

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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Assisted living remodel nearly complete



An overhaul of décor throughout Windhaven Assisted Living, planned for 2020 and interrupted by the pandemic, is receiving rave reviews.

Painting occurred earlier this year but pandemic-related supply chain issues caused delivery delays. Carpet was installed in August, then boxes upon boxes of furnishings, window treatments and artwork were delivered, unpacked and put in place the week of Nov. 7.

The result? A fresh and bright yet comfortable feeling, with a beautiful color scheme of blues, browns and grays throughout. Natural light flows in through abundant windows, and many conversation areas invite residents and guests to sit a spell.

Next up for décor overhauls: the attached Thalman Square Memory Support Assisted Living, and Windgrace Independent Living at 5118 S. Main. Watch for progress updates in 2023!





Wanted: Santa helpers

As part of Holiday Hoopla in the Cedar Falls Downtown District, children send their letters to Santa via a special mailbox. He is so busy this time of year, he could really use your help replying to all the letters!

It's easy and fun. Letters, stationery, a sample letter, and stamps will be provided. We'll pick up letters starting December 1 and distribute them to volunteer helpers. Contact

Director of Resident Engagement Rachel Phillips to request letters by emailing rachel.phillips@westernhome.org or calling 319-222-2060.

You can write replies in the comfort of your own home over a cup of hot cocoa – or invite a friend or two over to make it a fun group activity!



Annual "Angel Tree" brightens Christmas

It's been a tradition at Western Home Communities to help employees or residents who've had a tough year and may be struggling at this season. We ask for their Christmas wishes so donors can fulfill them through giving a donation or even shopping for a specific item.

Since the pandemic started, organizer Suzanne Makinster has done all the shopping; if you'd like to purchase something specific, please stop by her desk at Jorgensen Plaza to inquire. Monetary donations may be dropped off there or directed to the Good Samaritan Fund through Western Home Foundation at 5307 Caraway Lane in Cedar Falls. The zip code is 50613.

Thank you for caring!



Familiar face finds new home

Plan to take a photo with its namesake statue the next time you're at Gilmore's Pub. In late October, Gilmore the Lion made a careful trek from his downtown home of 61 years to the pub that bears his name.

It took a crew of five, plus a skid loader and flatbed trailer, to manage the 600-pound beast, who is thought to be about 135 years old.

The three-mile move was nothing compared to his previous adventure long ago. Gilmore moved with Ruth and Carolus Kane from Rockford, Ill., to The Western Home grounds in 1961. He stood on the front lawn facing 11th Street for decades, often photographed with employees, volunteers and visiting grandchildren.

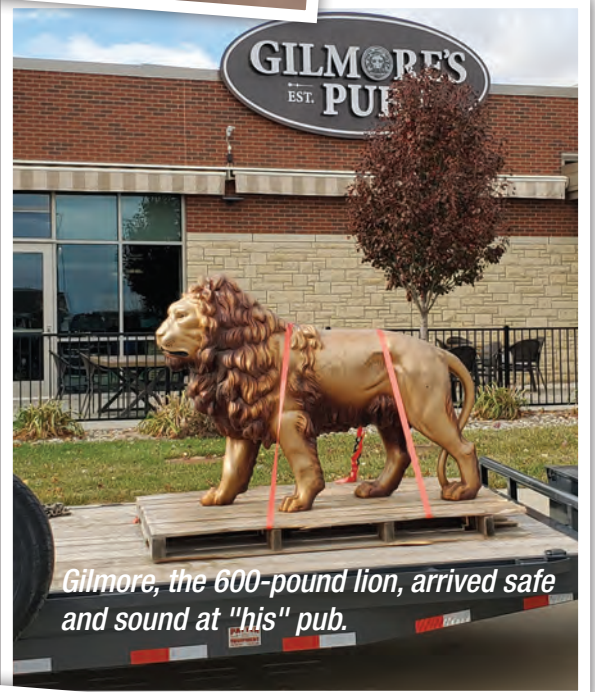
An urban legend has it that there was originally a pair of lions on the downtown campus until youthful fraternity members absconded with one of them. It's a fun story, but evidently not true; the account conflicts with the newsletter reporting of Gilmore's arrival in 1961, which doesn't mention a second lion; there's also no photographic evidence of two lions, only Gilmore.

A photo of Gilmore's face was used to create the pub's logo in 2018, but he maintained his guard at Stanard Family Assisted Living until that community no longer housed residents and the organization felt it was time for a different duty to begin.

Now Gilmore is ready to greet guests at Jorgensen Plaza. We imagine a new generation of young visitors riding atop his back for the perfect intergenerational photo opp.



Gilmore at his new post and already decked out for the holidays!



Gilmore, the 600-pound lion, arrived safe and sound at "his" pub.





Western Home Foundation and Western Home Communities appreciate being honored through estate gifts, memorials and other donations. We list donor names each month as one way of thanking donors for their generosity. This list reflects gifts received through Nov. 10, 2022.

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



In memory of:

Richard Douglas

Louise Frevert
Sharon Hemmer
Alice Heise
Clark Kilgard
Dave & Margaret MacMillan

Dorothy Haskins

Julie Portwood
Barbara Roberts

Mary Hogan

Louise Odle

Tom Huss

Robert Babcock
Al & Julie Bachman
Mike & Cindy Bowen
Lyle & Marlene Brim
Kevin & Nadine Brown
Melanie Bruck
Monte & Melinda Eggers
Doug & Sherry Grunder
Dorothy Guldner
Cliff & Donna Hansen
Vern & Marcia Hansen
Dean & Deonna Knudsen
Dorothy Knudsen
Ron & Sharon Lance
Robert & Judy Larkin
John & Kristie Lehman
Norman & Kay Lemmon
Tim & Carol Lindquist
Art & Bev Lupkes
Mike & Kaye McCallum
Sue Meier
Bruce & Bev Nelson
Phillip & Eloise Nelson
Curtis & Janet Nielsen
Sheila Nunally
Angela Rampton
Dave & Lisa Sires
Ken Smith
Kim Thompson

Ken Kampman

Larry Brandt
John & Karen Eastland
Beth Fitch
Steven & Kathy Fuller
Nancy Kampman
Brian & Andrea McCullough

Murtis Smith

Robert & Bonnie Humble

Good Sam Fund

Cheryl Bearbower-Staton
Marcia Colwell

Employee Appreciation

Lorna Ericson
Barry & Kaye Haskins
Lucinda Klodt
Ron & Norma Leibold
Jane Mertesdorf

Mary Taylor Health Sciences Scholarship

Phyllis Steele

Other Gifts

Amber Elsberry
Karla Foust
Dr. Richard & Connie Frankhauser
Bob & Donna Grosse
David Nation
Kathleen Niedert
Martha Stanford
Chad & Cindy Wiles

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

Eileen Anderson
Cheryl Bearbower-Staton
Robert Beener
Marjorie Behrens
Kenneth Bixby
Donna Brown
Sidney Bunger
Cleo Cross

Rod & Bobbie Dostart
Mark & Molly Eggleston
Norma Emmert
Marlene Engen
Bev Fish
Kent & Joyce Folsom
Dave & Cindy Glasener
Margaret Grimm
Bob & Donna Grosse
Dorothy Guldner
Norma Hager
Butch & Sherry Hammer
Gary & Marlys Hanks
Nancie Handorf
Alice Hansen
Cliff & Donna Hansen
Jon Hansen
Vern & Marcia Hansen
Daniel Hanson
Gene & Aurelia Harringa
Wayne & DeMaris Hochhalter
Dean & Barb Hutchison
Joyce Jensen
JoAnn Johnson
Harris Jorgensen
Marlys Karkosh
Theresa Kindig
Cork & Sharon Klages
Russ Kool
John Kragt
Miriam Krallman
Donald Krull
Lee & Barb Larsen
Bob & Deb Lee
Lillian Marks
Monte & Sonia McCunniff
John & Garnet Mehlert
Bob Meinders
Hazel Messer
Ken Miller
Garry & Christie Moore
Alvira Morris
Carl Muesel
Carol Neumann

Enrique & Martha Ochoa
Selma Ochoa
Jean Oleson
Don & Letha Petersen
Larry & Sharon Petersen
Connie Rasmussen
Patricia Reyhons
Mickey & Elaine Rosenau
Joan Rozendaal

Gene & Janet Sandell
Sandra Scheil
Barb Seufferlein
Terry & Janet Simcox
Richard & Martha Stanford
Richard & Karen Swanson
Robert & Barb Thalman
Jeanne Thuesen
Lura Treloar

Nancy Versluis
Dee Way
Velma Wessel
Nell Wilson
Bonnie Wissink
Barbara Wygle
Dione Young

A year-end message from Western Home Foundation

Gratitude is on our minds this season. We're so thankful for each of you who has provided support for Western Home Communities.

It's an honor and privilege to be the current stewards of this 110-year-old non-profit organization, which has survived – and thrived – through all the ups and downs of war, depression, recession, social movements and change.

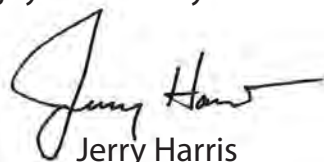
I believe it's because the mission *to assertively create fulfilling lifestyles* has been our singular focus since the beginning. It keeps us moving toward that goal no matter what external or internal challenges we face.

Right now, entering our twelfth decade, those include a shrinking workforce, economic uncertainty brought about by the pandemic, rising inflation and low reimbursement rates.

We can meet all these challenges with your help, whether that is through memorials, scholarship endowments, charitable gift annuities, naming gifts or a year-end donation to the employee appreciation fund.

From the Pfeiffer family gift that started it all in 1912, to your gifts today, it has always taken community support from those who believe in our mission to sustain Western Home Communities. We gratefully receive it and use those funds to move us forward in achieving our mission for those we serve, their families and our employees.

Wishing you a joyous holiday season and a blessed 2023,



Jerry Harris
Chief Operating Officer



Chaplain's Corner: A Season of Joy

by *Lead Chaplain*
Mark Eggleston

We sing about "Joy to the World" this time of year, but let's be honest: The frenzied pace of schedules around Christmastime can leave us feeling anything but joyful.

How do we bring the joy back? I've heard it said that joy is found in **J**esus first, **o**thers next and **y**ourself last. Not a bad acronym to help us maintain peace and hope.

Keep Jesus first through all the busyness of the month by pausing to reflect on the "good news of great joy" announced to the shepherds that first Christmas, and realizing that this news is meant for us today. Our Savior made a way for us to live in a forgiven relationship with God. That news had the shepherds in Bethlehem rejoicing and full of joy!

We can have that, too, when we choose to step outside the overwhelm of shopping, parties, gifts and even Christmas services to reflect on why Jesus came in the first place. He came to take care of our greatest need and lead us to true and

lasting joy. Be determined to keep Jesus at the center of your season.

We often tell others of our love and appreciation for them through gifts. And rightly so; after all, Jesus said, "It is more blessed to give than to receive." A great gift for those we love is our time. Being with those we love is truly the best gift we can give. Offer the gift of your presence, a plate of goodies, or a card or text. Let others know of your appreciation. As we choose to make another person's season brighter, a funny thing will happen – our lives will be filled with joy as well.

Then, we need to also take care of ourselves. In the craziness of this season, stop and think about the good gifts God has given you and create a renewed attitude of thanksgiving. Try to pull away a bit to be refreshed for the year ahead. Maybe you watch a favorite Hallmark movie, spend time with an inspirational book in front of the fireplace, or even take a few days off work. Reflect on what's really important to you. This can boost your joy and build up your "spiritual immune system" to start a new year healthy, hopeful and full of joy.

So, as you go through the month of December, may you strive to find the joy God has for you by looking to Jesus, reaching out to others and finding a few minutes to rejuvenate yourself. My wish is that the joy you find lasts all year through. Merry Christmas!

December worship includes communion service

Attend in-person Fresh Wind Worship the first and third Sundays of each month at 10:30 a.m. in Diamond Event Center. Upcoming services are December 4 and December 18.

The December 18 service will include Christmas worship and communion.

Mark your calendars for in-person worship on January 1 and 15.

The Market adds Saturday hours this month

For your holiday gifting and entertaining, The Market offers an escape from crowded parking lots and check-out lines. This month, in addition to its usual Monday – Friday 10 a.m. – 5 p.m. hours, The Market will add three Saturdays to accommodate your shopping needs:

December 3 – 10 – 17 from 10 a.m. – 2 p.m.

Stop by to find unique gifts for every age, Christmas and year-round home décor, and specialty foods you'll love to share with guests.

Games • Toys • Stuffed animals



Wine & barware



Mugs & water bottles



Christmas cookies and candies



Cards • Books



Puzzles



*Snow globes • Scarves • Handcrafted soaps and lotions
Swedish dish cloths • Mini-flashlights • Keyrings
Pocket knives & multi-tools • Umbrellas • Jewelry*

The
Market
deli ♦ grocery ♦ gifts

Fresh deli items return

Take cooking off your list during this busy season. Enjoy heat-and-eat items like meatloaf and mashed potatoes, ham balls and soup, plus an array of hearty salads. Stop by or call The Market to find out about the day's offerings: 319-859-9344.



Record amount raised at holiday sale

It was a record-setting year for the annual Handcrafted Holiday Show & Sale sponsored by Friends of Western Home Communities. The organization raised nearly \$2,000 on Oct. 29 from eighteen crafters who showcased and sold their handmade wares at Diamond Event Center.

Many were Western Home Communities residents, selling an array of items including felted mittens, woodcrafts, greeting cards, tea towels, jewelry, paintings and more. Each of them contributed a flat amount or a percentage of sales to Friends.

Just across the hall, The Market hosted an open house so shoppers could search for unique gifts and sample more than a dozen delicious products.

The funds raised will be used to support projects that enhance the lives of WHC residents.



Peggy, Suzanne and Bernice sold cards and jewelry at this year's sale.



Villa resident, Bev Fish (purple vest), helped Ellen Downing and Darlene McGee sell their cozy mittens.



JPL Woodcrafts was just one of 18 vendors at this year's Handcrafted Holiday Show & Sale.



Sale attendees didn't miss the opportunity to shop at The Market, too!



Marcia Simpson picked one of more than a dozen samples for shoppers to try at The Market.



Meena Reisetter offered samples of wine and canned sake.



Shared joy of creating keeps villa couple connected

A villa couple proves you don't need professional degrees in art to become prolific creators – just a shared love of creativity and the curiosity to pursue new interests.

After retirement, Jerry and Loyce Dumke ran an antique store and then a furniture restoration business out of a large shop on an acreage outside of Guttenberg. About 20 years ago, the high school art teacher in Guttenberg asked Jerry to make frames for his students' stained-glass projects. That piqued Jerry's interest in learning the art himself.

Loyce already enjoyed woodworking, tole painting and thrown pottery, when a basket weaver asked Jerry to make wooden lids for her baskets. Loyce reached out and started taking lessons.

"There are so many things you can do in life and you want to experience everything you can, right?" Loyce exclaims.

Their villa showcases many of their creations. The Dumkes found their way to Western Home Communities in 2018 after Loyce, visiting a friend in Cedar Falls, saw a construction sign and called to inquire.

Jerry's stained glass locomotive is a bright adornment to their sitting room and just above it is a shelf filled with Loyce's baskets.



Jerry's handmade furniture, adorned with Loyce's basket, greets guests at the front door of their villa.



Loyce and Jerry Dumke with some of their artisanal works.

"It's been a perfect move for us," says Jerry. A spare bedroom is where Jerry creates and Loyce keeps a tidy closet full of her supplies.

Loyce admits basket weaving is messy; reeds need to soak in buckets of water to soften. Clippings and reed dust abound, so she prefers to do the work outside and clean up with a leaf blower. The finishing step requires a seal or stain to complete the 8-10 hour process.

Jerry finds inspiration and patterns online. "Geometrics are fun, and old Arts and Crafts style work well for stained glass," he says.

Loyce often gifts her baskets to friends and family; they might consider selling items on Etsy or Facebook Marketplace. Jerry shared his stained glass at the 2021 Handcrafted Holiday Sale, where smaller suncatchers were popular.

"If you have any problems in the world at all, when you do stained glass or basket weaving, they all go away," says Loyce. "It's good therapy for anybody and time goes by quickly."

Loyce's "basket tree" showcases several of her unique, handmade baskets.





Words of wellness: Looking ahead to 2023

by Director of Wellness Morgan Lehmann

Is your health and well-being worth .41 cents/day? Yes, it is! So consider a new or renewed membership starting January 1 to the Grosse Aquatic and Wellness Center.

For \$150/year per resident, membership includes unlimited use of the pool, walking/jogging track, cardiovascular equipment, weights and fitness machines. We look forward to continuing to work with you in the New Year!

Don't forget our full schedule of classes available with a class pass:

Independent living - \$15/month (no charge for classes in your building)

Prairie Wind - first 12 classes are free, then \$15 for the rest of the month

Villas/townhomes - \$30/month

Personal Training at WHC

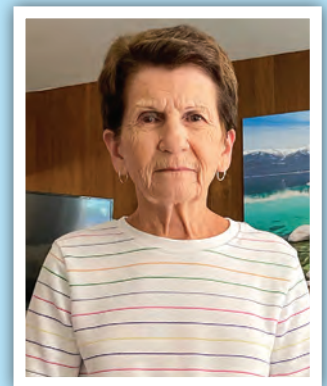
Need more accountability or instruction during your workout? Let the wellness team help you through personal training. The great thing about personal training is that we work on whatever YOU want to work on – whether that is balance, upper body strength, core strength or a combination.

- 1 session: \$25
- 4 sessions: \$90
- 8 sessions: \$160
- 12 sessions: \$215

To request a schedule or more information, call or email Hannah at **319-575-5304** or hannah.collier@westernhome.org.

“I joined the wellness center when I moved here three years ago and I participate in the fitness classes every day. The classes are well choreographed and the instructors are excellent. They know how to motivate and at the same time make it enjoyable. That is what keeps me attending and why I feel so much stronger overall. The instructors even add fun games (e.g., Bean Bag Baseball) for us to play to keep us moving and healthy!”

– RACHELLE YOUSEFI



WHC Night returns to UNI men's basketball

Join your neighbors to cheer on the Panthers as they take on Murray State, and enjoy a pre-game reception in the Alumni Suite! Tipoff is at 7 p.m. with the reception starting an hour prior.

Sign up by December 21 with any resident coordinator for tickets and/or bus transportation.

Game tickets are \$15. Seats are located in Sections 101 and 105 in upper rows with chairbacks.

Knitters find support, camaraderie at Jorgensen Plaza

Laughs, encouragement, accomplishments. That may be the best way to describe what it's like sitting in with the small group of knitters that gathers every Wednesday afternoon at The Market in Jorgensen Plaza.

"The size of the group and level of skill varies, but we get together for fun," says villa resident Barb Larsen. The group began meeting at Western Home Communities pre-pandemic after a local knitting shop closed.

"A few of us took lessons at the shop and then a friend and I started having lunch together and meeting at the shop every week. We've met regularly ever since," says Barb. They met via Zoom when it wasn't an option to meet in person.

Barb says they primarily work on their own projects. Currently, that's socks and sweaters. "Once, early on, a company provided yarn to the knitting shop for knitters to take and make hats for the Hospitality House in Waterloo."

The group takes a light-hearted approach to their work, knowing that dropped stitches happen and that some projects might need a few rows re-knitted.



Sandy, a community resident, shows off the socks she knitted and the bag she quilted.



Barb Larsen, left, and the Sheep Baatiuers meet every Wednesday at The Market to knit and socialize.



Some beautiful socks in process!

Someone in the group usually knows how to help.

Any knitter is welcome to attend, no matter the skill level – from beginners to master knitters. For those who'd like to take up the hobby, Barb suggests watching YouTube videos to learn and looking for free patterns online.

The group calls themselves the Sheep Baatiuers, named after the downtown shop where they first started meeting, and they maintain a Facebook group that's open to the public. The page is a place to show off newest creations, ask questions and find reminders of upcoming gatherings.

"Knitting doesn't have to be perfect," Barb encourages. "It's handmade so call it your unique style!"

Western Home Communities certified as Dementia Friendly

Through the Dementia Friendly Cedar Valley program, Western Home Communities has been recognized as a Dementia Friendly Business, meaning more than 50 percent of employees have completed the Dementia Friendly training.

That's more than 600 full- and part-time administrative, dining, maintenance, environmental services and clinical team members from Cedar Falls, Grundy Center and Jesup.

"Western Home works consistently to educate employees about types of dementia and what it means to be 'friendly,'" explains Megan Zimmerman, coordinator of Dementia Friendly Iowa.

Residents are also learning what it means to

We Are Dementia Friendly



In November, Western Home residents received Dementia Friendly training at Prairie Wind and Windgrace.

be dementia friendly. Two training sessions were held in November at Prairie Wind and Windgrace. If you are interested in becoming a Dementia Friend or Dementia Champion, contact Sonya Thrall at 319-859-9339 or by email at sonya.thrall@westernhome.org.

Active life moves indoors as temps drop



From left to right, villa residents Christine Carpenter, Bonnie Bickett, Del Carpenter and Larry Martin kick off the CrossNet season in the Grosse Aquatic Center.



A full house gathered for a Veterans Day ceremony and live music in the newly redecorated Windhaven dining room.

Windhaven residents enjoyed up-front seats for "Call of The Wild" at Gallagher Bluedorn Performing Arts Center.



Chaplain Byron Simar tries out a chair massage in the wellness center from new massage therapist Rose Stone.

Happy December birthday!

Jim Doud	PW	Dec. 1	Trish Cook	WG	Dec. 16
Glen Groothuis	WC	Dec. 1	James Madill	VTH	Dec. 16
Paul Willy	VTH	Dec. 1	Darrel D. Brandt	VTH	Dec. 17
David Kirkle	PW	Dec. 2	Nancy Gephart	WHAL	Dec. 17
John Golz	VTH	Dec. 3	Gordy Ubben	VTH	Dec. 17
Patricia Shimp	WHAL	Dec. 3	Rita Congdon	VTH	Dec. 18
Jean Swiggum	WC	Dec. 3	Mary Lou Costa	CTG	Dec. 18
Bonnie Bickett	VTH	Dec. 4	Norman Doty	WR	Dec. 18
Shirley Cain	WM	Dec. 4	Terry Townsend	VTH	Dec. 18
Mervin Carnahan	VTH	Dec. 4	Lorene Howard	WC	Dec. 19
Barb Davis	TS	Dec. 4	Marlys Small	WC	Dec. 19
Judy Weekley	VTH	Dec. 4	Stacey Winter	MS	Dec. 19
Butch Hammer	PW	Dec. 5	Agnes Berky	WW	Dec. 20
Helen Lund	WC	Dec. 5	Judy Jorgensen	VTH	Dec. 20
Oneta McCarty	WHAL	Dec. 5	Emogene Marty	WHAL	Dec. 20
Bill Teaford	WR	Dec. 5	Judy Stamberg	WR	Dec. 20
Pat Cleigh	VTH	Dec. 6	Elsa Waschek	WHAL	Dec. 20
Thos Sumner	WHAL	Dec. 6	Dick Beener	VTH	Dec. 21
John Focht	VTH	Dec. 7	Jim Reindl	VTH	Dec. 21
John Mehlert	WW	Dec. 7	Carroll Berg	WHAL	Dec. 22
Mark Mortenson	PW	Dec. 7	Jean Mingus	WHAL	Dec. 22
Joann Ackman	VTH	Dec. 8	Marlene Brim	VTH	Dec. 23
Paul Klotz	WG	Dec. 8	Tom Eastman	TS	Dec. 23
Barbara Oltman	WC	Dec. 8	Hazel VerMulm	VTH	Dec. 23
Jean Richardson	VTH	Dec. 8	Marian Brandt	VTH	Dec. 24
Lorraine Tonn	VTH	Dec. 8	Eleanor Parker	VTH	Dec. 25
Ron Leibold	VTH	Dec. 9	Melba Widmer	VTH	Dec. 25
Karen Olmstead	CTG	Dec. 9	Steve Armbrecht	VTH	Dec. 26
Patricia Peckham	WR	Dec. 9	Kent Folsom	PW	Dec. 26
Floyd Winter	WC	Dec. 9	Don Krull	WC	Dec. 26
Marlene Behn	VTH	Dec. 10	Dorothy Cleghorn	WHAL	Dec. 28
Ramona Edgerton	TS	Dec. 10	Francis Pardoe	VTH	Dec. 28
Anne Lukes	WHAL	Dec. 10	Gary Rosauer	VTH	Dec. 28
Mike Entz	PW	Dec. 11	Eunice Easton	WHAL	Dec. 29
Shirley Meester	WR	Dec. 11	Miriam Krallman	WR	Dec. 29
Janet Bretey	VTH	Dec. 13	Hazel Messer	WC	Dec. 29
Bethel Hammer	WR	Dec. 13	Marilyn Teig	VTH	Dec. 29
Jeff McKelvie	WG	Dec. 13	John Lofstedt	VTH	Dec. 30
Marcia Simpson	WHAL	Dec. 13	Anne Paxton	WG	Dec. 30
Mary Knight	VTH	Dec. 14	Bob Robinson	WR	Dec. 30
Dee Weston	WC	Dec. 14	Esther Lageschulte	WHAL	Dec. 31
Barb Cooper	WW	Dec. 15	Marianne Trent	PW	Dec. 31
Jim Lubker	PW	Dec. 15			

Congratulations!

These employees celebrate significant anniversaries this month. We thank them for their loyalty, dedication and service to Western Home Communities!



Heather Epps
25 years
December 8
 LPN, Windhaven

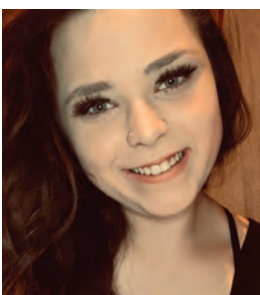


Joe Anhalt
10 years
December 20
 Food service,
 Windhaven

Victoria Bunger
5 years
December 4
 Leisure service
 assistant, Windhaven



Darrell McCormick
5 years
December 4
 Chief Digital Officer



Kari Duckworth
5 years
December 4
 CRNA, Deery
 Suites



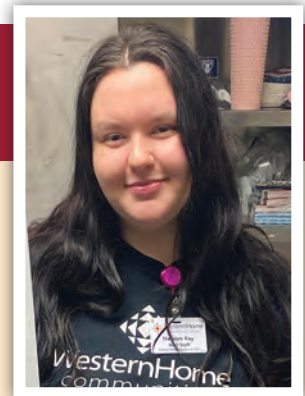
Meet the Employee of the Month, Natalee Schmidt

Natalee is a part of our dining team at Windhaven. She has been part of the Western Home Communities family since January 2020.

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

- Natalee is a truly amazing person.
- She is hardworking, respectful and kind. She always treats staff and residents with respect even when no one is watching.
- Natalee is good at problem solving and she is always willing to help others.

Your Western Home Communities family congratulates you, Natalee, on being named our employee of the month for November 2022.



Note of appreciation

Thank you so much for your love and support over this difficult time. There aren't sufficient words to describe our gratitude for your heartfelt sympathies. Thanks to all the doctors, nurses, aides and staff during Ken's stay at Deery Suites. *Nancy Kampman and the family of Kenneth Kampman*



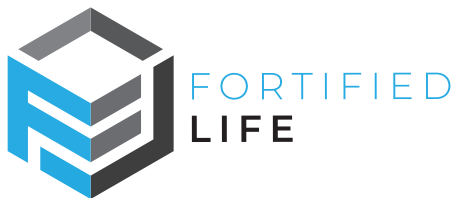
The solution you need in 2023

Fortified Life solves the top concerns of older adults:

- Staying in your home as you age
- Enhancing your well-being for aging healthfully
- Locking in your costs of future care

Give yourself a gift this season - see how to put Fortified Life to work for you by attending a free, no-obligation information session!

Thursday, December 8 2 p.m. Diamond Event Center



Fortified Life is a program of Western Home Communities for those who live in the greater Cedar Valley or a villa/townhome/independent living apartment on campus. Residency on campus is not a requirement to become a member.

BOARD OF DIRECTORS

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Robert Beach	Donna Grosse
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Susan Card	Martha Stanford
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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 Hudwalker Bowman, editor, at (319) 859-9337 or linda.bowman@westernhome.org.

In sympathy

Betty Dixon, WHAL	Nov. 9
Marilyn Geesaman, CTG	Nov. 5



We're on Instagram

@westernhomecommunities is where you'll find content on our newest social media page. Check it out! Facebook users, we're still busy on that page – just adding Instagram to reach another audience. Engage with us on your favorite platform!



WesternHome communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

www.WesternHomeCommunities.org

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DECEMBER 1, 2, & 3

BLACK SALMON RAVIOLI

Squid-ink ravioli stuffed with a salmon ricotta filling, served with slow braised leek and garnished with lemon foam.

DECEMBER 8, 9 & 10

CORNISH HEN

Roasted Cornish hen topped with a cranberry apple chutney and served with candied yams and cornbread.

DECEMBER 15, 16 & 17

TURKEY FEAST

Slow roasted turkey served with green bean casserole, mashed potatoes & gravy and a sour cream & chive roll.

December
FEATURES

DECEMBER 22 & 23

(Gilmore's Pub is closed Christmas Eve)

CHICKEN MARSALA

Chicken scaloppini covered with a Marsala sauce, on a bed of beet risotto and charred broccolini.

DECEMBER 29, 30 & 31

BRISKET

Smoked brisket served with Mac & Cheese and a seasonal vegetable.

GILMORE'S
EST. 2018
PUB

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

319-859-9342

