

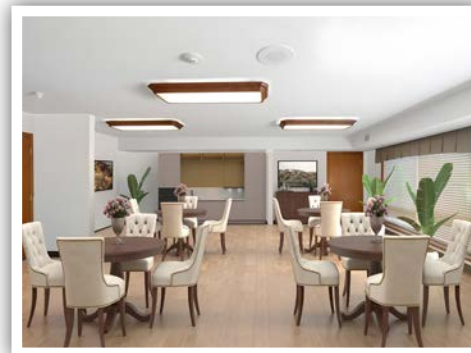
Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

New year will bring changes to Thalman Square

Décor trends come and go as time goes by. On the heels of a recently completed redecorating project at Windhaven Assisted Living, a new look is being designed for the attached Thalman Square Memory Support Assisted Living, which opened in 2006.



New flooring and furniture will be featured as part of the renovation.



Updated family-style dining rooms will be part of the plan.

The town square concept that featured a mayor's office, city hall, movie theatre and ice cream parlor will give way for larger community spaces, a lighter and brighter feel, and cleaner lines.

A timeline for the work is being developed. Watch future issues of The Journal for progress updates throughout the year.



An artist's concept showing what an updated living area at Thalman Square could look like after the "town square" concept is replaced.

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FROM THE ARCHIVES

A new monthly series by villa resident and volunteer Jim Volgarino

Amelia Julia Eckermann, like many native Germans of the time, left her birthplace in Berlin to live in the United States, settling in the small village of Forest Junction, Wisconsin, where at age 31 she married Rev. Fredrick Rust.

He was a traveling pastor associated with the German Evangelical Association and helped establish churches among the growing German populations along Wisconsin's eastern border with Lake Michigan.

When Rev. Rust died, the 70-year-old Amelia had little family support, as the couple had no children or relatives nearby. The option of living in one of Wisconsin's almshouses or poor farms was not one she wanted to entertain.

The almshouses had become, over the years, dumping grounds of sorts for people with no means of support, the infirm, the mentally challenged and, in some cases, actual petty criminals. There were no easy solutions for someone like Amelia.

She had heard, through the Evangelical Association, of a new home being constructed in one of the denomination's westernmost states that was going to accept new "inmates" beginning in the summer of 1912. Another Evangelical Association home was located in Ohio, but travel there was expensive. Amelia managed to obtain the \$500 needed for admission and moved to Cedar Falls, Iowa, where the newly established Western Old People's Home was located. She became the first resident on June 18, 1912.

While residents of these elderly care homes were called inmates, a throwback term used for the government-established almshouses, eventually

the term was dropped in favor of resident, a much more friendly description of people like Amelia who needed a safe, well-established place where they could live out their lives in a healthy and caring environment.

Amelia lived another 13 years in The Western Old People's Home before she died. By then, the first addition to the original building at 11th and Irving Streets had been added to accommodate the growing list of people who wanted to make it their home.

Curious to learn more about WHC history? Follow along for Jim's column each month this year as he uncovers interesting stories by digging into WHC's treasure trove of archival information dating back to the early 1900s.

No. *56* Cedar Falls, Iowa *June 18* 1912

Name *Amelia Julia Eckermann*

Place *Forest Junction, Wis.*

Church *Evangelical association*

Birth { Time *March 22, 1842*

{ Place *Berlin, Germany*

Marriage *Husband Name - Married 1873*

Fredrick Rust

Children *No children*

Notify *No near relatives*

Terms { Guest

{ Member *paid \$500.00*

Burial *To be buried in home ground*

Remarks *She was operated under the*
labor of Rev. Fredrick and be-
came a member of the E.
association.

Witnesses {

Mrs. Rust died March 28, 1925



Friends

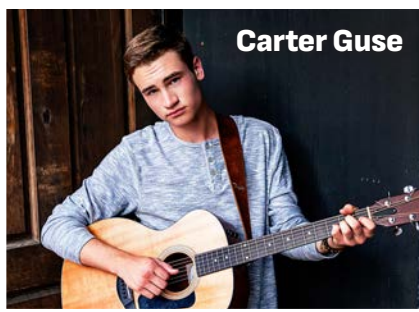
OF WESTERN HOME COMMUNITIES

What's ahead for Cedar Falls in 2024?

Find out at the next Friends of Western Home Communities monthly program, when city engineer David Wicke will be the guest. He'll provide an overview of housing and commercial development in our town.

Monday, January 8 ■ 10:30 a.m. at Windcove

Remember, everyone at Western Home Communities is a Friend. Why not invite someone to join you?



Friends to sponsor Carter Guse concert on Jan. 4

Reminder: Local singer and songwriter Carter Guse returns to Diamond Event Center to perform new music and some of your favorites at 3:30 p.m.

WHC Night at UNI men's basketball

The annual event returns Tuesday, Feb. 27, the final night of the home season. Residents and employees will gather in the Alumni Suite at the McLeod Center for a pre-game reception before the Panthers take on the Valparaiso Beacons. Tipoff is at 7 p.m. for Senior Night, when graduating players will be recognized. Talk to your resident coordinator to reserve tickets and/or bus transportation.



Give to charity and receive income in 2024

Win-win: Donate cash or securities as a charitable gift to Western Home Foundation, create a revenue stream for yourself and receive a tax benefit. Curious? Find out more by attending a charitable gift annuity Lunch 'n Learn this month, being held on Jan. 17 and Jan. 24 at 11:30 a.m.

Please RSVP to Susan at (319) 222-2022 or susan.steffy@westernhome.org so we know how many light lunches to order.



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. 14. 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)

Daryl & Jan Andersen
Marlene Behn
Greg & LaRue Boom
Susan Card
Bob & Ruth Chittenden
David Draper
John & Karen Eastland
Judy Finkelstein
Bev Fish
Marlys Folkers
Jake & Barb Jacobson
Vicki Grimes
Bob & Donna Grosse
Alice Hansen
Judy Harrington
Kathleen Hesse
Shelton & Mary Hornback
Richard & Sheila Loughren
Vivian Martin
Gene & Janet Sandell
Margaret Shay
Darlene Surface
Dave & Judy Stanard
Robert & Joanne Tefft

David Briden

David Draper

Del Carpenter

Bob Robinson

Shirley Connelly

James & Anita Altenbaumer

Bruce & Diane Clark
Marlys Folkers
Lee & Francene Gruenhaupt
James & Kimi Hancock
Gary & Mary Hesse
John & Katherine Lawrence
Larry & Eugenie Loenser
Chris Lorenz
Lee & Barbara Miller
Jackilyn Rubendall
Craig & Holly Schwerdtfeger
Jacqueline Venenga

Charlene "Mac" Eblen

Judy Finkelstein

Jim Gephart

Bob Robinson

Bev Haugen

Marjorie Behrens
Vicki Grimes
William Hansen
Edward Leonard
Jim Peterson
Darlene Surface

Sharon Krieb

Bev Fish
Joan Ogden

Myrna Robinson

Larry & Barb Cardamon

Nick Teig

Judy Finkelstein
Vicki Grimes
Alvira Morris

Gordon Ubben

Bev Fish
Chris Lorenz

Jim Zarifis

Judy Finkelstein

Child Care Scholarship

Pat & Carol Brickley
Roger & Marcia Dudden

Good Samaritan Fund (Adopt-a-Family)

Steve & Carolyn Ayers
Pat & Carol Brickley
Karla Foust
Bob & Donna Grosse
George & Judy Jorgensen
Vivian Martin
Marlys Mitchell
Sharon Rohrback
Tom & Millisa Tierney
Diane VanGorp

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

Chris Lorenz

Mary Taylor Health Sciences Scholarship

Stephen Fortgang
JoAnn Johnson
Phyllis Steele

Other Gifts

Alice Draper

Employee Appreciation Fund (Annual Appeal)

Robert & Delores Alberts

Daryl & Jan Andersen
Jane Anderson
Ralph & Kathleen Aranza
Marlys Badger
Ed & Sally Baker
Louis & Patricia Beck
Mary & John Beekman
Robert Beener
Caroll Berg
Marlene Behn
Barbara Beil
Jerald & Laurene & Jeff Bernard
Janice & Michael Blevins
Paul & Catherine Bockenstedt
Greg & LaRue Boom
Janet Bretey
Pat & Carol Brickley
Winston Burt
Margaret Campbell
Bob Clark
Marcia Colwell
Patricia Cook
Beverly Crooks
Russell & Diane Curtis
Marlene Deery
Bradley & Teresa Dehoff
Judith Dengler
Juanita Devoe
Robert Diedrichs
Robert & Mary Beth Dieter
Rory & Rochelle Dolan (in honor of Barbara Benskin)
Dean & Sherrie Dreyer
Loretta Dykes
John & Karen Eastland
Dean & Janis Easton

Suzanne & Jack Emkes	Lorene Howard	Laverne & Patricia	Gene & Janet Sandell
Robert & Sheryl	Bonnie Humble	Middleswart	Audrey Schoeman
Emmert	Karen Huntley	Robert & Arlene Mieke	Patricia Schultz
Lorna Ericson	Allen & Barbara	Donnabelle Miller	Mike Settle
Lisa Eslinger	Jacobson	Marlys Mitchell	Barb Seufferlein
Judy Finkelstein	Jake & Barb Jacobson	Donald Moe	Margaret Shay
Steve & Jean Firman	Mary Jardine	Judy Moody	Marlene & Gary Sheetz
Darrel & Marsha Flater	Duane Jensen	Duane & Marilyn	Marlys Simpson
Hazel Foote	Karen Jensen	Moreau	The Stanard Rev.
Stephen Fortgang	Bertie Jepsen	Alvira Morris	Living Trust
Larry & Sandy Fox	David Joens	Jed & Twyla Moschel	Dave & Judy Stanard
Mary Franken	Colleen Johnson	Karen Mukai	Richard & Martha
Kathleen Franck	David & Vera Johnson	Diane Muller	Stanford
Lorraine Freet	JoAnn Johnson	Jean Murphy	Richard & Patricia
Louise Frevert	Martha Johnson	Michael &	Sulentic
Gregory Gerjerts	Julaine Kiehn	Elizabeth Nash	Daryl & Connie Sullivan
Winifred Gilbert	Theresa Kindig	David &	James & Shelba Swisher
Sandra & George Glenn	Lois Klatt	Rebecca Nation	William & Laura Teaford
John & Sandra Golz	Lucinda Klodt	William Neith	Robert & Joanne Tefft
Timothy &	Stephen & Sara Kohl	Carol Neumann	Marilyn Teig
Margene Grady	Steven Koob	Louise Odle	Mark & Rosalie
Larry & Jean Graham	Bea Koontz	Larry & Linda Ohl	Tentinger
Vicki Grimes	Robert LaFarve	Jean Oleson	Rodney & Ruth Tomson
Bob & Donna Grosse	Jerry Larsen	Wendy & Raymond	Larry & Lorraine Tonn
Karen Grothe	Edward Leonard	Ortmann	James & Teresa
Butch & Sherry	Mary Lewis	Anne Paxton	Townsend
Hammer	Homer Leymaster	Galen & Patricia	Marianne Trent
Nancie Handorf	Ann Lighter	Peckham	Bulent Uyar
Darlene Hansen	Amy & Lee Lindgren	Judith Pfalzgraf	Lance & Ellen
Kenneth Hansen	John & Ann Lofstedt	Lonnie & Deborah	Vanderloo
Marcia & Vernon	Chris Lorenz	Phillips	Dianne Van Gorp
Hansen	Max & Gwendolyn Lowe	Ron & Connie Phillips	Steven & Eleanor
Jean Hansmeier	Helen Lund	Margie Polacek	Vanous
Rowena Hardinger	Marnell & Stanley Lyle	Connie Rasmussen	Fred & Kay Vargason
Elizabeth Hardman	Thomas & Julie Marsch	Marlene Rasmussen	Alan & Lisa Walther
Marjorie Harned	Marleta Matheson	Ruth Ratliff	Elsa Waschek
Cynthia & Mark Hedge	Monte & Sonia	Juanita Rekers	Diana & Walter Weber
James Heisinger	McCunniff	Don & Jean Richardson	Elaine Weeks
Joanne Helland	Barbara McCutcheon	Beverly Ridder	Velma Wessel
Connie Herbon	Donald & Louise	Mary Rittgers	Nell Wilson
Rick & Sue Heth	McGinnis	Jan & Gary Rosauer	John Wood
Doris Hewlitt	Arlinda McKeen	John & Jeanette	Dione Young
Wayne & DeMaris	Catherine McNeil	Rothlisberger	Rachelle Yousefi
Hochhalter	Bob Meinders	Doris & Dennis	Craig & Carol Zanatta
Shelton & Mary	Jane Mertesdorf	Rottinghaus	David & Karen
Hornback	Michael Painting &	Marilyn Roudebush	Zwanziger
	Decorating	Joan Rozendaal	



CHAPLAIN'S CORNER

What's in store for 2024?

by Chaplain Garry Moore



We find the disciples fretting about the future in John 14. Christ told them about the difficulties that were coming, then tells them how they can handle it.

His peace for them

"Let not your heart be troubled; you believe in God, believe also in Me." John 14:1. He makes it clear that a relationship with him is essential. The key element is in the word "believe."

When we do, we find peace: **Precious Experience A Christian Enjoys.** "Peace I leave with you, My peace I give to you... Let not your heart be troubled, neither let it be afraid." John 14:27.

When we place our faith in Christ, we experience the greatest peace. "Being justified by faith, we have peace with God through our Lord Jesus Christ." Romans 5:1.

His place for them

"In My Father's house are many mansions; if it were not so, I would have told you. I go to

prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also." John 14:2-3. The disciples understood the Jewish tradition behind this comment. Jesus makes it clear that when the place is ready, he will return for them.

Maybe you have the same question as Thomas: "Lord, we do not know where You are going, and how can we know the way?" John 14:5. Jesus answered immediately: "I am the way, the truth, and the life. No one comes to the Father except through Me." John 14:6.

- ▶ He is the way to the Father.
- ▶ He is the truth of the Father.
- ▶ He is the life from the Father.

So what's in store for 2024? We don't know, but like all the years prior to this one, it is sure to include both joys and struggles. No matter what comes, we can have the blessing of his peace and the hope of his place.

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.

SCENES OF THE SEASON



Barbara and Jane's completed gingerbread houses.



Barbara Anderson, Mary Rittgers, Sonya Thrall, Carolyn Haney and Donna Brown decorate mini gingerbread houses at the villa of Jane Anderson (right).



Joyce Folsom, Karen Entz and Margie Polacek enjoy Prairie Wind's Women's Christmas Tea showcasing many of the residents' holiday china.



Travelers pose during their visit to the American Swedish Institute in Minneapolis, a pre-Christmas adventure hosted by Away from Home with Western Home.



Pickleball...in December! In Iowa! Mervin Carnahan (left), Lonnie Phillips, Bonnie Bickett and Dave Nation fit in a game while the weather was unseasonably mild.



Dave Nation, Mick Rosenau, Ken Cox, Bonnie Bickett, Christine Carpenter and Mervin Carnahan don't let chilly temps scare them away from a game of pickleball!



Residents throughout campus enjoyed visits from local carolers, including Girl Scouts who sang for Thuesen and Nation Cottage residents.



Marcia Simpson (left) and Margaret Wiebke making hot cocoa spoons for the Windhaven Christmas party.



Nina Munier, Marcia Simpson, Eileen Wilson, Dale Munier, Sharon Noe, Kenny Hansen, Bruce Perrin, Margaret Wiebke and Carmen Darrow are ready to load the bus for a Christmas light tour.



'Tis the season *for parties!*

Chaplain Q waves to Colleen Moody, Virginia Loveless and guests at one of two Christmas parties at Windhaven.



Hannah Collier, Brandy Berky and Windermere resident Craig Fanton talking football at the Windermere Christmas party.



Bobbette Fortney (left) and Karilyn Wood get the inside scoop from Santa!



Barb Jacobson and Lorna Ericson in the holiday spirit at Windridge.



Clever Santa snacks at the Willowwood Christmas party.



Louise Frevert, Robert and Arlene Miede, and Marlys Simpson enjoy each other's company at Windridge.



Gla Meyer, Jan Burnett and Ed Leonard of Windcove visit with President of Cedar Falls Operations Jerry Harris.





Koriann Iliff and George Binger entertained Thalman Square residents and their families at their holiday social.



Windermere residents Marjorie Harned and Ethel Ann Koch share a laugh at their Christmas party.



Shirley Nauholz, Grace Budde, Sharon Rohback, Cindy Wiles, Jane Jackson and Don Walton enjoy good food and conversation at the Willowood Christmas party.



Santa made an early stop at Windgrace for a visit with Mary Gerholdt, Carole Joblinske and Evelyn Herrmann.



Sharon and Larry Petersen, Marlys Hanks and Lillian Shoemaker just before picking up appetizers made by Windcove resident coordinator Stephanie Berky.



Villa residents filled Diamond Event Center at their holiday social!



New year, new opportunities for better health

by Director of Wellness Morgan Lehmann



Aqua Express: New rotating exercise class

Aqua Express will be held on Tuesdays in January from 9:30 – 10 a.m. beginning January 2. Join us for a 30-minute workout in the pool!

Marleta Matheson taking advantage of an aqua class at the Grosse Aquatic Center.



Massage therapy and health as we age

Stressors of all kinds are inevitable, right? As we age, our bodies can react more intensely to stress, and chronic stress can damage our health. It's important to be informed and know how to manage stress from illness, loss, financial concerns, social isolation, caregiving situations, and a myriad of other things. It also takes longer for our bodies to relax and recover from stress as we get older.

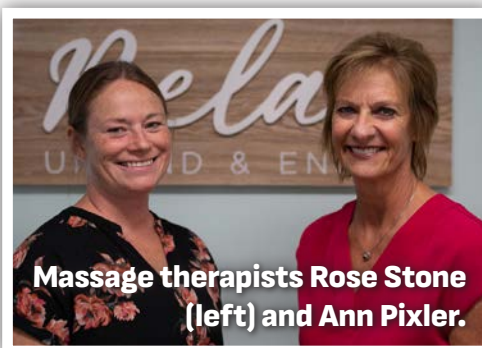
What happens in our bodies

When a particular situation causes us stress, hormones called adrenaline and cortisol are released into the bloodstream, affecting older adults significantly more. This results in an increase in heart rate and blood pressure, as well as an increase in inflammation and muscle tension. This can affect our daily activities and physical abilities. Chronic stress causes the brain to be repeatedly "washed" with cortisol surges, which can increase our risk for dementia. Cortisol can also deregulate our immune system, increasing the risk of illnesses such as the common cold.

How can we help ourselves?

It's important to be proactive in reducing the ill effects of stress by reframing, practicing mindfulness, exercising, volunteering and receiving regular massage therapy. Receiving a massage on a regular basis is a gift to health. It has many benefits as endorphins, serotonin and dopamine are released. These are commonly referred to as "feel good" hormones. They help reduce stress and increase

relaxation, resulting in decreased heart rate, blood pressure and pain, as well as promoting better digestion, improved sleep and an overall sense of well-being. Massage therapy can also provide a mental unburdening that frees up space in our heads, positively impacting our emotional health.



Massage therapists Rose Stone (left) and Ann Pixler.

If you have questions or to schedule a massage appointment, contact Ann at (319) 230-2701 or Rose at (319) 429-9502. We are here to help you feel your best and enhance your quality of life!

Researching your history through DNA testing

by *Prairie Wind resident Dave Nation*

Some of you might have received a DNA test kit for Christmas. It's been popular to find these under the tree in recent years.

Newer developments in DNA testing can provide individuals with valuable insights into their ancestry and potential family connections. Kits have become increasingly accessible and affordable, offering a range of tests that analyze selected portions of a person's DNA. These tests can reveal information about ethnic origins, disease susceptibility, and even physical traits, personality, or abilities.



All services typically provide ethnicity estimates, often using maps and percentages in each area to indicate the likely origins of an individual's ancestors. Additionally, most services connect users with other individuals who share common DNA segments, potentially leading to new family connections.

Due to variations in the specific DNA regions tested by different services, results may not always be entirely consistent across different providers:

- ▶ AncestryDNA, with its extensive database of family trees, often excels at identifying connections between individuals with shared ancestry by matching DNA results to family tree data.
- ▶ 23andMe specializes in providing detailed health data analysis and testing for common genetic predispositions.
- ▶ MyHeritage allows users to upload DNA data from other services for comparison against

their own database, which is particularly rich in European user data.

- ▶ Living DNA offers a comprehensive analysis of an individual's origins, focusing on relatively small areas within the British Isles.
- ▶ GEDmatch, a free online platform, does not perform DNA testing itself but instead allows users to upload their DNA data from other services for extensive analysis and comparison with other users' data; this has proven valuable in forensic investigations, providing crucial clues that have led to convictions that might not have been possible otherwise. Users can choose whether to allow their data to be used in this way.

Given the sensitive nature of DNA data, it is crucial to maintain strong account security measures, such as two-factor authentication, when using DNA testing services. While privacy concerns should always be considered, DNA testing can offer a wealth of information about personal origins, ethnic heritage and familial connections.



New faces, new offices at Jorgensen Plaza

Maybe you noticed even more flurry of activity at Jorgensen Plaza in late November. Several office moves accommodated the need for various departments to have closer access to one another.

atHome with Western Home is now located next to Fortified Life. Fresh Wind moved next to The Market into the former Volunteer Services office, which is now down the hallway next to the Deery Suites entrance.

Three new directors joined the WHC team on Dec. 6. Their offices are all on first floor of Jorgensen Plaza:

Angela Evans, Chief Marketing & Sales Officer

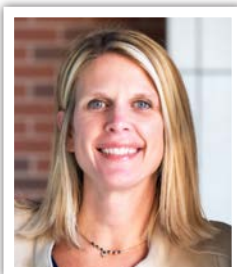


Angela brings 25 years of experience to her role, most recently as first vice president/marketing director at Lincoln Savings Bank where she served on the executive leadership team.

Angela lives in Cedar Rapids with her husband, Tim, who played baseball with the Houston Astros organization in the 1990s and now provides baseball instruction and recruiting. They have an adult daughter, 14-year-old twin sons who are high school freshmen, and two dogs.

Angela enjoys walking their dogs, Pilates, DIY projects, traveling, attending her kids' activities, and listening to books/podcasts on her commute.

Erika Kramer, Director of Wellness Services



Erika's job encompasses leadership for Fortified Life, atHome with Western Home and WHC Wellness. She grew up in Hudson and graduated from UNI, then spent the first half of her career at Martin

Bros. where she focused on senior living and earned her nursing home administrator's license.

Erika is married to Scott, the administrator of WHC's Creekside campus in Grundy Center. They have an 11-year-old son and nine-year old daughter. She enjoys golfing, reading, traveling, and hanging out with friends and family.

Ashley Ungs, Director of Community Engagement

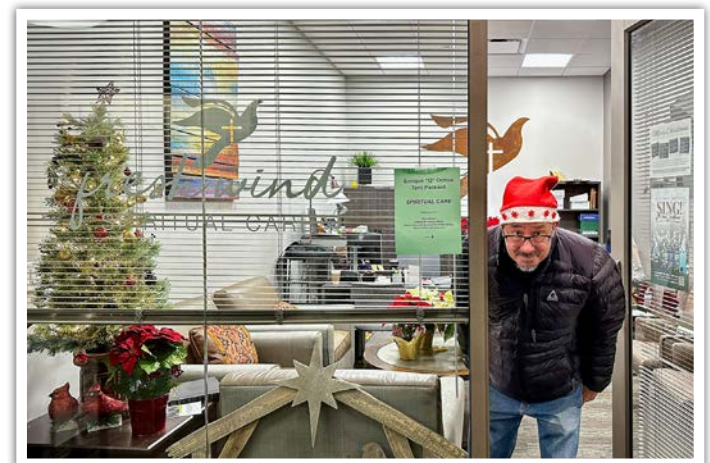


The focus for this newly created position is to strengthen community partnerships, thus increasing the use of Diamond Event Center and Jorgensen Plaza.

Ashley helped open Waterloo's Isle Casino Hotel in 2007, where she arranged special events and accommodations for VIP guests, then spent the past seven years as community relations manager at Lincoln Savings Bank.

Ashley says she's always been impressed with the mission of WHC and its compassionate employees, so she's excited to join the team.

She and her husband, Kyle, have a shorthair lab, Pepper.



Q in the Fresh Wind office now located next door to The Market in Jorgensen Plaza.

Happy January birthday!

Ken Bixby	WC	Jan. 1	David Joens	WR	Jan. 16
Russ Kool	PW	Jan. 1	Gwen Lowe	VTH	Jan. 16
Shirley Dean	WHAL	Jan. 2	Carlene Thierman	VTH	Jan. 16
Cindy Glasener	VTH	Jan. 3	Joan Ogden	WHAL	Jan. 17
Millie Eicher	WR	Jan. 4	Jimmy Christensen	VTH	Jan. 19
Carl Meusel	WR	Jan. 4	Lynda Meeker	WR	Jan. 19
Marlys Mitchell	PW	Jan. 4	Shirley Williams	DS	Jan. 19
Jo Ann Baumgartner	WR	Jan. 5	Sue Hoffman	WG	Jan. 20
Vicki Edelnant	VTH	Jan. 5	Donald Pankow	MS	Jan. 20
Vince Kavlick	VTH	Jan. 5	Stan Garrison	WG	Jan. 21
Judy Moody	WC	Jan. 5	Dick Loughren	VTH	Jan. 21
Anna Morris	WC	Jan. 5	Deborah Phillips	VTH	Jan. 21
Bonnie Wissink	PW	Jan. 5	Nona Kruger	PW	Jan. 22
Jean Hoer	WC	Jan. 6	Ralph Aranza	PW	Jan. 23
Sharon McCampbell	TS	Jan. 6	Lonnie Phillips	VTH	Jan. 24
Theresa Wiedman	WC	Jan. 6	Diane Curtis	VTH	Jan. 25
Ron Michaelsen	VTH	Jan. 8	Sharon Rohrback	WM	Jan. 25
Jane Nelson	VTH	Jan. 8	Janice Stickfort	VTH	Jan. 25
Daniel Herndon	CTG	Jan. 9	Marjorie Behrens	WC	Jan. 26
Kevin Gillett	VTH	Jan. 10	Beverly Brandt	VTH	Jan. 26
Bea Koontz	PW	Jan. 11	JoAnn Johnson	PW	Jan. 26
Gene Sandell	VTH	Jan. 11	Dan Krause	VTH	Jan. 26
Laverne Woock	WHAL	Jan. 11	Jane Doty	WR	Jan. 27
John Brouwer	WG	Jan. 12	Darlene Hansen	PW	Jan. 27
Elda Cole	VTH	Jan. 12	Janet Lynch	TS	Jan. 27
Chris Lorenz	VTH	Jan. 12	Pat Schultz	WR	Jan. 27
Sally Yakish	VTH	Jan. 12	Eileen Hofer	VTH	Jan. 28
Laverne Kelderman	VTH	Jan. 13	Bill Mincks	VTH	Jan. 28
Dennis Petersen	WHAL	Jan. 13	Chuck Shepard	WHAL	Jan. 28
Dean Langan	WM	Jan. 14	Gloria Willms	WHAL	Jan. 28
Norma Hager	WR	Jan. 15	Robert Reints	VTH	Jan. 29
Carolyn Haney	VTH	Jan. 15	Juanita DeVoe	WR	Jan. 30
Jed Moschel	PW	Jan. 15	Mary Ann Burns	VTH	Jan. 31
Shirley Nauholz	WG	Jan. 15	Vivian Gates	MS	Jan. 31
Bobbye Callahan	CTG	Jan. 16	Rowena Hardinger	PW	Jan. 31

Congratulations!

It's a big month for workplace anniversaries at Western Home Communities. These nine employees in Cedar Falls, including two of our longest serving, celebrate milestones. Join us in thanking them for their service and loyalty.

TASHA ROGERS
10 years

January 3
Transportation scheduler



TERRY HAHN
43 years

January 6
Facility services tech



BRIANNE DOLAND
5 years

January 7
CNA, Martin Suites



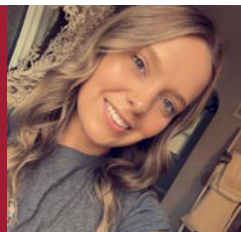
DANIALLE DRAEGER
5 years

January 14
Physical therapist



CHEYENNE CREGER
5 years

January 14
CNA, Martin Suites



SUZANNE MAKINSTER
43 years

January 15
Customer experience manager



Meet the Employee of the Month, **MARTHA RODRIGUEZ**



Martha joined the Western Home Communities family more than 17 years ago, in August 2006. She works as an LPN at Thuesen Cottage.

Here is some of what co-workers have to say about Martha:

- ▶ Martha goes above and beyond when providing care for residents. She always ensures that their physical and emotional needs are taken care of.
- ▶ She takes time to listen, educate and get to know her residents and their families.
- ▶ Martha helps out her co-workers, from picking up shifts to answering any questions they have.

Your Western Home Communities family congratulates you, Martha, on being named our employee of the month for December 2023.

PAM CROSSER
20 years

January 23
Lead cook, Windhaven



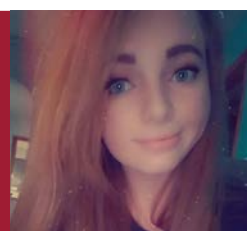
PENNY NUSS
25 years

January 25
Line supervisor, Windhaven



SAMANTHA VAUGHN
5 years

January 28
CNA, Martin Suites



Notes of appreciation

Thank you so much for the beautiful rose from the Western Home staff. Very thoughtful to remember us at this time. We appreciate all the kindness and concern we have received during Gordy's stay at Deery and after his passing. **Barb Ubben and family**

Thank you for creating this community that so lovingly cared for my mom as her little body wore out and failed her. From the staff and atmosphere of Windhaven when she could no longer live independently, to the angels that work at The Deery Suites whilst she required skilled nursing care, to their loving kindness as she slipped slowly into her need for hospice care. They did a beautiful job caring for her family through this process of dying as well. I also wish to express our gratitude for our villa, the birthday card and gift card, and our recent anniversary card and gift card. Thank you, Western Home! **Rory and Rochelle Dolan, daughter of Barbara Benskin**

Thank you for all your support and care as we reached Mom's passing. We can't tell you how much your staff helped us to get through this difficult time. Thank you for the flowers and the shawl. We buried Mom wrapped in the shawl. **Daughter-in-law Nancy Miller and the family of Barbara Benskin**

Shop The Market in January

After being closed on January 1, The Market will resume its normal weekday hours of 10 a.m. – 5 p.m. along with 10 a.m. – 2 p.m. on the first Saturday of the month.

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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.

IN SYMPATHY

Sue DeBower, DS	Dec. 9
Patricia Westendorf, MS	Dec. 8
Sue Lehman, CTG	Dec. 5
William Parker, MS	Dec. 5
Bob Ross, VTH	Nov. 30
Susan Keller, MS	Nov. 25



WesternHome
communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

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Warm up with a tasty hot meal!

Stop in and try our delicious January features.

January 4–6 • Chicken Fried Steak \$20

House-made chicken fried steak served with garlic green beans, mashed potatoes and a classic country gravy.

January 11–13 • Crab Cake Sandwich \$22

Two seared crab cakes topped with lettuce, tomatoes, remoulade sauce and a house-made aioli, all pressed between a toasted hoagie.

January 18–20 • Gilmore's Lasagna \$25

Our made-from-scratch rendition of a beloved classic Italian dish, served alongside toasted garlic bread.

January 25–27 • Seafood Risotto \$18

Pan-seared shrimp, steamed mussels, and a creamy risotto garnished with parsley and lemon.

February 1–3 • Prime Rib \$28

Sliced local prime rib served with a loaded baked potato and seasonal vegetables.

GILMORE'S
EST. **PUB** 2018

Tuesday–Saturday • 11 a.m.–8 p.m.

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