

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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State grant will allow WHC to train new CNAs, nurses

Western Home Communities will use a \$1.34 million grant from Iowa Workforce Development to educate up to 135 new certified nurse aides (CNAs) and licensed practical nurses (LPNs) over three years.

Western Home Communities received the state's third-largest award in the second round of Iowa Health Careers Registered Apprenticeship grants, designed to help train and expand the health care workforce.

"We're already seeing this large population of baby boomers coming to us for housing and services, and we've got to have more trained employees to meet the demand," explains CEO Kris Hansen. "This grant is really a win-win for us and people who want to start their nursing careers."

The state awarded 21 projects a total of \$13.5 million dollars to create nearly 1,500 apprenticeships. Recipients include public school districts, community colleges, universities, hospitals and senior living providers.

"It's going to take all of us being innovative and working together to develop the health care workforce Iowa needs, so state funding is important," Hansen says. "We view it as a way to further our efforts to be an educational partner in the community."



Cedar Falls CAPS students stop for a photo at Martin Suites during early morning clinicals in April.

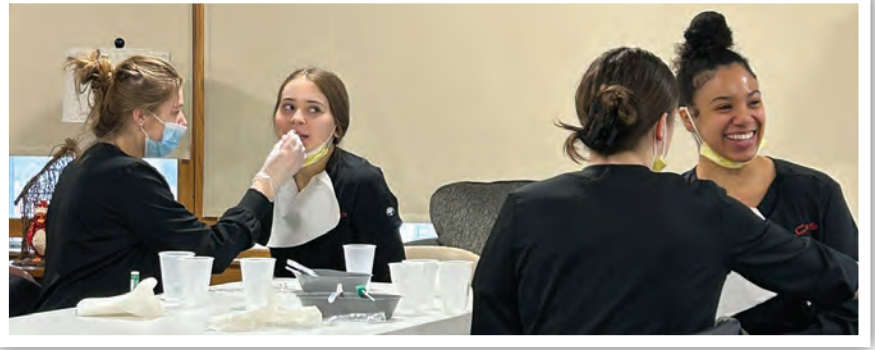


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Western Home Communities has worked with Cedar Falls High School and its Center for Advanced Professional Studies (CAPS) for several years to train CNAs and is already planning a partnership with the Waterloo Career Center. Through the apprenticeship program, more high schools will be able to offer their students similar opportunities.



Cedar Falls CAPS medical program students learn the proper way to provide oral care during a training at the Stanard Family center in March.

For CNAs who want to become a nurse, the apprenticeship program will create a new learn and earn option for becoming an LPN.



Chief Clinical Officer Wendy Ager, RN, BSN, knows that many CNAs want to pursue further education but can't afford to stop working. The apprenticeships will remove that financial barrier.

"This is exciting because providing the best care to residents is integral to how we operate as an organization," she says. "That's why we've been training CNAs in-house for several years now, and this grant lets us expand that to the next level."

Practical, hands-on lab training and on-the-job experience will be offered on-site at Western Home Communities, while AxisU will develop an online learning curriculum component.

Now that the grant has been awarded, Western Home Communities will finalize the program components and hopes to start awarding apprenticeships later this year.

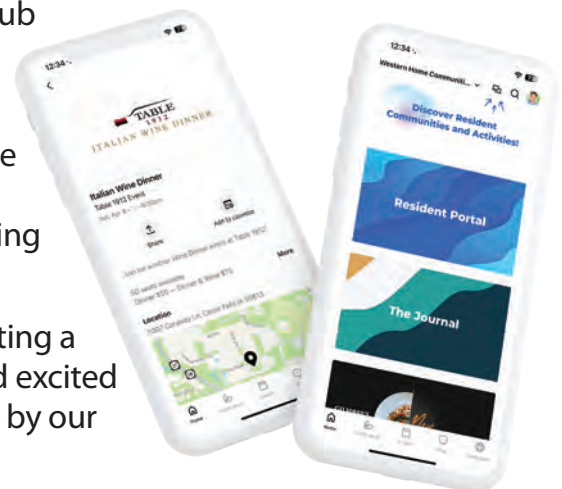
There's an app for that! *New mobile application lets residents connect*

Now you can carry a connection to the resident portal, Gilmore's Pub menu, The Journal and more in your pocket. Residents were introduced to the mobile app during April council meetings.

The most unique and innovative feature is messaging. Found at the top of the app, it allows Western Home Communities residents to connect through interest groups like golfing, biking, walking, playing pickleball, volunteering, attending concerts and many more.

"Residents have asked for this capability and we've been investigating a way to do it for several years," says CEO Kris Hansen. "So I'm beyond excited to roll this out. And I'm most proud that this was created internally by our digital service and marketing teams."

Anyone can download the free app from the Google Play Store or Apple App Store; only WHC residents are able to join an interest group or access the resident portal.





Friends

OF WESTERN HOME COMMUNITIES

Can't-miss May events

Fleeing the War in Ukraine 10:30 a.m. May 15 at Windridge

Cedar Falls resident Tatiana Ivaschenko Jackson, born in Ukraine, is hosting her sister, Svetlana, who fled Kyiv last year with her younger daughter, but had to leave another daughter and son-in-law behind. Listen to their compelling and harrowing story, and learn how they have been able to support Ukrainian troops with deliveries of backpacks and night-vision goggles.

Friday night fun with Sugar Daddys Jazz Band 6:30 – 8:30 p.m. May 19 at Diamond Event Center

The dance floor will be out and a cash bar will be available. Free for all WHC residents, Club Ruby waiting list members and Fortified Life members; the public may attend for \$10.

Exciting Veterans Way explained at program

Friends of Western Home Communities' monthly program series relaunched on March 21 with a presentation about Waterloo Veterans Way.



Veterans Way is an outdoor art, public park and history walk to honor the Cedar Valley's rich history of military service and create useful, informative, and fun improvements and

superior connections to existing and new sites.

Wendy Bowman from Mayor Quentin Hart's office was joined by Trent Hunter of the Waterloo Exchange Club to explain various

project components. The Exchange Club is helping sponsor the Walk of Honor, which will feature 60 banners each year with digital barcodes so people can learn more about the featured veterans.

Enhanced safety, connectivity and walkability are among the key improvements planned for 4th Street from the Sullivan Brothers Iowa Veterans Museum and eastward across the Cedar River bridge to Sullivan Memorial Park.

On behalf of Western Home Communities, Friends, and program attendees, we extend a grateful thanks to Wendy and Trent for their informative program about this exciting addition to the Cedar Valley.

To learn more, visit cityofwaterlooia.com/veteransway.

*For Friends of Western Home Communities,
Mike Seavey*

Free evening session added to dementia training

Amanda Bulgarelli with A Positive Approach to Care will lead a session on positive communications strategies in moments of distress on June 13 from 6:30 – 8 p.m. at Diamond Event Center.

This newly added session is designed primarily for family and friends of people living with dementia and those who cannot attend her all-day sessions on June 13 or 14.

Amanda is a master trainer and chief operating officer of Positive Approach® to Care, a nationally recognized organization that helps



people learn how to support those living with brain change in a more positive and respectful way.

According to founder Teepa Snow, "Rewiring our own perceptions, attitudes, communication strategies, actions, and responses will provide the shift that promotes change for the others around us."

Advance registration is required for any of the three sessions. Visit westernhomecommunities.org/events to sign up. Residents will find a registration link on the resident portal or Western Home Communities app.



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 18, 2023. **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:

Mary Bro

Ned Ratekin

Joyce Campbell

Ned Ratekin

Barbara Cooper

Colleen Liming

Betty Hunck

Louise Odle

Margie Polacek

Robert & Joanne Tefft

Margaret Johnson

Shirley Meester

LaVerne & Pat Middleswart

John Jordan

Pat & Carol Brickley

Good Samaritan Fund

Alice Heise

WHC Child Care Scholarship

Gene & Janet Sandell

Employee Appreciation Fund

Treese Pilkington

Richard & Kay Rhodes

In memory of Mardelle Koch:

Adolph Babinat

Frances Beal

Robert & Joanne Degener

Lucinda Klodt

Gordon Koch

Lillian Marks

Robert & Shirley Petersen

Jerry & Mary Purcell

Joan Rozendaal

Phyllis Steele

Velma Wessel

Mary Taylor Health Sciences Scholarship

Marlys Folkers

Roger & Betty LaCoste

Roger & Vicki Neessen

Rhoda Olson

(in memory of Bob Olson)

Margaret Shay

Frances Peterson Scholarship

Cindy Fisher

Other Gifts

Gary & Donna Brown

Amber Elsberry

Karla Foust

Dr. Richard & Connie Frankhauser

Kathleen Niedert

Chad & Cindy Wiles

Save the date for annual golf outing

Western Home Foundation will host its 26th annual golf outing on Monday, August 28, at Beaver Hills Country Club in Cedar Falls, with a noon shotgun start.

More details will be announced soon. For information on sponsorships, contact the foundation at **319-222-2022**.



First child care scholarships awarded to employees

Four employees, all single mothers, recently received scholarships to help them pay monthly child care expenses. Funds are awarded in monthly amounts of either \$200 or \$100, paid directly to the child care provider for a year.

"This award feels really good. It will help me have a little extra for doing fun things with my four-year-old daughter," says Cheyenne Creger, a CNA at Martin Suites since 2019. "I love caring for residents and making them happy, and I really like working at Western Home a lot."



Cheyenne Creger with her daughter, Kensley.

A housekeeper who received a scholarship says, "After a rough last few years, this is a wonderful way to feel rewarded and to have one less thing to stress over! I was very surprised to receive it and I'm grateful."

That sentiment was also expressed by Rachel Phillips, the director of resident engagement,



Rachel Phillips

who says she makes more than what is allowed to receive child care assistance from other organizations. All the women agree that it's difficult to afford child care for two young children on one income.

"I work a full-time job that caters to our needs for food, shelter and school. The scholarship helps reduce the burden of rising daycare costs," explains Jofelle Corona, RN, BSN, a mother of two children, ages 7 and 3. "I am truly thankful to our sponsors."



Jofelle Corona

Donors Willard and Kay Jenkins wanted to create a unique way to support employees, especially when there is a critical shortage in the health care workforce. They hope others will contribute to the fund through Western Home Foundation so more scholarships can be awarded in the future.

Learn about Jamaican culture and food

Interns from Jamaica will share about their family life, educational and professional backgrounds, along with a taste of their home country's culture and cuisine, at two upcoming events.

Sign up today to attend Labrish Nyammings on **May 22 or June 26 from 1 – 2 p.m. at Diamond Event Center.**

In Jamaican dialect, Labrish means chat with me and Nyammings means eating. You'll enjoy both on these Monday afternoons.

Please RSVP to your resident coordinator by the Tuesday prior so enough food can be prepared. The event is free to residents, their families and WHC employees.





Chaplain's Corner: Heaven on earth

by *Chaplain Garry Moore*

I'm so glad that Christie's dad responded to a challenge, "Do your givin' while you're livin'!" In 1990, he took all of his family to Island View Resort in northern Minnesota. Thirty-three years later, our family continues to go there every year. Between the nice sandy beach, brilliant blue sky and fluffy white clouds, the view is amazing! It has been heaven on earth for me. It's a peaceful place where I have the privilege of being with those I love.

I'm reminded of John 14:2: "In My Father's house are many mansions; if it were not so, I would have told you." Many people like to focus on the word mansions. This is the only place that word occurs in the Bible. It literally means dwelling places. I've said the resort and some of the facilities at Western Home Communities remind me of heaven. They have people dwelling together and enjoying it!

Notice that a place is prepared in heaven for those who know Christ as Savior. I'm glad that, like Christie's dad, God takes care of all the arrangements. "He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Romans 8:32.

Jesus made it clear in John 14:6 how to go there. "Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me." John 14:6.

He also promised, "And if I go to prepare a place for you I will come again and receive you unto myself, that where I am you may be also." John 14:3

The apostle Paul points to Jesus' promise for us when he writes, "For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord." 1 Thessalonians 4:16-17.

So we pray with John, "Even so, come, Lord Jesus."

Weekly worship returns to DEC

Join the spiritual care department for a weekly non-denominational Christian worship service each **Sunday at 10:30 a.m. in Diamond Event Center.**

The service features music and a message from one of the chaplains.

The broadcast remains on Cedar Falls cable channel 18 each Sunday at 11 a.m. for those who cannot attend in person.

Resident returns to broadcasting after storied career

It's hard to leave the host chair behind after a long career in radio and television. For villa resident Roy Justis, though, the allure of returning to that seat came from a desire to reconnect with his home town.

He called Cedar Falls Community Television (CFCT) Channel 15 a few years ago to inquire about volunteering and was quickly put to work as the host of a program called "Serving the Valley," a talk show which profiles non-profit organizations.

"Selfishly, I use these broadcasts to meet people," Justis explains. "Moving back to Cedar Falls after 50 years, things have changed. And it's easy for me to host, because I'm just curious – that's what got me into media in the first place."

Justis recently returned to recording new programs for Channel 15 after a long hiatus due to the pandemic and then a City Hall renovation. The subject matter is a natural fit for him; he served as president of the Iowa City Rotary Club and currently belongs to the Cedar Falls club and the local Lions Club. He and his wife, Rita, help lead the Big Kids Bike Klub at WHC. The high school sweethearts, married in 1960, returned to their hometown in 2015.

"If you look, there's a lot to do here!" Roy enthuses. "It's been very enjoyable."

Long-timers in the Cedar Valley might recall Roy from his early days on-air. He started at KWWL AM radio at age 16, deejaying for a rock-and-roll show from 7 p.m. to midnight, Monday through Friday.



Roy Justis laughs during a taping of "Serving the Valley."

Then KWWL-TV bought the franchise rights for Bozo the Clown. Roy donned a red wig, oversized shoes, white face paint and a broad smile for two years, ad libbing his way through an hour and 45 minute live show where he introduced cartoons, interviewed sponsors and entertained local children.

"I was hiding behind the makeup," he laughs.

The job helped pay the bills and, in 1966, he took a job at KCRG in Cedar Rapids, reporting for radio during the week and television on the weekends. The young family settled in Iowa City in 1968 for what would become a 37-year run at KXIC radio. Then Roy served as an adjunct instructor on the journalism faculty at U of Iowa from 2006-2011.

You can catch "Serving the Valley" on CFU Cable Channel 15, typically at 4 p.m. and 5:30 a.m.



Roy Justis, at right, recently taped an episode of "Serving the Valley" to highlight the Cedar Falls Community Foundation. Guests were, from left, board members Dave Deaver and Dee Vandeventer, and executive director Sally Timmer.



Intergenerational Day of Service

Students from Valley Lutheran School in Cedar Falls enjoyed a morning with Prairie Wind and Windhaven residents on April 14. The school's Day of Service brought more than 25 students to campus so they could get to know residents while playing games and decorating cookies together.



Windhaven resident Helen Purdy decorates cookies with first and second graders.



Prairie Wind resident Dixie Madsen joins the fun with students from Valley Lutheran.



Prairie Wind residents Bonnie Wissink and Carolyn Christenson playing games with students.



Darlys Braun playing cards with a student learning a new game at Prairie Wind.



Marcia Simpson of Windhaven adding sprinkles to cookies with students.

Elizabeth Schoentag getting to know students while decorating cookies at Windhaven.



SCENES OF THE SEASON



Carol Watson (left), Marcia Jensen (right) and Ethel Ann Koch just before the Easter egg hunt at Windermere.



Shacarae Bennett, Kris Hansen, Novlaine McKenzie, Shamear Brown and Ashley O'Neall (left to right) at Rotary Club's Progressive Cultural Dinner Event on April 13 where our interns featured authentic Jamaican dishes.



Chaplain Byron Simar is at the pulpit during a Good Friday service in the Stanard Family Chapel, attended by residents of Martin Suites.



Carter Guse entertained a packed house at the Diamond Event Center April 4, part of the Friends series of concerts.

Chef Matt McDonell, Chef Colin Weber and Josh Ochoa served roast beef sandwiches at Chefs Take a Stand, a fundraiser for Friends of the Family, on April 6.



From left, Evelyn Wohlwend (pink shirt), Becky Nation, Cindy Fisher, Resident Coordinator Sara Kolthoff, Darlene Hansen and Bonnie Wissink enjoy an elegant spring tea at Prairie Wind.



From left, Ron Steele, Norman Grant, Nekeisha Hamilton and CEO Kris Hansen taped an episode of The Steele Report that aired on March 26. Visit kwwl.com to watch it online.



Words of wellness

by *Director of Wellness*
Morgan Lehmann



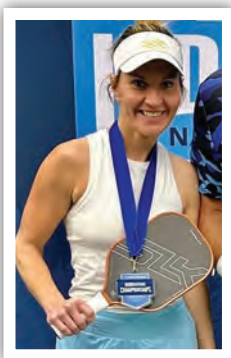
It's pickleball season!

Whether you are an experienced player or just beginning, we welcome you to join us at the WHC pickleball courts. No paddle? No problem! The shed at the courts has paddles and pickleballs for community use.

You're welcome to play anytime. If you'd like to join fellow WHC residents, you can find them on the courts during the following days/times:

Monday, Wednesday & Friday at 12:30 p.m. (will move to 9 a.m. as the weather warms)

Want to learn how to play? Free lessons will be offered at 1 p.m. on Tuesdays and Thursdays, May 2 through May 25. Register with Morgan in advance and then meet at the WHC courts.



Pickleball Clinic with Rachel Fisher

Improve your game by learning from an Iowa native and rising pickleball star. Rachel grew up in Spirit Lake and was a standout softball player for the UNI Panthers. She helped start the Lake Okoboji Pickleball Club and has played in many tournaments locally and across the country. Rachel has a 5.11 (singles) and a 5.40 (doubles) rating.

1 – 2:30 p.m. on Friday, May 5, at the WHC courts

Please register with Morgan by May 3.

Cable Machine Demonstration

This one machine offers many ways to do resistance exercise using its pulley system. Join the demonstration and learn how to use it.

2 p.m. Wednesday, May 17, in the Grosse Wellness Center

Wellness Your Way

A new health campaign begins at the end of May. "Wellness Your Way" will allow you to track and practice healthy habits that are tailored to you! Watch for flyers with more details.



Travelers find plenty to like in Nebraska

The first 2023 out-of-state excursion offered by Away from Home with Western Home found a motor coach full of travelers headed to various points of interest in eastern Nebraska.

Later this month, another group takes a short trip to the Land of Lincoln in neighboring Illinois; in mid-June, others will fly northwest for a much-anticipated tour of Alaska.

Want to learn about future travel plans? Contact Director of Lifestyle Enrichment Carolyn Ayers at **319-222-2048** or email carolyn.ayers@westernhome.org to receive updates.



It was a fun night of cabaret at Screamers Family Restaurant, where talented singers double as servers.



A guide shared interesting history during a visit to the Nebraska State Capitol in Lincoln, the country's only unicameral legislature.



Steve Armbrecht and Deb and Lonnie Phillips await their taste-testing at Templeton Distillery.



Marcia Hansen and Thelma Stevens headed for some licorice treats!



Jake and Barb Jacobson, Jim and Deb Volgarino, and Lee and Pat Williams (left to right) enjoy a pairing of wine and chocolate at Capitol View winery.



The group poses at the Strategic Air Command & Aerospace Museum, located at Offutt Air Force Base.

Sales team builds lasting relationships

Fifth in monthly series highlighting employee teams

Anyone who's moved to Western Home Communities knows it's a big decision. That's why a dedicated team is on the job to help at every turn.



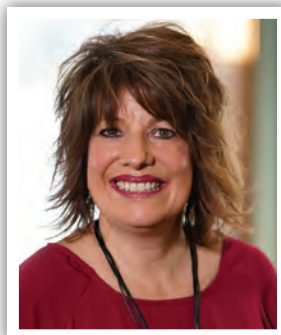
*Director of Resident Relations
Andrew Finnegan*

"We want people to feel like the arm of a friend is around them as they start their journey with WHC," says Andrew Finnegan, one of the directors of resident relations for independent living. "It's truly an honor to help them find their new home here."

Finnegan joined the team a year ago after working for nearly 15 years in health care, home building and marketing. He works alongside Maria Murphy, who has been in the role for eight years. She previously spent 24 years as director of sales for a local hotel.

"The journey to move here is different for everyone," she explains. "So it takes flexibility and working as a team to make every transition go smoothly. We help them plan and prepare by talking through logistics, costs and lifestyle, answering all the questions that come up."

Maria appreciates the relationships she gets to build. Her favorite challenge so far was



*Director of Resident Relations
Maria Murphy*

working with the residents of all 75 apartments at Prairie Wind, which opened in 2017. She and Andrew both work with potential residents who are considering villas or independent living communities.

Spencer Steffy is director of assisted living at Windhaven and Thalman Square; he is the admissions resource for anyone who is considering a move there, whether it's a current resident or someone who's not yet lived at Western Home Communities.



*Director of Assisted Living
Spencer Steffy*

"We connect people into the area or lines of service where they can simultaneously thrive and receive the care they may need," says Spencer. "I enjoy the thoughtful, innovative approach Western Home takes when it comes to delivering services and opportunities for residents."

The job doesn't end when a contract is signed or someone moves in. "We also help walk with people through all the highs and lows of life after they move here," Spencer says.

You'll often see Maria, Andrew and Spencer serving at resident events or stopping by to visit with a resident long after their move is complete. This people-centered approach provides job satisfaction for the team and also starts residents on a high note as they become part of the Western Home Communities family.

Happy May birthday!



Gary Reif	WC	May 1	Keith Bock	WC	May 16
Rich Congdon	VTH	May 2	Liane Nichols	WR	May 16
Rita Ludwig	VTH	May 2	Al Stamberg	DS	May 16
Angela Rampton	WM	May 2	Judy Finkelstein	WR	May 17
Clifford Sund	DS	May 2	Kevin Alexander	MS	May 18
Claudia Koch	WC	May 3	Jan Robbins	VTH	May 19
Bill Madsen	PW	May 3	Larry Delfs	VTH	May 20
Audrey Petersen	PW	May 3	Joan Emerson	WHAL	May 20
Donald Sells	DS	May 3	Don Davis	WW	May 21
James Hanson	VTH	May 4	Sue Meier	VTH	May 21
Richard Sulentic	WR	May 4	Marlys Folkers	VTH	May 22
Ron Van Der Meide	PW	May 4	Faye Rohwedder	CTG	May 22
Jeanne Zentner	CTG	May 4	Jerry Bernard	VTH	May 23
Ruth Chittenden	VTH	May 5	Larry Geving	WM	May 23
Karen Shelton	WM	May 5	Dee Alberts	WC	May 24
Lyle Brim	VTH	May 6	Margaret Grimm	WC	May 24
Ralph Emerson	WHAL	May 8	Jim Healy	WHAL	May 24
Eleanor Vanous	WC	May 8	Ron Bro	TS	May 25
Joan Rozendaal	PW	May 9	Tina Langan	WM	May 25
Barb Wilson	VTH	May 9	Craig Schwerdtfeger	VTH	May 25
Patricia Albrecht	WHAL	May 10	Jim Zarifis	WR	May 25
Cork Klages	VTH	May 10	Lucinda Klodt	WG	May 28
Roger LaCoste	VTH	May 10	Mary Schmadeke	MS	May 28
Connie Sullivan	VTH	May 10	Lois Wishmeyer	WHAL	May 28
Greg Boom	VTH	May 11	Ron Kelderman	VTH	May 29
Peggy Chari	WW	May 11	Joyce McGivern	VTH	May 29
Marion Iversen	WHAL	May 11	Bob Ross	VTH	May 29
Dennis Kabele	VTH	May 12	Vivian Beener	VTH	May 31
Neil Clapp	VTH	May 13	Marcia Dudden	WR	May 31
Marty Halupnik	WC	May 13	Mary Gerholdt	WG	May 31
Dan Mallaro	TS	May 13	Steve McCrea	VTH	May 31

Volunteers invited to annual recognition

Anyone who volunteers at Western Home Communities is invited to the **Volunteer Appreciation Breakfast on Tuesday, May 2, from 8:30 - 10:30 a.m. at Diamond Event Center.**

Stop by to enjoy food and fellowship while being thanked for your efforts!

Congratulations!

These employees celebrate a milestone anniversary in May. Thank you for your dedicated service to Western Home Communities!

Ashley O’Neill
5 years
May 7
Administrative assistant to CEO





Matthew McDonell
5 years
May 7
JP dining chef

Denny Mills
10 years
May 22
Transportation assistant





Colin Weber
5 years
May 30
Cook, Jorgensen Plaza

Meet renowned puzzle illustrator at The Market

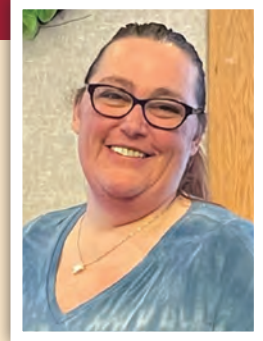


Dan Hatala, an Iowa native and a designer and technical illustrator by trade, will be visiting The Market in Jorgensen Plaza on May 25 between 10 am. and noon.

Dan’s interest in art began at the age of ten; he went on to study commercial art. After practicing his trade in advertising and gaining national exposure with clients such as Danbury Mint, Budweiser, Coors, Pizza Hut, Ducks Unlimited, Sears and others, Dan began a successful freelance



Meet our Employee of the Month, Sarah Rynearson



Sarah is the resident coordinator at Windridge and has been a part of the Western Home Communities family since July 2019.

Here are a few things residents said about Sarah:

- Sarah loves her job! She represents Western Home Communities and Windridge very positively.
- Sarah is friendly, outgoing, and is always willing to listen and help when a problem or question comes her way.
- She is always friendly, positive and knows our names.
- Sarah visits with residents when we have group coffee.
- She plans activities that residents will like.

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



career more than 25 years ago, even serving as illustrator for the U.S. Air Force. He works out of a home studio in rural Waverly.

Over the years, Dan has painted 30 to 40 scenes for puzzles produced by MasterPieces®. The Market has a limited supply available for purchase.

On May 25, stop by The Market, meet Dan and ask him to sign your puzzle.

Thank you notes

The family of Bob Olson would like to share our appreciation for your friendship, love and sense of community at the Western Home. We have enjoyed living on the Western Home campus since 2007. Bob loved carving and creating stained glass and sharing his creations with family, friends and all of you. We are thankful for the cards, flowers and monetary donations in his memory. The celebration of life was beautiful. Bob would not have liked all the fuss, yet we all enjoyed celebrating one of the greatest lives lived. Thank you, Western Home, for being our second family and wrapping your arms around us with love.

Rhoda Olson & family

Thank you so much for the flower arrangement and for all of the support through this season. Appreciate your kindness! *Mike Brocka*

Thank you for the beautiful flower bouquet for Katherine Wellner's funeral. *Julie and family*

WHC 101 sessions in May

Villa, townhome and Prairie Wind residents may attend any or all of the following at 11 a.m. in Diamond Event Center:

May 3: Independent living, therapy services, atHome with Western Home

May 17: Assisted living, Thalman Square, dementia support group

May 24: Nursing, long-term care, Medicaid, financial considerations

The same sessions will be repeated in June for the five other independent living communities.



Like us on Facebook

@westernhomecommunities is where you'll find content about most of our activities at Western Home. Also look for and follow @TheMarketCedarFalls, @Gilmores, @DmdEventCenter and @SalonIrisCF.

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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.

In sympathy

Cyrilla Haugen, CTG	April 19
Dale Swartzendruber, CTG	April 17
Harriet Healy, WH	April 8
Bill Griggs, MS	April 7
Lura Treloar, DS	April 5
Bertilla Mickle, DS	April 4
Mardelle Koch, PW	April 3
Cleo Cross, WC	March 29
Betty Hunck, DS	March 24
Virginia Van Tassel, CTG	March 22
Margaret Johnson, WR	March 19



WesternHome
communities

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Permit No. 217

Gilmore's Pub Features – May 2023

May 4 - 6

Duck Breast
\$30

Pan-seared duck breast paired with a porcini mushroom risotto and seasonal veg and garnished with honeycomb crumble and a fig vinaigrette.

May 11-13

Seafood Pappardelle
\$24

A creamy, white wine pasta laden with seared shrimp, steamed mussels, and clams.

May 18-20

Arctic Char
\$28

Pan-seared Arctic Char served with an apple cider butter sauce, fennel slaw, arugula salad, and local asparagus.

May 25-27

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