

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:

Join the parade	2
Residents honored	2
New villa construction	3
Donor list	4
Volunteer appreciation	5
Spending time wisely	6
New choir to begin	7
Gripping WWII story	7
Board members needed	7
Going green (house)	8
For the birds	9
Summer pool party	10
Taking to the trails	11
Environmental services	12
June birthdays	13
Employee of the Month	14
Notes of appreciation	15
Gilmore's specials	16

Positive communication strategies for times of distress

Free dementia training is this month

Dementia is much more than memory loss. Teepa Snow's Positive Approach to Care® teaches practical care skills that create positive results, enhancing the lives of those living with brain change and those who love them.

Master trainer Amanda Bulgarelli, COO of Positive Approach®, will present a free session from 6:30 – 8 p.m. on June 13. The public is invited to attend.



For those who want to take a deeper dive into actionable, skill-based dementia care education, an all-day training is available on June 13 or 14 from 9 a.m. to 4 p.m. The cost is \$100 and includes lunch.

Required pre-registration for all sessions is online at westernhomecommunities.org.

Thanks to sponsors Western Home Foundation, Martin Bros. Distributing, Trio Pharmacy Services and CE Solutions for making these important events possible.





We love a parade!

You're invited to represent Western Home Communities by walking alongside the WHC float in the Sturgis Falls Celebration parade on Saturday, June 24.

Residents, waiting list club members, employees and families may walk the one-mile route. The WHC entry will be near the front of the route close to the Marine Band. (Please don't bring any pets, which are not allowed in the parade.)

Participants should meet at 9 a.m. at the corner of 8th and Clay Streets. The parade of dignitaries begins at 9:30 a.m. followed by the parade at 10 a.m.

Residents who are walking may catch a bus ride to and from the parade; please inquire at your front desk as to what time the bus will be at your community.



NASA astronaut to be celebrity grand marshal

Cedar Falls native Raja Chari will return to his hometown for the Sturgis Falls Celebration. Raja's mom, Peggy, lives at Western Home Communities.

Chari spent 177 days in orbit while serving as commander of the NASA SpaceX Crew(3) mission to the International Space Station from November 10, 2021, until May 6, 2022. As an active member of NASA's Astronaut Corps, Chari is available for assignment to an Artemis crew, which will return astronauts to the moon for the first time in more than 50 years.

Raja will speak about his NASA experiences at 11:30 a.m. on June 23 at Overman Park, welcome the crowd at opening ceremonies that evening, lead the June 24 parade as the celebrity grand marshal and have a special talk for children at the Kidsway Tent that afternoon.

CEO Kris Hansen will join Raja on stage at Overman Park at 7 p.m. on June 24 to introduce the Marine Band performance, a highlight of the annual weekend celebration.

Welcome home, Raja!



Villa residents among the Eight over 80

Congratulations to villa residents Jerry and JoAnn Kramer, who have been named to Courier Communications' Eight over 80 list for 2023. They are retired educators and farmers who have long practiced conservation techniques.

The Kramers and others will be recognized with upcoming profiles in the Waterloo Courier and at a luncheon held at Diamond Event Center on June 28.

Construction moves along in nice weather

If you've driven near Prairie Parkway recently, you've no doubt noticed the activity on the south side of Wild Rye Way. Phase 10A villa construction is slightly ahead of schedule for now, due to beautiful weather and access to additional framing crews.

Footings have been placed for the first four duplex-style homes (eight villas) and framing is well underway for some of them.

All 16 villas along that side of the street have been reserved. Progress is moving west to east

from Bluebell; the first of these new homes should be completed by early August and the last by January 2024.

Phase 10B will be 20 villas on the north side of Wild Rye Way. The sales team will start meeting with prospective residents who've expressed interest. That process will begin during the next few months.

Anyone interested in Phase 10B villas should contact Andrew Finnegan at **319-859-9363**.

Junegrass Court is a new side street that should be paved by early June; it heads south off Wild Rye Way and will provide access to four new villas.



The villa under construction at Bluebell and Wild Rye Way includes a third garage stall, a new option for some lots on this street.



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 May 16.

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:

Mary Lou Costa

Gary Johnson
Roger & Barb Kueter
LaVerne Puetz
Leigh Yarger

Cleo Cross

Nancie Handorf
Bertie Jepsen
Helen Lund
LaVerne Puetz
Steve & Eleanor Vanous

Bill Griggs

Gene & Janet Sandell

Tom Huss

Richard & Krisitin Fratzke

Margaret Johnson

Jeanne Brummell
Marcia Colwell
Judy Finkelstein
Lucinda Klodt
Louise Odle

Betty Moon

Louise Odle

Charles Roudebush

Denise Jensen

Terry Simcox

LaVerne & Patricia Middleswart

***V. Carole Martin Fund for
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Child Care Scholarship Fund

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Carol Lindquist
Julie Rathmell
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Lois Taylor
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Glen & Neva Hockemeyer
Ed & Gayle Juhl
Larry & Sharon Petersen
In memory of Mardelle Koch:
David & Ann Andreasen
Kimberly Floyd
David Koch

***Mary Taylor Health Sciences
Scholarship***

Phyllis Steele
In memory of Bob Olson:
Jerry & Kim Portor
In memory of Joyce Campbell:
Marjorie Harned

Other Gifts

Amber Elsberry
Karla Foust
Dr. Richard & Connie Frankhauser
Homer Leymaster
Vivian Martin
Kathleen Niedert
Chad & Cindy Wiles

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

Cheryl Bearbower-Staton
Kenneth Bixby
Lyle & Marlene Brim
Donna Brown
Joyce Cutshall
Sue DeBower
Dick Domrath
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Donald Krull
Ellen Kruse
Lee & Barb Larsen

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Bob Meinders
LaVerne & Pat Middleswart
Ken Miller
Marlys Mitchell
Garry & Christie Moore
Jerod & Twyla Moschel
Carl Muesel
Carol Neumann
Enrique & Martha Ochoa
Selma Ochoa
Eleanor Parker
Letha Petersen
Glenda Potratz
LaVerne Puetz
Connie Rasmussen
Patricia Reyhons

Mickey & Elaine Rosenau
Joan Rozendaal
Gene & Janet Sandell
Audrey Schoeman
Pat Schultz
Barb Seufferlein
Byron & Sondra Simar
Janet Simcox
Richard & Martha Stanford
Richard & Karen Swanson
Al Tapper
Mary & Donald Terry
Robert & Barb Thalman
Rodney & Ruth Tomson
Lura Treloar
Nancy Versluis
Norma Walther
Dee Way
James & Susan Willms
Lois Wishmeyer
Dione Young

Thanks to volunteers

Western Home Communities thanked its volunteers with a hearty breakfast at Diamond Event Center on May 2. The event offered about 130 volunteers who attended a chance to reconnect with old friends and meet new volunteers.

To learn more about opportunities available at Western Home Communities and find something that meets your interests, contact Director of Lifestyle Enrichment and Volunteer Services Carolyn Ayers at **319-222-2048**.



Clockwise from bottom left, Rich and Martha Stanford, Marcia and Vern Hansen, Carol Neumann, Rachelle Yousefi and Ron Leibold catch up at the breakfast.



Chaplain's Corner: Using time wisely

by *Director of Spiritual Care Enrique "Q" Ochoa*

My Swedish grandmother loved the renowned Danish pianist and comedian, Victor Borge. I recall a joke where he quipped, "I can tell time - with my piano! All I have to do in my apartment is begin to play this resounding march and within moments I'll hear someone shout, 'Stop that! It's 1:30 in the morning!'"

Humor aside, time is a deep and profound mystery. None of us knows when it began or when it will end. Regardless, our understanding isn't cloudy enough that we can't recognize its value and the gift that it is. We know that at any moment our time can run out. If there is any wisdom in aging, hopefully it includes the ability to use time with greater wisdom and appreciation.

Psalm 90:12 declares, "Teach us to number our days so that we may gain a heart of wisdom." With God's help, may we grow in the ability to cherish and make the most of the time entrusted to each of us, regardless of what time we might

have left. Below are a few practical Christian principles that I pray we can find helpful:

- 1) **See each day as a gift from God:** Instead of seeing time as a burden, see it as another opportunity to serve, to love, to celebrate, to pray, to live in the abundant life and promises given to us by a faithful and loving God.
- 2) **Commit your time to God:** God has given us time for a reason: not to be wasted, but used for his glory! Why not ask God to help you arrange your time so that it reflects his priorities for your life?
- 3) **Set aside time for God and others:** Resist the temptation to relegate the Lord to your spare time. This also includes your most important human relationships. We are encouraged to move these moments higher up in what we schedule.
- 4) **Take time for your own needs:** Don't feel guilty for giving focus to your own need for rest and recreation. Even Jesus required personal and private rest and replenishment. He often went off by himself to recharge. We can and should, too.

Even when we find unexpected circumstances controlling our time, with God's help, we can still control our attitude. The Lord is willing and able to give us wisdom. Ask him!

Join us for weekly worship at Diamond Event Center

All are welcome as services have resumed 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.

Singers wanted for new Fresh Wind Choir

Love to lift your voice in song? Enjoy the fellowship of others who appreciate making music together? Then you're invited to join the Fresh Wind Choir, a new musical venture that launches this month with the goal of "making a joyful noise to the Lord."



Most of the music will be sacred/gospel/hymn choral arrangements with an occasional original arrangement by villa resident Mick Rosenau, who volunteered to lead the group. Previous choir experience is helpful but not required, as Mick promises nothing will be too complicated.

Weekly rehearsals will be held on Wednesdays from 2 – 3 p.m. in the Windcove dining room beginning June 7.

The choir will sing at Sunday worship services every four to six weeks. To sign up or learn more, contact Mick at mlorenau@cfu.net.

Friends OF WESTERN HOME COMMUNITIES

Author to speak about woman's WWII mission



Lt. Elsie Ott receives her medal in 1943 (USAF photo).

Join Friends of WHC to learn the riveting true story of "Lt. Elsie Ott's Top Secret Mission," written by UNI professor Jeffrey Copeland.

10:30 a.m. Monday, June 26, at Windridge

Flight nurse Lt. Ott, one med tech and five critically ill patients faced German fighters, guerilla snipers, altitude challenges and logistical nightmares as they traveled 13,000 miles over nearly a week in January 1943.

Their successful trip from India to Walter Reed Medical Center in Washington, D.C., paved the way for a new Flight Evacuation Nurse program that saved the lives of thousands of soldiers during the rest of the war. For her bravery and determination, Lt. Ott became the first woman awarded the Army Air Medal.

The lessons learned also helped establish aeromedical evacuation teams which are now used worldwide to save lives in critical emergencies.

Friends board members wanted

Friends of Western Home Communities actively seeks several residents and/or supporters to join its board. Members will meet quarterly to plan programs, fundraisers and other events.

Please contact Carolyn Ayers for more information at 319-222-2048.



Spring arrives in full bloom

You know it's spring when buses head north to the Mennonite greenhouses and return laden with pots and baskets full of flowers that beautify the campuses!



Jane Jackson of Willowwood and resident coordinator Sara Kolthoff shop the rows of bright blooms.



Linda Mahncke of Windridge is ready to shop!



Windcove resident Carol Eastman found brilliant red geraniums at Hoover's Greenhouse.



Klunder's Kafe in New Hampton is a great start for a day of shopping for flowers.



Marilyn and Phil Schroeder select pre-potted containers that will be perfect for their villa.



Chaplain Enrique "Q" Ochoa shows off all the flowers villa residents are bringing home in Denny Mills' trailer.

Arlene Fleming of Windcove admires a succulent.



Betty Haugen of Windcove found something cuter than flowers at Hoover's Greenhouse.

Collaborative effort brings bird garden to Thalman Square

Hummingbirds, finches, sparrows, chickadees and a noisy red wing blackbird have visited the Thalman Square courtyard this spring, to the delight of residents and thanks to a volunteer effort spearheaded by villa residents.

Neighbors on Thyme Road meet monthly. When one of them moved to Thalman Square Memory Support, Rowena Hardinger had an idea that it would be nice for residents there to have a bird garden. She mentioned it to the group, which donated to make it a reality.

"Everyone just picked it up and ran with it. It's been such a delightful thing to work on," Rowena enthuses. "There isn't anyone who doesn't know someone with dementia."

Audubon Society and Bird Friendly Cedar Falls volunteers Hank and Lorene Wellnitz agreed to draw up the plan and install the components, which they did in late April. Several feeders are designed to attract different varieties of birds, and a water feature also entices them to visit.

"Just to be randomly contacted by people who want to do something is amazing," explains leisure services coordinator Hollie Beem. "This is just one more thing the residents will enjoy outside."



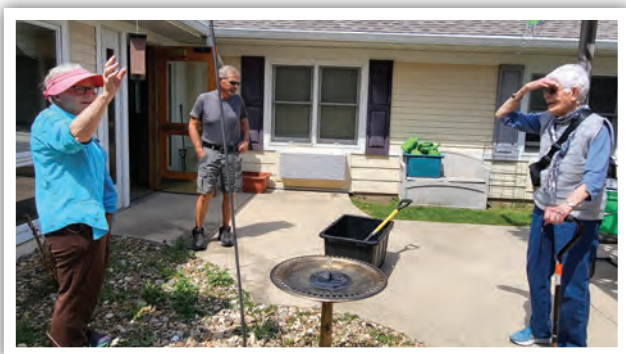
Thalman Square residents sent this thank you photo to all those involved in the funding and installation of their new bird feeders.



Black oil sunflower seeds have higher oil content and better nutrition. They're the food preferred by the greatest variety of birds, including cardinals, finches, titmice, chickadees and jays.



Volunteers Lorene and Hank Wellnitz of Cedar Falls installed the bird feeders and water feature.



Rowena Hardinger, right, listens as Lorene describes how a suet feeder can attract woodpeckers and chickadees.

Step up your bird watching anywhere

Ever wondered "What's that bird?" An easy-to-find answer may be at your fingertips through Merlin Bird ID application, developed by The Cornell Lab of Ornithology and recommended by the Wellnitzes.



Download the app to your computer or smartphone, answer a few questions about the bird and get a list of possibilities. Submit a photo of the bird or even a recording of its call to enhance the results.

The app includes information relevant to novice or experienced bird watchers, culled from more than 5,000 birders spanning the globe.

You can use the app in your backyard or when traveling. Visit merlin.allaboutbirds.org for more information.



Words of wellness

by *Director of Wellness*
Morgan Lehmann

Pickleball playing times

Starting in June, organized pickleball times will switch to the following:

9 a.m. Monday/Wednesday/Friday each week

Courts outside Jorgensen Plaza (NW)

As always, you are welcome to use the courts and equipment when it's convenient for you.



Rachel Fisher giving out a few pointers to regular pickleball participant, Bonnie Bickett, at a clinic held May 5.



Learn how to use the NuStep

We have three NuSteps in the wellness center and others across campus in various residential communities. If you've ever wanted to try one out, join us for a demonstration!

2 p.m. on Wednesday, June 14

Grosse Wellness Center at Jorgensen Plaza

Summer pool party at The Falls this month

Invite your family and friends to a private party for Western Home Communities residents and employees! Free admission includes access to all the pools, water slides, diving boards, lazy river and other aquatic features. Lifeguards will be on duty.

Saturday, June 10 10 – 11:45 a.m.

Additional dates for July and August will be shared when they are confirmed by The Falls.



Villa residents stay active on Cedar Valley Trails

Villa residents Loyce and Jerry Dumke take full advantage of Western Home Communities' proximity to the Cedar Valley Trails, a network of more than 128 miles of paved biking and walking trails.

"We didn't know about Cedar Valley Trails when we decided to move to Western Home, but it was a wonderful surprise," says Loyce. "We cannot say enough positive things about the trail system."

Jerry is on the trails three to four times each week, and Loyce hops on a couple of times a week. Together, they enjoy starting out on South Main Street and riding around the Cedar Valley. Or they also haul their bikes and ride from one small town to another, like Waverly to Denver.

"Wherever there is good coffee and donuts, or any kind of a treat, makes for a good stop on the trails," says Loyce. "We may stop at Cedar City Creamery, Casey's in Hudson, a Kwik Star, or maybe Hurts Donut."

The Dumkes appreciate how the trails keep cyclists away from heavily traveled streets, and how well maintained the system is.

"Jerry has a degree in urban planning, so we often



Jerry and Loyce Dumke on the S. Main St. Trail in Cedar Falls, ready for a ride to Cedar City Creamery.

talk about the amount of work that went into the dream, design and construction of the trail system and now its maintenance," says Loyce. "The people in this area, and people visiting, should be very proud of Cedar Falls and the surrounding area for providing trails for the public."

You can pick up a map of Cedar Valley Trails at the Cedar Falls Visitor Center. Or find an interactive version online at cedarvalleytrails.org.

BKKB hits local trails each week

The Big Kids Bike Klub rides at 8:30 a.m. each Monday, leaving from the northeast corner of Jorgensen Plaza. Any resident is welcome to join the group, anytime. Bring a bike and helmet; e-bikes are fine.

For more information, contact Roy or Rita Justis at 319-321-2048.

Lyle Brim (left) and Bob Clark ready to head out for a chilly Monday morning ride as part of Big Kids Bike Klub.



Homes sparkle with the help of environmental services

Sixth in a series highlighting employee teams

You would know if a friendly staff of ten housekeepers wasn't overseeing Jorgensen Plaza and seven independent living buildings, or housekeeping for many of our villa residents. They make the Cedar Falls campus sparkle.

"Open communication between our team members and the Western Home Communities residents makes all the difference," says Bridget Hall, director of environmental services and an employee for 17 years. "Our housekeepers get to know residents, and their likes and dislikes."

Bridget currently leads a team of ten, many of whom are long-time employees. Karla Thompson recently retired after 23 years. And Roxie Fish, employed by WHC for 24 years, says, "I've always enjoyed working with our residents and staff and I think this is a great organization to work for."

Housekeepers work year-round on first or third shifts to clean all independent living apartments as well as the common spaces of each residential community. You may find them

vacuuming, dusting, mopping, and wiping down backsplashes, sinks, showers and more. Every year beginning in March, the housekeeping team also begins deep cleaning those apartments. As the weather warms from May through October, window washing services are available.

"Clean your space, clear your mind," remarks Tami Tofte, a newcomer to the team. "When your environment is clean you feel happy, healthy, and motivated."

That's great advice from a family-like team that stays connected regularly. "Every few months we also like to meet as a group for fun and just to talk," says Bridget.

If you'd like assistance with housekeeping or window washing this summer, call Bridget to learn more about services and pricing at **(319) 859-9333** or send her an email at **Bridget.Hall@westernhome.org**. Environmental services information can also be found on the website's resident portal.



*Back row, left to right: Tami Tofte, Roxie Fish, Bridget Hall, Chelsea Clark, Dana Erickson, and Linda Denton.
Front row: Nicole Ransom, Sheilah Nunnally, Tonya Koontz, Missy Pinsonneault, and Sue Springer.*

Happy June birthday!

John Mountain	MS	June 1	Margaret Bettis	MS	June 16
Stella Epps	MS	June 1	June Niedert	WR	June 16
Kathryn Albrecht	MS	June 1	Larry Cardamon	VTH	June 16
Norma Emmert	WM	June 1	Dale Munier	WHAL	June 17
Jerry Dumke	VTH	June 1	Donna Brown	VTH	June 18
Julia Batchelder	MS	June 3	Marlene Rasmussen	WR	June 19
Dennis Stoneman	VTH	June 3	Cheryl Gerdes	VTH	June 19
Rex Pershing	VTH	June 5	Richard Batchelder	MS	June 20
Robert Hayes	MS	June 6	Jeanne Thuesen	WR	June 20
Shirley McGinnis	PW	June 6	Allen Jacobson	WR	June 20
Rachelle Yousefi	PW	June 6	Harris Jorgensen	PW	June 21
Juanita Rekers	WC	June 6	Mary Franken	PW	June 21
Jan Burnett	WC	June 6	Stephen Fortgang	PW	June 21
Mary Jardine	WG	June 6	Darrel Flater	VTH	June 21
Jerry Purcell	VTH	June 6	Gaylen Brocka	PW	June 22
Barb Jacobson	VTH	June 6	Joan Rogers	VTH	June 22
Larry Tonn	VTH	June 6	Jennie Allen	WW	June 23
Suzie Schmitt	VTH	June 6	Juanita Ruby	VTH	June 23
Marjorie Nielsen	TS	June 7	Harry Black	PW	June 24
Sharon Petersen	WC	June 7	James Anderson	PW	June 24
Nell Wilson	VTH	June 7	Arlene Jaehrling	TS	June 24
Larry Graham	PW	June 8	Leon Small	WC	June 24
Carol Morlan	WR	June 8	Betty LaCoste	VTH	June 24
Lorna Blohn	WHAL	June 8	Jan Rosauer	VTH	June 24
Karen Sund	VTH	June 8	Nancy Versluis	WM	June 25
Cheryl Hudson	VTH	June 8	Robert Nelson	WG	June 25
Jane Jackson	WW	June 9	Ronald King	WR	June 25
George Glenn	VTH	June 9	Jean Murphy	WHAL	June 25
Stephen Wilson	VTH	June 9	Donald Pruisner	MS	June 26
Marsha Bock	WC	June 10	Patricia Anders	MS	June 27
Gayle Wood	WR	June 10	Darrell Brandt	VTH	June 27
Mary Hudwalker	WHAL	June 11	Linda Schrader	TS	June 28
Marcia Hansen	VTH	June 11	Bertie Jepsen	WC	June 28
Marvel Gerjerts	MS	June 12	Galen Peckham	WR	June 28
Treva Nicks	DS	June 12	Roger Dudden	WR	June 28
Ross Porter	IP	June 12	Connie Wrage	WHAL	June 28
Freddie Holmes	WG	June 12	Frances Putnam	WC	June 29
Linda Ochsner	VTH	June 13	Merle Larkin	WM	June 29
Norma Leibold	VTH	June 13	Donna J. Brown	VTH	June 29
Anita Altenbaumer	VTH	June 13	Bob Panther	PW	June 30
Al Yakish	VTH	June 13	Betty Reif	WC	June 30
Velma Wessel	PW	June 14	Marjorie Harned	WM	June 30
Robert Beener	WG	June 14	Alfred Schmelzer	WHAL	June 30
Barb Hutchison	VTH	June 14	Virginia Loveless	WHAL	June 30

Congratulations!

In June, the following employees will celebrate milestone anniversaries. Thank you for your dedicated service to Western Home Communities!

Paul Corwin
10 years
June 5
 Maintenance Technician III




Lisa Ridder
10 years
June 5
 Regional Director of Quality & Clinical Services

Rachel Phillips
15 years
June 6
 Director of Resident Engagement



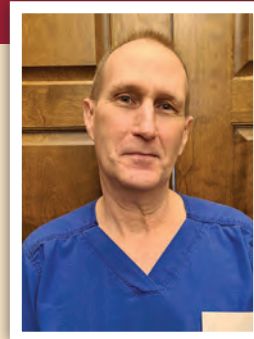

Meera Mahoney
5 years
June 11
 Hospitality Coordinator, Martin Suites

Teresa Gronowski
41 years
June 17
 Resident Coordinator, Windgrace




Bryan Allen-White
5 years
June 18
 Nursing admissions coordinator

Meet the Employee of the Month, Kevin Kane




Kevin works as a CNA/CMA at Nation Cottage and has been part of the Western Home Communities family since October 2013.

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

- Kevin knows his residents so well and he anticipates their needs.
- He does an outstanding job in keeping his residents safe and well cared for.
- When possible, he often takes his work to sit outside of a resident's room who needs special attention to keep them safe.
- Kevin comes in and immediately starts his work. He is calm in his approach and works well with others.
- He keeps the resident safe and his co-workers informed.

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

Tristan Leyh
5 years
June 18
 Cook II, Jorgensen Plaza

Shelby Hartwig
5 years
June 25
 CNA, Thuesen Cottage

Notes of appreciation

Thank you for the beautiful rose you sent to our mom's visitation and funeral. It was lovely. We so appreciated seeing so many Windermere residents at the funeral. As a family, we have been touched by the many conversations we have had with her Western Home friends and neighbors. *With gratitude, the family of Joyce Campbell (Dianne, Jan, Dave & Jen and families)*

A very special thanks to all of our wonderful friends and family for the marvelous way you showed support. Your cards, prayers and special ways of caring were greatly appreciated. You have an amazing facility and staff. *The family of Lura Treloar*

WHC beyond Cedar Falls

Western Home Communities offers housing and services for older adults in other Iowa communities. Let your family and friends in these areas know about their options:

- Creekside Living Cottages & Villas, Grundy Center creeksidegrundy.com
- Winding Creek Meadows Assisted Living, Jesup windingcreekmeadows.com
- Madrid Home and The Cedars Assisted Living, Madrid madridhome.com

In sympathy

- | | |
|----------------------|----------|
| Betty Moon, WR | May 1 |
| Ethelyn Potratz, DS | May 1 |
| David Burkholder, MS | April 29 |

Accessories on sale at The Market

In June, take 20% off accessories including jewelry, scarves, hats, bags, wallets, pens, canes, socks and more! *(Does not apply to WHC apparel.)*

The
Market
deli ♦ grocery ♦ gifts

10 a.m. – 5 p.m. Monday through Friday (coffee sales start at 7 a.m.)
10 a.m. – 2 p.m. First Saturday of each month



BOARD OF DIRECTORS

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

Foundation Development Council

- | | |
|---------------|-------------------------|
| Robert Beach | Donna Grosse |
| Jan Andersen | Marlys Karkosh |
| Judith Benson | Bev Michael, ex-officio |
| Ron Bro | Miller Roskamp |
| Susan Card | Martha Stanford |
| Bob Dieter | |

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.



WesternHome
communities

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Cedar Falls, Iowa 50613

www.WesternHomeCommunities.org

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Gilmore's Pub Features – June 2023

June 1 - 3 Beef Satay

Marinated beef skewers served with quinoa fried rice, bok choy and topped with green onion and a Thai peanut sauce.

June 8-10 Sockeye Salmon

Pan seared salmon plated atop a flavorful hibiscus sauce, fried polenta cakes and green beans.

June 15-17 Red Chimichurri Flank Steak

Marinated and grilled flank steak paired with honey balsamic-glazed Brussels sprouts and confit fingerling potatoes.

June 22-24 Chicken Cordon Bleu

Classic chicken cordon bleu served alongside roasted broccolini and garlic parmesan risotto.

June 29-30, July 1 Brisket Sandwich

Smoked local brisket topped with BBQ sauce, house-made pickles and fried onions pressed between a toasted bun.

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

319-859-9342

GilmoresPubCF.com

GILMORE'S
EST. PUB 2018

5307 Caraway Lane, Cedar Falls