

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

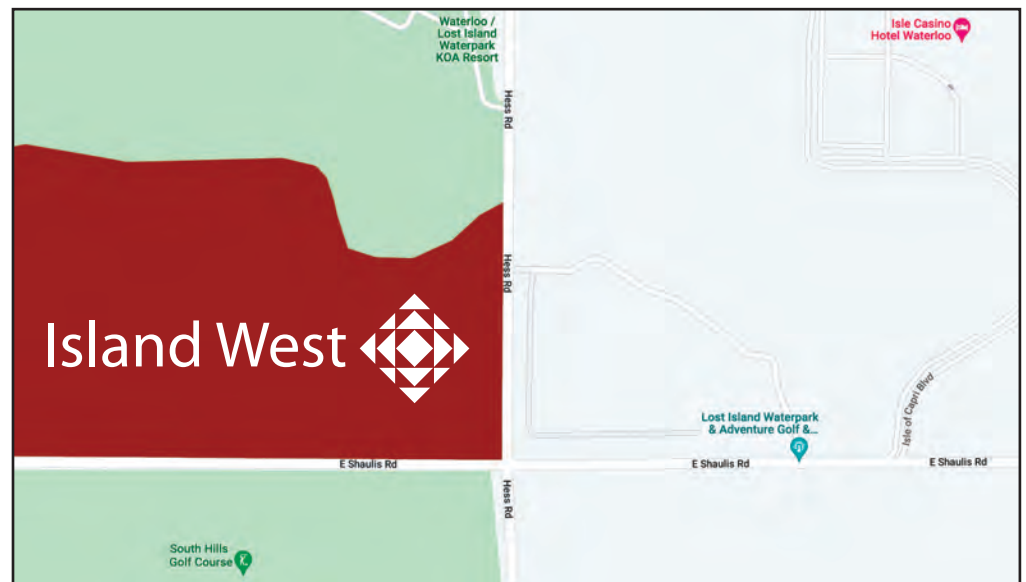
## Phase 10 Villas to get underway; land purchased for Waterloo campus

Initial construction should soon be underway for more villas on the south campus of Western Home Communities in Cedar Falls, as initial plans are being developed for an expansion into Waterloo.

“At the end of June, we closed on the purchase of 53 acres we’re calling Island West because of its proximity to Lost Island Water Park and Theme Park,” explains CEO Kris Hansen. “This area of south Waterloo is exciting because it’s close to a lot of amenities and all the local investments made by Gary and Becky Bertch. Our board agrees it will be a much-desired place to live for those who are 55+.”

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The map above shows where the land sits along E. Shaulis Road, just north of South Hills Golf Course and south of the Lost Island KOA Resort.

“We haven’t started working with the city of Waterloo yet on the layout and designs, but we hope to be able to share a site plan with everyone soon,” says Hansen.

Meantime, Hansen will meet in early August with Club Ruby, Club Amethyst and Club Emerald waiting list members; he’ll give them the latest information on initial villa construction to commence in late summer along Wild Rye Way, just north of Rosemary Drive.



## Meet the Board

This month, we finish introducing you to the eight volunteer board members who lead Western Home Communities. We are grateful for their dedication and service!



**Nafissa Cisse Egbuonye, Ph.D.**

**Director, Black Hawk County Public Health**

Nafissa joined the board in July 2021. The country where she was born in West Africa does not have

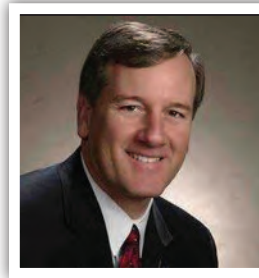
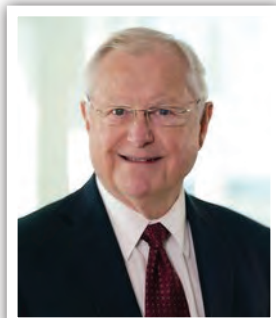
retirement communities, so being a board member has given her the opportunity to better understand the culture and funding structure of senior living communities.

"It's an honor for me to serve on this board," she says. "I enjoy meeting people from different backgrounds and I have a diverse palate." In 2020, Nafissa was recognized as a 20 Under 40 leader. She and her husband have two young children.

**Larry Fox**  
**Retired private wealth advisor, Ameriprise Financial**

Larry started his business in 1971 and retired after 50 years. He joined the WHC board in 2011. "I've learned that the leaders, employees and board members are faithfully and passionately engaged in wanting to offer the best care and comfort to residents and clients," Larry explains. "I'm truly proud to serve on a board that is a national leader in offering solutions for the future like Fortified Life, while maintaining their roots from a Christian heritage."

He and his wife, Sandy, are avid UNI Panther fans and love to travel.



**Greg Schmitz, Ph.D.**  
**Self-employed/semi-retired**

Greg held leadership positions at VGM Group, Hawkeye Community College and Waterloo Community Schools, and

prior to that was a controller and auditor for three organizations. He joined the board in 2015.

"It has been a pleasure to work with the great administration and staff to deliver on the mission," he says. "I continue to learn about the challenges facing the organization and healthcare. I enjoy supporting and challenging the administration regarding strategic planning to keep us at the forefront in delivering quality services and lifestyle options for residents."

**Dianne Schultz, D.N.P.**  
**Director of Operations, Care at Home/Hospital to Home Services, UnityPoint**



"I'm proud and honored to serve on the board as WHC has been so meaningful in supporting members of my family and our shared community," says Dianne, who joined the board in 2021. "The tremendous innovation, transformation and positive disruption within senior living communities is absolutely inspiring."

Dianne's family has lived in Cedar Falls since the early 1960s; family members have been employees and residents over the years. She has long collaborated with WHC through her work at UnityPoint, focusing on home-based care delivery partner programs.

## First WHC interns from Jamaica arrive

As The Journal went to the printer, Norman Grant planned to purchase six airline tickets from Jamaica for July 27 to get the first group of J1 visa interns to Cedar Falls, beginning their year of employment with Western Home Communities.

“Finally! I’m excited,” he enthuses. Norman has organized the program through his role as director of equity, diversity and inclusion. “Getting people here will for sure put an end to all the worry and wonder, and we can go from there.”

The visa approval process stretched out a little too long, in Norman’s opinion. Now he hopes to move forward and get the employees settled into their roles.

The plan [at Journal deadline time] was for the interns to quarantine July 27 – 31, then start orientation on August 1. It’s likely you will see them in their positions soon. The initial group

includes two each in the categories of culinary, food and beverage, and front desk.

Additionally, two employees have been hired to assist: Shacarae Bennett is the international intern program coordinator and Abby Moore is the intern coordinator.



Shacarae



Abby

Reach out to either one of them with program questions or to volunteer for welcome events and cultural exchanges. Call 319-277-2141 or email [abby.moore@westernhome.org](mailto:abby.moore@westernhome.org).

*Welcome, interns, to Western Home Communities! We’re excited to meet and get to know you.*

**DEADLINE TO SIGN UP: AUGUST 12**

# IOWA STATE FAIR BUS TRIP

**Wednesday, August 17**  
**depart 7 a.m. return around 5:30 p.m.**

\$60 for admission + charter bus trip  
**Contact a resident coordinator by Aug. 12**  
*(Must have 25 registered for trip to occur)*

**EXHIBITS!**

**AG AND ANIMALS**

**FOOD ON A STICK!**



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 15, 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:***

**Nona Christopher**

Curt & Jane Christopher  
Nancie Handorf  
Claudia Koch  
Larry & Sharon Petersen

**Mary Cordes**

The Mary Cordes Family  
Nancie Handorf  
Claudia Koch  
LaVerne & Pat Middleswart  
Jim Peterson  
Larry & Sharon Petersen

**Eldon Hayes**

Craig & Nancy Baumhover  
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Judy Finkelstein

Pamela Frazier  
Diana Hansen  
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Linda Hofferber-Hill  
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Richard & Patti Sulentic

**Susan Runkle**

Judy Finkelstein

**Employee Appreciation Fund**

Winston Burt  
Judy Finkelstein  
Dr. Richard & Connie Frankhauser

**Mary Taylor Health Sciences  
Scholarship**

Phyllis Steele

**Other Gifts**

Cindy Fisher  
Sheryl Winter  
Dr. Richard & Connie Frankhauser  
Karla Foust  
Bill & Kathleen Niedert  
Chad & Cindy Wiles

## Golf outing registration ends August 5



Western Home Foundation's 25th Annual Golf Outing is August 29 at Beaver Hills Country Club with tee-off at noon. Registration is online with a link at the top of the website's home page at [westernhomecommunities.org](http://westernhomecommunities.org). The deadline is August 5.



# Friends

OF WESTERN HOME COMMUNITIES

## Annual breakfast returns in September

Mark your calendars for September 10 and plan to enjoy breakfast at Diamond Event Center from 7-10 a.m. Tickets will be available in August.

Want to volunteer? Sign up for a shift. We need people willing to serve in the buffet line, refill beverages, take tickets or greet attendees. Many hands make light work! Contact Carolyn Ayers with your preferred time and role: [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) or 319-222-2048.



## Handcrafted Holiday Show and Sale

This annual event showcases the talents of residents, family members and employees, who can offer their handcrafted wares for sale. Items offered in the past have included embroidered hand towels, crocheted scarves, carved wood, greeting cards, photography, jewelry, stained glass, needlework, pottery, popcorn, walking sticks, seasonal décor and more.

If you're not a crafter, make plans now to shop! Invite friends and family to join you (bring those Christmas shopping lists). Proceeds will fund projects that are supported by Friends of Western Home Communities.

**Saturday, October 29, 2022, 9 a.m. – 1 p.m., Diamond Event Center**

**To participate, fill out and return this form to the front desk of Jorgensen Plaza or your receptionist or resident coordinator. Please include a flat fee amount that you will donate to Friends or a percentage of your sales. Thank you!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Donation amount: \_\_\_\_\_

What I will (circle one) **sell** or **show**: \_\_\_\_\_

\_\_\_\_\_

How many 6' tables will you need?" (circle one) 1 2 3



## Chaplain's Corner: Our rock of help

by Chaplain Mark Eggleston

We must remember, so we don't forget... such a simple statement and yet so powerful. We humans need to be jolted from each day's busyness lest we easily forget to reflect on the significance of important occasions.

An Old Testament story shows how God's people made sure they didn't forget God's protection and care for them. At one point in Israel's history, the people faced opposition from the Philistines. They pleaded with Samuel the prophet to cry out to almighty God on their behalf. He did, and Scripture reveals that, "The LORD thundered with a great thunder on that day against the Philistines and confused them, so that they were routed by Israel."

1 Samuel 7:10. Then Samuel set up a memorial to God's faithfulness. "Samuel took a stone... and named it Ebenezer, saying, 'Thus far the LORD has helped us.'" 1 Samuel 7:12. Ebenezer means "stone of help" and this rock was put in a place where God's people would see it often, to be reminded of his care for them.

Near the Windcove lake at 5300 S. Main, you'll see an 8,000-pound black rock that was placed during our 100th anniversary celebration in 2012. It serves as a vivid reminder of God's divine help



and blessing for Western Home Communities over a century.

Our founders regularly expressed their appreciation for the way God had blessed this place that cares for those who are aging. In the closing remarks of the first year's annual report, it states: "Western Old People's Home is a child of Providence. We are convinced of the God-given mission of the Home. Under the grace of God, the institution has prospered even beyond our fondest hopes... our human efforts linked to God's divine assistance, in whose promises we trust, will insure our success."

These sentiments were echoed many times in the years that ensued. I wonder how many times over

a century that the story line of this organization could have gone differently and strayed from God's mission? Yet even after 110 years, we still express our dependence on God's care by opening our meetings with prayer to ask God for divine direction and thank him for the blessings he provides.

That is why the Stone of Ebenezer declares to all who pass by that "Thus far the Lord has helped us." With human effort linked to God's assistance, we have achieved more than our founders could ever have imagined and we are excited about what is yet to come.

Each time we pass by this stone, may it remind us of God's blessings on this organization and all who live and work here. Let us strive to remember, so we don't forget!

## 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 August 7 and August 21.

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.



## Putting yourself in someone else's shoes offers a new perspective at UNI's dementia simulation house



by Linda Maughan, Content Marketing Specialist

As I waited with four others in the breezeway of University of Northern Iowa's (UNI) dementia simulation house for a turn to enter "my home," I couldn't help feeling a little nervous. I didn't know yet what I would do inside and I had just been equipped with special glasses, gloves and headphones for the experience. All this would help me understand how someone with dementia might feel as they go about their day at home.

The dementia simulation house is the brainchild of Dr. Elaine Eshbaugh, professor of gerontology at UNI. After years of dreaming, planning and getting support from others, Elaine's passion came to life in February when the unique home on UNI's campus opened. Since then, time slots for a session at the house have been nearly booked solid.

It's worth the wait. It's a gold mine of insight.

I can't tell you what I did. I couldn't take photos. But I can tell you how I felt during the simulation. Although I was eager to do a good job and accomplish my tasks in the home, I quickly lost confidence. I couldn't find what I needed and I couldn't remember what was next on my to-do list. I hesitated to ask for help, knowing my question might be met with impatience (part of the simulation). I was clumsy, lonely and insecure "in my own home."



*Dementia Simulation House at UNI.*

That's when the simulation hammer hit the nail. You might know the symptoms, stages and types of dementia, but this is how someone with dementia *feels*. That's the point. By stepping into someone else's shoes, the experience helps you learn to respond better to someone's needs.

I came away feeling gratitude for those who created this special house. They're bridging gaps. And the simulation house isn't just for caregivers or those who work in a retirement community. I immediately wanted everyone I knew to have this eye-opening experience.

If you'd like to experience the dementia simulation house, visit [csbs.uni.edu/dementia-simulation-house](https://csbs.uni.edu/dementia-simulation-house) to schedule a time.



### Inaugural run for dementia support Run to Remember Kevin Dill 5K and Fun Run

Benefitting Dementia Friendly Cedar Valley, Lewy Body Dementia and Waterloo's Veterans Way

October 8, 2022 TechWorks Campus | Waterloo, IA

Watch for  
further details in  
the September  
issue of  
The Journal.



## Former resident returns as music therapist

Laura Tull knows her story is unusual: Not many 26-year-old women spend months in a nursing home to recover from life-threatening complications of childbirth. She thankfully survived and, in another twist, has become an employee at the place where she recovered in 2016.

"I had worked in a nursing home as a music therapist. But you never imagine at age 26 and just having a baby that you would need to live in one," says Laura.



*Therapy in 2016 helped Laura, right, to care for her baby, Josephine.*

"I was in a lot of pain while relearning how to walk. I also hadn't been home with my baby," she recalls. "Somehow, the staff at Martin Suites made it a

lot easier. They were able to convince me to do therapy even though it was painful. And I still liked them. That's hard to manage, but they did it."

Laura spent four months at Martin Suites. She continued outpatient therapy for years to regain more function. Just when she was venturing out to return to work, the pandemic hit – and her compromised immunity delayed those plans.

Earlier this year, Laura posted on Facebook

about updating her resume, and employee Megan Grimm told her of the opening at Western Home Communities. Laura applied immediately and started the job part-time on May 2.

Her life-altering experience has changed her approach to the job.

"I wasn't physically disabled before, so I didn't know how much disability affected things," she explains. Laura has kept some therapy techniques and modified others as she works with residents of Deery Suites, The Cottages, Martin Suites and Thalman Square.

"It's pretty cool to be back. Coming here for care was a big part of my life," Laura reflects. "I learned to push my baby in a stroller here, and I was able to feed her solid food for the first time."

Laura's new goals include building her strength so she can work full-time; she's even back in therapy to learn how to walk backward while playing guitar. She'd like to eventually ditch the crutch she still uses. Then she hopes to grow the music therapy department, eventually offering the service to more residents, outpatients and even people in their homes.



*Laura at work in Deery Suites.*



*Laura leads a music therapy group at Deery Suites.*



## Students and teacher reunite – as villa residents

Most of us have fond childhood memories of a favorite teacher, yet it's rare to become friends and neighbors with them later in life.

When that happens, it sets the stage for good conversation, reminiscing and laughter. Stories flowed easily when villa residents Carol Ann Draper and Janet Bretey reunited with Lois Wishmeyer recently to recall Lois's classroom at Washington-Emerson Elementary School in Independence, Iowa, in 1950.

Friends since kindergarten, Janet and Carol Ann were in Lois's third-grade classroom together.

"Lois was a wonderful teacher. We loved her so much and I remember more about her class than any other in elementary school," says Carol Ann.

At some point during that school year, Lois and her brother took a trip to Washington, D.C. "When she came home, we were all excited. She didn't just say, 'I had this trip.' She explained where she went and told us about the things she saw. You just can't imagine how wonderful that was for us at that age," says Carol Ann, who told this story at their table when Lois was honored at Eight Over Eighty in June, with Lois's nephew – her brother's son – in attendance.

Janet also remembered with a laugh the time Lois gave her students strict instructions for recess. "It was a cold winter day and Lois decided to tell us not to put our tongue on the monkey bars. Big mistake. Carol and I couldn't wait to get out there and we both did it! Unfortunately, I went home for lunch and we had chili!"

Lois taught third grade for three years before she married and moved to California. After returning to Independence, she became a secretary at the junior high – just at the time her previous third-graders were attending. Lois then came to Cedar Falls in 1962 when her husband became employed at UNI.

Lois reconnected with Carol Ann first when they volunteered together at Sartori Hospital and again when Carol Ann and her husband moved into a villa 11 years ago. Today, Janet and Carol Ann only live a few villas apart and see Lois often.

When asked how she remembers Janet and Carol Ann as students, Lois replied, "Janet and Carol Ann are just as much fun and full of life today as they were in third grade."



*From left, Carol Ann, Lois and Janet have enjoyed reconnecting since each moved into a villa at Western Home Communities.*

## BACK-TO-SCHOOL PRAYER

*Lord, watch over, provide for, guide and sustain all our teachers. Give them the wisdom to do their good work in uncertain times. Prepare our children's and grandchildren's hearts to learn, and give them peace. Amen.*



## Eat the rainbow

by Wellness Coordinator  
Grace Budde

### Why should you eat a rainbow of foods?

Each color category represents a different group of nutrients, or phytochemicals. Eating a variety of colored vegetables and fruits ensures you get enough of each, and the widest variety of health benefits. Below is a breakdown of how the antioxidants in each color can benefit your health:

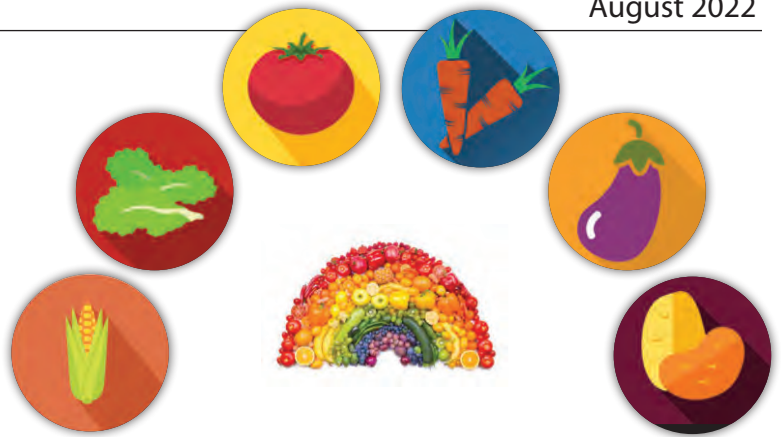
**Red** – Lycopene can help prevent heart disease and certain cancers, and reduce sun damage. Found in tomatoes, watermelon and grapefruit, these fruits and veggies are good for urinary tract health as well as memory.

**Orange & Yellow** – Carotenoids can help lower the risk of heart disease and cancer, while supporting eye and skin health as well. Find them in carrots, corn, sweet potatoes, squash, pumpkin, pineapple and bananas.

**Green** - These “leafy greens” like spinach, kale and broccoli help lower the risk of heart disease and cancer. Their folic acid also helps prevent cataracts and the natural aging of eyes. Known as lutein, they help keep our bones, nails and teeth strong.

**Blue & Purple** – The antioxidants known as anthocyanins can help improve brain function, fight cancers in the GI tract, and lower risk of heart disease, neurological disorders and Type 2 diabetes. They help you age beautifully by taking care of your skin. Eat raspberries, blueberries, blackberries, red cabbage and black plums.

**Dark Red** – The betalain phytonutrients in beets and prickly pears can increase oxygen uptake, thus improving your athletic performance. Other benefits may include lowering the risk of high blood pressure and certain cancers.



**White & Brown** – Cauliflower, leeks, onions and mushrooms may seem bland on the surface, but their phytochemical, anthoxanthin, can lower the risk of heart disease and colon cancer. They're high in fiber, magnesium and potassium.

It's easy to start eating the rainbow; simply try to include two to three different-colored fruits or vegetables at every meal. You don't even have to do this every day, just a few times each week.

Summer is the perfect time to try it, too – you'll find every color of the rainbow at local farmers' markets!

## Enjoy the final pool party at The Falls!

Celebrate summer on Saturday, August 6

FREE swimming for residents, employees and guests

10 - 11:45 a.m.



# SCENES *of* SUMMER



*Is Elvis in the building? No. It's Windhaven and Thalman residents out to see the Elvis movie!*



*Shirley Harris cools off at Nation Cottage in the midst of July heat!*



*Amy Frost (left) and Helen Powell are ready for bingo at Martin Suites!*



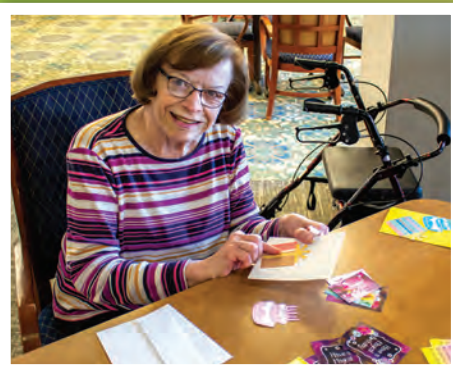
*George Michaels, Marlys Cook and Kenny Hansen enjoyed Windhaven's campfire singalong.*



*Pineapple, coconut and tropical decor - it was Pina Colada Day at Nation Cottage in early July, a fun time for Paul George and employees.*



*Windridge residents celebrated Independence Day with a potluck brunch in their patio cafe.*



*Windhaven resident Jean Bilyeu makes greeting cards for friends and family.*

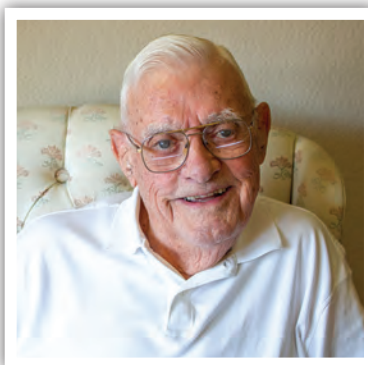


*Sum-sum-summertime finds Lura Treloar of Deery Suites helping make strawberry and blueberry fluff.*



*Arianna Quartet from St. Louis shared their sweet-sounding strings on July 18 at Diamond Event Center.*

## 30-year resident celebrates 100th birthday



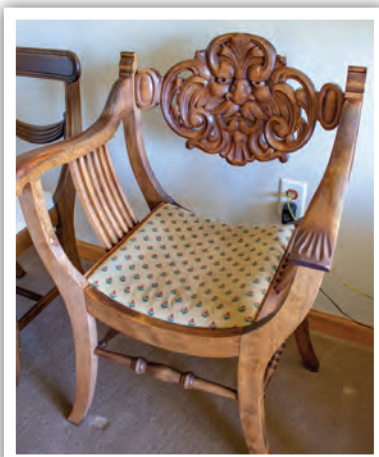
Homer Leymaster's 100th birthday was celebrated with his daughter, son and their families in Cedar Falls. "I told them all I needed was a cake with ten big candles, ten years

for each candle," he says with a smile. This is just a reflection of Homer's humble, friendly and easygoing personality.

"The best thing I can say is to have a positive, happy attitude. I'm kind of a lucky guy and enjoy whistling and telling stories," he says. Exercise is also an important part of Homer's daily routine. "I do a lot of walking. I walk the halls at Windhaven a couple times a day plus dinner and breakfast." He also does bed-exercises first thing in the morning and uses the NuStep located nearby.

Homer has enjoyed several hobbies, particularly gardening, golfing and woodworking. His home displays his craftsmanship

of wall shelves, a side table, a rebuilt chair, and a table lamp made from a table leg and a base he created using his lathe. He also reworked his dad's rocking chair which was featured in The Journal a couple years ago. "Right now, my main hobby is being on the computer and collecting jokes." He has more than 200 jokes in a binder



*When found, this was only half of a chair and in pieces. Homer rebuilt it in his shop at Windermere.*

and shares them with "the gang" at breakfast along with a story or two.

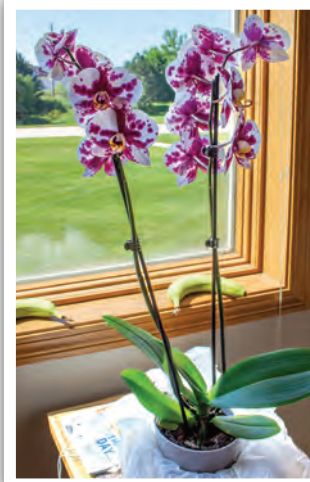
This year also marks Homer's 30th year at Western Home Communities. A mechanical engineer by trade, he worked for five companies in Nebraska before his work brought him to Doerfer Engineering in Cedar Falls in 1968. He and his late wife, Ruth Anne, signed up to live at Windermere in 1992 and sold their home before construction was finished, so they stayed in the farmhouse next door for six months. They lived at Windermere for 19 years before moving to Windhaven in April 2011.

As for the secret to his long life: "Puttering around with all these things can keep you young. I've been lucky all my life and I can't think of any instances I regret." Homer encourages, "And don't give up on anything."

*This secondhand antique clock was refinished and now sits on a shelf made by Homer.*



*Over the years, Homer created more than 100 painted characters in his workshop.*



*Homer's just-add-ice® orchid blooms beautifully.*



## Happy August birthday!

John Jordan	TS	Aug. 1	Jeane Knapp	DS	Aug. 17
Norbert Roy	PW	Aug. 2	Eleanor Little	WHAL	Aug. 17
Daryl Sullivan	VTH	Aug. 2	Evie Waack	VTH	Aug. 17
Sharon Klages	VTH	Aug. 3	Mary Hogan	WR	Aug. 18
Lloyd Korte	WHAL	Aug. 3	Jerry Kramer	VTH	Aug. 18
Bob Tefft	PW	Aug. 3	Barb Seufferlein	VTH	Aug. 18
Penny Brown	WHAL	Aug. 4	Mary Lou Hanson	VTH	Aug. 20
John Kelly	VTH	Aug. 4	Barb Wygle	PW	Aug. 20
Patti Sulentic	WR	Aug. 4	Marlys Hanks	WC	Aug. 21
Karilyn Wood	WG	Aug. 4	Evelyn Herrmann	WG	Aug. 21
John Eastland	VTH	Aug. 5	Phyllis Koob	WHAL	Aug. 22
Dave Eastman	VTH	Aug. 5	Laurene Bernard	VTH	Aug. 23
Dixie Madsen	PW	Aug. 5	Bob Brown	WR	Aug. 23
Jean Fischer	DS	Aug. 6	DeMaris Hochhalter	PW	Aug. 23
Roger Jeys	TS	Aug. 6	Dave Nation	PW	Aug. 23
Jan Krause	VTH	Aug. 6	Richard Stanford	VTH	Aug. 24
Mary Timpany-Clapp	VTH	Aug. 6	Darlys Braun	PW	Aug. 25
Lee Fritts	VTH	Aug. 7	Clair Coughlin	WHAL	Aug. 25
Dorothy Guldner	WM	Aug. 7	Arlene Fleming	WC	Aug. 25
Greg Kohls	VTH	Aug. 7	Gail Huser	TS	Aug. 25
Holly Schwerdtfeger	VTH	Aug. 7	Ana Luhning	WR	Aug. 25
Mark Tentinger	WC	Aug. 7	Sandy Magnuson	WR	Aug. 25
Marlys Simpson	WR	Aug. 8	Margaret Campbell	VTH	Aug. 26
Dick Treichel	VTH	Aug. 8	Carolyn Haller	WC	Aug. 26
Gary Brown	VTH	Aug. 9	Gene Haringa	WC	Aug. 26
Marty Olsen	WC	Aug. 9	JoAnn Kramer	VTH	Aug. 26
Ginnie Garrison	WG	Aug. 10	Sheila Loughren	VTH	Aug. 26
Gerald Hudson	VTH	Aug. 10	Karyl Brown	DS	Aug. 27
Bruce Perrin	WHAL	Aug. 11	Jim Altenbaumer	VTH	Aug. 28
Dorothy Knudsen	WM	Aug. 12	Mary Ann Bolhuis	MS	Aug. 28
Colleen Liming	WW	Aug. 12	Karen Carnahan	VTH	Aug. 28
Jim Mudd	PW	Aug. 12	Mary Christoph	VTH	Aug. 28
Merlin Taylor	VTH	Aug. 12	Shirley Henze	WC	Aug. 28
Larry Petersen	WC	Aug. 13	Theresa Kindig	WC	Aug. 28
Russ Curtis	VTH	Aug. 15	John McCarty	WHAL	Aug. 28
Kathy McCrea	VTH	Aug. 15	Elaine Rosenau	VTH	Aug. 29
Rhoda Russell	MS	Aug. 15	Jan Heth	VTH	Aug. 30
Nancy Seavey	VTH	Aug. 15	Clarence Lanigan	VTH	Aug. 30
Garnet Mehlert	WW	Aug. 16	Cleo Cross	WC	Aug. 31
Marilyn Bryant	DS	Aug. 17	Sandra Delfs	VTH	Aug. 31
Bernice King	WHAL	Aug. 17	Ron Heth	VTH	Aug. 31

## Congratulations!

These employees are celebrating milestone anniversaries with Western Home Communities this month. We thank them for their dedicated service.

**Lisa Stoler**  
**5 years**  
**August 21**  
 Medication manager,  
 Winding Creek  
 Meadows

**Jetsina Petersen**  
**5 years**  
**August 28**  
 Lead food service,  
 Windhaven



**Madison Tompkins**  
**5 years**  
**August 7**  
 CMA,  
 Thuesen Cottage



**Jennifer Sturgill**  
**10 years**  
**August 22**  
 LPN, Windhaven

**Vicki Klemp**  
**10 years**  
**August 8**  
 Administrative  
 Assistant



**Lisa Haugen**  
**20 years**  
**August 29**  
 Director of Client  
 Logistics and  
 Fulfillment



## Meet our Employee of the Month, Cathy Warner

**Cathy** joined the Western Home Communities family in July 2021 and works as a dishwasher at Jorgensen Plaza.

Here are a few things that were said about Cathy:

- Cathy is a consistent, hardworking and friendly team player.
- She is always in a positive mood and loves to help wherever is needed.
- Cathy is friendly and always greets everyone.
- She is very diligent on getting things done in an efficient and quick manner.
- Cathy goes above and beyond every day.
- Cathy is truly the face of our value of servant spirit.

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



## New faces at The Market

A friendly crew is at your service to help you find the perfect gift or grocery item:



**Symone Ma** works full-time and manages inventory after the departure of Eric Cornish, who now works as a stay-home parent.

**Julia Wehr** works on Wednesday afternoons and Thursdays.



**Kristin Teig Torres** works on Mondays and Fridays.

**Teresa Fisher** will work a few hours per week throughout the school year.



*Stop by The Market for a gift, coffee, pastry, ice cream cone or bottle of wine, Monday through Friday, 10 a.m. – 5 p.m.*



**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!

## 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

Beryl Waack, CTG	July 11
Bob Emmert, DS	July 10
Marion Richards, CTG	July 9
Marge Kleinendorst, WHAL	July 7
Eileen Korte, DS	July 7
Wilma Buhr, CTG	July 2



**WesternHome**  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

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

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**THURSDAY & FRIDAY  
MENU FEATURES  
IN AUGUST**

**AUGUST 4 & AUGUST 5**

**FIG CANNOLI**

House-made cannoli shell filled with fig compote & traditional cannoli filling, garnished with a candied orange peel.

**AUGUST 11 & AUGUST 12**

**DUMPLINGS**

Pan-seared, steamed dumplings filled with pork & shrimp paired with a house teriyaki sauce.

**AUGUST 18 & AUGUST 19**

**LOBSTER ROLL**

Buttered lobster topped with lettuce, mayo dressing & pressed between a toasted hoagie.

**AUGUST 25 & AUGUST 26**

**PRIME RIB**

Sliced prime rib served with garlic mashed potatoes & seasonal vegetable.

**GILMORE'S**  
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Tue - Fri | Open 11 a.m. - seating until 6 p.m.