

*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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## Registration opens soon for dementia training

Master trainer Amanda Bulgarelli, Chief Operating Officer of A Positive Approach to Care®, brings a highly anticipated training to Diamond Event Center on June 13 and 14.



Amanda Bulgarelli

Bulgarelli and her mom, Teepa Snow, are well known across the country for a unique approach to helping family members and professional caregivers alike learn valuable skills that create respectful, dignified care environments.



*"Dementia is not a memory problem; it means brain failure and causes many changes in structural and chemical function."  
– A Positive Approach to Care®*

Amanda will teach common sense, practical skills to use with any person living with brain change caused by dementia. Caregivers will feel confident in their abilities to reduce friction, increase harmony and create a positive environment.

The full day training will be offered twice to allow more people to attend. Employees of WHC will be trained at no cost, thanks to a new fund through Western Home Foundation.

Villa resident Larry Martin started a dementia education fund in honor of his late wife, Carole, who lived at Nation Cottage. In appreciation for her care, Larry wanted to help WHC employees stay up-to-date on the latest research and best caregiving techniques. Other donors have contributed to the fund and a second event is planned for 2024.

Paid registration for residents and the general public begins April 3 at [bit.ly/3mLMCne](https://bit.ly/3mLMCne) or click the QR code with your phone camera for a direct link.

Western Home Communities residents may purchase tickets at the discounted price of \$25 each. The general public may attend for \$100, or \$85 for early registration in April.





## Celebrating volunteers

Western Home Communities recognizes the impact of its volunteers during this National Volunteer Month in April.

Fun facts:

- Volunteers logged about 3,400 hours of service to WHC in 2022.
- Volunteers signed in to volunteer about 800 times in 2022.
- Volunteers created prayer shawls, designed greeting cards for resale, read to residents, pulled weeds, helped host activities and more!

This year's volunteer appreciation breakfast is set for **Tuesday, May 2, from 8:30 – 10:30 a.m. at Diamond Event Center**. All who volunteer at WHC in any capacity are invited and welcome to attend.



*Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.*

– MARTIN LUTHER KING, JR.



## WHC 101: A guide to your options

How well do you understand all the services available to you at Western Home Communities? In response to resident questions, this series of presentations will allow you to dig deeper.

### Villas, townhomes and Prairie Wind residents

#### Sessions on Wednesdays at 11 a.m. at Diamond Event Center:

**May 3:** Independent living, atHome with Western Home, therapy services

**May 17:** Assisted living, Thalman Square, dementia support group

**May 24:** Nursing and long-term care, Medicaid, financial issues

### Independent living residents

#### Sessions on Wednesdays at 11 a.m. at Windcove:

**June 7:** The full spectrum of independent living services, atHome with Western Home, therapy services

**June 21:** Assisted living, Thalman Square, dementia support group

**June 28:** Nursing and long-term care, Medicaid, financial issues



The content will differ slightly from May to June, but residents may choose to attend whichever sessions work better for their schedules.

## Visit Mennonite greenhouses to welcome spring

Mark your calendars for this popular annual road trip to Chickasaw County.

**Monday, May 1** (independent living communities)

**Thursday, May 4** (villas and townhomes)

As always, we will stop at Klunder's Kafe in New Hampton for a hearty breakfast.

**To reserve your seat:**

Independent living residents should sign up with their resident coordinator.

Villa residents should email or call their coordinator, Robyn, at **319-859-9391** or [villaRSVP@westernhome.org](mailto:villaRSVP@westernhome.org).



*Residents shop for flowers and plants on last year's greenhouse trip.*



*Bill and Kim Salmon, center, with WHC friends when Sturgis Falls board member Rose Miller, at right, announced their selection as Host and Hostess for the 2023 Sturgis Falls Celebration.*



## Save the date for parade

Western Home Communities plans to participate in the annual Sturgis Falls parade on **Saturday, June 24**. Mark your calendars! More details will be shared next month.

This year's theme is Sturgis Falls: The Crown Jewel. It comes from AARP's selection of Cedar Falls in December 2021 as one of the "Best

Places to Live and Retire Now." The annual festival, started in 1976, was referred to as the crown jewel in a long list of reasons for the Cedar Falls selection, including bike- and walkability, cutting-edge internet service, a vibrant downtown district, abundant parks and an atmosphere of old meets new.

Former long-time employee Kim Salmon and her husband, Bill, have been selected as Host and Hostess for this year's celebration. The board of directors selected the Salmons due to their influence on hundreds of lives in Cedar Falls over the years.

Kim met with potential residents for 20 years, not simply to help them find their next home but to build deep and lasting relationships. She loved watching new friendships develop among the people who moved onto the same street or into the same building. And she loved having fun along the way – she was always up for anything that involved residents, from going to UNI basketball games, attending socials, golfing, dancing at events or walking in the parade.

Watch for the Salmons in the parade of dignitaries and around the parks throughout the Sturgis Falls weekend.



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 March 8, 2023. **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.**



***In memory of:***

**Mary Bro**

Larry Brandt  
Beth Fitch

**Mary Lou Costa**

Robert & Doris Hewlitt

**Tom Eastman**

Larry Brandt  
Carol Eastman  
Beth Fitch

**Cal Geiger**

Sue DeBower

**Marilyn Groothuis**

Marjorie Behrens

**John Mehlert**

Colleen Liming

**Bob Olson**

Kay & Shirley Connelly

**Terry Simcox**

Sue DeBower

**Mary Van Hauen**

Colleen Liming

***Employee Appreciation Fund***

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Winston Burt  
Rich & Connie Frankhauser  
Lucinda Klodt  
Craig & Carol Zanatta

***Mary Taylor Health Sciences Scholarship***

Steven Brown  
Kay & Willard Jenkins  
Bryce & Jeanne Robinson  
Phyllis Steele  
*Fund gifts designated in memory of Bob Olson:*

Rosemary & Bob Beach  
Denise Brown  
Margaret Campbell  
Delburn & Christine Carpenter  
Sally Davis  
Marlys Folkers  
Mary Franken  
Vern & Marcia Hansen  
John Kragt  
Diane Harris Lee  
Steve & Cindy Merfeld  
Dick & Bev Michael  
LaVerne & Patricia Middleswart  
Betty Moon  
Rhoda Olson

Jim Peterson  
Joan Rozendaal  
Mavis Salmon  
Bill & Mary Lou Snyder  
Dianne VanGorp  
John Wersinger  
Nell Wilson  
Alan & Sally Yakish

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

Larry Martin  
*In memory of Mary Lou Costa, Cal Geiger, John Jordan, Doris Rottinghaus, Nadine Yeager*

***Other Gifts***

Amber Elsberry  
Karla Foust  
Dr. Richard & Connie Frankhauser  
Kathleen Niedert  
Jo Potter  
Al Tapper  
Chad & Cindy Wiles

***Fresh Wind Ministries and/or Alice Isenhower Fund***

Kenneth & Deloris Bixby  
(correction from March)



## Regular income now, charitable gift later

The anticipated refund from your independent living apartment or villa/townhome at Western Home Communities can provide income for you now and a charitable gift to WHC later.

Find out more at a small, informal Lunch & Learn at 11:30 a.m. on Wednesday, April 26. **Seating is limited and RSVP is required.** Light lunch will be provided. Save your spot by emailing [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org) or calling 319-222-2022.

## Band for adults 50+ helps residents regain musical skills

The tenor saxophone Dot Claussen played from junior high through college sat in the closet for decades, until she retired and joined the New Horizons Band in 2008.

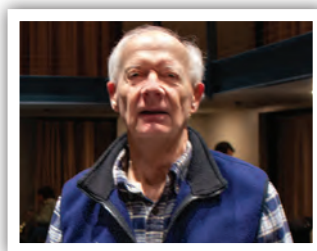


*Villa resident Dot Claussen (third chair from the left) plays tenor saxophone in the New Horizons Band.*

"My first semester of playing the horn after 50 years was indeed challenging," admits the villa resident. "But I was surprised how quickly the skills of playing returned."

The Cedar Falls band began in 1999 and, as it grew, became based at the UNI Community Music School. Dot appreciates the opportunity to make good concert music while challenging her musical ability. She also enjoys connecting with friends and making new ones.

That's a shared theme for Norman Doty, a Windridge resident and band member. "I go for the camaraderie and enjoyment of playing music with others," says the trombonist.



*Norman Doty of Windridge poses for a quick photo before rehearsal.*

A New York music professor started the concept in 1991. Dr. Roy Ernst felt anyone could learn – or relearn – to play music, and that it would provide a sense of accomplishment along with physical, mental and social benefits. Now the country has about 200 New Horizons organizations. The one requirement is that



*Diana Blake leads the New Horizons Band's rehearsal in Davis Hall on the UNI campus.*

members must be at least 50 years old.

"The beauty of it is that you can be a beginner or someone with years of experience," says Dot. "You just have to love music, and want to learn and play."

Band director Diana Blake spent nearly four decades teaching music and has been the band director for 19 years. The band rehearses for 12 weeks in the fall, 12 weeks in the spring and 8 weeks in the summer to prepare for a few concerts each year and many festivals including the Sturgis Falls parade.

"I get great satisfaction seeing the joy people get playing their instrument and creating music," says Diana. "For some of us, it is the best thing in our lives as we age."

### New Horizons opportunities

Spring session rehearsals continue through April 27 at UNI's Davis Hall on Tuesday and Thursday mornings from 9 – 10 a.m.

The same rehearsal schedule is followed in the summer, with dates to be announced.

A spring concert will be May 1 at 7:30 p.m. at UNI's GBPAC.

A summer performance is set for July 20 at Diamond Event Center.

Contact Diana Blake if you want to check out a rehearsal or join the band: [dBlake1941@yahoo.com](mailto:dBlake1941@yahoo.com) or 319-352-3007.





## Chaplain's Corner: A Blessed Life

by *Chaplain Mark Eggleston*

Do you want to live a blessed life? I have good news: The Bible assures us that we can be blessed in all that we do, if we humbly receive and follow the instruction given to us in God's Word.

"Prove yourselves doers of the Word and not merely hearers who delude themselves...but the one who looks intently at the perfect law (God's Word) and abides by it, not having become a forgetful hearer but an effectual doer, this person will be blessed in all he (or she) does." James 1:22, 25.

If you've raised children, you know that this principle is true in parenting. We teach our children to do certain things and to avoid others, based on our own life experiences. Sometimes our children choose to do things their own way. That can lead to vulnerable or harmful situations, often with unpleasant consequences. We can all learn from wrong decisions and sometimes the harder lessons teach us the most, but, in the long run, it is better to follow a parent's instruction and avoid life's dangers.

In the spiritual sense, our heavenly Father gives us a book of divine instructions, a guide book to blessings. The Bible tells us how we can live in a forgiven relationship with God through Jesus Christ and then it helps us discern how we can joyfully walk in that relationship all the way to our heavenly home. The apostle Peter said that God's instruction book "gives us everything for living a God-pleasing life." 2 Peter 1:3.

And yet, like children, we sometimes choose to do things our own way. God desires for us to learn from his wise and loving guidance and to live a life that is both fulfilling and fruitful. This begins by becoming a student of God's Word: to spend time reading, studying and learning how to apply it to our lives. If we want to be truly blessed by God and live a life full of purpose, then we must intentionally follow the instructions laid out for us.

Our chaplain team delights in helping you grow in your knowledge and understanding of God's Word, so please check your event calendar and plan to join us in one of our Bible studies or worship services. We would love to walk together with you as we grow together in our faith and learn to live a life that is truly blessed.

## Reflect on Christ's death and resurrection this month

Our in-person worship services at Diamond Event Center will be held April 2 (Palm Sunday) and April 16. We hope you will celebrate Easter with a local church or by joining us online April 9 at 11 a.m. on CFU cable channel 18 or 95.5.

To prepare our hearts, we will reflect on Christ's death on the cross at two Good Friday services, open to all:

**Friday, April 7**

**10:30 a.m. Stanard Family Chapel downtown**

**2 p.m. Windhaven Assisted Living dining room**



## Greeting card purchases support Friends of WHC

Friends of WHC sends a heartfelt thank you to many dedicated volunteers who participate in the First United Methodist Church card making ministry. They've taken used greeting cards and repurposed them into new greeting cards that are available for purchase at a nominal cost at the front desks of WHC residential communities. All proceeds then support the work of Friends.

If you're a card maker or would like to be one, you're invited to join this group on the second Tuesday of every other month from 1 – 4 p.m. in the church's Gathering Place at 718 Clay Street.

**Upcoming dates are April 11, June 13, August 8 and October 10.**

For more information, contact villa resident Jane Ingraham, Friends of WHC card coordinator, at 319-260-1163.

## Friends invites you to musical events in April, May

Friends of WHC is again sponsoring monthly programs of interest to residents and others. The next two events will have you tapping your toes and maybe singing along!

**Tuesday, April 4 at Diamond Event Center, 6:30 – 7:30 p.m.**

Teenage phenom Carter Guse will sing and play guitar as he performs music from the 1950s to current day. He was a finalist at the Bill Riley Talent Competition at the Iowa State Fair at the age of 14 and has gone on to perform in many local venues as well as Nashville's historic Bluebird Café. He'll move to Music City this fall to attend Belmont University.

**Friday, May 19 at Diamond Event Center, 6:30 – 8:30 p.m.**

The dance floor will be ready as Sugar Daddys Jazz Band takes the stage to perform. These local musicians perform everything from big-band to Dixieland tunes and have been doing so for more than 35 years.

Both events are free to WHC residents, Club Ruby and Fortified Life members. \$10 general admission for the public.

*Friends*  
OF WESTERN HOME COMMUNITIES



*Purchase cards like these at the front desks of any residential community. Proceeds support the projects funded by Friends of WHC to enhance the lives of residents.*



*Sugar Daddys Jazz Band*



# MARCH CELEBRATIONS



Mary Franken poses with the clay pot she turned into an Easter decoration during a crafting event at Prairie Wind.



Cheers to Banana Cream Pie Day! Thalman Square residents celebrated the observance.



Marvyl Oakland is ready for Willowwood's St. Patrick's Day party!



WHC received the Diversity & Inclusion Award from Grow Cedar Valley in March for the Jamaican intern program. Celebrating at the event are, from left, program coordinator Shacarae Bennett, CEO Kris Hansen and program consultant Norman Grant.



Windridge residents Robert & Linda Mahnke (left), Connie Herbon, and Ken and Carol Morlan enjoy a baked potato bar at their St. Patrick's Day social.



Hollie Beam (left) poses with Loma Lusthoff during their St. Patrick's Day party at Thalman Square.



Dave Kirkle with the Easter decoration he made during a crafting event at Prairie Wind.



LaVerne Puetz celebrates St. Patrick's Day in style at Windcove.



# Bean Bag Baseball season culminates in championship series

Play ball! Crowds gathered at Diamond Event Center on March 21 for a Bean Bag Baseball World Series event organized by the wellness team. Villa resident Steve Armbrecht sang the national anthem, then four teams competed to win a spot in the championship game with Enrique Ochoa serving as public address announcer. Each team nominated a player for the Home Run Derby before the Orange Team took home this year's trophy. Until next season...



*Bob Thalman takes aim during the Home Run Derby, and comes out the winner with five home runs out of 15 tosses.*



*Craig Fanton celebrates his four home runs in the derby.*



*Decorations, prizes, t-shirts and baseball food including Cracker Jacks, popcorn and mini-hot dogs created a festive atmosphere at Diamond Event Center.*



*Orange team members congratulate Dick Buchanan for his home run during the championship game.*



*Karen Wagner of the Green Team watches to see where her bean bag will land in one of the first games.*



*Doris Hewlitt takes her at-bat for the pink team.*



*The Orange Team celebrates its series victory!*



## Words of wellness

by *Director of Wellness*  
*Morgan Lehmann*



## Stay safe on the treadmill

**Wednesday, April 19 at 2 p.m.**  
**Grosse Wellness Center**

Learning how to use a treadmill can help you improve your general fitness, stay healthy, tone muscle and reduce the risk of chronic diseases – and it's not weather-dependent!

Join Morgan Lehmann and Hannah Collier when they demonstrate how to use a treadmill along with tips for using it safely.



## Try a paraffin dip at your next massage

Did you know our massage therapy team offers paraffin dip for your hands? This service offers many wonderful benefits including:

- Loosens hand and finger joints.
- Eases pain and stiffness of arthritis.
- Moisturizes dry skin of hands and nails.

Let your therapist know you'd like this \$5 service added to any massage therapy service. Contact therapists Ann Pixler or Rose Stone to book your next appointment.

## Big Kids Bike Klub set to ride again

It's spring, so BKBK will grab bicycles from storage and hit the road! All bicycle enthusiasts are welcome to join any of the weekly rides that start from south campus. The first ride is Monday, April 17. Residents of all skill levels are invited – just bring your bike or e-bike, a friendly smile and your helmet!

Rides are generally longer than an hour but bicyclists can return at any point with another rider accompanying them.

Veterans and newbies should contact Roy or Rita Justis for more information. Call 319-321-2048 or email [rjustis59@gmail.com](mailto:rjustis59@gmail.com).



## Therapy, support for people with Parkinson’s

Every six minutes, someone in America will be diagnosed with Parkinson’s disease. It’s a type of movement disorder that can affect the ability to perform common, daily activities. Symptoms include tremors, stiffness of muscles and slower movement. Therapy and support can help.

### Monthly Support Group – open to anyone living with Parkinson’s disease

**Date/Time:** First Wednesday of each month at 5 p.m.

**Location:** Prairie Wind third floor conference room

For those living with Parkinson’s disease and working with physical therapist Olive Frias, a weekly exercise class is also available. For those working with speech language pathologist Kate Chilcote, a weekly session called LOUD Crowd is available. Both Olive and Kate hold training certificates for their expertise.

To learn more, contact Olive or Kate in the therapy department at 319-859-9343.



## City Hall celebrates Jamaica Day

Mayor Rob Green declared February 28 as Jamaica Day. He invited interns from WHC to share their food and culture with city employees and invited guests in the newly remodeled City Hall.

*Jamaica Day was held in the new overflow seating area outside the council chambers.*



*Homemade desserts included Jamaican fruit cake cupcakes arranged in the shape and color of the country's flag, alongside coconut drops and grater cake.*

*Mayor Rob Green with interns Nekeisha Hamilton, left, and Kaycia Stennet.*



*Intern program coordinator Shacara Bennett explains the meal that includes (top to bottom) rice & peas, fried bread, escovitch fish, jerk chicken and curried goat.*



## Fresh Wind Ministries team serves and grows

### *Fourth in monthly series highlighting employee teams*

No two weeks are ever alike when it comes to meeting the spiritual needs of 1,100 residents and hundreds of employees. Chaplains plan Bible studies and worship services, but the job goes far beyond that.

“There is much that is unexpected in senior ministry. We want to be as responsive and available as we can,” explains Director of Spiritual Care Enrique “Q” Ochoa. “Our work is to listen and love, and to communicate the hope, joy and comfort we can find in Christ.”

Six chaplains serve the downtown and south campuses in Cedar Falls, and Creekside in Grundy Center. In March, Britta Adams joined the team as chaplain and coordinator of Fresh Wind Worship services. She serves alongside chaplains Garry and Christie Moore, Byron Simar and Mark Eggleston.

Talk with any of them and you’ll hear a common thread about what keeps them passionate about their roles.



*Chaplain Mark Eggleston leads worship at Windridge.*

“By far, the people!” admits Byron. “Both the residents and employees. I love hearing about residents’ lives, especially their war and romance stories.”

“In Acts 10:38, we read that Jesus went about doing good,” say Garry and Christie Moore. “We try to do the same.”

“Working at a place with a rich Christian heritage and helping fulfill the mission to create fulfilling lifestyles,” says Mark, the longest-serving team member. Mark worked as a chaplain from 2002-2014 and returned in 2019 after serving as a church pastor. “Offering encouragement, counsel and the Christian message of hope is what I love most.”



*Chaplains (left to right) Mark Eggleston, Enrique Ochoa, Britta Adams, Christie Moore, Garry Moore, and Byron Simar.*

The backgrounds of the team are diverse with two ordained pastors alongside others with lay, student, music and foreign ministry experience.

“We’re prayerful about discerning where each of us can serve best,” explains Q. “We stay intentionally in touch around our shared work and pray for each other, for God to lead and use us.”

### Did you know?

The chaplain team thought these details might surprise you:

- How much time it takes to plan and prepare messages and fulfill other duties.
- It’s a holy privilege to bring comfort in times of grief and pain.
- Each chaplain has a different church background, making the team diverse.
- We serve resident families and even the broader Cedar Valley at community events, pastor meetings, funerals, pulpit messages and on boards of directors.

# Happy April birthday!

Shawn Fishel	WW	April 1	Mick Reifsteck	VTH	April 19
Russell Schultz	WHAL	April 1	Jon Hansen	WHAL	April 20
Cliff Hansen	WM	April 2	Joyce Willy	VTH	April 20
John Rice	PW	April 4	Jim Duwelius	PW	April 21
Barbara Spates	TS	April 4	Peggy Lanigan	VTH	April 21
Milly Anderson	WHAL	April 5	Greta Magee	VTH	April 22
Richard Swanson	VTH	April 5	Dennis McFarlane	WR	April 22
Jay Agness	VTH	April 6	Karen Zwanziger	VTH	April 22
Bonnie Humble	VTH	April 6	Sheila Baker	WHAL	April 23
Dean Hutchison	VTH	April 7	Dick Johnson	VTH	April 23
Barb A Jacobson	WR	April 7	Roger Kussatz	VTH	April 23
Eileen Kruse	WC	April 7	Jerry Mohling	VTH	April 23
Russ Price	VTH	April 7	Jean Brummel	WR	April 24
Janet Sandell	VTH	April 9	Jean Graham	PW	April 24
Jeff Bernard	VTH	April 10	LaVerne Middleswart	VTH	April 24
Phyllis Steele	PW	April 10	Dolores Steege	WM	April 24
Del Carpenter	VTH	April 11	Pat Taylor	CTG	April 24
Barb Pershing	VTH	April 11	Howard Uehle	VTH	April 24
Marjorie Kohl	DS	April 12	Jacquelyn Eastman	MS	April 25
Marlys Badger	WR	April 14	June Green	VTH	April 25
Anita Kabele	VTH	April 15	Reggie Schmitt	VTH	April 26
Ethel Ann Koch	WM	April 15	Hans Isakson	VTH	April 27
Virginia Nelson	WM	April 15	Robert Mahncke	WR	April 27
Rob Hogan	WR	April 16	Kathy Thompson	TS	April 27
Evelyn Wohlwend	PW	April 16	Frank Walter	PW	April 27
Kathleen Aranza	PW	April 17	Kathleen Washington	WR	April 27
Pat Brickley	VTH	April 17	Greg Hankins	VTH	April 28
Maggie Hemmer	WG	April 17	Nancie Handorf	WC	April 29
John Kragt	PW	April 17	Vern Hansen	VTH	April 30
Christine Carpenter	VTH	April 18	Gordy Koch	PW	April 30
Mary Cooley	WHAL	April 19	Jeanne Rogers	TS	April 30
Donna Hansen	WM	April 19	Don Walton	WW	April 30

## The Market to host puzzle illustrator

*The*  
**Market**  
deli ♦ grocery ♦ gifts

Meet Dan Hatala in May. You may have seen his artwork in local galleries and now his work is enjoyed on puzzles currently in stock at The Market. The native Iowan and Waverly resident is a lifelong artist who works with nationally known clients.

Watch for more details in the May Journal about Dan's visit to The Market.

*Puzzles featuring the artwork of Dan Hatala.*



## Congratulations!

The following Western Home employees celebrate a combined 146 years of service to Western Home Communities this month. We thank them for their dedication!

**Dorothy Boll**  
40 years  
April 4  
CMA-RA,  
Thalman Square



**James Husmann**  
5 years  
April 23  
Transportation  
assistant



**Cheryl Bearbower-  
Staton**  
36 years  
April 6  
Switchboard  
operator



**Kaydi Hummel**  
15 years  
April 25  
Medication manager-  
CNA, Windhaven



**Randy Schmidt**  
5 years  
April 9  
Transportation  
assistant



**Olga Bentley**  
15 years  
April 25  
Cosmetologist




**Dennis Kettman**  
5 years  
April 13  
Transportation  
assistant



**Anna Berte**  
5 years  
April 30  
Assistant Event  
Coordinator, Diamond  
Event Center




**Alexia Funk**  
5 years  
April 17  
RA-Caregiver,  
atHome




**Enrique Ochoa**  
5 years  
April 30  
Director of  
Spiritual Care



**Kristin Olive**  
5 years  
April 23  
CNA-HHA, atHome



**Bethany Shadow**  
5 years  
April 30  
CNA-H



## Notes of appreciation

We would like to thank Trent and his team for the great job they do maintaining the streets, sidewalks and parking lots throughout the winter. They respond quickly to the snow and ice problems and they work to ensure we have clear, safe surfaces to drive and walk on through this challenging season. *Keith and Marsha Bock, Windcove*

“Weeping may endure for a night, but joy comes in the morning.” Psalm 30:5. Thank you for all you did for us during this difficult time. *The family of Alicia Jones*

## BOARD OF DIRECTORS

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### Building Abbreviations

Martin Suites	MS
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowwood	WW
Windgrace	WG
Windermere	WM
Windcove	WC
Windridge	WR
Windcrest Villas & Townhomes	VTH
Nation Cottage and Thuesen Cottage	CTG
Prairie Wind	PW
The Deery Suites	DS

**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

Katherine Wellner, DS	March 17
Jean Knief, MS	March 16
Ed Harken, CTG	March 14
Joyce Campbell, WM	March 13
Barbara Cooper, WW	March 6
Fritz Tegtmeier, DS	March 4
Mary Lou Costa, CTG	Feb. 23
Jean Fischer, DS	Feb. 22

## Meet the Employee of the Month, Shamear Brown

**Shamear** has been part of the Western Home Communities family since August 2022. He is currently a cook at Jorgensen Plaza.



Here are a few things co-workers said about Shamear:

- On multiple occasions, Shamear has dropped his own plans so he could cover a shift or come in and ensure things are running smoothly.
- He is constantly looking to learn ways to be more efficient at his job.
- Shamear’s constant smile improves team morale.

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



## Like us on Facebook

@westernhomecommunities is where you’ll find content about most of our activities at Western Home. Also look for and follow @TheMarketCedarFalls, @Gilmores, @DmdEventCenter and @SalonIrisCF.



**WesternHome**  
communities

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Cedar Falls, Iowa 50613

[www.WesternHomeCommunities.org](http://www.WesternHomeCommunities.org)

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Permit No. 217

## Gilmore's Pub added six amazing entrees to the menu!



**Bacon jam burger**



**BBQ pork belly bites**



**Smoked roast beef sandwich**



**Burnt end sandwich**



**Veggie pasta**



**Smoked Gouda mac & cheese**

***Tuesday - Saturday, 11 a.m. - 8 p.m.***

**319-859-9342** [GilmoresPubCF.com](http://GilmoresPubCF.com)

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

5307 Caraway Lane, Cedar Falls