth will compile your responses into a beautiful book with multiple copies available for purchase.

Other web-based platforms offer a similar service, including No Story Lost and A Life Untold.

While writing a dedicated family history book is valuable, simpler options exist. Ancestry, for example, lets you publish your family tree information with additional details like reunion photos or personal stories. Similarly, 23andMe can generate a book based on your DNA's unique story.

Another impactful method is having a child or grandchild create a video record of you sharing

family stories. You can turn a photo album into a captivating narrative by discussing the pictures and identifying family members. This not only preserves precious memories but also allows future generations to see your face and hear your voice.

For the truly ambitious, creating a full-fledged video production can be incredibly rewarding. My sister and I took this route, with her writing the script and me videotaping and editing a one-hour program titled "The Bedfords and Loonans in History." My aunt narrated the video, telling how ancestors emigrated from Europe and moved across the US. Family members wore pictures of their ancestors around their necks and used pins on a world map to visualize their journeys. My mother, acting as the newsreader, provided historical context for each family event.

These are just a few creative ways to preserve family history and memories for generations to come. So have some fun and leave a legacy your descendants will cherish!





Happy February birthday!

Debbie Hickok	VTH	Feb. 1
Sally Morrow	TS	Feb. 1
Nancy Denning	CTG	Feb. 2
Jan Hankins	VTH	Feb. 2
Lucille Walter	PW	Feb. 2
Maggie Woodward	VTH	Feb. 2
Marianna Delafield-Melichar	WHAL	Feb. 3
Shirley Harris	MS	Feb. 3
Marty Herman	VTH	Feb. 3
Flo Slawson	DS	Feb. 4
Mary Lou Snyder	WC	Feb. 4
Sherry Winter	SFALDS	Feb. 4
Michael Blevins	CTG	Feb. 5
Pat Middleswart	VTH	Feb. 6
Winnie Rohrbaugh	WR	Feb. 7
Don Terry	DS	Feb. 7
Don McGinnis	WC	Feb. 8
Marla Abben	DS	Feb. 9
Carmen Darrow	WHAL	Feb. 9
Randy Hickok	VTH	Feb. 9
Diane Muller	VTH	Feb. 9
Don Thompson	VTH	Feb. 9
Cheryl Weaver	WHAL	Feb. 9
Maureen Oates	WHAL	Feb. 10
Bobbie Dostart	VTH	Feb. 11
Sonia McCunniff	VTH	Feb. 11
Linda Ohrt	PW	Feb. 11
Michael Ward	CTG	Feb. 12
David Zwanziger	VTH	Feb. 13
Karan Boevers	WC	Feb. 14
Gla Meyer	WC	Feb. 14
Donna Pohl	VTH	Feb. 14

Dora River	CTG	Feb. 14
Connie Phillips	VTH	Feb. 15
Janet Williamson	WHAL	Feb. 15
Carol Black	PW	Feb. 16
Mike Dargan	VTH	Feb. 16
Judy Swygman	WG	Feb. 16
Bob Hewlitt	WR	Feb. 17
Marilyn Roseberry	TS	Feb. 17
Dan Eicher	WR	Feb. 18
Bob Meinders	VTH	Feb. 18
Pat Ehr	DS	Feb. 19
Uyntha Duncan	TS	Feb. 20
Blanche Haberstich	WHAL	Feb. 20
Ann Lofstedt	VTH	Feb. 20
Peg Pape-Kohls	VTH	Feb. 20
Sandra Golz	VTH	Feb. 21
Aileen Sandell	WM	Feb. 21
Bob Alberts	WC	Feb. 22
Anneliese Brooks	WHAL	Feb. 22
Darlene Holmes	DS	Feb. 22
Karen Page	VTH	Feb. 24
Bob Tapper	VTH	Feb. 24
Barb Ubben	VTH	Feb. 24
Linda Meier	VTH	Feb. 25
Rose Wood	TS	Feb. 25
Carol Brickley	VTH	Feb. 26
Don Richardson	VTH	Feb. 26
Dot Clausen	VTH	Feb. 27
Mary Nelson	VTH	Feb. 27
Ida Anderson	DS	Feb. 28
Sandy Glenn	VTH	Feb. 28
Don Haugen	WC	Feb. 28

Meet the Hospitality Team

Your dining and event experiences at Jorgensen Plaza and all independent living communities will be enhanced now that this team is complete, with two new experienced employees who joined in January.



Randy Carlson, Director of Hospitality

An Iowa native, Randy attended UNI and has years of experience in casual and fine dining, as well as hotel management and business consulting.

Most recently, he lived in Utah and is thrilled to return to the Cedar Valley. He's responsible for oversight of all retail dining (Gilmore's Pub and Table 1912), The Market and independent living dining service.



Barb Burbridge, Manager of Jorgensen Plaza Hospitality

Barb came to Western Home Communities after 10 years as Director of Food Ministry at Nazareth Lutheran Church.

Her parents have been residents for 15 years so she is well-versed in the organization. She is married with two children and one grandchild. In her new role, Barb looks forward to helping people, serving others, making a positive impact and being a good steward of resources.



Kelly Voss, Events Manager

Kelly joined the team in July 2023. She's been at home in Iowa for a dozen years working in nonprofit leadership, after starting her

career in a Pennsylvania retirement community in catering, special events and life enrichment. She's the mom of five children and has a knack for events that bring people together; she'd love to one day host a wedding for two residents and plan a 100th birthday celebration.



On sale at The Market this month

Too cold or snowy to spend much time outside? Dive into an indoor adventure with puzzles and books, discounted 20% throughout February.

Or unwrap the charm of jewelry and make your valentine happy – all jewelry at The Market is also 20% off, but only from Feb. 1–16.



Unique jewelry at The Market includes these colorful creations.

Book offerings include cookbooks and many titles about local history.



The
Market
deli ♦ grocery ♦ gifts

**The Market in Jorgensen Plaza is open
Monday–Friday, 10 a.m.–5 p.m.
Coffee is available at 7 a.m. weekdays.**



Congratulations!

Join us in celebrating the following employees who are celebrating a milestone anniversary at Western Home Communities in February. We appreciate their service and dedication!

JUDITH TROYER

10 years

February 5

RA-Caregiver, atHome



KYRA ROEDEL

5 years

February 11

Medication Manager-CNA, Windhaven

MELISSA ADREON

10 years

February 12

Nurse mentor,
Deery Suites



MAZI GILFILLAN

10 years

February 19

Leisure services assistant,
Windhaven

DEANNA MALLINGER

25 years

February 22

Cosmetologist



Meet the Employee of the Month, HUNTER KELLY



Hunter joined the Western Home Communities family one year ago and is a CNA at Deery Suites.

Here are a few of things co-workers said about Hunter:

- ▶ Hunter consistently works to meet residents' needs. He anticipates and proactively provides compassionate care to all residents he serves.
- ▶ He will clean the carpet if he sees a stain. He reports skin issues immediately.
- ▶ Hunter doesn't need to be asked if he completed a task, because he has already done it. He recently provided a service that wasn't scheduled until a later shift, because "I want to get it done while he [the resident] isn't having pain." That is resident care!

Your Western Home Communities family congratulates you, Hunter, on being named our employee of the month for January 2024.

IN SYMPATHY

Flo Slawson, WH	Jan. 19
Carl Meusel, WR	Jan. 18
Bob Hayes, MS	Jan. 15
Cheryl Hudson, VTH	Jan. 12
Terry Stukenberg, WM	Jan. 11
Berywn Johnson, DS	Jan. 8
Raymond Kuhlman, WC	Jan. 8
Judd Truax, CTG	Jan. 7
Delores Steege, WM	Dec. 25
Robert Verly, CTG	Dec. 25
Mac McCampbell, WR	Dec. 22
Norbert Roy, PW	Dec. 21
Jon Hansen, DS	Dec. 20
Bill Thrall, DS	Dec. 15
Sandra Brasch, CTG	Dec. 15

Notes of appreciation

Thank you so much for the excellent, loving care given to my precious husband, Dave. The staff at Deery Suites worked tirelessly to give comfort to Dave in his last months. The rose sent after Dave passed away was beautiful and appreciated. Thank you, Western Home Communities and Deery Suites. **Jane Briden and family**

Thank you to everyone at the Western Home. Sue lived at Windcove for nearly 18 years and she absolutely loved it. She made friends with nearly everyone and went on many trips. The last year and one half she spent at Deery Suites, but still loved the employees and residents. She lived a full life of joy and happiness. Thank you for the rose. **The Sue DeBower family**

Thank you so much for the red rose at P.J.'s "parting party" at the Diamond Event Center. That red rose brought back so many memories of his short time on the second floor of Deery Suites. He received such good care there. All the staff were so concerned not only for him but also for our family. We will never forget them. **Audrey Porter and family**

Thank you so much for the lovely red rose bud vase. Dad enjoyed living there and often spoke of the helpful and friendly staff. Thanks also to Sarah and Maria for driving the van that helped Dad's friends attend the funeral. It meant so much to us to see this support. **Elaine Stieneke and family; Cliff Roy**

Thank you so much for the rose sent from the Western Home staff in memory of Bill Thrall. We appreciate all the kindness and concern we have received. **Kay Thrall and family**

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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.

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

Winding Creek Meadows Assisted Living
 Jesup – windingcreekmeadows.com

Madrid Home & The Cedars Assisted Living
 Madrid – madridhome.com

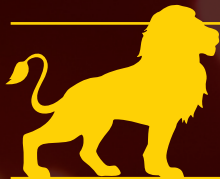


WesternHome
communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

westernhome.org

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February features sure to impress

Don't miss our four-course special on Valentine's weekend.

Feb. 8–10 • Pork Loin & Farro Salad \$20

Pan-seared pork loin laid with carrots, farro, cranberries and pistachios all mixed with a tangy mustard crème fraiche.

Feb. 14-17, 4-8 p.m. • Special Valentine's Week Four-Course Meal \$55

Celebrate the occasion with this special holiday event! Visit GilmoresPubCF.com for the menu.

Feb. 22-24 • Margherita Pizza \$17

Made-from-scratch tomato sauce spread across house-made pizza dough and covered with fresh mozzarella, Parmigiano-Reggiano and basil.

Feb. 29 and Mar. 1-2 • 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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