

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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Deadline approaches for dementia expert Teepa Snow

Sign up today for her June training in Cedar Falls

As a professional or family care partner for someone living with brain changes from dementia, have you ever felt:

- ▶ Confused when your efforts to help don't work?
- ▶ Overwhelmed trying to keep up with it all?
- ▶ Tired and stressed, wondering if you're up to the job?

One day of training with Teepa Snow helps you understand what's happening to the brain and learn practical tips you can put to use immediately. She engages audiences with humor and interaction throughout the day.

"Teepa is really the most highly regarded and in-demand speaker on dementia across the country and even internationally," says CEO Kris Hansen. "Her schedule is jam-packed so I'm thrilled that she can be in Cedar Falls for the first time in several years. I promise it will be the most useful day of learning and training you've ever had."

This training promises to help caregivers:

- ▶ Become more confident.
- ▶ Have more meaningful interactions.
- ▶ Find balance and reduce stress.

Teepa will present the same material, "Best Practices in Dementia Care," on both June 11 and 12 so more people can attend. The price for the 9 a.m. – 4 p.m. session includes refreshments and lunch, plus six continuing education units (CEUs) for health care providers.

Choose your date and register at westernhome.org/Teepa by May 31.

Thanks to sponsors The V. Carole Martin Fund for Dementia Education, Friends of Western Home Communities, Martin Bros. Distributing, Trio Pharmacy and VGM Education.



Teepa engages her audience throughout the presentation.



Panthers on Parade coming to south campus

Get ready for some fun photo opportunities!

WHC will show its support for the University of Northern Iowa as one of 27 community locations for Panthers on Parade. A six-foot tall, painted fiberglass version of mascot TC will take up residence near Gilmore’s Pub main entrance from early May until after October’s homecoming weekend.

The mascot on campus is titled “Ever Loyal” and will be painted by UNI graduate Sara Fitzgerald. Watch for it to arrive in early May.

For a complete list of mascots, sponsors, locations and artists, visit cedarfallstourism.org/panthers-on-parade. Or you can search social media for the hashtags #panthersonparade and #TCintheCV.



UNI grad Sara Fitzgerald will paint three of the Panther mascots, including the one to be placed near Gilmore's Pub entrance.
(Photo courtesy Cedar Falls Tourism.)

Sturgis Falls parade is a go for 2024



The weekend celebration’s theme is “Making Memories.”

Western Home Communities will again be part of the parade on Saturday, June 29. Save the date and plan to participate.

Transportation will be provided to the staging area and back to campus after the parade. Watch for more details to be provided at resident update meetings and in the June Journal.

Sturgis Falls parade 2023





Friends

OF WESTERN HOME COMMUNITIES

Friends of Western Home Communities: enhancing the lives of residents

It's Friends' mission to enhance the lives of Western Home Communities residents. This is done through educational programs, social events, volunteer opportunities, and funded requests.

Funding comes from individual donations and from events like the annual Friends Breakfast in the fall and a new event this month, Spring Swing. Funds raised have been used to purchase LifeLoop technology at Thalman Square, training equipment for nurses, a replacement aquarium at Windridge, a TV/video player at Prairie Wind, lobby furniture at Jorgensen Plaza and more.

Residents can volunteer to serve on Friends committees that include programming, spring and autumn fundraising events, new resident welcome committee and the board of Friends.

If you're a resident of Western Home Communities, then you're a Friend! To learn more or volunteer, contact Director of Lifestyle Enrichment Carolyn Ayers at (319) 222-2048.

May program focuses on Iowa's Prisoners of War

Author Linda Betsinger McCann enjoys researching, writing and sharing about Iowa's little-known history. She'll discuss what she discovered when she wrote, "Prisoners of War in Iowa."

Monday, May 6 ■ 10:30 a.m. ■ Windridge dining room

Iowa housed about 25,000 German, Italian and Japanese prisoners of war from 1942 to 1946, who worked in farm fields, canning factories and various other places. Friends of WHC will purchase a copy of Linda's book on POWs in Iowa for each independent living community library. For those interested, Linda will have copies of her books for sale for \$20 each; cash or check only.

SPRING SWING

with Cedar Valley Big Band

Thursday, May 16
6:30 - 8:30 P.M.
Diamond Event Center

\$12/person
cash bar | dessert buffet | dancing

Friends
OF WESTERN HOME COMMUNITIES

Tickets are available
for purchase at
the front desk of
Jorgensen Plaza
(cash or check).



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 Apr. 12, 2024. For information on supporting Western Home Foundation, contact Director of Administrative Services Susan Steffy at susan.steffy@westernhome.org or (319) 222-2022.



WesternHome
foundation

In memory of:

Michael Blevins

Pat & Carol Brickley
Larry & Sandy Fox
Richard &
Pamela Hileman

Janet Burrington

Edward Leonard
Juanita Rekers

Robert Hogan

Marcia Colwell
Louise Odle

Barbara Kirkle

Richard &
Pamela Hileman

Miriam Krallman

Joan Baumgartner
Marcia Colwell
Ron & Laverne
Kelderman
Lois Klatt
Barb & Roger Kueter
(for Mary Taylor
Scholarship)
Robert & Linda
Mahncke
Marlene Rasmussen
Robert & Joanne Tefft
(for Alice
Isenhower Fund)

Jim Mudd

Rosemary Beach

Larry & Sandy Fox

Robert & Joanne
Tefft (for Mary
Taylor Scholarship)

Lester Nighswonger

Agnes Berky

Jo Potter

Willard & Kay Jenkins
Louise Odle

Don Walton

Edward Leonard

**Mary Taylor Health
Sciences Scholarship**

Phyllis Steele

Child Care

Scholarship Fund

Gene & Janet Sandell

Employee

Appreciation Fund

Lucinda Klodt
Denise Stenner

Other Gifts

Gary Brown
Teresa Samec
Amber Elsberry
Karla Foust
Connie & Richard
Frankhauser
Chad & Cindy Wiles

Get annuity questions answered at Lunch 'n Learn

Join the foundation for a light lunch and presentation about how you can give to Western Home Communities while creating an income stream for yourself.

11:30 a.m. May 16 ■ Jorgensen Plaza

RSVP by email to susan.steffy@westernhome.org or call (319) 222-2022.



Save the date for annual golf outing

Mark your calendar for **Monday, August 19**, and watch for more details to come regarding the foundation's 27th annual golf outing at Beaver Hills Country Club. It's not too early to sponsor or put together your foursome!

Donor opportunities at Western Home Foundation

An introduction to the Assurance Fund

Ever since its doors first opened in 1912, Western Home Communities has assisted residents who find themselves in financial difficulty through no fault of their own – they've simply outlived their resources, after making this their home for many years.

That's where the Assurance Fund steps in, allowing residents to continue living at Western Home Communities by making up the difference between actual costs and what the residents can now contribute.

Generous donors to the Assurance Fund help defray that cost, through their empathy and expressions of love for others.

Contact the foundation today to find out how you can give to the Assurance Fund. Email or call Susan Steffy: susan.steffy@westernhome.org or (319) 222-2022.

FROM THE ARCHIVES

A monthly series on the history of Western Home Communities

It takes a team

The archives of Western Home Communities dates back to its inception in 1912. That means there is a lot to keep track of! Digitizing photos and paperwork will be a big job (and an important one) that falls into the hands of villa resident Jim Volgarino and a handful of volunteers.



But these aren't just any volunteers. Most of those who elected to help have worked for Western Home Communities for decades, so they can help identify residents in various photos. We're lucky they know so many residents.

Jim has also had the help of Olivia, an intern from UNI. She has already scanned over 300 photos and is teaching volunteers how to scan in a high-resolution format.

The archive is located on the third floor of Prairie Wind. The office doesn't have regular hours, but volunteers work with Jim according to their schedules and document their volunteer hours. If you have experience in archiving and would like to volunteer, contact Jim at volgarino@mail.com.

Villa resident Jim Volgarino visiting with volunteers before their archive meeting in April.



CHAPLAIN'S CORNER

Elbow Room

by Chaplain Mark Eggleston



Can you think of a situation in your life that allowed for "standing room only?" It might have been a sporting event or even a wedding reception that found you longing for the freedom to move, but instead you were so packed in that there was hardly room to stand.

In Scripture, the author James addressed people like this. In a worldly sense, they were making plans and filling their schedules so full that they were at a place with God that did not allow him to move at all in their lives. The people's selfish agenda was revealed as they reasoned, "Today or tomorrow we will go to such and such a city and spend a year there and engage in business and make a profit." James 4:13.

They had charted their own course and willfully made their own plans, without once leaving room for God to guide and direct. They were at "standing room only" with God!

James goes on to challenge their prideful and presumptuous outlook by saying, "You do not

know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away." James 4:14. The apostle of Jesus calls out their boastful arrogance and challenges them to stop and consider what God might want for them, leaving him some "elbow room" to work in their lives and to lead them where he desired. James gave them this challenge, "Instead, you ought to say, 'If the Lord wills, we will live and also do this or that.'" James 4:15.

In the crazy-paced world that we live in, we must be intentional about slowing down and clearing our schedules long enough to seek God in prayer and search out his Word to discover his will for our lives.

Is your relationship with God at "standing room only?" Will you choose to give him some "elbow room" so you can experience the abundant life he has promised you in Christ?

Join us for weekly worship at Diamond Event Center

All are welcome at Fresh Wind Worship services on **Sundays at 10:30 a.m.** We invite you to participate in a time of music, fellowship and exhortation.

Recordings of the services continue to be broadcast on CFU Cable channel 18 or 95.5 at 11 a.m. on Sundays and 3 p.m. on Wednesdays, and they are posted on the Fresh Wind YouTube channel and Facebook page.

Residents should refer to their monthly calendars for information on Bible studies, communion services and other spiritual opportunities in their communities.

Simulation in Motion-Iowa training comes to WHC

The University of Iowa College of Nursing brought its semi-sized training truck to Western Home Communities on April 15 and 16 for free cutting-edge clinical education. Professional caregivers got to practice situations involving the three most common diagnoses that can send an older adult to the ER or hospital: COPD, sepsis and congestive heart failure. The event received media coverage from KWWL-TV and the Waterloo Courier.



Upcoming social events

Mark your calendar for these free events, sponsored by Fortified Life and open to all residents of Western Home Communities:



- Monday, May 6: Walking Club, 1 p.m. at the Grosse Wellness Center
- Friday, May 10: Game Day (bocce ball), 10 a.m. in Diamond Event Center
- Monday, May 13: Card Club (500), 1–2:30 p.m. at Gilmore’s Pub
- Monday, May 20: Walking Club, 1 p.m. at the Grosse Wellness Center
- Thursday, May 30: Live music with Bob Dunn, 6–7:30 p.m. in Diamond Event Center



SCENES OF SPRING



Rita and Roy Justis were swinging to tunes from the Cedar Valley Big Band at Diamond Event Center on March 28.



The women of Prairie Wind celebrated spring's arrival with a tea party in late March.



Girls Scouts visited Windhaven in early April, sharing stories with residents of scouting activities then and now.

Employees gathered with glasses outside Jorgensen Plaza to get a glimpse of the solar eclipse on April 8.



The Deery Suites appears to be at the end of the rainbow in this photo captured by Suzanne Makinster on April 11.



Windhaven residents gather to see the solar eclipse on April 8.



Department directors volunteered together at the Northeast Iowa Food Bank as part of National Volunteer Month.

A bountiful breakfast awaited WHC volunteers at this year's appreciation breakfast, held April 17 at Diamond Event Center.



Volunteers celebrated with smiles and good food.



Loie Hayward with second graders from Valley Lutheran School.



Resident coordinators helped clean up campus on Earth Day, April 22. From left, Sara Kolthoff, Cassie Stowe, Sarah Rynearson, Rachel Harrison and Brandy Berky.

Standard Family Assisted Living resident Betty Fridley shares a laugh with second graders.



Marilyn Hasbrouck reading and coloring with students at Stanard Family Assisted Living.

The Prairie Wind crafting group created spring bouquets for Windhaven and Thalman.



Interns from Jamaica settling in

The international intern program at Western Home Communities looks a little different this year. Instead of many interns traveling here at once, two interns are currently gaining experience in hospitality.

"I love the environment," says Alethea Arnold, who arrived last fall from her native Jamaica. "It's my first time in the U.S. so I'm learning a new culture and meeting new friends."



Shadae and Alethea take a quick break for a photo before heading off on their shifts at Western Home.

Shadae McPherson, who came to Iowa from Jamaica during the winter, expresses similar sentiments. "Experiencing the new culture, meeting new people and learning something new every day is what I love."

Staggering the intern arrivals helps manage hiring needs with required onboarding.

"Last year we were training 20 people at once and introducing them to our workplace environment," says dining services manager Matt McDonnell. "We may have another new intern this spring, but we understand now that there can always be delays in visa processing."

Similar to last year, each intern will work through four different phases during their time here. The first is orientation to Western Home Communities as well as Iowa and Cedar Falls. This can include helping them establish bank accounts, learning how and where to buy supplies, and managing the cold weather – which McDonnell admits is always a topic.

The second phase is cooking in each of the independent living kitchens, followed by serving as a cooking supervisor. This phase gives them an opportunity to learn and grow career-wise, building on the skills they brought with them. Gary Crosser, dining manager of independent living, helps the interns learn to lead a team, write schedules, make food orders, track cost percentages and interact with guests.

During the fourth and final phase, residents get a taste of what the interns have learned. When the time comes, Shadae and Alethea will decide what type of event each wants to host and will be responsible for all aspects from start to finish, with assistance provided by the kitchen team.

"One may choose a buffet with food from their culture, for example, or perhaps a wine dinner. It's up to them," says Matt.

After a year in Cedar Falls, each intern will return to Jamaica; they're required to be back in their home country for a length of time, working in a community and sharing what they learned while they were here – even as they leave a taste of their own culture and traditions behind in Cedar Falls.





WELLNESS HAPPENINGS

by Director of Wellness Morgan Lehmann



Pick up pickleball!

If you've ever wanted to learn how to play, or continue to build your skills, this clinic is for you. No paddle – no problem. We have extras at the courts.

Tuesday, May 14 & Thursday, May 16
Tuesday, May 21 & Thursday, May 23
2–3 p.m. at the pickleball courts

Register by Friday, May 10. Email morgan.lehmann@westernhome.org or call (319) 859-9362.

Join the fun on senior Health & Fitness Day

This annual celebration is observed the last Wednesday in May. The theme for 2024 is Make Fitness a Friend for Life.



Western Home Communities will participate by hosting a campus scavenger hunt and social gathering in Diamond Event Center. Make plans to join the fun!

Wednesday, May 29

- 1 p.m. Meet in DEC for short presentation
- 1:15 p.m. Campus scavenger hunt (includes walking to various locations around campus)
- 2 p.m. Social and refreshments back at DEC

Big Kids Bike Klub rides again

Any resident who enjoys bicycling is welcome to meet on Mondays on the east side of Jorgensen Plaza for a group ride.

Start time for May is 9 a.m. This may move earlier as the weather warms up.

If you have questions, contact villa resident Ron Kelderman at (319) 290-1960.



LifeLoop enhances resident life at Thalman Square

A new resident enhancement platform called LifeLoop arrived at Thalman Square just a couple of months ago and is already proving popular. "It is so cool!" enthuses leisure services coordinator Hollie Beem. "We use it in so many ways, from playing games to doing devotions and having sing-a-longs."

Friends of Western Home Communities helped fund the purchase in keeping with its mission to enhance the lives of residents. "It's been great for engaging residents either individually or in a group," explains Senior Director of Assisted Living Spencer Steffy. "It can be tailored to what a resident likes or wants to do, from exercise to music to games to even video conferencing with loved ones."

One Thalman Square resident says that with a large screen, everyone feels part of what's

going on. They've played Balloon Burst, akin to Hangman but where a balloon floats away if you choose a wrong letter and you get more balloons for figuring out the words. Bubble Pop requires participants to "pop" 20 balloons on the screen in 15 seconds. Plinko is from the TV game section and features familiar music from "The Price is Right."

"We're learning new options every day," Hollie says. "The residents get excited about it, too. We are having so much fun with it."



Hollie Beem (left) looks on as residents Linda Schrader and Kathy Thompson try another game at Thalman Square.

UNI students create performance based on resident stories

UNI students from the Devised Theatre class spent time with residents of Windhaven and Thalman Square Assisted Living earlier in the semester and the result will be seen on stage this month.

Over five weeks, the students shared photos from the Fortepan Iowa collection, an online archive of everyday photos from the past. They asked residents to create fictional stories based on the

images: What were the people doing? Why? What happened before and after the photo was taken?

Then the ten students worked for three weeks to create a performance piece that infuses the creative imaginations of those residents. "It's been a great collaboration and so fun to see the residents and students working together," said Director of Lifestyle Enrichment Carolyn Ayers. "It's been a tremendous venture all around and one I hope we can do again in the future."

All are welcome to attend one of the performances, about 30-45 minutes in length:

- ▶ 10 a.m. on Friday, May 3, in the Windhaven dining room
- ▶ 7 p.m. on Monday, May 6, in the Strayer Wood Theatre Building at UNI
- ▶ 10 a.m. on Tuesday, May 7, in Diamond Event Center



UNI students visit with residents, from left, Colleen Moody, Marcia Simpson, Sharon Noe and Janet Williamson.

Happy May birthday!

<u>Gary Reif</u>	WC	May 1
<u>Rich Congdon</u>	VTH	May 2
<u>Rita Ludwig</u>	VTH	May 2
<u>Clifford Sund</u>	DS	May 2
<u>Bill Madsen</u>	PW	May 3
<u>Audrey Petersen</u>	PW	May 3
<u>James Hanson</u>	VTH	May 4
<u>Bob Nelson</u>	VTH	May 4
<u>Richard Sulentic</u>	WR	May 4
<u>Ron Van Der Meide</u>	PW	May 4
<u>Jeanne Zentner</u>	DS	May 4
<u>Ruth Chittenden</u>	VTH	May 5
<u>Karen Shelton</u>	DS	May 5
<u>Lyle Brim</u>	VTH	May 6
<u>Clark Elmer</u>	VTH	May 7
<u>Ralph Emerson</u>	WHAL	May 8
<u>Eleanor Vanous</u>	WC	May 8
<u>Joan Rozendaal</u>	PW	May 9
<u>Barb Wilson</u>	VTH	May 9
<u>Cork Klages</u>	VTH	May 10
<u>Roger LaCoste</u>	VTH	May 10
<u>Connie Sullivan</u>	VTH	May 10
<u>Greg Boom</u>	VTH	May 11
<u>Marion Iversen</u>	WHAL	May 11
<u>Dennis Kabele</u>	VTH	May 12
<u>Neil Clapp</u>	DS	May 13
<u>Marty Halupnik</u>	WC	May 13
<u>Paul Bargman</u>	WR	May 14
<u>Keith Bock</u>	WC	May 16

<u>Liane Nichols</u>	WR	May 16
<u>Allan Stamberg</u>	DS	May 16
<u>Judith Finkelstein</u>	WR	May 17
<u>Kevin Alexander</u>	MS	May 18
<u>Jan Robbins</u>	VTH	May 19
<u>Larry Delfs</u>	VTH	May 20
<u>Joan Emerson</u>	WHAL	May 20
<u>Marcia Michaelsen</u>	VTH	May 20
<u>Donald Davis</u>	WM	May 21
<u>Sue Meier</u>	VTH	May 21
<u>Norma Caquelin</u>	WC	May 22
<u>Marlys Folkers</u>	VTH	May 22
<u>Faye Rohwedder</u>	CTG	May 22
<u>Jerry Bernard</u>	VTH	May 23
<u>Larry Geving</u>	WM	May 23
<u>Dee Alberts</u>	WC	May 24
<u>Margaret Grimm</u>	WC	May 24
<u>Mary Winslow</u>	CTG	May 24
<u>Tina Langan</u>	WM	May 25
<u>Craig Schwerdtfeger</u>	VTH	May 25
<u>Marilyn Hasbrouck</u>	SFALDS	May 28
<u>Cindy Klodt</u>	WG	May 28
<u>Mary Schmadeke</u>	MS	May 28
<u>Lois Wishmeyer</u>	CTG	May 28
<u>Ron Kelderman</u>	VTH	May 29
<u>Joyce McGivern</u>	VTH	May 29
<u>Vivian Beener</u>	VTH	May 31
<u>Marcia Dudden</u>	WR	May 31
<u>Mary Gerholdt</u>	WG	May 31

Congratulations!

Please join us in congratulating the following employees, celebrating a milestone anniversary in May.

DESTINY MAGEE

15 years

May 8

CNA-HHA, atHome



CAROL SCHWICKERATH

5 years

May 13

Business Office Associate



KARMEN FOWLKES

5 years

May 13

LPN, Martin Suites



NICHOLE WOLLMUTH

5 years

May 20

Assistant manager,
Gilmore's Pub



MYA PIEHL

5 years

May 20

Baker, Jorgensen Plaza

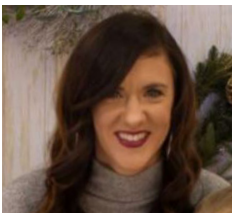


EMILY BULTSMA

5 years

May 29

RA-Caregiver, atHome

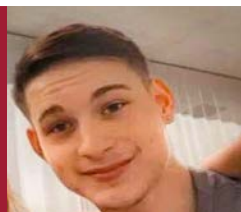


CALEB ADAMS

5 years

May 29

Lead Wait Staff,
Jorgensen Plaza



Meet the Employee of the Month, SHARI GOLDSTINE



Shari works as a hospitality coordinator at Creekside in Grundy Center. She has been part of the Western Home Communities family since July 2019. Here are a few things co-workers said about Shari:

- ▶ Shari has a heart of gold and is always willing to help and she puts others' needs before her own.
- ▶ She is kind, caring and compassionate, with a very bright and energetic personality.
- ▶ Shari's energy is unmatched, and she lights up any room she enters.
- ▶ She is known for greeting everyone with a huge grin, being optimistic and uplifting and spreading her contagious energy to residents and coworkers.

Your Western Home Communities family congratulates you, Shari, on being named our employee of the month for April 2024.

On the go? Grab food at The Market!

The Market has expanded its selection of cold and hot grab-n-go foods. Stop by to find the perfect item for lunch or dinner, including single-serve entrees.

The
Market
deli ♦ grocery ♦ gifts

Shop Monday–Friday, 10 a.m.–5 p.m. or the first Saturday of the month, 10 a.m.–2 p.m.
Coffee is available weekdays at 7 a.m.

Notes of appreciation

On behalf of Miriam Krallman, who passed away on March 15, we want to express our most appreciative thankfulness for Miriam’s 10 years of residence at Western Home Communities. Miriam spent 9 ½ years at Windridge and the last eight months on the third floor of Deery Suites. Miriam valued every day she spent at Western Home Communities because of the care received from all the staff.

Roger Kueter

Words cannot express how deeply we appreciate all of the love, kindness and support shown to us at the time of Mom's passing. Although a period of sorrow, we so appreciated the opportunity to be with those who so clearly loved her.

The family of Beverly Brandt

Thank you for the beautiful flowers. Your kind expression of sympathy is deeply appreciated and gratefully acknowledged.

The family of Erma Vander Linden

BOARD OF DIRECTORS

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Bob Dieter	Martha Stanford

Building Abbreviations

Cottages, Nation & Thuesen	CTG
Deery Suites.....	DS
Martin Suites	MS
Prairie Wind.....	PW
Stanard Family Assisted Living at Deery Suites.....	SFALDS
Thalman Square Memory Support	TS
Villas & Townhomes	VTH
Windcove.....	WC
Windgrace	WG
Windhaven Assisted Living	WHAL
Windermere.....	WM
Windridge.....	WR

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.

WHC beyond Cedar Falls

Western Home Communities offers housing and services for older adults in other Iowa communities. Find out more at these websites, and spread the word to friends or family in those locations:

Creekside Living Cottages & Villas

Grundy Center – creeksidegrundy.com

Winding Creek Meadows Assisted Living

Jesup – windingcreekmeadows.com

Madrid Home & The Cedars Assisted Living

Madrid – madridhome.com

IN SYMPATHY

William Folger, DS	April 22
Charles Shepard, DS	April 15
Marlene Harper, CTG	April 13
Erma Clausing, CTG	April 11
Beverly Brandt, VTH	April 4
Wilma Stallman, DS	March 24
Erma Vander Linden, DS	March 23



WesternHome
communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

westernhome.org

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~ Don't forget about our Sunday brunch from 9 a.m.–1 p.m. ~



Walk on over and join us for dinner!

Our May features are ready to impress your taste buds.

May 2–4 • Seafood Gumbo \$24

House-made Louisiana style gumbo mixed with Andouille sausage and chicken thigh, topped with a pan-seared scallop and three shrimp.

May 9–11 • Miso Glazed Pork Tenderloin \$18

Pan-seared pork tenderloin served alongside a root vegetable medley with pineapple chutney, walnut crumble and a miso glaze.

May 16–18 • Court Bouillon Holland Sole \$22

Holland sole poached in a vegetable white wine stock, paired with a creamy orzo and sugar snap peas, and garnished with cherry tomato and fresh basil.

May 23-25 • Salmon Cake Salad \$20

Two seared salmon cakes laid atop romaine, mushroom honey crumble and oranges supreme, all drizzled with a ginger dressing.

May 30–Jun. 1 • Prime Rib \$28

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

GILMORE'S
EST. **PUB** 2018

Tuesday–Saturday • 11 a.m.–8 p.m.

5307 Caraway Lane, Cedar Falls • GilmoresPubCF.com • (319) 859-9342