

*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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## WHC travelers rerouted by Yellowstone floods

An "Away from Home with Western Home" trip west, postponed twice by the pandemic, finally took off early the morning of June 13 – only for travelers to be jolted a few hours later by the news of historic flooding that caused the closure of Yellowstone National Park.



The original itinerary had a scheduled visit to Yellowstone on June 17 with an overnight stay in one of the park's resorts before heading on to visit Jackson, Wyoming, and Grand Teton National Park.

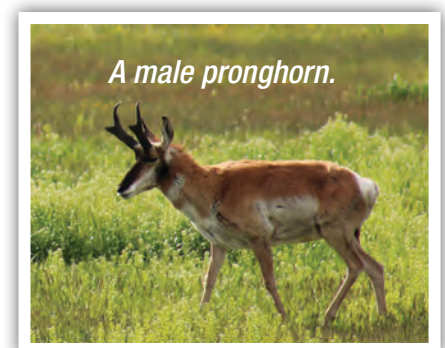
Quick action by travel partner Legacy Tour & Travel found the group instead heading south from Cody, Wyoming, to Riverton for a night. Along the way, they visited The Heart Mountain Interpretive Center, which tells the stories of life as a Japanese American in an internment camp – an experience described as moving, disturbing and humbling.

The group then lunched in the town of Thermopolis and drove through Sinks Canyon where they fed trout and watched pronghorn on the hilly slopes; the hooved relative of goats and antelope is the fastest land animal in North America.

*Continued on page two*

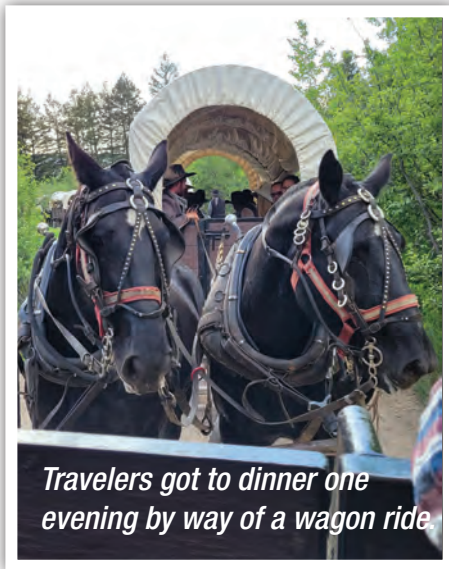


*The beauty of Sinks Canyon State Park was a surprise addition to the trip.*





Continued from page one



Travelers got to dinner one evening by way of a wagon ride.

"It could have been a really hard day since we'd waited so long to see Yellowstone, but it wasn't," says trip organizer Carolyn Ayers. "It was a great day filled with lots of blessings."

The trip went on as planned from there, including a covered wagon ride to Bar T 5 dinner camp for meals and music, eco-tours of Grand Teton and a float on the Snake River before heading back home and arriving June 22.



Mike and Jan Blevins ready to float.



Gary and Donna Brown show off her birthday cake; hers was one of three birthdays celebrated during the 10-day trip.



Indian paintbrush is the state flower of Wyoming.

One of four groups ready for their eco-tour wildlife safari at Grand Teton.



The historic T. A. Moulton barn with Grand Teton rising behind it.



## Ready for your next adventure?

"Away from Home with Western Home" heads southeast this fall to take in the fabulous color of the Great Smoky Mountains. The Oct. 16-22 bus trip to Gatlinburg, Tennessee, and Asheville, North

Carolina, is nearly full, so act now to experience sights such as Dolly Parton's Stampede and The Biltmore estate.

Want to stay closer to home? A one-night trip to Dubuque and Galena, Illinois, is set for Oct. 11-12.

Visit the Convivium Urban Farmstead, tour the Mississippi River Museum & Aquarium, lunch at Stone Cliff Winery, ride the Fenelon Place Elevator, and stay at the historic Hotel Julien Dubuque. You'll head across the Mississippi River the next morning for a narrated trolley tour of historic Galena, a visit to General Grant's home, a private lunch at Fried Green Tomatoes, and shopping along Main Street.

Call Carolyn Ayers at 319-222-2048 or email [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org) for itineraries and pricing. Non-residents are welcome to travel with us!



## Meet the Board of Directors

This month and next, we will introduce you to the volunteer board members who serve Western Home Communities.



**Sarah Brown, MSN, RN,  
CMPE, NEA-BC**  
Chief Nursing Officer,  
UnityPoint Health

Sarah joined the board in 2015 and currently serves as chair. "I love the progressive and proactive

leadership of the administrative team at Western Home Communities. A true appreciation for the mission is evident at every meeting and in every decision," Sarah says.

Sarah says becoming a nurse was one of the best decisions she ever made; she is passionate about providing the best possible health care for Iowans. She is married to T.J., a John Deere employee, and they have three grown children and one granddaughter.

**Richard Frankhauser,  
M.D.**  
Retired physician,  
Covenant Clinic  
Current medical  
director, Western Home  
Communities



Dr. Frankhauser joined the board in 2019, "... primarily out of respect for the staff with whom I have worked and the care they have provided to the residents," he says. "It's complex to manage so decision-making can be difficult, but it is possible with the many talents and experiences of other board members. It's enjoyable working with an organization that has the vision and values of WHC."

Dr. Frankhauser says it has been a joy to practice medicine, build relationships and raise a family in Cedar Falls.



**Ron Gaines**  
City Administrator,  
City of Cedar Falls

Ron received a degree in civil engineering from Iowa State. He joined the board in 2019 so his service has primarily been during the pandemic. "The last few years have required residents and administration alike to be adaptable. I'm very proud to be part of an organization that has continued to maneuver through these challenges."

Ron and his wife, Erin, a Cedar Falls teacher, have lived in the city for 16 years. They have two children in college at Iowa and Iowa State, and the youngest is a rising senior at CFHS.

**Andrew Morse, Ph.D.**  
Chief of Staff, Office of the  
President, University of  
Northern Iowa



Andrew joined the board in August 2021. "I've enjoyed learning about Western Home Communities' past and present while identifying the work I can do to serve the organization in creating a strong and vibrant future, both for the organization and the people it serves."

Before taking the position at UNI, he worked in higher education in Washington, D.C., Tennessee and Florida, focused on public policy and facilitating statewide initiatives.

Andrew and his wife, Amy, married in 2008 and have two children who attend Cedar Falls public schools.



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 June 14, 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.**



***In memory of:***

**Nona Christopher**

Ed Leonard

**Mary Cordes**

Ed Leonard  
Rodney & Ruth Tomson  
Lorraine & Larry Tonn

**Ken Earnest**

Sue DeBower  
Rodney & Ruth Tomson

**Marilyn Groothuis**

John & Ann Lofstedt  
Rodney & Ruth Tomson

**Eldon Hayes**

Joan Baumgartner  
Ken Coulter  
Sandra Frazier  
Diane Gerrow  
Judy Moody  
Robert Robinson

**Sue Jacobsen**

Joan Duea  
Steve & Jean Firman  
Joan Ogden

**Dan Lorenz**

John & Ann Lofstedt

**Martha McCutcheon**

Marlene Behn  
Claudia Ewald  
Ronald King  
Paul Klotz  
Jordan & Julie Kramer  
Marlene Kucera  
Patrick & Ann Lyons  
Dennis & Michelle McFarlane  
Leo & Jane Milleman  
Alvira Morris  
Jim Peterson  
David & Julie Poe  
Joanne Reeves  
Bill Thrall  
Bruce & Michell Verink  
Nell Wilson

**Dan Rasmussen**

Clair Rowe

**Terri Tobin**

Bertie Jepsen  
Nancie Handorf  
Claudia Koch  
Ed Leonard  
Marty Olsen

***Employee Appreciation Fund***

Joyce Cutshall

***Other Gifts***

Dave & Sue Eastman  
Karla Foust  
Dr. Richard & Connie Frankhauser  
Bill & Kathleen Niedert  
Robert Robinson  
Craig & Holly Schwerdtfeger  
Alan & Sally Yakish  
Chad & Cindy Wiles

## International intern update

As the July Journal went to the printer, the first of our J-1 Visa Program interns had received visa approval for her year-long stay in Cedar Falls. Director of Equity, Diversity and Inclusion Norman Grant expected other approvals to follow quickly. Arrival here could happen by mid-July.

Summer work interns from Jamaica, Barbados, Ukraine and other countries were already starting to report for their assignments at Lost Island Water Park and Theme Park. Supervisors arrived June 11, with at least 18 supervisors and interns housed at Stanard Family on the downtown campus by June 20.

Watch for the latest at [westernhomecommunities.org/J-1](http://westernhomecommunities.org/J-1) and in next month's Journal.

# Join the 25th Annual Golf Outing supporting Western Home Foundation



**Monday, August 29**  
Beaver Hills Country Club,  
8230 Beaver Hills Dr., Cedar Falls



- 11 a.m. - team registration begins; driving range and putting green open
- Lunch
- Noon - shotgun start for best shot format
- Immediately following – prizes and heavy hor d’oeuvres

Sponsorships from \$500 – \$5,000 available (higher sponsorship amounts include golf).

All proceeds from this year’s event will fund scholarships to educate the future healthcare workforce.

**NEW THIS YEAR: Register online at [westernhomecommunities.org](http://westernhomecommunities.org)  
Or complete and return this form by August 5.**

Name \_\_\_\_\_ Business name \_\_\_\_\_

Email address \_\_\_\_\_ Phone \_\_\_\_\_

We will play golf (includes lunch, golf, cart, beverage ticket and hors d’oeuvres).

Foursome - \$500 Individual - \$125

We are interested in a sponsorship. Please contact me.

**Golfers:** 1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

Please mix our pairs with another foursome for additional networking opportunities.

I cannot join you on August 29, but enclosed is my donation: \$ \_\_\_\_\_

**Make checks payable to Western Home Foundation and mail with registration to:  
Susan Steffy, Western Home Foundation – 5307 Caraway Lane, Cedar Falls, IA 50613**

**Call 319-277-2141 or e-mail [susan.steffy@westernhome.org](mailto:susan.steffy@westernhome.org) with questions.**





## Chaplain's Corner: Character and conviction

by Chaplain Byron Simar

Two things are essential to the Christian: character and conviction.

For the follower of Christ, character is defined as virtue, integrity, devotion and faithfulness to Christ. Or to borrow an old word, piety. Conviction is a firm belief that one has on a particular subject based on God's principles. But it goes beyond a belief. It's more than a placid, light view of something. Rather, it's something deeply seated, so much so that you live by it and are ready to die for it.

The apostle Paul said to young Timothy, "Take heed to yourself and to your doctrine." In other words, watch your life – which is your character –

and your teaching – which are your convictions. In order to live victoriously, we need to have character as defined by the Word of God and convictions that can't be shaken and can't be moved.

As we are diligent in the care of our character and convictions, we will make a powerful influence and impact for the kingdom of God. Paul also reminded Timothy to "hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus." And the writer of Hebrews exhorted the believers to "hold fast the confession of our hope without wavering, for He who promised is faithful."

As the early church was tested for what they lived for, we also will be tested. Character and convictions are not negotiable – not open to discussion or modification. They are essential to overcoming evil and living triumphantly. Let's stand firm and be people of character and conviction.

## 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 July 3, July 17, 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.

# HAPPY INDEPENDENCE DAY

“ The life of the nation is secure only while the nation is honest, truthful, and virtuous. ”

–Frederick Douglass

## Residents honored for volunteerism

On May 31, these 14 residents received statewide recognition for 20 years of service to various organizations:

Kathy Agness, Villas  
 Dave and Sue Eastman, Villas  
 Marlys Folkers, Villas  
 Dave Lewis, Prairie Wind  
 Lois and Merlin Taylor, Villas  
 Jo and Bob Tefft, Prairie Wind  
 Shirley and Howard Uehle, Villas  
 Shelby and Kurt Wiethorn, Windhaven  
 Lois Wishmeyer, Villas

Governor Kim Reynolds presented the Governor's Volunteer Awards during a ceremony at Gallagher Bluedorn Performing Arts Center. Volunteer Iowa coordinates the award program, now in its 38th year.

*Congratulations!*



*Sue Eastman was recognized for 20 years of service.*



*Award recipients gathered after the ceremony for a photo.*

## Deery Suites earns rave reviews from recent patient



*Lori Clabby on her last day of skilled care at Deery Suites.*

After a recent total knee replacement, Lori Clabby chose Deery Suites for her recovery. After a 10-day stay, Lori says, "I would recommend Deery Suites to anyone."

Not that it was easy. "Physical therapy is difficult and it takes more than just a therapy team to make your recovery complete," she explained. "Even though it's very nice here, the care you receive is more important. And everybody from the time we walked in was really nice. Nurses, CNAs, and all those who helped me at my lowest did so with grace."

Her husband Dave agrees. "Lori's recovery was steady and progressive, so I could support her instead of having to advocate for her," he says. "I could also leave the building knowing she was in good hands."

A previous post-surgical recovery with a different provider hadn't gone as well, so Lori feels confident in her recommendation to others: "If they have a choice and there's a place open at Deery Suites, take it. Number one choice."





## Betty Heine's secret garden

Stepping onto Betty Heine's patio in the Windcove courtyard is like stepping into a secret garden. It's peaceful, filled with sunshine and just beginning to show its colors as her flowers mature for the season.

False indigo is currently blooming and there's a variety of texture and color from coral bells, the mounding habit of a balloon flower waiting to bloom, the long slender leaves of



*Betty's flower pots are a creative combination of texture and color.*

her daylilies and the geraniums, hostas and fluffy Elegant Feather - purchased on this year's Western Home Communities trip to Ionia and transplanted in large pots.

“When I bought my apartment in 2004 [the year Windcove opened], I had a choice of a couple

places, one with a patio. At first, I chose the one without a patio and then changed my mind,” Betty remembers. “I'm so glad I have the patio.”

When she finds time to relax outside, there's entertainment from the antics of Mallards, robins, squirrels and doves as they set up homes, chase each other or just wander through the courtyard.



*Betty captured this image on June 18.*

This month a spectacular show of color will unfold from daylilies, tall phlox in purple and white, white iris, pink lace cap hydrangeas, blue delphinium, purple Veronica, Asiatic lilies, and a double Shasta daisy. One of Betty's favorites is the deep purple daylily. Smaller flowers add additional interest like a small pink lily called Tiny Tim, hens and chicks, and red baby dahlias.

Betty tends her garden often, moving plants to better light and creating space when plants become crowded. She even tends to garden space in Windcove's raised garden beds, where she planted 21 tomato plants last year and gave away tomatoes all summer. This year, she has four tomato plants including her favorite,

Betty tends to her pots at the edge of her expansive garden in the Windcove courtyard.

Daylilies, phlox, coneflowers, balloon flowers and more make Betty's garden sparkle with color.



*Daylilies, phlox, coneflowers, balloon flowers and more make Betty's garden sparkle with color.*



*Betty tends to her pots at the edge of her expansive garden in the Windcove courtyard.*



Celebrity, and one grown from seed by her son-in-law. Oregano, lemon thyme, sage, and a “few” onions from her son grow in her garden space as well as rhubarb.

Betty enjoys gardening and says it gets her outside, away from the TV and iPad. The hobby has long been a family affair.

“My father had a huge garden and the Ottumwa newspaper featured him in articles all year long. My four children also enjoy gardening,” says Betty. “I love choosing plants. One of my favorite parts of gardening is standing and looking at it when it’s all weeded, planted and the flowers are in bloom.”



*Tomatoes, flowers, onions, and herbs are tidily planted in Windcove's raised bed gardens.*



## Resident grows tomatoes without soil

Paul Klotz's hydroponic system for growing tomatoes outside his Windgrace home is clever. He learned some techniques from Sheila Sartorius' hydroponics seminar in April at Windridge, but already had a design and supplies in mind.

His interest in hydroponics began a couple of years ago. Plans described online and in a book didn't suit him, so he created his own system that is stacked. He bought cheap lumber for the stand, a garden hose for the piping, and downspouts that he bent, pop-riveted and silicone-sealed to contain the plants and water. Sliced foam pool noodles hold the plants in place.



*Paul also grows tomatoes and peppers in the Windgrace garden and waters them using a system of buried bowls.*



*By June, Paul's plants had doubled in size.*

“I also found a small pump usually used for fish tanks,” Paul explains. “I’ve learned that the system needs two gallons of water daily since the pump runs all the time and sits in full sun outside my apartment. I also use fertilizer specifically for hydroponics.”

The investment appears to be worth it: Paul's tomatoes more than doubled in size the first month. Next spring, he may take his system inside and start the tomatoes a little earlier.



# FUN IN THE SUN

Ahhhhh, summer! Blue skies and abundant sunshine found residents making the most of outdoor time...even when temperatures soared to the upper 90s.



*It's rarely too hot for pickleball! Dave Nation and Christine Carpenter host Cedar Falls residents on the WHC courts.*

*At The Falls on June 18 for the WHC Summer Swim Party, Aquarius Bunch with atHome and her daughter pose before splashing in the water at The Falls.*



*Tubing on the lazy river was Emily, right, (Windridge and Gilmore's Pub wait staff), Megann and daughters.*



*Ken Wilson and Thomas Fuller are ready to beautify Martin Suites with potted flowers.*



*Some Windhaven residents didn't let a hot night stop them from the summer band concert at Overman Park on June 14.*



*Megan Grimm (Fortified Life), husband Brandon and son cool off together.*





*Kathy Washington of Windridge and her granddaughter cool off at The Falls during the first WHC Summer Swim Party on June 18.*



*Windhaven residents Mary and Ron Bro enjoy the outdoor music.*



*Nurse Jenny Gielau at Martin Suites works with Bill Bright to pot some flowers for their patio.*

*Martin Suites residents Winnie Mulvehill, Tom Fuller, Dick Berky, Ken Wilson and John Mountain couldn't resist getting outside for a little fun in the sunshine.*



*Jack Russett and Melvin Reimer potted several flowers for Nation Cottage.*



*Windhaven residents place lunch orders from their table during a sunny outing to Barn Happy.*





## Welcome new wellness coordinators

*by Director of Wellness  
Morgan Lehmann*

**Grace Budde:** I'm a UNI graduate with a degree in physical education and originally from Bettendorf, Iowa. I am a weekend receptionist at Windcove as well. In my spare time I love to go on bike rides around town and hang out with my cats. My office is in Windridge so please feel free to stop by. I look forward to meeting and working with you!

**Hannah Collier:** I'm a recent UNI graduate with my degree in exercise science and psychology. I am a newlywed who is enjoying married life! My office will be at Windcove and I welcome you to stop by and introduce yourself. I look forward to meeting you all!



*Wellness coordinators Grace (left) and Hannah are ready to help you with your fitness goals.*

Director of Wellness Morgan Lehmann will be on maternity leave for 12 weeks starting early to mid-July. If you need assistance, please contact Hannah or Grace at 319-859-9362 or via email: [hannah.collier@westernhome.org](mailto:hannah.collier@westernhome.org) or [grace.budde@westernhome.org](mailto:grace.budde@westernhome.org)

*Director of Wellness Morgan Lehmann leads the all-campus walk in June with Marcia Hansen and Alice Hansen (front), and Grace Budde, Dave Nation, LaVerne Puetz, Hannah Collier, and Jake Bates (behind from left to right).*





## Happy July birthday!

Charlotte Fresmann	WR	July 1	Margaret Shay	VTH	July 16
Gerri Gilbert	MS	July 1	Linda Buchanan	VTH	July 17
Dave Glasener	VTH	July 1	Jesse Gonzales	MS	July 17
Wayne Hochhalter	PW	July 1	Bob LaFavre	VTH	July 17
Becky Nation	PW	July 1	Jim McCutcheon	VTH	July 17
Rodney Tomson	WC	July 1	Curtis Wilson	WC	July 17
Richard Betterton	VTH	July 2	Sue DeBower	WC	July 18
Sherrie Dreyer	VTH	July 2	Betty Goettsch	WM	July 18
Kenneth Bertch	MS	July 3	Betty Heine	WC	July 18
Lorraine Crotty	WR	July 3	Barb Beil	VTH	July 19
Carol Keller	VTH	July 3	Barbara Cardamon	VTH	July 19
Betty Moon	WR	July 3	Mae Foote	WG	July 19
Sue Mutchler	WW	July 3	Jean Hansmeier	VTH	July 20
Betty Fridley	PW	July 4	Bev Haugen	WC	July 20
Sue Heth	VTH	July 5	Roy Justis	VTH	July 20
Mick Rosenau	VTH	July 5	Bill Neith	DS	July 20
Eleanor Tompkins	WHAL	July 5	Dick Sole	WG	July 20
Steven Vanous	WC	July 5	Ruth Jeys	WHAL	July 21
Karen Fisher	TS	July 7	Homer Leymaster	WHAL	July 21
Cy Haugen	CTG	July 7	Marvyl Oakland	WW	July 21
Jean Hager	TS	July 8	Bill Thrall	PW	July 21
Irene Jones	DS	July 8	Mimi Zischke	WHAL	July 21
Ethlyn Potratz	DS	July 8	Evelyn Boice	VTH	July 22
Judy Gillespie	WM	July 9	Mark Miller	VTH	July 22
Dick White	VTH	July 9	Janet Simcox	VTH	July 22
Jan Burrington	WC	July 10	Joyce Cutshall	WC	July 23
Carolyn Christenson	PW	July 10	Tim Grady	VTH	July 23
David Lewis	PW	July 10	Monte McCunniff	VTH	July 23
Leon Nelson	VTH	July 11	Susan Ward	VTH	July 23
Terry Simcox	VTH	July 11	Dione Young	WR	July 23
Al Tapper	WM	July 11	Mary Bader	VTH	July 24
Joyce Folsom	PW	July 12	Margene Grady	VTH	July 24
Karen Kitchen	PW	July 12	Leona Pruisner	WHAL	July 24
Karen Entz	PW	July 13	Lois Taylor	VTH	July 24
Lorna Ericson	WR	July 13	Donna Geary	WHAL	July 25
Cindy Fisher	PW	July 13	Joanne Heath	WC	July 25
Mike Ingraham	PW	July 13	Robert Decker	VTH	July 26
Jim Volgarino	VTH	July 13	Loretta Dykes	WR	July 27
Rita Welter	TS	July 13	Dean Meier	VTH	July 27
Pat Schultz	WHAL	July 14	Eldon Brasch	VTH	July 28
Lee Larsen	VTH	July 15	Kay Connelly	PW	July 28
Ron Phillips	VTH	July 15	Jan Blevins	VTH	July 29
Steve Christoph	VTH	July 16	Sally Davis	VTH	July 29
Sharon Krebs	WHAL	July 16	Lillian Marks	WR	July 29
Mary Ellen Murphy	VTH	July 16	Don Woody	VTH	July 31
Cheryl Patten	MS	July 16			

## Congratulations!

These employees celebrate milestone anniversaries with Western Home Communities in July. We thank them for their service and dedication.

**Vickie Chidester**  
**Five years**  
 July 3  
 Cook, Winding  
 Creek Meadows

**Christina Gray**  
**Five years**  
 July 5  
 Home Health Aide,  
 atHome

**Sabrina Mast**  
**Five years**  
 July 12  
 CMA,  
 Creekside Living



## Meet our Employee of the Month, Stacy Roster

**Stacy** works as a household coordinator at Martin Suites and has been part of the Western Home Communities family since March 2007.

Here are a few things a resident said about Stacy:

- Stacy continues to grow in her journey and education. She has her CNA and is now working on her CMA.
- She engages her staff and residents daily by showing caring, compassion and positivity.
- Stacy problem-solves when faced with a challenge.



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

## In sympathy

Lorraine Raine	June 16
Frank Carolan, DS	June 13
Patricia Cayton, MS	June 13
Elin Koch, WM	June 10
Mary Cordes, DS	June 2
Beverly Greenway, MS	May 31
Eldon Hayes, DS	May 28
David Lemons, PW	May 27
Karin Lubker, DS	May 23
David Rugger, DS	May 19
Jean Thompson, DS	May 19

## Notes of appreciation

To the wonderful staff of the Western Home: Thank you for all that you did for Dad, and Mom, over the past few years. We will be forever grateful. Thank you for the beautiful flower at Dad's funeral. *Bryan Earnest and the family of Ken Earnest*

For all at the Western Home: I want to thank you all for your care since moving here in 2005. The red rose at Martha's service was beautiful. *Jim McCutcheon*



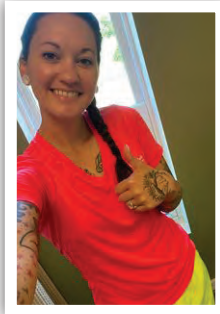
**We're on  
 Instagram**

@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!



## CNA Week honors health care heroes

The important work of certified nursing assistants was recognized and honored during the annual observance of CNA Week, June 16-22. Employees dressed up each day following various themes from crazy socks to favorite sports team. Thanks for ALL you do, CNAs! We appreciate you!



*Emily Billman celebrating neon day!*



*AtHome office team of Jhenna Weber, Kami Amo, Melissa Pruess, Macon Miller are decked out in their Sports Day gear.*



*Windhaven and Thalman Sqare CNAs posed for a quick photo during CNA week.*



### BOARD OF DIRECTORS

Sarah Brown	Ron Gaines
Nafissa Cisse-Egbuonye	Andrew Morse
Larry Fox	Greg Schmitz
Richard Frankhauser, M.D.	Dianne Schultz

### Foundation Development Council

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

### 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).

*Martin Suites second shift staff Karmen Fowlkes, Nia Jenkins, Katherine Anderson, Natalie Budde, Angela Lun, Lisa Thomas and Heaven Roney show off their crazy bright socks.*



WesternHome  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

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

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## WEEKLY THURSDAY & FRIDAY FEATURE

June 30 & July 1

### FUNNEL CAKE

Deep fried and  
drizzled with  
caramel and  
strawberries.

July 7 & July 8

### BLACKBERRY PULLED PORK

Pulled pork coated  
in blackberry BBQ  
sauce, topped with  
pickled vegetable,  
grilled pineapple  
and served on a  
toasted bun.

July 14 & July 15

### BASIL PESTO SNAPPER

Pan seared snapper  
served with basil  
pesto risotto and  
garnished with  
pine nuts.

July 21 & July 22

### JAMBALAYA

Gilmore's take on  
the classic  
Cajun dish.

July 28 & July 29

### PRIME RIB

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

Tuesday - Friday  
Open 11 a.m. - last seating 6 p.m.

GILMORE'S  
EST. PUB 2018

319-859-9342  
GilmoresPubCF.com