

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:

Celebrate in February	2
Share a love of reading	3
Donor funds established	4
Donor list	4
Income stream for life	5
Be an encourager	6
Photo hobby as art	7
Basketball night at UNI	8
Travel to Alaska with WHC	9
Space for your hobbies	9
Wellness center open house	10
Miracle at Deery Suites	11
Meet your resident coordinators	12
February birthdays	13
Valentine gift ideas	13
Employee of the Month	14
Notes of appreciation	15
Gilmore's Pub specials	16

New courses from Lifelong University partnership



Broaden your perspective by participating in UNI's Lifelong University at WHC. Each course will be offered at Diamond Event Center for \$50 per course. To register, visit uni.edu/llu or find registration brochures at a front desk.

Survey of "Best Films" of the 1980s

Watch one acclaimed film each week – Elephant Man, Local Hero, Amadeus, Raising Arizona – and then participate in a lively discussion about each, facilitated by award-winning documentary filmmaker David O'Shields.

Every Monday in February, 10 a.m. – 12:30 p.m.

Versailles: the Palace and the Making of a Nation

Learn about the different historical and societal aspects of the palace of Versailles under the lengthy reign of Louis XIV. Topics include palace construction, food, fashion and black magic, all taught by author and Professor Emeritus Charlotte Wells, Ph.D.

Every Tuesday in February, 10 a.m. – 11:30 a.m.

The Beethoven String Quartets – Part II

Enrollment includes a ticket to one of the Elias Quartet's performances at Gallagher Bluedorn in March. During the class, UNI's orchestral director Erik Rohde, DMA, will explore the quartets to be performed and provide insight into what to listen for in the pieces.

First three Thursdays in March, 1 – 2:30 p.m.

The Life of Jesus: A Literary and Historical Introduction

These sessions will focus on the development of Jewish messianic expectations during the Second Temple period, and how the Gospel of Mark and other Biblical texts portray Jesus with respect to these expectations. The instructor is associate professor of religion John Burnright, Ph.D.

Every Tuesday in April, 10 a.m. – noon

Philosophy, Democracy, and The Good Life

What's the connection between democracy and the good life? Are freedom and equality essential components? And what does philosophy have to do with it all? Political philosopher Yasemin Sari, Ph.D., helps students make better sense of our political experience in today's world.

Every Thursday in April, 10:30 a.m. – noon



Dust off your dancing shoes

The Valentine's Dance is back and we couldn't be more excited! Mark your calendar for **Thursday, February 16, from 6 - 8 p.m.** Vinyl Frontier will provide the live music. There's no need to bring a date if you don't want to. There will be plenty of space to socialize and dance with friends in Diamond Event Center. Did we mention there will be drinks and sweet treats?

The event is free to Western Home Communities residents, but an RSVP is helpful for planning purposes. By February 10, please let your resident coordinator know if you'd like to attend. Villa residents can RSVP by calling **319-859-9391** or by emailing villarsvp@westernhome.org.



Rodney and Ruth Tomson hit the dance floor at the 2020 Valentine's Day dance.

Elegant dinner awaits on Valentine's Day



Wine dinners are memorable occasions, marrying unique entrees with a special selection of wines.

On Tuesday, February 14, Table 1912 will host a special Valentine's Wine Dinner at 7 p.m. Rabbit loin, Berkshire pork and sable fish will be part of this four-course dinner and chocolate strawberry layer cake will be its finale.

This will be a memorable event for your holiday. Entrees are prepared with fresh, local ingredients and each course will include a unique wine pairing.

Four-course dinner is \$65 per person and \$85 per person with wine pairings. Gratuity is not included. Tickets are available for purchase in person only at Gilmore's Pub.

If you'd like to know about future wine dinners, visit www.gilmorespbcf.com and sign up for the mailing list.

Reading With Jean expands, needs additional volunteers

Now in its ninth year, Reading With Jean will expand to villas as it continues to serve Western Home Communities with matched volunteer pairs and group reading in memory care and nursing care residences.

"A need for reading and companionship to those with memory issues who live in a villa was presented to us," explains founder Susan Card. "This fits our mission to provide one-on-one reading and engagement, and we are grateful for the opportunity to serve."

Residents of Western Home Communities are invited to explore this volunteer opportunity.

"I think it's just wonderful," says Pat Brockway, a Martin Suites resident who has been matched



Martin Suites resident Pat Brockway, left, enjoys a weekly visit with Carol Lindquist, a Reading with Jean volunteer. On this visit, Carol brought paints for crafting together.

with volunteer Carol Lindquist for several years. "She is a friend, and everyone can use another friend."

Susan's parents, Bill and Jean Card, moved into Windcove when it first opened in 2004. Her dad passed away and then her mother progressed through Thalman Square and Martin Suites. During this time, Susan and her mom connected through reading. Susan founded Reading With Jean in 2014 to honor her mother's love of reading and quiet visits with friends.



Susan Card, founder of Reading with Jean (photo credit: Waterloo Courier)

"She always enjoyed it when I read out loud to her, and I noticed that other residents enjoyed the companionship and comfort of someone reading with them, too," recalls Susan. "We started with nine volunteers, we've grown to more than 70 and now we hope to add more so more residents can benefit."

If you'd like to volunteer or find out more, contact Susan at **(319) 277-7462**.

First child care scholarships to be awarded from new fund

This month, Western Home Foundation will review employee applications and make the first two awards from a scholarship fund designed to help employees pay for child care.



Applicants must have worked at Western Home Communities for at least 32 hours/week during the past year, and continue to do so, to be eligible for the \$2400 award that will be distributed monthly to the child care provider.

"This is another innovative way we can help retain employees as we face a worker shortage," explains Chief Operating Officer Jerry Harris. "[Donors] Willard and Kay Jenkins came to us before the pandemic to talk about what could be done, and I couldn't be more pleased that this is happening."

Other donors are stepping forward to help the fund increase; if you're interested in more information, contact Susan Steffy at **319-222-2022**.



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 Jan. 11, 2023.

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:

Margery Andrew

Colleen Liming

Mary Bro

Joanne Helland

Betty Brocka

Jean Brummel

Bob & Jo Tefft

Carol Draper

Alice Hansen

Harold & Sharon Kreb

Mary Ellen Murphy

Robert Humble

Mrs. Larry Baker

Marlene Behn

Susan Card

Dean & Sherri Dreyer

George & Sandra Glenn

Butch & Sherry Hammer

Noreen Hermansen

Gene & Janet Sandell

Barb Seufferlein

Daryl & Connie Sullivan

Jim & Deb Volgarino

David & Judy Weekley

Nell Wilson

Cathy Young

Don Petersen

Letha Petersen

Jim Platt

Marcia Colwell

Loretta Dykes

Lorna Ericson

Alan & Barb Jacobson

Shirley Meester

Karla Thompson

Charles Roudebush

Mary Ellen Murphy

Annual Appeal – Employee Appreciation Fund

Jay & Kathryn Agness

Bob & Rosemary Beach

Richard & Vivian Beener

Robert Beener

Shelda Beener

Judy Benson

Greg & LaRue Boom

Marian Brandt

Margaret Campbell

Robert Clark

Rich & Rita Congdon

Ken & Carol Cox

Marlene Deery

Brad & Teresa Dehoff

Judith Dengler

Robert Diedrichs

Bob & Mary Beth Dieter

Rodney Dostart

Krista Dreyer

Dean & Janis Easton

Eunice Easton

Ralph Emerson

Robert & Norma Emmert

Judy Finkelstein

Darrel & Marsha Flater

John & Judy Focht

Larry & Tamara Foxworthy

Mary Franken

Lee & Jeanne Fritts

Mary Gerholdt

Gregory Gerjerts

Vicki Grimes

Larry & Jean Graham

Blanche Haberstitch

Dennis Hagenow

Marty Halupnik

Kris & Sue Hansen

Vern & Marcia Hansen

Becky Hardman

Marjorie Harned

G.L. Haugen

Joanne Helland

Louis Hellwig

Robert & Doris Hewlitt

Randy & Debbie Hickok

Richard & Pamela Hileman

Bonnie Humble

Jake & Barb Jacobson

George & Judy Jorgensen

Angela Khek

Ronald King

Lois Klatt

Lucinda Klodt

Steven Koob

Harold & Sharon Kreb

Roger & Joan Kussatz

Mark & Rebecca Lafarve

Esther Lageschulte

Dixie Langton

Edward Leonard

Dorothy Lemon

David & Mary Lewis

Neil Lewis

Ann Renee Lighter

Coleen Liming

Lee & Amy Lindgren

Chris Lorenz

Richard & Sheila Loughren

Helen Lund

James & Kathy Madill

Greta Magee

Marleta Matheson

Darrell & Rebekah McCormick

Barb McCutcheon

Kenneth Mealhow

Richard & Bev Michael

Donnabelle Miller

William & Donna Mincks

Judy Moody

Alvira Morris

Jerod & Twyla Moschel
 Carl Muesel
 Michael & Elizabeth Nash
 William Neith
 Robert Nelson
 Liane Nichols
 Jean Oleson
 Ann Paxton
 Jim Petersen
 Donna Pohl
 Margie Polacek
 Jo Potter
 Russ & Marilyn Price
 Don & Jean Richardson
 Beverly Ridder
 Mary Rittger
 Marilyn Roseberry
 Marilyn Roudebush
 Joan Rozendaal
 Alfred Schmelzer
 Audrey Schoeman
 Gil & Diane Schultz
 Barb Seufferlein
 Gary & Marlene Sheetz
 Karen Shelton
 Marlys Simpson
 Richard & Martha Stanford

Phyllis Steele
 David & Denise Sterner
 Annette Swiatly
 Jean Swiggum
 William & Laura Teaford
 Bob & Jo Tefft
 Mark & Rosalie Tentinger
 Rodney & Ruth Tomson
 Larry & Lorraine Tonn
 Richard & Mary Lou Treichel
 Marianne Trent
 Ron Van Der Meide
 Dianne VanGorp
 Steven & Eleanor Vanous
 Jim & Deb Volgarino
 Frank & Lucille Walter
 Bob Waschek
 Walter & Diana Weber
 Bethany Wentink
 Bill Witt
 Christopher & Theresa Widmann
 Lee & Pat Williams
 Connie Wrage
 David & Karen Zwanziger
Good Samaritan Fund
 Larry & Jean Graham

**Mary Taylor Health Sciences
 Scholarship**

Greg & LaRue Boom
 Steve & Jean Firman
 Mary Franken
 Harold & Sharon Krebs
 Margie Polacek
 Thelma Stevens

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

Education
 B. LaVonne Martin
 Larry Martin

WHC Child Care Scholarship

Roger & Marcia Dudden
 Willard & Kay Jenkins

Other Gifts

Larry & Sandy Delfs
 Bob & Donna Grosse
 Amber Elsberry
 Dr. Richard & Connie Frankhauser
 Karla Foust
 Kathleen Niedert
 Chad & Cindy Wiles

Would you like a fixed income stream for life?



Your anticipated refund from your independent living apartment or villa/townhome at Western Home Communities can provide an income stream for you now and a charitable gift to WHC later.



Curious? Find out how this works at a **"Lunch and Learn" on February 9 or February 23 at 11:30 a.m. at Jorgensen Plaza.**

Seating is limited and RSVP is required in advance. Light lunch will be provided. Save your spot by emailing susan.steffy@westernhome.org or calling her at **319-222-2022.**



Chaplain's Corner: The Call to Encourage

by *Director of Spiritual Care*
Enrique "Q" Ochoa

What if I told you I wanted to be a rocket scientist - or an architect - or a brain surgeon? We'd all agree it would take a loooooong time to acquire the sufficient skill and education required.

What if someone wanted to be a better encourager? Great news: Growing and perfecting this skill simply takes intention and practice.

*"Therefore **encourage one another** and build each other up..." - 1 Thessalonians 5:11*

The Thessalonian Christians in the New Testament faced struggle, hardship and an uncertain future. Sound familiar? Paul wrote to them - and also to us - about **the importance of using words and actions that build up and not tear down**. Encouragement is a gift we can use anywhere - the home, the workplace, the church - even among strangers.

Want to sharpen your encouragement skills?

1) Be courageous - It takes courage to approach someone, even to bring a simple positive

word. It's risky. Will they receive it? Will they reject me or laugh at me? Maybe. The most crucial encouragement step is often the first one. You might be surprised how well received your attempts might be.

2) Be intentional - Maybe there is someone in your life who seems down or depleted. It is so easy to pass by and ignore the prompt to lean in with a kind comment. Genuine, purposeful words that are uplifting are deep blessings to receive - and to give!

3) Be specific - Make up your mind to look for something unique and personal to share with someone. General words of encouragement are nice, but how much more is an affirmation specific to the person you hope to encourage?

4) Be selfless - Put the focus on others, not ourselves. Maybe there is a time to share your story, but it is often much more helpful to comment after listening closely to someone else's first.

5) Turn to the Bible - It is especially transformative to share Scripture that points to the hope, joy, peace, forgiveness, rest, healing and life that Christ wants us to know.

God designed our lives to be a blessing to others. Encouraging words and actions are simple, uncomplicated ways to demonstrate God's love to others.

Upcoming in-person Fresh Wind Worship services

Fresh Wind Worship is held in person on the first and third Sundays of each month at 10:30 a.m. in Diamond Event Center.

Upcoming services are February 5 and February 19.

Check your community calendar for specific times and locations of in-person bible studies and worship in each independent living community.

Villa resident's photography and art combine, creating beautiful results

Always pushing the boundaries and twisting color and texture to create a dynamic mood, Mike Seavey's creations in photography can be described as vivid, bright, and interesting.

Mike's passion for photography began as a child. "At 10, my grandma took me and my older brother to Service Optical in Waterloo. At that time, they also sold science related toys. My brother chose a small telescope and I picked out a tiny camera," remembers Mike. "A few years later, I joined the high school camera club where I learned about darkroom work and at UNI I joined the Northern Iowan student newspaper staff as an unpaid photographer and darkroom tech."

Over the years, Mike started taking more pictures of family, holidays, events, vacations, musicians, and bike rides. "Each inexpensive camera would be fine for a while and we would go get another," says Mike. "We even made the transition to cheap quality digital cameras. It was not until around 2010 that my wife Nancy and I treated ourselves to a low end but good DSLR camera."

"My current activities are rooted in the visual arts and stem from photography, darkroom work, drafting, computer graphics at work, and more. I like to think I dip my brush in many different pots of paint, turning to nature, holiday, science fiction, fantasy, word art, music, cycling, and

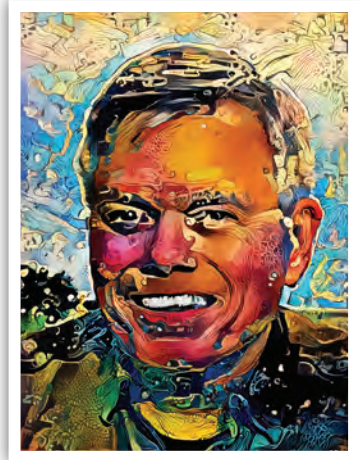
abstract themes most," says Mike. "It may take me 2 to 3 hours or 30 days to create a piece of photographic artwork using two to four different software programs.

Occasionally, even just an hour or so, especially with certain processes and more limited goals."

"At Western Home's Handcrafted Holiday Show & Sale, all the images there we made with one or more computer programs. Our last minute addition of greeting cards and magnets sold best," Mike recalls.

"While not at a professional level, I do tend to take photography seriously. If someone else would like to do the same with their photography, go for it! Start with generative tools like Apophysis or Mandelbulb and be sure to make use of online community tutorials, and resources. Play like a child," says Mike.

More than 1300 of Mike's art images can be seen on his Facebook account.



Self portrait of Mike.



4th of July by Mike Seavey.



Liberation Party by Mike Seavey.



Residents cheer Panthers on to victory

The annual WHC Night in the Alumni Suite at McLeod Center returned January 10 for the first time since 2019, after being canceled by weather in 2020 and the pandemic in 2021-22.

Residents, employees and families enjoyed a pre-game reception and watched an exciting game; the Panthers went on a 24-9 run in the second half to overcome a deficit and defeat Murray State, 75-67. Tyton Anderson made program history with his career-high 18 rebounds that set a new single-game school record for rebounds against an MVC opponent. **Go Panthers!**



Outnumbered! Resident coordinators Brandy Berky, left, and Stephanie Berky brought their sons (from right) Kale, Kevin and Kyan, and their friend Ethan.



Director of Resident Relations Maria Murphy, right, enjoys a pre-game visit with Bob and Delores Reints.



From left, Shelby and Kurt Wiethorn of Windhaven socialize with Chaplain Byron Simar and his wife, Sondra, before basketball action begins.

Betty and Don Haugen of Windcove met up with their daughter Lisa, a WHC employee.



Windhaven employee Penny Nuss and her granddaughter Emerson showed their Panther spirit.



Residents enjoyed the view from the Alumni Suite overlooking the court.



2023**TRAVEL**

Much-requested trip makes the agenda for 2023

It's long been requested as a destination for Away from Home with Western Home, and Alaska is on the itinerary for 2023! From **June 16-22**,

travelers will visit Fairbanks, Denali National Park, Talkeetna, Seward and Anchorage.

There will be some time for on-your-own excursions and there will be a deluxe catamaran trip to a glacier tour in the Kenai Fjords National Park. For this tour, travelers will fly into Fairbanks, travel Alaska via deluxe motor coach, and fly back from Anchorage.

For a shorter, closer-to-home motor coach tour, Lincoln's Springfield will delight on **May 23-25**. At the National Historic Site, you'll discover Lincoln's daily routines, see the amazing architecture of his surroundings, and view the presidential museum and tomb. Along the way, there will be stops in Muscatine and LeClaire.



Denali National Park and Preserve in Alaska.

The first trip of the season is to Nebraska on **April 11-14**. It's an all-American adventure in the heartland exploring Offutt Air Force Base near Omaha and the Strategic Air Command & Aerospace Museum, plus a winery in Lincoln, and more.

For detailed itineraries and pricing, stop by Carolyn Ayers' office in Jorgensen Plaza, email carolyn.ayers@westernhome.org or call **319-222-2048**.

Woodworkers, crafters find a home in round barn

Winter offers the perfect opportunity to delve into indoor hobbies. Need more space for your pursuits? The round barn on S. Main Street, built by C. A. Rownd in 1911, may let you spend more time at your craft, visit with like-minded artisans, and provide a place for tool and materials storage.

The barn is best known as a space for



The Rownd family barn is a campus landmark, built in 1911 and listed on the National Registry of Historic Places.

woodworkers who can make use of larger machinery. But you may not know that it's also a place for small-scale artisans who paint, make



Woodworker Mervin Carnahan and Jane Doty stand behind Jane's space in the craft room of the Rownd family barn.

jewelry, sculpt, and create in stained glass.

The barn offers residents of Western Home Communities a dedicated space for a minimal monthly fee. If you'd like to learn more, contact resident coordinator Teresa Gronowski at **319-859-9320**.



Words of wellness: Meet the wellness intern

by Director of Wellness Morgan Lehmann

"I'm excited to be here the next couple of months before I graduate in the spring. It's an amazing opportunity and I look forward to making it great," Tyler says. "I'm passionate about healthy lifestyles, sports, family and food. I am always ready to taste different foods and experience new flavors. I am also a complete nerd over Star Wars and will talk to you about it for hours. I am an open book so ask me any questions you may have! I look forward to meeting you."

Take advantage of your membership

All residents of Western Home Communities have memberships to The Grosse Aquatic & Wellness Centers now included in their fees, so we want to welcome you at an open house on **Thursday, February 9, from 8 a.m. - 5 p.m.**

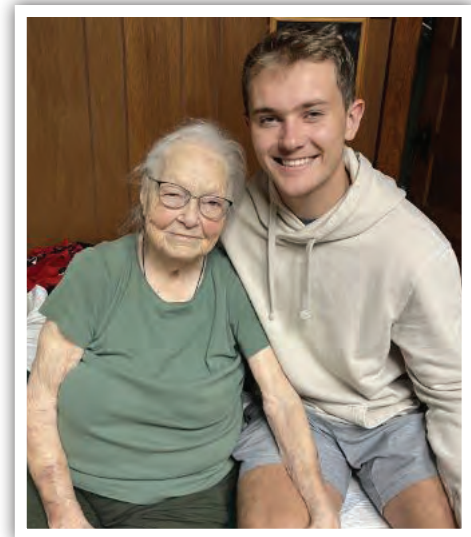
The wellness team will be on hand all day to share the details of your membership, provide tours, and introduce you to the cardio and strength training equipment.

If you can't make it that day, contact Morgan Lehmann at **319-859-9362** to schedule an appointment.

Hours of use are 6 a.m. - 9 p.m. daily; access is granted through a fob provided when you register your membership.

National Wear Red Day

Cardiovascular disease remains the #1 killer of women, but most deadly heart attacks and strokes can be avoided through education and lifestyle changes. National Wear Red Day



Wellness intern Tyler Borneman with his great grandmother.

on **Friday, February 3**, helps raise awareness of how women's symptoms differ from men's. Research how to protect your heart health at goredforwomen.org.

600 Minute Challenge

Reminder to participants: This challenge ends **Sunday, February 12**. Remember to turn in your completed forms to a wellness team member so you can be entered for a chance to win a free 30-minute massage.





John McCarty of Windhaven shares his excitement about going back home to Windhaven.

John McCarty. The Windhaven Assisted Living resident, married to Oneta for 77 years, fell and broke his pelvis on Oct. 27, 2022. A couple of days later, he was unresponsive and spent seven hours in the emergency room – where a doctor finally said there was nothing they could do for him. His sodium was critically low and he had pneumonia.

“We thought the door was closing for Dad,” admits his son John, “and we had to prepare ourselves for that.”

Family members traveled in from several states and spent time at John’s bedside, where he seemed to be delirious and dying. Not so, he says.

“I was in the light. I was not here. I was not aware of anything that they experienced,” John says. “I was at peace, 100 percent at peace. I had no fear.”

John’s family, however, became increasingly concerned as he refused food for days on end.

“My food was the light. I was feeding spiritually, not physically,” John says. He only left the light because a voice told him it was time to return and go home. “That’s when I returned to the body and began eating.”

John stabilized enough to be discharged to Deery Suites under hospice care on Nov. 7. To everyone’s

Miracle at Deery Suites

What happened on 34th Street may be no match for a real-life Christmas story on Caraway Lane.

It had seemed the end was near for 94-year-old

amazement, he slowly started eating, dialoguing and texting – to the point that they discontinued hospice care on Dec. 9 and started therapy.

“They’re angels without wings, I tell you,” John says of his caregiving team at Western Home Communities.



Oneta and John in their Windhaven apartment on Dec. 30 (photo courtesy John McCarty).

John walked out of Deery Suites and returned to his wife at Windhaven on Dec. 30, just in time to ring in 2023 together. The long-time Salvation Army workers both agree that John’s recovery was more than amazing – it was a miracle. “I’m just a testimony,” he says humbly. “We all have our own spiritual journey. I’m just a testimony that God loves his people.”

To see a video of this story, visit [facebook.com/westernhomecommunities](https://www.facebook.com/westernhomecommunities).



Therapy assistants Tiffany, left, and Carrie keep a close eye on John as he walks the halls of Deery Suites before his departure for home.

Meet your resident coordinators

Second in a monthly series highlighting employee teams

Event planner, activity organizer, bus driver, cook, notary, den mother – it's a big job to be a resident coordinator at Western Home Communities.



Sara Kolthoff (left) with Rachel Phillips serving drinks at the Prairie Wind Christmas party.

You won't find these multi-taskers at their desks very often. They're typically out troubleshooting resident issues, hosting birthday lunches, preparing food for various activities and putting their CDL licenses to work by driving residents to outings.

Each of the six independent

living communities – Willowwood, Windgrace, Windermere, Windcove, Windridge and Prairie Wind – has a full-time coordinator, and the villas have a part-time coordinator.

"They truly work as a team. Resident coordinators are there for the residents and also each other," explains Director of Resident Engagement Rachel Phillips. "By putting residents' needs first, they are a trusted person residents can rely on."

Organizing, problem-solving and showing empathy are qualities that make an effective coordinator.

The job requires a commercial driver's license (CDL) for driving WHC buses and CPR training to be prepared for anything. Big events like the Valentine's Dance, spring trips to Ionia greenhouses, and the BBQ Bash require a team effort to pull off.

Coordinators work with their community's residents to plan monthly calendars that include a variety of events to enhance well-being, from visiting local points of interest to ordering restaurant takeout. Each community seems to develop a favored roster of various games, music and creative projects, too.

Most current coordinators have come to their roles with years of experience – working in independent living kitchens, as a nursing home hospitality coordinator, or as a housekeeper. The new villa coordinator juggles work with full-time gerontology studies at UNI.



Willowwood resident coordinator Cassie Storlie leading a Halloween craft with residents.



The coordinator team includes, left to right, Brandy Berky (WM), Teresa Gronowski (WG), Sara Kolthoff (PW), Stephanie Berky (WC), Rachel Phillips, Sarah Rynearson (WR), Robyn Takes (VTH), and Cassie Storlie (WW).

Happy February birthday!

Debbie Hickok	VTH	Feb. 1
Sally Morrow	TS	Feb. 1
Jan Hankins	VTH	Feb. 2
Lucille Walter	PW	Feb. 2
Maggie Woodward	VTH	Feb. 2
Marty Herman	VTH	Feb. 3
Flo Slawson	WHAL	Feb. 4
Mary Lou Snyder	WC	Feb. 4
Sheryll Winter	TS	Feb. 4
Mike Blevins	VTH	Feb. 5
Pat Middleswart	VTH	Feb. 6
Winnie Rohrbaugh	WR	Feb. 7
Don McGinnis	WC	Feb. 8
Carmen Darrow	WHAL	Feb. 9
Randy Hickok	VTH	Feb. 9
Diane Muller	VTH	Feb. 9
Dolores Sole	WG	Feb. 9
Don Thompson	VTH	Feb. 9
Janet McInroy	VTH	Feb. 10
Maureen Oates	WHAL	Feb. 10
Bobbie Dostart	VTH	Feb. 11
Sonia McCunniff	VTH	Feb. 11
Linda Ohrt	PW	Feb. 11
David Zwanziger	VTH	Feb. 13
Gla Meyer	WC	Feb. 14
Donna Pohl	VTH	Feb. 14
Connie Phillips	VTH	Feb. 15

Janet Williamson	WHAL	Feb. 15
Carol Black	PW	Feb. 16
Mike Dargan	VTH	Feb. 16
Judy Swygmán	WG	Feb. 16
Robert Hewlitt	WR	Feb. 17
Marilyn Roseberry	TS	Feb. 17
Dan Eicher	WR	Feb. 18
Bob Meinders	VTH	Feb. 18
Uyntha Duncan	TS	Feb. 20
Blanche Haberstick	WHAL	Feb. 20
Ann Lofstedt	VTH	Feb. 20
Peg Pape-Kohls	VTH	Feb. 20
Sandra Golz	VTH	Feb. 21
Bob Alberts	WC	Feb. 22
Anneliese Brooks	WHAL	Feb. 22
Karen Page	VTH	Feb. 24
Barb Ubben	VTH	Feb. 24
Linda Meier	VTH	Feb. 25
Parma Verly	WW	Feb. 25
Rose Wood	TS	Feb. 25
Carol Brickley	VTH	Feb. 26
Don Richardson	VTH	Feb. 26
Dorothy Clausen	VTH	Feb. 27
Mary Nelson	VTH	Feb. 27
Sandy Glenn	VTH	Feb. 28
Don Haugen	WC	Feb. 28

Find perfect valentine gifts at The Market



Any dinner will be made special with fine wine found at The Market.

Want to express your love to friends and family this month? Find something for everyone, even yourself!

Stop by for fresh coffee, pastries and shopping: Monday through Friday, 10 a.m. - 5 p.m., and the first Saturday of each month, 10 a.m. - 2 p.m.



Give your valentine a little sparkle from The Market.

Wine ♦ Gourmet chocolates and candies ♦ Jewelry ♦ Artist-created greeting cards ♦ Puzzles Games ♦ Books ♦ Natural soaps and lotions ♦ Tea and coffee ♦ Charcuterie board items including crackers, cheeses, meats and tapenades (perfect for a romantic evening at home)

The
Market
deli ♦ grocery ♦ gifts

Congratulations!

Please extend a thank you to the following Western Home employees who are celebrating a milestone anniversary in February. Thank you for your dedicated service!



Susan Springer
25 years
February 24
Universal worker



Diane Heller
5 years
February 26
Occupational
therapy assistant



Amy Dall
5 years
February 26
Director of
Hospitality



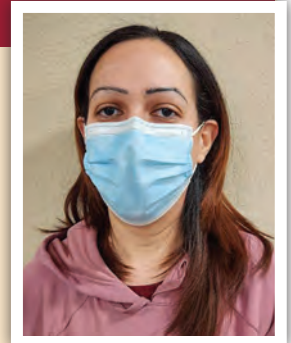
Stacy Gibbs
5 years
February 26
Director of therapy



Charlene West
33 years
February 27
Hospitality
coordinator,
Martin Suites



Meet the Employee of the Month, Miliza Valenin



Miliza works as a CNA at Martin Suites and has been part of the Western Home Communities family since July 2020.

Here are a few things co-workers said about Miliza:

- Miliza is always sure to get and give detailed reports and jumps right into work upon arrival.
- She does cares with the most respect for residents and how they like things done.
- As a co-worker you cannot ask for better as she will help get things done no matter the task, jumping in with laundry, cleaning and stocking, always trying to set up the next shift for the best outcome.
- When you see Miliza on the schedule you know that it will be a good shift.
- Miliza has a positive attitude and respect/care for our residents and it is contagious.
- We are lucky to have Miliza on our Martin Suites team.

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

Notes of appreciation

Thank you so much for sending a rose to the visitation and funeral for my mom, Joyce Larkin. Your thoughtfulness means so much to our family.

Barb and the Larkin family

The family of Carol Ann Draper thanks her friends and neighbors and WHC staff for their kindness. *The Drapers*

Please accept my sincere gratitude to all the fine folks that work here in any capacity, all of whom are so important. I very much enjoy living here as the entire staff is so caring. I have yet to meet one who doesn't go the extra mile when I have a question or just saying hello. The latter still amazes me that so many call me by name when out and about on the campus. THAT is the true meaning of a community!

Villa resident Steve Armbrecht

In sympathy

Patricia Markey, DS	Jan. 19
Richard Sole, DS	Jan. 11
Terry Simcox, VTH	Jan. 10
Karen Carlo, CTG	Jan. 10
Jim Williamson, CTG	Jan. 10
Marian "Pete" McCart, MS	Jan. 9
Bob Fread, MS	Jan. 8
Jim Platt, WR	Jan. 4
Bob Olson, DS	Jan. 1
George Michaels, WHAL	Dec. 31
Grocee Hart, MS	Dec. 26
Jim Gephart, CTG	Dec. 25
Betty Brocka, PW	Dec. 22

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Jan Andersen	Marlys Karkosh
Judith Benson	Bev Michael, ex-officio
Ron Bro	Miller Roskamp
Susan Card	Martha Stanford
Bob Dieter	

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.



We're on Instagram

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WesternHome
communities

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GILMORE'S
EST. **PUB** 2018

Features in February

FEBRUARY 2, 3 & 4

BRAISED SOY SHORT RIBS

Slow-braised short ribs coated in a flavorful soy reduction, paired with butternut squash dumplings and ginger garlic green beans.

FEBRUARY 9, 10 & 11

DUO TACO PLATE

Two skirt steak tacos topped with zucchini, pickled red onion and salsa roja served alongside two braised pork tacos topped with grilled pineapple, yellow onion, cilantro, and salsa verde.



FEBRUARY 16, 17 & 18

HOUSE-MADE PIZZA

House-made crust topped with shredded pork, red onion, corn, and cheese curds.

FEBRUARY 23, 24 & 25

BRISKET

Smoked brisket served with a loaded baked potato and a seasonal vegetable.



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