

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

## International workforce program developed Jamaica interns with J-1 visas arriving this month



*Chivonne Campbell*

An idea generated before the pandemic hit finally becomes reality this month, as 34 interns arrive from Jamaica with J-1 visas in hand. They're approved to work for one year at Western Home Communities through the U.S. State Department's Exchange Visitor Program, started in 1961.

"We're the first senior living organization we know of to apply this existing visa program to our profession," says CEO Kris Hansen, who started exploring the development of an international workforce several years ago. "It's really a win-win, because it helps us combat workforce shortages while providing interns with good wages and an excellent learning opportunity. We will learn from them as well."

J-1 interns must be enrolled in a post-secondary college, university or training program, or they must have completed such a program within the past year.

Interns at Western Home Communities have hospitality job assignments in one of three areas: food and beverage (event staff, wait staff, dishwashing, service), culinary (cooking, kitchen operations) and front desk (customer service).

They'll attend required orientation and trainings and receive the same wages as other employees in their roles. Participants will pay rent for a shared room at the Stanard Family Center on the downtown campus, previously an assisted living community until fall 2021.

Director of Equity, Diversity and Inclusion Norman Grant directs the effort and oversees the participants. The Jamaica native first came to the U.S. on a J-1 visa more than 20 years ago. He traveled back to Jamaica in February to interview candidates.

*Continued on page two*

### Inside this issue:

Visitors invited	3
BBQ Bash to return	3
Gift list	4
Save the date for golf	4
Scenes of Spring	5
Worship update	6
Spiritual care leaders	7
Community garden	8
Veteran's service stories	9
Pickleball lessons	10
Hot housing market	11
May birthdays	12
Happy 100th!	13
Chefs Take a Stand	14
In sympathy	15
Gilmore's new menu	16



*Continued from page one*

"I can't wait for our interns to arrive," enthuses Norman. "They're passionate about getting here and working and learning. The J-1 program changed my life and I'm sure it will do the same for them."

The interns accepted by Western Home Communities range in age from 21 to 41. All of them speak English, the official language of Jamaica. Most also speak Jamaican patois, derived from Spanish, English and African influences.

A few of the interns are highlighted here for a pre-arrival introduction. Be sure to give them a rousing Western Home Communities welcome when they get to Cedar Falls later this month.

Updates on arrival date and more information can be found at **[WesternHomeCommunities.org/international](https://www.westernhomecommunities.org/international)**.



**Roger Lester** Cooking has always been a passion for me. I've been a chef for almost ten years, working mostly in five-star hotels. Right now what I'm looking forward to is coming there and learning different cuisines. This opportunity is a wonderful opportunity. I'm super excited about it. I can't wait to get there to see what I can learn and what I can give. This is going to be an experience of a lifetime.

**Christine Stewart** I am a hardworking person, enthusiastic. I have been in hospitality for a while, five years. I am actually a waitress; sometimes I'll supervise the floor for my supervisor if she's absent or not able to do so. I strongly believe in helping persons. I believe in diversity and I strongly believe that I can share my culture and background with persons there and also learn from their culture and background as well.



**Chivonne Campbell** The reason why I chose customer service is due to the fact that I have experienced not being treated how I expect to be treated at a business or anywhere you go to get a particular service and that is mainly because the employees, they lack customer service skills. My aim is to sharpen my skills because to be honest when you go to a business, you're not only representing yourself but you're representing the business as well.

## Visitors invited to tour south campus this month

A popular pre-pandemic event returns May 19 as Western Home Communities hosts Campus Exploration Day. Anyone 55+ (and their families) can imagine the possibilities by visiting six designated stops on south campus.

Between 10 a.m. and 1 p.m., visitors will check in and begin their self-guided tour at Windridge at 5311 Hyacinth. Tours will also be offered at Windgrace, Windermere, a villa and townhome, and Jorgensen Plaza for Well-Being. Along the way, plenty of information will be provided about the fulfilling lifestyles to be found at WHC.



If you know someone who'd like to tour, they can find more information and pre-register at [www.WesternHomeCommunities.org/events](http://www.WesternHomeCommunities.org/events).

When you see new faces around on May 19, give them a wave and a smile!

## BBQ BASH! Who's ready for some boot stompin' fun?

Dust off your boots because dates have been set for the return of BBQ Bash!

Live music by Vinyl Frontier, line dancing and a tasty meal served by Western Home employees will be back at Diamond Event Center. Two dates have been set to accommodate residents: **September 20 and 27.**

*Yeehaw!*



*Line dancing to the music of Vinyl Frontier is just part of the fun at BBQ Bash!*



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 April 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:***

***Kate Gerjerts***

Sue DeBower

***Marilyn Groothuis***

Larry Brandt

Sue DeBower

Gene & Aurelia Harringa

Ed Leonard

Jim Peterson

***Lloyd Hager***

Black Hawk Mutual Insurance

Marlys Badger

Hank & Peg Brown

Bob Brown

Rocky & Mary Brown

Luman & Sharon Colton

Marcia Colwell

Carol Deppe

Margaret Driscoll

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Al & Sally Yakish

***Other gifts***

Gary Brown

Misti Ellis

Karla Foust

Dr. Richard & Connie Frankhauser

Bob & Donna Grosse

Bill & Kathleen Niedert

Chad & Cindy Wiles

**Save the date for 25th Annual Golf Outing**



**WesternHome**  
foundation

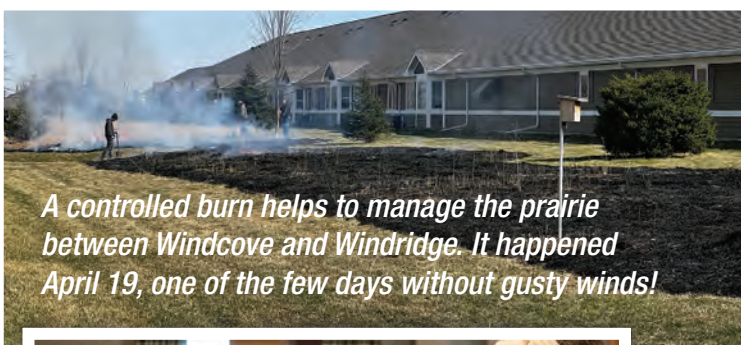
Plan now to sponsor and/or attend. Scheduled for a noon shotgun start on

**Monday, August 29 at Beaver Hills Country Club in Cedar Falls.**

**For information on sponsorships, contact Susan Steffy at 319-222-2022.**



# Scenes of Spring



*A controlled burn helps to manage the prairie between Windcove and Windridge. It happened April 19, one of the few days without gusty winds!*



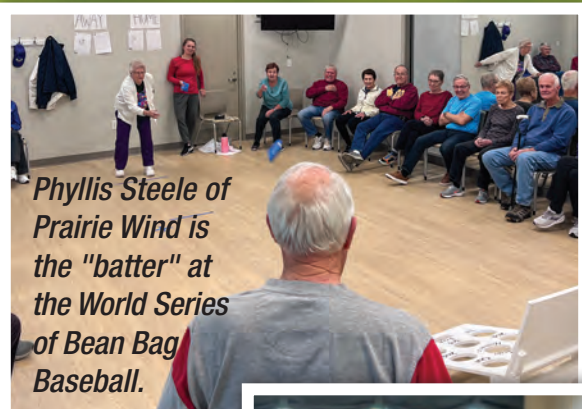
*COO Jerry Harris deals the deck at Windhaven's Casino Night. Laretta Husome, Sharon Krebs, and Clair Coughlin hope for a good hand!*



*Getting ready for spring gardens: Master gardener Sheila Sartorius helps LaVerne Puetz and other residents choose seeds for a take-home wicking system to start a plant without soil.*



*Independent living residents gathered at Gilmore's Pub for lunch on April 5. Front table clockwise from left: Jan Burnett, Lorene Howard, Pete McCart and Mary Van Hauen.*



*Phyllis Steele of Prairie Wind is the "batter" at the World Series of Bean Bag Baseball.*



*Master gardener and villa resident Rich Congdon helps Thalman Square residents plant seeds after a workshop. Rich and leisure services employee Vicky Bunger assisted, from top, Doris Rottinghaus, Janet Lynch and Jean Hager.*

*Rich and Rita Congdon show Jeanne Rogers of Thalman Square some planting techniques during their gardening workshop in April.*



*Rachelle Yousefi collects some high fives at the Bean Bag Baseball World Series in April at Grosse Wellness Center.*





## Chaplain's Corner: I can't wait!

by Chaplains Garry & Christie Moore

Have you ever said those three words with excitement? We have been saying it now for 32 years when we think about going to Island View Resort on Sand Lake in northern Minnesota. It all started in 1990 when Christie's dad took all of his children and their families there. Now, in 2022, we still say, "I can't wait!"

Dad practiced the phrase: "Do your giving while you're living, so you're knowing where it's going." We're so thankful for his investment in our family. As I think of being there again this May, my mind remembers two realities of why we go.

The first one is found in the word "**comfort**." What makes you comfortable when you go somewhere? It's the freedom to enjoy! The second word is "**commitment**." It takes a serious commitment to go there every year. It takes an investment of time and money.

What is interesting is that we find both of these words – **comfort and commitment** – in the idea of **fellowship**. Hebrews 10:19 refers to our freedom to fellowship: "Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus." We are warmly welcomed because of Jesus' satisfaction for our sin and his position of service, "...having a High Priest over

the house of God." Hebrews 10:20.

Then we see the faith to fellowship in verse 23, "Let us hold fast the confession of our hope without wavering, for He who promised is faithful." We find Christ is faithful to those who have accepted him as Savior. "Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them." Hebrews 7:25.

The commitment is found first in Hebrew 10:22a: "Let us draw near with a true heart in full assurance of faith." It takes 8-10 hours to make the trip to the resort, but when we hit that gravel road leading to it, there is a lot of excitement! It has been said, "What you obtain too cheaply, you esteem too lightly." Our vacation isn't cheap, but neither was our salvation. It cost God his Son. When I invite people to a fellowship, I tell them God offers free admission! In 1990, Dad Paige paid it all for his family, and on Good Friday, Jesus paid it all: "But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God." Hebrews 10:12.

After drawing near to the resort, we draw close to each other. "Let us consider one another in order to stir up love and good works." Hebrews 10:24. We also do our best to meet the needs of getting settled in for the stay, and then enjoy the blessing of being together found in verse 25, "...not forsaking the assembling of ourselves together, as is the manner of some." It is fantastic "family fellowship" as we enjoy where we are and who we are with – sounds like great **fellowship** time with God's family on his day!

## Schedule for in-person worship services

Starting in May, Fresh Wind Worship will be held at Diamond Event Center on the first and third Sundays of each month. This month those services will be May 1 and May 15.

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.

## New spiritual care leaders announced

Two chaplains have new positions within the spiritual care department at Western Home Communities. Congratulations to Enrique “Q” Ochoa, who has been named director of spiritual care, and Mark Eggleston is the administration and visitation pastor.

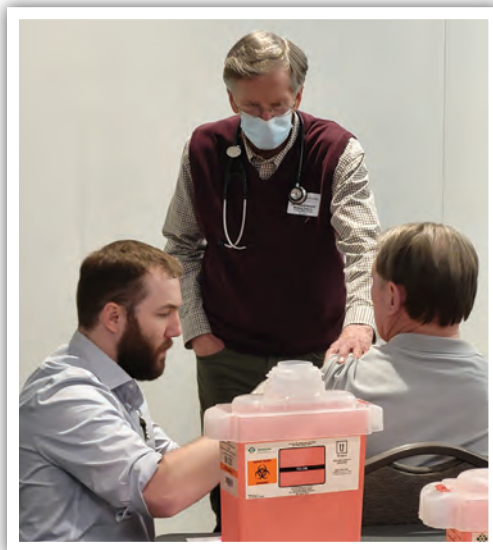
Along with chaplains Byron Simar, Garry Moore and Christie Moore, the spiritual care team leads worship, Bible studies and hymn sings, plus offers care and support to any resident who requests it. We appreciate their service!



*Enrique “Q” Ochoa*



*Mark Eggleston*



*Medical director Richard Frankhauser, M.D., watched for any reactions.*

## More COVID-19 protection

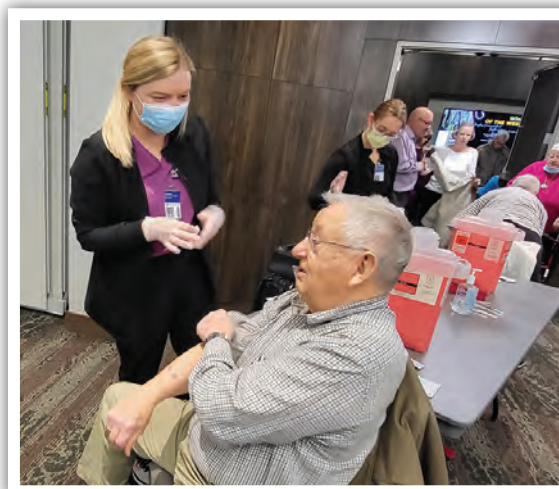
Western Home Communities offered second booster shot clinics so residents could enhance their protection against the risk of serious illness or death from COVID-19. Nearly 500 independent living and villa residents got their boosters on April 14, with assisted living, nursing home and employee clinics held the following two weeks.



*Lois Taylor wore a smile for her fourth shot.*



*The clinic moved fast for Deb Lee; 500 shots were given in five locations on April 14.*



*Villa resident Rex Pershing rolled up his sleeve.*



## Prairie Parkway Garden teaches healthy living

A collaborative community space designed to teach about healthy living and eating through gardening is just across from south campus behind the UnityPoint Clinic on Prairie Parkway.

On a bright and chilly April afternoon, 26 volunteers, including five residents of WHC, descended on the Prairie Parkway Garden for its spring cleanup and facelift.

The Cedar Falls Lions Club sponsors the project as part of its cause to improve the lives of people living with diabetes and heart disease, although it will also benefit anyone who wants to learn about a healthier lifestyle through gardening and nutrition. UnityPoint allowed its space to be used for the effort.



*In April, 26 volunteers helped prepare the Prairie Parkway Garden and built a shed for storage.*



*Monte McCunniff, a villa resident, adds mulch to existing garden beds.*



*Rich Congdon and Jenny Bruss, a Lions Club member who serves on the garden faculty as classroom leader and chief cook.*

“There are 24 raised beds for easy accessibility as well as eight row crop areas,” says villa resident Rich Congdon, a master gardener, Lions Club member and designated garden leader. “We also have space for tepee trellises, caging plants, experiential growing, a melon and vine field and a raspberry patch.”

Already this spring, volunteers built a shed for equipment and supplies and planted six varieties of onions. Soon, 20 varieties of tomatoes will be put in the ground. A greenhouse will soon be added to extend the growing season.

Rich plans to be on site at the garden most days and invites anyone who wants to learn more to stop by.

### How to get involved

Visit [parkwaygarden.org](http://parkwaygarden.org) to find a list of volunteer opportunities, free classes, instructional videos and more, plus online registration.

**Unity Shorts** will be fun, educational and short sessions offered for free at the garden several times starting in June. Children may attend with an adult. Find the schedule online.

**Soil to Supper** classes will be held once a month starting in June. These three-hour sessions start in the garden and end in the kitchen. Classes are limited to 20 participants and cost \$45 per person. Register at the website.



## Veteran shares his Navy experiences

A country served with honor, pride and humility: This describes our veterans and certainly Al Stamberg, who served in the United States Navy for more than 23 years.

On April 1, in front of 30 fellow Windridge residents, Al and his wife, Judy, shared notable moments from his military travels to more than 14 countries. In addition to Al's presentation, they gave away coffee cups, patches, movies, books and other memorabilia related to Al's time in the military.

Early on, Al served active duty aboard the USS Yorktown (CV-10). While aboard the aircraft carrier, Al witnessed the recovery of the astronauts and capsule of the Apollo 8 mission in 1968. Parts of the film "Tora! Tora! Tora!" were also filmed on the deck that year. Al and other crew members tracked Russian submarines in the Arctic Ocean and he was there as the carrier was decommissioned in 1970.

After leaving active duty, Al met and married Judy in 1972. Five years later, Al joined the U. S. Naval Reserve. During this time, he traveled back and forth to the Philippines as a supply officer. He served on the USS Orleck, traveling



*Navy veteran Al Stamberg before his April presentation.*

on the Columbia River to be a guest ship at the Rose Festival, and on the USS Francis Hammond in Japan. Al commanded five reserve units in the U.S. and had the privilege of attending a reception for the Blue Angels.

Today, you can tour the USS Yorktown (CV-10) at Patriot's Point Naval & Maritime Museum in the harbor of Charleston, South Carolina, where it's preserved and serves as the museum's centerpiece.

Western Home Communities expresses its appreciation to Al and all other residents who've served our country in the military.



*Judy Stamberg shares memorabilia related to Al's military service.*



*One of the slides Al presented highlights all the countries he traveled to during his service.*

**Memorial Day  
is May 30**

*Take time to remember, honor and celebrate the lives and commitment of those who paid the ultimate sacrifice for our freedom.*



## May Wellness Happenings

by Director of Wellness  
Morgan Lehmann

### Line Dancing

**Mondays in May at 1:30 p.m. at Windcove**  
Join us for fun and movement as we line dance our way through the month!



### Introduction to Group Fitness Classes

**Tuesday, May 3 at 2:30 p.m.**  
**JP Wellness Classroom**  
Join us for an informational session to learn more about our group fitness classes at WHC and how to get involved!



### Pickleball Lessons

**Tuesdays/Thursdays, May 3 - May 26, 1 – 2 p.m.**  
**Four-week session at the pickleball courts**  
New and experienced players are welcome to join us for pickleball lessons. We will talk about rules and strategy while also working on skills and drills. Equipment will be provided. Lessons will not be held during inclement weather.

### Exercise for Parkinson's Disease

**Thursdays in May, 1 – 2 p.m.**  
**JP Wellness Classroom**  
This class is for individuals living with Parkinson's Disease and will be led by Western Home Communities physical therapist Olive Frias.

#### Coming in June...

### Better Choices, Better Health (chronic disease management)

**Class hosted at Willowwood**  
Chronic diseases such as arthritis, diabetes, and heart disease affect our lives on a daily basis. Better Choices, Better Health is an evidence-based program developed by Stanford University that helps adults and caregivers

manage symptoms of chronic disease. The 7-week program includes communication techniques, the creation of action plans, tips on healthy eating and nutrition, the appropriate use of medication and more.

The program will be offered every Wednesday at Willowwood from 1:30 - 4:00 p.m., June 8 - July 20. Cost is \$25. To register, please call Elise Bovy at 319-231-6798 or Morgan Lehmann at 319-859-9362.

## **“We’ve never seen anything like this before”** *Sellers hold the cards in local real estate market*

You might be surprised to learn how fast homes are selling in Cedar Falls and Waterloo, and for how much. Local real estate professionals say they’ve never seen such high demand coupled with limited supply.

Western Home Communities hosted a real estate market forecast event on March 31, featuring local agents Dan Berregaard and Edita Begic along with appraiser Clint Cota.

The National Association of Realtors® says a market is balanced between buyers and sellers when there is a six-month inventory available. Current inventory in Waterloo and Cedar Falls is about two weeks’ worth. Some price ranges, such as \$200,000 - \$239,999, had zero inventory available as of March 1.

The current imbalance means a property that’s priced right may get multiple offers and sell in a few days for 20% above the asking price.

The timing could be right to sell and make a move to Western Home Communities. For those considering it, here are a few words of wisdom from our panel:



*Appraiser Clint Cota, center, and Realtors® Dan Berregaard, left, and Edita Begic served on the panel at Diamond Event Center.*

### **How to get your home ready for market:**

**Declutter.** Simplicity sells, says Begic. Get rid of overly personal items and pare down the furniture so potential buyers can see themselves living there.

Next to that, a can of paint can work wonders for a clean, fresh feeling. However, Berregaard advised sellers not to put money into anything that would only return dollar-for-dollar; if it doesn’t increase the value, it’s not worth doing in a brisk sellers’ market.

Cota recommended completing any needed repairs; old furnaces and roofs can scare buyers, so stay up-to-date on necessary maintenance.

### **How to know your home’s value:**

A professional appraisal costs about \$400 and isn’t necessary when Realtors® will do a market analysis for free.



## Happy May birthday!

Angela Rampton	WM	May	2	Bob Humble	VTH	May	17
Cliff Sund	VTH	May	2	Joan Emerson	WHAL	May	20
Rich Congdon	VTH	May	2	Larry Delfs	VTH	May	20
Rita Ludwig	VTH	May	2	Kay Drew	MS	May	20
Bill Madsen	PW	May	3	Sue Meier	VTH	May	21
Audrey Petersen	PW	May	3	Faye Rohwedder	WHAL	May	22
Donald Sells	DS	May	3	Marlys Folkers	VTH	May	22
Claudia Koch	WC	May	3	Beryl Waack	CTG	May	23
Ron VanDerMeide	PW	May	4	Larry Geving	WM	May	23
Jeanne Zentner	CTG	May	4	Jerry Bernard	VTH	May	23
Richard Sulentic	WR	May	4	Margaret Grimm	WC	May	24
Jim Hanson	VTH	May	4	Dee Alberts	WC	May	24
Karen Shelton	WM	May	5	Jim Healy	VTH	May	24
Lyle Brim	VTH	May	6	Tina Langan	WM	May	25
Eleanor Vanous	WC	May	8	Jim Zarifis	WR	May	25
Ralph Emerson	WHAL	May	8	Ron Bro	WHAL	May	25
Joan Rozendaal	PW	May	9	Craig Schwerdtfeger	VTH	May	25
Roger LaCoste	VTH	May	10	Bob Emmert	WM	May	26
Connie Sullivan	VTH	May	10	Mary Schmadeke	CTG	May	28
Cork Klages	VTH	May	10	Cindy Klodt	WG	May	28
Peggy Chari	WW	May	11	Mary Bro	WHAL	May	28
Marion Iversen	WHAL	May	11	Lois Wishmeyer	VTH	May	28
Greg Boom	VTH	May	11	Marge Kleinendorst	WHAL	May	29
Dennis Kabele	VTH	May	12	Bob Ross	VTH	May	29
Shirley Schmitz	CTG	May	13	Ron Kelderman	VTH	May	29
Marty Halupnik	WC	May	13	Joyce McGivern	VTH	May	29
Neil Clapp	VTH	May	13	Fran Nielsen	WG	May	30
Keith Bock	WC	May	16	Mary Gerholdt	WG	May	31
Liane Nichols	WR	May	16	Vivian Beener	VTH	May	31
Al Stamberg	WR	May	16	Steve McCrea	VTH	May	31
Judy Finkelstein	WR	May	17				

*Happy Mother's Day May 8*

*“She is strong and respected and not afraid of the future.”  
She speaks with a gentle wisdom.*

Proverbs 31:25-26 GNT

# Celebrating a centenarian *Independent living resident turns 100*

If you want a role model for healthy aging, look no further than Willowwood, where Margery Andrew moved in 1994. It's the longest she's lived under the same roof in her long life of 100 years.

"I was never one to look very far into the future, even as a child," she says. Although reaching her 100th birthday on April 11 was not a goal, it is one she is grateful to have achieved.

"The fact that I'm in good health with very little pain, it's a blessing," she says. "I tell people who ask how I'm doing: For the age and stage I'm in, I'm amazing."

The newspapers stacked neatly in her apartment let you know that Margery keeps her mind sharp by staying up on current events and working the puzzles. An active social life helps, too. She gave up driving last year but still manages to worship weekly at her church, attend PEO meetings, eat out at restaurants and join her fellow stitchers at First Methodist Church once a week. She threads the needle herself to sew schoolbags and other items for church missions projects.

Margery's life began on a farm with no electricity or toilets, until the family moved to town shortly before she turned seven. Later, she spent 36 months apart from her fiancé as he served in the military; the couple married three days after



*Her fellow PEO members of Chapter R celebrate with Margery.*



*Margery Andrew on her 100th birthday, April 11, 2022.*

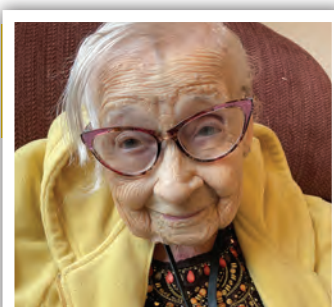
he arrived home, then welcomed four children in six years.

She recalls that the family bought its first TV set in 1950 with a screen she estimates was 9" diagonal – nothing like today's massive 55"+ offerings. Margery marvels at all

the technological advances that have occurred, especially recent developments in medical care.

Her life supporting an educator husband and raising successful children brought her joy and contentment, which may be one secret to her longevity.

"A positive attitude helps tremendously," says Margery. "I have so many blessings, just so many!"



# Deery Suites resident reaches milestone

Happy birthday wishes also go out to another centenarian resident. Mary Fischbach moved to Deery Suites two years ago and turned 100 on April 23. Congratulations, Mary!

## Chefs Take a Stand



*Josh Ochoa and Chef Jim Nadeau at Chefs Take a Stand on April 7.*

Combine delicious food and tasty beverages with a great cause, and you've got the popular Chefs Take a Stand fundraiser for Cedar Valley Friends of the Family. The organization provides housing and services to survivors of domestic violence and sexual assault in 27 counties.



*The Jorgensen Plaza kitchen team prepares po'boys as Chef Jim and Josh distribute samples and enjoy a few laughs with attendees.*

Gilmore's Pub chef Jim Nadeau, manager Josh Ochoa and team showcased one of the pub's new menu items. The shrimp po'boy proved to be popular among the 200+ attendees who enjoyed samples. Ten local restaurants participated in the April 7 event.

## Milestone employment anniversaries

**Stephanie Berky**  
15 years  
May 25  
Resident coordinator,  
Windcove



Congratulations to one employee in Cedar Falls celebrating a milestone anniversary with Western Home Communities this month! Congratulations, Stephanie, and thank you for your service.



## Meet the Employee of the Month, Kathy Chamberlin

**Kathy** joined the Western Home Communities family in September 2019 and works as a resident assistant at Winding Creek Meadows in Jesup. Here are a few things that were said about Kathy:

- Kathy always puts the residents' needs first.
- She goes the extra mile with residents. She makes their spa baths special by adding scented soap.
- Kathy cleans the residents' apartments and they are spotless. The residents love it when she makes their beds.
- She is always cheerful and kind.
- Kathy fills in shifts when she can and the residents love it when she is working.

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



## Notes of appreciation

Thank you to Western Homes for the beautiful red rose on the death of my daughter in March. *Sue LeQuatte (Windgrace) and the Teresa Shock family*

Thank you for the rose bud vase. It was very sweet. Thank you for the excellent care given to Mom and Dad over the years. We are so thankful they are part of the Western Home family. *The Hager Kids (Lloyd Hager family)*

## In sympathy

Sandra Link, DS	April 20
Dorothy Bierschenk, WM	April 18
Carol Witt, MS	April 18
Marilyn Mountain, MS	April 17
Claudette Hill, CTG	April 17
Art Ecklund, DS	April 17
Nancy Meinders, VTH	April 15
Georgia Smithling, MS	April 13
Freda May Hansen, MS	April 12
Jake DeVoogd, MS	April 6
Marilyn Groothuis, WC	April 1
Ken Carlo, CTG	March 30
Dan Lorenz, TS	March 30
Rita Amling, DS	March 25
Merriem Lane, MS	March 24
Terri Tobin, DS	March 24
Beverly Hogle, CTG	March 22
Ruth McFadden, DS	March 20

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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).



## 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!



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*Veggie Flatbread*



*The 8 oz New York Strip*



*The shrimp po'boy sandwich is just one of ten new menu selections at Gilmore's Pub.*

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