

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

Inside this issue:

Robot gets a name	2
Veterans Day breakfast	3
A look back and forward	3
Happy Elf concert	3
Gift list	4
Reach out at Christmas	4
Breakfast thanks	5
Spiritual care explained	6
Dementia conversations	7
Creating a family tree	8
Hoops fun	9
Protect yourself from scams	10
100 years of living	11
Meet the atHome team	12
Birthdays	13
Employee of the Month	14
The Market specials	14
In sympathy	15
Gilmore's Pub features	16

U.S. Senator from Iowa hears nursing home concerns

U.S. Senator Charles Grassley visited Western Home Communities on Oct. 10 for a question-and-answer session with employees and other long-term care leaders from the area.

"I know the senator deeply cares about the seniors in Iowa and across the country, so it was great to have him here listening to our concerns and paying attention," says CEO Kris Hansen.

"Hearing directly from the Iowans who are putting in the work, day in and day out, better equips me to legislate in a way that addresses their concerns in Washington," Grassley said.

Most of the discussion centered on a recently proposed rule from Centers for Medicare and Medicaid Services (CMS) that would raise mandatory minimum staffing levels at nursing homes.

"We actually welcome the recognition that there needs to be better quality and more staffing overall," says Hansen. "That being said, we don't necessarily need more mandates or oversight, especially unfunded and impossible to meet due to there not being any nurses in the workforce to meet the mandate."

Continued on page two



Senator Grassley takes questions on Oct. 10 at Diamond Event Center.



Hansen says he made sure Senator Grassley understood that the staffing edict would cost about \$8 billion, with 40% coming from state funds through Medicaid. Hansen believes that would start a cycle of forcing nursing home rates to be raised, thus putting many residents onto Medicaid sooner and requiring more government funds for operators to stay in business, especially in rural areas of the state where many nursing homes have already closed.

"There are a lot of challenges hitting at once, so access to quality care in the future certainly seems to be in jeopardy," Hansen says. "We need more of a solution orientation from the federal government, not more punitive threats with no funding or forward-thinking solutions, and I know our senator would like to see that, too."



The senator focuses his attention on CEO Kris Hansen, front row left.

"Gilly" debuts at Gilmore's Pub

If you haven't seen the latest innovation at Gilmore's Pub, stop by for lunch or dinner. Gilly, as he was recently named, is a robot that naturally grabs your attention as he glides through the dining room serving dinner and bussing tables.

A naming contest during the first two weeks of October brought in 186 entries. Gilly was the most popular, suggested by at least 11 customers. Their names went into a drawing and David Joens of Windridge won the \$50 gift certificate.



Gift certificate winner David Joens of Windridge.



Gilly roaming through Gilmore's Pub before his first day serving guests.



Gilly goes to work at the pub, helping wait staff deliver meals.



Honoring our veterans

The country observes Veterans Day on Nov. 11. Western Home Communities thanks all those who served our country in the United States Armed Forces.

Each care community will host various recognitions this month. Veterans who live in a villa, townhome or independent living community are invited to a free Veterans Day omelet breakfast at 10 a.m. on Friday, Nov. 10, in the Windcove dining room.

Please RSVP to your building resident coordinator; if in a villa or townhome, email villarsvp@westernhome.org.

Friends

OF WESTERN HOME COMMUNITIES

Take a look back – and ahead – at next Friends program

History is the foundation on which we build today for a brighter tomorrow. The Cedar Falls Historical Society works to preserve and share the stories of Cedar Falls for current and future generations.

Board president Tom Strub and past president Dave Welter will present the November Friends program. They'll share some exciting news about the society's current project at 315 Clay, "A Home for our History," designed to increase exploration and engagement of our city's history.

Tom and Dave will also discuss the programs and facilities under the historical society's umbrella, including the Victorian House Museum, Ice House Museum, Little Red Schoolhouse, and Behrens-Rapp Filling Station. Join us and bring a friend along!

Monday, November 13 ■ 10:30 a.m. at Windcove



Catch an early Christmas show on campus

Cedar Falls Community Theatre will bring scenes from "The Happy Elf" to Diamond Event Center for a preview performance on Monday, Nov. 20 at 10:30 a.m.

The new musical is written by Harry Connick, Jr., and features Eubie the Elf in a holiday tale of friendship, the power of positivity and overcoming adversity. This on-the-road show is sans set or costumes but promises to leave you smiling and ready for the season. Free admission – come enjoy the creative talent in our community!





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 Oct. 13. For information on supporting Western Home Foundation, contact Director of Administrative Services Susan Steffy at susan.steffy@westernhome.org or (319) 222-2022.



**In memory of:
Del Carpenter**
David Draper

Shirley Connelly
Edward & Gayle Juhl
Larry & Sharon Petersen

Gean Durbin
Brian & Shelly Arntson

Mac Eblen
Cynthia Eichman

Marlys Karkosh
Alice Hansen
Vern & Marcia Hansen
Roger & Rita Ludwig
Pat & LaVerne Middleswart
Richard & Kay Thuesen

John Rice
Margie Rice

Gordon Ubben
Robert Clark
Richard & Martha Stanford
Michael & Susan Ward

Jim Zarifis
Robert Robinson

Frances Petersen Scholarship
Cindy Fisher

**Mary Taylor Health Sciences
Scholarship**
Phyllis Steele

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

Patrick & Brenda Duhaime
Larry Martin
(in memory of Del Carpenter
and Marlene Engen)

Employee Appreciation Fund

Berggren Family
David Draper
(in memory of Sharon Krebs)
Hazel Foote
Lucinda Klodt
Larry & Sharon Petersen
Rich & Martha Stanford
(in memory of Sharon Krebs)

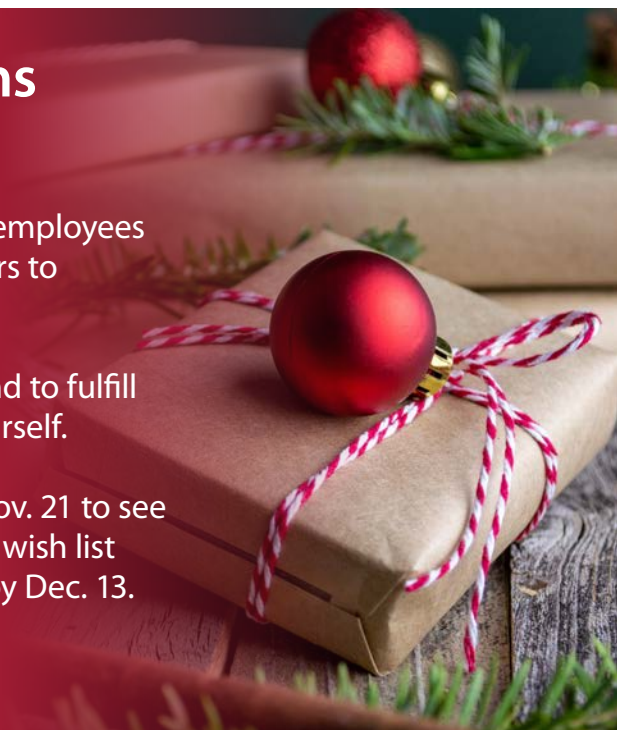
Adopt-a-Family program returns for the season

Each year, Western Home Communities offers help to employees or residents who've had a difficult time and need others to brighten their Christmas.

In 2023, you can make donations to the Good Sam Fund to fulfill their wish lists OR you can choose to shop for gifts yourself.

Stop by the Jorgensen Plaza reception desk starting Nov. 21 to see the tree and select one of the paper ornaments with a wish list item written on it. Wrapped gifts should be returned by Dec. 13.

Thanks for your generosity this season.



Friends gather for 49th annual breakfast

A 49-year tradition brought 500 people to Diamond Event Center on Sept. 23 and raised about \$22,000 for quality-of-life projects funded by Friends of Western Home Communities.

Thanks to all who attended and to the sponsors who made it possible:

Contributing Sponsors

Rosemary and Bob Beach
Dan and Millie Eicher
Jim McCutcheon
Holly and Craig Schwerdtfeger
Nell Wilson

Donating Sponsors

Steve Armbrecht
Roger and Marcia Dudden
Bev Fish
Cynthia Fisher
Dr. Richard Frankhauser
Beth and Jerry Harris
Bonnie Humble
George and Judy Jorgensen
Russ Kool
Richard and Sheila Loughren
Jane Mertesdorf
Ronald and Marcia Michaelsen
Marlys Simpon

Table Sponsors

Jay and Kathy Agness
Jim and Anita Altenbaumer
Carolyn and Steve Ayers
Banker's Advertising
(Tim & Sharon Chamberlin)
Marlene Behn
Jerald and Laurene Bernard
Pat and Carol Brickley
Gary and Donna Brown
Larry and Barb Cardamon
Bob Clark
Ken and Carol Cox
Russell and Diane Curtis
Sandy and Larry Delfs
Bob and Mary Ellen Dieter
Sherrie and Dean Dreyer
Vicki and Jay Edelnant
Kathleen Franck
Sandy and George Glenn
John and Sandy Golz

Tim and Margene Grady
Vicki Grimes
Donna and Bob Grosse
Kris and Sue Hansen
Doris Hewlitt
Wayne and DeMaris Hochhalter
Dean and Barb Hutchison
Bertie Jepsen
Dave and Vera Johnson
Dennis and Anita Kabele
Laverne and Ron Kelderman
Dave and Barb Kirkle
Jerry and JoAnn Kramer
Phyllis and Richard Kuehl
Betty and Roger LaCoste
Bob and Deb Lee
Norma and Ron Leibold
John and Ann Lofstedt
Roger and Rita Ludwig
Jim and Kathy Madill
Bob and Linda Mahncke
Bev and Dick Michael
Bill and Donna Mincks
Marlys Mitchell
Alvira Morris
Karen Mukai
Mary Ellen Murphy
Roger and Vicki Neessen
Liane Nichols
Louise Odle
Overhead Door Co.
of Waterloo
Jim Peterson
Judy Pfalzgraf
Margie Polacek
Ned Ratekin
Jan and Mick Reifsteck
Marilyn Roudebush
Joan Rozendaal
Janet and Gene Sandell
Margaret Shay
Marlene and Gary Sheetz

Bill and Mary Lou Snyder
Richard and Martha Stanford
Patricia and Richard Sulentic
Al Tapper
Joanne and Bob Tefft
Sonya Thrall
Jeanne Thuesen
Eleanor and Steve Vanous
Velma Wessel
Christine and Dick White
Cindy and Chad Wiles





CHAPLAIN'S CORNER

Spiritual care is part of the whole person

by Chaplain Byron Simar



At Western Home Communities, we believe in caring for the whole person. We offer a myriad of possible types of care. The most obvious is the wonderful compassion and skilled service offered by our nursing and care teams.

Yet it goes beyond that to encompass other areas of well-being. The wellness center offers ways to keep our physical bodies strong and mobile, through fitness, aquatics, sport competitions and nutrition advice. Our physical, occupational and speech therapy teams help us function at our highest levels. Social activities are a staple of community life, with tasty cuisine to satisfy the palate. Employees receive career and financial guidance and crisis support.

Another integral part of care are the chaplains or "spiritual care" team. What is that? It's care or attention given to the spiritual part of the person.

Spiritual care is characterized by:

Prayer. Prayer is the bedrock of the chaplain ministry. The chaplains are not saviors, but we can point everyone to the Savior, Jesus, our high priest who understands our weaknesses. "So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most." Hebrews

4:16. We are more than glad to pray with you and for you.

Accompaniment. That's a big word for 'walking with someone through a difficult time of illness, loss, grief or pain.' This involves listening, empathy and compassion. The ministry of presence is precious and powerful. Job's three comforters tried to console him at first with their words, which weren't very helpful. But Job 2:13 tells us, "They sat with him for seven days and nights. No one said a word to Job, for they saw that his suffering was too great for words." The chaplains are always ready to do the same.

Instruction. We teach the Scriptures so we might be equipped with the truth of God's promises. His Word will see us through thick and thin. Let's be students of the Word so that we will "grow and not be ashamed, rightly dividing the word of truth." 2 Timothy 2:15. It is a joy and privilege to lead Bible studies and discuss the Scriptures.

I'm thankful that at Western Home Communities, we believe in caring for the health of the whole person. May we live in the fullness of the plans and purposes that God has for us, with a grateful heart giving glory to him. Happy Thanksgiving!

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.

New coordinator joins Fresh Wind Worship

Terri Packard is the newest member of the spiritual care team, primarily working to make the Sunday morning service accessible and welcoming to all. She'll work to further the capabilities of the team by creating systems to help them connect with residents.

"In all areas of my life, I work with passion, grace, and toward the mission of serving and loving others like Jesus taught us to do," she says. "I'm excited to bring extra sunshine to the community."

Terri lives in Cedar Falls and enjoys outside time with her six-year-old son, riding dirt bikes, four wheelers and bicycles. They also enjoy board games on rainy days or cold winter nights.

You can meet and welcome Terri on Sunday mornings at Diamond Event Center or in the Jorgensen Plaza office, primarily on Mondays and Tuesdays.



Supportive conversations offered

In partnership with UNI and Dementia Friendly Cedar Valley, Western Home Communities started a series of events on Oct. 31 that continue this month for people living with dementia and their caregivers. UNI counseling students meet with people living with dementia as their caregivers meet in the next room for learning and support.

▶ **Dementia: Your Holiday Survival Guide**

Tuesday, Nov. 7, 2 – 3 p.m.

Presented by Dr. Elaine Eshbaugh, UNI professor of gerontology

▶ **The State of Dementia**

Wednesday, Nov. 15, 9:30 – 10:30 a.m.

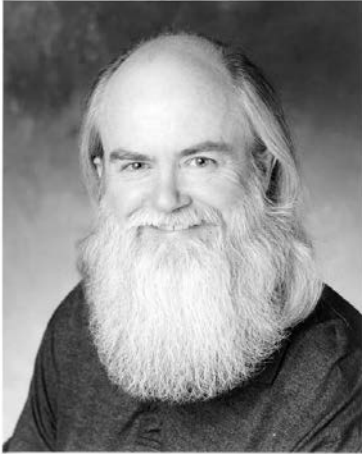
Presented by Megan Zimmerman, Dementia Friendly Iowa

▶ **Making Holiday Connections**

Tuesday, Nov. 28, 2 - 3 p.m.

Activities facilitated by UNI counseling students for people living with dementia and their caregivers to make connections and have fun.

Visit bit.ly/demsupport to register for any or all of these free sessions at Diamond Event Center.



Creating a Family Tree

by Dave Nation, *Prairie Wind*

Are you curious about your family's history? If you've never spent the time to research your family tree it can be a fascinating hobby that reveals interesting details

about the lives of your ancestors, how and when they came to this country, and how you may be related to others.

The first thing to do is collect what information you already have about each branch of your family. There may be photos from family albums, Bibles with birth dates of family members, or official documents like birth certificates, obituaries, military records or even family trees made by others.

The next activity could be to produce an ancestor chart with basic information about each generation of your ancestors in an organized way. There are paper charts to help you do this where you may enter each person's name, date and place of birth, and date and place of death.

Another way of doing this is to use a computer to keep track of the information you've collected and do further research online. Depending on the software you decide to use, you may be able

to take advantage of information collected by other relatives about your ancestors.

FamilySearch.org is a free service supported by the Church of Jesus Christ of Latter-Day Saints. You can create a free account, then enter information interactively about each generation of your ancestors. You can also do further research online accessing official records, and other information already online about your family members.

If you prefer to keep your tree completely private, a good option is a stand-alone software product called Family Tree Maker. It can be used to enter your information on your local computer and do research on the internet to find additional information.

Lastly, Ancestry.com is a popular product that generally requires a software license although free guest accounts are also available. A tree created online with Ancestry can either be completely private or sharable with the public. Living individuals are normally hidden from public view.

Whatever method you use, documenting your family tree can be a satisfying experience and help you understand and relate to generations that came before you.

Plan ahead for personal finances in 2024

Thinking about increasing your income and charitable giving in the new year? Consider a gift annuity that can cover both bases.

Make sure you have all the information at hand. Attend a no-obligation lunch and learn sponsored by Western Home Foundation on Wednesday, Nov. 8, at 11:30 a.m. at Jorgensen Plaza.

A light lunch will be served so RSVP in advance to Susan Steffy: susan.steffy@westernhome.org or (319) 222-2022.

Fun kick-off to college basketball season

Diamond Event Center hosted a meet-and-greet with members of UNI's men's and women's basketball teams on Oct. 18. Residents and their families had a chance to pose for photos, ask questions and even play a game of corn hole with the players before their seasons get underway. Go Panthers!

Trey Campbell was happy to pose with villa resident Carolyn Haney.



Residents Jo Tefft, Sandra Heller, Bob Tefft and Marvin Heller pose for a shot with players.



Melissa Pruess' boys didn't hesitate to ask for autographs from Trey Campbell and other players.



President of Cedar Falls Operations Jerry Harris visits with several members of the UNI men's basketball team.



Jane Mertesdorf, guards Maya McDermott and Cailyn Morgan, and Carol Phillips paused their visit for a photo.



Diane and Russ Curtis got to know some of the women's team players.



Cindy Wiles, Aaron, Darci, Lorene Howard and Rodney Tomson visit together before mingling with players.



Jerry Kramer and Julaine Kiehn talk basketball with UNI guard, Drew Daniel.



WELLNESS OPPORTUNITIES in November

by *Director of Wellness Morgan Lehmann*



Stay safe from scams and fraud

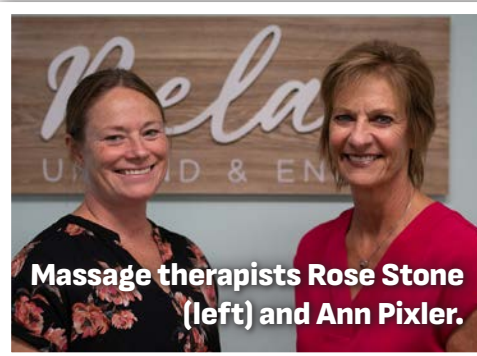
Wellness coordinator Katie Burkhardt will share tips on how to protect yourself and your money from criminals who continually come up with new ways to scam unsuspecting people through their phones, email, text messages and more.

Katie spent 17 years as a police officer and worked many cases involving scams. She'll talk about common types of scams and how to recognize them. She'll also discuss what to do if you become a victim. Feel free to attend any session, no matter where you live:

Monday, Nov. 6
1 p.m. at Prairie Wind

Thursday, Nov. 9
10:30 a.m. at Windcove

Monday, Nov. 13
1 p.m. at Windridge



Massage therapists Rose Stone (left) and Ann Pixler.

Massage can ease winter doldrums

Cold weather is on its way. Massage therapy can relieve tension and achy joints, promote circulation, boost immunity, hydrate skin and even put you in a better mood.

Give yourself something to look forward to this season! **Contact Ann Pixler (319-230-2701) or Rose Stone (319-429-9502) with questions or to schedule appointments.**



Getting their walk on: from left, Sarah Rynearson, Louise Odle, Hannah Collier, Christine Carpenter, Katie Burkhardt, Morgan Lehmann and Susan Steffy head out on one of three Healthiest State walks held on campus Oct. 2.

Bundle up! Big Kids Bike Klub (BKBK) members Jim Volgarino, Rita Justis, Jerry Dumke, Ron Kelderman and Roy Justis head out on one of the final bike rides of the season.



Meet our newest centenarian

It's definitely not medicine that's contributed to Erma Vander Linden's long life.

The Windhaven resident, who turns 100 on Nov. 6, takes a baby aspirin daily and that's it. Erma says sleep is her only medication.

The lifelong Iowan grew up in Oskaloosa and New Sharon on a family farm, where her dad had tractors and a thrashing machine. She recalls walking and exercising quite a bit in her younger years, beginning with the daily walk to and from school.

She enjoyed a 71-year marriage to her husband, Herman, who passed away in 2016, a few years after they moved to Willowwood to be closer to a son, who has now retired to Florida; their late daughter lived in Colorado for decades.



Erma Vander Linden

The couple wintered in Arizona for about 30 years and travel was a highlight of their lives. They went to Europe a few times, including visits to Sweden, Denmark, Norway and France, and traveled to Hawaii three times.

Happy 100th birthday, Erma!

Savoring the season

Villa resident John Focht recently captured these stunning fall photos on a walk near south campus. Let's savor this colorful scenery while it lasts!



Meet the atHome team

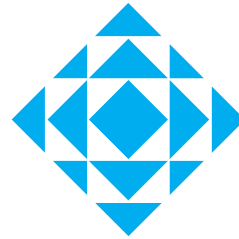
Eleventh in a series highlighting employee teams

The name reflects exactly what atHome with Western Home provides: care in your own home, whether that's on a Western Home Communities campus, elsewhere in Cedar Falls or in the surrounding communities. And care is provided for all ages, not only seniors who need extra help to live in their home.

"During the pandemic, it became very clear to us that in-home care is the true future of care for older adults. We know that in the next few years in-home care will be more and more common and we are prepared," says Director of atHome Melissa Pruess.

More than 60 part- and full-time caregivers, home health aides, medication aides and care coordinators provide a variety of services including housekeeping, transportation, companionship and assistance with personal care.

"We offer flexible scheduling and bundled services that cater to what our clients need. That's unique to our home care agency," says Melissa. "We often help people get ready for the day and ready for bed at night or offer medication setup and reminders. We also provide companionship for those with dementia



atHome
with Western Home

Your life. Your choices. Your home.

and respite for loved ones who need to run errands or just take a break."

At the administrative level, assistant director Nathan Conner assists Melissa overseeing day-to-day operations and managing staff. Home Solutions Navigator Kami Amo meets and assesses potential clients and gets everything set up for them to receive care in their home. Employee Relations Coordinators Macon Jorgensen and Nikki Davis have the complicated job of putting together and managing all the caregivers' schedules.

Melissa says, "I love getting to help people stay independent in their homes for as long as possible. We work alongside families during some pretty difficult times in their lives. It is rewarding when I know that our business is going to help them through those challenges."

Anyone needing a free, personalized and no-obligation consultation can reach atHome at (319) 277-7779.



atHome administrators (left to right) Nikki Davis, Nathan Conner, Melissa Pruess, Macon Jorgensen and Kami Amo.

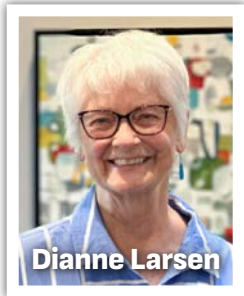
Happy November birthday!

Lorraine Isley	CTG	Nov. 1	Delores Reints	VTH	Nov. 18
Thelma Stevens	VTH	Nov. 1	Craig Thielen	VTH	Nov. 18
Barbara Anderson	VTH	Nov. 2	Margaret Wiebke	WHAL	Nov. 18
Shelby Wiethorn	WHAL	Nov. 2	Bob Clark	VTH	Nov. 19
Carol Zanatta	VTH	Nov. 3	Roger Oltman	WC	Nov. 19
Rochelle Dolan	VTH	Nov. 4	Rita Sommers	VTH	Nov. 20
Jim Heisinger	PW	Nov. 4	Dale Waack	VTH	Nov. 20
Dianne VanGorp	PW	Nov. 4	Craig Zanatta	VTH	Nov. 20
Jane Briden	WR	Nov. 5	Sue Eastman	VTH	Nov. 21
Hovey Brom	PW	Nov. 5	Bev Ridder	WG	Nov. 21
Linda Davis	WR	Nov. 5	Cherie Dargan	VTH	Nov. 22
Paula Decker	VTH	Nov. 5	Mary Beth Dieter	VTH	Nov. 22
Joanne Helland	VTH	Nov. 5	Vicki Grimes	VTH	Nov. 22
Paul Neal	WR	Nov. 5	Jack Mussett	CTG	Nov. 22
Mary Lea Purcell	VTH	Nov. 5	Craig Fanton	WM	Nov. 23
Erma Vander Linden	WHAL	Nov. 6	Phyllis Fett	DS	Nov. 23
Darwin Hofer	VTH	Nov. 7	Pamela Hileman	VTH	Nov. 23
Dan Langan	WM	Nov. 7	Richard Monson	CTG	Nov. 23
Loyce Dumke	VTH	Nov. 8	Judy Mohling	VTH	Nov. 24
Deloris Bixby	WC	Nov. 9	Richard Kuehl	WR	Nov. 25
Jerry Larson	VTH	Nov. 9	Mike Seavey	VTH	Nov. 25
Carol Neumann	PW	Nov. 10	Jim Townsend	VTH	Nov. 25
Jennifer Kramer	WHAL	Nov. 11	Bev Michael	VTH	Nov. 26
Kathleen Franck	VTH	Nov. 12	Beverly Crooks	CTG	Nov. 27
Mary Hornback	WC	Nov. 12	Jake Jacobson	VTH	Nov. 27
Ned Ratekin	PW	Nov. 12	Jean Oleson	WR	Nov. 27
Suzanne Emkes	WW	Nov. 13	Mary Bauer	WHAL	Nov. 28
Alice Hansen	VTH	Nov. 13	Dick Buchanan	VTH	Nov. 28
Donna Mincks	VTH	Nov. 13	Robbin Burns	VTH	Nov. 28
Sandy Doyle	VTH	Nov. 14	Max Lowe	VTH	Nov. 28
Ed Baker	VTH	Nov. 15	Connie Herbon	WR	Nov. 29
Becki Budensiek	VTH	Nov. 15	Karen Mukai	VTH	Nov. 29
Winston Burt	WR	Nov. 16	Maribelle Betterton	VTH	Nov. 30
Barbara Kirkle	PW	Nov. 17	Deanna Grimstad	WHAL	Nov. 30
Bob Chittenden	VTH	Nov. 18	Marcia Hanson	VTH	Nov. 30
Trenna King	WR	Nov. 18	Pat Williams	VTH	Nov. 30
Tony Lake	WHAL	Nov. 18			

We apologize for including the late Tom Huss in last month's birthday list.

It's a good day to visit The Market

Dianne Larsen, writer and employee of Western Home Communities, will be on hand to sign her book, "It's a Good Day," on Friday, Nov. 10 from 10 a.m. until noon at The Market in Jorgensen Plaza.



In her book, Dianne shares messages to inspire and nurture health, love and peace of mind. Her book is available every day at The Market and makes a perfect gift.

Start your Christmas shopping with this sale

Your gift list likely includes someone who'd like to find games or puzzles under the tree. Good news: **they're 20% at The Market throughout November.** Stop by to check out the unique selection!

The Market is open Monday - Friday, 10 a.m. - 5 p.m. and 10 a.m. - 2 p.m. on the first Saturday of the month. Coffee can be purchased starting at 7 a.m. weekdays.

The Market will be closed on Thanksgiving.



The
Market
deli ♦ grocery ♦ gifts



Meet the Employee of the Month, JESSICA RUNYAN



Jessica works as a CMA and backup household and hospitality coordinator at Nation Cottage. She has been part of the Western Home Communities family since July 2016.

Here are a few of things co-workers said about Jessica:

- ▶ Jessica goes above and beyond at The Cottages.
- ▶ She wears many hats, as you can see by her multiple job titles.
- ▶ Jessica is constantly putting everyone before herself.
- ▶ She always makes sure all residents are comfortable and does the most to make them feel at home.
- ▶ The Cottages wouldn't be The Cottages without Jessica.

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

Congratulations!

This month, our speech-language pathologist celebrates a milestone service anniversary with Western Home Communities. Join us in thanking Kate for her dedication.



KATE CHILCOTE
5 years
November 12
Speech-language pathologist

Notes of appreciation

Thank you so much for the beautiful plant. Your kind words and prayers have given us comfort and strength. We are blessed to be surrounded by a loving community.

Paul and Janine Knapp

BOARD OF DIRECTORS

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

Foundation Development Council

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

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.



Election Day is Nov. 7

Reminder: City and school elections will be held Tuesday, Nov. 7. Polls will be open from 7 a.m. to 8 p.m. Voters will choose elected city leaders and school board members.

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

IN SYMPATHY

Darlys Dietz, DS	Oct. 20
William Winslow, CTG	Oct. 20
Robert Jensen, WW	Oct. 19
Margaret Bettis, MS	Oct. 14
Rita Welter, TS	Oct. 13
Myrna Robinson, DS	Oct. 13
Duane Joblinske, MS	Oct. 13
Marlys Cook, MS	Oct. 12
Cheryl Patten, MS	Oct. 12
Dean Meier, VTH	Oct. 9
Charlene "Mac" Eblen, DS	Sept. 26
Joyce Warm, DS	Sept. 24
Gordy Ubben, VTH	Sept. 23



WesternHome
communities

5307 Caraway Lane
Cedar Falls, Iowa 50613

westernhome.org

Nonprofit Org
US Postage Paid
Cedar Falls, IA
Permit No. 217



Stop in and delight your taste buds!

Bringing you a diverse array of November features; try one (or all)!

November 2–4 • Beef Burgundy \$20

Braised local beef intermixed with mushrooms, onions and carrots all laid atop garlic mashed potatoes and a rich beef gravy.

November 9–11 • Pork Tenderloin \$15

Pan-seared pork loin laid on pumpkin béchamel, with roasted button mushrooms, red potatoes, cherries and shredded Gruyere.

November 16–18 • Citrus Monkfish \$32

Shallow fried dusted monkfish served with a citrus jus, grilled fennel, blood orange slices, basil caper butter sauce and roasted pine nuts.

Gilmore's Pub will be closed Thanksgiving Day.

November 24–25 • Turkey Dinner \$25

Smoked turkey breast served with a hearty helping of garlic mashed potatoes and gravy, honey glazed carrots and black currant sauce.

November 30–December 2 • Prime Rib \$28

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