

*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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## Foundation awards seven scholarships

Donor-supported scholarship funds through Western Home Foundation have been put to good use this fall as seven employees were awarded a total of \$17,000 to use for continuing education.

“Reading the scholarship applications makes you feel good about our employees and especially about our future workforce,” says Chief Operating Officer Jerry Harris, who leads foundation efforts. “It’s really a privilege to make these awards and it is happening because of many donors who believe in our employees and want to support them in reaching their educational goals.”



*Tabitha, left, and Katryna, right, with Martin Suites administrator Bethany Wentink.*

### Mary Taylor Health Sciences Scholarship

The fund named in honor of the late Director of Development grew enough to award two \$5,000 scholarships this year. Both recipients work at Martin Suites, the nursing home on the original downtown campus.

Katryna Hauser is a CNA who works 24 hours/week while taking nursing classes at Hawkeye Community College; she starts at Allen College in January. Her brother has needed continuing medical care throughout life and that greatly impacted Katryna’s desire to make a difference for others. She joined Western Home Communities two years ago and working as a CNA brings her great satisfaction, happiness and pride, even when it’s stressful. “Being able to help someone and improve their life is something that is meant for me,” she says.

Tabitha Reuter, LPN, is the infection preventionist and a second-time awardee of this scholarship. She has worked at Martin Suites for 14 years and plans to continue there for many more years, soon with her RN license. She will graduate from Hawkeye Community College next May. Tabitha is grateful that the Mary Taylor Scholarship awards have paid for her two-year program with no need for loans. As a single mom, she’s proud to show her three children that hard work and dedication can help you achieve your goals.

*Continued on page two*



Continued from page one

### Nell Wilson Family Scholarship



Ryan, left,  
with Nell  
Wilson.

This new fund made its first award of \$2,000 to Ryan Spragle. Her work as a CNA at Nation

Cottage convinced Ryan that nursing is her dream job, and she plans to receive her RN from Hawkeye Community College in Dec. 2024. She works up to full-time hours while juggling classes. Ryan is regarded by supervisors as self-motivated, patient, compassionate, competent and reliable. She's grown in her confidence and now trains new employees, where she demonstrates knowledge and good communication skills.

### Frances Peterson Scholarship

Sierra Loger and Britney Borcharding, both CNAs at Nation Cottage, received \$1500 each from the Frances Peterson Scholarship fund and also \$500 each in general scholarship awards as they pursue bachelor's degrees in nursing (BSN).



Britney started working on the WHC wait staff during high school and discovered she loved working with older adults. She pursued her CNA certification in 2018 and started providing care at The Cottages. Britney graduated with her BSN

from Allen College in 2021 and is now pursuing a doctorate in nursing practice. She knows there is a need for providers to work specifically with older adults and people living with dementia, and she plans to make that her life's work.

Sierra joined Western Home Communities in 2019, first at Caraway Café and then Windhaven before moving to The Cottages when she obtained a CNA

license. Sierra naturally likes to care for people and volunteer. She says all her experiences at WHC fostered her love of health care and working with an older population. Sierra wants to work in some type of geriatric nursing after completing her degree at Allen College in 2024 and plans to stay in the Cedar Valley.



### General Scholarships

Paige Frahm, a CNA at Nation Cottage, loves science of all kinds. She job-shadowed at Allen Hospital and decided medical science was for her. She joined Western

Home Communities nearly four years ago as a resident assistant at Windhaven and learned about caregiving. She received her CNA credentials and moved over to Nation Cottage, where she embraced the new challenge of working with people living with dementia. Paige is a biomedical major at UNI and plans to become a physician assistant (PA).

Jamie Thoma, an atHome caregiver, attends the University of Iowa and is majoring in neuroscience with plans to become a PA. Jamie always wanted a career in the medical field and joined atHome more than a year ago, where she has come to deeply care about her clients. Her experiences as a caregiver have helped her meet other people's needs, become more patient and grow her compassion. Jamie says she has also learned to really listen, a quality that will serve her well as a PA.



***Congratulations to all of these deserving scholarship winners!***



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 Sept. 7, 2022.

**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:***

**Vern Cordes**

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**Margery Andrew**

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**Other Gifts**

Dr. Richard & Connie Frankhauser  
Karla Foust  
Jerry & Marian Larson  
Kathleen Niedert  
Chad & Cindy Wiles

## Invite friends to the Handcrafted Holiday Sale

Shop a variety of handcrafted items made by fellow residents on **Oct. 29 from 9 a.m. to noon at Diamond Event Center.**

Proceeds benefit the projects funded by Friends of Western Home Communities.

The Market at Jorgensen Plaza will also be open during that time and Gilmore's Pub regularly opens at 11 a.m. on Saturdays, so make a morning of it and enjoy lunch afterward!



**BACK  
TO  
SCHOOL**

## VOLUNTEER OPPORTUNITIES AVAILABLE

Want to help students learn? We have two opportunities available

for residents, one with high schoolers and another with elementary students.

Our Partner in Education, Lincoln Elementary in Waterloo, needs people who will listen to second graders read on Friday afternoons.

Our long-time partner, the CAPS program (Center for Advanced Professional Studies), matches an older adult with a high school student for a getting-to-know you, intergenerational experience. This requires a one-hour weekly meeting with the student currently held online via Zoom.

Contact Director of Lifestyle Enrichment Carolyn Ayers to express interest in either option. Email her at [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) or call 319-222-2048.





## 25th Annual Golf Outing brings in record amount

Scholarship funds for future health care workers got a big boost on August 29 as golfers raised more than \$70,000 at the Western Home Foundation's 25th Annual Golf Outing, held at Beaver Hills Country Club in Cedar Falls.



**WesternHome**  
foundation

### Special thanks to all the sponsors who supported the event:

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# Friends

OF WESTERN HOME COMMUNITIES

## Crowd proves they were hungry for breakfast, socializing

More than 400 breakfast-goers eagerly returned to the Diamond Event Center on Sept. 10 for the first in-person breakfast since 2019, sponsored by Friends of Western Home Communities.

Thank you to all our sponsors and diners who helped raise nearly \$19,000 to fund future quality-of-life projects that benefit residents of Western Home Communities.



*Bob and Doris Hewlitt and Lorraine Tonn sit down to a hearty breakfast of eggs, ham, potatoes and cinnamon rolls.*

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Susan and Jim Steffy  
Darlene Surface (*in memory of Vern and Mary Cordes*)  
Al Tapper  
Sonya Thrall  
Jeanne Thuesen  
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Christie and Dick White  
Cindy and Chad Wiles  
Rachelle Yousefi



*Mike Seavey and Bonnie Bickett pose for a quick photo while volunteering at the Friends Breakfast.*





## Chaplain's Corner: Hide yourself in Christ

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

A verse I have used often in my ministry, especially during my student ministry days, is Luke 2:52: "And Jesus grew in wisdom and stature, and in favor with God and man." It is the only verse in the Bible that references the life of Christ between the ages of 13 and 30. There is a lot in Scripture written about the public ministry of Jesus in his last three years: his miracles and teachings, the calling of the disciples, all the way through to his crucifixion and resurrection.

It is amazing to me that for 30 years, the life of Jesus was quite hidden to us! However, the verse above tells us that something important was going on: He was growing! According to Luke, we know he was maturing in the four areas we can read above. And, it is clear those "hidden" years prepared him for what God wanted him to accomplish during his time on earth!

I'd like to bring a reminder to all who read this: There is great spiritual value in the unseen actions and in the unseen places where we live out our walk with the Lord. It is often in times of hiddenness where the heart and life of God most deeply touches and transforms us - unto the following of his purposes, not ours.

Even in an organization such as Western Home Communities, there can be so much public and outward pressure and "noise." Social events, the internet, our busy schedules, all the information and requests thrown at us every day - they often choke out of our daily lives any time of quiet and privateness in our faith journey. Even in the church we make all kinds of public demands for believers to constantly be "on" or outwardly focused.

Yes, it is important to share in the public fellowship of a worship service and Christ-centered faith community, but I pray that we would also be convinced that it is in the hiddenness of a discipleship journey with Jesus where we learn most deeply about the Lord, where we become truly dependent on him, where we are nourished and comforted by him and where we come to trust and believe that he knows what he is doing. And he does!

## Schedule for in-person worship services

Fresh Wind Worship is currently held at Diamond Event Center on the first and third Sundays of each month. Upcoming services will be October 2 and October 16 at 10:30 a.m.

Each independent living community will also host an in-person worship service during the first and third weeks of each month. Each IL community will host a Bible study during the second and fourth weeks of each month.

Check community calendars for specific times and locations.



## Correction

Our August Chaplain's Corner was written by Chaplain Garry Moore, not Christie Moore. We apologize for the mistake!



# Scenes of September

*An outdoor carnival at Windhaven gave residents a chance to test their skills at various games, and have fun doing it!*



*A baby grand piano arrived in its new home, the Windgrace living room, and the former owner played a few tunes before parting ways. The purchase was made possible by Friends of WHC, Fresh Wind Ministries and the foundation.*



*Loma Lusthoff of Thalman Square shows off the visor she decorated, a craft that was part of the activities during National Assisted Living Week.*



*Tom Eastman poses for a photo, part of a fun, donut-themed day at Thalman Square.*

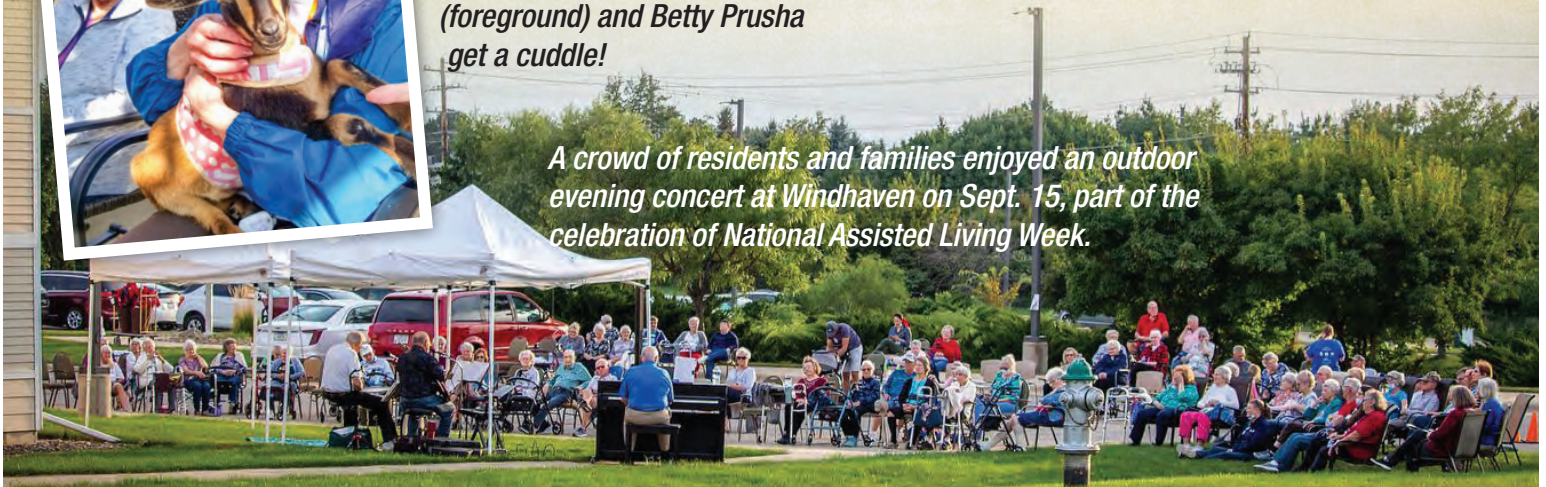


*A group of high school CAPS students gets to know Mary Van Hauen at Willowwood when they sponsored a gathering to kick off the new semester of intergenerational partnerships.*



*Gloria the goat visited Thalman Square residents as part of National Assisted Living week in September. Janet Lynch (foreground) and Betty Prusha get a cuddle!*

*A crowd of residents and families enjoyed an outdoor evening concert at Windhaven on Sept. 15, part of the celebration of National Assisted Living Week.*







## Villa residents plant prairie on their farm for soil conservation

An interest in Iowa's native prairie grasses prompted villa residents Jerry and JoAnn Kramer to attend the open house when UNI's Tallgrass Prairie Center first opened nine years ago. Soon after, the Kramers got a call asking if they'd want to be one of several farm families using prairie strips as a way to combat soil erosion.

Jerry and JoAnn's families had always practiced soil conservation on their childhood farms. "We were blessed with ancestors that had some conservation practices that we could pick up on and expand upon. They were good examples for us," says JoAnn. In the 1940s, Jerry and his dad would walk to the prairie at the northeast corner of their farm in the spring looking for shooting stars, a native wildflower. The patch of prairie was about the size of a football field and had never been plowed under.

Even still, the prairie strips – planted and maintained by UNI students and AmeriCorps volunteers – have been a learning process. They're about two acres each and parallel to each other.

The Kramers appreciate the expertise and resources offered by the Tallgrass Prairie Center. Jerry and JoAnn rent their farmland but still maintain an active interest in the land, the



*JoAnn and Jerry Kramer in their villa garden which includes milkweed, a native Iowa plant.*

prairies and the students who are involved. "It's fun to meet and visit with them and see what they're doing and what they say about the whole thing," Jerry says.

One noticeable benefit of the prairie project? Before, Jerry said they hadn't seen pheasants on the farm for about ten years. Now the birds have gradually returned; he has spotted them every once in a while. The Kramers also enjoy how the color of the prairie changes every year; this year it was mostly yellows.

"I hope future generations continue the efforts," Jerry muses. "It's helpful to the land and also beautiful."



*Wildflowers growing in the prairie strip at the Kramer's farm.*

*Jerry and JoAnn Kramer's prairie strips on their farm in Black Hawk County.*



## Villa resident excels as multi-sport athlete

A naturally talented and competitive villa resident ended the summer of 2022 with flair: In August, Margene Grady won her *third* Super Senior Women's Amateur title at the 57th annual championship at Lake Panorama, and then her team overthrew the reigning champions to win the 61st IGA Women's Club Team championship by one stroke.

That's not all: Margene also shot her first hole-in-one on an Iowa course while playing at Waterloo's Gates Park. She got her first ace last December in Florida.

She started the summer with her and her teammate's fifth win of the Iowa Golf Association Women's Four-Ball Championship in the senior flight. Just three years ago, in 2019, Margene made Iowa women's senior amateur history by winning both division titles, Iowa Women's Senior Amateur and Super Senior, at once.



*Margene shares one of her favorite golfing awards, her 2013 double eagle.*

When asked about her athletic talent, Margene modestly explains, "I was always active on our family farm growing up." But it wasn't until her 20s that she tried the games of golf and bowling.

"We didn't even have a golf course in my hometown of Tripoli. It was a colleague from work who invited me to my first game and

showed me how to play," Margene explains. That was all it took for her to get hooked on the game. She bought her first set of clubs from a rummage sale.

She picked up bowling the same way as golf, on her own – by bowling a lot. Eventually, she was asked to join a league and still bowls in a league in Florida, where she and her husband, Tim, spend the winter months. Her induction into the Iowa State US Bowling Congress (USBC) Hall of Fame in 2020 was the culmination of many years in league bowling, plus state and national events.

Amongst all her golf tournament wins, Margene prizes her 2013 double eagle the most. That's three-under-par, sometimes called an albatross, and it's more rare than a hole-in-one. According to an article in the Austin Statesman, about 40,000 golfers hit a hole-in-one each year in the U.S.; only 200 make a double eagle.

Margene and Tim are members of Fortified Life, the WHC program that protects financial assets while helping members age independently. And you might guess Margene's goal for successful aging: "I just want to golf for as long as I can."



*Margene at her villa before heading out for a game of golf.*



## The power of positive thinking

by *Wellness Coordinator*  
*Grace Budde*

Cooler weather has arrived! As much as I love fall, there is the downside of less sunlight. This takes away that production of vitamin D, which can negatively impact our mental health. So I challenge you to start replacing negative thoughts with positive sentiments.

### What is positive thinking?

When I refer to positive thinking, I am not talking about denial – acting like nothing in life is ever bad. There are difficult situations, people or things that happen. It is okay to acknowledge this. But letting that one difficult thing affect your whole day or mindset is what can be harmful. Try to figure out the positive in every situation, as much as possible.

### How does positive thinking help me?

When you rewire your thinking, it provides a better quality of life and even increases your lifespan! Better stress management helps lower

your blood pressure, which puts you at lower risk of a heart attack. This can help with your mental health, too. You could think more clearly, become more creative and experience less depression as a result.

### Steps to more positive thinking.

So how do you start? This is my favorite challenge: Every time you catch yourself thinking, “Are you serious right now?” simply stop yourself and come up with a positive aspect of the situation. This is called reframing.

Another way to start thinking more positively is by keeping a gratitude journal. When you intentionally set aside time to record all the positives in your life, you tend to start spotting those first. One study showed people who kept such a journal actually slept better. (I sure could use those extra Z’s!)

Lastly, focus on your strengths and act on them. This helps boost your mood by focusing on things you’re good at.

Try implementing one of these strategies and see if positive thinking doesn’t help get you through the melancholy of changing seasons.

## Physical therapy helps you move better



October is National Physical Therapy Month and this year’s observance focuses on the theme of Choose to Move. Physical therapists are movement experts who can help you:

- Relieve pain
- Manage chronic conditions
- Recover from injury
- Assist with balance
- Prevent falls
- Move better

The physical therapists at Western Home Communities can come to your home or provide services at Jorgensen Plaza. Call 319-859-9343 to learn more and schedule an appointment. Celebrate Physical Therapy Month by taking this step to improve your quality of life!



## Massage therapy program grows at Western Home

Another experienced therapist, Rose Stone, has joined Ann Pixler, our massage therapist of seven years. They both offer massage therapy to residents and employees by appointment.

### Ann Pixler, BS, LMT

Ann uses an array of Swedish techniques to effectively relax and release areas of muscular tension which cause discomfort and pain. She has been helping people feel their best through massage since 1989. Ann's focus is on wellness and enhanced quality of life. Each session is specifically tailored to individual needs and privacy is respected with professional draping.

### Rose Stone, LMT

Rose began her career 21 years ago. Rose thrives on providing individualized massage therapy that includes tailoring to the pressure you desire to relax and feel your best. Rose loves being able to provide clients with an amazing experience, making individuals feel better, and allowing her massages to benefit the body in the best way possible. Welcome, Rose!



*Massage therapists, Rose Stone (left) and Ann Pixler.*

## Meet the massage therapists at an open house

**Tuesday, October 18  
1 - 3 p.m.**

### Windridge Massage Studio

(Turn right, go past the patio café and the aquarium/game room, then follow the hallway to the right.)

## Take your recreation inside this fall



As cooler temperatures arrive, stay active inside at the Grosse Aquatic & Wellness Center in Jorgensen Plaza.

Membership is \$150/year for residents of Western Home Communities, and provides full access to both the aquatic and wellness centers from 6 a.m. – 9 p.m. daily.

The heated pool includes a zero-depth entry for easy access, lap lanes and a circular current channel for resistance walking. Aqua stretch classes are offered daily.

The fitness center includes a walking/jogging

track, air-pressurized strength training equipment, free weights, NuSteps and stationary bicycles.

Members can bring family members as guests with a pass for \$5/day. Members can also bring guests to a free family swim on Saturday mornings and Sunday afternoons.

Contact wellness coordinator Hannah Collier at 319-575-5304 or Grace Budde at 319-859-9384 to join. Or email [grace.budde@westernhome.org](mailto:grace.budde@westernhome.org) or [hannah.collier@westernhome.org](mailto:hannah.collier@westernhome.org) (annual fee is prorated through the end of the year). Just want to take classes? Ask about a class pass.

Visit [www.westernhomecommunities.org/the-grosse-aquatic-and-wellness-center](http://www.westernhomecommunities.org/the-grosse-aquatic-and-wellness-center) for more information and a virtual tour. A wellness calendar is posted on the resident portal.

## Support available for family caregivers of people living with dementia

Dementia care throughout Western Home Communities focuses on creating moments of joy for the person living with a dementia diagnosis.

For loved ones navigating the challenges dementia can bring into their lives, a support group helps them improve coping skills, reduce stress, connect with others in similar circumstances and realize they're not alone.

"We started this group shortly before the pandemic hit and it was a more structured program, with speakers and an educational component for in-person meetings," says Hollie Beem, household coordinator at Thalman Square. Then the group shifted to weekly Zoom meetings. "That actually works well because caregivers don't have to leave their homes to attend."

This summer, caregivers and their loved ones have together attended monthly gatherings at the Prairie Parkway Garden behind the UnityPoint Clinic.

"This is a more social, activity-based opportunity," Hollie explains. "We do a fun group activity and Rich Congdon offers a program about the current stage of the garden."



*John and Sally Jordan share pesto on toast during a summer outing to the Prairie Parkway Garden.*



*Caregivers meet regularly in person and online via Zoom.*

Rich, a villa resident, established the garden as a Lions Club project. He recently offered caregivers a separate evening meeting, where he made a meal with garden bounty and they discussed the importance of mindfulness and meditation in caregiving. The group then asked to keep having similar gatherings and they'll do so in the winter months at a UnityPoint classroom.

"This group needs to gather to share stories of caregiving and even cry about their challenges, and we can do this around a common bond of gardening," Rich explains.

The support group for caregivers or loved ones of people living with dementia is open to all residents; it includes people caring for someone in their villa or apartment, or even having a spouse who has moved to a higher level of care.

"The most important thing about it, I think, is that people realize they're not alone in this," Hollie says.

If you want to join or get more information about this support group, call Hollie at 319-277-2141 or email [hollie.beem@westernhome.org](mailto:hollie.beem@westernhome.org).





## Happy October birthday!

Marlys Karkosh	VTH	Oct. 1	Colleen Moody	WHAL	Oct. 16
Shirley Connelly	PW	Oct. 3	Douglas Herbon	WR	Oct. 17
Marian Larson	VTH	Oct. 3	Carol Cox	VTH	Oct. 18
Alvira Morris	VTH	Oct. 3	Bev Fish	VTH	Oct. 18
Fran Pashby	TS	Oct. 3	Hildegard Fresmann	WR	Oct. 18
Sondra Rippel	VTH	Oct. 3	Karen Wagner	WC	Oct. 18
Shirley Huffman	WC	Oct. 4	Jim Bowman	CTG	Oct. 19
Aurelia Harringa	WC	Oct. 5	Norma Hassman	VTH	Oct. 20
Doris Hewlitt	WR	Oct. 5	Jill Mortenson	PW	Oct. 20
RoseLee Kurtz	WG	Oct. 5	Doris Rottinghaus	TS	Oct. 20
Barb Larsen	VTH	Oct. 5	Martha Christensen	CTG	Oct. 21
Lee Williams	VTH	Oct. 5	Richard Hileman	VTH	Oct. 21
Joyce Campbell	WM	Oct. 6	Lois Klatt	WR	Oct. 21
Dorla Hill	CTG	Oct. 6	Marilyn Price	VTH	Oct. 21
Dean Ohrt	PW	Oct. 6	Bonnie Bessman	WHAL	Oct. 22
Chris White	VTH	Oct. 6	Colleen Johnson	WM	Oct. 22
Ken Wilson	MS	Oct. 6	Lee Lindgren	VTH	Oct. 22
Jan Larsen	VTH	Oct. 7	Cheryl Anderson	PW	Oct. 23
Marilyn Roudebush	VTH	Oct. 7	Martha Stanford	VTH	Oct. 23
Roger Ludwig	VTH	Oct. 8	Norma Walther	WC	Oct. 23
Jean Bilyeu	WHAL	Oct. 9	Marsha Flater	VTH	Oct. 24
Ed Leonard	WC	Oct. 9	Cathy Reindl	VTH	Oct. 24
Don Wood	WR	Oct. 9	Cheri Stoneman	VTH	Oct. 24
Berwyn Johnson	WC	Oct. 10	Stan Wood	WHAL	Oct. 24
Mardelle Koch	PW	Oct. 10	Denny Craun	VTH	Oct. 25
Dorothy Isakson	VTH	Oct. 11	Claude Washington	WR	Oct. 25
Jan Huckstadt	VTH	Oct. 12	Loretta Diehl	WR	Oct. 26
Linda Mahncke	WR	Oct. 12	Pam Correll	PW	Oct. 27
Dick Michael	VTH	Oct. 12	Janet Doud	PW	Oct. 27
Dick Berky	MS	Oct. 13	Fred Henza	WC	Oct. 27
Steve Brown	WC	Oct. 13	Sandy Brasch	VTH	Oct. 28
Marv Dillavou	VTH	Oct. 13	Karen Eastland	VTH	Oct. 28
Louise Frevert	WR	Oct. 13	Mary Rittgers	VTH	Oct. 28
Elton Green	VTH	Oct. 13	Larry Brandt	WC	Oct. 29
Ray Kuhlman	WC	Oct. 13	Ken Barrington	WC	Oct. 29
Rod Dostart	VTH	Oct. 14	Wanda Chase	WW	Oct. 29
Thomas Fuller	DS	Oct. 14	Elaine Logue	PW	Oct. 30
Julaine Kiehn	VTH	Oct. 14	Nancy Miller	VTH	Oct. 30
Kathy Agness	VTH	Oct. 15	Eileen Daley	PW	Oct. 31
Bill Bright	DS	Oct. 16	Carole Joblinske	WG	Oct. 31
Patricia Brockway	MS	Oct. 16	Jacque Leutzinger	PW	Oct. 31
Bill Griggs	VTH	Oct. 16	Clair Rowe	DS	Oct. 31

## Congratulations!

The following employees celebrate their service to Western Home Communities this month. Please thank them for their dedication!



**Nia Bailey**  
5 years  
October 2  
RN, Nation Cottage



**Judy Crew**  
35 years  
October 6  
Secretary,  
Windhaven



**Jim Nadeau**  
5 years  
October 23  
Executive Chef for  
Jorgensen Plaza



**Amy Oburra**  
5 years  
October 23  
Hospitality  
Coordinator,  
Martin Suites



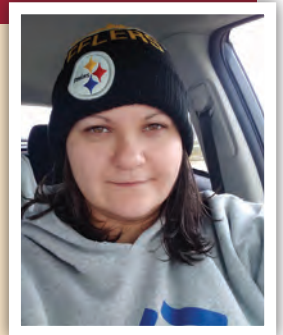
**Brooke Kressin**  
5 years  
October 30  
HR Generalist



**Danielle Wells**  
5 years  
October 30  
Physical Therapy  
Assistant



## Meet our Employee of the Month, Elvisa Sakanovic



**Elvisa** joined the Western Home Communities family in August 2020 and works as a home health aide for atHome with Western Home.

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

- Elvisa always goes above and beyond.
- She is very reliable and will pick up extra clients.
- Elvisa treats everyone she meets fairly.
- She communicates with the atHome office whenever she has any questions or concerns.
- Elvisa goes out of her way to make sure clients' needs are met, working all different shifts and picking up last minute whenever she can.
- She never leaves a client unsatisfied; every client wants Elvisa to be their regular person.

Your Western Home Communities family congratulates you, Elvisa, on being named our employee of the month for September 2022.



## We're on Instagram

@westernhomecommunities is where you'll find content on our newest social media page. Check it out! Facebook users, we're still busy on that page – just adding Instagram to reach another audience. Engage with us on your favorite platform!



## Notes of appreciation

We want to thank the staff at Deery Suites for your loving, compassionate care for Bob during his last weeks, the chaplains for your many visits, and the Western Home staff for the beautiful rose in his memory.

*The family of Bob Emmert*

Thank you for the bud vase and rose at the time of Melvin's passing. It was much appreciated. A special thanks is due to the staff of Deery Suites and Beth, Martha, Meghan and Maryury of Nation Cottage. Our family is grateful for all you did for our dad, father-in-law, grandpa and great-grandpa. *The family of Melvin Reimer*

## Church shares WHC history



Demolition is underway of a 1915-built church at 9th and Clay that has a connection to the founding of Western Home Communities.

The structure replaced the German-speaking Evangelical Association church that had stood on the site from 1858 and was attended by the family of Heinrich and Barbara Pfeiffer. The



Bavarian-born immigrants raised 10 children in Cedar Falls, some of whom donated the family land in 1911 to the Evangelical Association for purposes of building a home for older adults.

## BOARD OF DIRECTORS

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### 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 Hudwalker Bowman, editor, at (319) 859-9337 or [linda.bowman@westernhome.org](mailto:linda.bowman@westernhome.org).

## In sympathy

Murtis Smith, DS	Sept. 20
Harlan Weltzin, DS	Sept. 18
Frances Dillon, DS	Sept. 12
Tom Huss, WM	Sept. 8
Dennis Mitchell, PW	Sept. 7
Eldora Sturm, DS	Sept. 7
Barbara McGovern, DS	Sept. 2
Lila Epling, MS	Sept. 1
Dorothy Haskins, MS	Aug. 22
Vern Cordes, DS	Aug. 19



**WesternHome**  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

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

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## Savor a taste of fall at Gilmore's

*Now open Tuesday – Saturday, 11 a.m. – 8 p.m.*

Featuring a seasonal dessert menu:



### **Cranberry Tart**

House-made tart shell filled with flavorful cranberry compote and topped with whipped cream. \$6



### **Apple Cider Crème Brulee**

Classic crème brulee infused with fall spices and garnished with an apple chip. \$6



### **Pumpkin Cheesecake**

A savory slice dusted with cinnamon and garnished with whipped cream. \$7

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