

*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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## WHC makes progress on new projects

Plans moved forward on two new developments during the first quarter of 2023.

**In Iowa City,** the City Council unanimously approved the rezoning needed for a 31-acre development near St. Andrew Presbyterian Church. A preliminary site plan, subject to change, includes single and duplex-style villas, an independent living community with clubhouse, townhomes and cottage-style assisted living. KWWL included an interview with CEO Kris Hansen in a Feb. 13 news report.

**In Cedar Falls,** when weather permits, initial site preparation work has been underway on an initial set of 16 villas (eight duplexes) on the south side of Wild Rye Way. Footings will be dug soon.



*Site work is underway on the south side of Wild Rye Way for Villas Phase 10A.*

14 of the first 16 have been reserved and new residents will be moving in as early as August. The last of those villas should be finished by March 2024, pending any unforeseen delays. Another 20 villas along the north side of Wild Rye Way will be constructed after that.

Anyone interested in learning more about Phase 10 villas may contact Director of Resident Relations Andrew Finnegan at **319-859-9363** or **[andrew.finnegan@westernhome.org](mailto:andrew.finnegan@westernhome.org)**.



*This architectural concept shows a preliminary design (subject to change) for a cul-de-sac with single and duplex-style villas in Iowa City.*



# Jamaica intern program to receive award this month



*Intern program coordinator Shacarae Bennett, also a native of Jamaica, poses in a winter wonderland during a skip trip to Galena.*

Western Home Communities will receive the Cedar Valley Economic Inclusion & Diversity Award on March 7 from Grow Cedar Valley during its annual celebration.

The award recognizes a business or organization for outstanding leadership contribution in 2022 in creating and strengthening an environment of diversity and inclusion in workplace culture, business practices and in the community.

Later in March, Ron Steele of KWWL-TV will host an edition of The Steele Report featuring CEO Kris Hansen and the story of how the intern program got started at Western Home Communities.



Cedar Falls Mayor Rob Green invited guests to the newly renovated council chambers

for Jamaica Day on Feb. 28, where they met the interns and enjoyed a taste of Jamaican culture and cuisine.

Meanwhile, the interns – born and raised in a tropical climate – experienced a winter sport unavailable in their home country when they took a day trip to ski Chestnut Mountain in Galena, Ill., in early February.



*Ready to hit the slopes! From left, Cotley-Marie, Akelia, Naomi, Kayciah and Tajheem don their boots, helmets and goggles.*



*The group looks happy to be experiencing a beautiful winter day! From left, Christine, Jahavon, Novlaine, Toffarie, Shemaer, Matt, Maurice, Thamoya and Jonoyah brave the cold.*





## Dementia education fund to sponsor trainings

*Save the date: June 6-7, 2023, at Diamond Event Center*

Amanda Bulgarelli with Positive Approach™ to Care will headline two days of training for caregivers, families and anyone interested in how to have more positive interactions with those living with dementia.



*Amanda Bulgarelli*

Amanda has a master's degree in educational leadership and administration and serves as a lead mentor, trainer, speaker and leader at Positive Approach to Care, an organization started by her mother, Teepa Snow.

More details and ticket information will be coming soon.

A gift from villa resident Larry Martin started the V. Carole Martin Dementia and Alzheimer's Education Fund in memory of his wife who lived at Nation Cottage. Larry and his children wanted to make sure current and future employees have regular access to the latest dementia research and training to enhance their skills. Others may support this fund; contact Western Home Foundation at **319-222-2022** for more information.

## Friends programming returns this spring



Monthly programming brought to you by Friends of Western Home Communities returns this spring with a variety of entertainment and educational events. All programs and events are free to residents of Western Home Communities, as well as Fortified Life and Club Ruby waiting list members.

Members of the public may attend by joining Friends for \$100/year (\$150 for a couple) or purchasing tickets at the door for \$10 each. A cash bar will be open for events at Diamond Event Center. All funds support projects that enhance the lives of Western Home Communities residents.



### Veterans Way

**Tuesday, March 21 at 10:30 a.m. - Windcove**

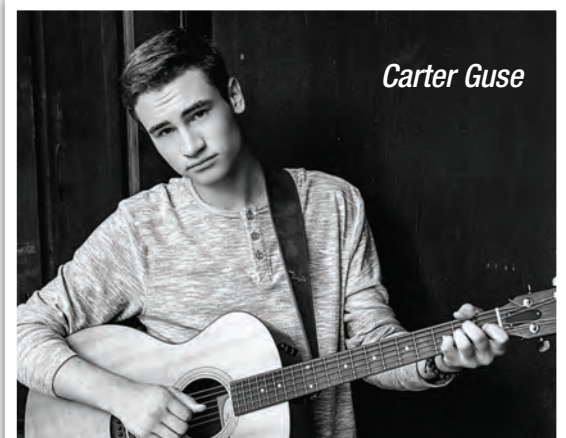
An exciting new project honoring veterans is being developed in downtown Waterloo. Wendy Bowman from Mayor Quentin Hart's office will share the story of Veterans Way, a place-based art and history walk with thematic elements that honor the Cedar Valley's rich history of military service.

### Carter Guse concert

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

This talented local singer/songwriter performs songs from the 1950s to the present. Carter was a finalist in the Bill Riley Talent Festival and has performed at the Bluebird Cafe in Nashville.

***Watch for more events in future issues of The Journal!***



*Carter Guse*



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 Feb. 9, 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**

Judy Finkelstein  
Marleta Matheson

**Betty Brocka**

Marleta Matheson

**Vern Cordes**

Marjorie Behrens  
LaVerne & Pat Middleswart  
James Peterson

**Carol Draper**

Joanne Ackman  
Harold & Sharon Krebs

**Tom Eastman**

Marjorie Behrens  
Edward Leonard  
Larry & Lorraine Tonn

**Robert Fread**

Penny Frackiewicz  
The Fread Family  
Colleen Liming  
Evelyn Wohlwend

**Gene Harringa**

Jean Swiggum

**Bob Humble**

Bob Brown  
Marleta Matheson

**Patricia Markey**

Marcia Colwell  
Louise Frevert  
Louise Odle  
James Peterson

**Bob Olson**

Joanne Ackman  
Elizabeth Frahm  
Marleta Matheson  
Marlene Rasmussen  
Bobbie Smith  
Bob & Joanne Tefft

**Jim Platt**

Marlys Badger  
Juanita DeVoe  
Marlene Deery  
Judy Finkelstein  
Louise Frevert  
Douglas & Carol Kienzie  
Lois Klatt  
Lillian Marks  
Louise Odle  
Judy Pfalzgraf  
Marlys Rasmussen  
Robert Robinson  
Patricia Schultz  
Dione Young

**Jim Williamson**

David Draper

***Annual Appeal – Employee Appreciation***

Greg & LaRue Boom  
Janet Corbin Estate  
Judy Finkelstein  
Cindy Fisher  
Annie Gougler  
Harold & Sharon Krebs

***Mary Taylor Health Sciences Scholarship***

Joanne Ackman  
Bob Brown

Elizabeth Frahm  
Marleta Matheson  
Bobbie Smith  
Phyllis Steele  
Bob & Joanne Tefft

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

Janet Corbin Estate

***WHC Child Care Scholarship***

Marlys Karkosh

***Other Gifts***

Amber Elsberry  
Karla Foust  
Dr. Richard & Connie Frankhauser  
Kathleen Niedert  
Chad & Cindy Wiles

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

Joyce Barbatti  
Cheryl Bearbower-Staton  
Robert Beener  
Kenneth Bixby  
Lyle & Marlene Brim  
Donna Brown  
Robert Brown  
Sidney Bunger  
Marcia Colwell  
Marlys Cook  
Cleo Cross  
Rod & Bobbie Dostart  
Rita Drurenga  
Kirk & Rose Edwards  
Norma Emmert  
Virginia Emmert

Marlene Engen  
 Bev Fish  
 Cindy Fisher  
 Marlys Folkers  
 Kent & Joyce Folsom  
 Mark & Molly Eggleston  
 Larry & Jean Graham  
 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  
 Aurelia Harringa  
 Wayne & DeMaris Hochhalter  
 Ken Hoer  
 Albert & Cathy Humke  
 Dean & Barb Hutchison  
 Joyce Jensen  
 David Joens  
 JoAnn Johnson  
 Harris Jorgensen

Theresa Kindig  
 Cork & Sharon Klages  
 Gordy & Mardelle Koch  
 Russ Kool  
 John Kragt  
 Miriam Krallman  
 Harold & Sharon Kreb  
 Donald Krull  
 Ellen Kruse  
 Lee & Barb Larsen  
 Bob & Deb Lee  
 Mary & David Lewis  
 Lillian Marks  
 Monte & Sonia McCunniff  
 John & Garnet Mehlert  
 Hazel Messer  
 Ken Miller  
 Marlys Mitchell  
 Garry & Christie Moore  
 Alvira Morris  
 Jerod & Twyla Moschel  
 Carl Muesel  
 Carol Neumann  
 Enrique & Martha Ochoa  
 Selma Ochoa  
 Jean Oleson  
 Barbara Oltman  
 Eleanor Parker

Letha Petersen  
 Russell & Marilyn Price  
 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  
 Thelma Stevens  
 Richard & Karen Swanson  
 Bob & Joanne Tefft  
 Dan & Mary Telly  
 Mary & Donald Terry  
 Robert & Barb Thalman  
 Lura Treloar  
 Nancy Versluis  
 Norma Walther  
 Dee Way  
 Velma Wessel  
 Lois Wishmeyer  
 Dione Young



## Put your money to work

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.

Curious? Find out how this works at a small, informal Lunch & Learn at 11:30 a.m. on Thursday, March 23, or Thursday, March 30, at Jorgensen Plaza.

**Seating is limited and RSVP is required in advance.** Light lunch will be provided. Save your spot by emailing [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org) or calling **319-222-2022**.



## Chaplain's Corner: I don't want to!

by Chaplain Byron Simar

Have you ever said, "I don't want to!"? From a young age, we resist obedience. It reminds me of the child who, after being punished for not obeying, said, "I may be sitting down on the outside, but I'm standing up on the inside!"

An unlikely person who struggled against a request was Jesus, God's Son. Jesus resisted something his Father asked him to do. Before his betrayal and arrest in the garden, he was sorrowful and deeply distressed. He experienced grief and extreme anguish.

In the darkest hours of his life, on the night before he died on the cross, Jesus prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." Luke 22:42.

Not once, not twice, but three times he implored his heavenly Father to remove the cup of the cross from him if it would be possible. All three times he received silence in return. If any other means would have existed to save the human race, surely God would have granted Jesus' request.

Jesus pleaded with profound emotion. He was fully human, so he felt physical pain beyond our comprehension. But his pain was more than physical, for he suffered God's judgment on the sins of the ages—the greatest darkness of the soul ever known. The weight of all our sins was placed on him, and he took the judgment we alone deserve. There was no other way for sin's penalty to be paid and for us to be redeemed.

When Christ said, "Take this cup," it revealed a personal desire: "This is what I want." The second part of the prayer is his surrender to the Father. He abandoned his own will and died on the cross for you and me. His love drove him to the cross; the cross is the measure of God's love.

Jesus said, "I don't want to," but love said, "I will."

This demonstration of love demands a response. What will your response be to this love?

The gospel songwriter Dottie Rambo expressed it well in her lyrics to "If That Isn't Love."

*He left the splendor of heaven, knowing his destiny.*

*Was the lonely hill of Golgotha, there to lay down his life for me.*

*Even in death he remembered, the thief hanging by his side.*

*Then he spoke with love and compassion, and he took him to paradise.*

*If that isn't love the ocean is dry, there's no star in the sky and the sparrow can't fly!*

*If that isn't love then heaven's a myth, there's no feeling like this, if that isn't love.*

## Upcoming in-person Fresh Wind Worship services

Fresh Wind Worship is held in person on the first and third Sundays of each month at 10:30 a.m. in Diamond Event Center.

Upcoming services are March 5 and March 19.

Check your community calendar for specific times and locations of in-person Bible studies and worship in each independent living community.



## Passion for poetry and art brings villa neighbors together

A shared love of poetry cemented a friendship between two women years before they became villa neighbors, and they recently collaborated – unintentionally – on a creative project.

Barbara Cardamon and Evie Waack met at church and became part of a small, informal poetry appreciation group that meets at Barbara's villa. Evie stayed with the group and has continued writing, even as her interests turned more to artwork.

Last fall, Evie took a course at The Hearst Center for the Arts on how to create a zine (zeen): a self-published, non-professional publication with multimedia art that tells a story. She found inspiration when Barbara shared a new poem she'd written, "A Mid-Winter's Dream," that takes readers on a nighttime dance through the Milky Way.

"I loved the action and imagery in it," Evie says. She promptly invited Barbara to read the poem at her final Zine 101 class in November, and fashioned her zine from what she'd quickly visualized upon hearing Barbara's words.

"I had fun with it," explains Evie. "I had to plan what would fit on an 8.5-by-11-inch piece of paper and we folded it into a small, unbound booklet."

Both women enjoy creative pursuits from their villas; Barbara typically writes from a favorite chair in her four-season porch and Evie repurposed her front bedroom into a dedicated studio space.

They find inspiration everywhere, though, especially outdoors. Barbara has



*Villa residents Barbara Cardamon (left) and Evie Waack find inspiration for their poetry and artwork in everyday moments.*

written poetry about her villa garden; a trip up the Mississippi River turned into a work about the water's churn on the paddlewheel. Evie once used the memory of jumping off a high dive at age 10 to craft a poem.

"Once you've written about it, you can remember those moments so clearly," Barbara says. "I've written poems about my family's history. I used stories from my dad and other research to write several poems about my grandfather and great-grandfather, and one about my grandmother's trunk."

Both women have filled journals and sketchbooks with hundreds of completed works, but they embrace the process more than the final results.

"A simple way to start is make it a daily practice, or even a few times a week," Evie explains. "There are no mistakes in art or creativity."

"Just write down what's in your heart," Barbara encourages. "There's nothing wrong with how you do it or how it turns out."



*Evie's zine, unfolded, to show its inspiration from galaxies and Barbara's poem.*





# SCENES OF THE SEASON



*Dixie Madsen (left) and Carolyn Christenson decorated cookies at Prairie Wind.*



*Dorothy Guldner and Shirley Cain at Windermere.*



*Judy Swygman and John Brouwer of Windgrace in line for wine and cheese and other special treats at their holiday social.*



*Agnes Berky and Colleen Liming enjoyed sweet Valentine's treats at Willowood.*



*Windridge residents Jeanne Thuesen, Lillian Marks, and Kathy and Claude Washington created their own sundaes at a Valentine's event.*



*Dessert and good company were enjoyed by John McCarty, Russ and Pat Schultz, and Oneta McCarty at Windhaven's holiday social.*



*Willowood resident coordinator Cassie Storlie turned refreshments into Cupid's arrows for the occasion!*



*Merle Larkin of Windermere looks over the selection of snacks at their Valentine's social.*



*Windcove residents Marlys Hanks, Theresa Kindig, Nancie Handorf, Sharon Petersen, Larry Petersen, and Lillian Shoemaker choose from a tasty spread of treats at their holiday social.*

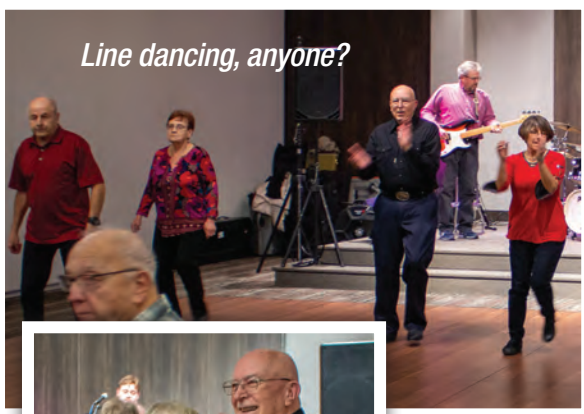




*Fortified Life members stretch their legs downtown on a recent spring-like day in February.*



*The Valentine's Dance on Feb. 16 was a good opportunity for friends (from left) Donna Allee, Barb Jacobson, Lorna Ericson and Loretta Dykes to have a night out together!*



*Line dancing, anyone?*



*The dance floor filled when the band played a waltz on Feb. 16 at Diamond Event Center.*



*Ruth & Rodney Tomson cuttin' a rug at this year's Valentine's Dance.*

*Carol & Gene Haller take a break from dancing.*



*The combination of sun and ice attracted ice fishing enthusiasts to the Windhaven pond on Feb. 12.*





## Words of wellness

by *Director of Wellness*  
*Morgan Lehmann*

## Beanbag baseball World Series returns – to bigger venue

Play ball! Beanbag baseball started at WHC in 2021 and has quickly grown to be a weekly staple in many of our residential buildings. It's fitting that we host our second annual World Series, this time at Diamond Event Center so there's plenty of room for players and fans.

Save the date: **1 – 3 p.m. on Tuesday, March 21**

If you want to participate as part of a team, contact Morgan Lehmann to sign up by Monday, March 6, via email to [morgan.lehmann@westernhome.org](mailto:morgan.lehmann@westernhome.org) or **319-859-9362**.

## Massage therapists offer new ways to relax

Try a **neck, scalp and face massage** and reap the benefits of this 30-minute session:

- Relaxes the mind and encourages circulation to the face and scalp.
- Relieves headaches.
- Relaxes facial muscles and gives a rested and refreshed look to the face.
- Regulates blood pressure by calming the mind and promoting overall relaxation.
- Relieves sinus pressure.

This specialty massage is \$45. Call Ann Pixler at **319-230-2701** or Rose Stone at **319-429-9502** for appointments.

Also new: Add a **paraffin dip** to your hands while receiving any massage therapy service.

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

Simply inform your massage therapist that you'd like to add this \$5 service to your session.



## Participants rack up the hours in 600-minute challenge

We had a wonderful turnout for our 600-minute challenge.

- 62 residents logged 75,435 minutes of exercise – more than 1,257 hours!
- 25 employees contributed 19,037 minutes – more than 317 hours!

What a way to jump-start our physical health in 2023! Congratulations to all who participated.



# Residents support heart health for women

A sea of red appeared on campus February 3 as residents participated in National Wear Red Day®, the American Heart Association initiative to raise awareness of cardiovascular disease and help save lives.



*Kathleen Franck shows her strength in delivering a heart-healthy message!*



*This group rocked the red for a Windcove workout. Clockwise from back left: Nancie Handorf, Rodney Tomson, Helen Lund and Arlene Fleming.*



*At Willowwood, Peggy Chari (left) and Marvyl Oakland start the day early by showing their support.*



*Eileen Daley promotes heart health while on the Nu-Step at Grosse Fitness Center.*



*Morgan Lehmann stopped by Windgrace on Wear Red Day and found Karilyn Wood (left) and Trish Cook dressed for the occasion.*



*Barb Hutchison gets in a heart-healthy workout.*



*This group at Windridge displayed various shades of red on Feb. 3; from left, Charlotte Fresmann, Ron Moehlis, Doris Hewlitt, wellness coordinator Hannah Collier, Marlene Deery, Louise Odle and Marlys Simpson.*



## Learn & Earn Team instills high standards for care



WesternHome  
communities

*Learn & Earn*

### *Third in a monthly series highlighting employee teams*

It's a point of pride for Western Home Communities to be recognized for the quality of care provided to older adults. And that doesn't happen by accident.

In the midst of a pandemic, clinical leadership formalized its Learn & Earn program to expand training for new employees, teach them how Western Home Communities adheres to high standards of care and provide ongoing training opportunities for current employees.



*Krista, Bekki and Vicky pose with Betty, a manikin used in the lab so incoming clinical employees can get hands-on skills training.*

"We want confident, competent employees," says Chief Clinical Officer Wendy Ager, RN, BSN. "If they can feel good from the outset, comfortable in their skills and knowing they have the required resources and support to do it well, they'll be happy taking care of residents."

In December, the six-member team moved into a suite of offices at Stanard Family on the downtown campus. Now they all work together from one location with three areas equipped as hands-on training labs.

In Sept. 2021, Krista Dreyer, LPN, a 12-year employee, moved into the new clinical development coordinator role; she now provides up to two days of clinical onboarding for new nurses, CNAs and resident assistants after they conclude their initial orientation to Western Home Communities.

"Support is as important as skills training," asserts Krista. "We work with smaller groups, typically three or four at a time. It's a safe environment for asking questions and they can learn from each other, too."

Bekki Martin, RN, a 10-year employee, continues teaching certified classes for new direct care professionals (DCPs) and high school CNA students enrolled in the CAPS program.

"This is life-changing for people, because many of them arrive here from jobs that didn't have a future," Bekki explains. "We have the benefits and this program opens doors for them, while making sure we're giving our residents the best possible care."

*The Learn & Earn team, from left: System Quality Assurance Officer Kathleen Niedert, Regional Director of Quality and Clinical Services Lisa Ridder, Bekki Martin, Krista Dreyer, administrative assistant Vicky Klomp and Wendy Ager.*





## Happy March birthday!

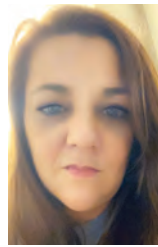
Norm Gerdes	VTH	March 1	Wendy Schmitt	WHAL	March 20
Joan Loslo	VTH	March 1	Rosalie Tentinger	WC	March 20
Kurt Wiethorn	WHAL	March 2	Bob Grosse	VTH	March 21
Jean Zarifis	WR	March 2	Bill Snyder	WC	March 21
Beverly Miller	WHAL	March 3	Blair Thielen	VTH	March 21
Carol Watson	WM	March 3	Jeff Hansen	CTG	March 22
Gene Haller	WC	March 4	Joan Kussatz	VTH	March 22
Karen Kavlick	VTH	March 4	Beverly Murphy	WC	March 22
Lou Collins	MS	March 5	Dixie Lemon	DS	March 23
Jay Edelnant	VTH	March 5	Bette Lewis	PW	March 23
Larry Leutzinger	PW	March 5	Reno Rodeghiero	VTH	March 23
Winnie Mulvehill	MS	March 5	Deb Staack Panther	PW	March 23
Rick Heth	VTH	March 6	Marilyn Pape	MS	March 24
George Jorgensen	VTH	March 6	LaVerne Puetz	WC	March 24
Lillian Shoemaker	WC	March 7	Nancy Colvin	WW	March 25
Dean Dreyer	VTH	March 8	Jeanne Fritts	VTH	March 25
Betty Prusha	TS	March 8	Judy Pfalzgraf	WR	March 25
Ken Cox	VTH	March 9	Betty Schoentag	WHAL	March 25
Ken Dober	VTH	March 9	Jo Tefft	PW	March 25
Marlene Hartman Sheetz	VTH	March 9	Dee Way	VTH	March 25
Marylou Treichel	VTH	March 9	Kathryn Warhol	CTG	March 26
LaRue Boom	VTH	March 10	Norman Kitchen	PW	March 29
Bob Diedrichs	PW	March 10	Ron Moehlis	WR	March 29
Betty Hunck	DS	March 10	Kenneth Morlan	WR	March 29
Stan Paterni	WG	March 10	Gary Sheetz	VTH	March 29
Philip Schroeder	VTH	March 11	Ruth Tomson	WC	March 29
Pam Kragt	CTG	March 12	Mary Jo Woody	VTH	March 30
Shirley Uehle	VTH	March 12	Milly Martin	WM	March 31
Marlene Engen	VTH	March 13			
Jo Grover	WG	March 15			
Dennis Hagenow	VTH	March 15			
Marleta Matheson	PW	March 15			
Margie Polacek	PW	March 15			
Jani Rothlisberger	VTH	March 15			
Jane Anderson	VTH	March 16			
Carol Eastman	WC	March 17			
Jean Ott	VTH	March 17			
Amy Lindgren	VTH	March 18			
Darlene Surface	WC	March 18			
Mary Lou Dean	TS	March 20			
Denny McGivern	VTH	March 20			

***The following birthdays were celebrated in February. We apologize for their omission in last month's issue.***

Nancy Denning	CTG	Feb. 2
Shirley Harris	CTG	Feb. 3
Donald Terry	DS	Feb. 7
Michael Ward	CTG	Feb. 12
Dora River	DS	Feb. 14
Eileen Burns	DS	Feb. 16
Darlene Holmes	DS	Feb. 22
Ida Anderson	DS	Feb. 28

## Congratulations!

These employees will celebrate a milestone work anniversary in March. Thank you for your dedicated service to Western Home Communities!

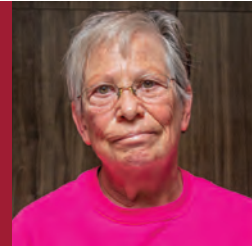


**Kiernan Nicol**  
5 years  
March 12  
RN, Deery Suites

**Rebecca Cakic**  
10 years  
March 13  
CNA, Martin Suites

**Michelle Ladwig**  
31 years  
March 25  
Hospitality coordinator,  
Martin Suites

**Tonya Koontz**  
10 years  
March 27  
Universal worker



## Unique puzzles and games on sale at The Market

In March, all **wooden puzzles and games are 20 percent off**, including 3D kits by UGears, wooden games by Across the Board, and unique puzzles by Starz.

Don't forget another way to save on any purchase at The Market: We invite you to post on your Facebook account what you love most about The Market. Include @TheMarketCedarFalls in your post and show it to The Market staff to receive 10 percent off your next purchase.

### Weekly specials continue through March 31.

**Mondays:** \$1 off Sidecar Coffee

**Wednesdays:** \$1 off any hot beverage and \$1 off any five-count energy bites

**Fridays:** \$1 off deli and baked goods and \$2 off four- and six-packs of beer and bottles of wine

**New coffee hours!** Coffee will be available for purchase at The Market beginning at 7 a.m., Monday - Friday. This is in addition to The Market's regular hours of 10 a.m. to 5 p.m. Monday - Friday and the first Saturday of the month, 10 a.m. - 2 p.m.

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



*You'll find a variety of 3D kits by UGears at The Market (supply varies).*



*You can't miss the big selection of wooden games at The Market!*



## Note of appreciation

Thank you to all. Bob loved his home in the Western Home. The therapy department and Deery Suites were very special to him. Thank you for the beautiful rose.  
*Bonnie Humble and family*

The compassionate prayer service at the time of Jim's passing, the beautiful red rose, and the cup of tea on his birthday were so comforting. Thank you so much!  
*Family of Jim Williamson*

## Meet the Employee of the Month, James Lopez



**James** works in the IT department and has been part of the Western Home Communities family since June 2017.

Here are a few things that were said about James:

- James is always quick to respond and help when the need arises.
- He helps those of us with technical challenges without judgment and offers education for the problem at hand.
- He serves with a kind heart, patience, understanding and in an occasional joking manner.
- We appreciate all the help from James and the IT department as a whole.

Your Western Home Communities family congratulates you, James, on being named Employee of the Month for February 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.

## BOARD OF DIRECTORS

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Larry Fox	Dianne Schultz
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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](mailto:Linda.Maughan@WesternHome.org).

## In sympathy

Doris Rottinghaus, CTG	Feb. 19
Mary Van Hauen, MS	Feb. 19
Nadine Yeager, CTG	Feb. 16
Karen Olmstead, DS	Feb. 16
John Mehlert, WW	Feb. 12
John Jordan, CTG	Feb. 9
LeRoy Giese, MS	Feb. 6
DeWayne Mingus, MS	Feb. 4
Delma Schares, DS	Jan. 29
Paul Foote, DS	Jan. 29
Cal Geiger, CTG	Jan. 29
Tom Eastman, TS	Jan. 27
Lisa McKinstry, WHAL	Jan. 25



WesternHome  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

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

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## Gilmore's Pub Features – March 2023

### **Week 1: Fried Walleye**

March 2, 3 & 4

**\$24.00**

*Pan-fried walleye paired with a lemon caper couscous.*

### **Week 2: Catfish Bites**

March 9, 10 & 11

**\$12.00**

*Fried catfish bites served alongside house-made chips and remoulade sauce.*

### **Week 3: Reuben**

March 16, 17 & 18

**\$15.00**

*Oven-roasted corned beef topped with sauerkraut and house-made Thousand Island dressing on toasted pumpernickel bread.*

### **Week 4: Crawfish**

**Étouffée**

March 23, 24 & 25

**\$23.00**

*A classic Louisiana dish of white rice smothered in crawfish, onions and peppers.*

### **Week 5: Prime Rib**

March 30, 31 & April 1

**\$25.00**

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

**TUESDAY through SATURDAY 11a.m. to 8 p.m.**

**319-859-9342**

**GilmoresPubCF.com**

**GILMORE'S**  
EST. PUB 2018

5307 Caraway Lane, Cedar Falls