

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

Inside this issue:

Chapel in use	3
End-of-year gift list	4
Omicron hits Iowa	6
What is worship?	7
New face at Gilmore's	8
Valentine gift ideas	9
Take this challenge	10
Baseball at WHC	11
Birthdays	12
Employee of the Month	14
Appreciation	15

Winter offers new perspective to year-round hobby

A backyard retirement hobby grew over the years to become a daily habit on Western Home Communities' south campus.



Townhome residents Dave and Sue Eastman near their bird feeder.

Dave and Suzanne Eastman make it a point to enjoy birding every week, whether at their townhome, at local birding hot spots or while on vacation. Even a visit to the Grosse Aquatic and Wellness Center is an opportunity to visit with other residents about recent observations.

“Many of us enjoy watching nature in a variety of ways and it is fun to see all the feeders and birdhouses in our neighborhood,” Dave says.

And that’s where Dave’s passion for birding began, in their backyard when he retired in 2008. His first real attempt to identify and record birds was during the annual Great Backyard Bird Count, which takes place Feb. 18-21 this year.

Since then, he has connected with other experienced birders through the Prairie Rapids Audubon Society and the Iowa Ornithologists Union. Suzanne’s interest started about the same time but she was only mildly interested in the “pretty birds.” Her interest and knowledge increased when she started photographing them.

All bird photos by Sue Eastman, taken on south campus or in Black Hawk County.



Downy woodpecker

Continued on page two



Continued from page one



Goldfinch

Now Dave and Suzanne bird together often, especially on trips. "Birds are everywhere you go and you see them more when they become a focus of a trip," Dave said. Over the years, they have been to parks in Canada, New England, the Northeast and Southwest U.S., Alaska, the Caribbean and annually to the Boundary Waters Canoe Wilderness Area in northern Minnesota.

While at home, Dave tries to bird a little each day, whether for five minutes or most of the day. It's a year-round activity and in the winter they do back road and feeder birding to observe year-round residents like the blue jay, Northern cardinal and downy woodpecker, as well as migrating birds that overwinter here like the dark-eyed junco and American tree sparrow.

Since moving to their townhome in 2017, Dave and Suzanne have identified 72 different species of birds on the Western Home Communities campus and surrounding area. Some of the undeveloped fields nearby have had breeding grassland birds like Eastern meadowlark, Savannah sparrow, grasshopper sparrow and even a bobolink blackbird one year.



Killdeer



Scarlet tanager



Cardinal and house finch

Start a bird watching hobby

It's easy to get started bird watching with an inexpensive pair of binoculars and an old Peterson's Field Guide to Eastern Birds. Here are other sources of information recommended by Dave and Suzanne:

GoPRAS.org	Prairie Rapids Audubon Society
IowaBirds.org	Iowa Ornithologists Union
AllAboutBirds.org	Cornell University Lab of Ornithology
BirdCount.org	Cornell Lab, Audubon and Birds Canada

Baltimore oriole



Chapel provides spiritual support in 99th year

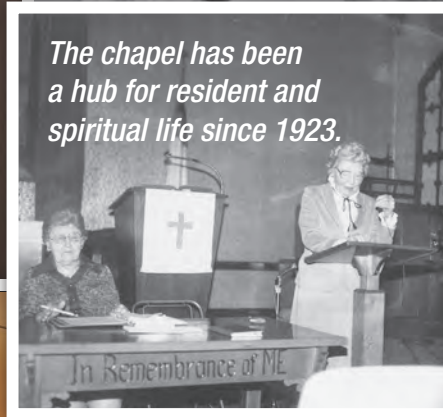
A soaring, beamed cathedral ceiling, original stained glass windows and nearly a century's worth of prayers and hymns fill a special space on the downtown campus.



The chapel opened in 1923, part of the first addition to the original downtown building of Western Home Communities. It has served as a spiritual center ever since, even after Stanard Family Assisted Living consolidated with Windhaven Assisted Living last fall.

Residents of Martin Suites next door can access the chapel without going outside. They gathered there for a musical program during Christmas week which offered the opportunity to sing Christmas carols and even light candles (battery-operated for safety).

The chapel has been a hub for resident and spiritual life since 1923.



Chaplain Byron Simar leads the singing of Christmas carols during the program. The chapel offers excellent acoustics.



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 January 14, 2022. **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:

Mervin Andersen

Edward Leonard

Marian Christiason

Joseph & Rita Galloway

Mavis Cook

Thomas & Coey Podraza

Leon & Mary Nelson

William & Gale Wendland-Senn

Doris Crandall

Kelly Crandall

Sue DeBower

Nancy Handorf

Beverly Haugen

Bertha Jepsen

Steven Kelly

Edward Leonard

Donnabelle Miller

James Peterson

Pearl Goos

Fred & Phyllis Bowers

Edward Leonard

Gary Hanks

Larry Brandt

Helen Hansmeier

Glen & Judy Staff

Clayton Hanson

William Hanson

Leonard High

Kathleen Hahn

Irene Kuhlman

Larry Brandt

Theresa Kindig

Edward Leonard

John Maughan

Al & Sally Yakish

Bruce McCart

Marlys Folkers

Marian McCubbin

Paul & Sharon Harberts

Martha McCutcheon

Joann Ackman

Roger & Jill Baker

Jeanie Balthazor

Robert & Rosemary Beach

Connie Bradfield

Susan Card

David & Carol Draper

Beverly Fish

Arlene Fleming

James & Harriet Healy

Joanne Helland

Randy & Debra Hickok

Vincent & Karen Kavlick

John & Kristie Lehman

Richard & Karen McAlister

Barbara McCutcheon

Shirley Merner

Donnabelle Miller

William & Donna Mincks

Eleanor Parker

Donna Pohl

Phyllis Steele

Thomas & Charlotte Strub

David & Karen Zwanziger

Judy Moehlis

Paul & Hazel Foote

LaVerne & Pat Middleswart

Sid Morris

Pamela Taylor

Ken Noer

Robert Robinson

Gene Puetz

Larry Brandt

Hazel Scheppele

Roger & Trudy Neumann

Richard & Karen Swanson

James & Deb Volgarino

Al & Sally Yakish

Robert Stone

Jerry & Jean Hyde

Anthony & Betty Jegerlehner

Norman & Kay Lemmon

Roger & Kathy Ormord

Ron & Mary Potter

Ken & Kathleen Wernimont

Curtis Strien

Steven Ferris

Steve & Carol Moon

Michael & Penny Niesen

***Annual Appeal - Employee
Appreciation Fund***

Jay & Kathryn Agness

Robert & Delores Alberts

Jane Anderson

Clinton Anderson

Ralph & Kathleen Aranza

Steven Armbrecht

Marlys Badger

Joan Baumgartner

Louis & Pat Beck

Richard & Vivian Beener

Robert Beener

Marlene Behn

Marjorie Behrens

Steve & Julie Bernard

Paul & Catherine Bockenstedt

Denny & Linda Bowman

in memory of Marvin

Hudwalker & Gordon Green

Donna J Brown

Gary & Donna Brown

Peg Brown

Kenneth & Janet Burrington	Rowena Hardinger	Michael Painting & Decorating Inc.
Winston Burt	Marjorie Harned	LaVerne & Pat Middleswart
Margaret Campbell	Jerry and Beth Harris	Donnabelle Miller
Susan Card	Beverly Haugen	Mark & Nancy Miller
Tim & Sharon Chamberlin	Mark & Cynthia Hedge	William & Donna Mincks
Robert Clark	Stacey Helstrom	Dennis & Marlys Mitchell
Community Foundation of NE Iowa	Lorene Howard	Fredrick & Judith Mittan
Vernon & Mary Cordes	Mary Hudwalker	Judith Moody
Kathryn Crask	Robert & Bonnie Humble	Alvira Morris
Russell & Diane Curtis	Albert & Cathy Humke	Don Moe
Tom & Paula Damgaard	Jane Jackson	William & Marian Motz
Sally Davis	Bertha Jepsen	Jim Mudd, Sr.
Sue DeBower	Colleen Johnson	Michael & Elizabeth Nash
Marlene Deery	John & Gina Jorgensen	David & Rebecca Nation
Bradley & Teresa Dehoff	Marlys Karkosh	Carol Neumann
Larry & Sandra Delfs	Vincent & Karen Kavlick	Marjorie Nielsen
Judith Dengler	Patricia Kennedy	Selma Ochoa
Juanita DeVoe	Theresa Kindig	Joan Ogden
Robert Diedrichs	Norman & Karen Kitchen	Jean Oleson
Anita Dowell	Lois Klatt	Robert & Rhoda Olson
Dean & Sherrie Dreyer	Lucinda Klodt	Francis Pardoe
John & Karen Eastland	Elin Koch	Anne Paxton
David & Suzanne Eastman	Jason Koontz	Larry & Sharon Petersen
Marlene Engen	Bea Koontz	Donna Pohl
Lorna Ericson	John Kragt	Margie Polacek
Brian & Lisa Eslinger	Roger & Betty LaCoste	Jo Potter
Judy Finkelstein	Rodney & Sara Lair	LaVerne Puetz
Steve and Jean Firman	Heather Lawrence-Richards	Marlene Rasmussen
Mary Kay Fischbach	Elaine Lemons	Ned Ratekin
Beverly Fish	Edward Leonard	Juanita Rekers
Cindy Fisher	Susan LeQuatte	Don & Jean Richardson
Darrel & Marsha Flater	Neil Lewis	Beverly Ridder
John & Judith Focht	David & Mary Lewis	Winnie Rohrbaugh
Paul & Hazel Foote	Homer Leymaster	Marilyn Roseberry
Kathleen Franck	Colleen Liming	Robert Ross
Robert & Suzetta Fread	Lee & Amy Lindgren	Jeanette Rothlisberger
Hildegard Fresmann	John & Ann Lofstedt	Gene & Janet Sandell
Charlotte Fresmann	Dan & Chris Lorenz	Marcia Simpson
Louise Frevert	Richard & Sheila Loughren	Marlys Simpson
Gregory Gerjerts	Roger & Rita Ludwig	Richard & Martha Stanford
Tim & Margene Grady	Sandra Magnuson	Phyllis Steele
Vicki Grimes	Dennis & Sheryl Maurer	Jim & Susan Steffy
Robert & Donna Grosse	Darrell & Rebekah McCormick	Barb Seufferlein
Karen Grothe	Steve & Kathleen McCrea	Thomas & Millisa Tierney
Dennis Hagenow	Dennis & Joyce McGivern	Terri Tobin
Alice Hansen	Arlinda McKeen	Rodney & Ruth Tomson
Darlene Hansen	John & Garnet Mehlert	Daniel Tomson
Kris & Sue Hansen	Carl Meusel	

Continued on page six



Continued from page five

Larry & Lorraine Tonn
 Richard & Marylou Treichel
 Valerie Turner
 Ron Van Der Meide
 Dianne VanGorp
 Steve & Eleanor Vanous
 Hazel VerMulm
in memory of Lee VerMulm
 Jim & Deb Volgarino
 Alan & Lisa Walther
 Michael & Susan Ward
 Elsa Waschek
 Velma Wessel
 Trent & Pat Wiles
 Connie Wrage
 Rachelle Yousefi
 Norman Zischke

Mary Taylor Scholarship

Michael & Rebecca Burns
 Phyllis Steele
 Thelma Stevens
 Pamela Taylor
 Richard & Mary Lou Treichel

Good Samaritan Fund

Cheryl Bearbower Staton
 Denny & Linda Bowman
 Eileen Daly
 Rachel Edgington
 Amber Elsberry
 Vivian Martin
 Roger & Vicki Neessen
 Barb Seufferlein

Other Gifts

Dawn Clark
 Rachel Edgington
 Amber Elsberry
 Cindy Fisher
 Karla Foust
 Dr. Richard & Connie Frankhauser
 Angie Higham
 Amanda McCormack
 Jim McCutcheon
 Bill & Kathleen Niedert
 Margie Polacek
 Jennifer Sayer
 Richard & Karen Swanson
 Carla Ward
 Chad & Cindy Wiles

COVID-19 forces cancellations



Due to safety concerns regarding the spread of COVID-19, Western Home Communities has canceled its annual reception before a UNI men's basketball game, scheduled for Feb. 9, 2022.

The Omicron variant of COVID-19 arrived in the Cedar Valley by late December and, by the second week of January, positivity rates had reached an all-time high of 42.7% in Black Hawk County. (This reflects the percentage of tests taken that return a positive result.)

Iowa reported 38,574 cases in one week, the most in any week since the pandemic started nearly two years ago; the state reached an average of 5,511 new cases per day. Those numbers did not include positive at-home tests.

Check WesternHomeCommunities.org/covid-19 to find daily updates on any residents or employees who test positive. Thankfully almost all cases reported in January had mild, cold-like symptoms.



Chaplain's Corner: Are you a worshipper?

by Chaplain Byron Simar

Remember the wise men in the Christmas story? These wealthy scholars who studied the stars were on a clear mission — to find the King of the Jews and worship him. Three times the word “worship” is mentioned in the Matthew 2 account. It’s obvious this was their intentional mission, which they completed.

I’d like to share four words that describe true worship.

Adoration. This is giving homage and honor to the God who is worthy. We find many expressions of worship in the Psalms. “Oh come, let us worship and bow down; let us kneel before the Lord our maker. Oh, worship the Lord in the beauty of holiness! Honor and majesty are before him; strength and beauty are in his sanctuary.” Adoration is the starting point of worship. Jesus taught this when teaching his disciples to pray: “Our Father, hallowed be Thy name.”

Devotion and consecration. In the Old Testament, altars were built and became the focal point of worship. For Abram, it was the

place to renew his allegiance and commitment to the one true God. Soon after, the Lord called him to go to the land of Canaan and he “called on the name of the Lord,” indicating his communion with the Lord.

God reminded the children of Israel that he brought them out of Egypt with a mighty hand, with great terror, and with signs and wonders. He brought them to a land flowing with milk and honey. Why? Because God is a jealous God and only he deserves our worship. They were delivered out of Egypt to worship the one true God.

Offering. God also commanded the Israelites to make a special first fruits offering in gratitude for the Lord’s faithfulness and to rejoice in every good thing which the Lord had given them. Worship is about offering what we have and who we are. Worship is our response to the Lord.

The apostle Paul wrote to the church at Rome, “I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice — the kind he will find acceptable. This is truly the way to worship him.” Romans 12:1. Our greatest act of worship is surrendering all that we are to him.

In these uncertain times, worshipping helps us keep our focus on eternal things. We can either worry about the headlines or we can worship the one who is above all.

Worship with us!

As The Journal went to print, Fresh Wind Worship was still being offered virtually instead of in person due to a COVID-19 positivity rate hovering around 42% in Black Hawk County. We continue to monitor the spread of infection and hope we can meet together soon.

In the meantime, please join us online or via television for

weekly worship. A recorded service will be livestreamed on YouTube.com (search for Fresh Wind Ministries) each Sunday morning at 10:30 a.m. Or you can visit YouTube for service recordings anytime.

Broadcasts will also continue on local cable television.

CFU channel 18 or 95.5: Sunday at 11 a.m.

Wednesday at 3 p.m. • Saturday at 4 p.m.



Meet the new face of Gilmore's Pub



Running a restaurant during COVID-19 brings a host of unexpected challenges. Cedar Falls native Josh Ochoa is up for it and happy to be back in his hometown.

Josh worked in restaurant management in Nebraska and

Minnesota before starting his new position as dining manager of Jorgensen Plaza on Jan. 17.

"This is an incredible space and opportunity. Too many people in the Cedar Valley don't know we exist, and I want it to be on everyone's top-five list of places to dine in the Cedar Valley," Josh says. "Customer relations and interacting with the public will be key to getting that momentum started."

Josh loves what food and drink can do for people by giving them an hour out of their day to sit, laugh, talk and relax with others.

In the future, part of the dining experience might also include live music,

stand-up comedy, tournaments and other activities.

"There will be challenges I can't yet imagine. That excites me because, at the end of the day, I get to become a better leader and person," he says. "And I get to learn from residents and their vast array of knowledge and wisdom."

His enthusiasm is evident; perhaps this comes as no surprise since his father, Enrique Ochoa, is a chaplain at Western Home Communities who is passionate about developing relationships.

Gilmore's Pub and Table 1912 private dining will be Josh's responsibility but he will be helping in all areas of dining services at Jorgensen Plaza including menu creation, hiring, bar operations and customer relations.

When you stop by Gilmore's Pub, be sure to tell Josh hello and get to know him. He said he loves humor, he's a kick boxer, and he is a self-professed "story freak." That means he wants to share his own stories and also hear yours.



Gifts for your valentine at The Market

Valentine's Day is Monday, February 14. How will you say, "I love you"?

Choose a traditional gift of chocolate, jewelry and a card. Or, give the gift of wine and a selection of cheese along with a warm, Swedish blanket by Klippan for a cozy evening at home. Or, maybe you'd rather work on a puzzle together. The Market has traditional puzzles and unique wooden puzzles that have just been added.

The Market has gifts to satisfy the food and drink connoisseur in your life as well as unique gifts you won't find anywhere else in the Cedar Valley for discerning loved ones.

It's easy to assume you're shopping for a special someone, but Valentine's Day (or any day) is a time to pamper yourself. Choose from handcrafted soaps, quality wine, a puzzle, or Warmies that come in a warming neck wrap or a loveable stuffed animal (perfect for chilly days).

The Market provides a unique shopping experience for anyone and is open to the public Monday through Friday, 10 a.m. to 5 p.m. in Jorgensen Plaza.

The
Market
deli ♦ grocery ♦ gifts





Wellness happenings in February

by *Director of Wellness*
Morgan Lehmann



Friday, February 4 National Wear Red Day®

Join us by **wearing red** in support of Go Red for Women® to raise awareness about cardiovascular disease in women and help save lives.

Thursday, February 10 from 1 – 3 p.m. Wellness Open House

Stop by the Grosse Wellness Center at Jorgensen Plaza for a tour, membership information and interactive workshops!

1 – 1:30 p.m. Walking track workout

1:30 – 2:30 p.m. Blood pressure checks and wellness information

2:30 – 3 p.m. Sample exercise class

February 14 - 27 Love Your Heart Challenge

Join this two-week fitness challenge where each day you will complete a simple “heart healthy” behavior. All who complete the challenge and return their card will be entered into a prize drawing. Challenge cards can be picked up at Jorgensen Plaza or emailed to you directly – reach out to Morgan or Jenna.

Wellness Challenge February 14-27



Challenge sheets located in JP Fitness Center, front desks, or via email.

Turn completed challenge in to wellness staff or front desks by March 1 to be entered in prize drawing.

**For
interest
or
questions**

Morgan Lehmann
319-859-9362 or
morgan.lehmann@westernhome.org

Jenna Heitshusen
319-575-5304 or
jenna.heitshusen@westernhome.org

WELLNESS RECIPE OF THE MONTH Winter Fruit Salad

Follow the recipe or include your favorite fruits for a healthy side dish or dessert!

Ingredients:

- 1 cup grapes, sliced
- 1 cup kiwi peeled, quartered, sliced
- 1 cup blueberries
- 1 cup pineapple, chopped
- 2 cups mandarin oranges
- 1 cup bananas, sliced
- 1/2 cup pomegranate arils

Dressing

- 3 tablespoons lemon juice
- 3 tablespoons honey
- 1 tablespoon poppy seeds

Directions:

1. Add fruit to a large bowl.
2. Add dressing ingredients to a small bowl and whisk.
3. Pour dressing over fruit and stir gently.
4. Serve and enjoy!



Play ball!

Call it early spring training, if you will; bean bag baseball takes over the Grosse Wellness Center once a week right now.

“We kind of thought this would be a fun thing to do in the winter months to get us to nicer weather,” Director of Wellness Morgan Lehmann explains.

Two teams are created from whoever shows up on any given Tuesday at 2:30 p.m. The season will likely continue until late March or April and conclude, naturally, with a version of the World Series – a best of three games during the last session.

Rookies are welcome to join the fun anytime!



The players on a recent Tuesday. From left, Karen and Norman Kitchen, Bob Thalman, LaVerne Middleswart, Loretta McEnroe, Jake Bates of Fortified Life, Phyllis Steele, Dianne Van Gorp, Bob Hewlitt, Pat Middleswart, Doris Hewlitt, Marcia Hansen, Carol Neumann and Rachelle Yousefi.

Happy February birthday!

Sally Morrow	TS	Feb. 1	Janet Williamson	WHAL	Feb. 15
Debbie Hickok	VTH	Feb. 1	Connie Phillips	VTH	Feb. 15
Nancy Denning	CTG	Feb. 2	Judy Swygman	WG	Feb. 16
Maggie Woodward	VTH	Feb. 2	Eileen Burns	WHAL	Feb. 16
Jan Hankins	VTH	Feb. 2	Carol Black	PW	Feb. 16
Shirley Harris	CTG	Feb. 3	Mike Dargan	VTH	Feb. 16
Marty Herman	VTH	Feb. 3	Marilyn Roseberry	WR	Feb. 17
Sherry Winter	TS	Feb. 4	Bob Hewlitt	WR	Feb. 17
Flo Slawson	WHAL	Feb. 4	Dan Eicher	WR	Feb. 18
Jim Williamson	WHAL	Feb. 4	Bob Meinders	VTH	Feb. 18
Mary Lou Snyder	VTH	Feb. 4	Harlan Weltzin	DS	Feb. 19
Janet Corbin	TS	Feb. 5	Blanche Haberstick	WHAL	Feb. 20
Mike Blevins	VTH	Feb. 5	Uyntha Duncan	PW	Feb. 20
Pat Middleswart	VTH	Feb. 6	Ann Lofstedt	VTH	Feb. 20
Winnie Rohrbaugh	WR	Feb. 7	Peg Pape-Kohls	VTH	Feb. 20
Don McGinnis	WC	Feb. 8	Sandra Golz	VTH	Feb. 21
Carmen Darrow	WC	Feb. 9	Darlene Holmes	DS	Feb. 22
Dolores Sole	WG	Feb. 9	Anneliese Brooks	WW	Feb. 22
Don Thompson	VTH	Feb. 9	Bob Alberts	WC	Feb. 22
Randy Hickok	VTH	Feb. 9	Art McGovern	WHAL	Feb. 24
Diane Muller	VTH	Feb. 9	Karen Page	VTH	Feb. 24
Maureen Oates	WHAL	Feb. 10	Barb Ubben	VTH	Feb. 24
Janet McInroy	VTH	Feb. 10	Rose Wood	TS	Feb. 25
Nola Kelly	CTG	Feb. 11	Parma Verly	WW	Feb. 25
Bob Verly	WW	Feb. 11	Linda Meier	VTH	Feb. 25
Linda Ohrt	PW	Feb. 11	Jane Connolly	DS	Feb. 26
Sonia McCunniff	VTH	Feb. 11	Carol Brickley	VTH	Feb. 26
Bobbie Dostart	VTH	Feb. 11	Don Richardson	VTH	Feb. 26
Michael Ward	VTH	Feb. 12	George Michaels	WHAL	Feb. 27
David Zwanziger	VTH	Feb. 13	Dorothy Clausen	VTH	Feb. 27
Wilma Buhr	CTG	Feb. 14	Mary Nelson	VTH	Feb. 27
Gla Meyer	WC	Feb. 14	Ida Anderson	DS	Feb. 28
Donna Pohl	VTH	Feb. 14	Sandy Glenn	VTH	Feb. 28

Groundhog found fog.

New snows and blue toes.

Fine and dandy for Valentine candy.

Snow spittin'; if you're not mitten-smitten, you'll be frostbitten!

By jing-y feels spring-y.

– *The Old Farmer's Almanac*



Sign up soon for upcoming trips

“Away from Home with Western Home” opened registration in January for two upcoming trips and limited seats remain for each. Family, friends and non-residents are welcome to travel with us! Contact Carolyn Ayers at **319-222-2048** or **carolyn.ayers@westernhome.org** for full itineraries and registration.

Ark Encounter & Creation Museum, April 19-23 *Williamstown and Petersburg, Kentucky*

Tour a life-size Noah’s Ark and meet Noah, his family and the animals in three decks of world-class exhibits. Its sister attraction, the Creation Museum, brings Bible history to life through exhibits, dinosaur bones, fossils, a botanical garden and planetarium.

Arbor Day Farm, May 2-5 *Nebraska City, Nebraska*

Come explore 260 acres of natural beauty. This national historic treasure is home to Lied Lodge, the one-of-a-kind Tree Adventure, the Apple House Market, and Arbor Lodge State Historical Park. Search for forest gnomes and journey through vineyards as part of the tour.

Details for the following two trips, later in 2022, will be announced in the March Journal.

Save on long-term care while staying independent

Fortified Life is an innovative membership program that protects your assets from increasing health costs and helps you live in your home for as long as possible – whether that’s a villa, townhome, independent living apartment or house in the greater community!

If this sounds interesting and you’re 55 or older, RSVP to attend a free, no-obligation information session taking place in February.

To sign up for a session and/or receive the Zoom link, visit www.fortified-life.com, email fortifiedlife@westernhome.org, or call Jake Bates at **319-260-4267.**

Tuesday, February 1

2 p.m. at Cedar Valley Sportsplex, Waterloo

Thursday, February 3

2 p.m. at Diamond Event Center

Thursday, February 10

2 p.m. at Community Foundation of Northeast Iowa

Tuesday, February 22

10 a.m. via Zoom

Thursday, February 24

2 p.m. via Zoom
(and every fourth Thursday of each month in 2022)



**FORTIFIED
LIFE**

from Western Home Communities

Congratulations!

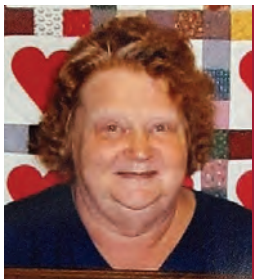
These employees celebrate longevity milestones with Western Home Communities this month. We thank them for their dedicated service!

Marcia McKee
10 years
February 10
LPN, Creekside



Julie Brandt
10 years
February 24
Household
Coordinator, DS

Sonya Thrall
10 years
February 24
System Integrity
Officer



Charlene West
32 years
February 27
Hospitality
Coordinator, MS



Meet our Employee of the Month, Jennifer Good



Jennifer works as a care coordinator with atHome. She has been part of the Western Home Communities family since January 2020.

Here are a few things that were said about Jennifer:

- Jennifer does an outstanding job caring for the residents in independent living that are on her caseload.
- If any concerns arise, she is quick to touch base with staff to ensure the resident receives the proper care.
- Jennifer goes above and beyond showing compassion towards residents even when they are out of their home receiving care somewhere else or in the hospital.
- Your Western Home Communities family congratulates you, Jennifer, on being named our employee of the month for January 2022.

Something to celebrate

Cold, snowy winter sometimes makes the shortest month feel like the longest. Pass the time by learning something about American Heart Month or Black History Month.... and have a little fun by observing one of these days on the calendar!

Feb. 2 – National Ukulele Day

Feb. 5 – National Eat Ice Cream for Breakfast Day

Feb. 6 – Pay a Compliment Day

Feb. 7 – Send a Card to a Friend Day

Feb. 11 – Don't Cry over Spilled Milk Day

Feb. 14 – National Clean out Your Computer Day

Feb. 17 – Random Act of Kindness Day

Feb. 20 – No Politics Day

Feb. 23 – National Dog Biscuit Appreciation Day

Feb. 25 – National Chocolate Covered Nut Day

Feb. 28 – National Public Sleeping Day

Notes of appreciation

Thank you for the beautiful red rose in memory of my mom, Hazel Scheppele. Thanks for taking care of her both at Stanard Family and Deery Suites. *Barb Seufferlein*

Thank you for all Western Home did for mom. *Craig Hansmeier*

Thank you for the red rose arrangement sent to Pearl Goos' funeral service. We appreciate your thoughtfulness. *Ordella Phillips, Dan Diehm and Renee Heinkens*

Thank you for loving our dad, John Maughan. The flowers you sent in his memory were beautiful and appreciated. *The Maughan family*

In sympathy

Peg Coleman, DS	Jan. 17
Kathryn Domek, DS	Jan. 16
Richard Dean, WHAL	Jan. 15
Phil Heath, DS	Jan. 13
Edwin Scott, DS	Jan. 13
Ellen Opsal, DS	Jan. 11
Mardy Hermann, DS	Jan. 9
Floyd Koob, MS	Jan. 7
Duane Wessel, DS	Jan. 6
Paul Zimmerman, DS	Jan. 6
Bob Kellner, MS	Jan. 3
Helen Karlo, CTG	Jan. 2
Larry Keller, DS	Dec. 31
Bruce McCart, MS	Dec. 27
John Maughan, VTH	Dec. 25

BOARD OF DIRECTORS

Sarah Brown	Ron Gaines
Nafissa Cisse-Egbuonye	Andrew Morse
Larry Fox	Greg Schmitz
Richard Frankhauser, M.D.	Dianne Schultz

Foundation Development Council

Robert Beach	Bob Dieter
Jan Andersen	John Falk
Judith Benson	Bev Michael, ex-officio
Ron Bro	Miller Roskamp
Susan Card	Martha Stanford

Building Abbreviations

Martin Suites	MS
Stanard Family Assisted Living	SFAL
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.

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

Nonprofit Org
US Postage Paid
Cedar Falls, IA
Permit No. 217

WINTER IS SNOW MORE FUN WITH A MUG OF SOUP AND A PUZZLE

BE WARM & COZY DURING THIS WINTER SEASON!

Soups & Puzzles - Two Favorite Winter Companions!

The Market
deli ♦ grocery ♦ gifts
STOP BY Monday - Friday 10 a.m. to 5 p.m.
FREE delivery to local Western Home Communities Residents
319-859-9344 | TheMarketCF.com