

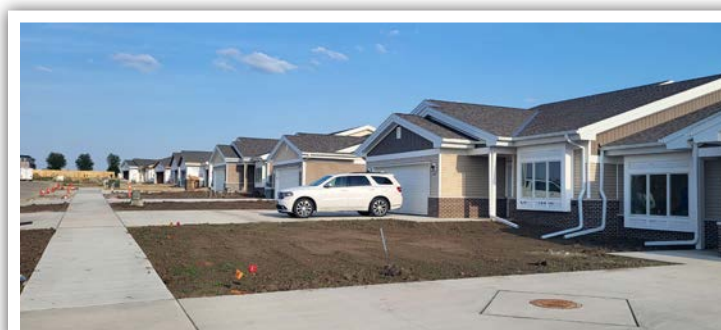
Western Home Communities is a charitable Christian service organization that assertively creates fulfilling lifestyles for those we serve, their families and our employees.

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Move-ins begin at newly constructed villas

Right on time or even a bit ahead of schedule: That's been the story of the summer along the south side of Wild Rye Way, made possible by dry weather and access to additional crews from Cardinal Construction.

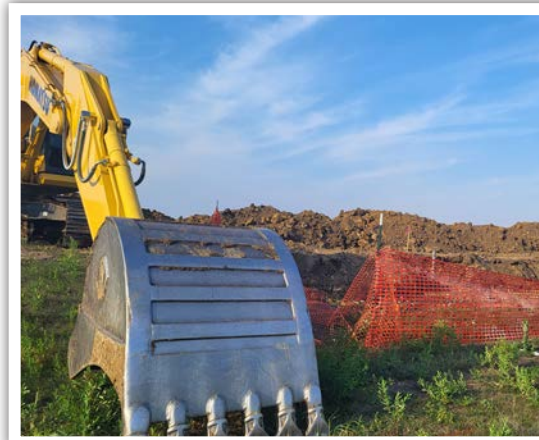


The view from Bluebell Road looking at new construction villas along the south side of Wild Rye Way.

rest have been reserved and most will be finished and occupied by December, with a few move-ins in early 2024.

Initial site work has commenced for Phase 10B, 16 villas on the north side of the street and four on Bluebell Road near its intersection with Wild Rye.

When all of Phase 10 work along Wild Rye Way and Bluebell is completed, Western Home Communities will have 280 villas and townhomes on its south campus in Cedar Falls.



Site work is underway on the north side of Wild Rye Way in preparation for more construction.

Landscaping has yet to be done, but the first three of 16 new villas have been moved into and at least three more closings are scheduled for this month. The

Interested in a new construction villa? Meetings will start soon with those on the list for Phase 10B. **Contact Andrew Finnegan at (319) 859-9363.**



Friends

OF WESTERN HOME COMMUNITIES

Breakfast tickets now available

Saturday, Sept. 23

7 – 10 a.m. at Diamond Event Center

Buy tickets for \$12/each at any front desk or at Jorgensen Plaza. Tickets will also be available at the door. All proceeds support Friends projects that enhance the lives of residents of Western Home Communities.

If you want to volunteer that morning, contact **Carolyn Ayers** at (319) 222-2048 or carolyn.ayers@westernhome.org.



Katie Burkhardt

New wellness coordinator to speak at monthly program

Monday, Sept. 18

10:30 a.m. at Windridge

Meet and get to know Katie Burkhardt, a former Cedar Falls police officer, who recently joined the WHC wellness team. Katie will share some of her career experiences working in public safety. Invite a friend to join you!

Stompin' good time at BBQ Bash this month!

Make plans to throw on a cowboy hat or bandana, and get set for some good grub and great music! The annual BBQ Bash will be held 6 – 8 p.m. at Diamond Event Center.

Independent living communities: Sept. 19

Villas and townhomes: Sept. 26

RSVP to your resident coordinator.
Villa and townhome residents RSVP to villaRSVP@westernhome.org or by calling (319) 859-9391.

BBQ BASH

Showcase your creativity at this year's Handcrafted Holiday Show & Sale

The annual event returns on **Saturday, Oct. 28, from 9 a.m. to noon at Diamond Event Center.** Mark your calendar and plan to shop with friends and family! You'll support the creative endeavors of residents/employees and help fund projects supported by Friends of WHC.

Want to participate as a vendor? Fill out the form below to register and return it to the front desk of Jorgensen Plaza or your receptionist or resident coordinator. Please include a flat fee amount or percentage of your sales that you will donate to Friends. **Vendor registration deadline is Friday, October 20.**



Name: _____

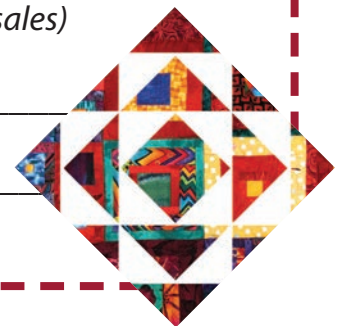
Address: _____

Phone: _____ Email: _____

Donation amount: _____ (flat fee or a percentage of your sales)

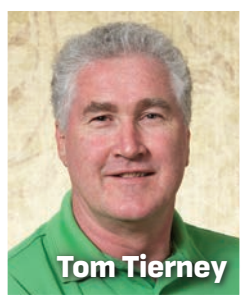
What I will (circle one) **sell** or **show**: _____

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



Tech assistance for residents – correction from July

The July issue of The Journal included errors about the pricing structure for resident technology services. We are listing the correct information here.



Tom Tierney

Tom Tierney is available to assist residents with computer technology issues over the phone or in person. Telephone assistance is free. Residents may reach Tom by calling (319) 222-2091.

If Tom needs to access your computer remotely while discussing the issues over the phone, that service is billed at \$60/hour in 15-minute increments. For example, a remote session from 1–15 minutes would be \$15, 16–30 minutes would be \$30 and so on.

A house call is \$35 for the first 1–30 minutes. If the assistance requires more time, the rate is \$70/hour billed in 15-minute increments. (For example, a house call lasting 20 minutes would cost \$35; the cost for 45 minutes of Tom's time would be \$52.50.)



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 August 15. For information on supporting Western Home Foundation, contact Director of

Administrative Services Susan Steffy at susan.steffy@westernhome.org or (319) 222-2022.



WesternHome
foundation

In memory of:

Donna Allee

Shirley Meester

Louise Odle

Robert Nelson

Hazel Foote

Dolores Sole

Hazel Foote

Richard Swanson

David Draper

Michael & Susan Ward

Mary Taylor Health Sciences Scholarship

Phyllis Steele

Nell Wilson Family Scholarship

Nell Wilson

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

Larry Martin, in memory of:

Ron Bro

Mary Lou Costa

Ed Harken

Cyrilla Haugen

Loma Lustoff

Dale Swartzendruber

Virginia Van Tassel

Employee Appreciation Fund

Robert & Delores

Alberts

Loretta Dykes

Lucinda Klodt

Russ Kool

Richard & Connie

Frankhauser

Employee Appreciation Fund in memory of Marlene Danielsen:

Daryl & Janice

Andersen

Robert & Linda

Anderson

Bob & Rosemary Beach

Les & Karen Blount

Richard & Mary

Brammer

Betty Danielsen and

Family

David Danielsen

Joanne Danielsen

Ron & Jaque Danielsen

Gayle Denkinger

Charles & Karma

Fischer

Becky Folchert

Mark & Terilyn Folchert

Hazel Foote

Bonnie Humble

Betty Kingston

Jeri Jenner Karr

John & Mary Lichty

Shirley Merner

Louise Odle

Peter & Kathy Scaturro

Richard & Patricia

Sulentic

Mary Ellen Warren

Larry & Julie Ubben

Other Gifts

Richard & Connie

Frankhauser

David & Sue Eastman

Richard & Bev Michael

Fresh Wind Ministries and/or Alice Isenhower Fund (listed quarterly)

Cheryl Bearbower-

Staton

Marjorie Behrens

Kenneth Bixby

Lyle & Marlene Brim

Karan Boevers

Sidney Bunger

Donna Brown

Marcia Colwell

Joyce Cutshall

Dick Domrath

Rod & Bobbie Dostart

Mark & Molly

Eggleston

Norma Emmert

Virginia Emmert

Cindy Fisher

Arlene Fleming

Marlys Folkers

Kent & Joyce Folsom

Nancy Gephart

Kevin & Susan Gillett

Larry & Jean Graham

Margaret Grimm

Bob & Donna Grosse

Dorothy Guldner

Butch & Sherry

Hammer

Nancie Handorf

Alice Hansen

Cliff & Donna Hansen

Jon Hansen

Vern & Marcia Hansen

Jerry & Beth Harris

Betty Heine

Richard & Sue Heth

Wayne & DeMaris

Hochhalter

Bonnie Humble

Albert & Cathy Humke

Todd & Victoria

Hunemuller

Dean & Barb Hutchison

Joyce Jensen

David Joens

JoAnn Johnson

Harris Jorgensen

Marlys Karkosh

Theresa Kindig

Gordon & Mardelle

Klages

Gordy Koch

Russ Kool

John Kragt

Donald Krull

Eileen Kruse

Lee & Barb Larsen

Bob & Deb Lee

Lillian Marks

Bob Meinders

Hazel Messer

Bob & Arlene Miede

Dick & Bev Michael

LaVerne & Pat

Middleswart

Ken Miller

Bill & Donna Mincks

Marlys Mitchell

Garry & Christie Moore

Ken & Carol Morlan

Carl Muesel

Lynn Neill

Carol Neumann

Enrique & Martha

Ochoa

Selma Ochoa
 Jean Oleson
 Rhoda Olson
 Eleanor Parker
 Letha Petersen
 Russell & Marilyn Price
 LaVerne Puetz
 Connie Rasmussen
 Patricia Reyhons
 Sharon Rohrback
 Mickey & Elaine Rosenau

Joan Rozendaal
 Gene & Janet Sandell
 Audrey Schoeman
 Sandra Scheil
 Barb Seufferlein
 Byron & Sondra Simar
 Janet Simcox
 Jeremy & Michelle Sorensen
 Richard & Martha Stanford
 Karen Swanson
 Robert & Joanne Tefft

Mary & Donald Terry
 Robert & Barb Thalman
 Nancy Versluis
 Karen Wagner
 Norma Walther
 Dee Way
 Velma Wessel
 Nell Wilson
 Lois Wishmeyer
 Dione Young

Foundation awards nearly \$21,000 in employee scholarships

A dozen employees received \$20,750 in awards from Western Home Foundation for the 2023-24 school year, thanks to the generosity of donors who have established and/or contributed to the foundation’s various scholarship funds. Congratulations to the following:

Two \$5,000 Mary Taylor Health Sciences scholarships:

Emily Billman, director of nursing at Martin Suites
 Daniel Pakala, medication manager at Windhaven

Two \$2,000 Frances Peterson scholarships:

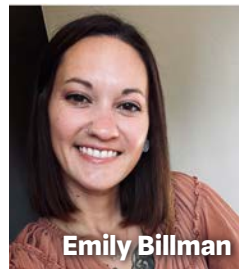
Jofelle Corona, employee health nurse
 Natalie Gerstein, CNA at Nation Cottage

\$2,000 Nell Wilson Family scholarship:

Aironi Creighton, medication manager at Windhaven

Seven general scholarships:

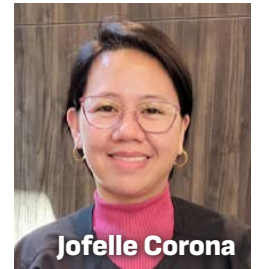
\$1,000 to Erin Scheiltz, CMA at Madrid Home
 \$1,000 to Allison Wheeler, accounting specialist
 \$1,000 to Benjamin Woomer, physical therapist
 \$500 to Grace Budde, lifestyle coach with Fortified Life
 \$500 to Toni Fortmann, CNA at Thuesen Cottage
 \$500 to Katryna Hauser, CNA at Martin Suites
 \$250 to Jamie Thoma, caregiver with atHome



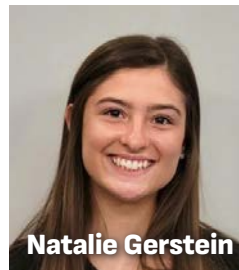
Emily Billman



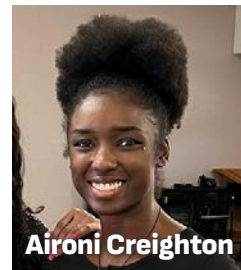
Daniel Pakala



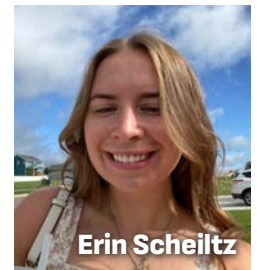
Jofelle Corona



Natalie Gerstein



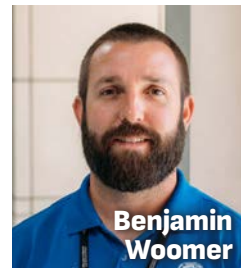
Aironi Creighton



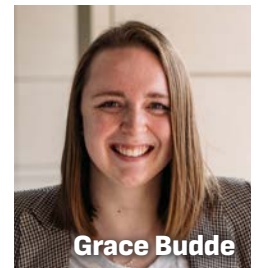
Erin Scheiltz



Allison Wheeler



Benjamin Woomer



Grace Budde



Toni Fortmann



Katryna Hauser



Jamie Thoma



CHAPLAIN'S CORNER

Are you old?

by Chaplain Garry Moore



What does it take to earn the title "old"? Does having gray hair give us this distinction? Or do you agree with the statement, "You are only as old as you think you are?"

Let's think about David's observations about getting older. "I have been young, and now am old; yet I have not seen the righteous forsaken." Psalm 37:25. As David looks back, he declares that God never forsook him. However, we also read in Psalm 22:1a: "My God, My God, why have You forsaken Me?" These are Jesus' words as he was facing God's wrath for the sins of the world. He did this so we would never have to.

Note David's desire: "Now also when I am old and gray headed, O God, do not forsake me, until I declare Your strength to this generation." Psalm 71:18. He wanted to declare God's ability and activity to others.

I'm glad we can read about this in the Bible. I enjoy reading the Psalms in September. I read them this way: September 1, I read 1, 31, 61, 91 & 121. This reading schedule is available from the chaplains. Just ask for it.

I'm glad God's activity in my life began 61 years ago when I trusted Jesus Christ as my personal Savior. I'm very thankful God's ability has given me the privilege of 43 years in full time service for him. I hope, if you're "old", you will thank God and have David's desire.

It is good when we have the opportunity to look back. There are people we know who never grew old. At our class reunions I read the names of my classmates who didn't. We've all said they died too young. So it is a blessing to be able to say "I guess I'm getting older."

Join us for weekly worship at Diamond Event Center

All are welcome at Fresh Wind Worship services on **Sundays at 10:30 a.m.**
We invite you to participate in a time of music, fellowship and exhortation.

Recordings of the services continue to be broadcast on CFU Cable channel 18 or 95.5 at 11 a.m. on Sundays and 3 p.m. on Wednesdays, and they are posted on the Fresh Wind YouTube channel and Facebook page.

Residents should refer to their monthly calendars for information on Bible studies, communion services and other spiritual opportunities in their communities.



Event planned to announce all 2024 travel opportunities

Don't miss this opportunity to find out where Away From Home with Western Home will be traveling in 2024, and to make your initial reservations for any (or all!) trips.

Thursday, September 28
1:30 p.m. at Diamond Event Center

Join Director of Lifestyle Enrichment Carolyn Ayers and Cheryl Fleming, tour designer for Star Destinations, as they reveal the travel plans for 2024. You'll learn about the highlights of each itinerary, sample a bit of local fare and be able to make deposits with a check or credit card. (Seats will not be held without a deposit.)

After September 28, registration for each trip will open approximately three months before departure date for any seats that are still available. Make your deposits at the travel show for the best chance of seeing your favorite destination!



Karaoke night returns by popular demand

Thursday, Sept. 14
6 – 8:30 p.m. at Diamond Event Center

Share your musical talent with an appreciative audience! Open to the public at no charge. Invite friends and family to attend with you. Cash bar will be available.



SCENES OF SUMMER



CEO Kris Hansen welcomes 150 visitors to Western Home for Campus Exploration Day, a day when visitor can take a self-guided tour of a villa, townhome and assisted living and independent living apartments.



Western Home residents are also ambassadors and often help at WHC events like Campus Exploration Day on August 17. Left to right are Carol Neumann, Demaris Hochhalter and Pat Middleswart.



President of CF Operations Jerry Harris and CEO Kris Hansen and WHC staff were decked out in blue polos to be easily seen for questions at Campus Exploration Day.



This group of residents looks happy to have arrived at the State Fair for Older Iowans Day on August 16.



Congratulations to our most recent CNA graduates!



Kathy Thompson picking peppers at the Prairie Parkway Garden with Thalman Square residents.



Faye Rohwedder and Jeff Hansen enjoy an open-air drive around campus on a beautiful summer day!



Windgrace resident Bev Ridder and her family enjoyed the last pool party of the season at The Falls.

Obstacle can't keep villa resident from daily mission

Ever wondered about the man who regularly walks south campus and nearby retail areas, picking up trash?

Chances are you've seen him. Villa resident Jim Christensen spends hours on the task each day; in fact, he typically logs ten miles, if you count his participation in two daily Zoom exercise classes offered by the WHC wellness department.

"There's plenty of trash to pick up," he asserts. "The other day, I walked from Walmart just to the north side of campus when it was windy and picked up a Hy-Vee sack full of plastic grocery bags. It was chock-full."

What makes this mission more remarkable – and challenging – is that Jim is legally blind.

He can see lighter plastics and white bags easily or even cellophane if the light bounces off it. He's rigged his own system to help him pick up litter: His long-handled grabber is affixed to his waist for easy access. An upcycled shower tote sits at his hip, holding open a plastic bag as he fills it with trash; extra bags are kept handy in an old, modified water bottle.



Over the years, Jim has rigged an efficient system for picking up debris.

He also wears a wide-brimmed hat, carries water and walks only an hour on hot days instead of his normal two to three.

Jim rarely walks the same route twice in a row. On a rainy Sunday morning, he might pick up trash on both sides of Walmart, circle McDonalds and head toward the strip mall. "I might also return a few cans to Walmart and then I can get a treat of a diet Pepsi," he laughs.

If he walks in the morning toward the north, he might get on the bike trail along South Main, looping around the wildlife area or heading toward Kwik Star off of Greenhill.

Jim started his daily habit when living in Elk Run Heights before he and his wife, Joyce, moved into a villa three years ago. "I wanted to move to a place that's walkable," Jim explains. "Here, the hardware stores are close by, people are friendly and I meet people on the trails."

He's caught the attention of Walmart's mowing and maintenance team, who often thank Jim for his work to beautify the area.

Add your own thanks to Jim the next time you see him out and about!



Jim is geared up and ready for hours of walking and picking up trash, beautifying the campus and surrounding area.



WELLNESS OPPORTUNITIES in September

by *Director of Wellness Morgan Lehmann*



Free fitness assessments

Falls don't have to happen! Strength, endurance and flexibility can help you avoid falls and resulting injuries. In conjunction with The National Council on Aging's Falls Prevention Awareness Week from Sept. 18–22, the wellness department is providing free fitness assessments to residents.

Take advantage of this opportunity to help you maintain and improve your functional fitness!

The senior fitness assessment is in seven parts and measures components of functional fitness such as upper and lower body strength, endurance and flexibility. Results will outline your strengths and also opportunities for improvement. The wellness team can then identify fitness classes and/or specific exercises that would be beneficial.

Schedule for assessments

Windridge: Sept. 6, 10 – 11:30 a.m.

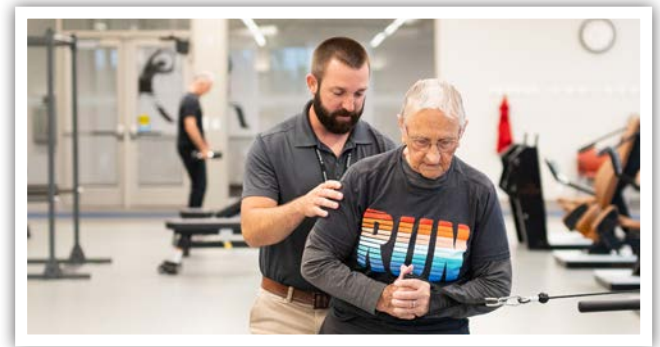
Windmere: Sept. 6, 1:30 – 2:30 p.m.

Windgrace: Sept. 8, 10:30 – 11:30 a.m.

Windcove: Sept. 13, 8:30 a.m. – 1 p.m. and 2 – 3 p.m.

Prairie Wind: Sept. 21, 2:30 – 3:30 p.m.

Willowwood: Sept. 25, 11 a.m. – noon



Sign up with the resident coordinator in your independent living community.

Villa residents, call or email to schedule your assessment: morgan.lehmann@westernhome.org or (319) 859-9362.

WHC pickleball tournament



Saturday, September 9 at 9 a.m.

(Rain date - September 16)

The first 14 people to register will be in the tournament. Each participant will be paired with a partner and play several doubles games in a round-robin format. Games will stop when one team reaches 11 points or after 10 minutes, whichever comes first.

Contact Morgan Lehmann to register. Open to WHC residents and employees, Fortified Life members and Club Ruby waiting list members.

Meet the team of salon stylists at WHC

Ninth in a series highlighting employee teams

Making others feel and look their best never wears off for the six stylists who provide hair and nail services to residents.

“I have the best job of anyone working at Western Home Communities,” enthuses Phyllis Bowers, who joined the cosmetology team back in 2005. “I get to spend time with the residents and really learn about them. Everybody has a story to tell and they’re all interesting. I like hearing every detail of their lives!”

Stylists function differently from other teams within WHC; each has an assigned building where they work solo. They do fill in as substitutes when one is away.

One thing they have in common is longevity; each has been an employee for eight to 18 years, primarily staying on the job because of the residents they serve.

“They look forward to their hair appointments

and I look forward to their visits,” explains Genti Eberhart, a 15-year employee. “I have standing appointments but I like seeing new people, too. I can tell we’re growing! I’m getting lots of calls from villas.”



Genti styles Marlene Deery's hair in the Windridge salon.

Each stylist manages her own schedule and enjoys the flexibility. In long-term care areas of Thalman Square, The Cottages, Deery Suites and Martin Suites, residents or their families can contact staff to help arrange appointments.

“Some residents you just never forget,” reflects Phyllis. “They just stick in your heart forever.”

How to make appointments: Call the stylist directly; please leave a message so your call can be returned.



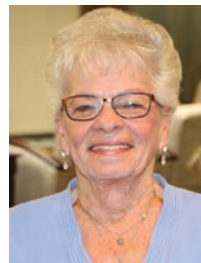
Olga Bentley
Hair services
Willowwood, (319) 222-2028
Thursday



Genti Eberhart, *Hair and nail services*
Windridge, (319) 859-9306
Monday morning, Thursday, Friday
Windermere, (319) 859-9305
Wednesday
Windgrace, (319) 859-9301
Wednesday
Deery Suites, floors 2 & 3
Tuesday (*notify staff for appointment*)



Linda Bertram
Hair and nail services
Windhaven, (319) 859-9304
Tuesday, Wednesday, Thursday
The Cottages (*notify staff for appointment*)
Wednesday



Marlys Larsen
Hair services
Martin Suites (*notify staff for appointment*)
Wednesday, Thursday



Phyllis Bowers
Hair and nail services
Windcove, (319) 859-9301
Monday, Wednesday, Thursday



Deanna Mallinger
Hair and nail services
Thalman Square
(*notify staff for appointment*)
Thursday, Friday

Happy September birthday!

Joyce Christensen	VTH	Sept. 1
Linda Craun	VTH	Sept. 1
Kenneth Hansen	WHAL	Sept. 1
Kathy Madill	VTH	Sept. 1
Audrey Smith	WM	Sept. 1
Ruth Ratliff	VTH	Sept. 2
Kay Thrall	PW	Sept. 2
Eileen Wilson	WHAL	Sept. 2
Paul Wood	SFALDS	Sept. 2
Marty Johnson	VTH	Sept. 3
Marcia Colwell	WR	Sept. 4
Rhonda Knudsen	VTH	Sept. 5
Loretta McEnroe	DS	Sept. 5
Harriet Monson	VTH	Sept. 5
Becky Hardman	PW	Sept. 6
Vivian Martin	VTH	Sept. 6
Charles Adelman	MS	Sept. 7
Sally Baker	VTH	Sept. 7
Anita Dowell	WC	Sept. 7
Michele McFarlane	WR	Sept. 7
Marlene Deery	WR	Sept. 8
Virginia Nelson	WM	Sept. 8
Lori Freet	VTH	Sept. 9
Audrey Schoeman	PW	Sept. 9
Joyce Warm	DS	Sept. 9
Linda Johnson	VTH	Sept. 10
John Rothlisberger	VTH	Sept. 10
Wilma Stallman	DS	Sept. 10
Karen Swanson	VTH	Sept. 10
Marvin Heller	VTH	Sept. 11
Sue LeQuatte	WG	Sept. 11
Diane Price	TS	Sept. 11
Rick Sims	MS	Sept. 12
Marilyn Wieman	WHAL	Sept. 12
Carl Boice	VTH	Sept. 13
Don Moe	VTH	Sept. 13
Jan Reifsteck	VTH	Sept. 13
Bruce Stone Jr	MS	Sept. 13

Bruce Clark	VTH	Sept. 14
Shelton Hornback	WC	Sept. 15
Sue Lehman	TS	Sept. 15
Twyla Moschel	PW	Sept. 15
Sue Burke	WHAL	Sept. 16
Donna Grosse	VTH	Sept. 16
Harold Krebs	DS	Sept. 16
Connie Rasmussen	WR	Sept. 16
Heather Lawrence-Richards	VTH	Sept. 17
Donnabelle Miller	VTH	Sept. 17
James Peterson	WC	Sept. 17
Louise McGinnis	WC	Sept. 18
Rob Albertson	VTH	Sept. 19
Veronica Cobb	WC	Sept. 20
Dave Weekley	VTH	Sept. 20
Erma Clausing	CTG	Sept. 21
Delores Harp	WC	Sept. 21
Donna Iverson	WHAL	Sept. 21
Bob Beach	VTH	Sept. 23
Brad Michael	WHAL	Sept. 23
Nick Teig	VTH	Sept. 23
David Draper	VTH	Sept. 24
Jo Potter	CTG	Sept. 24
Judith Focht	CTG	Sept. 25
Bob Lee	VTH	Sept. 25
Sherry Hammer	PW	Sept. 26
Mary Hutchinson	VTH	Sept. 26
Debora Lee	VTH	Sept. 26
Diane Clark	VTH	Sept. 27
Ellie Hutchison	CTG	Sept. 27
Duane Joblinske	MS	Sept. 27
Mogens Christensen	WR	Sept. 29
Jane Ingraham	PW	Sept. 29
Rita Justis	VTH	Sept. 29
Bob Dieter	VTH	Sept. 30
Louise Odle	WR	Sept. 30
Deb Volgarino	VTH	Sept. 30



Evie Waack

Sign up now for Mindful Art sessions

Villa resident Evie Waack will lead three Wednesday sessions to help you spark a playful connection with nature through mindful art. Mindful art emphasizes the joy of making art rather than the end product.

Sept. 13, Oct. 11 & Nov. 8 ■ 10 – 11:30 a.m.
Windridge West Lounge

Cost of materials is covered by Friends of Western Home Communities so there is no charge to attend. Contact Carolyn to sign up: carolyn.ayers@westernhome.org or (319) 222-2048.

Storytelling course offered this month

Join a storytelling short course designed to unveil the captivating tales hidden within your own history. In four sessions, you will:

- ▶ Share the power of personal narratives.
- ▶ Dive into the past, unearthing captivating anecdotes, secrets, and triumphs.
- ▶ Develop storytelling skills through creative exercises.
- ▶ Engage with fellow enthusiasts, sharing experiences and exchanging ideas.
- ▶ Take the stage and share your family tales at a November gathering.

Instructor: Karen Mitchell, emeritus professor of communication studies

Thursdays in September (Sept. 7, 14, 21, 28) ■ 1:30 – 3 p.m.

Diamond Event Center

Cost: \$50.00

Online registration: llu.uni.edu



WHC sponsors Walk to End Alzheimer's

Join the team from Western Home Communities to show your support for those living with Alzheimer's.

Saturday, Sept. 23

Peet Junior High School, 525 E. Seerley Blvd.

8 a.m. Registration

9 a.m. Ceremony

9:30 a.m. Walk

Congratulations!

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



JULIE METHER
5 years
 September 4
 CNA-HHA, atHome

KEVIN BENNETT
45 years
 September 6
 Director of downtown maintenance




APRIL BOWMAN
10 years
 September 11
 Billing associate

REBECCA MOMMER
10 years
 September 18
 Career development coordinator, atHome




JERRY HARRIS
33 years
 September 24
 President,
 Cedar Falls operations,
 Chief experience officer



Meet the Employee of the Month, **CECILIA ZUNIGA**



Cecilia is a CNA at Creekside and has been part of the Western Home Communities family since December 2022.

Here are a few things coworkers said about Cecilia:

- ▶ Cecilia is always kind, optimistic and polite despite having a busy workload.
- ▶ She is always putting the needs of the residents first and will assist in any cottage to accommodate those needs.
- ▶ Cecilia also builds morale. Her coworkers love working with her.
- ▶ Recently she volunteered to assist with providing lunch for all her coworkers for nursing home week.
- ▶ Cecilia is an excellent example of WHC core values and it is a privilege to work alongside her.

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

CASSIE STORLIE
5 years
 September 24
 Resident coordinator,
 WW



Note of Appreciation

Thank you so very much for the rose sent at Richard's passing. We appreciate the kindness and concern we have received from staff and friends at the Western Home.
The Swanson family



Shop for fall at The Market

Stop by to see the latest merchandise for your home, closet, kitchen and library!

Grab a coffee starting at 7 a.m. Shop from 10 a.m. to 5 p.m. on weekdays. Closed Sept. 4 and 6 for the holiday.

WHC beyond Cedar Falls

Western Home Communities offers housing and services for older adults in other Iowa communities. Find out more at these websites, and spread the word to friends or family in those locations:

Creekside Living Cottages & Villas
Grundy Center – creeksidegrundy.com

Winding Creek Meadows Assisted Living
Jesup – windingcreekmeadows.com

Madrid Home & The Cedars Assisted Living
Madrid – madridhome.com

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Foundation Development Council

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Building Abbreviations

Cottages, Nation & Thuesen	CTG
Deery Suites	DS
Martin Suites	MS
Prairie Wind.....	PW
Stanard Family Assisted Living at Deery Suites.....	SFALDS
Thalman Square Memory Support	TS
Villas & Townhomes	VTH
Windcove	WC
Windgrace	WG
Windhaven Assisted Living	WHAL
Windermere.....	WM
Windridge.....	WR
Willowwood	WW

The Journal is a monthly publication of the WHC office of communications and public relations. To subscribe, ask questions, offer content suggestions or unsubscribe, please contact Linda Maughan, editor, at (319) 222-2025 or Linda.Maughan@WesternHome.org.

IN SYMPATHY

Duane Nottger, MS	Aug. 20
Aurelia Harringa, DS	Aug. 18
Shirley Connelly, WHAL	Aug. 18
Jim Zarifis, DS	Aug. 10
Mary Ann Ott, VTH	Aug. 9
Ken Dober, VTH	Aug. 7
Betty Swacker, MS	Aug. 7
Greg Sheriff, DS	Aug. 1
Helen Purdy, WHAL	July 25



WesternHome
communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

westernhome.org

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Try a unique, off-menu feature at GILMORE'S PUB

Sept. 7-9 • Louisiana-Style Grouper \$36

Pan-seared grouper paired with a smoked tomato gravy, maque choux, bouillabaisse sauce, garlic farro and a side of french bread.

Sept. 14-16 • Fried Chicken \$20

House-made fried chicken served with grilled green tomatoes, a jezebel glaze and cornbread topped with an apple honey gastrique.

Sept. 21-23 • Breaded Haddock Sandwich \$16

Hand-breaded haddock overlaid with chow-chow relish, lettuce and tartar sauce all pressed between a toasted bun.

Sept. 28-30 • Prime Rib \$26

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

GILMORE'S
EST. PUB 2018

Tuesday–Saturday • 11 a.m.–8 p.m.

5307 Caraway Lane, Cedar Falls • GilmoresPubCF.com • (319) 859-9342