

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

Resident creates monarch habitat in villa garden

When Debbie Hickok taught kindergarten and first grade, she always searched for milkweed and caterpillars to bring into the classroom. Her interest in butterflies blossomed and she began attracting, tending to and releasing monarchs.

Debbie lived in Florida 12 years before returning to Cedar Falls last winter. There, she had six months of warm, sunny weather – releasing 50 monarchs in one year! The northeast Iowa cycle proves to be much different; this year, Debbie released six monarchs over a period of one month.



Debbie Hickok stands amongst the flowers she planted to create a thriving monarch habitat.

Nurturing the monarch's transformation from egg to butterfly includes tending a garden that contains the common milkweed and butterfly weed, using simple equipment, and providing the right food. Debbie said, "It's nice to leave monarchs to live naturally in a garden, but they have many predators that include wasps, birds, spiders and aphids."



Look carefully and you'll spot the tiny white egg on a milkweed leaf. Photo courtesy of Debbie Hickok.

During the summer, she monitors the milkweed for the presence of tiny white eggs. When the caterpillars (larvae) emerge, they're as small as the lead of a pencil and dine exclusively on milkweeds. She places them in a small bug box with a milkweed leaf and continues to feed them leaves as they grow, always keeping their box clean of waste. When the caterpillars are larger, she places them in a small butterfly cage where a single caterpillar might eat six to eight leaves a day from the butterfly weed over four to seven days.

The caterpillars then transform again. At the top of the butterfly cage, they form into a green chrysalis. After one or two weeks, you'll know the monarch is about to emerge when the chrysalis

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At the top of this butterfly cage, you can see two green chrysalis; another one has just completed its metamorphosis into a monarch butterfly. Photo courtesy of Debbie Hickok.

becomes clear and you can see the black lines of the monarch inside. It'll emerge wet and will need several hours to dry and strengthen. Debbie then releases the monarch.

Before migrating south, Debbie said monarchs may enjoy the nectar from pentas and zinnias in her villa garden or from asters, liatris (blazing star), coneflowers and other local prairie flowers. Debbie released her last monarch of the season on Sept. 17.

If you would like to help increase the monarch population, beginner kits are available and butterfly weed can be purchased at local garden centers. Taking photos and keeping a calendar of their development is also helpful. A wealth of information can be found online and Debbie particularly likes **MonarchButterflyGarden.net**.

Beautiful and useful: Monarch butterflies feed on nectar and pollinate many types of wildflowers. Photo courtesy of Debbie Hickok.



Caterpillars like to munch on leaves. Photo courtesy of Debbie Hickok.



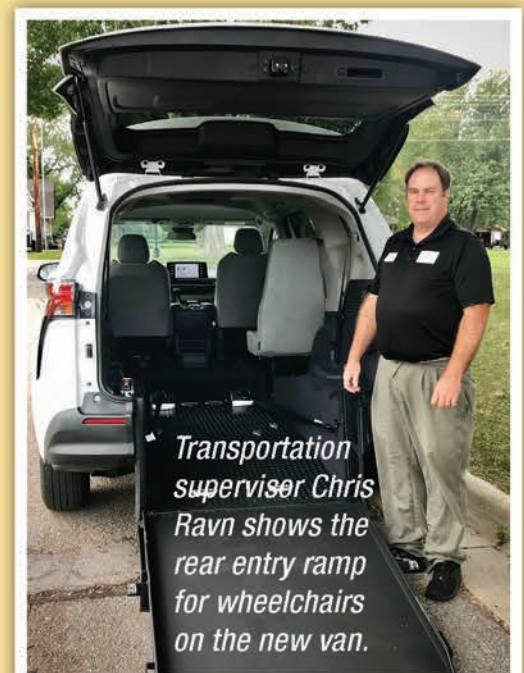
A smoother ride in new van with new technology

The latest van added to the WHC fleet now features a heavy-duty automated system to move and restrain wheelchairs. Incline® Securement promises less physical maneuvering and back pain for operators, and a smoother, more secure ride for passengers.

First, the driver attaches J-hooks to the wheelchair frame and uses a thumb controller to steer the wheelchair up the ramp and into the vehicle. The dual automatic retractors that guide the wheelchair then double as front tie-downs. Then the driver attaches two rear tie-downs.

One last squeeze on the wall control unit and electronic sensors figure out exactly how much pressure to apply to the wheelchair, ensuring proper securement at all times.

Watch for this Toyota Sienna on a road near you and enjoy the ride!



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 September 17, 2021. 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:

Jeneane Dillavou

Leon & Mary Nelson

Duane Drenner

Lee & Barb Larsen

Deb Gaffney

Sue DeBower

Willard Hansen

Duane Jensen

Charlotte Hesse

Eldon Hayes
Richard & Bev Michael
Jerry & Marth Shoff

Marvin Hudwalker

Marleta Matheson

Jim Jorgensen

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Lois Wishmeyer

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Lloyd Loonan

Sue DeBower
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Florine Rowe

Marleta Matheson
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Larry Wagner

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Edward Leonard
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Darlene Surface

Beverly Zirkle

Rita Sommers

Employee Appreciation Fund

Lucinda Klodt
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Mary Taylor Scholarship

Phyllis Steele

Other Gifts

Larry Martin
David & Sue Eastman
Dr. Richard & Connie Frankhauser
Bill & Kathleen Niedert
Richard & Karen Swanson
Chad & Cindy Wiles

Mary Taylor inducted into Iowa Volunteer Hall of Fame

Several WHC representatives attended a ceremony at the capitol rotunda Sept. 7. Governor Kim Reynolds recognized our late director of development as one of five Iowans inducted into the state's Volunteer Hall of Fame for 2021.

Mary received the honor for a lifetime of volunteer work, including countless hours of service to Community Main Street, Cedar Falls Development Group, RAGBRAI, Cedar Falls Authors Festival, Friends of the Gallagher Bluedorn, College Hill Arts Festival and more.



From left, Kim Manning, Jerry Harris, Mary's sisters Dawn and Anne Taylor, Linda Bowman, Carolyn Martin, Sonya Thrall and Amanda Lynch in the rotunda.



Annual golf outing returns after pandemic hiatus



Supporters of Western Home Foundation and the mission of Western Home Communities hit the links on Aug. 30 at Beaver Hills Country Club to raise about \$45,000 for the Mary Taylor Health Sciences Scholarship Fund.



The Courier team.



Cozy Van team.



Tim & Margene Grady team.



Town and Country Home Improvement team.

Thanks to all who golfed, and special appreciation to our sponsors for their generosity:

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Oleson Sod Company

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Scott & Joyce Hornstein
Steve Miller Construction
Stickfort Electric
Swisher & Cohrt



Matthias Landscaping team.



Every golfer received this DrizzleStik® to cover their clubs on a rainy day.



Maria Murphy and team prepare to find their starting position on the course.



The MercyOne team wraps up on a putting green.



Chaplain's Corner: One in Christ

by Rev. Mark Eggleston

Jesus said a prayer, recorded by John, that reflects his desire for all believers across all time: "That they would be one, even as Jesus and the Father are one." John 17:21. He went on to say the world would know he is truly the son of God if his people would experience this kind of oneness.

In the first century, there was animosity between Jews and Gentiles. This division went deep and was challenged to the core when Jesus promised to make his followers into one new family. Paul wrote, "But now, in Christ Jesus you who formerly were far off (Gentiles) have been brought near by the blood of Christ. For he himself (Jesus) is our peace, who made both groups (Jews and Gentiles) into one and broke down the barrier of the dividing wall....so that in himself he might make the two into one new man (family), thus establishing peace." Eph. 2:14-15.

This new standard of unity could only be achieved and maintained through a committed relationship with Jesus Christ.

What about today? There seems to be growing division in our world. Animosity can grow out of a difference over church affiliation, political persuasion or even the tension that flows out of a pandemic. The New York Post recently cited a study that revealed **one in seven respondents**

said that they have dumped a friend over personal views about the Covid vaccines. I have seen this firsthand myself in numerous families. An Associated Press article recently reprinted in our local Pulse newspaper quoted a concert venue manager, Tom DeGeorge, who said he has been "**spit on**" and "**physically threatened**" over masking policies.

This kind of division is so sad in God's eyes, and yet that is exactly how the enemy of God works. He is always trying to divide and destroy!

So, how can we as Christians maintain the oneness God desires? Learn to listen, even to those with whom we disagree. "Everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God." James 1:19.

If we want to be right before God and maintain unity as his people, we must be really good listeners. We must also choose to accept others in the same way that Christ accepted us, just as we are (Romans 15:7). It's God's job to bring change in others, which means that sometimes we must choose to agree to disagree in our relationships and focus our attention on things that draw us together.

Amidst all the world's divisions, would you join me in asking God to help us do our part in maintaining the unity he desires for his family? As we commit ourselves to the oneness we have in Christ, a watching world will notice and know without a doubt that Jesus is the son of God. "If possible, so far as it depends on you, be at peace with all men." Romans 12:18.

Update on Fresh Wind Worship

At printing time, we plan to continue virtual services on Sunday mornings; if COVID-19 activity in Black Hawk County continues to drop further, we will announce a date for the return of in-person services.

A recorded service will be livestreamed on YouTube.com (search for Fresh Wind Ministries) each Sunday morning at 10:30 a.m.

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.

Plan to shop the Handcrafted Holiday Sale



Saturday, October 30
9 a.m. – 1 p.m., Diamond Event Center

Invite friends and family to join you in supporting residents who will be selling handcrafted wares. Bring a holiday shopping list – you could find the perfect gifts among 20 booths that will offer items including handmade greeting cards, jewelry, blankets, artwork, woodwork and more! A portion of proceeds will benefit projects funded by Friends of Western Home Communities, to enhance the quality of life of residents.

The Market will also be open from 9 a.m. - 2 p.m. on Saturday, Oct. 30. Be sure to stop by for coffee and pastries or a fresh deli lunch. You'll want to browse all the new gifts and groceries now stocked in our unique shopping venue: unique toys, games and puzzles...home decor....soaps.... gourmet candies and much more!

Villa construction wraps up during busy year for move-ins

In just two years, Western Home Communities, Cardinal Construction and many subcontractors finished work on a new street (Lemongrass Drive), a street extension (Caraway Lane), a connecting street (Savory Lane), and 36 new villas.

Construction of Villas Phase Nine began in late summer 2019 and the last of the new villas will be occupied this month.

So far this year, Western Home Communities has welcomed new residents into **52 homes**:

- 22 - independent living**
- 19 - new villas**
- 11 - existing villas**

Welcome to your new homes and the Western Home Communities family!



Looking south from the corner of Prairie View and Caraway at the final 10 of 36 new villas built the past two years.



ASSISTED LIVING RESIDENTS CELEBRATE IN SEPTEMBER



A national observance got a "Western" Home Communities twist as Stanard Family, Windhaven and Thalman Square residents gathered for fun and games.

NATIONAL ASSISTED LIVING WEEK
SEPTEMBER 12-18, 2021



Chef Phillip uses dry ice to make homemade root beer for the floats at SFAL.



Kenny Hansen, Marlys Cook and Paul McDonald have a fun afternoon at SFAL.



Mardella Hermann tries her hand at Thalman Square's plinko game.



Photo booth fun for Roger Jeyes at Thalman Square.



Sally Morrow plays the Thalman Square version of plinko.



George Michaels and Blanche Haberstich enjoy the party at SFAL.



Enjoying root beer floats at SFAL are, from left, Donna Geary, Shirley Ackerman, Faye Rohwedder and Wilma Barkhoff.



Loma Lusthoff gets in full western mode at Thalman Square's party.

WHC celebrates Western Home Week

Founders opened the doors to Western Home Communities 109 years ago on Sept. 22. To celebrate the milestone, human resources invited employees to dress up each day the last full week of September – mismatched, as twins or superheroes, in flannel or crazy socks or their Sunday best, or with wacky hair. Prizes and goodies enhanced the fun.



Amy Frost (left) and Kelli McCurdy at Martin Suites dress alike and share a strong message.



From left, Darcy Steig, Tia Stoneburner, Dawn Hannum and Jenny Schmidt mix it all up at Madrid Home!



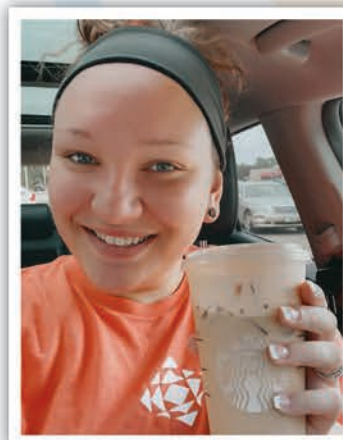
Can you tell them apart? Ray and Irene Kuhlman get in on Twinning Day at Windcove!



Penny Nuss of Windhaven's dining team pairs Valentine's Day socks and Halloween leggings with a Christmas shirt.



Senior Director of Independent Living Cindy Wiles was mismatched from head to toe.



Taylor Meyer, atHome care coordinator, savors a free coffee, compliments of the HR department.

Celebrate October 4-8



The goal of this annual observation is to show the capabilities of older adults and celebrate the benefits of active living at any age.

Daily: WHC Chaplain Devotional, 10 a.m. via Zoom

Monday: Grosse Wellness and Aquatic Center Open House, 1-3 p.m.

- Please wear a mask and social distance.

Tuesday: Western Home Trivia, 2 p.m. via Zoom

Wednesday: Annual Healthiest State Walk (for 30 minutes)

Join at the time that suits your schedule and meet at the door.

- Windcove 10:30 a.m.
- Windridge 10:30 a.m.
- Jorgensen Plaza (NW entrance) Noon
- Willowwood 2 p.m.

Wednesday: "Cooking for One or Two" 6:30 p.m. via Zoom

- This is part 1 of a 6-week "Stay Independent" series presented by ISU Extension.

Thursday: Fall Recipe Exchange, 2 p.m. via Zoom

- If unable to attend on Zoom, recipes can be turned in to resident coordinators or the wellness team.

Friday: Active Aging Week Highlight Video

- Sent via email.

Looking for the Zoom links? Check your email, visit the K4Community Plus app/website, or call/email the wellness team.

Be proactive to stop falls

36 million older adults fall each year; one out of every five falls results in injury, and 32,000 of those falls result in death.

Western Home Communities physical therapist Danialle Draeger, PT, DPT, says plenty of risk factors for falls can be modified. The best ways to reduce your risk of falling are:

Build strength

Just 2-3 sessions per week will help.

Increase range of motion

Stretch your back, hips and lower legs regularly.

Improve posture

Change alignment to impact stability.

Check your gait

Therapy can analyze this, your "sixth vital sign."

Danialle recommends regular exercise, and she reminds us to:

- Complete routine vision, hearing, and foot exams.
- Have a balance screening.
- Review medication side effects.
- Wear sensible footwear.
- Limit alcohol consumption.
- Use an assistive device when unsteady walking without one.
- Communicate openly with our physician or physical therapist if falling or afraid of falling.

Our outpatient therapists can help reduce your risk of falls. Call for an appointment at 319-859-9343.



Wellness news you can use

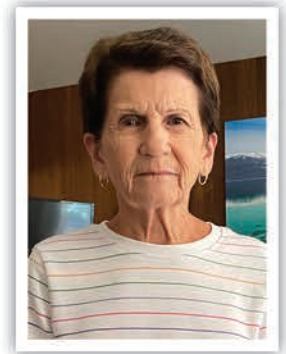
Fitness improvement possible at any age

by Director of Wellness Morgan Lehmann

During the month of September we offered free fitness assessments to Western Home residents and many chose to take advantage to assess their functional fitness. Not surprisingly, those who consistently attend group fitness classes and/or exercise independently showed great improvement from last year's assessment! That's another benefit to the assessments – the ability to gauge progress over time.

"I joined the Wellness Center when I moved to Western Home Communities in 2019. I have been participating in the group fitness classes since then, along with using the machines at the center. A fitness evaluation was offered at that time and a follow-up one done recently. I was happy to see that my fitness has improved! I know that I feel much stronger and I owe it all to the excellent fitness programs that Morgan and Jenna offer!"

Rachelle Yousefi, Prairie Wind



"The wellness and fitness center is an essential part of my exercise regime. Using the machines works pretty much all muscle groups and I enjoy walking the track when the weather is not good. The many Zoom classes provide plenty of variety and help with agility as well as strength. Interacting with the instructors and the other participants keep the classes interesting. I am very glad the Zoom classes have been offered during the pandemic and I hope they will continue as it is easier to take part from home."

Jim Christensen, Villas

WELLNESS RECIPE OF THE MONTH Easy Pumpkin Muffins

Ingredients

- 1 (18.25 ounce) package yellow cake mix
- 1 (15 ounce) can pumpkin puree
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- Optional: chocolate chips, walnuts, cranberries, etc.

Instructions

- Preheat the oven to 350 degrees F, Grease a 12-muffin pan or use paper liners.
- In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg and cloves until smooth. Spoon equal amounts of batter into the prepared muffin cups.
- Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.



Happy October birthday!

Marlys Karkosh	VTH	Oct. 1	Hildegard Fresmann	WR	Oct. 18
Shirley Connelly	VTH	Oct. 3	Bev Fish	VTH	Oct. 18
Marian Larson	VTH	Oct. 3	Carol Cox	VTH	Oct. 18
Sondra Rippel	VTH	Oct. 3	Jim Bowman	TS	Oct. 19
Alvira Morris	VTH	Oct. 3	Dolores Trimble	MS	Oct. 20
Marilyn Boysen	DS	Oct. 4	Jill Mortenson	PW	Oct. 20
Shirley Huffman	WC	Oct. 4	Doris Rottinghaus	TS	Oct. 20
Aurelia Harringa	WC	Oct. 5	Norma Hassman	VTH	Oct. 20
RosaLee Kurtz	WG	Oct. 5	Martha Christensen	CTG	Oct. 21
Doris Hewlitt	WR	Oct. 5	Mary Cordes	WC	Oct. 21
Lee Williams	VTH	Oct. 5	Lois Klatt	WR	Oct. 21
Barb Larsen	VTH	Oct. 5	Richard Hileman	VTH	Oct. 21
Dean Ohrt	PW	Oct. 6	Marilyn Price	VTH	Oct. 21
Dorla Hill	TS	Oct. 6	Bonnie Bessman	SFAL	Oct. 22
Beth Heideman	DS	Oct. 6	Len Tompkins	PW	Oct. 22
Joyce Campbell	WM	Oct. 6	Colleen Johnson	WM	Oct. 22
Chris White	VTH	Oct. 6	Lee Lindgren	VTH	Oct. 22
Marilyn Roudebush	VTH	Oct. 7	Cheryl Anderson	PW	Oct. 23
Janice Larsen	VTH	Oct. 7	Norma Walther	WC	Oct. 23
Roger Ludwig	VTH	Oct. 8	Larabeth Bader	WHAL	Oct. 23
Edward Leonard	WC	Oct. 9	Martha Stanford	VTH	Oct. 23
Phil Heath	WM	Oct. 9	Stan Wood	WHAL	Oct. 24
Jean Bilyeu	WHAL	Oct. 9	Marsha Flater	VTH	Oct. 24
Don Wood	WR	Oct. 9	Cheri Stoneman	VTH	Oct. 24
Mardelle Koch	PW	Oct. 10	Daryl Cameron	MS	Oct. 25
Berwyn Johnson	WC	Oct. 10	Claude Washington	WR	Oct. 25
Dorothy Isakson	VTH	Oct. 11	Denny Craun	VTH	Oct. 25
Dick Michael	VTH	Oct. 12	Loretta Diehl	WR	Oct. 26
Jan Huckstadt	VTH	Oct. 12	Janet Doud	PW	Oct. 27
Richard Berky	MS	Oct. 13	Pam Correll	PW	Oct. 27
Ray Kuhlman	WC	Oct. 13	Fred Henze	WC	Oct. 27
Tom Huss	WM	Oct. 13	Mary Rittgers	VTH	Oct. 28
Murtis Smith	WR	Oct. 13	Karen Eastland	VTH	Oct. 28
Louise Frevert	WR	Oct. 13	Sandy Brasch	VTH	Oct. 28
Elton Green	VTH	Oct. 13	Wanda Chase	WW	Oct. 29
Marv Dillavou	VTH	Oct. 13	Larry Brandt	WC	Oct. 29
Thomas Fuller	DS	Oct. 14	Ken Burrington	WC	Oct. 29
Julaine Kiehn	VTH	Oct. 14	John Maughan	VTH	Oct. 29
Carol Showalter	TS	Oct. 15	Elaine Logue	PW	Oct. 30
Kathy Agness	VTH	Oct. 15	Marilyn Mehlhaus	WR	Oct. 30
William Bright	MS	Oct. 16	Nancy Miller	VTH	Oct. 30
Bill Griggs	VTH	Oct. 16	Jacque Leutzinger	PW	Oct. 31
Doug Herbon	WR	Oct. 17	Eileen Daley	PW	Oct. 31
Irene Kuhlman	WC	Oct. 18	Clair Rowe	WHAL	Oct. 31
Karen Wagner	WC	Oct. 18			

The Market offers new grocery items

Additional shelves for The Market finally arrived after several months of shipping delays created by the pandemic. Manager Eric Cornish quickly filled the space with new items to serve residents, employees and the public.

You'll find old favorites like M&M candies and Campbell's Soup next to unique grocery finds ranging from dense breads to bison bacon bites. The refrigerated deli features a rotating cast of hearty salads, tasty wraps, thick sandwiches and comfort foods like meatloaf and ham balls.

New items continue to arrive, so browse often to see what catches your eye.

Stop by Monday – Friday from 10 a.m. – 5 p.m. to shop or simply savor a cup of coffee.

This area of The Market includes a coffee bar, fresh pastries and a seating area. In the background are more retail items.



On these shelves, you'll find an assortment of chocolate, granola bars, dried fruits, nuts and beef jerky.



New shelves in the foreground feature unique cookies, crackers, juices and sodas. The chilled section offers deli and dairy items, kombucha, cold pop, seltzers, beer and wine, and treats such as Graeter's Handcrafted Ice Cream.

Employee longevity recognized

Congratulations to these three employees celebrating five-year milestones or longevity anniversaries this month! We applaud and thank them for 69 combined years of service to Western Home Communities.

Judy Crew
34 years
Oct. 6
SFAL Secretary



Amy Frost, RN
25 years
Oct. 16
Martin Suites Nurse
Mentor



Wendy Ager, RN, BSN
10 years
Oct. 21
System Integrity
& Regulatory
Compliance Officer



Transportation dept. creates fanfare for driver

When COVID-19 tries to spoil a much-deserved party, you figure out a way to do it safely.

Jim Boleyn drove vans and buses at Western Home Communities for 9 ½ years, taking hundreds of residents on thousands of appointments.

Supervisor Chris Ravn and scheduler Tasha Rogers hatched a retirement drive-by in lieu of a luncheon. The normally quiet, reserved (??) transportation employees honked and raucously brought the neighborhood's attention to Jim as he was presented with retirement thank yous outside of his home.

Thank you, Jim, for your dedicated service and best wishes on your retirement.

Meet our Employee of the Month, Kirbi Heiple

Kirbi joined the Western Home Communities family in April 2009. She works as a certified medication assistant and resident assistant at Windhaven Assisted Living.

Here are a few things that were said about Kirbi:

- Kirbi 100% has a servant spirit.
- She is always cheerful and takes on any task asked of her without complaint.
- Kirbi has taken on a leadership role with helping Windhaven resident assistants to become comfortable as medication managers.
- She is patient and kind.

Your Western Home Communities family congratulates you, Kirbi, on being named our Employee of the Month for September 2021.



To keep Jim safe, Chris presents a gift to Jim's family member as Jim watches from his seat.

Note of appreciation

We thank you for the lovely red rose after Dad's death. Special thanks to the staff at Stanard Family Assisted Living for their care and concern. *Lloyd Loonan's family*

Our thanks to so many people who provided care and companionship to Rick during his time at Prairie Wind, Thalman Square and Deery Suites. Rick appreciated every person he interacted with. As his family, we are thankful for the care, positive comments, and the red rose and presence of staff and WHC friends at his funeral. The Prairie Wind dining staff also helped ease a difficult time in their planning and serving food that day. Thank you all for your thoughtfulness. *Bea Koontz and family*

We would like to thank all of you for the concern, patience, care and friendship that our mother, Margo, received during the time she was with you. She was very grateful for the support you gave her. *In gratitude, the Kilbourn family*

Thank you for the support, the beautiful red rose and your presence during the time that was so needed, at the passing of my wife. The Western Home people are so much like a family. Thank you for being there when we so needed your love. Blessings to all. *In God's grace, Ken Earnest*

Thank you so much for the red rose you sent for Dad's service. Thank you for sharing our grief. *The family of Jim Jorgensen*

So appreciative of the beautiful red rose sent in memory of Gene. I am so blessed to have such a caring community at this difficult time, surrounding me with support and love. Thank you all! *LaVerne Puetz*

Thank you very much for the lovely flowers sent to Mom's visitation. They were a good reminder of the caring staff who assisted her during her time at Windhaven and at Deery Suites. *The Lois Koester family*

Thank you for the lovely red rose you sent for Dad's funeral. Your thoughtfulness was truly appreciated. *The family of Glenn Wiebke*

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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.

In sympathy

Olga Tidwell, CTG	Sept. 18
Diana Brandt, WC	Sept. 15
Bob Hamer, WG	Sept. 12
Rocky Stone, WHAL	Sept. 10
Joyce Van Deest, CTG	Sept. 9
Larry Wagner, WC	Sept. 2
Rick Koontz, DS	Sept. 1
Gene Puetz, WC	Aug. 29
Duane Drenner, CTG	Aug. 28
Dorothy Wienberg, WHAL	Aug. 26



WesternHome
communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

www.WesternHomeCommunities.org

October Weekly Specials

**\$1 OFF
Your
Meal***

October 5 – 8



STREET TACOS

Two tacos, Guajilo Chile sauce, onions and cilantro with your choice of chicken, beef, or fish.

October 12 – 15



CHICKEN SANDWICH

Choice of breaded or grilled Bell & Evans chicken breast with lettuce, tomato, onion and served on toasted bun. Sauce on the side: Tennessee hot chili, house-made ranch, or house-made honey mustard.

October 19 – 22



FRENCH TOAST

Golden egg-washed bread with sprinkled powdered sugar and maple syrup.

October 26 – 29



ROASTED SHRIMP & ASPARAGUS SALAD

Roasted shrimp served on a bed of artisanal lettuces and topped with asparagus tips, shaved Parmesan and house-made orange vinaigrette.

Pub open Tuesday through Friday 11 a.m. to 6 p.m.

For carryout, call 319-859-9342.

**Alcohol excluded. No other discounts apply.*

GILMORE'S
EST. **PUB** 2018