

*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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## Resident's sewing skill helps girls stay in school

How could a handmade purse improve the academic achievement of middle-school girls half a world away? Villa resident Barb Hutchison found out in 2017 when a church member told her about Sew Powerful and its Purse Project.

"These are for girls in Zambia who grow up in the slums without access to sanitary supplies, which caused them to miss a week of school each month when they're having a period," Barb explains. "That's about six weeks of school each year, so they would get behind and fail 7th grade exams at a much higher rate than boys. Then they couldn't advance to secondary school and their educations ended."

Barb was stunned to learn some simple things we take for granted could affect the girls' future so dramatically. Sew Powerful started a collective that hires local Zambian women to make reusable pads, underwear and laundry soap for the girls, then the organization recruited women globally to sew purses as packaging for the products. In 2014, about 500 purses were donated; the total number now stands at more than 54,000 purses.

Barb quickly put her lifelong sewing skills to work in support of the project. In the past four years, she's finished 155 bags, with 18 of them ready for her next shipment to the non-profit's office in Washington.



*Barb stands in the sunroom of her new villa, where she cuts fabric for her sewing projects.*



*Barb shows a completed bag with its compartments for carrying supplies.*

*Continued on page two*



Continued from page one



*Barb sews at her machine as completed bags hang behind her, ready for shipping to Zambia.*

Each purse takes about five hours to create. She finds fabric among old drapes and valances at thrift stores, and purchases coordinating lightweight fabric for the linings. Barb includes a note of encouragement for each recipient. The girls receive two purses so they can give one to their mother or female caretaker.

Barb also quilts in her spare time, a hobby she began after retirement from teaching. Sewing is her therapy, so having space to sew was a necessity

when they moved to a new villa last November. She makes quilts for her kids and outfits for her great-nieces and nephews. And she still manages to squeeze in time for sewing purses.

She's the only local volunteer currently involved with the Purse Project. The pattern is on the website, [sewpowerful.org](http://sewpowerful.org). If you'd like to learn more or volunteer, send an email to [marketing@westernhome.org](mailto:marketing@westernhome.org) and the information will be relayed to Barb.

## Become a Dementia Friend this month

Western Home Communities is the first organization in Iowa to train Dementia Friends Champions, who can train others to become Dementia Friends.



The Iowa Association of Area Agencies on Aging started the program a year ago. Western Home Communities had several employees trained as champions, who trained nearly 150 employees starting this summer. Now residents can become Dementia Friends, too.

What will you learn in these one-hour sessions? What it's like to live with dementia and how you can take small actions to support anyone who is living with the diagnosis.

Sessions are free and all Dementia Friends receive a free t-shirt, thanks to grant support from the University of Iowa's Geriatric Workforce Enhancement Program. Plan to attend and join the movement to create Dementia Friendly Communities across Iowa!

**Wednesday, November 3:** 11 a.m. at Windgrace

**Thursday, November 4:** 2 p.m. at Willowwood

**Monday, November 8:** 1 p.m. at Windermere

**Wednesday, November 10:** 2:30 p.m. at Windridge

**Monday, November 15:** 11 a.m. Windcove

**Thursday, November 18:** 2 p.m. Prairie Wind

**Thursday, December 2:** 10 a.m. at Diamond Event Center

*Any resident may attend any session.*

## Holiday shopping at The Market

Stop by our expanded gift shop inside Jorgensen Plaza to find the perfect gift or stocking stuffer for anyone on your list! Jewelry, handcrafted soaps, artwork, home décor and accessories, quality wine, handbags, insulated drinkware, puzzles, games, kites and more line the shelves. Take a break from shopping and enjoy coffee and a freshly baked pastry, too.

*Give a loved one (or yourself!) a sparkly bracelet made of Swarovski crystals.*



*There are lots of stocking stuffers at The Market, like these beautifully wrapped soaps.*

*Puzzles are perfect for family get-togethers.*



*Unique, bright fabrics make totes and crossbody bag by Maika stand out.*



*Wine from The Market would make a thoughtful hostess gift.*

## Holiday hours at Jorgensen Plaza

Stop by for shopping, dining and pampering at these times. The Market, Gilmore's and Salon Iris will be closed on Thanksgiving and Christmas.

### Gilmore's Pub

Black Friday (Nov. 26) 11 a.m. – 6 p.m.  
 Christmas Eve 11 a.m. – 2 p.m.  
 New Year's Eve 11 a.m. – 6 p.m.

### The Market

Black Friday (Nov. 26) 10 a.m. – 5 p.m.  
 Christmas Eve 10 a.m. – 2 p.m.  
 New Year's Eve 10 a.m. – 5 p.m.

### Salon Iris

Black Friday (Nov. 26) 9 a.m. – 5 p.m.  
 Small Business Saturday (Nov. 27) 9 a.m. – 3 p.m.  
 Open extra hours before Thanksgiving and Christmas: 9 a.m. – 8 p.m. Nov. 23-24 and Dec. 21-23

The salon is closed Dec. 24 – Jan. 3.



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 October 15, 2021. **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.**



**WesternHome**  
foundation

***In memory of:***

**Diana Brandt**

Sue DeBower  
Vern & Mary Cordes

**Richard Buchanan**

Dave Williams

**LaVina Fuller**

Sue DeBower

**Rick Koontz**

Marilyn McCalley

**Robert Kunkle**

Judith Finkelstein

**Adelheid Murphy**

Jake & Barb Jacobson

**Janet Nieman**

Judith Finkelstein

**Sid Morris**

Judith Finkelstein

**Gene Puetz**

Marjorie Behrens  
Vern & Mary Cordes  
Sue DeBower

Bertie Jepsen

Claudia Koch

Helen Lund

Marilyn McCalley

LaVerne & Pat Middleswart

James Peterson

**Florine Rowe**

Judith Finkelstein

**Jack Schultz**

Judith Finkelstein

**Robert Stone**

Claude Archer

**Larry Wagner**

Marjorie Behrens  
Vern & Mary Cordes  
Sue DeBower

**Brian Walther**

Sue DeBower

**Dorothy Weinberg**

Judith Finkelstein

**Beverly Zirkle**

Mary Beets

Scott & Barbara Davison

Jason & Amy DiGregorio

John & Connie Liljegren

Max & Gwen Lowe

***Mary Taylor Scholarship Fund***

Phyllis Steele

***Employee Appreciation Fund***

Judith Finkelstein

Louise Frevert

Laura Hopper

Lucinda Klodt

Marilyn McCalley

John Solberg

***Other Gifts***

Carol Dick

Dr. Richard & Connie

Frankhauser

Bob & Donna Grosse

Jerry & Marion Larson

Steve & Kathy McCrea

Dave & Becky Nation

Bill & Kathleen Niedert

Chad & Cindy Wiles

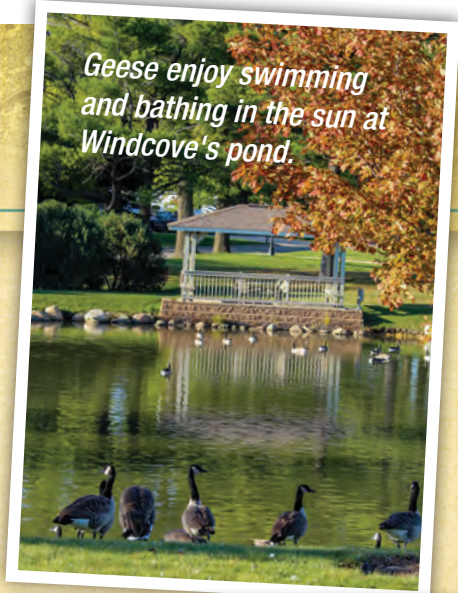
## Season of Gratitude

Throughout this issue, you'll see quotes from some employees about what they're thankful for in November 2021. Wishing you a happy Thanksgiving!

*"I'm so thankful for the overwhelming support and stick-to-itiveness of our residents, employees and family members throughout the last twenty months or so. I'm also thankful and humbled to be in the position to lead and serve during these uncertain times."*

CEO Kris Hansen

# Scenes of fall



*Geese enjoy swimming and bathing in the sun at Windcove's pond.*



*Deery Suites resident Lura Treloar shows off a hand-painted pumpkin.*



*Little Blue Man is dressed in his Halloween costume!*



*Peggy counts the days until her son launches into space at the end of October.*



*Little Blue Man cheered on the UNI Panthers!*



*Deery Suites CNA Cierra works alongside residents Mary Seitz, left, and Eldora Sturm to handpaint a pumpkin.*



*A rainbow over the villas shines after a recent rain.*



## Chaplain's Corner: The impact of meaningful service

by Director of Spiritual Care *Tim Boettger*

Do you like what you do each day?

When I was about 10 I dreamed of being great! Mostly I dreamed of being a great running back or receiver in the NFL. I would often throw myself a pass and then run and make a diving catch in the endzone. The great catches would be followed up with a variety of fantastic touchdown celebrations that I had concocted in my mind.

Those dreams have not come to fruition. What does this have to do with the question above? Stay tuned...

Researchers put that question to a large group of Americans\* to help figure out how much our daily life affects our health and well-being. Only 20% of people gave a strong "yes" answer.

Researchers concluded, "If you don't have the opportunity to regularly do something you enjoy - even if it's more of a passion or interest than something you get paid to do - the odds of you having a high well-being in other areas (of your life) diminish rapidly."

The study shows that people who like what they do each day in service to those around them are more than twice as likely to be thriving in their lives overall.

The Bible clearly tells us that we were made by God and put on this earth to contribute something positive (Ephesians 2:10). If we fail to do this, it will affect our entire lives negatively.

This study shows that as people engage in meaningful service, their depression and anxiety rates go down, their physical health improves, their cholesterol and triglyceride levels improve, and their risk for heart attack goes down.

Students of the Bible should not be surprised by this. Jesus was being loving and helpful when he told his followers, "If you want to be great, you must become a servant." Matthew 20:25.

Notice here that Jesus did not squelch the desire in the human heart for greatness. The desire I had when I was younger to do something great was not wrong, it just needed to be channeled and shaped by the right attitude. God has told us that true greatness is only achieved under the umbrella of servanthood.

The desire for greatness is natural since we are created in the image of a most amazing and great God. He is a servant of the highest order. When we choose to live our lives in the ways that he designed us, everyone wins! Those we serve win and we ourselves win. Our health improves, our happiness improves, our peace of mind improves, and those we serve have their lives enhanced.

**Are you engaged in any meaningful service in your life these days?** It is life-changing, no matter our age or stage of life.

*\*Study on active engagement in service is found in the book, "Well-Being: The Five Essential Elements" by Tom Rath and Jim Harter.*

## 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 10% 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.

## Honoring all veterans

Thank you for your service, loyalty, courage and patriotism. We recognize that our freedoms are preserved through the sacrifices of men and women who served/serve in all branches of the military. You have our admiration and gratitude on Veterans Day, November 11, and always.

## Groundbreaking held for The Cottages in Cedar Rapids

Executives broke ground Oct. 18 for The Cottages at UnityPoint Way at 8405 Council Street NE in Cedar Rapids, a new partnership between Western Home Communities and UnityPoint Health – St. Luke’s Hospital. Cardinal Construction is the builder.

Three cottages will be home to 16 to 20 residents each, similar to Nation Cottage and Thuesen Cottage in Cedar Falls and The Cottages at Creekside in Grundy Center.

The household model of care provides residents with dementia a familiar, homelike setting that

includes private rooms and bathrooms as well as a common room with a kitchen, dining area and space for residents to spend time. It also incorporates personalized care that’s not set by a schedule. Residents decide when they want to eat, shower or even get up for the day. This specific model of care prioritizes quality of life, dignity and purpose – helping residents create his or her best day.

CEO Kris Hansen expects this project to be ready for residents by spring 2023.

*From left, Katy Susong, Cardinal Construction; Peg Bradke, UnityPoint - St. Luke’s; Michelle Niermann, UnityPoint - St. Luke’s; CEO Kris Hansen; Chief Strategy Officer Pat O’Leary; and Mike Heirich, CFO, UnityPoint- St. Luke’s.*





# Travelers tour southern states

Away from Home with Western Home made its first trip in two years, after booster shots and negative COVID-19 test results. A group of 32 travelers enjoyed a southern swing full of historic sites, seafood and relaxation at the beach. Visitors stayed three nights in Savannah, Georgia, followed by two nights each in Charleston and Myrtle Beach, South Carolina – with side trips to Tybee Island, Ga., Beaufort, S.C., and Parris Island Marine Recruit Depot along the way.



*Gathering for lunch at Captain Juel's Hurricane Restaurant, on South Carolina's intracoastal waterway since 1945.*



*Maribelle Betterton greets "Paula Deen" at her namesake restaurant near Tybee Island.*

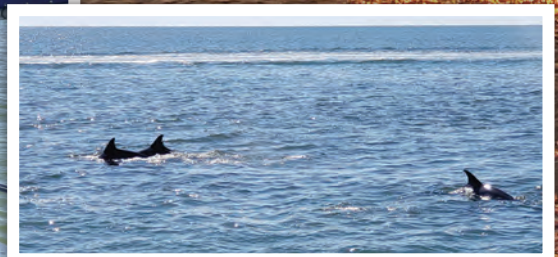


*They're off for a carriage tour of historic Charleston under clear blue skies.*



*The only way to reach Fort Sumter is by ferry. Confederate soldiers fired the first shots of the Civil War onto this US-held fortification; Union forces surrendered after a 33-hour bombardment.*

*The dolphin cruise did not disappoint as residents watched several pods of dolphins playing in the waters of the Atlantic Ocean.*







*Three residents helped raise the American flag over Fort Sumter during the group's visit: Dave Kirkle (left in black jacket), John Eastland (in baseball cap on opposite side of flag) and Karen Eastland (in gray hoodie at right).*



*The group's tour guide, Katherine, points out details on some of the old tombstones in Savannah's Colonial Park, which served as a burial ground from 1750 - 1853.*



*The group gathers for a history lesson at the Cathedral of St. John the Baptist in Savannah, with its 34 murals and 81 stained glass windows.*



*The restoration of Savannah's Davenport House, built in 1820, started the city's historic preservation movement in the 1950s.*



*Bill Snyder and Donna Grosse examine artifacts at Middleton Place that reveal life on a rural plantation in the early 1800s.*



*In the shadow of a live oak at Middleton Place, on the Ashley River near Charleston. The tree is thought to be hundreds of years old.*



*Hazel VerMulm, Greta Magee and Mary Rittgers soak in the sun and the sound of the water during a harbor tour of Charleston.*



## Wellness happenings in November

by *Director of Wellness*  
**Morgan Lehmann**

### Wellness Chat with Morgan & Jenna

**Tuesday, November 2, at 2 p.m. in Jorgensen Plaza Wellness Center**

Join Morgan and Jenna for our quarterly Wellness Chat. We love your ideas - come prepared with ideas, programs and/or classes you'd like to see the wellness department

implement in 2022. Or, just come to listen. We look forward to seeing you!

### Gratitude Program

**Tuesday, November 16, at 2 p.m. via Zoom**

Gratitude plays a major role in our mental health and well-being. It all depends on our lens and perspective. When we are looking at the "big picture" it can help us see beyond the small lens we may be looking through. Join us for a Zoom session and perhaps readjust your lens by learning how to increase your gratitude!

Contact Morgan at **morgan.lehmann@westernhome.org** or **319-859-9362** for more information or to get the Zoom link.

## Active Aging Week

Did you reflect on what active aging means to you? Put new habits into practice throughout the year! Thanks to all who participated in our October events including the annual Healthiest State Walk, pictured here.



## Booster shot clinics held

Most residents and employees received a third dose – or booster shot – of Pfizer’s COVID-19 vaccine during clinics held in October. Other vaccination clinics during the month provided protection against influenza. Here’s to a healthy winter for all!



*Villa resident Chris Lorenz offers her arm to UnityPoint nurse Crystal McElhose at the booster shot clinic.*



*Ron Frantz administers the booster shot to Dan Lorenz of the villas.*

## WELLNESS RECIPE OF THE MONTH

### Crockpot Chicken Pot Pie Soup

#### Ingredients

- 2 tablespoons olive oil
- 1 pound chicken breasts (about two)
- 1 cup celery, cut into 1 inch pieces
- 1 cup carrots, cut into 1 inch pieces
- 1 cup onion, finely chopped
- 1/2 tablespoon garlic, finely minced
- 2 cups Yukon Gold potatoes, peeled and cut into 1 inch pieces
- 1 cup Yukon Gold potatoes, peeled and cut into quarters (so that they can be removed)
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 3 cups chicken broth or low-sodium bone broth
- 3 tablespoons parsley for garnish
- 1/2 cup milk (or a dairy-free milk like almond milk)

#### Instructions

1. Heat olive oil in a skillet. Add the celery, carrots, onion, garlic, salt and pepper. Sauté for 2 minutes or until slightly translucent.
2. In the crockpot, layer raw chicken, cooked vegetables, and potatoes. Add broth, cover and set to low for 6 hours.
3. Once cooked, remove the large potato pieces and chicken breasts.
4. Place potato quarters, milk and a 1/2 cup of broth from the crockpot (a few ladles full) into a blender. Blend until smooth. Add back into the pot.
5. Place chicken breasts on a cutting board and shred. Put the chicken back into the pot.
6. Stir everything together until combined and smooth. Garnish with parsley and serve.



*Recipe from [TheCleanEatingCouple.com](http://TheCleanEatingCouple.com)*

## Happy November birthday!

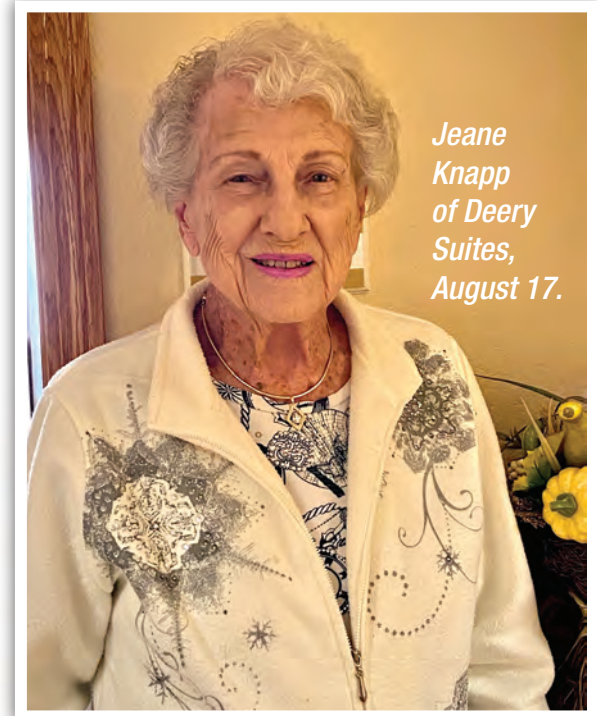
Lorraine Isley	DS	Nov. 1	Delores Reints	VTH	Nov. 18
Linda Wilson	WC	Nov. 1	Craig Thielen	VTH	Nov. 18
Marlene Danielsen	WR	Nov. 1	Roger Oltman	WC	Nov. 19
Thelma Stevens	VTH	Nov. 1	Dale Waack	VTH	Nov. 20
Ken Earnest	VTH	Nov. 1	Rita Sommers	VTH	Nov. 20
Shelby Wiethorn	WHAL	Nov. 2	Stanley Lyle	VTH	Nov. 20
Barbara Anderson	VTH	Nov. 2	Pete McCart	WW	Nov. 21
Susan Jacobsen	WHAL	Nov. 3	Bev Ridder	WG	Nov. 21
Jim Heisinger	PW	Nov. 4	Sue Eastman	VTH	Nov. 21
Dianne VanGorp	PW	Nov. 4	Jack Mussett	DS	Nov. 22
Hovey Brom	PW	Nov. 5	Mary Beth Dieter	VTH	Nov. 22
Linda Davis	WR	Nov. 5	Vicki Grimes	VTH	Nov. 22
Mary Lea Purcell	VTH	Nov. 5	Cherie Dargan	VTH	Nov. 22
Joanne Helland	VTH	Nov. 5	Phyllis Fett	DS	Nov. 23
Paula Decker	VTH	Nov. 5	Pam Hileman	VTH	Nov. 23
Erma Vander Linden	WW	Nov. 6	Richard Monson	VTH	Nov. 23
Loyce Dumke	VTH	Nov. 8	Judy Mohling	VTH	Nov. 24
Paul George	DS	Nov. 9	Jean Thompson	WHAL	Nov. 24
Deloris Bixby	WC	Nov. 9	Lloyd Hager	WR	Nov. 25
Jerry Larson	VTH	Nov. 9	Mike Seavey	VTH	Nov. 25
Carol Neumann	PW	Nov. 10	Jim Townsend	VTH	Nov. 25
Jennifer Kramer	WW	Nov. 11	Bev Michael	VTH	Nov. 26
Ned Ratekin	PW	Nov. 12	Carol Draper	VTH	Nov. 26
Mary Hornback	WC	Nov. 12	Jack Hovelson	WM	Nov. 27
Kathleen Franck	VTH	Nov. 12	Jean Oleson	WR	Nov. 27
Suzanne Emkes	WW	Nov. 13	Jake Jacobson	VTH	Nov. 27
Donna Mincks	VTH	Nov. 13	Mary Bauer	WHAL	Nov. 28
Alice Hansen	VTH	Nov. 13	Robbin Burns	VTH	Nov. 28
Becki Budensiek	VTH	Nov. 15	Dick Buchanan	VTH	Nov. 28
Ed Baker	VTH	Nov. 15	Max Lowe	VTH	Nov. 28
Winston Burt	WR	Nov. 16	Connie Herbon	WR	Nov. 29
Betty Brocka	PW	Nov. 17	Karen Mukai	VTH	Nov. 29
Barbara Kirkle	PW	Nov. 17	Maribelle Betterton	VTH	Nov. 30
Marlys Cook	WHAL	Nov. 18	Pat Williams	VTH	Nov. 30
Margaret Wiebke	WHAL	Nov. 18	Marcia Hanson	VTH	Nov. 30
Harriet Healy	VTH	Nov. 18			

*"I am thankful for coming to Western Home Communities and Martin Suites this August. The staff have opened their arms to me and residents have trusted me as their director of nursing. I am thankful for the guidance given by the entire community team in these uncertain times especially with COVID-19, and the vaccinations and boosters. There is so much to be thankful for!"*

Emily Foster, MSN, RN

# Happy birthday to these centenarians

These women recently celebrated, or soon will celebrate, their 100th birthdays – what a milestone! Jean, Jeane and Anne lived through the Great Depression, turned 18 just before World War II started, and watched as the television era unfolded. They raised families in the 1950s and 60s through times of great societal changes, wars, and economic prosperity and uncertainty. Congratulations to them for reaching centenarian status!



## Congratulations!

In November, the following employees celebrate their employment anniversaries at Western Home Communities. Please thank them for their service and dedication!

**Peggy Makinster**  
**47 years**  
 Nov. 11  
 Financial Resources Liaison



**Donald Jones**  
**20 years**  
 Nov. 20  
 Lead Cook, Windhaven

**Julie Barth**  
**10 years**  
 Nov. 4  
 Certified Dietary Manager, Deery Suites



**Brittany Tooley**  
**5 years**  
 Nov. 30  
 CMA Mentor, Nation Cottage

**Sara Danielson**  
**5 years**  
 Nov. 9  
 Lead Wait Staff, Windcove



**Selma Kurtovic**  
**5 years**  
 Nov. 2  
 Registered Nurse, Deery Suites



## Meet our Employee of the Month, Carson Pook

**Carson** works as lead wait staff at Windermere. He has been part of the Western Home Communities family since June 2018.

Here are a few things that residents said about Carson:

- Carson is always very pleasant and ready to help you with a smile.
- He remembers just what we want and how we want it fixed. He is the best wait server we've ever had.
- Carson knows the residents' likes and dislikes and truly cares about the residents.
- Carson has a servant spirit and is always putting people first, fulfilling the lifestyles of those around him.

Your Western Home Communities family congratulates you, Carson, on being named our employee of the month for October 2021.

**Shyanne McNally**  
**5 years**  
 Nov. 2  
 Resident Assistant, assisted living

**Tara Carr**  
**5 years**  
 Nov. 9  
 Executive assistant to CEO and CSO



## Notes of appreciation

We lost a wonderful woman who can never be replaced. During these days and weeks following LaVina's passing, we have been fortunate to be embraced by family and friends. Thank you very much for all your sympathy; it is greatly appreciated. Thank you for the beautiful red rose for LaVina's service. *The Fuller family*

## Employee honored as one of 20 Under 40

Director of Fortified Life Amanda Lynch has been named part of this year's class of 20 Under 40 award winners as named by The Waterloo Courier.



The young professionals who demonstrate leadership in their business and community will be honored at an event later this month and featured in November's Cedar Valley Business magazine.

Congratulations, Amanda!

*"I'm thankful for faith, family, fellowship, friends, friendship, food and fun!"*

Chaplain Byron Simar

*"I'm thankful for a great job! I'm also thankful for the great staff and residents. They make my day every day."*

Housekeeper Nicole Ransom

*"I am thankful for a supportive family, a great team to work with and a job I love to come to every day!"*

Director of Resident Engagement  
Rachel Phillips

*"I'm thankful for my family (human and furry), the residents, staff and my COVID-19 vaccination."*

Lead Receptionist Suzanne Makinster

*"I am thankful for so much. I am thankful for my husband and my kids. They always put a smile on my face and truly make my world go round!!"*

Director of Wellness Morgan Lehmann

### BOARD OF DIRECTORS

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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](mailto:linda.bowman@westernhome.org).

### In sympathy

Jim Bader, DS	Oct. 22
Donna Falk, WHAL	Oct. 18
Gary Hanks, WC	Oct. 18
Betty Pugh, CTG	Oct. 14
Tom Harvey, MS	Oct. 11
Sue Roberts, DS	Oct. 3
Doris Nero, WHAL	Oct. 2
Ad Murphy, VTH	Oct. 1
Deane Bradfield, VTH	Sept. 29
LaVina Fuller, WC	Sept. 27
Patricia Strelow, DS	Sept. 25



**WesternHome**  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

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

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# November Specials

**Open Tuesday  
through Friday  
11 a.m. to 6 p.m.**



## BARBEQUE STEAK BURGER

**November 2 – 5**

Bourbon BBQ, caramelized onion, American and pepper jack, diced bacon and topped with chips.



## TURKEY CLUB

**November 23 – 26**

Thin-sliced turkey breast with bacon, cheddar, and Swiss, lettuce, tomato, onion & basil mayo on toasted sourdough.



## WHISKEY STEAK BURGER

**November 9 – 12**

Whiskey-sautéed mushrooms, cheddar, fried onions and chipotle mayo.



## CHICKEN QUESADILLA

**November 30 –  
December 3**

Local slow-cooked chicken in a flour tortilla with cheddar, pico de gallo and sour cream.



## GILMORE'S CLASSIC STEAK BURGER

**November 16 – 19**

Choice of American, cheddar, Swiss, pepper jack or blue cheese crumbles, lettuce, tomato, onion and pickle.

**For carryout, call 319-859-9342.**

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

**\$1 OFF  
Your  
Meal\***

*\*Alcohol excluded. No other discounts apply.*