

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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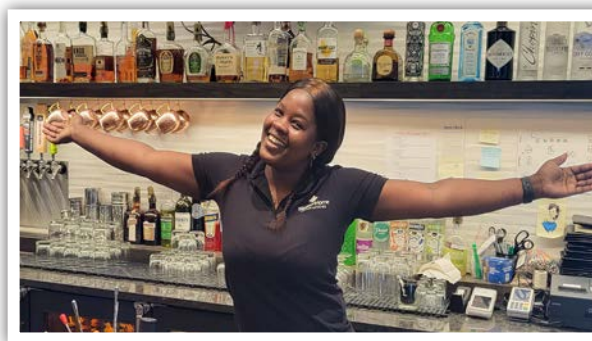
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Interns head home to Jamaica after year at WHC

After years of planning, then recruiting, interviewing and wading through red tape, it seemed the idea of bringing international interns to Western Home Communities might never become reality.

And now the program's first year is already in the rearview mirror. Some interns returned to Jamaica in late July and the rest will be departing Iowa this month.

"Woohoo! Yes, mon – I'll be back home in a few days," an excited Christine Stewart said as she worked one of her last assignments at Gilmore's Pub in late July. She has a job in customer service lined up at a resort in Montego Bay and is excited at the prospect of seeing her family again after a year apart. "It was worth it. I learned a lot and met some really great people," she explained.



Christine Stewart shows off the bar at Gilmore's Pub that became a familiar work assignment for her.

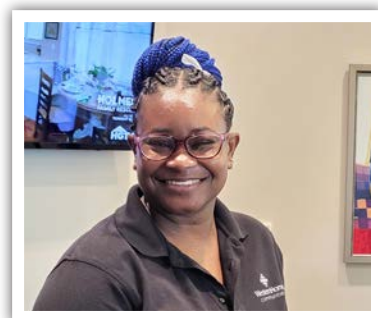
That's what makes leaving bittersweet for many interns, and their co-workers.

"I'm going to cry!" exclaimed assistant dining manager Nichole Wollmuth. "It's been fun and really chaotic as everyone rotated

through assignments and that meant we retrained a lot. I got trainers' fatigue! But a year later I'm really sad. We became really good friends."

23-year-old Akelia Bryan says her year at Western Home Communities taught her to find the good in everything.

"It was a challenge," she reflected, "but fun. Most of the people are happy and friendly. I would do it all again. It was a good experience."



Akelia Bryan returned to her hometown of Kingston on July 23.

Continued on page two



Continued from page one



Kayciha Stennett says *peace out* (goodbye) to everyone in Cedar Falls.

Kayciha Stennett pointed to losing her granddad and not being able to get back for the funeral as a difficult time; seeing her grandma is what she looks forward to most when she returns. She says she learned a lot from working with residents.

"You must have patience to do customer service and they've taught me that," she explains. "Gilmore's Pub and Diamond Event Center have prepared me for whatever I take on when I get home."

Kayciha enjoyed shopping at the Mall of America and eating Dutch letters in Pella; Christine marveled at how the seasons change – and change again – in Iowa. "It was weird, new, but ok," she laughed. "Like how in the winter, today it snows, tomorrow it doesn't!"

Cook Jonoyah Taylor found similarities between his island home and Iowa. He studied tourism at a community college in his rural hometown of Portland, on the country's northeast coast, known for its fertile, rich soil – which he appreciated here. "I love to see the corn!" Jonoyah enthused, explaining how he was pairing a jerk chicken menu feature with local sweet corn. Jonoyah hopes to work at a resort in a front-of-house role upon his return. He can't wait to reunite with family, especially the wife he left behind for a year.

CEO Kris Hansen lauds this first group of interns. "It can't be overstated how much I appreciate their willingness to be flexible as we learned together how the program works and the modifications that we have needed to make," he says. "They've had a far-reaching impact on everyone at Western Home Communities, and across the state and country through the recognition and awards received."

Hansen says the organization had hoped to offer health care training alongside the hospitality roles, but then learned the sponsor organization wouldn't allow that. The pivot meant that some interns asked for reassignments.

"This group has certainly shown us it's not the quantity, it's the quality, and they have not only helped our game they have definitely been an integral part of upping our game," Hansen says, adding that the program will continue. "It truly is a win-win as we learn from each other, and we couldn't be more pleased with the outcomes with this first group of very talented individuals."

To our new friends who are departing: The welcome mat is always out for you in Cedar Falls. Godspeed.



In the Jorgensen Plaza kitchen, Jonoyah Taylor prepares food for lunches at Gilmore's Pub.

Villa resident to receive recognition at State Fair

Congratulations to Bev Michael, who's been selected as lowan of the Day at the State Fair for Friday, August 18.

Bev was nominated based on her volunteer work with Friends of Western Home Communities, which she chaired for several years; MercyOne Cedar Falls, the Iowa State Hospital Auxiliary Board, Reading Buddies, First United Methodist Church and other organizations.

Each year since 1997, the Iowa State Fair Blue Ribbon Foundation and Cookies Food Products have partnered to select ten individuals "who personify the greatness of Iowa with a strong work ethic, loyalty to helping others, and an exceptional sense of Iowa pride." One of the honorees is recognized each day of the fair's 10-day run.



Bev will be introduced on the Anne & Bill Riley Stage, receive admission and grandstand show tickets for her day, VIP parking, use of a special golf cart for the day, accommodations at the Des Moines Marriott Downtown and \$200 cash.

Enjoy the fair, Bev, and this much-deserved recognition!



IOWA STATE FAIR

Wednesday, August 16

\$20 INCLUDES TICKET & TRANSPORTATION

JOIN US FOR LOTS OF FUN!

This annual bus trip always sells out quickly and tickets are on a first-come, first-served basis. We need a minimum of 10 residents to go and our maximum capacity on the bus is 44 residents.

Sign up with your resident coordinator by Monday, Aug. 14 (noon)
Villa residents email: VillaRSVP@westernhome.org

 WesternHome communities



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 July 13. 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:

Donna Allee

Judith Pfalzgraf
Robert Robinson

Ron Bro

Bev Fish
Joanne Helland

Clair Coughlin

David Draper

Marlene Engen

Rod & Bobbie Dostart
Bev Fish

**Henry & Joyce
Hermanstorfer**

Teri Stuckey

Jeane Knapp

Bev Fish

WHC Child Care Scholarship

Martha & Richard Stanford

***Mary Taylor Health Sciences
Scholarship***

Bev Fish

Frances Peterson Scholarship

Cindy Fisher

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

Suzanne Makinster

Employee Appreciation Fund

Judith Finkelstein
Lucinda Klodt
The Sorenson Family

Other Gifts

Larry & Barb Cardamon
Judy Finkelstein
Kathy Thompson
Dione Young

Lunch 'n Learn offered by foundation

Did you know? You can put your money to work for a dual purpose: to receive guaranteed income for life and provide charitable support to Western Home Communities.

You may create a charitable gift annuity using cash, stock or another appreciated asset.

Want to know more? Attend a free light luncheon with Susan Steffy and Jerry Harris of Western Home Foundation. It is limited to a small group so all your questions can be answered in a relaxed setting. The next Lunch 'n Learn will be **Wednesday, August 23, at 11:30 a.m.** Contact Susan at (319) 222-2022 to reserve your seat in advance.

Annual golf outing is this month

It's not too late to reserve your spot for the foundation's 26th Annual Golf Outing, teeing off Monday, August 28, at Beaver Hills Country Club in Cedar Falls. Registration starts at 11 a.m. followed by a noon shotgun start. Funds raised this year will be directed toward scholarships for the healthcare workforce-in-training.

Visit the website westernhome.org and click on "2023 Golf Outing" at the top right to register. Call Susan Steffy at (319) 222-2022 with any questions.



Friends

OF WESTERN HOME COMMUNITIES

Serve, have fun, make an impact

The August program for Friends of Western Home Communities focuses on community service, specifically through volunteering by older adults.

You'll learn about the Volunteer Center of the Cedar Valley and its AmeriCorps Seniors RSVP. The acronym stands for Retired and Senior Volunteer Program; as the name implies, it's targeted toward those who are 55+ who enjoy serving, having fun and making a difference.

Monday, August 7 - 10:30 a.m. at Windcove

Black Hawk County's RSVP coordinator, Kelsey Umthun, will share about Reading Buddies, Pen Pals and other exciting opportunities the program offers. Join us, and invite a friend to come along, too!



Save the date for annual Friends breakfast

Join a few hundred of your closest friends for the Friends of Western Home Communities' annual breakfast! The 2023 event is scheduled for 7 – 10 a.m. on Saturday, Sept. 23, at Diamond Event Center.

This is the largest fundraiser for Friends of WHC. Proceeds are used to enhance the quality of life for residents of Western Home Communities.

Plan now to attend! Watch for ticket information and volunteer sign ups, coming soon.

Get in the holiday spirit with a trip to the Twin Cities

The last Away from Home with Western Home trip of 2023 will be two nights in the Twin Cities, sure to put you in the Christmas spirit!

The itinerary for **December 6 – 8** includes a:

- ▶ Driving tour of festive Summit Avenue homes.
- ▶ Visit to the Sea Life Aquarium at Mall of America.
- ▶ Production of Jersey Boys at Chanhassen Dinner Theatre.
- ▶ Production of A Christmas Carol at Guthrie Theatre.
- ▶ Stroll through the GLOW display with more than a million lights.
- ▶ Trip to the Scandinavian-American Institute at Turnblad Mansion.
- ▶ Stop at Como Park Observatory, decked out with poinsettias.

Interested in more information? Contact trip host Carolyn Ayers at carolyn.ayers@westernhome.org or call (319) 222-2048.





CHAPLAIN'S CORNER

True compassion

by Chaplain Mark Eggleston



Are you a compassionate person? What does it mean to have compassion and what does it look like? In the gospels, Jesus gives us perfect examples of how to show true compassion to those who are hurting.

In Luke's gospel, we see Jesus encounter a lady who was already a widow and had recently lost her son. She experienced overwhelming loss and grief. We're told how he responded while witnessing the son's funeral procession: "When He saw her, His heart overflowed with compassion....and He walked over to the coffin and touched it and told the young man to get up." Luke 7:13-14.

We see from this account three aspects to true compassion. The first is to **o**bserve the pain of those who are struggling; sometimes, in the frenzy of our own lives, it's easy to overlook the pain of others. Second, we must **f**eel an ache or

unrest inside – we must "feel their pain." Lastly, we must **f**ollow through to help meet the need that is present. This will cost us time, resources and energy.

Did you notice the acronym **OFF**? This will help us remember how to truly show compassion to others. When we observe the pain of others and feel a sense of unrest because of it, then we must get off the couch and jump in to help.

It may be tempting to sit on the couch of complacency, good intentions, selfishness or fear, rather than offering help, but if we do this we will miss the blessings God intends for us and for those we help. When we show true compassion, the heart of God shines through us in such a way that others are attracted to our compassionate and faithful savior, Jesus Christ. Will you look for ways to demonstrate true compassion today?

Join us for weekly worship at Diamond Event Center

All are welcome as services have resumed 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.

100 x 2 at Windermere

What a fun, rare occurrence at Windermere independent living this summer: Two residents turned 100 within three weeks of each other.

Marjorie Harned reached the milestone June 30. She's 18 days older than neighbor Betty Goettsch, who turned 100 on July 18. "Marge sits across from me at dinner and reminds me every night that I am not the queen bee!" laughs Betty.

"Oh, we're good pals," Marge says. "We eat together and complain together!"

As the two share a visit, the banter flows easily as they tell stories about their lives. Betty, a Texas native, recalls her family moving to Kansas just before her senior year of high school. She made the most of it by dating every boy in the class at least once.

Both women came of age as WWII broke out. "Women our age have interesting war stories to tell," Betty reflects. She moved to Ames and Iowa State through an accelerated wartime program, and that's where she met her husband. Their family now holds a combined 13 degrees from ISU. "My mom's mom lived to 90 and my mom lived to 93, so when I reached 96, I figured it was my swan song," she says. "I've been super blessed with my health all my life. I keep waking up and getting up every morning."

Betty moved to Windermere in 2002 and has lived there longer than any other current resident; Marjorie moved in after her husband of 75 years died just shy of reaching his 100th birthday in 2021. "I've always lived in Cedar Falls except



THE BIRTHDAY GIRLS AT WINDERMERE
Marge Harned, left, and Betty Goettsch enjoy a visit in Betty's apartment.

for three years when I was away in Rochester for nurses' training," Marge explains. "I'm just a hometown girl! And it's been a good life."

Marge was a school nurse for 26 years, starting at Lincoln where she had been a student; then Cedar Heights, Valley Park, Humbert and Southdale, as well as Main Street Junior High and then Peet. Betty taught four grades of high school science for 29 years in Sioux City and Dike.

Many former students attended the women's birthday open houses or sent greetings through the mail; they even had a friendly competition about who received the most birthday cards – well above 100 for each of them. "We've got to keep our sense of humor," Marge states. "If we don't laugh a lot, we don't last a lot!"

Great advice for the rest of us. Happy 100th birthdays, Marge and Betty!

Visitors welcome to explore campus this month



Campus Exploration Day is August 17. It starts at 10 a.m. with a short welcome at Diamond Event Center, followed by villa and apartment tours, and an introduction to all the amenities offered by Western Home Communities. Find a registration form online at westernhome.org.



Transportation assistant Dave Welter encourages others with his books

The day after this year's Black Hawk County Relay for Life, a fundraiser for the American Cancer Society, Dave Welter was set up at TJ's Christian Bookstore in Cedar Falls, signing three books he's written since being diagnosed with cancer in 2009.

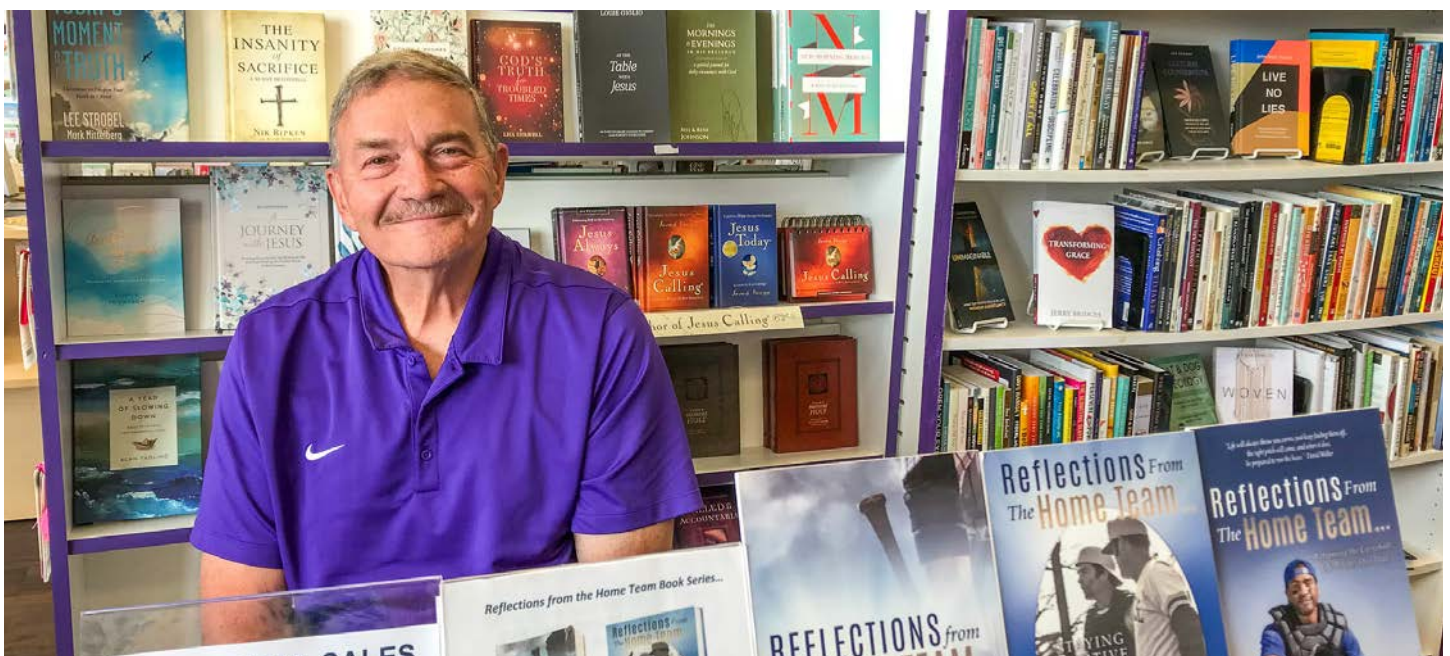
Dave has been a transportation assistant at Western Home since 2016, but that's not the only way residents know Dave. Before retiring in 2016, he was an educator for 40 years. He was an associate principal and athletic director at Peet Junior High School for 19 years before serving as principal at Holmes Junior High School for 16 years.

Dave wrote his first book after he was diagnosed with throat cancer on his 55th birthday. At the time, he was principal of Holmes and needed a way to communicate with his students, staff and family, so he started a blog called Reflections from the Home Team. As he met more people and his following grew, he was encouraged to write his first book, "Reflections from the Home Team - Go the Distance."

Some may not know that Dave is also a professional baseball scout for the Atlanta Braves and the love of the sport is reflected in all his books including his second and third books, "Reflections from the Home Team - Staying Positive when Life Throws You a Curve," and "Reflections from the Home Team - Reframing the Curveballs Life Pitches Your Way."

"There are a lot of baseball analogies in my books. After each of my reflections, I share an encouraging attitude, spiritual insight, and then a step to consider," Dave shares. "Baseball has always been a big part of my life. A picture of me in college with my coach is on the cover of my second book. My coach was asking me to catch my third game, all on the same day, when we were vying for the conference title...and we won all three."

Today, Dave stays active driving and assisting residents, visiting his 96-year-old mother at Thalman Square, blogging and public speaking. "God didn't save me *from* something, he saved me *for* something," Dave says. "That's positivity and encouragement for others."



Transportation Assistant Dave Welter at a recent book signing at TJ's Christian Bookstore.

SCENES OF SUMMER



Employees and residents were a sea of blue t-shirts on and behind our float in the Sturgis Falls Parade June 24.



At Karaoke night on July 11, villa resident Vicki Grimes sang a song she sings for her grandkids. Janet Bretey manned the lyrics and audio.

Ruth Jeys (Windhaven) releases a monarch while Fran Pashby and Ruth's husband Roger look on during a monarch program given at Thalman Square by villa resident Deb Hickok.



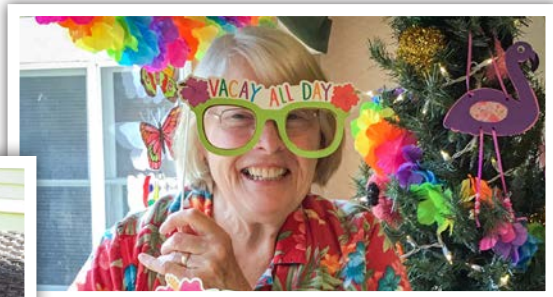
Joyce Folsom, Dianne VanGorp, Audrey Schoeman and Marletta Matheson enjoying Prairie Wind's luau.



Nearly 300 people enjoyed the summertime music of New Horizons Band in July at the Diamond Event Center.



Judging by the empty plates everywhere, residents enjoyed their lefse, a tradition compliments of Director of Client Logistics and Fulfillment Lisa Haugen and family!



Tropical Week at Thalman Square included games, decorations and fun photos like this one featuring Linda Schrader.



The lefse-making crew at work on the Norwegian treat for Lefse with Lisa on July 19.



Ramona Edgerton, a farm girl at heart, enjoys a sleepy baby goat visiting from Three Pines Farm.



WELLNESS OPPORTUNITIES in August

by *Director of Wellness Morgan Lehmann*



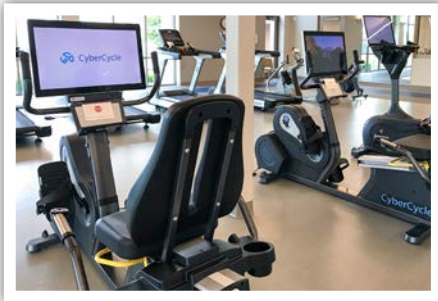
Meet and Greet with the new wellness coordinator

Monday, August 7
1–2 p.m. (open house style)
Grosse Wellness Center

Katie Burkhardt joined our team in early July. Stop by the wellness center to meet and welcome her to Western Home Communities!



Katie Burkhardt



CyberCycle demo

Join us as we show and teach you the physical, cognitive and social benefits of the CyberCycle, a fun-to-use recumbent bike.

Thursday, August 24, 2 p.m.
Grosse Wellness Center

Get fit in the water

Choose a class at Grosse Aquatic Center that's easy on your joints while still helping you stay fit and active. Contact **Morgan Lehmann** at (319) 859-9362 prior to starting class or if you have questions.

Aqua Fit: 3 p.m., Monday/Wednesday/Friday

Aqua Stretch: 2 p.m., Monday, Tuesday, Wednesday and/or Thursday



Final summer pool party at The Falls

Invite your friends and family to the final swim party of the season at The Falls!

Saturday, August 5, 10–11:45 a.m.

3025 S. Main Street at The Falls Aquatic Center

Free for employees, residents and their invited guests. Lifeguards will be on duty. Float the lazy river, plunge down a water slide, jump off a diving board, or splash in the kiddie pool with your grandkids!

Volunteers needed to see if exercise helps brain function

The UNI exercise science team approached Western Home Communities about a new research study and residents have the opportunity to participate.

The purpose is to see if regular exercise can help improve cognitive function and brain oxygenation in older adults.

There will be two randomized exercise groups: 1. aquatics (pool-based) and 2. multimodal (includes resistance training, cardio, stretching). The total time commitment is three sessions of exercise per week for eight weeks, plus one pre- and post-testing session. All sessions and exercise groups will take place at Western Home Communities' south campus.



Who can participate?

- Men and women aged over 60 years old and right-handed.
- Those who have **not** been diagnosed with neurological disease.
- Those who are **not** currently exercising regularly (i.e., haven't been exercising for more than 30 minutes/day, three times/week, during the past three months).
- Those able to make the time commitment as outlined above.

If you fit these requirements and are interested in helping or have further questions, please email: terence.moriarty@uni.edu.

Thank you for helping to improve the cognitive function of older adults.

Discover the wonder of nature, right where you are

Spark a playful connection with nature through mindful art. WHC will host workshops on Sept. 13, Oct. 11 and Nov. 8 at the west lounge in Windridge.

Villa resident Evie Waack will lead the workshop explorations. She is a certified mindful art facilitator who has previously guided groups at Hartman Reserve.

A trip to the mountains or the ocean is not the only place to experience the wonders of nature. We can take in nature's beauty in our own yards, local parks and even our own living rooms.



Evie Waack

The emphasis of these three workshops will be the process of exploring nature through making lines and splashing color. Mindful art emphasizes the joy of making art, rather than the end product.

No experience with artmaking nor mindfulness is necessary. Mark your calendars and watch for more details to come!

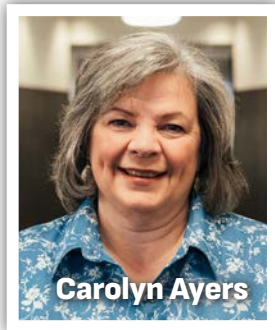
Happy August birthday!

Bobbette Fortney	WG	August 1
Norbert Roy	PW	August 2
Daryl Sullivan	VTH	August 2
Sharon Klages	VTH	August 3
Lloyd Korte	WHAL	August 3
Robert Tefft	PW	August 3
Penny Brown	WHAL	August 4
John Kelly	VTH	August 4
Patricia Sulentic	WR	August 4
Karilyn Wood	WG	August 4
John Eastland	VTH	August 5
David Eastman	VTH	August 5
Dixie Madsen	PW	August 5
Roger Jeys	TS	August 6
Jan Krause	VTH	August 6
Cheryl Smith	MS	August 6
Mary Timpany-Clapp	VTH	August 6
Lee Fritts	VTH	August 7
Dorothy Guldner	WM	August 7
Greg Kohls	VTH	August 7
Holly Schwerdtfeger	VTH	August 7
Mark Tentinger	WC	August 7
Marlys Simpson	WR	August 8
Dick Treichel	VTH	August 8
Gary Brown	VTH	August 9
Marty Olsen	WC	August 9
Ginnie Garrison	WG	August 10
Gerald Hudson	VTH	August 10
Rory Dolan	VTH	August 11
Bruce Perrin	WHAL	August 11
Colleen Liming	WW	August 12
Jim Mudd	PW	August 12
Merlin Taylor	VTH	August 12
Larry Petersen	WC	August 13
Russ Curtis	VTH	August 15
Kathy McCrea	VTH	August 15
Rhoda Russell	MS	August 15
Nancy Seavey	VTH	August 15
Betty Haugen	WC	August 16
Garnet Mehlert	WW	August 16

Marilyn Bryant	DS	August 17
Bernice King	WHAL	August 17
Sharon Little	WHAL	August 17
Evie Waack	VTH	August 17
Jerry Kramer	VTH	August 18
Barbara Seufferlein	VTH	August 18
Barbara Wygle	PW	August 20
Marlys Hanks	WC	August 21
Evelyn Herrmann	WG	August 21
Phyllis Koob	WHAL	August 22
Laurene Bernard	VTH	August 23
Bob Brown	WR	August 23
DeMaris Hochhalter	PW	August 23
Dave Nation	PW	August 23
Dorothy Blonigen	WHAL	August 24
Richard Stanford	VTH	August 24
Darlys Braun	PW	August 25
Arlene Fleming	WC	August 25
Ana Luhning	CTG	August 25
Sandra Magnuson	WR	August 25
Margaret Campbell	VTH	August 26
Carolyn Haller	WC	August 26
JoAnn Kramer	VTH	August 26
Sheila Loughren	VTH	August 26
Karyl Brown	MS	August 27
Dave Johnson	PW	August 27
Jim Altenbaumer	VTH	August 28
Mary Ann Bolhuis	MS	August 28
Karen Carnahan	VTH	August 28
Mary Christoph	VTH	August 28
Shirley Henze	WC	August 28
Theresa Kindig	WC	August 28
John McCarty	WHAL	August 28
Elaine Rosenau	VTH	August 29
Jan Heth	VTH	August 30
Clarence Lanigan	VTH	August 30
Karen Burkholder	MS	August 31
Sandra Delfs	VTH	August 31
Ron Heth	VTH	August 31

Work in volunteer services and lifestyle enrichment is mission-oriented *Eighth in a series highlighting employee teams*

Hundreds of residents attend educational and entertainment events provided by Friends of Western Home Communities, volunteer at events, or travel with Western Home Communities. All these opportunities – part of the mission to assertively create fulfilling lifestyles – are organized by Carolyn Ayers and the volunteers she works with daily.



Carolyn Ayers

Carolyn arrived at WHC 12 years ago as the volunteer coordinator, then became the director of volunteer services – still part of her job and an important component. “We have over 70 volunteer opportunities each month and, at any

given time, we have 20-30 active volunteers on campus,” says Carolyn.

A few years ago, after many other responsibilities landed in Carolyn’s office, her position evolved to also include director of lifestyle enrichment, which focuses on offering a wide array of activities and experiences.

“It’s a good problem to have when residents ‘complain’ that there’s too much to do!” Carolyn laughs. “Maybe karaoke isn’t for everyone, but you might enjoy art classes, a musical concert or attending UNI’s Lifelong University. Enrichment really pertains to helping residents lead the life they want to live.”

Carolyn works with Friends of Western Home Communities as the staff liaison for the group that works to enhance the lives of residents, primarily through programming and fundraising.

Another big piece of Carolyn’s job since 2015 has been arranging the trips offered by Away from Home with Western Home, which came about as residents started asking why they couldn’t take overnight adventures. This fall marks the 35th



Volunteers assist at the annual Friends Breakfast.

tour; more than 400 people have traveled with the groups. “It is fun to hear the chatter on the bus by the end of the trip; it gets louder each day as people get to know each other,” Carolyn explains. “The destination is the goal, but there is so much fun on the way to the destination and home that we hate to see the trip end!”

In addition, Carolyn’s background in hospice and church work proved instrumental in establishing bereavement care services. Her office organizes the volunteer effort of creating prayer shawls, organizing regular memorial services and sending cards at meaningful times throughout the first year after a resident has passed away.

It might surprise residents to know that Carolyn also supervises six professional cosmetologists who staff the salons in each residential community except Prairie Wind.

For Carolyn, the job is a perfect fit and something she hoped to find ever since college. “This type of position is what I wanted to do for the older population from the time I started studying gerontology, and I hope someone will do it for me in the future!” she exclaims. “This is a welcoming and accepting organization and most residents tell me they feel at home right away.”

If you’d like to volunteer, take a trip, or stay in touch with Friends programming, contact Carolyn. She can be reached at carolyn.ayers@westernhome.org or at (319) 222-2048.

Congratulations!

In August, these employees of Western Home Communities will celebrate milestone employment anniversaries. Join us in thanking them for their service.



**GENTRI
EBERHART**
15 years
August 1
Cosmetologist

MACON MILLER
10 years
August 7
Employee Relations
Coordinator, atHome



**BARBARA
BEENKEN**
10 years
August 7
CNA-HHA

KAITLYN NEGUS
5 years
August 13
Lead Wait Staff, WW



CHRISTA LOTT
5 years
August 20
Physical Therapist



Meet the Employee of the Month, **CASSIE STORLIE**



Cassie works as the resident coordinator at Willowwood. She joined the Western Home Communities family in September 2018.

Here are a few things residents said about Cassie:

- Cassie always has time for everyone and is very caring.
- She immediately responds to questions from newcomers. She never shows facial or verbal impatience.
- Cassie can tackle any problem that arises from lost keys to computer issues.
- She remembers special significant events and decorates accordingly.

Your Western Home Communities family congratulates you, Cassie, on being named employee of the month for July 2023.

**ADRIANA
RODRIGUEZ**
5 years
August 27
Medication manager,
WHAL



TERESA BURKE
15 years
August 29
CMA, MS



Notes of Appreciation

It was so kind of you to send the floral arrangement to LaRetta Husome’s funeral. We are incredibly grateful for not only the kind gesture of flowers and card but of the care and companionship you brought to LaRetta each and every day. **The family of LaRetta Husome**

Thank you so very much for the lovely rose sent at Ethlyn’s passing. We truly appreciate the care and concern we received as she was dying and afterwards. The sending service was a great comfort to us and very meaningful. The additional cards received from Windhaven and Deery Suites were also a blessing to us. **In Christian love, Diana Honebrink for the Ethlyn Potratz family**

For all the kindness you have shown, we thank you very much. For sympathy in sorrowing days, for friendship’s healing touch. With gratitude our hearts are full, though words cannot convey the tender thoughts and thankfulness we hold for you today. **By the family of Eileen Burns**

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 Larry Fox Dianne Schultz
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Foundation Development Council

Robert Beach Donna Grosse
 Jan Andersen Marlys Karkosh
 Judith Benson Bev Michael, ex-officio
 Susan Card Miller Roskamp
 Bob Dieter Martha Stanford

Building Abbreviations

Martin Suites.....	MS
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowwood	WW
Windgrace	WG
Windermere.....	WM
Windcove.....	WC
Windridge.....	WR
Windcrest Villas & Townhomes	VTH
Nation Cottage and Thuesen Cottage.....	CTG
Prairie Wind.....	PW
The Deery Suites	DS

The Journal is a monthly publication of the WHC office of communications and public relations. To subscribe, ask questions, offer content suggestions or unsubscribe, please contact Linda Maughan, editor, at (319) 222-2025 or Linda.Maughan@WesternHome.org.

Accessorize your kitchen for summer

We know exactly where you can find mugs, trays, towels, water bottles, wine openers, coasters, and cutting boards for your kitchen. In August, all of these accessories for food and drink are **20% off** at The Market!

The Market in Jorgensen Plaza is open Monday - Friday, 10 a.m. - 5 p.m.
 Coffee is available at 7 a.m. weekdays.

The
Market
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“I’m always finding new and nice things at The Market.”
 – Customer review

IN SYMPATHY

Nancy Schreiber, CTG	July 18
Richard Swanson, VTH	July 16
Karen Fisher, CTG	July 16
Marlene Danielsen, DS	July 10
Eileen Burns, DS	July 9
Godert “Van” Van Der Hart, DS	July 8
John Mountain, MS	June 29
Marlene Engen, VTH	June 27
Robert “Bob” Nelson, MS	June 27
Ralph Mobley, MS	June 23
Marilyn Pape, MS	June 22
Clair Coughlin, MS	June 20



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communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

www.WesternHomeCommunities.org

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Gilmore's Pub Features – AUGUST 2023

Aug. 3–5 • Tuna Bowl \$22

Sashimi grade tuna served in a soy based marinade and coated with toasted sesame seeds alongside white rice and gochujang mayo.

Aug. 10-12 • Pork Chashu \$18

Rolled pork belly paired with two poached eggs, sweet potato mash and gochujang hollandaise; garnished with green onion and black sesame seeds.

Aug. 17–19 • Mussel Pasta \$18

Sautéed mussels and parmesan crisp laid atop hand-made red pepper pasta, tossed with lemon, garlic and egg yolk; served with a piece of focaccia bread.

Aug. 24–26 • Chicken Curry \$24

Tandoori chicken breast served on a bed of coconut rice with curry sauce, a vegetable falafel and Dijon vinaigrette green beans.

Aug. 31–Sept. 2 • Brisket Sandwich \$18

Smoked local brisket topped with BBQ sauce, house-made pickled vegetable slaw and pressed between toasted sourdough.

GILMORE'S
EST. **PUB** 2018

Tuesday–Saturday • 11 a.m.–8 p.m.

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