

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

## Inside this issue:

Show & Sale this month	2
Meet the UNI teams	3
Friends program in Oct.	3
Donor list	4
Lunch 'n Learn offered	4
Golf outing appreciation	5
Jesus invites you	6
Neighbors once again	7
Scenes of the Season	8
Play ball!	10
Best of the Best	11
Travel in 2024	11
Meet the Fortified Life team	12
October birthdays	13
Employee of the Month	14
Fall refresh	15
Gilmore's Pub specials	16

## Talking robot debuts at Gilmore's Pub

It makes sense that an organization with innovation as a core value would be the first in eastern Iowa to add a robot to its dining team.

The Matradee L from Martin Bros. Automation arrived the last week of September for programming, training and a 30-day trial. It can serve food, bus tables and even interact with guests.

"We're excited to see our customers have fun with the robot," says Josh Ochoa, manager of Gilmore's Pub. "It'll be great for all of us to share the experience of seeing how it works and what it can do."

The robot won't replace any employees; instead, as it makes many of the kitchen runs, the front of house staff can keep their focus on customers.

"We always look at technology as a way to help us serve people better," explains CEO Kris Hansen. "If it's helpful and cost efficient and lets employees focus more on customer service, that's definitely a plus."

Robot automation is still relatively new to restaurants and senior living communities. The model being tried out at Gilmore's is for serving and busing. It uses a standard wall outlet for charging and can run 12-15 hours carrying up to 88 pounds.

Other types of robots mix cocktails and beverages. Some can vacuum, mop and disinfect. With labor shortages common since the pandemic, automation can take on menial tasks and allow employees to enhance the dining experience.



*Continued on page two*



One might wonder, though, how the robot at Gilmore's will avoid running into teammates, diners, baby strollers or wheelchairs.

"If there's an obstacle, even an unexpected one, the robot will go around it," assures Angie Dark, director of marketing and communications for Martin Bros. "It's been built with camera sensors and 3-D laser technology to ensure safety."

Make plans to stop by Gilmore's Pub this month, see the robot in action and try one of the fall specials featured on page 16!

## Name the robot and win!

"Matradee L" seems a little unfriendly, even cumbersome. Help us name the robot! Next time you're at Gilmore's Pub this month, fill out an entry slip with your suggestion.

**The person with the winning entry will receive a \$50 gift certificate to Gilmore's Pub!**

## Meet new and returning vendors at annual Handcrafted Holiday Show and Sale

**Saturday, October 28**  
**9 a.m. – noon**  
**Diamond Event Center**



Invite friends and family to shop with you and be sure to bring your holiday gift lists!



Vendors will offer an array of unique handcrafted items including jewelry, dish towels, mittens, postcards, paintings, Christmas ornaments, carved wood, cutting boards and dog toys. Proceeds help fund the projects of Friends of Western Home Communities, to enhance the lives of residents.

Would you like to offer your handmade creations for sale? Contact Carolyn Ayers by Oct. 25 at [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) or (319) 222-2048.

**Make a morning of it: The Market will be open from 8 a.m. to 1 p.m. on Oct. 28 and is offering 20% off all home décor this month! Grab coffee and a baked goodie before your shopping excursion, then stop by Gilmore's for a hearty lunch – the pub opens at 11 a.m. every Saturday.**



# Friends

OF WESTERN HOME COMMUNITIES

## Local engineer contributes to NASA's Artemis mission

Did you know that equipment designed and built in the Cedar Valley is critically important to putting astronauts back on the moon? Learn about it at the next monthly Friends program:

**10:30 a.m. on Monday, October 9**  
**Windridge dining room**

Craig Schmeiser of Cedar Falls spent 31 years with Doerfer Engineering and has spent the past five years as NASA's "Subject Matter Expert" for ground transportation equipment. He'll provide a behind-the-scenes look at what's involved in moving NASA's new 116-ton rocket from a factory in New Orleans to the Kennedy Space Center in Florida.

Invite a friend to join you!



## Meet & Greet with UNI basketball teams this month

What's ahead in the 2023-24 season for UNI's men's and women's basketball teams? Find out from the players and coaches themselves at a preseason Meet & Greet!

**Wednesday, October 18, 5:30 – 7:30 p.m.**  
**Diamond Event Center**

*Open to residents, employees, their families & the public;  
 cash bar available.*

Men's head coach Ben Jacobsen will share brief remarks at 6 p.m. but otherwise the event is a come-and-go open house. Go Panthers!



**At the Dec. 2022 meet and greet, villa resident Julaine Kiehn talks basketball – and life overseas – with Ege Peksari, a freshman from Izmir, Turkey.**



**At the Dec. 2022 meet and greet, senior Austin Phyfe was happy to visit with basketball fan Jim Peterson.**





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. 14. 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:***  
**Shirley Connelly**

Roy Cooper  
Jerry & Beth Harris

**Aurelia Harringa**  
Edward Leonard

**Marlys Karkosh**  
David Draper  
John & Karen Eastland  
Jane Mertesdorf  
Richard & Martha Stanford

**Duane Nottger**  
David Draper

**Jim Zarifis**  
Louise Odle

**Child Care Scholarship**  
Bob & Linda Mahncke  
Richard & Martha Stanford

**Joens Family Scholarship**  
David Joens

**Mary Taylor Health Sciences Scholarship**  
JoAnn Johnson  
(in memory of John Rice)  
Phyllis Steele  
Thelma Stevens

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

Larry Martin

**Employee Appreciation Fund**

Lucinda Klodt  
Ron & Norma Leibold

**Other Gifts**

Jerry Larsen  
Martha Stanford

## Foundation offers Lunch and Learn

A charitable gift annuity offers donors an income stream for life in exchange for the gift of an asset to a recognized non-profit organization.

Villa and independent living residents already have an asset to use: the anticipated refund from their current home at Western Home Communities.

How does it work? What are the tax savings? Get answers to all your questions at a Lunch and Learn this month, sponsored by Western Home Foundation and held at Jorgensen Plaza.

**Wednesday, October 18**  
**11:30 a.m.**

Please RSVP in advance as a light lunch will be provided. Call Susan Steffy at (319) 222-2022 or email [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org).



# Sponsors, golfers fund scholarships for future workforce



Western Home Foundation's 26th Annual Golf Tournament brought in nearly \$64,000 from the event held Aug. 28 at Beaver Hills Country Club in Cedar Falls. All proceeds will be used for scholarships.

**Special thanks to those who golfed and the many sponsors for their generous support:**

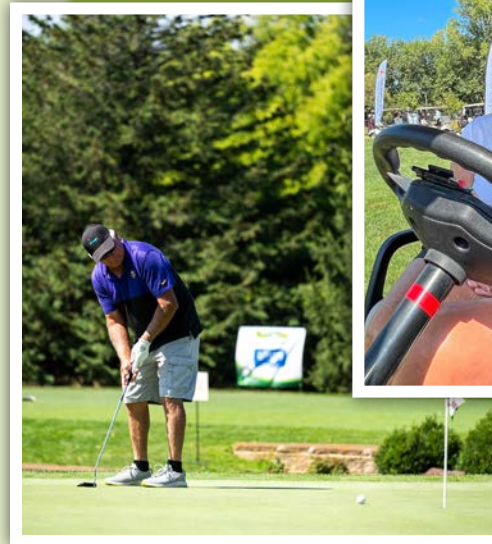
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Thomas Cuisine  
Discerning Wealth  
Matthias Landscaping







## CHAPLAIN'S CORNER

### Christ invites

by Director of Spiritual Care Enrique "Q" Ochoa



Have you ever received an invitation to a party or wedding or celebration of some kind? And have you ever failed to accept the invitation — only to find out that you missed out on something really wonderful? Unfortunately, this is something that I have experienced several times. Maybe you have, too.

One of the amazing things about Jesus is that he has a heart for invitation! Contrary to what some people might believe, the Lord never forces anything upon us. Scripture reveals Jesus to be patient, kind, faithful, loving, good - and inviting.

I want to remind us of three invitations that Christ hopes we will consider accepting:

**To rest:** *"Come to Me, all you who labor and are heavy laden, and I will give you rest."* Matthew 11:28. Jesus knows that our lives can be full of hardship and burden. He offers us rest and relief when our souls are crushed with sorrow, worry and sin.

**To discipleship:** *"By this my Father is glorified, that you bear much fruit; showing yourselves to be my disciples."* John 15:8. Christ desires for us to be more than just "mere followers." By accepting the call to be fully devoted to him, we are offered a fruit-filled life - marked by blessing, hope and joy - regardless of our earthly circumstances.

**To live in God's realm:** *"No longer do I call you servants...but I have called you friends."* John 15:15. This is truly amazing. By faith and trust, we are invited into a relationship - marked by fellowship, communion and friendship - with the living savior of the world. This is the way of God's kingdom!

Jesus continues even this day to gently, persistently and lovingly invite us to not "miss out" on the good and wonderful gifts he wants us to receive and experience, both in this world and the next.

Will you consider accepting his invitation(s) today?

### Join the Fresh Wind Choir

Weekly practice is held on Wednesdays at Windcove from 1:45–3 p.m. Simply show up or contact Mick for more information: [MickRosenau@gmail.com](mailto:MickRosenau@gmail.com) or (319) 230-9709. The choir sings at Fresh Wind Worship every second Sunday of the month.

## 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.**

## A neighborhood reunion

No introduction was needed when Diane and Bruce Clark moved to their villa in 2022 and next door to Sally and Al Yakish. They were neighbors, again.

For 35 years, the couples lived across the street from each other in a Waterloo neighborhood, until Al and Sally's move to a new villa in 2017.

They didn't plan to live next door and share a duplex home; it just happened five years later when Diane and Bruce decided the time was right for them to downsize. They didn't even know who lived next door until their tour was complete.

The couples happily reconnected when the Clarks moved in. "It's the friendliest neighborhood here. Everyone introduced themselves and said hello," said Diane. "But it was also nice to have Yakishes nearby to answer questions about maintenance requests and the like."

They've returned to sharing the everyday rhythms of life. They previously attended each other's celebrations, helped each other with mail and garbage, and the Yakishes watched the Clark children grow up.

"Now, one of our joys is having our grandkids visit us at our villa," says Diane. "To our relief, all our new neighbors embraced this!"

Sally appreciates having Diane's master gardener skills nearby again. Diane previously tended several gardens and provided Sally with landscaping ideas. "Now, we trade plants and Diane helps me with upgrades here," laughs Sally, who is a quilter. The two enjoyed the WHC trip to the Ionia greenhouses this past spring.

Both couples appreciate the chance to enjoy one-level living with a maintenance-free lifestyle that offers many choices.

"We've stayed active, but we knew the time was right to move. We wanted it to be our choice and not because we had to due to a fall or injury," explains Diane. "It was an easy transition, too. We had enough time to decide on paint colors and take measurements so we knew where everything went when the movers arrived."

Another fun surprise since the Clarks moved in is that the Yakishes aren't the only residents they already knew. "It's a small world," says Bruce. "Several of our previous neighbors and friends have moved to Western Home Communities and we get to see them regularly."

"Our son-in-law said 'this is way cool' and loves the wellness center. I told him, when you get to be 55, get your name on the list," says Diane. "People are impressed with the amenities and the restaurant."



**\*\*Did you know?\*** Western Home Communities is currently offering a bonus to residents when their friends move into Windermere, Windgrace and Willowood independent living. You can receive \$500 when your friend moves in, if they've named you as a referral source on their application.

**Al and Sally Yakish (left) and Diane and Bruce Clark in front of their villas.**





# SCENES OF SEPTEMBER



**Gucci, a 1,700 pound gentle giant owned by Mason Corkery, loved his visit to Windhaven (and treats of bananas) during National Assisted Living Week.**



**Employee Mindy Ryan brought her six month old goat, Cricket, to Windhaven for a visit.**



**Willowwood residents Jane Jackson, Bob Sloan, Garnet Mehlert, Marvyl Oakland and Tribble (a pet of employee Kaitlyn Negus) pose for the camera!**

**As part of National Assisted Living Week, Thalman Square residents, employees and family members enjoyed a concert on the patio with musician, Dave Malam.**



**Prairie Wind resident Carol Black (right) tells Jean Ingraham about her Russian nesting dolls. 150 people visited Prairie Wind's Craft & Collector's Display in August.**



**Villa resident Chris Lorenz shared the history of quilts in a presentation to Windhaven residents titled What to do With Grandmother's Quilts.**



**Western Home pickleball tournament participants included, from left, Bonnie Bickett, Ken Cox, Larry Martin, Hans Isakson, Mick Rosenau, Donna Brown, Dave Nation, Mervin Carnahan and Jim Hanson.**





**Virginia Loveless shows off the quilt square she created at Windhaven.**

**Western Home employees served up good grub to residents at BBQ Bash.**



**Windhaven residents had a perfect evening for a concert on the patio by Koriann Iliff and George Binger.**



**President of Cedar Falls Operations Jerry Harris and Director of Spiritual Care "Q" Ochoa in between serving residents at BBQ Bash.**



**Ever popular, The Vinyl Frontier provided the dancing music for our annual BBQ Bash at Diamond Event Center.**



**Windridge resident Ken Morlan sings High Hopes at Karaoke Night held in September at Diamond Event Center.**



**Line dancing, anyone?**





# WELLNESS OPPORTUNITIES in October

by *Director of Wellness Morgan Lehmann*



## Let's walk on Wednesday, Oct. 4

For the 13th time, the state of Iowa encourages everyone to walk for 30 minutes as we work together toward a healthier state.

We'll offer three times for you to join the Healthiest State Walk on south campus. Wear your walking shoes and join the wellness team, residents and employees!

**10 a.m.:** Meet at the Windcove reception desk

**Noon:** Meet at the Grosse Fitness Center in Jorgensen Plaza

**2 p.m.:** Meet at the Windridge reception desk

*If it rains, we will walk the building halls or inside the wellness center.*



## HEALTHIEST STATE ANNUAL WALK



## Bean Bag Baseball season kicks off this month

It's World Series Month – what better time to kick off our 2023-24 season of Bean Bag Baseball at WHC? Join the fun!

### Intro to Bean Bag Baseball

**Monday, Oct. 9 at 1 p.m., Grosse Fitness Center at Jorgensen Plaza**

Anyone interested in learning the game is welcome as we go through the game rules and play a few innings.

## Week of October 16

Bean Bag Baseball play begins in buildings, as follows:

**Windcove:** Tuesdays at 2:30 p.m. in the WC wellness center

**Prairie Wind:** Wednesdays at 2 p.m. in the Grosse Fitness Center at Jorgensen Plaza

**Villas:** Thursdays at 2:30 p.m. in the Grosse Fitness Center at Jorgensen Plaza

**Windridge:** Thursdays at 2:30 p.m. in the WR wellness center

**Windermere/Windgrace:** TBD





## Exciting array of trips planned for 2024

Away from Home with Western Home announced its full slate of 2024 trips at the Travel Show in late September, when attendees had a chance to reserve seats by making a deposit.

For trips that have not sold out, registrations will re-open a few months before the departure date; for example, in January for the April trip.

- ▶ **March 30 - April 9**      Mississippi River Cruise
- ▶ **June 2 - 7**              Michigan's Mackinac Island and more
- ▶ **August 7 - 10**          Sioux Falls, South Dakota
- ▶ **September 17 - 20**    Wisconsin Cranberry Trail
- ▶ **October 4 - 12**        Taste of Fall in New England
- ▶ **December 3 - 7**        Ozark Mountain Christmas

For more information, contact Carolyn Ayers at [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) or (319) 222-2048. Non-residents may travel with the group.



## South campus shuttle begins; more volunteer drivers needed

A free ride to other locations on south campus is now available, thanks to the donation of a vehicle to Western Home Foundation and volunteer efforts coordinated by Friends of Western Home Communities.

The goal is to provide easier access to wellness offerings, salon appointments, dining and socializing from 8 a.m. – 4 p.m., Monday through Friday.

Residents should call (319) 242-2007 to reserve a ride in advance. (The vehicle is not handicap accessible so no wheelchairs can be accommodated.)

Volunteers who would like to drive should reach out to Carolyn Ayers at (319) 222-2048 or [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org).

## Courier announces Best of the Best

On September 23, Courier Communications announced its winners of the 2023 Best of the Best awards in the Cedar Valley. We're honored that local voters chose Western Home Communities as 1st place Best of the Best in five categories:

- ▶ 55+ housing
- ▶ Retirement community
- ▶ Nursing home
- ▶ Independent living
- ▶ Assisted living

atHome with Western Home also received Best of the Best Favorite for in-home care.

We appreciate your votes of trust and confidence!



## Meet the Fortified Life team

*Tenth in a series highlighting employee teams*

What are the top two concerns of most older adults?

- 1.) Staying healthy enough to remain in their homes.
- 2.) Running out of money if they require long-term care.

Enter Fortified Life, an innovative program launched by Western Home Communities in late 2020. It combines personal support to keep people at home as long as possible, with an upfront amount to cover long-term care if it's needed.

It's the joy of three full-time employees to work with the 77 members who've joined so far.

"I love that I can use my experience and expertise from 16 years in healthcare and senior living to help people navigate and build a road map for their future," says Jake Bates, who's been the director of sales for all three years. "Initially they appreciate knowing they have protected their assets and taken care of long-term care for the rest of their life. Then they tell us how much they appreciate the strong bond they've built with their lifestyle coach."

That's the primary difference between Fortified Life and a long-term care insurance policy. Each member is assigned a coach. Megan Grimm and Grace Budde serve in that role.



From left: Megan Grimm, Jake Bates and Grace Budde.

"You learn so many things from each member and spending time with them is my favorite part of any day," says Megan, who first joined Western Home Communities as a music therapist 12 years ago. "Every day is different, and I enjoy that."

The lifestyle coach knows her members well enough to recommend the right services for each, whether it's meal planning for better nutrition, a balance class to enhance mobility, or even housekeeping. Simple technologies may be the right answer.

As time progresses, supports may change as members age in place. The wellness coaches recently started planning social events for members, building another community that fosters well-being.

"Our services encompass all aspects of wellness," says Grace, who joined the FL team after first working as a wellness coordinator at WHC. "It's great to develop goals to help members achieve the lifestyle they want and have designed for themselves."



Fortified Life members on a morning walk around Prairie Lakes.

### Is Fortified Life right for you?

Find out by calling Jake Bates at (319) 260-4267 or visiting the website, [www.Fortified-Life.com](http://www.Fortified-Life.com), to register for an upcoming information session. Seminars at the Waterloo Public Library are free and open to the public:

**Oct. 10, 10 a.m.** – an overview of long-term care

**Nov. 14, 10 a.m.** – aging in place wherever you call home

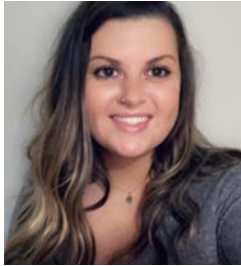


## Happy October birthday!

Marian Larson	VTH	Oct. 3	Hildegard Fresmann	WR	Oct. 18
Alvira Morris	VTH	Oct. 3	Karen Wagner	WC	Oct. 18
Fran Pashby	TS	Oct. 3	Margaret Giese	WW	Oct. 20
Shirley Huffman	MS	Oct. 4	Norma Hassman	VTH	Oct. 20
Doris Hewlitt	WR	Oct. 5	Jill Mortenson	PW	Oct. 20
RosaLee Kurtz	WG	Oct. 5	Martha Christensen	CTG	Oct. 21
Barb Larsen	VTH	Oct. 5	Richard Hileman	VTH	Oct. 21
Lee Williams	VTH	Oct. 5	Lois Klatt	WR	Oct. 21
Dean Ohrt	PW	Oct. 6	Marilyn Price	VTH	Oct. 21
Chris White	VTH	Oct. 6	Bonnie Bessman	WHAL	Oct. 22
Marilyn Roudebush	VTH	Oct. 7	Colleen Johnson	WM	Oct. 22
Virginia Damgaard	TS	Oct. 8	Lee Lindgren	VTH	Oct. 22
Roger Ludwig	VTH	Oct. 8	Cheryl Anderson	PW	Oct. 23
Jean Bilyeu	WHAL	Oct. 9	Martha Stanford	VTH	Oct. 23
Edward Leonard	WC	Oct. 9	Norma Walther	WC	Oct. 23
Don Wood	WHAL	Oct. 9	Marsha Flater	VTH	Oct. 24
Berwyn Johnson	DS	Oct. 10	Cathy Reindl	VTH	Oct. 24
Dorothy Isakson	VTH	Oct. 11	Cheri Stoneman	VTH	Oct. 24
Jan Huckstadt	VTH	Oct. 12	Stan Wood	WHAL	Oct. 24
Linda Mahncke	WR	Oct. 12	Denny Craun	VTH	Oct. 25
Dick Michael	VTH	Oct. 12	Claude Washington	WR	Oct. 25
Dick Berky	MS	Oct. 13	Loretta Diehl	WR	Oct. 26
Steve Brown	WC	Oct. 13	Pam Correll	PW	Oct. 27
Marv Dillavou	VTH	Oct. 13	Janet Doud	PW	Oct. 27
Louise Frevert	WR	Oct. 13	Fred Henze	WC	Oct. 27
Elton Green	VTH	Oct. 13	Sandy Brasch	TS	Oct. 28
Tom Huss	WM	Oct. 13	Karen Eastland	VTH	Oct. 28
Bev Kubicek	CTG	Oct. 13	Mary Rittgers	VTH	Oct. 28
Ray Kuhlman	WC	Oct. 13	Larry Brandt	WC	Oct. 29
John Beekman	WHAL	Oct. 14	Ken Burrington	WC	Oct. 29
Rod Dostart	VTH	Oct. 14	Wanda Chase	WHAL	Oct. 29
Julaine Kiehn	VTH	Oct. 14	Dennis Hayes	VTH	Oct. 29
PJ Melichar	WHAL	Oct. 14	Elaine Logue	PW	Oct. 30
Kathy Agness	VTH	Oct. 15	Nancy Miller	VTH	Oct. 30
Bill Bright	DS	Oct. 16	Eileen Daley	PW	Oct. 31
Colleen Moody	WHAL	Oct. 16	Carole Joblinske	WG	Oct. 31
Marilyn Schwickerath Schroeder	VTH	Oct. 16	Phyllis Kuehl	WR	Oct. 31
Douglas Herbon	TS	Oct. 17	Jacque Leutzinger	PW	Oct. 31
Carol Cox	VTH	Oct. 18	Clair Rowe	DS	Oct. 31
Bev Fish	VTH	Oct. 18			

## Congratulations!

In October, these employees of Western Home Communities are celebrating a milestone anniversary. Join us in thanking them for their service.



**SHELBY READER**  
**5 years**  
 October 1  
 CNA-HHA, atHome

**JODI FISHER**  
**10 years**  
 October 2  
 Payroll manager



**JUDY CREW**  
**36 years**  
 October 6  
 Assisted living secretary

**AQUARIUS BUNCH**  
**5 years**  
 October 8  
 CNA-HHA, atHome



**KEVIN KANE**  
**10 years**  
 October 9  
 CMA, Nation Cottage

## Meet the Employee of the Month, **TESSA CARYL**



**Tessa** works as a CNA/CMA at Thuesen Cottage and has been part of the Western Home Communities family since October 2022.

Here are a couple of things co-workers said about Tessa:

- ▶ Tessa always takes extra time with each resident to ensure she allows them to make their own choices and have care provided according to their preferences.
- ▶ She advocates for each resident and is always positive when doing so.

Your Western Home Communities family congratulates you, Tessa, on being named our employee of the month for September 2023.

**ANGIE WILLIAMS**  
**20 years**  
 October 17  
 LPN, Thuesen Cottage



**LISA THOMAS**  
**5 years**  
 October 29  
 Hospitality coordinator,  
 Martin Suites







Chimes are just one of the many home decor items featured at The Market in October.

## Time for a fall refresh with this sale at The Market

All indoor and outdoor home decorations are 20% off through the month of October!

**Open Monday - Friday, 10 a.m. - 5 p.m. and open at 7 a.m. for coffee purchases.**

Visit [TheMarketCF.com](http://TheMarketCF.com) to order apparel, view our local producers and sign up to receive news and updates.

*The*  
**Market**  
deli ♦ grocery ♦ gifts

## 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](http://creeksidegrundy.com)

**Winding Creek Meadows Assisted Living**  
Jesup – [windingcreekmeadows.com](http://windingcreekmeadows.com)

**Madrid Home & The Cedars Assisted Living**  
Madrid – [madridhome.com](http://madridhome.com)

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Susan Card	Miller Roskamp
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
Willowwood .....	WW

*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](mailto:Linda.Maughan@WesternHome.org).

## IN SYMPATHY

Sharon Krebs, DS	Sept. 16
Ken Wilson, MS	Sept. 15
Del Carpenter, VTH	Sept. 14
Jim Bowman, CTG	Sept. 13
Holger Petersen, DS	Sept. 11
Karyl Brown, MS	Sept. 8
Donald Pruisner, MS	Sept. 8
Carolyn Meyer-Wilson, WH	Aug. 30
John Rice, PW	Aug. 30
Patricia Dickinson, MS	Aug. 30
Marlys Karkosh, VTH	Aug. 27
Patricia Brockway, MS	Aug. 26



**WesternHome**  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

[westernhome.org](http://westernhome.org)

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## Stop in and try one of our seasonal desserts or new entrees just added to the menu!

### OCTOBER FEATURES:

**October 5–7 • Pork Schnitzel \$18**

*Celebrate Oktoberfest with this German favorite overlaid with lemon butter sauce and served with roasted Brussels sprouts and hot German potato salad.*

**October 12–14 • Beef Tenderloin \$25**

*Pan-seared, served with brown butter sage gnocchi laid atop charred onion sauce and a bed of roasted kale.*

**October 19–21 • Cubano Sandwich \$18**

*Local shredded pork, ham, house-made pickles, honey mustard and Swiss cheese all pressed to order between a Cuban loaf of bread.*

**October 26–28 • Brisket \$26**

*Local smoked brisket served with a loaded baked potato and a seasonal vegetable.*

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

**Tuesday–Saturday • 11 a.m.–8 p.m.**

**5307 Caraway Lane, Cedar Falls • [GilmoresPubCF.com](http://GilmoresPubCF.com) • (319) 859-9342**