

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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Assisted living gets new look

A lighter, brighter environment greets Windhaven residents these days – and the work is just getting started.

On the first floor, wallpaper has been stripped, walls repainted and heavy drapes removed. That work is now underway on second floor. Still to come: new carpet, furniture and fixtures throughout. The overall vibe will be fresh and modern, primarily in shades of blue, brown and gray along with pops of brighter colors in upholstery and artwork.

"It's been more than 15 years since Windhaven opened in 2006," explains CEO Kris Hansen. "We had originally planned for this work

Continued on page two



Musician Dave Malam returned to Windhaven in February; he performed in the dining room in front of its freshly painted blue wall.



This image of the dining room gives an indication of the new look at Windhaven, although it is not an exact representation of furniture and upholstery choices.



Continued from page one

to start in 2020 but the pandemic got in the way. It's good to see the changes taking shape."

Carpet installation could begin this month although COVID-related shipping delays make timelines difficult to predict, especially when it comes to custom furnishings.

Next up for a décor change is Thalman Square, the assisted living memory support community attached to Windhaven. Designers will replace

the current "town square" by enhancing the concept of two neighborhoods for 16 residents each, connected by shared spaces for recreational pursuits and therapeutic interventions.

Open houses will be scheduled at Windhaven when the work is complete. Watch future issues of The Journal for dates and times.

The main lobby at the entrance to Windhaven will feel light and bright when the renovation is complete.



This is a virtually staged rendition of the new front lobby. This is a representation of the new furnishings, not the exact selections.



These are furniture and upholstery choices recommended for the front lounge by Impact Interiors Group.



Impact Interiors Group proposed this style of furnishing for seating near the reception desk. Final designs subject to change.



Former executive chef returns in new position



A familiar friendly face has rejoined Western Home Communities in a new role. Previously the executive chef from 2016-2019, Norman Grant is back as the organization's first director of equity, diversity and inclusion (EDI).

"It feels like coming home," Norman enthuses. The native of Jamaica can put up with the cold, he says, because of the warm embrace he always felt in Cedar Falls. Norman reports directly to CEO Kris Hansen.

"With workforce challenges more critical than ever, I felt the organization needed this full-time focus," Kris explains. "At about the same time, Norman reached out to see how we were doing through the pandemic, and I asked if he would have any interest. He definitely did and we moved forward."

Norman spent the past three years as director of dining services at Lincoln Memorial University in Tennessee, where he worked with students and employees from several countries and the Deep South – experiences that helped prepare him for this new focus.

"EDI says you have to manage each person from the level they are, not your expectation," Norman explains. "Say you have three cooks in a room. One is good at paperwork, one is talented at plating food, and the other is just a workhorse. Don't expect the same performance out of each one and learn to see opportunities rather than failures."

Norman says most people assume EDI is all about racial diversity. His focus will be more broad. He wants to teach supervisors how equity and inclusion efforts lead to decreased

turnover because employees feel more successful at work.

Norman recalls when, as a young cook trainee, he asked the sous chef a question and was told, "I'm not paying you to think, I'm paying you to work." The sting never left him. Now he wants to help supervisors avoid mistakes that discourage employees.

"Generation Z workers are much more focused on quality of life," Norman says, "and they'll walk off the job over it. But the work is still there to do. So how do we motivate them to be happy doing the work?"

Both Norman and Kris also hope the position leads to international partnerships that will allow Western Home Communities to recruit additional employees from other countries.

Welcome back, Norman!

What is EDI, exactly?

Brookings Institute projections show that, by 2045, Caucasians will be less than 50% of the population and no racial group will have a majority. And in a country that feels increasingly polarized over many issues, workplace efforts to foster belonging become more important than ever.

Equity: Ensuring everyone has fair opportunities for positions and advancement even if they need more support based on their background and resources.

Diversity: Welcoming all unique characteristics of individual employees, including age, gender, race, disability, ethnicity, religion, sexual orientation, education level, work style, marital or parental status, and more.

Inclusion: Creating an environment where all employees feel welcomed, supported, respected and valued, thus able to contribute their best work.



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 February 22, 2022. **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:

Daryl Cameron

Karla Thompson

Peg Coleman

Eldon Hayes

Joan Baumgartner

Phil Heath

Robert Robinson

Eldon Hayes

Ken Hoer

Robert Robinson

Vera Sullivan

Louise Odle

Annual Appeal - Employee

Appreciation Fund

Jane Mertesdorf

Rich & Rita Congdon

Cindy Klodt

Mary Taylor Scholarship

Phyllis Steele

Good Samaritan Fund

Teresa Gronowski

Rachel Edginton

Amber Elsberry

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Marlene Engen

Bev Fish

Kent & Joyce Folsom

James Geiger

Mary Gerholdt

Judy Gillespie

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Bob & Donna Grosse

Dorothy Guldner

Butch & Sherry Hammer

Gary & Marlys Hanks

Alice Hansen

Vern & Marcia Hansen

Clifford & Donna Hansen

Dave & Jess Hansen

Jeanette Hanson

Mary Lou Hanson

Shelton & Mary Hornback

Mary Hudwalker

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Norma Lee Hundley

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Kenneth Miller

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Carol Neumann

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Selma Ochoa

Bob & Rhoda Olson

Barbara Oltman

Larry & Sharon Petersen

Don & Letha Petersen

Gale Peterson Jr.

Connie Rasmussen

Juanita Rekers

Mick & Elaine Rosenau

Joan Rozendaal

Barb Seufferlein

Byron & Sondra Simar

Terry & Janet Simcox

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Rich & Martha Stanford

Darlene Surface
 Dick & Karen Swanson
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 Norma Walther
 Dee Way
 Duane & Velma Wessel
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 Butch & Sherry Hammer
 Nancie Handorf
 Alice Hansen
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 Daniel Hanson
 Mary Lou Hanson
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 Treenity & Jennifer Simpson
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 Rich & Martha Stanford
 Thelma Stevens
 Dick & Karen Swanson
 Don & Carol Walsh
 Dee Way
 Duane & Velma Wessel
 Dave Williams
 Gloria Willms
 Lois Wishmeyer
 Barb Wygle

In the February issue, we incorrectly identified a gift in memory of Ken Hoer. We regret the error.



Save the date for volunteer appreciation

We're so happy to be welcoming back our volunteers! Come celebrate and reconnect over a light breakfast at Diamond Event Center.

Thursday, April 28 9 – 11 a.m.



Chaplain's Corner: Let this sink in

by Chaplain Enrique "Q" Ochoa

A favorite movie of mine has the following scene: A priest and a man are sitting in an old Italian courtyard next to a fountain. The priest takes a simple stone out of the water and shows it to the man. He suddenly strikes it on the side of the fountain, hard enough that it breaks in two. The outside of the stone still drips with water. However, the priest intentionally asserts that on the inside, the stone is completely dry.

"Look at this stone. It has been lying in the water for a very long time, but the water has not penetrated it," he says. "The same thing has happened to men in Europe. For centuries they have been surrounded by Christianity, but Christ has not penetrated. Christ doesn't live within them."

Let's quickly shift to another powerful scene, found this time in Revelation 3:20. Jesus is speaking to someone unknown, but he is actually speaking to anyone who would hear or eventually read these words: "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."

What do these two scenarios have in common? They draw our attention to the supreme importance of what goes on in our "inside life." If you are anything like me, I find myself - often unaware - of paying too much attention to the "outside" life: possessions, appearance, reputation, etc. Being a Christian does not automatically exempt me or anyone else from catering to pursuits that do not have the promise of abundant and eternal life.

The Bible is pretty clear: The "outside stuff" - all of it - will utterly perish and be gone.

Christian author J.R. Miller wrote this in 1904: "In all of life, it is only the inner which really counts with God. The kingdom within us is simply heaven coming into our hearts; if the eternal kingdom of God is within us, the ideal of our lives will be only Christ."

What a miracle. Jesus invites us into a relationship with him by knocking on the door of our hearts. If we respond and truly let him in, he promises to transform us by saturating our lives with himself.

The apostle Paul famously writes, "It is no longer I who live, but it is Christ who lives in me." Galatians 2:20. Wow! Christ lives IN his believers??

Let that sink in. More importantly: Let JESUS sink in!

In-person worship to resume this month

A final date had not been set when The Journal went to print, but it is anticipated that Fresh Wind Worship services at Diamond Event Center will resume in early March. Please keep an eye out for further information via email, website and social media, as well as digital signs at Jorgensen Plaza.

Online and televised services will continue, as well. You can visit YouTube for service recordings anytime. **Broadcasts will also continue on local cable television CFU channel 18 or 95.5:**
Sunday at 11 a.m. • Wednesday at 3 p.m. • Saturday at 4 p.m.

Reminisce Group enhances well-being

Forget “dwelling in the past” – savoring happy times from the past has been linked to positive well-being. And it’s just plain fun, especially at Windridge where the Reminisce Group meets monthly.

“It’s a nice way of reliving the past by sharing memories with others. One memory always triggers another and everyone looks forward to our meetings,” group leader Lorna Ericson says.

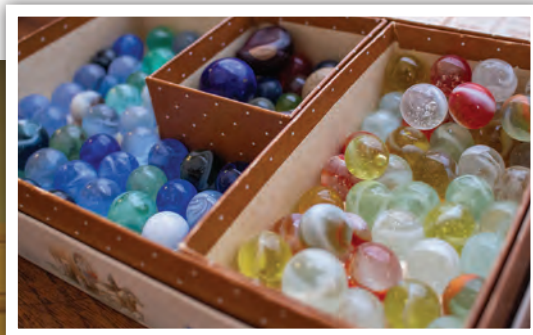
The former teacher loves finding ideas that groups will enjoy. Since moving to Western Home Communities in 2010, she has initiated hymn sings and Monday dominoes. This group’s inspiration came when she discovered Reminisce Magazine while overwintering in Texas. She tore out pages to keep and categorize in a binder. Sections included topics such as cookstove memories, war years and rationing, holidays, first jobs and food. In 2014, Lorna created a survey for residents asking about topics of interest and the group was born. Since then, more than 40 topics have been discussed as each month has a specific focus of conversation.



In February, the group remembered games and toys; this month, the group will think back to ways they have stayed in touch over the years. Participation is key to enjoying the experience and Lorna makes sure everyone has a chance to share.

Other residents are welcome to attend on the second Tuesday of each month. Those in other buildings may call Lorna to RSVP at 319-266-6250. Windridge residents should RSVP at their front desk.

Playing marbles at recess was a memory shared in February when the topic was games and toys.



Lorna Ericson guides the conversations every month.



Left to right are Lorna Ericson, Shirley Meester, Carol Morlan, Marcia Colwell, Judy Pfalzgraf, Barb Jacobson, Lois Klatt, Jeanne Thuesen, Dione Young, Lillian Marks, and Connie Herbon.



Celebrate February!

Residents celebrated Valentine's Day with cupid floats, heart-shaped appetizers, and chocolate-dipped strawberries. The month also hosted National Wear Red Day and other social events.



Valentine kisses were only 25 cents behind Prairie Wind!



30 residents of Windridge enjoyed cocktail hour including Bob Hewlitt, Ken Morlan, Mogens Christensen, Doris Hewlitt, and Lynda Meeker.



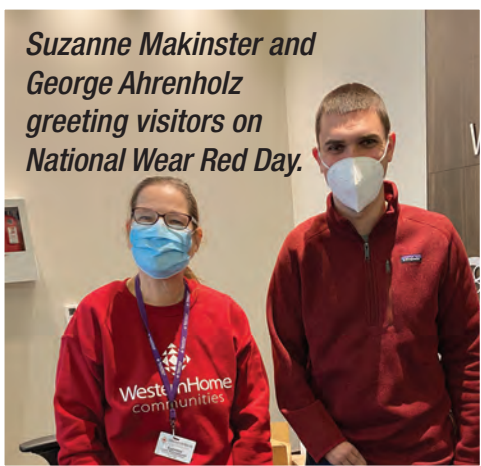
Melvin Reimer enjoys a hearty breakfast complete with homemade heart-shaped pancakes at Nation Cottage.

Harry Black of Prairie Wind raised awareness about cardiovascular disease on National Wear Red Day.



Dorothy Guldner, Shirley Cain, Joyce Campbell, Angela Rampton, and Colleen Johnson attended the party at Windermere.

Suzanne Makinster and George Ahrenholz greeting visitors on National Wear Red Day.





Celebrating in the photo booth at Thalman Square are, from left, Betty Prusha, Janet Lynch and Marjorie Nielsen.



Wanda Chase and Jennifer Kramer savor a sweet celebraiton at Willowwood.



At the Martin Suites Valentines dinner, husbands were provided with roses, chocolate and a balloon to gift their wives, making it a special event for John and Marilyn Mountain.



At the Prairie Wind social are, from front left, Stephen Fortgang, Ned Ratekin, Hovey Brom, Bette and Dave Lewis, and Phyllis Steele.



Barb Wygle, Dianne VanGorp and Evelyn Wohlwend socialize at Prairie Wind.



Jane and Mike Ingraham are all smiles at Prairie Wind.



From left at Willowwood are John and Garnet Mehler, Marvyl Oakland and Mary Van Hauen.



Wellness happenings in March

by *Director of Wellness*
Morgan Lehmann

NEW in March: Walk & Talk

Every Friday, 11 - 11:30 a.m., in Jorgensen Plaza Wellness Center

Socialization is an important component of wellness: It improves brain health, promotes purpose, increases happiness and combats loneliness. Then there are the benefits of exercise: lower blood pressure, weight management, better sleep and improved mobility. This class combines both. Each Friday in March, we will spend 30 minutes walking the indoor track at The Grosse Wellness Center while engaging in conversation. Plan to join us!

Social Media 101

Thursday, March 10, at 2 p.m. via Zoom

Social media can play a positive role in your life. Learn the basics about different platforms and how to stay safe while being social.

Brain Fitness Class

Tuesday, March 15, and Thursday, March 17, 1 - 1:30 p.m. via Zoom

Give your brain a workout. We will offer two classes during Brain Health Week. This short class will be full of puzzles, brain teasers and other ways to engage your brain.

Bean Bag Baseball

Every Tuesday at 2:30 p.m. in Jorgensen Plaza Wellness Center

Bean Bag Baseball continues in March. Join us for some fun and friendly competition. *No prior baseball experience necessary!*

Coming in April: Healthy and Homemade

Join us for a three-part series focused on using your time, budget, and skills wisely to create nutritious meals. Classes will be presented in person by Iowa State University Extension and Outreach. Registration required and spots are limited. Cost for the three-part series is \$30.00/person.

Contact Morgan at morgan.lehmann@westernhome.org or 319-859-9362 for more information or to get Zoom links.

WELLNESS RECIPE OF THE MONTH **Healthy Banana Split**

Ingredients:

- 1 banana
- 1/4 cup Greek yogurt
- 1 tablespoon honey
- 2 tablespoons berries
- 2 tablespoons granola
- 1 tablespoon cacao nibs
- 2 tablespoons creamy peanut butter

Instructions:

1. Cut the banana in half lengthwise, remove the peel and place it in a dish.
2. Combine the Greek yogurt and honey and stir until smooth and well blended.
3. Add yogurt and honey mixture in the middle of the banana slices, top it with berries, granola and cacao nibs.
4. Heat the peanut butter in a microwave so it's smooth and runny. Drizzle the peanut butter on top of the banana using a spoon. Enjoy immediately.





New trips announced for fall, summer

Away from Home with Western Home has scheduled additional trips for July and October.

Legends in the Falls *Sioux Falls, South Dakota*

Four days/three nights

JULY 26-29, 2022

The group will stay at the historic and luxurious Hotel on Phillips; experience SculptureWalk, the largest annual exhibit of public sculptures in the world; and visit attractions including the high-tech interactive Stockyard Ag Experience Barn, the BronzeAge Art Casting Foundry, the Pettigrew Home & Museum and Wilde Prairie Winery.

Autumn Adventure to the Great Smoky Mountains

Gatlinburg and Pigeon Forge, Tennessee/Asheville, North Carolina

Seven days/six nights

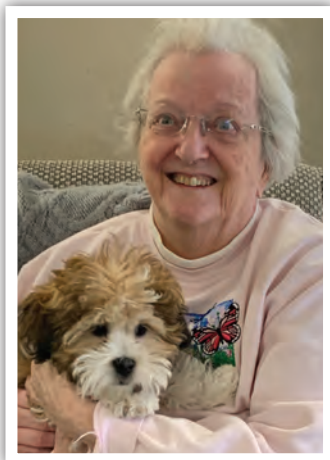
OCTOBER 16-22, 2022

This itinerary is being finalized. Highlights tentatively include a dinner show at Dolly Parton's Stampede; a tour of the world's largest Titanic museum; and a visit to Biltmore House and Winery, plus the gorgeous fall foliage found in Great Smoky Mountains National Park.

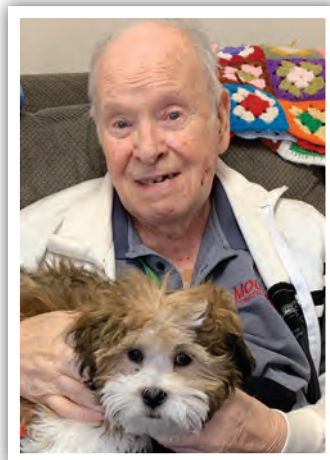
Contact Carolyn Ayers for more information and pricing: carolyn.ayers@westernhome.org or **319-222-2048**.

Pet visit brings smiles to Martin Suites

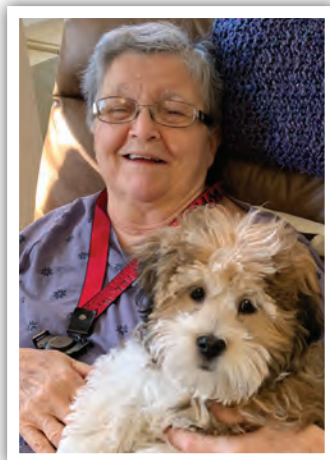
Winter calls for pet cuddles to warm the day. At Martin Suites, household coordinator Kelli McCurdy brought in her four-month-old "teddy bear" dog, otherwise known as a shichon – a Shih Tzu and bichon frise mix, recognized as affectionate, outgoing and intelligent. By the looks of these photos, Vinny definitely brightened the day for residents!



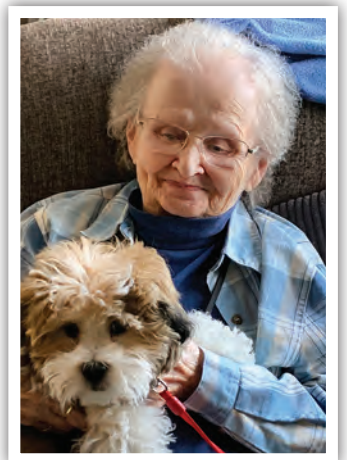
Merriem Lane



John Mountain



Karen Fuller



Pat Anders

Happy March birthday!

Anne Mieke	DS	March 1	Claudette Hill	CTG	March 18
Joan Loslo	VTH	March 1	Darlene Surface	WC	March 18
Norm Gerdes	VTH	March 1	Amy Lindgren	VTH	March 18
Kurt Wiethorn	WHAL	March 2	Mary Lou Dean	TS	March 20
Jean Zarifis	WR	March 2	Wendy Schmitt	WW	March 20
Carol Watson	WM	March 3	Rosalie Tentinger	WC	March 20
Beverly Miller	WHAL	March 3	Denny McGivern	VTH	March 20
Gene Haller	WC	March 4	Joyce Larkin	WM	March 21
Karen Kavlick	VTH	March 4	Bill Snyder	VTH	March 21
Winnie Mulvehill	MS	March 5	Bob Grosse	VTH	March 21
Luella Collins	MS	March 5	Blair Thielen	VTH	March 21
Larry Leutzinger	PW	March 5	Diana Hansen	DS	March 22
George Jorgensen	VTH	March 6	Beverly Murphy	WC	March 22
Rick Heth	VTH	March 6	Jeffrey Hansen	WHAL	March 22
Beverly Hogle	CTG	March 7	Joan Kussatz	VTH	March 22
Lillian Shoemaker	WC	March 7	Bette Lewis	PW	March 23
Betty Prusha	TS	March 8	Dixie Lemon	DS	March 23
Dean Dreyer	VTH	March 8	Reno Rodeghiero	VTH	March 23
Marylou Treichel	VTH	March 9	Marilyn Pape	MS	March 24
Ken Dober	VTH	March 9	LaVerne Puetz	WC	March 24
Marlene Hartman Sheetz	VTH	March 9	Joanne Tefft	PW	March 25
Ken Cox	VTH	March 9	Nancy Colvin	WW	March 25
Bob Diedrichs	PW	March 10	Betty Schoentag	WHAL	March 25
Betty Hunck	WHAL	March 10	Jim Platt	WR	March 25
LaRue Boom	VTH	March 10	Judy Pfalzgraf	WR	March 25
Nancy Meinders	VTH	March 11	Dee Way	VTH	March 25
Pam Kragt	CTG	March 12	Jeanne Fritts	VTH	March 25
Marlene Engen	VTH	March 13	Joseph Narigon	PW	March 27
Margie Polacek	PW	March 15	Dick Douglas	WR	March 27
Marleta Matheson	PW	March 15	LaVerle Sniffin	MS	March 28
Jo Grover	WG	March 15	Norman Kitchen	PW	March 29
Dennis Hagenow	VTH	March 15	Ruth Tomson	WC	March 29
Jani Rothlisberger	VTH	March 15	Ron Moehlis	WR	March 29
Jane Anderson	VTH	March 16	Kenneth Morlan	WR	March 29
Karen Carlo	CTG	March 17	Gary Sheetz	VTH	March 29
Carol Eastman	WC	March 17	Mary Woody	VTH	March 30
Jean Ott	VTH	March 17	Milly Martin	WM	March 31



We're on Instagram

@westernhomecommunities is where you'll find content on our newest social media page. Check it out! Facebook users, we're still busy on that page – just adding Instagram to reach another audience. Engage with us on your favorite platform!

Employees rewarded with coffee break

What's better than a hot beverage on a cold winter day? Employees got to enjoy a free 16-oz. brew of their choice – coffee, tea or cocoa – thanks to Cardinal Construction. The builder brought the mobile drink stand Tin Cup Bus Stop to three different campus locations on Feb. 9 and thanked employees for a job well done throughout the pandemic.



Katrina Miller, RN, the medication manager at Thalman Square, gratefully accepts her hot drink on a cold February day.



CEO Kris Hansen joins Cardinal Construction CEO Katy Susong and the Tin Cup owners to say thanks.



From left, Melanie Buhr, Cheyenne Creger, Kelli McCurdy and Avery Patterson started their day with Tin Cup's visit to Martin Suites.



The truck parked at Deery Suites, Windhaven and Martin Suites throughout the day.



Kaitlyn Peters, a clinical services coordinator at Windhaven, enjoys her coffee break.

Congratulations! These employees celebrate anniversaries this month. We thank them for their loyalty, dedication and service to Western Home Communities!

<p>Stacey Brown 5 years March 1 CNA Thusen Cottage</p>		<p>Debra Browns 37 years March 5 Medical Records Madrid Home</p>		<p>Kathleen Niedert 20 years March 7 System Quality Assurance Officer</p>
<p>Elizabeth Erickson 5 years March 8 RN, Deery Suites</p>	<p>Tami Stewart 10 years March 9 Accounts Receivable Manager</p>		<p>Clint Griffin 5 years March 14 Network and Systems Coordinator</p>	
<p>Sara Neisen 5 years March 20 Home Health Aide at Home with Western Home</p>		<p>Stacy Roster 15 years March 23 Household Coordinator, Martin Suites</p>	<p>Karla Foust 10 years March 23 Director of Resident Relations</p> 	
<p>Amber Riemcke 10 years March 23 CMA -RA Windhaven</p>	<p>Michelle Ladwig 30 years March 25 Hospitality Coordinator Martin Suites</p>		<p>Faith Van Meeteren 5 years March 29 CMA, Nation Cottage</p> 	



Meet the Employee of the Month, Teresa Bracken

Teresa has been part of the Western Home Communities family since April 2001 and works as a human resources specialist.

Here are a few things that were said about Teresa:

- Teresa always answers with a cheerful disposition.
- She is willing to help with any questions when asked and if she doesn't know the answer, she will get it or direct us as to who would have the answer.
- Teresa has been an asset to all departments, and we are blessed to have her as a resource in the HR department.
- Staff speaks highly of her and their interactions with her.

Your Western Home Communities family congratulates you, Teresa, on being named our employee of the month for February 2022!



Notes of appreciation

I thank you for the beautiful flowers of sympathy following Bruce’s passing. Your support was very much appreciated and a great comfort in many ways.

Marian “Pete” McCart

My appreciation on receiving a beautiful red rose tied with a red bow. I was surprised. The staff here at the Western Home Communities really are a caring group.

Velma Wessel

BOARD OF DIRECTORS

Sarah Brown	Ron Gaines
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Larry Fox	Greg Schmitz
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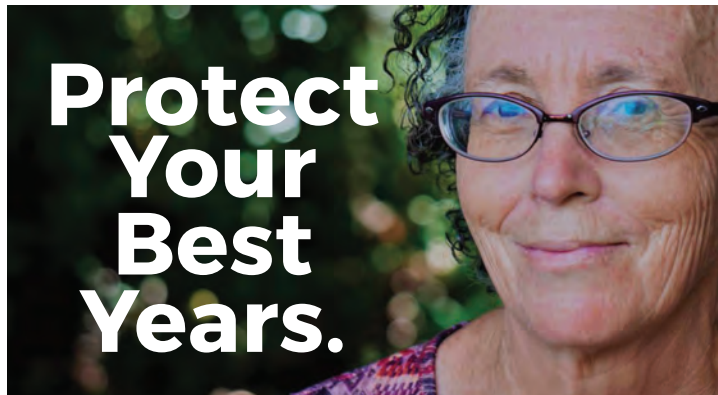
Foundation Development Council

Robert Beach	Bob Dieter
Jan Andersen	John Falk
Judith Benson	Bev Michael, ex-officio
Ron Bro	Miller Roskamp
Susan Card	Martha Stanford

Building Abbreviations

Martin Suites	MS
Windhaven Assisted Living	WHAL
Thalman Square Memory Support	TS
Willowwood	WW
Windgrace	WG
Windermere	WM
Windcove	WC
Windridge	WR
Windcrest Villas & Townhomes	VTH
Nation Cottage and Thuesen Cottage	CTG
Prairie Wind	PW
The Deery Suites	DS

The Journal is a monthly publication of the WHC office of communications and public relations. To subscribe, ask questions, offer content suggestions or unsubscribe, please contact Linda Hudwalker Bowman, editor, at (319) 859-9337 or linda.bowman@westernhome.org.



Protect Your Best Years.

Fortified Life helps preserve assets by controlling future costs of long-term care and providing support and services to keep you independent in your current home for as long as possible.

To learn more, attend an information session:

Thursday, March 10

2 p.m. at Diamond Event Center

Thursday, March 24

2 p.m. via Zoom

RSVP to Jacob Bates at [319-260-4267](tel:319-260-4267) or jacob.bates@westernhome.org.



FORTIFIED LIFE

from Western Home Communities

In sympathy

Phyllis Schrader, DS	Feb. 20
Ginny Miller, DS	Feb. 20
Betty Roth, MS	Feb. 18
Len Tompkins, DS	Feb. 17
Howard Klatt, WM	Feb. 14
LaVerle Sniffin, MS	Feb. 13
LaFonda Taylor, DS	Feb. 5
Marilyn Lee, CTG	Feb. 4
Neva Decant, MS	Feb. 4
Vera Sullivan, DS	Feb. 3
Daryl Cameron, MS	Jan. 28
Carol Brunson, MS	Jan. 27



WesternHome
communities

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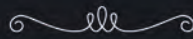
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