

*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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## New assisted living opens at Deery Suites

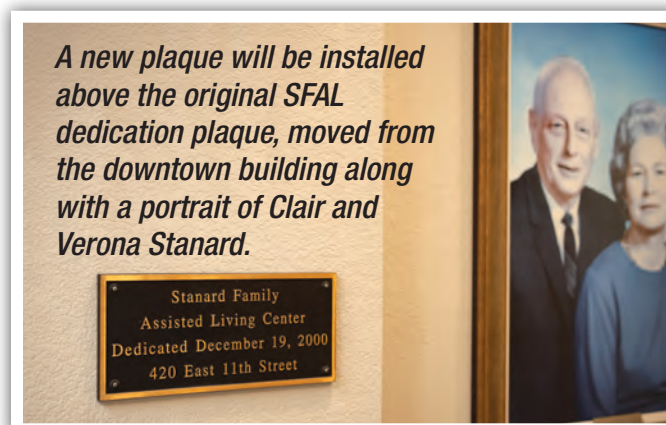
### *Stanard Family legacy now honored on south campus*

The first residents have moved into Western Home Communities' newest assisted living community on the first floor of Deery Suites.

"We anticipate this will be full of people who are thriving as they

age," explained Jerry Harris, president of Cedar Falls operations.

At a dedication ceremony on June 16, Harris called it a thrill to announce the name: Stanard Family Assisted Living at Deery Suites.



*A new plaque will be installed above the original SFAL dedication plaque, moved from the downtown building along with a portrait of Clair and Verona Stanard.*

The moniker was first bestowed on Western Home Communities' original building downtown in December 2000, which stayed in use as an assisted living community until Oct. 2021 when staffing concerns caused by the pandemic brought about a consolidation with Windhaven Assisted Living.

Dave and Judy Stanard had made a generous gift in honor of his parents, Clair and Verona, who raised two sons at 12th and State Streets near the downtown campus. Clair served as principal of

Cedar Falls High School from 1938-1970. Verona was an original resident of Willowwood when it first opened in 1989 and lived there for 10 years.



*Dave and Judy Stanard with daughter Cassie Arnold-Stachow.*

"One of the reasons we got involved back in 2000 was that,

*Continued on page two*



*Continued from page one*

after having been around Western Home for so many years, I came to realize that this is a place where people should be giving their money," Dave said. "We hoped that our gift would spread the word that this is a legitimate place for people to support."

Harris credits Stanard for encouraging the organization to expand the foundation and pursue more philanthropic support.

"It's an important legacy you are continuing to leave through your heart and passion for this place," Chaplain Enrique "Q" Ochoa told Dave and Judy during the dedication.



*The Stanards posed with long-time family friends who were invited to the dedication.*

The Stanards returned to Cedar Falls from their Arizona home for the first time in five years and invited long-time family friends to join them for the celebration. Present in spirit were his brother, Jim, and sister-in-law Nancy, who moved into a villa in 2010; Jim died in 2015 and Nancy in 2020.

"Life is very precious," Dave reflected, "and family is one of the greatest comforts."

## A unique assisted living community

SFAL at Deery Suites offers a different environment for assisted living at Western Home Communities:

- Small setting with just 20 private suites.
- Meals prepared at Gilmore's Pub.
- Attached to all the amenities of Jorgensen Plaza, including Salon Iris, Diamond Event Center and weekly Fresh Wind Worship, the Grosse Aquatic and Fitness Center, Gilmore's Pub and The Market.
- Short-term stay availability for respite or recovery.

For more information on living at SFAL or accessing a short-term stay, contact Director of Assisted Living Spencer Steffy at 319-277-2141.



*The new SFAL at Deery Suites is located on the first floor and includes the patio seen at far right.*

## New partnership will bring apprentice opportunities to Waterloo students

As part of a multi-pronged effort to attract and train new employees, Western Home Communities became a Partner in Education with the Waterloo Career Center at a signing event on June 9.

Through this partnership, Western Home Communities will be working with the WCC to create student apprenticeships where students can work within Western Home Communities as registered apprenticeship-certified nursing assistants (CNAs.) In addition to the CNA apprenticeships, WCC culinary students will be able to apply for paid internships in Western Home Communities' culinary and hospitality departments as well.

"This is a win-win partnership since we'll be able to expose more students to the opportunities available in senior living, which is a growing field due to high demand," said CEO Kris Hansen. "From the outset, we can help further their training by introducing them to high standards of care and providing jobs with a respected employer."



*School district superintendent Jared Smith and CEO Kris Hansen sign the agreement on June 9.*



*Fourth from left, Waterloo Schools Superintendent Jared Smith stands next to CEO Kris Hansen, Chief Operating Officer Darrell McCormick and President of Cedar Falls Operations Jerry Harris at the signing, along with other school representatives.*

## Volunteer drivers wanted

Do you enjoy meeting new people? Enjoy the beautiful landscape of our south campus? Like helping people make connections with other people and places? Then we need you!

We are actively seeking volunteers to operate a shuttle service on south campus starting in August. Volunteer drivers will pick people up from their south campus homes and drive them to visit a spouse in a different level of care on south campus, to work out in the wellness center,

to meet friends for lunch at Gilmore's Pub, to a therapy appointment, or just to see someone in another building on south campus.

Volunteers must have a clean driving record, pass a full background check, enjoy being with others, and maintain the highest level of hospitality and confidentiality. Drivers will use a WHC vehicle and phone while on duty. Training will be provided.

If you are interested, please contact Director of Lifestyle Enrichment Carolyn Ayers at 319-222-2048 or [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org).



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 15.

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:***

**Mary Lou Costa**

Edward Leonard

**Cleo Cross**

Edward Leonard

**Bill Griggs**

Vince & Karen Kavlick

**Margaret Johnson**

Robert Robinson

**Betty Moon**

Robert Robinson

**Bill Smith**

Louise Odle

***WHC Child Care Scholarship***

Robert & Mary Beth Dieter

***Mary Taylor Health Sciences***

***Scholarship***

Phyllis Steele

***General Scholarship Fund***

Robert & Mary Beth Dieter

***Employee Appreciation Fund***

Lucinda Klodt

***Other Gifts***

Jeff Dick

Amber Elsberry

Dr. Richard & Connie Frankhauser

Karla Foust

Kathleen Niedert

Robert Robinson

Chad & Cindy Wiles

Al & Sally Yakish

## Experience New England this fall

Away from Home with Western Home takes in the history and fall foliage of the New England states on Oct. 5-13, 2023.

Overnight stays will include Boston, Massachusetts; Montpelier, Vermont; Conway, New Hampshire; and Ogunquit, Maine (near Kennebunkport).

Highlights will include historic tours and scenic drives, a journey on the Mount Washington Cog Railway and a lobster cruise along the Atlantic shoreline.

The trip will start with a motor coach trip to Minneapolis for the flight to Boston; travel around New England will also be by motor coach.

For a detailed itinerary and pricing information, contact Carolyn Ayers at 319-222-2048 or [carolyn.ayers@westernhome.org](mailto:carolyn.ayers@westernhome.org).





# Tee off to support Western Home Foundation at its 26th annual Golf Outing!

## Help fund scholarships for health care professionals Monday, August 28, 2023 at Beaver Hills Country Club, Cedar Falls



Your golf registration includes:

- Lunch
- Gift
- Beverages
- Prizes
- 18 holes
- Dinner
- Golf cart

### REGISTER AND PAY ONLINE!

[westernhome.org](http://westernhome.org) (look for button at the top of home page) Or submit this form.

**Registrations due August 4 – hurry before all spots are reserved!**

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

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

I will sponsor at the \_\_\_\_\_ level.

- Please send me an invoice.
- Check is enclosed.

We will play golf and attend dinner.  
Includes golf, cart, beverage ticket and dinner.  
Foursome - \$500 Individual - \$125

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

I cannot join you on Aug. 28, but enclosed is my donation of \$ \_\_\_\_\_

**Golfers:**

1. \_\_\_\_\_ 3. \_\_\_\_\_
2. \_\_\_\_\_ 4. \_\_\_\_\_

**Please 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: God's waiting room

by Chaplain Byron Simar

Have you ever felt like you're in God's "waiting room"?

No doubt about it, waiting is hard. In the season of waiting, you're in good company.

Moses waited 40 years. Joseph waited 13 years. Noah waited 120 years. Abraham waited 25 years. David waited 12 years.

In Psalm 40, David declared, "I waited patiently for the Lord; he turned to me and heard my cry."

Not only did he say "wait." He said "wait patiently." It's one thing to wait, but to wait patiently, that's another thing!

James wrote to a dispersed group of believers who were being tested. He reminded them that "the trying of your faith produces patience. But let patience have her perfect work, that you may be mature and complete, wanting nothing."

During the waiting, a strong resolve to persevere is required. It's the stick-to-itiveness to "hang in there" and not let go even when it is difficult or unpleasant. This is the time to tether oneself to

God's promises. God made a promise to Abraham to bless him and give him many descendants. After he had waited patiently and endured, he obtained the promise (Hebrews 6:15).

Probably the most essential factor in the waiting room is trust in God. He is sovereign, perfect in love and infinite in wisdom. He never makes a mistake and his ways are perfect. We can trust God. He is trustworthy.

When the children of Israel complained that the Lord was no longer concerned about them, the prophet Isaiah gave them this encouragement:

"But those who wait and hope in the Lord will renew their strength. They will mount up with wings as eagles; they shall run and not be weary, they shall walk and not faint." Isaiah 40:31.

Remember, God is at work while you wait.



*The resident choir for Fresh Wind Worship started rehearsals June 7 at Windcove. Anyone who loves to make music and enjoy fellowship is welcome to join! Practices are for an hour on Wednesdays at 2 p.m.*

## 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.

# Second dementia training planned for 2024

## Hundreds trained by A Positive Approach to Care® in June

Mark your calendars: Teepa Snow, founder of A Positive Approach to Care®, will bring more dementia awareness and positive caregiving skills to Diamond Event Center on June 11-12, 2024.

This comes on the heels of her daughter and master trainer Amanda Bulgarelli's two days of training June 13-14, made possible primarily by the V. Carole Martin Fund for Dementia & Alzheimer's Education, along with sponsors Martin Bros. Distributing, Trio Pharmacy and CE Solutions.



Larry Martin, who started the Dementia Education Fund, poses with Amanda, nurse Martha Rodriguez and household coordinator Beth Hines (far right).

Amanda explains how vision can change with dementia, pulling CEO Kris Hansen out of his seat for a demonstration.



Thanks to the clinical teams, residents, families and community members who attended one of these outstanding opportunities!



Employees from The Cottages meet with Amanda during the training.



Betty Prusha, Jean Hager, Kathy Thompson, and Ramona Edgerton (left to right) with plants donated to Thalman Square from centerpieces at Amanda's training.



The interactive style of A Positive Approach® gets the audience involved during the trainings.



More employees from The Cottages with Amanda Bulgarelli.

Positive Approach to Care®  
[www.TeepaSnow.com](http://www.TeepaSnow.com)



# Friends

OF WESTERN HOME COMMUNITIES

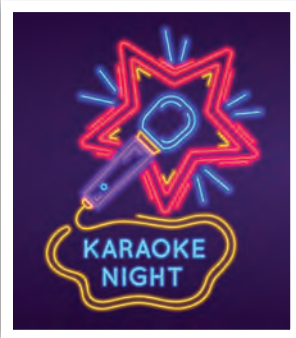
## New CF high school progress to be presented

The next monthly Friends program features Troy Becker, athletics and activities director for Cedar Falls High School, who will provide an update on construction progress for the new school that is expected to open in fall 2024. Becker will explain the school's unique features, including flexible classrooms, an outdoor stadium, Scheels Tiger Performance Center and Cedar Falls Community Natatorium. Invite a friend to join you!

**Monday, July 10, at 10:30 a.m.**  
Windcove dining room



*An aerial view of the new high school. Photo credit: Denny Mills.*



## July social events at Diamond Event Center

### Karaoke Night

**Tuesday, July 11, from 6:30 – 9 p.m.**

Free for everyone: Invite your friends, family and favorite groups to attend. Cash bar will be available. Even if you don't sing, come watch, hum a tune and cheer on the performers!

### Lefse with Lisa

**Wednesday, July 19, from 9:30 – 11 a.m.**

This popular event returns! Director of Client Logistics & Fulfillment Lisa Haugen and her family share the beloved Norwegian flatbread tradition. Come see how the potato delight is made and enjoy samples. Open to all residents (no guests, please).

*Windcove resident  
Don Haugen shows off his  
lefse-making skills.*



### New Horizons Band Concert

**Thursday, July 20, at 10 a.m.**

Enjoy a wide variety of music performed by this popular community band, comprised of adults ages 50+. This is a free public performance and all are invited to attend this 45-minute concert.

*The New Horizons Band last performed at DEC in August 2019.*



# SCENES OF THE SEASON

Away from Home with Western Home explored Alaska, the organization celebrated the importance of certified nurse assistants (CNAs), flags flew and gardens grew. Happy summer!



*WHC travelers pose in front of the Alaskan pipeline outside Fairbanks, near mile marker 450 of 800.*

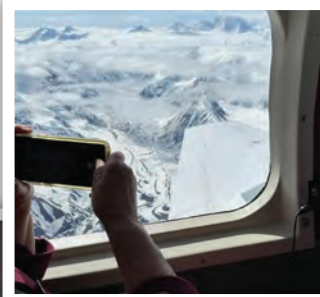


*Just some of the amazing scenery travelers experienced on the bus ride to Denali.*

*A guide at the Chena Village Living Museum shares how Athabaskan natives survived on the land for 10,000 years.*



*Villa resident Alice Hansen captures the view outside her plane window on a sightseeing tour.*



*Jim and Cathy Reindl, Barb Hutchison, Carol and Pat Brickley, and Dean Hutchison enjoy good food and company at the villa brunch.*



*Employees Macon Jorgensen and Nate Connor grab complimentary lunch at Taco Express during CNA week in June.*

*An impressive sight on Flag Day: the Cedar Valley Sertoma Club decorated much of south campus with the stars and stripes.*



*Thalman Square residents getting pepper plants in the ground at the Prairie Parkway Garden this spring.*





## Wellness happenings in July

by Director of Wellness  
Morgan Lehmann

### Pickleball Play & Pub Nights

Join us for pickleball play followed by appetizers in Gilmore's Pub! Contact Morgan at [morgan.lehmann@westernhome.org](mailto:morgan.lehmann@westernhome.org) or (319) 859-9362 to register.

#### Women's Night: Thursday, July 13

Pickleball play starts at 4:15 followed by the pub at 5 p.m.

#### Men's Night: Tuesday, July 25

Pickleball play starts at 4:15 followed by the pub at 5 p.m.

### Pop-Up Exercise Classes

Try something new this summer with no long-term commitment to a class schedule! All are welcome at either or both of these classes:

**Balance & Stretch: 1 p.m. on Tuesday, July 11**

**Medicine Ball Workout: 1 p.m. on Tuesday, July 18**



*Congratulations to Bonnie Bickett and Larry Martin who were awarded a mixed doubles silver medal in pickleball at the Iowa Senior Games.*



*Western Home pickleball tournament participants, from left, included Mick Rosenau, Mark Miller, Larry Martin, Cork Klages, Bonnie Bickett, Del Carpenter, Ken Cox, Carol Jacobi and Donna Brown.*

### Rowing Machine Demo

It's easy to learn, gentle on the joints and good for your heart. This machine works multiple muscle groups and builds strength, endurance and bone density. Come learn how to use it and fit the rowing machine into your wellness plan!

**2 p.m. on Thursday, July 20**  
**Grosse Fitness Center**

## New wellness coordinator joins team

We're happy to welcome a new wellness coordinator, Katie Burkhardt, who shares this introduction:

*I am so excited to start working with everyone on their health and wellness goals. I am a retired police officer who left the force after an injury, and now have the opportunity to pursue my second passion of wellness. I am a certified group fitness instructor and a certified health coach. I have been teaching fitness classes for nine years at a local gym, and love watching people grow in their strength, health, and confidence.*

*I am married to Brian, and we have two children: Gavin, 15, and Madison, 12. They're heavily involved in activities, and you will often find us at the gym, ball diamonds or trap shooting range. I enjoy being outdoors and love the beach, hiking and kayaking. I look forward to meeting you soon!*



*Katie Burkhardt and family.*



*Kate with her grandparents at The Falls, Ruth and Rodney Tomson.*



*Ellie Smith with her grandfather, Jim Peterson of Windcove, at The Falls in June.*

## Cool off at The Falls

Residents and employees, along with their invited friends and family, can enjoy two more free pool parties at The Falls this summer:

**July 15**  
**August 5**  
**10 – 11:45 a.m. each day**

The Falls Aquatic Center at 3025 S. Main Street features three water slides, two diving boards, a lazy river for floating, lap lanes, floaties, dump buckets, a zero-depth entry pool for young children, shade structures and lounge chairs. All areas are handicap accessible.



*Employees enjoy bringing friends and family to the pool parties.*

## Happy July birthday!

Dave Briden	DS	July 1	Linda Buchanan	VTH	July 17
Charlotte Fresmann	WR	July 1	Jesse Gonzales	DS	July 17
Gerri Gilbert	MS	July 1	Bob LaFavre	VTH	July 17
Dave Glasener	VTH	July 1	Jim McCutcheon	VTH	July 17
Wayne Hochhalter	PW	July 1	Curtis Wilson	WC	July 17
Becky Nation	PW	July 1	Sue DeBower	DS	July 18
Jane Teaford	WR	July 1	Betty Goettsch	WM	July 18
Rodney Tomson	WC	July 1	Betty Heine	WC	July 18
Richard Betterton	VTH	July 2	Barb Beil	VTH	July 19
Sherrie Dreyer	VTH	July 2	Barbara Cardamon	VTH	July 19
Kenneth Bertch	MS	July 3	Mae Foote	WG	July 19
Lorraine Crotty	WR	July 3	Jean Hansmeier	VTH	July 20
Carol Keller	VTH	July 3	Bev Haugen	WC	July 20
Robert Mieke	WR	July 3	Roy Justis	VTH	July 20
Sue Mutchler	WW	July 3	Mac McCampbell	WR	July 20
Betty Fridley	PW	July 4	Bill Neith	DS	July 20
Sue Heth	VTH	July 5	Ruth Jeys	WHAL	July 21
Mick Rosenau	VTH	July 5	Homer Leymaster	WHAL	July 21
Steven Vanous	WC	July 5	Marvyl Oakland	WW	July 21
Dick Domrath	PW	July 7	Bill Thrall	DS	July 21
Karen Fisher	CTG	July 7	Mimi Zischke	WHAL	July 21
Jean Hager	TS	July 8	Evelyn Boice	VTH	July 22
Irene Jones	DS	July 8	Mark Miller	VTH	July 22
Dick White	VTH	July 9	Janet Simcox	VTH	July 22
Janet Burrington	WC	July 10	Joyce Cutshall	WC	July 23
Carolyn Christenson	PW	July 10	Tim Grady	VTH	July 23
Dave Lewis	PW	July 10	Monte McCunniff	VTH	July 23
Nina Munier	WHAL	July 11	Susan Ward	VTH	July 23
Leon Nelson	VTH	July 11	Dione Young	WR	July 23
Alan Tapper	WM	July 11	Margene Grady	VTH	July 24
Joyce Folsom	PW	July 12	Vera Johnson	PW	July 24
Barbara Freedman	PW	July 12	Leona Pruisner	MS	July 24
Karen Kitchen	PW	July 12	Lois Taylor	VTH	July 24
Dale Webb	DS	July 12	Donna Geary	MS	July 25
Karen Entz	PW	July 13	Joanne Heath	WC	July 25
Lorna Ericson	WR	July 13	Rex King	WM	July 25
Cindy Fisher	PW	July 13	Arlene Mieke	WR	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	WHAL	July 28
Ron Phillips	VTH	July 15	Rhoda Olson	WHAL	July 28
Steve Christoph	VTH	July 16	Jan Blevins	VTH	July 29
Sharon Krebs	WHAL	July 16	Sally Davis	VTH	July 29
Mary Ellen Murphy	VTH	July 16	Jan Hanson	DS	July 29
Cheryl Patten	MS	July 16	Lillian Marks	WR	July 29
Margaret Shay	VTH	July 16	Don Woody	VTH	July 31

## Meet our Tech Team *Seventh in a series highlighting employee teams*

We all know that technology enhances our lives every day, but it can also bring challenges of its own. For this reason, Western Home offers support for your tech needs. Technology Training Coordinator Tom Tierney offers monthly Tech Talks at no charge. These are open forums that last about an hour, giving you an opportunity to ask about your computer, cell phone, email, streaming, or whatever tech questions come to mind.



*Tom Tierney*

“It’s a joy working with residents. They appreciate what I do, and that’s rewarding,” says Tom, who’s worked as a trainer at Western Home Communities for 12 years.

If support is needed in addition to Tech Talks, Tom can assist you over the phone for free. If he needs to access your computer remotely, the charge is \$15/hour. If he needs to make a house call, the rate begins at \$35 (for up to the first half hour) and an additional charge of \$70/hour after the first half hour. Tom can be reached at (319) 222-2091.

**Tech Talks with Tom will take place in July:**  
**July 18**, 2 p.m. at Willowwood  
**July 19**, 2 p.m. at Windgrace  
**July 20**, 2 p.m. at Windridge

It takes a big team with a diverse knowledge of tech to serve more than a thousand Western Home residents and nearly as many employees.

The rest of the Tech Team at Western Home includes:

- Chief Digital Officer Darrell McCormick.



*Darrell McCormick*

- IT Systems Lead Zack Hilmer. He leads the IT team which includes Mike Dornbusch, Clint Griffin and James Lopez. They take care of hardware/software issues, maintain systems and occasionally help residents when Tom is not available.



*Zack Hilmer*



*Mike Dornbusch*

*Clint Griffin*

*James Lopez*

- Enterprise Information Engineer Grant Morfitt provides data for business process solutions.



*Grant Morfitt*




*Linda Isenhowe*

- Business Process Analyst Linda Isenhowe works to map processes and find process improvements.

“Tom is patient with residents and bridges an important gap for seniors in technology. I’m proud of our team’s ability to provide an excellent customer experience for all the groups we serve,” says Darrell.

## Congratulations!

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



**Doraine Stufflebeam**  
25 years  
July 22  
CNA-HHA, atHome



**Brittnee Hummel**  
5 years  
July 23  
Occupational therapy assistant

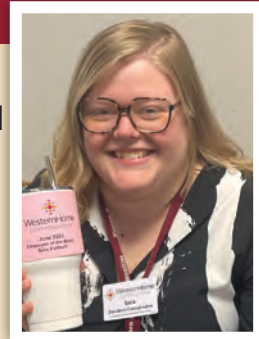


**Byron Simar**  
5 years  
July 30  
Chaplain



## Meet the Employee of the Month, Sara Kolthoff

**Sara** works as a resident coordinator at Prairie Wind and has been part of the Western Home Communities family since December 2022.



Here are a few things residents said about Sara:

- Sara always greets everyone with a smile and helpful attitude.
- Sara is top notch in my book. She has never failed to either answer a question or find out the answer.
- She is willing to listen to suggestions and finds a way to implement them if appropriate.
- Sara is always coming up with new ideas and interesting things for us to do.
- She is an absolute joy to be around.

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

## Invite friends to explore campus in August

Trying to help your friends or former neighbors decide to move to Western Home Communities? Invite them to check it out during a low-key, no obligation event.

The annual Campus Exploration Day is scheduled for August 17. This year, everyone will start at Diamond Event Center with coffee at 9:30 a.m., a welcome from CEO Kris Hansen at 10 a.m., and self-guided tours until noon. A business expo will follow inside Jorgensen Plaza.



campus exploration day  WesternHome communities

## Check out the book selection this month

Grab a book for your summer reading list this month and get it for 20% off at The Market. All books and book accessories (bookends, bookmarks, pens and pencils) are 20% off in July.

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

Titles include children’s books, works by local authors and historical overviews of Iowa’s people and places.

***“I love your shop. You’ve definitely made it unique to the area.”***  
– Customer review

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



## WHC beyond Cedar Falls

**Grundy Center:** [creeksidegrundy.com](http://creeksidegrundy.com)

**Jesup:** [windingcreekmeadows.com](http://windingcreekmeadows.com)

**Madrid:** [madridhome.com](http://madridhome.com)

### 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 Maughan, editor, at (319) 222-2025 or [Linda.Maughan@WesternHome.org](mailto:Linda.Maughan@WesternHome.org).

### In sympathy

Jeane Knapp, DS	June 18
Donna Allee, WR	June 17
Dolores Sole, WG	June 13
Ron Bro, CTG	June 10
Donald Sells, DS	June 7
Tim Kezar, MS	May 31
Loma Lustoff, CTG	May 31
Beverly Miller, WHAL	May 27
LaRetta Husome, MS	May 28
Luella Collins, MS	May 23
Winnie Mulvehill, MS	May 22



**WesternHome**  
communities

5307 Caraway Lane  
Cedar Falls, Iowa 50613

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

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## Gilmore's Pub Features – July 2023

### July 6-8 Beef Tenderloin \$24

*Pan-seared beef tenderloin served with a mushroom and red wine pan sauce, a crispy potato pave and bacon-wrapped asparagus.*

### July 13-15 Grilled Shrimp Skewers \$32

*Marinated and grilled shrimp skewers laid atop a fluffy bed of coconut rice, with a flavorful curry sauce and sugar snap peas.*

### July 20-22 Jerk Chicken Sandwich \$18

*A staple in Jamaican cuisine – jerk chicken is topped with avocado slaw and pressed between a toasted bun and served alongside grilled street corn, rice and beans.*

### July 27-29 Prime Rib \$26

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

**Tuesday - Saturday**  
**11 a.m. - 8 p.m.**

**319-859-9342**

**GilmoresPubCF.com**

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

**5307 Caraway Lane, Cedar Falls**